

Toolamba Primary School

Term 2, Week 4, 2021 · (publish date will display here)

"Striving for Excellence"

Values: Respectful, Trustworthy and Inclusive

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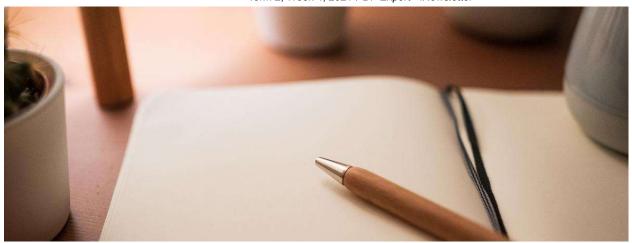
Calendar



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Principal's Report

Dear Parents and Families,

MOTHER'S DAY EVENTS

Mother's Day was celebrated last week with our Stall and Breakfast. Students had a wonderful array of gifts to choose from on Wednesday. They received so much pleasure from having the opportunity to shop for their mum. Thank you to all those people who donated goods for the stall and came along to assist on the day. JSC members were a great help setting up trestles and chairs.

A large number of students and their mums and grandmothers enjoyed a delicious breakfast organised by JSC and of course Juanita. All staff were on deck bright and early to assist with preparation and serving. As you can see by the photos we all had a wonderful morning.







GOULBURN MURRAY DIVISION CROSS COUNTRY

Twenty three of our students have qualified to advance to the Goulburn Murray Division Cross Country which takes place tomorrow. We wish them all the best for this event. Mrs Sproule will be joining the children at Princess Park and will take the necessary cards for the students.

The events being held are as follows.

Times are approximate:

Time	Age	Distance
12.00pm	Boys 9/10 years	2000 Metres
12.15pm	Girls 9/10 years	2000 Metres
12.30pm	Boys 11 years	3000 Metres
12.50pm	Girls 11 years	3000 Metres
1.10pm	Boys 12/13 years	3000 Metres
1.10pm	Girls 12/13 years	3000 Metres

GASTRO

Unfortunately, some of our students have had gastro over the past two weeks. Students are to be excluded until there has not been vomiting or a loose bowel motion for 24 hours.



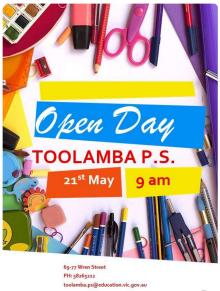
Exclusion period for infectious diseases.pdf

NAPLAN

Mathematics was the final NAPLAN assessment for the week. Congratulations to all the Grade 3 and 5 students for their positive approach to these assessment tasks.

ENROLMENTS FOR 2022

Enrolments are now open for children who start Foundation in 2022. Please contact the office for an enrolment package. Our Open Day for this year will be on Friday 21st May. Alternative dates for a tour can be arranged by contacting the office.



Enjoy the week ahead, Regards Heather



Assembly Awards

Term 2, Week 3, 2021

Striving for Excellence Awards



Abbie, Flynn, Matthew, Lila, Jude, Angus, Siarn, Evie, Summer, Tyson, Scarlett and Marlie.

Student Awards



Archer, Mitchell, Lexie, Indie, Ruby, River, Eve, Marlie and Matilda.

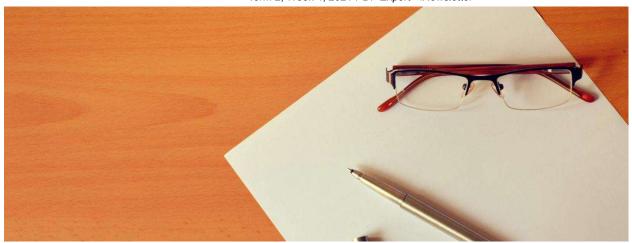


From the Classroom

Grade 2

In the Grade 2 classroom Literacy groups are a much loved part of our day. This week students have enjoyed using beads to help them to practice their sight words and fine motor skills.





School Council

School Council Report

School Council met on the 10th of May Items covered included;

- NAPLAN to be undertaken 11/5/2021
- Cross Country results
- Mother day stall and breakfast
- Junior School Council Report
- Finance
- Approval of the review of the following policies
 - Acceptance & Refusal of Authorisation
 - Delivery & Collection of Children
 - Emergency & Evacuation Policy
 - Medication Policy
- Parents and friends report including activities planned for the remainder of the year
- Building and grounds update
- Healthy School Policy the need for a policy was discussed and agreed that one would be developed by school council over coming months.

Next meeting will be June 21st.



Sporting in Schools

Sporting in Schools

Term 2, 2021

Sporting in Schools is running again this term. The program is AFL Football.

The dates are:

Tuesday May 18th

Tuesday May 25th

Each session is **60 minutes** and will be held at Toolamba Primary School commencing at 3:15pm.

There are 2 sessions remaining. The program will run every Tuesday.

If your child/ren are interested, please complete and hand in the Parent/Guardian Consent Form as soon as possible.

For more information please see Sarah Maskell or phone the school.



Sporting in Schools Consent Form.pdf



Health & Wellbeing

Head lice



Gastroenteritis (gastro)

Gastroenteritis (gastro) is a bowel infection that causes diarrhoea (runny, watery poo) and sometimes vomiting. The vomiting may settle quickly, but the diarrhoea can last up to 10 days.

Gastro can be caused by many different germs, although the most common cause of gastro is a viral infection. Most children do not need to take any medicine for gastro; however, it is

important that they drink plenty of water to avoid becoming dehydrated.

Gastro is spread easily, and is more common and severe in babies and young children. Babies under six months old can become dehydrated very easily and need to be checked by a GP if they have gastro.

Signs and symptoms of gastro

If your child has gastro, they may:

- feel unwell, and not want to eat or drink
- vomit in the first 24 to 48 hours (usually before diarrhoea begins)
- have diarrhoea, which can last up to 10 days
- have some stomach pain
- have a fever.

Care at home

The main treatment is to keep your child drinking fluids often such as water, oral rehydration solution, breastmilk or formula. It is very important to replace the fluids lost due to the vomiting and diarrhoea.

Gastrolyte, HYDRAlyte, Pedialyte and Repalyte are different types of oral rehydration fluid that can be used to replace fluids and body salts. These are the best option if your child is dehydrated. They are also available as icy poles, which children are often happy to have.

If your child refuses water or oral rehydration fluids, try diluted apple juice. Do not give drinks that are high in sugar (e.g. flat lemonade or sports drinks), because they can make dehydration worse. You can give your child their usual milk; however, some children may not feel like drinking milk if they have gastro.

Infants

If your baby is under six months old, they should always be seen by a doctor if they have gastro. For babies over six months:

- If you are breastfeeding your baby, continue to do this but feed more often. Offer your baby a drink every time they vomit. You can also give an oral rehydration solution or water for the first 12 hours.
- If you are bottle feeding your baby, replace formula feeds with oral rehydration solution or water for the first 12 hours, then give normal formula in small, but more frequent amounts. Offer your baby a drink every time they vomit.

Older children

- Give small amounts of fluid often give a few mouthfuls every 15 minutes for all children with diarrhoea or vomiting. This is especially important if your child is vomiting a lot.
- Your child may refuse food when they first get gastro. This is not a problem as long as they are drinking fluids.

Do not give your child over-the-counter medicines that reduce vomiting and diarrhoea, as the medicines may be harmful for children.

Children with gastro are infectious, so wash your hands thoroughly after contact with your child, particularly before feeding and after nappy changes. Keep your child away from other children as much as possible until the diarrhoea has stopped.

When to see a doctor

Babies under six months old should always be checked by a GP if they have gastro, because they are at higher risk of dehydration.

Any child with gastro should see a GP if they:

- are vomiting and have diarrhoea, and are not drinking
- have a lot of diarrhoea (eight to 10 watery poos, or two or three large poos per day) or if the diarrhoea is not improving after 10 days
- vomit frequently and seem unable to keep any fluids down
- show signs of dehydration e.g. fewer wet nappies or not going to the toilet much, dark yellow or brown wee, feel lightheaded or dizzy, have dry lips and mouth
- have a bad stomach pain
- have any blood in their poo
- have green vomit
- are making you worried for any other reason.

If your child is very dehydrated and cannot keep any fluids down, they may need to be admitted to hospital to have fluids by a tube through the nose into the stomach (a nasogastric tube) or directly into a vein through a drip (intravenous or IV therapy).

Key points to remember

- Babies under six months old with gastro can become dehydrated very easily and need to be checked by a GP.
- Offer babies a drink every time they vomit. Keep breastfeeding. If bottle feeding, give oral rehydration solution for the first 12 hours.

- · Give children small amounts of fluid often.
- Your baby or child is infectious, so regularly wash your hands thoroughly, particularly before feeding and after nappy changes.
- Take your child to the doctor if they are becoming dehydrated, have bad stomach pain or you are worried.

For more information

• Better Health Channel: Gastroenteritis

• Raising Children Network: Gastroenteritis

Kids Health Info fact sheet: <u>Dehydration</u>

• Kids Health Info fact sheet: Stopping the spread of germs

Common questions our doctors are asked

I'm concerned the fluids I am giving my child is making the diarrhoea worse. Should I give her less to drink?

It is very important for fluids to be given, even if the diarrhoea seems to get worse. It is important to replace the fluids that are lost due to diarrhoea or vomiting to prevent dehydration.

Should I be worried that my child doesn't want to eat when he has gastro?

When your child first gets gasto they may refuse food to start with. This is not a problem as long as they are drinking fluids. When your child becomes hungry again, give them the food they feel like eating.

Can my child have dairy after a bout of gastro?

Many children become sensitive to dairy following a bout of gastro. You can usually manage this by reducing their dairy intake for a period of three weeks following gastro. If the symptoms persist beyond this, take your child back to your GP.

Impetigo (school sores)

Impetigo (*im-pet-eye-go*) is an infection of the skin caused by bacteria. It is often called school sores because it is common among school children. Impetigo causes sores on the skin, which are usually itchy. The sores may start out as blisters that burst and become weepy, before being covered with a crust.

Impetigo is not usually a serious infection, and should clear up a few days after starting medical treatment. Children with impetigo are very infectious (contagious), but the spread of impetigo can be reduced by practising good hygiene, covering the sores with dressings and keeping your child away from other children until they are no longer infectious.

Signs and symptoms of impetigo

- The sores can be anywhere on the body, but are often on the face near the mouth and nose, or on the arms and legs.
- Impetigo may start with a blister or a group of blisters.
- The blister bursts leaving a patch of red, wet, weepy skin.
- The sore usually becomes coated with a tan or yellowish crust, making it look like it has been covered with honey.
- There can be small spots around the first sores, spreading outwards.
- There is often superficial peeling on the edge of the sore.
- · Impetigo is usually itchy.

Parents sometimes worry about impetigo because it can look quite serious, but it is usually a mild infection that is easy to treat.

When to see a doctor

If your child has signs and symptoms of impetigo, take them to see a GP. The doctor will make sure the sores are impetigo.

Treatment for impetigo

Your doctor may prescribe antibiotic medicine in the form of a cream, ointment, tablets or syrup. Give these to your child as directed, and make sure you complete the course of antibiotics.

If your child gets impetigo repeatedly your doctor may do a nose swab to test for bacteria in the nose. Your child may need antibiotics, which are delivered into the nose, to prevent further instances of impetigo.

Reducing the spread of impetigo

The following strategies may help reduce the chances of your child catching impetigo from another child, or reduce spread of impetigo if your child has it.

- A daily bath or shower with soap and water may reduce the risk of impetigo.
 Antiseptic soaps can be used, but these may irritate the skin of some people.
- Encourage your child to practise good hygiene, including regular hand washing and throwing away used tissues. Cut your child's fingernails short and keep them clean.
- Make sure that grazes or cuts are thoroughly washed. If your child is scratching a sore, cover it with a watertight dressing.

- People coming in contact with someone with impetigo need to wash their hands regularly.
- Put all dressings from impetigo sores in a bin with a lid as soon as they are taken off.
- If your child has impetigo, wash their clothes, towels and bed linen separately from the rest of the family. Wash them in hot water and dry in the sunshine or a hot tumble dryer. Toys can be washed using a mild disinfectant.

Key points to remember

- Impetigo is very infectious and can be easily spread to other children.
- Try to prevent your child scratching the sores as much as possible. Cover the sores
 with a watertight dressing and cut your child's fingernails.
- It is important to remove the scabs from the sores.
- Complete all courses of antibiotics as prescribed and continue treatment with creams or ointments until all sores are healed.
- Your child can go back to child care, kindergarten or school after 24 hours of treatment and when the sores are completely covered with dressings.

For further information visit

https://www.rch.org.au/kidsinfo/fact_sheets/Impetigo_school_sores/

Positive Parenting

The Positive Parenting Telephone Service is a telephone-based parent education service for parents, grandparents caring for grandchildren, and careers with children aged 2 to 12 years who may be having parenting difficulties or whose children are at risk of developing significant social and behavioural problems.

The main feature of this program is to provide parent training and assistance through a selfhelp workbook which will be supported by weekly 30-minute phone calls from a trained Parent Educator over a 6 to 10-week period. This can also be delivered through our online modules.

Appointments are available during the day from Monday to Friday along with Wednesday and Thursday evenings.

This program is funded by The Department of Health and Human Services. Our aim is to increase access to all families including fathers, grandparents, kinship carers and rural families.



Health Reminder

It is important that we all continue to monitor our own and the health of our children daily, during this time. If you or your child develops any symptoms such as a fever, cough, sore throat or shortness of breath:

- Stay at home and do not attend school
- Seek medical advice
- Call the school to let us know of any important outcomes
- If you or your child has a health condition or complex health needs, please discuss this with your medical specialist.
- Information about coronavirus (COVID-19) is available on the DHHS website.

Our school is continuing to promote and implement on a daily basis both Covid-safe behaviours and practices across our school community.

Financial Assistance - CSEF

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or

sporting activities for the benefit of your child.

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances. You only need to complete an application form if any of the following changes have occurred:

- new student enrolments; your child has started or changed schools this year.
- changed family circumstances; such as a change of custody, change of name, concession card number, or new siblings commencing this year.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

MORE INFORMATION

For more information about CSEF

visit:https://www.education.vic.gov.au/about/programs/Pages/csef.aspx



CSEF_application_form.pdf



Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.



laptops & tablets



lessons & activities



uniforms & shoes sports fees & gear



books & supplies

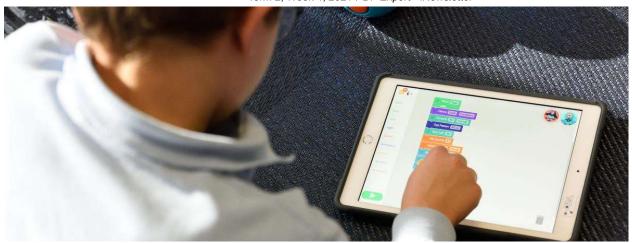


To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, attend vocational education yourself, have regular income from paid employment (you or your partner)*, have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment*









Resources & e-Learning

At Toolamba PS, we are very fortunate to have subscriptions to support our students in the area of Literacy and Numeracy, which are great engaging resources to utilize out of school hours.

Epic is a wonderful website containing hundreds of texts. Children can log in and read along to stories.

Epic: https://www.getepic.com/sign-in

Login details:

Foundation: jib4540

Grade 1: rlc7376

Grade 2: yht4344

Grade 3: gnm4155

Grade 4: zdb1035

and then complete associated interactive games and activities. Students enjoy using this website

Reading Eggs: www.readingeggs.com.au

Individual classes will send home the login details for your child.

Out of Hours School Care



Fun in OHSC

The children have been enjoying the activities planned by Sharon and Toni-Marie.





Before & After School Care 2021

Toni-Marie Arnold has taken on the role as Before & After School Care Coordinator. We are also very fortunate to have Sharon O'Connell working with Toni-Marie as well.

Any bookings for either, Before School Care or After School Care can be made by calling Toni-Marie on **0448 585 568.** There will now be only one phone number to call to make a booking.

- OHSC Information Booklet.pdf
- OHSC Enrolment Form.pdf
- Appendix 1 from Transfer of Children Policy.pdf





Community News

Toolamba Events Calendar

The Toolamba & District Steering Committee have created the Toolamba Events Calendar for 2021. This will grow and evolve over time, but we hope you find it always informative and helps you to keep on track of all the amazing events planned by our clubs and associations.

As new events are created, the calendar will be republished. Please feel free to suggest any community events for addition to the calendar to andrea.pogue@hotmail.com



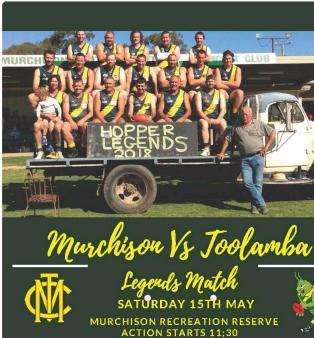
Toolamba Major Events Calendar 2.pdf

Toolamba Lions Club

If you are new to town or just interested in becoming more involved in the community, Toolamba Lions Club is again running our monthly meetings on the first Tuesday of each month at the Toolamba Junction Hotel at 7pm (COVID permitting). It is a great way to meet new people and serve our great town. If you would like to come and find out what Lions Club in Toolamba is all about, we would love to have you attend one of our meetings and shout you a meal! Call Amanda Sibio (Membership Coordinator) on 0447 405 335 or email amandasibio@gmail.com

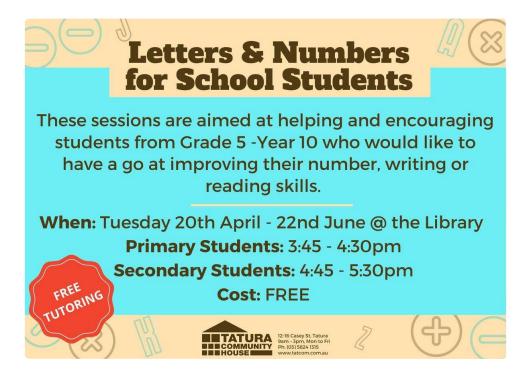
Kyabram District Football Netball League Toolamba-Murchison





Tutoring

Students from Grade 5 to 10 who want to improve their number, writing or reading skills can now join our weekly sessions of "Letters & Numbers". The activity is run by the Tatura Community House and takes place in the Tatura Library, every Tuesday during the school term from 3:45 to 4:30pm for primary school students and from 4:45 to 5:30pm for high school students. The tutoring is free of cost. Come and get the support of our lovely volunteers who all have a background in education and who will make it fun for you to learn and improve your skills.



Mobile Library

The Mobile Library has resumed a full schedule, including visits to schools. We have made some adjustments to the schedule, which includes changing our visit to Toolamba to a Monday afternoon 2.00pm – 3.00pm.

Transition Tatura - Art Competition

In 2019 and 2020, Transition Tatura held two very successful short-film competition for students of all Goulburn Valley Schools. The challenges both years for the children, either by themselves or with friends or family, was to make a short film (1 to 6 minutes) about the environment. In 2021, we have decided to expand the Environmental Short-film Competition to an Environmental Art Competition. As usual, this competition is open to all current students within the Goulburn Valley.

Schools in the City of Greater Shepparton and surrounds have been sent a "preliminary notification" prior to the school holidays and more details will be sent once Term Two is back in full swing.

As with previous competitions, all artworks, films, songs, poems, plays (etc...!) will be showcased at the 2021 Transition Tatura Communities Shaping the Future Film Festival on Saturday August 28th.

The 2021 Topic:

Either by yourself, with your family or with friends, use your favourite form of artistic expression (from our list below) to address the competition topic;

"My Town: A Zero Carbon Town ... what can I do to make it happen?"

The categories of art Transition Tatura will be considering for this competition are as follows;

- Visual Art (painting, drawing, sculpture, fashion design, etc.)
- Performance Art (dance, theatre, song, music, etc.) (up to six minutes duration)
- Literature (poetry, story, etc.) (up to 1500 words)
- Media Arts (film, animation, computers, etc.) (up to six minutes duration)

There will be three age groups for each artistic category

- Grade Prep to Three
- · Grade Four to Six
- Secondary Schools

Prizes for winning entries in each category

- Grade Prep to Three \$60
- Grade Four to Six \$60
- Secondary School \$60
- Overall Best Entry \$280

Total prize pool is \$1,000. Entries to close 4.00pm, Friday July 30th, 2021.

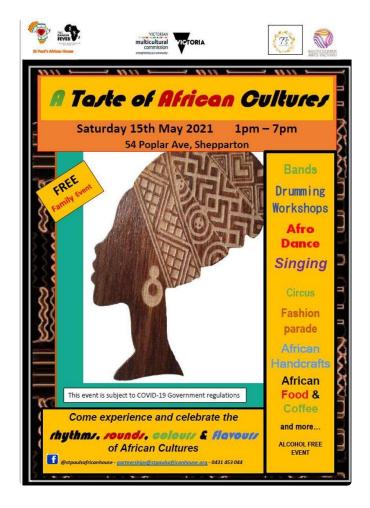
For more information;

- · check at your school's office
- check with your art teachers
- go to Transition Tatura's Facebook page: Transition Towns Tatura
- call Ross on 0407 845 247 (please leave a message or SMS if no answer)

Think Global, Act Local...

Transition Tatura, a not-for-profit collective of like-minded people, plans and supports community guided responses to climate change and shrinking supplies of cheap energy. Through localisation, energy reduction and community strengthening, our goal is for Tatura and all populations to transition to resilient communities that can readily respond to the challenges and dangers of climate change and oil depletion. Launched in the UK in 2006, Transition Initiatives have grown to include towns and communities across the world. Transition Tatura is the 397th official Transition Initiative.

'A Taste of African Cultures'





Advertisments



Manufacturing Jeweller and Watchmaker.
All work done on the premises.
150 Hogan street Tatura, Victoria 3616
(03)5824 1100

GVSPORTS#CARE

Physio & Podiatry

E: admin@gvsportscare.com.au

PH: 0417600532

W: 111.gvsportscare.com.au

Physiotherapist, Sophie Woodhouse enjoys treating a mix of sports and spinal injuries.

Tom Davey is a biomechanical and sports focused Podiatrist, who is also skilled in general nail and diabetic care.

Sophie and Tom are excited to move back to Shepparton and work in the Goulburn Valley!



Calendar

Term Dates

Term 2

Monday April 19th to Friday June 25th

Term 3

Monday July 12th to Friday September 17th

Term 4

Monday October 4th to Friday December 17th

Important Dates

Friday May 14th	Goulburn Murray Division Cross Country	
Friday May 21st	Goulburn Murray Division Sports - McEwen Reserve.	
	Grades 5 & 6	
Thursday June 10th	Camp Quality Visit	
Monday June 14th	Queen's Birthday Public Holiday	
Thursday August 19th	School Concert	
November 8th - 12th	Grade 5/6 Camp to Canberra	
November 24th - 26th	Grade 3/4 Camp to Toolangi	