



LINK LETTER



07 Mar 2024

Lawrence Street, Wodonga Victoria, 3690
Email: wodonga.west.ps@education.vic.gov.au

Phone: (02) 6024 1188
www.wodongawest.vic.gov.au

Enrolments are welcome for all year levels for 2024

Be Safe

Be Respectful

Be A Learner

Principal's Message

Dear Parents / Caregivers,

Student Leadership Council

A huge congratulations to the following students in years 5/6 who were elected by their peers to represent them on Student Leadership Council for 2024. These students will join with our school captains to work with Mrs Watson on various projects and fundraisers for the school and wider community. They will also help to run our school assemblies and help out with special events across the year. They will have authentic opportunities to build their leadership and public speaking skills. Above all, they will need to be positive role models to all our students and wear their SLC badges with pride. Congratulations to each of you, and I know you will do a wonderful job: Beatrice Nguyen, Leah Kiffen, Omar Khan, Selena Davey, Jakyah Dunn and Keyver Finemore.

Absent: Jakyah Dunn



Public Holiday - Monday 11th March

School Review Focus Groups

I really appreciate the time that some of our parent group provided us for the School Review Parent Focus Group. It was terrific to get such a large group of interested parents coming along and to provide our Reviewers with their insights about the school. This will certainly give our Reviewers information to include in our report and future directions for the school. Thank you all once again, and I hope you enjoyed the Tim tams!

PFF

Last week we held the Annual General Meeting for PFF. Thank you to the parents who attended this as it looks like we may have a few more interested helpers which is great! I am pleased to announce that the President elected was Chandra Burns, the Secretary elected was Stephanie Grant and the Treasurer elected was Jo Henderson. The group then followed up with their normal PFF meeting and a range of fundraisers was decided to be run this year. I encourage all parents to join this group if possible as any funds raised benefit students at the school and Kindergarten directly.

Dogs on School Grounds

Just a reminder that dogs (even on leashes) are not permitted on school grounds as we have a school dog on site most days- Miss Clover. This is to avoid any possible conflict and unsafe situations arising for staff, students and animals. You can view our dogs in schools and safe practices policies on our school website or Compass under school documentation.

School Car Park

The school car park is NOT for picking up or dropping off students before or after school, as it is a serious safety concern particularly to young students and families. It is also not a drive through! Parents and Carers are also reminded NOT to walk through the car park area, but to use the red brick pathway. We have had some close encounters recently. I am constantly monitoring people who wrongly drive through or park in there, many who keep on doing so after a reminder! It is for school / kindergarten staff and contractors engaged by the school only, or valid Disability parking but only if a current and valid Disability sticker is displayed the entire time of parking or driving in our car park. The speed limit is clearly displayed as 5 km per hour. I refuse to encounter any further abuse from anyone who is disrespectful or fails to follow our carpark expectations. It appears that the same people (even after repeated warnings) think it is O.K. to put their own convenience ahead of or at the expense of our students' safety. It is my job to enforce the Car park Policy set by our School Council and I really want to say that I am really impressed with the vast majority of our parents/carers who always do the right thing. But this needs to be 100% of our community all the time.



School Council Elections

As the number of nominations equalled the number of vacant positions on School Council, there was no requirement for an election process so I declare all nominations as elected members of 2024 School Council.

I wish to thank the following people for being nominated and elected for a parent position on our school council for the next 2 years; Phillip Toovey (returning for another term on Council) and Anna Hatch (newly appointed to School Council). It is always exciting to have new members on School Council and I know Anna will represent our school community with enthusiasm and help the other members to make positive decisions and choices for us all. I am also congratulating Kylie Whitsed for her one year term as Community Member representing our Kindergarten on School Council, and Britt Hartley returning as a DET member. I would also like to thank Jess Thompson for her time and commitment to our School Council for a number of years. Jess has decided to have a spell and we wish her all the best. It has been great having Jess work with us.

Our new School Council will be made up of:

Jocelyn Owen, Britt Hartley, Melissa Watson (DET Members), Lauren Barber, Bronwyn Jones, Trish O'Brien, Phillip Toovey, Anna Hatch (Parent Members) and Kylie Whitsed (Community Member). Together this group make important decisions and policy that the school must follow, and they also monitor our school finances and provide advice and feedback. They always act in good faith and hold the interests of everyone at heart, not only their own child/ren. I look forward to working with this enthusiastic team of people again this year.

Our next meeting will be held at **5.00pm on Tuesday 26th March** which will be the Annual General Meeting where we will elect the office bearers, then immediately followed by the normal March School Council Meeting. Meetings are held in our school staffroom.

Regards,

Jocelyn Owen
Principal

**Breakfast Club
each Mon & Wed
of Term 1
8.30am-8.50am in the
SAKG Kitchen**



Important Dates

11 Mar	Public Holiday - no school
21 Mar	WMYC On Show 3.30pm to 5.30pm
25 Mar	School Assembly 9.10am
26 Mar	School Council Meeting 5pm
28 Mar	Last Day of Term 1 - 2.30pm finish
15 Apr	First day of Term 2
19 Apr	Cross Country

WODONGA MIDDLE YEARS ON SHOW

WMYC On Show will be held on Thursday the 21st of March. All year 6 families are invited to come along and take a guided tour. Tours of the Felltimber and Huon campuses will occur between 3.30pm-5.30pm. Following that, there will be a Q and A live link to view on the WMYC Facebook page, starting from 7pm.



School Crossing Supervisor Awards

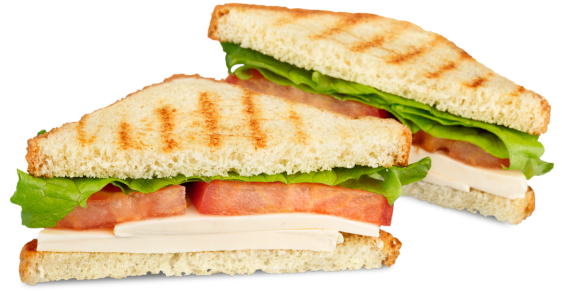
We wish to acknowledge the wonderful work done by Robin Stanley our school crossing supervisor. If you would like to nominate Robin for the School Crossing Supervisor of the Year award, please visit the site below. Nominations close on Friday 31st May 2024



www.schoolcrossingsvictoria.com.au/supervisor-year-awards/

Updated Canteen Prices

A reminder to please check the updated canteen prices for 2024 when doing lunch orders. A copy of prices can be found on the wall above the lunch order box and at the back of this Link Letter



Beleza Closure for Public Holiday

Please be advised that Beleza will be closed for the public holiday on Monday 11th March 2024



WWCC Easter Raffle

The P.F.F are holding an Easter Raffle for our school. Tickets are \$1 each and have gone home with all students earlier this week. Tickets and money are due back by 26th March and prizes will be drawn the last day of Term 1, 28 March 2024



**Tickets \$1 each,
Drawn 28th March 2024**

The P.F.F are kindly asking for donations of Easter eggs or Easter gifts that can be used to make up prizes for this year's Easter Raffle. Please drop your donations to the front office before Tuesday 26th March.





Wellbeing Report

If you require a FREE breakfast pack,



please see Mrs Potter

**CHILD
SAFE HOT
TOPIC**

Asthma Policy

Please refer to the Asthma Policy at the end of this Link Letter.

Pupil Free Days 2024

Please be advised of the following Pupil Free Days for 2024. Theircare will be available these days.

1. Friday 26th April
2. Friday 21st June
3. Friday 2nd August
4. Friday 20th December

**Determine problem behaviour
Is the behaviour minor or major?**

Consequences flow chart

MINOR INCIDENTS

- Physical contact
- Out of bounds/inappropriate location
- Cheating
- Property damage/misuse*
- Late to class*
- Inappropriate language
- Lying*
- Swearing*
- Disruption*
- Defiance/disrespect/non-compliance*

MAJOR INCIDENTS

- Fighting/physical aggression
- Exiting school grounds
- Arson
- Abusive language/profanity
- Use of weapons
- Vandalism
- Technology violation
- Harassment/bullying
- Racism
- Sexualised behaviour/comments
- Gang affiliation
- Forgery/theft

MINOR INCIDENTS

- 1. Problem solve**
 - Prompt with a verbal cue
 - Redirect by stating matrix behaviour
 - Re-teach: tell, show, practice and acknowledge
 - Provide choices
- 2. Use 'I' statements**
 - I'm worried about your behaviour because...
 - I can see you're upset/angry/frustrated etc...
 - Let's solve the problem together
 - I'm not angry; I want to help you fix what's happened
- 3. Determine consequence**
 - Community service
 - Loss of privilege
 - Individualised instruction: walk with teacher, sit in designated spot etc.
 - Alternate location/buddy class
 - Parent contact
 - Time in office
 - Check in sheets

**Document behaviour on
Compass and manage
student consequence**

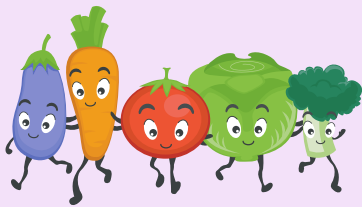
**Minor Behaviour
continues or
escalates**

MAJOR INCIDENTS

- 1. Suggested actions**
 - Use ES staff for support
 - Send student to buddy classroom
 - Explain will need to call leadership for assistance if behaviour continues
 - Evacuate classroom
- 2. Determined consequence**
 - Loss of privilege
 - Parent contact/SSG meeting
 - Time in office
 - Yard restrictions/supports
 - Behaviour plans/check in sheets
 - Afterschool detention
 - Technology ban
 - Suspension
 - Modified timetable
 - Restorative meetings

**Behaviour continues/escalates
Send student to the office or call
office for support**

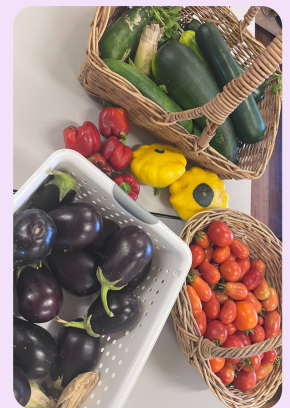
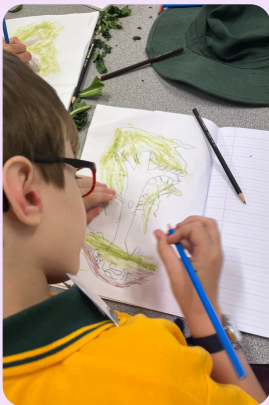
**Document behaviour on
Compass and manage
student consequence**



SAKG NEWS

For the last two weeks in the SAKG program we have been avoiding the heat! The children enjoyed doing some learning around photosynthesis and using the spinach leaves to do some chlorophyll painting. We used up the huge zucchinis we have been growing by making zucchini slice, and chocolate and zucchini brownie. We also used up lots of tomatoes and cucumbers in a yummy summer salad.

We've also been slowly building up our stock of preserves. Tomato relish, cucumber relish, sweet and sour zucchini pickles, plus plenty more.....all available to purchase in the office.



"Gardening me feel happy because it looks beautiful. I do gardening at home and it makes me feel calm and it smells great and I like seeing flowers". – Charlie-Anne

"Gardening make me feel happy because I love nature and it smells good. I really love being in the garden. I do help at home and it makes me feel calm". – Holly

"Last year we planted corn and other stuff like tomatoes, as well as pumpkins. We placed the plants gently in the soil and then we watered them. Something that happened in the garden last week was that it was so hot that we just worked in the shade. The insects that were around with Pray Mantis and butterflies". – Jasmine



In the Kindergarten

The children have really enjoyed riding the bikes and learning about basic road rules. We have created a bike track with a bus top, taxi stand, stop sign, traffic lights and speed limits. The children have been learning to stop when they see the red traffic light and the stop sign. When the children stop riding their bike at a red light or at a stop sign, they are encouraged to count to 5 before they can start riding again. This is a fun way to incorporate numeracy skills into their everyday play. There has also been a great deal of discussion about how to stay safe when riding a bike both at kinder and at home.



Driving a bus has also been fun for many children when playing outside. The children have been taking it in turns to be the driver of the bus. The passengers on the bus have started to use more shared language during play as they discuss where the bus will take them.

Some children have been using recycled boxes to create different objects. During this creative process the children are learning how to use the tape dispensers safely as well as starting to experiment with scissors.





PE NEWS

CROSS COUNTRY

Our School's Cross Country will be held on the first Friday of Term 2, on 19th April at Willow Park, Pearce Street. All students in Years 3 to 6 will participate in a 2km. or 3km. distance, depending on their age. 2/3B will also need to attend, but the year 2's will have a modified course and return to school early. Races will be held every 15 minutes, starting with the 9/10 year old girls at 1:00pm.

We are fortunate to have some Secondary helpers, but I am also looking for parents who are able to supervise the course and assist with the finish line. The main jobs are manning a station around the course and encouraging our runners as they pass. The afternoon is very short and your assistance is really appreciated.

*If you can help, please see myself or let the front office know and I will be in touch before the day.





Wodonga West
EASTER
RAFFLE

**Tickets \$1 each,
Drawn 28th March 2024**

Return your tickets by 26th March

**Donations of Easter chocolates/gifts
greatly appreciated, please drop off to
the office by 26th March 2024**

BREAKFAST CLUB

Toasted Sandwiches
Fruit Cups
Primas

EVERY MON & WED

8.30-8.50AM



- Will be running on a trial basis Monday and Wednesday mornings of Term 1. If well attended we will continue for the whole year.
- All kids welcome
- Held in the SAKG Kitchen



TheiCare
Where Kids love to be!

Upcoming Events/Info

Upcoming public holidays/pupil free days:

Public holiday—11th
March

End of term—Friday 23rd
March

School holidays—2nd
April—12th April

Our opening hours are:

BSC— 6:30am - 8:50am

ASC— 3:30pm - 6pm

We provide breakfast
for your children
between 6:30am and
8:15am.

Our delicious
afternoon tea is
served at 3:45, once
all the children are
signed in and settled
into our service.

We currently have
vacancies available
for both before and
after school care.

Why not pop in for a
visit and check out
the service or you are
welcome to call us on
0447 007 044

Please Note: If your
child is not attending
care PLEASE inform
Maddie by phone or
email

What a busy few weeks we have had at Wodonga West Their-Care.

Over the past 2 weeks our service has been participating in many games, we based a whole week around games and competitions.

These games ranged from musical chairs, musical statues, down ball competitions, fuse ball and so many more.

This week within the service our theme is under the sea. With activities such as silhouette painting, sensory tubs, ice cube paintings, sea water test, dead fish and jellyfish paper chains.

And with huge celebrations planned next week we would like to wish TheirCare a massive happy 7th birthday!

We will be celebrating all week long in service with party games, music, party foods and so much more we hope that you can make it.

Our school holiday program has opened up for families to book in!

Get those paintbrushes ready because ART ATTACK to Their-Care's Autumn Holiday Program! From vibrant and colourful in-house art activities to inspiring excursions, we're diving into a world of art and creative exploration!

We hope that all our friends can join us!



Service Number - 0447007044

Service Email - wodongawest@theircare.com.au

TheiCare HQ - 1300 072 410

TheiCare Email - info@theircare.com.au

LUNCH ORDER CANTEEN MENU 2024

AVAILABLE MONDAY—FRIDAY

Please place your order / money in the special canteen box in the front office by 9.00am

Sandwiches (White & W/G bread)

Ham	3.00
Chicken	4.00
Cheese	2.00
Vegemite	2.00
Cheese & Tomato	2.50
Cheese & Vegemite	2.20
Egg & Lettuce	3.50
Ham & Cheese	3.20
Ham, Cheese & Tomato	3.50
Chicken, lettuce & Mayo	4.50
Plain Salad	4.00
Ham & Salad	4.50
Chicken & Salad	5.00
Wrap	+0.40 extra
Roll	+0.50 extra

Hot Food

Nachos with salsa & cheese	5.00
Pizza (Ham & Pineapple)	3.50
Chicken Burger w/ Lettuce, cheese & mayo	5.00
3 Chicken nuggets	2.00
6 Chicken Nuggets	4.00
3 Gluten Free Nuggets	2.00
6 Gluten Free Nuggets	4.00
3 Steamed Dim Sims	3.50
Party Pies	1.50
Pie	4.50
Sausage Roll	4.00
Hot dog plain	3.80
+ cheese	4.50
+ sauce	4.00
+ cheese & sauce	4.50
Lasagne	5.00
Pasta	4.00
Fried Rice	4.00
Sweet chili chicken wrap	5.00
Corn on cob	1.20
Wedges	4.50

Jaffles

Cheese	2.20
Cheese & tomato	2.70
Cheese & Vegemite	2.70
Ham & Cheese	3.50
Ham, cheese & tomato	3.70

Salads

Salad Bowl	5.00
Caesar Salad	5.50
Chicken Caesar Salad	6.50



eCanteen

Online canteen management software

eCanteen is an online order processing system for schools. It can be used on any device without the need for installation. It is mobile compatible as a free simple app installed from the website without any need of an app store.

The eCanteen online ordering system is designed with parents in mind. Many of its features are designed to make the process of ordering from the canteen convenient and simpler for parents of students. These features include:



Simple login

Login with a Facebook, Google or Microsoft Account to cut down on having to remember yet another login. Don't have one of these, don't worry it's easy to sign up to one of these providers for free.

Manage your own students

Your account allows you to create profiles for multiple students across multiple schools (should those schools be using the eCanteen online ordering system). This stores the details of your students and allows you to process orders for one or more children in a single transaction, rather than having to place individual orders for each student.

Order up to a week in advance

Not only does eCanteen allow you to order for multiple students, it also allows for you to place all your orders for the current week. Cut off times are set by your school's canteen, so please check to make sure you complete your order for a day before the cut off time.

Repeat Orders

Easily access previous orders to copy them into a new order, cutting down on time taken to complete your orders.

Easy, secure payment

All payments are processed by PayPal. PayPal is a trusted payment processing site which gives you security in knowing your details are securely stored, so you don't have to enter them every time. PayPal allows you to use either a credit card or bank account and keeps a record of all payments made.

www.ecanteen.com.au



eCanteen

Online canteen management software

Getting Started

Register Your Account

To use eCanteen you need to register an account and login. To do this you can use an existing Facebook, Google or Microsoft account. You will need to provide eCanteen with your First Name, Last Name, Email Address and Phone Number so that the school can contact you if there are any problems with your order.

Create Profiles

Once you have logged in you need to create a profile to be able to make order. A profile can be created for a Student or School Staff Member. When you create a profile, you must provide the First Name and Last Name of the student or staff member and select their school. Your school may also require you to provide student code, home group, teacher or room. You can have as many profiles linked to your account as you need, with each profile being able to be link to a different school as needed.

Placing an Order and Checking Out

Now you can place an order for each of your profile. Click the new order button and add items to your order by clicking the select button. You can add multiple items by clicking the plus button. After clicking the save button you will return to see all your selected items. You can order for multiple profiles across multiple days of the week in one transaction. Once you have completed all your selections click the checkout button to process all your orders via PayPal.

www.ecanteen.com.au

1 ADD STUDENTS

Register your account

2 PLACE ORDERS

Create student orders

3 CHECKOUT

Securely pay for your orders

BORDER

Easter Egg HUNT

Tickets \$10

PURCHASE ONLINE
WWW.FOODSHARE.ORG.AU

Saturday 16 March
Albury Botanic Gardens

Hop to the Border Easter Egg Hunt for a family-fun day with lots of free activities for kids as well as food stalls and coffee vans.

The Easter bunny will be making a special appearance. Kids can meet and take photos with the bunny, making it an Easter experience they won't forget!

You need a ticket to join the Border Easter Egg Hunt and getting it online will double your chances in the major prize draw!

This year's event is raising money for Albury Wodonga Regional FoodShare to provide food for families in our community experiencing hardship.

9.00am to 12.00pm
Kids entertainment

9.00am to 11.00am
Ticket sales and wristband collection

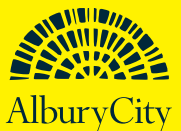
10.30am to 11.00am
Easter Egg Hunt (under 6 year olds)

11.00am to 12.00pm
Easter Egg Hunt (over 6 year olds)

12.15pm
Major Prize Draw
(you must be there to claim your prize)



SCAN FOR TICKETS



SUPPORTING albury wodonga REGIONAL FOODSHARE



**JOIN WITH FRIENDS
PLAY TOGETHER**

FREE!

**CRICKET ALBURY WODONGA ALL GIRLS CRICKET BLAST
KELLY PARK OVAL
4, 11, 18 & 25 MARCH FROM 5:00- 6:00PM
SCAN THE QR CODE TO REGISTER!**



Q Play Cricket

**OFFICIAL KIDS
PROGRAM**



JUNIOR PATHWAY



From Woolworths Cricket Blast through the Junior Cricket stage, all kids can advance their skills and discover how awesome it is to be part of a team through fun game-based activities. The stages have been developed based on academic research, testing and community feedback.

This includes consideration for physical, mental and emotional development.

Participation and progression through the stage is based on ability level, therefore the ages are indicative only. Players are encouraged to participate at a stage appropriate for them.

	<ul style="list-style-type: none"> SKILLS BASED FIRST CRICKET EXPERIENCE LEARN THE SKILLS THROUGH FUN, MODIFIED GAMES PREPARE KIDS FOR JUNIOR CRICKET	<ul style="list-style-type: none"> DURATION 60-90MINS	<p>LEARN THE SKILLS THROUGH GAMES UP TO 10 YEARS <i>Age is indicative only</i></p>
JUNIOR CRICKET 1	<ul style="list-style-type: none"> 7 PLAYERS 16M PITCH 20 OVERS	<ul style="list-style-type: none"> 40M BOUNDARY DURATION 2HRS	<p>LEARN THROUGH PLAY UNDER 11 <i>Age is indicative only</i></p>
JUNIOR CRICKET 2	<ul style="list-style-type: none"> 9 PLAYERS 18M PITCH 30/20 OVERS	<ul style="list-style-type: none"> 45M BOUNDARY DURATION 2-3HRS	<p>PLAYING THE GAME UNDER 13 <i>Age is indicative only</i></p>
JUNIOR CRICKET 3	<ul style="list-style-type: none"> 11 PLAYERS 20.1M PITCH 20/40 OVERS	<ul style="list-style-type: none"> 50M BOUNDARY DURATION 2.5-4HRS	<p>PLAYING AND COMPETING UNDER 14-19 <i>Age is indicative only</i></p>





PROUDLY
PRESENTED BY





FUN IS IN FULL SWING!

Registrations now open

Q Play cricket



H U M E F O O T B A L L N E T B A L L L E A G U E

▶ **MURRAY** ◀
MAGPIES



JUNIOR



FOOTBALL

UNDER 14'S

FAMILY

JOIN US TODAY

FIND US ON FACEBOOK

UNDER 17'S

DEVELOPMENT

MURRAYMAGPIES@HOTMAIL.COM



Flyaway Gymnastics

A l b u r y W o d o n g a

**A SPORT FOR
EVERYBODY**



**LittleTots, Pre-School, Gymstar,
DanceGym, Tumbling, FreeG**

1014 Nowra Street, North Albury PH: (02) 6041 1127

flyawaygymnastics@hotmail.com

www.flyawaygymnastics.com.au

Questacon

Engineering is Elementary

We're coming to Victoria in 2024!

Are you looking for an exciting opportunity to enhance your teaching skills and to inspire students through STEM?

Apply now to participate in our **FREE *Engineering is Elementary*** professional learning workshops.

Our workshops will build your confidence and capacity to teach STEM in your classroom through:

- Getting hands-on experience with the activities in our integrated STEM units of work,
- Learning how to build student knowledge of STEM content and develop teaching strategies to meet the learning needs of your students, and
- Gaining the confidence to teach STEM in your classroom through the engineering design process.

After the workshop, you will receive a resource kit and a unit of work to immediately implement *Engineering is Elementary* in your classroom. You will also be connected to a national community of practice for ongoing collaboration and support!

WHEN: 15 - 21 March 2024

WHERE: Albury, Wodonga, Bright, Wangaratta, Shepparton and Echuca

For more information check out our website:
<https://www.questacon.edu.au/about/programs/engineering-elementary>



SCAN THE QR CODE TO APPLY
<https://bit.ly/EiE-Application-Form>

St John

Youth!

Come have fun!

- Learn valuable First Aid Skills!
- Participate in fun activities!
- Practice your skills in real-life settings!
- Complete and earn badges!



Every Monday
6-8pm
For ages
12 to 16

We provide you with critical First Aid knowledge and skills through qualified courses and training, and offer leadership opportunities.

Having a background in St John Youth will give you a head start when entering the healthcare field.



February ACTIVITY PLAN

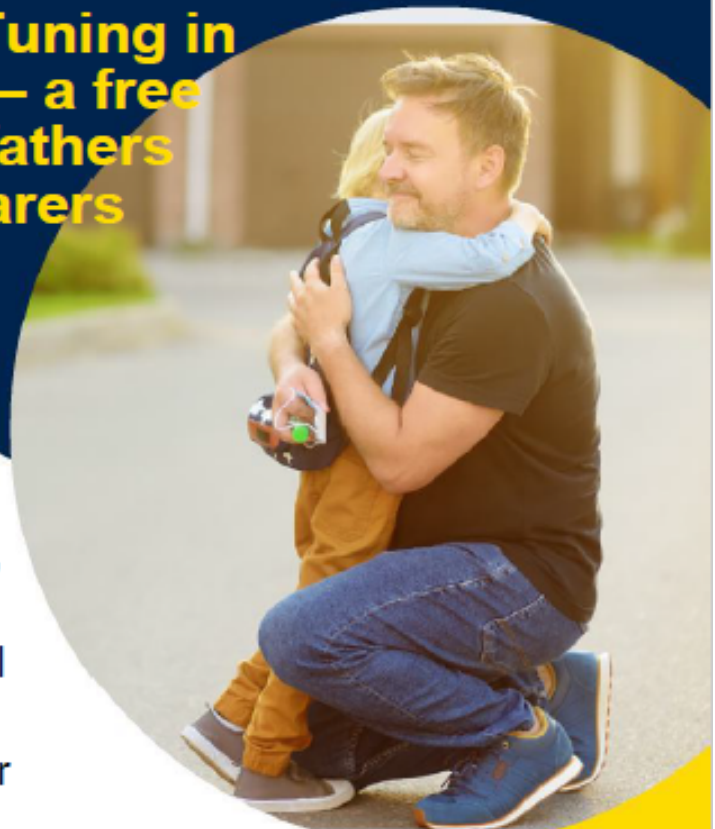
THE FORMATIVE YEARS PARENT & CHILD CONNECTION GROUP

DATE/TIME	ACTIVITY	FOCUS	LOCATION
Monday 26th Feb 12 - 1:30 pm	Parents - Paint & Platter Kids - activities facilitated by Early Help Team Cost: Free	Meet and Greet -Importance of self-care and connection for parents	Wodonga Venue - TBA
Monday 4th March 12 - 1:30 pm	Picnic in the Park -Outside play for kids Cost: Free	Self-regulation with parents	Sumsion Gardens Wodonga
Monday 11th March 12 - 1:30 pm	PUBLIC HOLIDAY		
Monday 18th March 12 - 1:30 pm	Coffee and Cake Cost: Free	Co-regulation with children	TBA
Monday 25th March 12 - 1:30 pm	Ten pin bowling for parents and kids Cost: Free	Basics of brain development in children	3D Lanes Wodonga (2 Sanyo Drive)

CONTACT THE EARLY HELP TEAM TO REGISTER (02) 6043 7400
OR EMAIL earlyhelp@junction.org.au

Are you a male caring for a child between 3 and 12 years old?

Join our Dads Tuning in to Kids group – a free program for fathers and male carers



YOU WILL LEARN TO:

- Help your child cope with frustration, sadness, anger, and worry
- Support your child to build their social and emotional skills
- Strengthen your connection with your child
- Manage the stress of parenting

YOU WILL ALSO:

- Meet other men caring for children
- Learn from their parenting stories and share your own, if you want to

Program Details:

Groups usually run as approximately 2 hour sessions for 7 weeks

Most groups will run online – you will need a computer or tablet with internet access

To express your interest in joining a Dads Tuning in to Kids group, fill in the online form here - <https://forms.office.com/r/tu7u7hud0Z> or by scanning this QR code with your phone's camera. We will then contact you with details of the next groups

If you need help completing the online form or accessing internet connected device, ask your DCJ caseworker



Dads
Tuning
in to
Kids 



Communities and Justice

Connecting with your kids - Emotion coaching

*For parents and carers of children aged
between 2 and 12 years*



This two-hour session will provide information
on the following:

- Emotional intelligence and why it's important
- Children's brain development
- Tuning in to your children's emotions to help manage behavior
- Emotion coaching – Helping children to understand and regulate their emotions
- Different styles of parenting

Location Gateway Health, 45-47 MacKay St, Wangaratta

Date and time Tuesday 12th March from 1pm - 3pm

Cost This is a free information session.

To Register

Scan the QR Code or [click here](#)
Please register by Friday 8th March



For further information contact parenting team on 0457 279 796

gatewayhealth.org.au

Bookings are essential

**gateway
health**
People living well

Please note this information applies to Term 1 2024

Parenting After Separation

This five- week program will help you learn how separation and conflict can impact children and gain information and strategies to help your children adjust



This program will look at:

- How children often experience separation
- What you can do to support your children after separation (including practical skills to support children during challenging times)
- How to build a working relationship with the other parent of your children
- Effective communication and conflict resolution
- Explore ways to care for yourself after separation

Location

Gateway Health ,155 High St, Wodonga

Date and time

Tuesday 20th February - 26th March 2024 from 10am to 12pm

Cost

This is a free program

To Register

Scan the QR Code or [click here](#)

Please register by Friday 16th February



For further information contact parenting team on 0457 279 796

Bookings are essential

gatewayhealth.org.au

gateway
health
People living well

Please note this information applies to Term 1 2024

ASTHMA POLICY



Help for non-English speakers

If you need help to understand the information in this policy please contact the school office.

PURPOSE

To ensure that Wodonga West Children's Centre appropriately supports students diagnosed with asthma.

OBJECTIVE

To explain to Wodonga West Children's Centre parents/carers, staff and students the processes and procedures in place to support students diagnosed with asthma.

SCOPE

This policy applies to:

- all staff, including casual relief staff, contractors and volunteers
- all students who have been diagnosed with asthma or who may require emergency treatment for asthma and their parents/carers.

POLICY

Asthma

Asthma is a long term lung condition. People with asthma have sensitive airways in their lungs which react to triggers, causing a 'flare-up'. In a flare-up, the muscles around the airway squeeze tight, the airways swell and become narrow and there is more mucus. This makes it hard to breathe. An asthma flare-up can come on slowly (over hours, days or even weeks) or very quickly (over minutes). A sudden or severe asthma flare-up is sometimes called an asthma attack.

Symptoms

Symptoms of asthma can vary over time and often vary from person to person. The most common asthma symptoms are:

- breathlessness
- wheezing (a whistling noise from the chest)
- tight feeling in the chest
- persistent cough

Symptoms often occur at night, early in the morning or during/just after physical activity. If asthma is well controlled, a person should only have occasional asthma symptoms.

Triggers

A trigger is something that sets off or starts asthma symptoms. Everyone with asthma has different triggers. For most people with asthma, triggers are only a problem when asthma is not well controlled with medication. Common asthma triggers include:

<ul style="list-style-type: none"> • exercise 	<ul style="list-style-type: none"> • colds/flu
<ul style="list-style-type: none"> • smoke (cigarette smoke, wood smoke from open fires, burn-offs or bushfires) 	<ul style="list-style-type: none"> • weather changes such as thunderstorms and cold, dry air
<ul style="list-style-type: none"> • house dust mites 	<ul style="list-style-type: none"> • moulds
<ul style="list-style-type: none"> • pollens 	<ul style="list-style-type: none"> • animals such as cats and dogs
<ul style="list-style-type: none"> • chemicals such as household cleaning products 	<ul style="list-style-type: none"> • deodorants (including perfumes, aftershave, hair spray and aerosol deodorant sprays)
<ul style="list-style-type: none"> • food chemicals/additives 	<ul style="list-style-type: none"> • certain medications (including aspirin and anti-inflammatories)
<ul style="list-style-type: none"> • laughter or emotions, such as stress 	

Asthma management

If a student diagnosed with asthma enrolls at Wodonga West Children's Centre :

1. Parents/carers must provide the school with an Asthma Action Plan which has been completed by the student's medical practitioner. The plan must outline:
 - the prescribed medication taken by the student and when it is to be administered, for example as a pre-medication to exercise or on a regular basis
 - emergency contact details
 - the contact details of the student's medical practitioner
 - the student's known triggers
 - the emergency procedures to be taken in the event of an asthma flare-up or attack.
2. Parents/carers should also provide a photo of the student to be included as part of the student's Asthma Action Plan.
3. Wodonga West Children's Centre will keep all Asthma Action Plans:
 - In the first Aid office with children's asthma puffers as well as notification on the students school compass portal that a plan exists.
4. School staff may also work with parents/carers to develop a Student Health Support Plan which will include details on:
 - how the school will provide support for the student
 - identify specific strategies
 - allocate staff to assist the student

Any Student Health Support Plan will be developed in accordance with Wodonga West Children's Centre 's Healthcare Needs Policy.

5. If a student diagnosed with asthma is going to attend a school camp or excursion, Wodonga West Children's Centre parents/carers are required to provide any updated medical information.
6. If a student's asthma condition or treatment requirements change, parent/carers must notify the school and provide an updated Asthma Action Plan.
7. School staff will work with parents/carers to review Asthma Action Plans and Student Health Support Plans at the beginning of the school year.

Student asthma kit

All students diagnosed with asthma are required to have a student asthma kit at school which contains:

- their own prescribed reliever medication labelled with the student's name
- their spacer (if they use one)

Student asthma kits will be stored in the first aid room cupboards

OR

Students will be required to keep their asthma kits with them while at school in years 3-6 if suitable and agreed to by parents/carers

Asthma emergency response plan

If a student is:

- having an asthma attack
- difficulty breathing for an unknown cause, even if they are not known to have asthma

School staff will endeavour to follow the Asthma First Aid procedures outlined in the table below. School staff may contact Triple Zero "000" at any time.

Step	Action
1.	Sit the person upright <ul style="list-style-type: none">• Be calm and reassuring• Do not leave them alone• Seek assistance from another staff member or reliable student to locate the student's reliever, the Asthma Emergency Kit and the student's Asthma Action Plan (if available).• If the student's action plan is not immediately available, use the Asthma First Aid as described in Steps 2 to 5.
2.	Give 4 separate puffs of blue or blue/grey reliever puffer: <ul style="list-style-type: none">• Shake the puffer• Use a spacer if you have one• Put 1 puff into the spacer• Take 4 breaths from the spacer Remember – Shake, 1 puff, 4 breaths
3.	Wait 4 minutes <ul style="list-style-type: none">• If there is no improvement, give 4 more separate puffs of blue/grey reliever as above (or give 1 more dose of Bricanyl or Symbicort inhaler)
4.	If there is still no improvement call Triple Zero "000" and ask for an ambulance. <ul style="list-style-type: none">• Tell the operator the student is having an asthma attack• Keep giving 4 separate puffs every 4 minutes until emergency assistance arrives (or 1 dose of Bricanyl or Symbicort every 4 minutes – up to 3 doses of Symbicort)
5.	If asthma is relieved after administering Asthma First Aid, stop the treatment and observe the student. Notify the student's emergency contact person and record the incident

Staff will call Triple Zero "000" immediately if:

- the person is not breathing
- if the person's asthma suddenly becomes worse or is not improving
- if the person is having an asthma attack and a reliever is not available
- if they are not sure if it is asthma
- if the person is known to have anaphylaxis

Training for staff

Wodonga West Children's Centre will arrange the following asthma management training for staff:

Staff	Completed by	Course	Provider	Cost	Valid for
Group 1 General Staff	School staff with a direct teaching role with students affected by asthma or other school staff directed by the Principal after conducting a risk assessment.	Asthma first aid management for education staff (non-accredited) One hour online training.	Asthma Australia	Free to all schools	3 years
Group 2 Specific Staff	Staff working with high risk children with a history of severe asthma, or with direct student wellbeing responsibility, (including nurses, PE/sport teachers, first aid and school staff attending camp)	<i>Course in the management of Asthma Risks and Emergencies in the Workplace 22556VIC</i> (accredited)	Any RTO that has this course in their scope of practice	Paid by Wodonga West Children's Centre	3 years

Wodonga West Children's Centre will also conduct an annual briefing for staff on:

- the procedures outlined in this policy
- the causes, symptoms and treatment of asthma
- identities of the students diagnosed with asthma
- how to use a puffer and spacer
- the location of:
 - the Asthma Emergency Kits
 - asthma medication which has been provided by parents for student use.

Wodonga West Children's Centre will also provide this policy to casual relief staff and volunteers who will be working with students, and may also provide a briefing if the Principal decides it is necessary depending on the nature of the work being performed.

Asthma Emergency Kit

Wodonga West Children's Centre will provide and maintain at least two Asthma Emergency Kits. One kit will be kept on school premises in the first aid room and one will be a mobile kit for activities such as:

- yard duty
- camps and excursions.

The Asthma Emergency Kit will contain:

- at least 1 blue or blue/grey reliever medication such as Airomir, Admol or Ventolin
- at least 2 spacer devices (for single person use only) to assist with effective inhalation of the blue or blue/grey reliever medication (Wodonga West Children's Centre will ensure spare spacers are available as replacements). Spacers will be stored in a dust proof container.
- clear written instructions on Asthma First Aid, including:
 - how to use the medication and spacer devices
 - steps to be taken in treating an asthma attack

The First Aid leaders/Reception staff will monitor and maintain the Asthma Emergency Kits. They will:

- ensure all contents are maintained and replaced where necessary
- regularly check the expiry date on the canisters of the blue or blue/grey reliever puffers and place them if they have expired or a low on doses
- replace spacers in the Kits after each use (spacers are single-person use only)
- dispose of any previously used spaces.

The blue or blue/grey reliever medication in the Asthma Emergency Kits may be used by more than one student as long as they are used with a spacer. If the devices come into contact with someone's mouth, they will not be used again and will be replaced.

After each use of a blue or blue/grey reliever (with a spacer):

- remove the metal canister from the puffer (do not wash the canister)
- wash the plastic casing
- rinse the mouthpiece through the top and bottom under running water for at least 30 seconds
- wash the mouthpiece cover
- air dry then reassemble
- test the puffer to make sure no water remains in it, then return to the Asthma Emergency Kit.

Management of confidential medical information

Confidential medical information provided to Wodonga West Children's Centre to support a student diagnosed with asthma will be:

- recorded on the student's file
- shared with all relevant staff so that they are able to properly support students diagnosed with asthma and respond appropriately if necessary.

Communication plan

This policy will be available on Wodonga West Children's Centre's website and in our Compass school portal so that parents and other members of the school community can easily access information about Wodonga West Children's Centre's asthma management procedures.

Epidemic Thunderstorm Asthma

Wodonga West Children's Centre will be prepared to act on the warnings and advice from the Department of Education and Training when the risk of epidemic thunderstorm asthma is forecast as high.

COMMUNICATION

This policy will be communicated to our school community in the following ways:

- Available publicly on our school's website (or insert other online parent/carer/student communication method)
- Discussed at annual staff briefings/meetings
- Reminders in our school newsletter
- Hard copy available from school administration upon request

FURTHER INFORMATION AND RESOURCES

- Asthma Australia: [Resources for schools](#)
- Policy and Advisory Library:
 - [Asthma](#)
 - [Treating an asthma attack](#)

POLICY REVIEW AND APPROVAL

Policy last reviewed	5.3.2024
Approved by	Principal School Council 18 th March
Next scheduled review date	March 2025