

**Diary Dates 2023****TERM 4**

Sun 8 Oct	Working Bee 10.00am - 12.00pm - Clarke Street
Mon 9 Oct	Book Week Dress Up Day
Mon 9 Oct - Fri 13 Oct	WPS Celebrating Book Week
Tues 10 Oct	Year 5 Yarning Conference (Selected Students)
	Prep - 2 Tabloid Sports
	Year 3 Tabloid Sports
Fri 13 Oct	Year 6 District Playoffs (Softball and Tennis)
Sun 15 Oct	Spring Fair (Fete)
Mon 16 Oct	Year 4 Author Visit
Wed 18 Oct	Year 2 Cricket Clinic
Fri 20 Oct	Year 5 Frisbee Clinic
Mon 23 Oct	Prep Author Visit
Wed 25 Oct	Year 2 Author Visit
Thurs 26 Oct	Prep Learning by Doing Incursion
Fri 27 Oct	Year 4 Author Visit (online)
	Year 5 Frisbee Clinic
Mon 30 Oct	Softball Regionals (TBC)
Wed 1 Nov	Year 2 Cricket Clinic
Thurs 2 Nov	Year 3 Author Visit
Fri 3 Nov	Curriculum Day (Pupil Free Day)
Mon 6 Nov	Professional Practice Day (Pupil Free Day)
Tues 7 Nov	Melbourne Cup Public Holiday
Wed 8 Nov	Year 2 Cricket Clinic
Fri 10 Nov	Year 6 Footsteps (2.40pm - 3.30pm)
	Year 5 Frisbee Clinic
Wed 15 Nov	Year 3 URSTRONG Workshop
	Year 2 Cricket Clinic
Fri 17 Nov	Prep 2024 Orientation
	Year 6 Footsteps (2.40pm - 3.30pm)
	Year 3 and 4 Disco
Tues 21 Nov	Prep 2024 Parent Info Night (via WebEx)
Wed 22 Nov	Year 3 URSTRONG Workshop for Parents
	Year 2 Cricket Clinic
Thurs 23 Nov	Prep Swimming
Fri 24 Nov	Prep 2024 Orientation (Café Style)
	Year 6 Footsteps (2.40pm - 3.30pm)
	Year 3 - 5 Swimming Trials
Thurs 30 Nov	Prep Swimming
	Year 2 Science Works Excursion

**2023 Term Dates**

T4 02/10/23 - 20/12/23

**OSHC services will be available via bookings for all curriculum days/pupil free days and early term dismissals**

**\* The School Holiday Program for Brunswick West is attached**

**2023 School Council Date**

25 October  
29 November

## Diary Dates 2023—Continued

Fri 1 Dec	Year 6 Footsteps (2.40pm - 3.30pm)
	Year 5 Frisbee Clinic
Thurs 7 Dec	Prep Swimming
	Year 6 Footsteps (11.15am - 12.00pm)
	Year 6 Graduation
Tues 12 Dec	Prep 2024 Play Date and Visit to OSHC
Wed 13 Dec	Year 6 Funfields
Thurs 14 Dec	Prep Swimming

## Meeting Dates 2023

Finance	Tuesday 17 October @ 10.00am WebEx
OSHC	Wednesday 18 October @ 11.00am WebEx
Environment	Thursday 19 October @ 8.00am Jo's Office
Fun and Fundraising	TBC @ 8.00pm WebEx
Education	TBC @ 7.00pm WebEx
School Council	Wednesday 25 October @ 7.00pm Library

## 2023 School Council Date

25 October  
29 November



[Optional Homework](#)



[eSmart!](#)



[Be you!](#)



[Kitchen Garden News](#)



[Sport News](#)



[Library News](#)

## Asthma Management

An asthma action plan allows you and your doctor to create an individual plan for you to manage your asthma. An action plan advises you about what you must do to stay healthy and what to do when your asthma is unstable and you need help.

There is no 'standard' asthma action plan, as everyone's asthma is different. Your plan needs to be written to deal with your individual triggers, signs and symptoms, and medications.

Your action plan might be based on symptoms, peak flow readings or both.



### **An asthma action plan outlines:**

- How to care for your day-to-day asthma (it lists your regular medications and how many times each day you should take them)
- Key things that tell you when your asthma is getting worse or an 'attack' is developing, and the steps you should take to manage it
- Symptoms that are serious enough to need urgent medical help (with emergency information on what to do if you have an asthma 'attack').

Have your action plan reviewed every six months or after a severe asthma attack.

It is just as important for parents to obtain a clear, succinct, written summary of their child's asthma management (an Asthma Action Plan). This will provide a source of reference to reinforce the advice given by the doctor.

This Asthma Action Plan is also an important tool for anyone caring for your child. It provides up-to-date, detailed information (including your child's emergency first aid plan) to help manage your child's asthma.

A copy of the asthma action plan is to be sent to your child's school, kindergarten, childcare centre or to anyone caring for your child.

When the child is old enough to understand, make sure that you explain asthma to them and encourage them to be aware of their symptoms and how to treat them.

### **Asthma First Aid**

An asthma attack can take anything from a few minutes to a few days to develop. It can be a very frightening experience and people having an asthma attack may need help straight away.

This resource satisfies the guidelines and standards approved by the National Asthma Council and Asthma Australia. The materials contained in this publication are distributed for information purposes only. Suitable medical and professional advice should be obtained before acting on any information contained herein.

## Anaphylaxis Management

### **Potential allergic reactions to nuts, nut products, seeds & other food products**

As you may be aware for some children even a minor exposure to nuts or foods containing nut products or seeds can set off a severe allergy which may cause loss of breathing.

The parents of children who may have a severe reaction would like you to help us make the school environment as safe as possible by exercising caution when packing school snacks and lunches. Whilst students with severe allergies can learn to manage and control what they eat there is no real way of protecting themselves from nut traces that may be present in the environment such as on clothing, furniture, drink taps and of course on other people's hands.

- Please avoid preparing school lunches with products that contain nuts, nut spreads, sesame products or chocolate that may contain nuts (e.g. Peanut Butter, Nutella and Tahini)
- As part of our Policy we do not encourage students to share food. All students will be encouraged to wash hands before and after eating.
- Please avoid packing any whole nuts as part of lunches for children under eight as they may get caught in small children's airways presenting as a choking hazard.



We would like to remind all students that they are required to wear a sunsmart hat and sun safe clothing from **1 September** until the end of Term 4. Caps do not provide adequate sun protection so please make sure your child has a broad—brimmed or legionnaire style hat. It is also recommended that students apply sunscreen to protect their skin. Singlet and tops with narrow straps are not suitable to wear at school. Hats are available for purchase at the office for \$11.50. Please visit Sun Smart's resources page at <http://www.sunsmart.com.au/communities/early-childhood-primary-schools/resources-primary-early-childhood>



### **Pre-Fete Working Bee – Sunday the 8 October 10am – 12pm**

The Environment Committee would be thrilled to see families come along this Sunday to a pre-Fete working bee to tidy up the Clarke Street campus, weed and mulch the gorgeous garden beds and barrow and spread mulch in the Kitchen Garden to ensure the campus is looking top notch for the Fete.

If you are close by and have your own wheelbarrow, please bring it along and for others, all equipment can be provided. This is a very kid-friendly event with little hands suited to weeding, mulching, sweeping and emu bobbing for any rubbish and lost property.

Please wear hats, suitable clothing and byo water.

A light morning tea will be provided for hungry tummies!