news
Westgarth Primary School
Safe, Fair & Friendly

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Diary Dates

TERM 4

Mon 12 Oct – Thurs 15 Oct	Prep Swimming
Wed 14 Oct	Year 2 Pop Up Planetarium In House Activity
	Region Athletics
	5 Sam Parliament House
Sun 18 Oct	Spring Fair
Mon 19 Oct	5 Steph Parliament House
Tues 20 Oct	Year 5 Yarning Conference
	6 Bel Parliament House
Wed 21 Oct	Division Cricket
	Division Softball
	5 Adam Parliament House
Mon 26 Oct	6 Andrea Parliament House
Mon 2 Nov	Professional Practice Day
	(Pupil Free Day)
Tues 3 Nov	Melbourne Cup Public Holiday
Fri 6 Nov	Region Cricket
	Year 1 Reptile Encounters In House Activity
Tues 10 Nov	Year 6 STOMP Dance Class
Wed 11 Nov	Region Softball
Fri 13 Nov	Prep 2027 Orientation
Tues 17 Nov	Year 6 STOMP Dance Class
	Prep 2027 Parent Information WEBEX (7pm – 8 pm)
Wed 18 Nov	Preps excursion to Royal Botanic gardens
Thurs 19 Nov	Year 3 excursion to Healesville Sanctuary
Tues 24 Nov	Year 6 STOMP Dance Class
Wed 25 Nov	House Tabloid Sports Day P-3
Fri 27 Nov	Prep 2027 Orientation
	2027 Swimming Trials
Tues 1 Dec	Year 6 STOMP Dance Class
Tues 8 Dec	Year 6 Orientation
	Play Date for 2027 Preps (3:45pm – 4.30pm)
Thurs 10 Dec	Year 6 STOMP Dance Class
Mon 14 Dec	Year 6 Graduation
Fri 18 Dec	Last day of term
	(Students dismissed at 1:30pm)

2026 Term Dates
T4 05/10/26 – 18/12/26

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

2027 Important Dates

Wed 24 Feb – Fri 26 Feb	Year 6 Camp

School Council Dates
T4 14 Oct, 25 Nov
2027
T1 24 Feb

Meeting Dates

OSHC	Tuesday 6 November @ 10.30am WebEx
Finance	Thursday 8 October @ 10.00am WebEx
Environment	Wednesday 28 October @ 8.00am Jo's Office
Fun and Fundraising	TBC @ 7pm WebEx
School Council	Wednesday 14 October @ 7.00pm Staff Room

Jellis Craig Westgarth Primary School is proudly sponsored by Jellis Craig





Optional Homework

eSmart

Smart. Safe. Responsible.



eSmart





Library News





Sport News

SunSmart.



We would like to remind all students that they are required to wear a sunsmart hat and sun safe clothing from the start of September, until the end of April. 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 $19.95. Please visit Sun Smart's resources page at SunSmart schools & early childhood - SunSmart

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

<u>Potential allergic reactions to nuts, nut products, seeds & other food products</u>

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 are SunSmart
- a note for families

Too much of the sun's ultraviolet (UV) radiation can cause sunburn, skin and eye damage and skin cancer.

UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer later in life. Skin cancer is the most common cancer in Australia. It is also one of the most preventable cancers.

You can't see or feel the sun's UV. Whatever the weather, if the UV levels are three or more, it's important to *Slip, Slop, Slap, Seek and Slide*!

Sun protection times



Don't just wait for hot and sunny days to use sun protection. Check the sun protection times each day so your family can be protected when they need to be.

Daily local sun protection times and weather details are available from the SunSmart widget on our school website, in the weather section of the newspaper, on the SunSmart website at sunsmart.com.au and as a free SunSmart app. Sun protection times can also be found at the Bureau of Meteorology website and live UV levels are available from ARPANSA.

SunSmart membership

Our school is a registered member of Cancer Council Victoria's SunSmart Schools Program. We aim to protect students and staff from too much UV.

Sun protection and skin cancer prevention is a shared responsibility. Please help support our SunSmart membership and sun protection efforts by ensuring your child follows the SunSmart measures included in our policy at school and at home.

During the daily local sun protection times (usually from mid-August to the end of April), ***use these 5 SunSmart steps – even if it's cool and cloudy.***

1. *SLIP* on covering clothing



For free dress days, ensure your child wears clothing that covers as much skin as possible (e.g. elbow length tops with a higher neckline or collar and longer style shorts or skirts). Densely woven fabrics are best.

2. *SLOP* on SPF50+ broad-spectrum, water-resistant sunscreen

Apply a generous amount of sunscreen at the start of the day and make sure children have sunscreen in their bag ready to reapply throughout the day. Sunscreen should be reapplied every two hours. Please ensure children get plenty of sunscreen application practice at home so they'll be all set when they are at school. Under supervision, ask children to put a dot of sunscreen on each cheek, nose and chin and rub it in (avoiding the eye area) and sunscreen squiggles or dots on the back of the neck, arms and legs to cover these areas.

3. *SLAP* on a hat that protects the face, neck and ears

Choose a wide-brimmed, legionnaire or bucket hat. Peak caps and visors do not offer enough UV protection so please leave them at home. Please help your child remember to bring and wear their approved ***school hat***. Please keep this at school so they will always be ready for outdoor activities, outdoor learning and play during school days. For the walk to and from school and weekends, please have an extra ***home hat*** to help keep children protected at home.

4. *SEEK* shade

Choose shady spots for learning and play whenever possible.

5. *SLIDE* on wrap-around AS1067 sunglasses

When appropriate and practical, help protect the eyes with sunglasses.

Need information in another language? *Call 13 14 50 and ask to be connected to Cancer Council Victoria in your language*

PARENTING ANXIOUS CHILDREN:

Fear Less Group

A **FREE** online 6-session parenting group for parents and carers of children aged 5- 12 years old experiencing anxiety. Open to carers residing in the Cities of Yarra, Darebin, Nillumbik, Whittlesea and Banyule.

Dates: weekly for 6 weeks from 09/11/26

Location: Online via Zoom

Time: 10:30am-12:00pm

Fear-Less Triple P supports parents to learn new strategies for managing their child's anxiety, including:

- Understanding how anxiety works
- Strategies to support children to manage their anxiety with support from others
- Strategies to support children to manage anxiety independently based on age and stage

BERRY STREET

Triple P
Positive Parenting Program

How to Enquire:
Email the team with your **full name** and **best contact number** at triplep@berrystreet.org.au for information on the enrolment process.

We ask that enquiries are made no later than 26/10/26.

Please note that enquiries do not guarantee enrolment and that capacity may be reached prior to this date. As such, we encourage carers to reach out ASAP to avoid disappointment.