



This newsletter is published on our school website.

5 February 2019, Issue 1

From the Principal

Welcome back for another wonderful year at Westgarth Primary School. We hope you all had a great summer and are ready to settle into the 2019 school year.

We welcome our new 81 prep students and their families and to the 13 students and their families who have joined our school at different year levels. In all we have 51 new families joining our school community this year. Congratulations to our new preps and their families for the smooth start to the year. We trust you will all have a lovely year and will be welcomed by this great school community.

We will be having our School Picnic on Friday 22 February from 6 – 8pm on the front oval of the Clarke St site. This is for all families to come and meet each other. Our Parents and Friends would love to serve you a sausage or sushi or you can BYO a picnic dinner.

I would also like to welcome our new and returning staff, who have joined our committed team to provide a quality education for your children. New this year are Tarni Williams, Lucy Volard and Jess Edwards all to year 1, Yuki Cameron (Kitchen Garden Specialist) and returning from leave is Rosie Parry (Year 6 Monday only), Holly Bishop (Year 2 Monday—Wednesday) and Kat Hansen (Year 4 Monday—Wednesday).

Welcome also to Julia Heimborg as an integration aid mainly working in year 1 and 2.

This holiday period was much quieter on the buildings front than other years. We had synthetic turf installed on the Brooke St site to provide a seal over the dirt mound near the caterpillar and tan bark and soft fall added to this site as well. We also had some remediation work done on the Clarke St site to manage the water inundation in the 2018 weather episodes. This work will be ongoing until it has been fully rectified.

Parent Information Night – Tuesday 19 February

Each year we run an information session to inform parents about the classroom organisation for the year, some minor insights into the teaching and learning program and to answer general questions parents may have. This year the sessions will be run as a year level group in the following rooms:

Brooke St (6.30 – 7.10pm)

Preps – Prep Ellie's classroom (far east classroom at the back of the building) entry via rear corridor

Year 1 – Resource room (Brooke St)

Year 2 – Holly/Kathy's classroom (back classroom closest to the caterpillar in playground) entry via front door

Clarke St (7.20 – 8pm)

Year 3 – Gaye/Josie F's classroom (portable closest to the new kindergarten)

Year 4 – Centre space of WEB (library area)

Year 5 – Alice's classroom (WEB closest classroom to the art room)

Year 6 – Sophie's classroom (north/east side of WEB)

Student Absences

To assist us managing student attendance please report a student absence by 9am on the morning of the absence in one of these two ways: Flexibuzz (preferred) see further information on page 5 or telephone (9481 5577) select option 1. If your child is going to be away for a longer period please provide the office with a note outlining the dates and reason for absence. For student absences over consecutive days, such as is ill for two days, the absence needs to be recorded each day of absence.

School Review 2019

Every four years the Department of Education and Training undertake a review of each school. Our school is due to have its review this term. The process looks at all the school data and tracks how we have gone against our goals and targets. We will focus on our achievements and successes as well as areas for future growth. Once the process of review is complete, we then write our new four-year strategic plan (2019 – 2022). We have already completed our self-assessment after exploring different data sets, enablers and barriers for meeting our goals and areas for future focus with the staff, parents and students in term 4, 2018. An independent reviewer chairs the panel, and the members include two challenge partners who are principals for other schools, the Senior Education Improvement officer from DET, the School Council president and/or nominees and representatives from the school staff including the principal. The actual review will run over four days, the validation day, two fieldwork days and the final report day. On the fieldwork days the panel and reviewer attend the school to view it 'in action' and they may elect to run forums with staff, students and parents. We will keep you up-to-date with the work of the panel and if they are seeking further input from the community.

Working with children check

Parents/carers who wish to volunteer at Westgarth Primary School are required to have a current WWCC. Volunteering with reading in class, going on an excursion or helping out with sporting events or kitchen garden will require a current WWCC. Once you have applied for your new card at www.workingwithchildren.vic.gov.au you will need to bring your receipt to the school office to register and show the office a copy of the card when it arrives, to be recorded on our register. While this requirement may be viewed as unnecessary, it is part of the school's and DET child safe standard requirements. See the item on Child Safe Standards later in the newsletter.

Ambulance Cover

We strongly recommend that all families take out ambulance cover. Though serious injuries are rare, we have a policy of calling for an ambulance when in doubt about a student's health. The average cost for an ambulance is greater than \$1,100.00. The cost is approximately \$500 for a call out without transport. On all occasions we will ring an ambulance first and then attempt to contact a family member, we have found that in many cases it is safer for the parent and the child to be transported in an ambulance. It can be a distressing time for parents when their child is injured and is often not the best time to be worrying about how to get to the hospital or doctor. Families are liable for any ambulance costs.

School payments

You should have received a hard copy form with school charges yesterday outlining the payments for 2019. We use a mobile app called Qkr which makes paying easier and quicker (hence the name). Details on how to use Qkr are available on the payment form. Other payment methods are available as well, but Qkr is our preferred method.

School Council 2019

School Council assists with the governance of the school. The Westgarth School Council has 15 members including eight parents, four staff, the principal as executive officer and two co-opted members, traditionally from our community and a Parents and Friends representative. Each year half of the council complete their 2-year term and vacancies arise. We have four parents retiring from council this year so if you would like to be involved please collect a nomination form from the office or request a copy of the form to be emailed to you by contacting the office 9481 5577. The schedule for the process is below. We will host an information session in the staffroom straight after assembly (approx. 9.30am) on Monday 18th and a repeat on Tuesday 19th February at 5.45pm for those wanting more information or alternatively you can call the school and talk to Jo.

School Council Election Process and Timetable 2019

	EVENT	DATE
a)	Information session for parent interested in finding out more about School Council	Monday 18 th February 9.30am (after assembly) and Tuesday 19 th February 2019 5.45pm Staffroom Brooke St site
b)	Notice of election and call for nominations	Tuesday 19 th February 2019
c)	Closing date for nominations	Tuesday 26 th February 2019
d)	Date by which the list of candidates and nominators will be posted	Thursday 28 nd February 2019
e)	Date by which ballot papers will be prepared and distributed if election is required	Tuesday 5 th March 2019
f)	Close of ballot	4.00pm Wednesday 13 th March 2019
g)	Vote count	Wednesday 13 th March 2019
h)	Declaration of poll	Thursday 14 th March 2019
i)	Special council meeting to co-opt Community members (the principal will preside)	Wednesday 27 th March 2019
j)	First council meeting to elect office bearers (the principal will preside)	Wednesday 27 th March 2019

SunSmart

We would like to remind all students that they are required to wear a sunsmart hat and sun safe clothing 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. Please visit Sun Smart's resources page at <http://www.sunsmart.com.au/communities/early-childhood-primary-schools/resources-primary-early-childhood>

Asthma policy/practices

Parents of students who have asthma are reminded that they need to provide medication and an asthma management plan for their child. Each classroom has a first aid kit housed near the external door, which has a school supplied inhaler and spacer and used in emergency situations. While children will use their own medication when having an asthma attack, an emergency supply will be at close hand so no time is wasted locating medication in an emergency. Teachers also have an asthma medication notification pad to let parents know if their child has required medication during the day. While many students, particularly the older ones, manage their own medication, please encourage your child to let their teacher know when they need their medication and/or if they had some during a break time, so that it can be monitored and they can be assisted by an adult. Our Asthma Policy can be located on the school website at http://www.wgps.vic.edu.au/uploaded_files/media/asthma_policy.pdf. If you have any concerns please do not hesitate to speak to your child's teacher or a member of the school's leadership team. See page 14 for details about Asthma management plans.

Baby News

We are happy to announce that 2018 year one teacher, Yolanda, gave birth to a beautiful baby girl on the weekend. She has called her Matilda and she weighed 3.2 kg and was 53 cm long. Mum, dad and baby are doing well.



Child Safe Standards

As stated in an newsletter last year, Westgarth Primary is committed to child safety. As a community we want children to be safe, happy and empowered. We support and respect all children, as well as our staff and volunteers. We are committed to the safety, participation and empowerment of all children. There is zero tolerance of child abuse, and all allegations and safety concerns will be treated very seriously and consistently with our robust policies and procedures. We meet our legal and moral obligations to contact authorities when we are worried about a child's safety, which we follow rigorously.

Westgarth Primary is committed to preventing child abuse and identifying risks early, and removing and reducing these risks. We have robust human resources and recruitment practices for all staff and volunteers. Our school is committed to regularly training and educating our staff and volunteers on child abuse risks. As a community we support and respect all children, as well as our staff and volunteers. We are committed to the cultural safety of Aboriginal children, the cultural safety of children from a culturally and/or linguistically diverse backgrounds, and to providing a safe environment for children with a disability. Westgarth Primary School has specific policies, procedures and training in place that support our leadership team, staff and volunteers to achieve these commitments.

At Westgarth Primary:

- Everyone connected to our school can help children be safe.
- We have zero tolerance for any abuse of children.
- We already have policies and processes in place to protect the care, safety and welfare of children. These are being strengthened to ensure a zero tolerance approach to child abuse. As policies are ratified at school council, they will be made available to you through the newsletter and on our web page.
- There will be clear boundaries about how adults in our school community may interact with the children here set out in our school's Child Safe Code of Conduct. This will be made available when school council ratifies it at school council
- The child safe standards apply to school staff (including volunteers and contractors), visitors and students' family members.
- Keeping children safe is everyone's responsibility. Different people at our school have different roles and responsibilities for ensuring children's safety.
- Things you need to know about: what 'zero tolerance' means to us, what roles and responsibilities adults have for child safety, our new procedures to respond to and report complaints of any form of child abuse.
- We want to ensure you know how we are keeping your children safe at school, and how we would like you to support us.

- Staff members (including volunteers) will receive training and support to understand and carry out their responsibilities under the standards.
- Unsupervised contractors will be asked about their child safety arrangements as a condition of working with us if they work with children enrolled in the school (or children can reasonably be expected to be present while they are at the school).
- Other people using our school facilities will be asked about their child safety arrangements as a condition of using our facilities if they involve children enrolled at the school (or children can reasonably be expected to be present while their staff or other adults are at the school).

Here is our [Code of Conduct](#) for staff and volunteers around Child Safety Standards. It is also uploaded on the school website.

Regards
Jo Wheeler
Principal

Stay in touch with FlexiBuzz

STEP 01 Sign up for FlexiBuzz and then login
 Search "FlexiBuzz" in your app store. Go to web.flexibuzz.com and click "Sign Up".

STEP 02 Connect to us
 Select the 'Search' icon and type in our name. Select us from the results.

STEP 03 Select your communication groups
 Click the 'Add' icon beside the communication groups that apply to you.

STEP 04 Get started
 Click the 'Home' icon to view our recent posts.

For further information or assistance please visit our website www.flexibuzz.com or email us via support@flexibuzz.com.

FlexiBuzz

Keep up to date with WPS school news!

Remember to update your child/ren year level.

Download Flexibuzz now!

Diary Dates 2019

TERM 1

Wed 6, Thurs 7 & Fri 8 Feb
Tues 19 Feb
Fri 22 Feb
Thurs 28 Feb
Sat 2 Mar
Tues 12 Mar
Throughout March
Throughout March

Year 6 Camp
Parent Information Night
P&F Welcome Picnic 6-8pm Clarke St
Whole School Photos
P&F Trivia Night 7pm
Curriculum Day - Pupil Free Day*
Chocolate Fundraiser
Year 3—6 Swimming



2019 School Council Dates

Wed 27 February 2019

Meeting Dates 2019

Finance
School Council

Wed 21 February 8:30am Jo's Office
Wed 27 February 7:00pm Staffroom

2019 Term Dates

T1 31/01/19 - 05/04/19
T2 23/04/19 - 28/06/19
T3 15/07/19 - 20/09/19
T4 07/10/19 - 20/12/19

* OSHC services will be available via bookings for all curriculum days.

**Preps commence full time
from Friday 15 March**



Visit

<http://www.wgps.vic.edu.au/page/255/eSmart>

to access eSmart resources designed to educate, track, monitor and prevent cyber bullying and to create responsible users of technology.



Visit

<http://www.wgps.vic.edu.au/page/256/KidsMatter>

to access KidsMatter resources that support student wellbeing and mental health.



*School photos will be held on
Thursday 28 February.*

Mandarin Classes

commenced back on
Monday 4 February.

**Classes are located in Grade 1
classes on Brooke St**



2019 School Payments

Parents will need to update their children's new class teachers in the Qkr! app.

Your current password is required to do this. If you have forgotten your password follow the prompts to reset then the app can be used as required.

Do you have a valid health care or concession card?

Then you may be eligible for DET funding of \$125 per child to assist with camps, excursions and swimming costs.

To apply, please complete the CSEF application form at the office with a copy of your concession card.

Or alternatively, speak with Nella who will be able to assist you with any questions you may have.

[Download the form here!](#)



How to contact your child's teacher?

Clear communication is an essential feature of an effective partnership between the school and families. By working together, we can help each student to achieve their potential and to resolve any issues or concerns that may arise from time to time.

At Westgarth, we invite parents and carers to meet with class teachers to discuss issues or concerns – or simply just to introduce yourself or to 'touch base' throughout the year. While most teachers may be available before school they are typically getting ready for your child's class. Therefore, we suggest the following options for communicating about non-urgent matters:

- Making an appointment, at a mutually convenient time, to meet after school
- Contacting the school via email/phone which will be forwarded to the class teacher/s.

Your child's teacher/s can be contacted by the following ways.

1. Flexibuzz contact request (Most efficient method)
2. Emailing the school at: westgarth.ps@edumail.vic.gov.au (Please include your child's teacher in the subject line)
3. Phone the school on 9481 5577 which you will be transferred to leave a voicemail for your child's teacher.

Do you need to update your details with the school?

Changed address, got a new phone number or email address.

Do we have up to date medical information for your child/ren?

Quite often we forget to update so if your personal details have changed, please update the office in writing via:

1. Flexibuzz contact request for Admin (Most efficient method)
2. Emailing the school at: westgarth.ps@edumail.vic.gov.au
3. Visit the office at any time



Update your contact info!

After School Music Lessons

Instrumental music teachers are once again hiring lesson spaces at WPS in 2019

Woodwind Lessons - If you would like your child to learn a woodwind instrument (flute/clarinet/saxophone), please contact Joseph Ronfeldt by email directly to arrange a time. These lessons will take place on Wednesday after school in the music room. They are a half hour in duration and are usually individual lessons however lessons in pairs or small groups can be negotiated with the teacher but it is up to his discretion. Students will need to use their own instrument and provide any books that the teacher will be working from.

If you are interested in participating in this valuable program, please contact Joseph directly. Lesson times will be determined on a first come first served basis. Timetabling and fees are to be negotiated with Joseph.

Joseph Ronfeldt (Woodwind)- Wednesday joseph.ronfeldt@gmail.com

Guitar Lessons - Johnathan Dexter on 0420 927 498. At this stage, after school guitar classes are full.

John Carr
Music Specialist



2019 Swimming Program

All students from Prep to Year 6 will be involved in the compulsory swimming program as a curriculum component of health and physical education and personal and social capabilities of the curriculum. Students will be bussed to and from the Northcote Aquatic Centre and provided with an intensive swimming program.

Many students made great progress last year during the 2018 program.

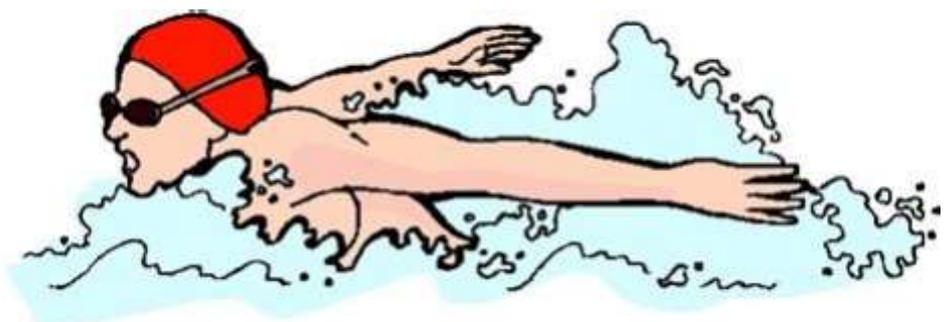
The program is designed to differentiate so that all students' ability levels are catered for, from non-swimmers through to squad swimmers. The 3-6 program is held during term one and the P-2 program is held during Term 2. You may wish to consider altering your private swimming arrangements during these terms. As always, parents/carers who have a current Working with Children's Card are encouraged to support students by meeting the class at the pool to assist with changing.

More information relating to dates will be provided at the information nights to families. Students at Westgarth this year have received a small government swimming subsidy which has been factored in to the swimming cost.

Swimming is a healthy activity and students have great fun engaging in this different learning experience.

Please feel free to contact me on 9481 5577 if you have any concerns or queries.

Carolyn Shiels,
Assistant Principal





Thursday 14 February is International Book Giving Day. International Book Giving Day is a worldwide 100% volunteer initiative aimed at increasing children's access to and enthusiasm for books. This year Westgarth Primary School would like to donate good quality, second-hand or new books to the **Aboriginal Literacy Foundation**. All donated books will be dispersed amongst Indigenous communities throughout Australia. To assist with book sorting and to make distribution easier the ALF ask that all donated books meet the following criteria:

New and second hand books suitable for children 0-16 years of age:

- ✦ Picture books – new titles, classic titles, favourite authors, award winners
- ✦ Early readers – popular series, cardboard books
- ✦ Fiction – new titles, popular authors, classics

Non-Fiction (current and relevant to Indigenous culture)

Please note: they do not accept books that have:

- ✦ Binding that is frayed
- ✦ Cover and pages that are torn or missing
- ✦ Food stains
- ✦ Been chewed on
- ✦ Been written in or highlighted
- ✦ Mould, dirt or water damage
- ✦ Battery operated sounds
- ✦ An accompanying CD, but CD is missing

Please leave any books you wish to donate in the labelled box in the foyer of the Brooke Street front office anytime from now until Friday 15 February.

Any support is greatly appreciated.

Sincerely,
Chris Sarandis
Support & Library

SPORT

Welcome back everyone. We hope you had a fabulous break and spent lots of time outdoors keeping active (while being sunsmart)! We are very excited about the new school year and looking forward to Westgarth students having fun and achieving their best in sport. We love to see students keeping healthy and active both at school and after school. Once again the PE program will be asking, at different stages of the year, for parent helpers to support the many extra curriculum activities that are provided by the school throughout the year. These include cricket, cross country, basketball, athletics, triathlon, interschool sport, swimming and many different incursions from sporting organisations. Keep reading the newsletter each week for this information. All the dates for our 2019 sports events will be confirmed ASAP and will be listed in the newsletter.

Please help your child to dress appropriately (sun smart hat, runners, shorts, and t-shirt) on the day they will have their Physical Education class. Your child's classroom teacher will be able to tell you when this is. Please don't hesitate to contact us if you have any concerns or questions throughout the year in regards to your child and PE.

Hannah Black (Monday & Tuesday)

Rushe Lynch (Tuesday, Wednesday, Thursday & Friday)

School Sport Victoria State Trials Nominations

At Westgarth Primary we like to encourage excellence in all areas of the curriculum. If there are any students that are **exceptional** in a sport and wish to be nominated for trialling out for a state team then please note:

Any child wishing to trial must obtain an endorsement from the Sports Coordinator, Rushe Lynch and Jo Wheeler will need to 'sign it off'. Only three students born in 2007 or 2008 per school can be endorsed for each sport. If you wish to enrol your child in a trial please hand in a letter of intention to Rushe with any relevant stats/awards for their chosen sport by **Friday 15th February**. Most of the sport's closing dates are the 1st March and late nominations aren't accepted. These trials are not come and try days, they are for children who excel in their sport (who have advanced skills). Children already playing in a representative side or who have won a competition award, not just team awards will be given preference.

Once endorsed, parents will be responsible for registering their child online, paying the registration fee and for downloading all details relating to trial dates, times, venues and costs.

Parents will be responsible for transporting their child to any trials or events if selected. If your child is successful and selected for a state team, additional costs such as, airfares, accommodation and uniforms are also paid for by the families of children attending.

Please feel free to explore the SSV website at www.ssv.vic.edu

From the home page simply click on Team Vic logo at the top of the page and select the sport you wish to enrol your child in.

Thanks,
Rushe Lynch



[2019 Sport
Diary Dates](#)

Calling Volunteers to the Farmhouse for Cooking, Gardening and Lots of Fun. No skills needed, we all learn together!

All children in Years 3, 4 and 5 should have brought home a volunteer request form. If you are able to support the children in gardening and / or cooking sessions please send it back by next Thursday 7 February. Anyone from other year levels is welcome to volunteer. Simply send an email to Mary or Yuki expressing your interest and we will get back to you.

The Kitchen Garden Induction will be on Tuesday 12 February from 9 – 10.15 am.

A Big Thank You To Garden Waterers

Thanks to all our holiday waterers our garden has flourished in the summer heat. We are very grateful to Ana Gargano, Anna Viola, Julie Carpenter, Kathy Valley, Kellie Burns, Lisa Lubbock, Penny Smith, Sharlee Gibb and Vanessa Sutherland. They generously gave up their time to water and keep an eye out for any issue that may have arisen. If you won't be volunteering this year and have a chance, please drop into the farm house so we can thank you personally with a little gift.

Welcome to Yuki Cameron, our new Garden Specialist!

Yuki lives with her husband John and sons Clancy (13) and Leo (11) in The Hood, a thriving Heidelberg West suburban farm community with productive gardens, chickens, two hipster bearded dairy goats Tessie and Stasi, twenty human households and countless children. Along with the goats and their stable of bikes (from pedal power to electric 3-kid carriers) they've featured in PIP Magazine, gardening TV shows and RetroSuburbia.com.

Yuki loves being involved in local sustainability initiatives including Transition 3081, local veggie swaps and Darebin & Banyule City Council programs. She currently coordinates the Buna Community Garden in Heidelberg West and has previously worked at the founding Stephanie Alexander Kitchen Garden at Collingwood College.

Yuki was born in the Japanese countryside on a self-sufficient farm and grew up in Victoria's Snowy River country, usually in the highest branches of a fruit tree or out in the strawberry patch. When she is not in the garden, Yuki enjoys playing ukulele in The Flukes and identifying beneficial garden bugs. She is very excited to be joining the Westgarth team and looks forward getting to know everyone in the year ahead.



Tuesday 12 February @ 8:45am

FURS stall, near front gate, Brooke Street

Friday 22 February @ 6-8pm

Welcome Picnic, Clarke Street south lawn

Saturday 2 March @ 7pm

Trivia and Dance Night, School Gym

Throughout March: Chocolatier Fundraiser: forms sent out end of February

WELCOME to 2019!

Welcome back to the school year, and an a special welcome to new families. To help us all settle back in and connect with each other, we have a few favorite events coming up. Hope to see you soon!

About Parents and Friends

The Westgarth Parents and Friends (P&F) is a subcommittee of School Council that exists to support our school (by fundraising) and build our community. We aim to facilitate parent / community involvement and connection in whatever way suits different needs, interests and availability.

WAYS TO GET INVOLVED THIS YEAR

We appreciate any way you can be involved, big or small. If you don't have much time, you can always support our events and ensure you've paid your school fees so our fundraising can deliver extra value.

Parent and Friends: Michelle Wrench mtwrench@gmail.com or 0431 348 455

Jammy team – Michelle Wrench mtwrench@gmail.com or 0431 348 455

Plant team - Kellie Burns - kburns@sjbplanning.com.au

Craft ladies - Lyndall Shelly - lyndall26@gmail.com

Free and Recycled Uniform Stalls (FURS) –

Tuesday 12 February before school

Can't believe how grotty / damaged your children's clothes get on an average school day and sick of washing? Need spares or cheaper supplies? Come along to our FURS stall on Tuesday 12 February before school, just near the entrance to the office on Brooke St. All items are free of cost. If you have any clean, unwanted uniform items, please hand in to the school office on any day.

WELCOME PICNIC

Friday 22th February from 6-8pm on the Clarke Street south lawn

This is an opportunity for our new families to feel the love at Westgarth and for everyone to catch up after the holidays. We will be selling snags, sushi and icy poles. BYO cold drinks.

All funds go straight to the school!

Want to play music at the Welcome Picnic? Live music or curated playlists welcome.

Please contact westgarthpandf@gmail.com. Kids performances welcome!

BYO music and speaker equipment.

Volunteers needed for sausage sizzle and to sell sushi. Please sign up here <http://signup.com/go/gWWofoG>



2019 Welcome Picnic!



Tiger Turf, Clarke St Campus

Sausages, Sushi & Icy poles for sale

BYO Picnic food, rug, kids, cold drinks.

Great opportunity to meet new families & catch up with old friends

See you there!



TRIVIA AND DANCE NIGHT: BOOK YOUR BABYSITTER NOW!
Saturday 2 March, School Gym from 7pm. Trivia starts 7.30pm
Tickets go on sale: Friday 22 February at the Welcome Picnic
180 tickets available at \$25 each.

IT'S BACK! After a seriously fun and frivolous event last year, our incredible events team returns to help you bond, drink and dance the night away. Grandmaster Ian Campbell Fraser will once again lead the Trivia for your intellectual pleasure.

Get a group of 10 together from your class or just buy single tickets and make some new buddies on the night.
BYO plate or snacks to share. We ask you to purchase drinks from the bar.

DONATIONS SOUGHT: We are looking for donations of vouchers, chocolate hampers or wines as prizes for our trivia evening. If you, your business or any of your contacts are able to help, please email westgarthpandf@gmail.com. We will mention your donation in our school newsletter.

JAMMY LADIES AND CHUTNEY CHAPS – Cook up dates
Move over CWA – It's the Country Westgarth Association bringing their backyard harvesting and traditional cooking skills to the aid of our Whopping Great Fete. Even if you've never smelted your own jam or crushed veggies into submission, this charming group welcomes knife wielders & practised peelers and will induct you into the ways of gooey goodness. Come and drop by for an hour or two...

SUNDAY 24th February - 10-4pm in the Farmhouse on Clarke Street
SUNDAY 3rd March - 10-4pm in the Farmhouse on Clarke Street

See you soon!
Michelle, Nerida, Fiona and Tanya
westgarthpandf@gmail.com

WE ARE LOOKING FOR SUMMER FRUIT

If you or anybody you know have summer fruit trees and would be keen to donate some of your fruit to our Jammy team, please email Michelle mtwrench@gmail.com or 0431348455. We will be making jam from February so please keep us in mind.



Get Fete Ready!!



Westgarth Makers Group invites you to get involved and contribute in what ever way you would like to our 'Craft Stall'. It only happens at fete in October, but we like to set a slow-and-steady pace right from the outset. If you'd like to know more about the Makers Group, if you enjoy making things and being crafty then get in touch to find out more and look out for announcements around term 2 for meetings.

Email: lyndall26@gmail.com

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 regularly 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)
- If sending party food to school please avoid using recipes that require nut products (e.g. almond meal)
- 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

Community Advertisements

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3.00PM: Sustainability Fair and family activities
Dusk (Approx 8.30PM): Film screening begins

Saturday 23 February

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SealPony Football

SealPony Football is a developmental & participation program that introduces boys and girls aged between 5-10 to the game of football (soccer). It focuses on teaching the basic/intermediate skills.

* Fun games & activities * Great giveaways
 For more information, call 0415-388-028 or visit www.sealpony.com.au

Time: Every Sunday Morning
Starting Date: 10th of March 2019
Finishing Date: Mid June
Register in-person: Sunday 10 - 11 am
 3rd of March 2019
Address: James Street Reserve Heidelberg Heights 3081

Come & Join the band!

Darebin City Brass Youth Band
Thursday 7 February 2019

Do you play brass or percussion?
 Are you 19 years or under?

6.00 - 7.15pm

Corner of Mary & Cramer St, Preston
 For more details email: DCBYouthBand@gmail.com




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