Dear Parents and Guardians,

Parent Teacher Information Exchange and Prep Information Night
The school will be holding a Parent Teacher Information Exchange for 1 - 6 Year Levels on Wednesday 27th February (Prep parents will be scheduled on Wednesdays to meet with their child’s teacher this term). The Parent Teacher Information Exchange will commence at 2.30 and continue to 7.30 pm with 10 minute interviews for parents to book times. As a trial, we will hold all interviews in the Clyde Street building to make it more convenient for parents to transition between meetings.

The appointment booking times will be through Compass which will be open on Tuesday 19th February. You will receive a letter on Monday with your log in details. If you don’t have internet access please see the school office and they will assist with bookings. Please note it is a first in first served basis for appointments.

A separate Prep Information Night, 6.30 -7.30pm, will be held on Tuesday 26th February in the Wales Street Building and again further detailed information will be provided next week.

Road safety and Parking around the School
Unfortunately, last week we had an issue with parking. A local resident contacted us, concerned about parking and traffic around the school and student safety. This always seems to be a problem at the peak times of drop off and pick up. I am a local who has lived around the corner from your school for the past 4 years. Whenever it is drop-off or pick-up time at the school I am unable to drive down Speight Street for fear of an accident. Without exception, every time I have driven down there during those times one or more of the following things has happened: a driver has pulled into a park without indicating (usually parking on an angle), a driver has pulled out of a park without warning, doors are flung open on the road side by driver, child or both, parents stand on the road while getting their kids out - thereby blocking the road to traffic, parent and children walk or run across the road in front of oncoming traffic.

It is a serious concern for everyone so could people please be very mindful of road safety around the school.
Accident Insurance Arrangements for Parents and Guardians

This week I was instructed by the Department of Education and Early Childhood Development (DEECD) to remind parents that schools do not provide personal accident insurance for students. Parents and guardians are also to be reminded that they are responsible for paying the cost of medical treatment for injured students and that student accident insurance policies are available from some commercial insurers.

School Fete Saturday 23rd March

The Fete committee has been meeting since last year and planning during the school holidays. Now they will need lots of support for our School Fete this term on Saturday 23rd March. I am encouraging all parents to get behind their efforts to make this a truly successful and enjoyable event. Please contact the school office and leave your details if you are interested in assisting. The committee is planning to meet every Tuesday at 8pm starting next week until the fete is held.

Principals and PYP Coordinator attending PYP professional development training

As part of the school authorization process to become an International Baccalaureate School, the School Leadership Team of Jenny Deeble, Trevor Robinson and I and also the PYP Coordinator, Noel Carter are required to attend professional development training in Hong Kong. We will all be back at school next Friday and in the meantime Jason Sergi will assume the leadership the school.

Calls for School Council Vacancies and Elections 2013

Please refer to the Principal’s letter in the previous newsletter dated, 8th February on the School’s website for all details.

Christopher L. Sexton
Principal

2013 NEW WSPS PREP FAMILIES

Come along and enjoy a play at All Nations park, next Wednesday the 20th of Feb, from 9.15am onwards (after sibling school drop off). We will be at the Munro St Park at the Eastern end of All Nations Park (go right to the end of Wales St). Any queries contact Mary on 0407 551 954. Hope to see you there!

SCHOOL CROSSING NOTES

School Crossing Supervisors, Anastasia and John wish our new preppies, students and teachers a great 2013.

1. A children’s crossing is a legal crossing when two flags are in place.
2. Children and adults who are crossing at a children’s crossing must comply with the supervisor’s direction.
3. You must always stand behind the yellow line.
4. Never follow the children’s crossing supervisor out onto the crossing – WAIT! The children’s crossing supervisor will walk out onto the crossing and blow two short whistles when it is safe to cross.
5. Do not ride bikes across the crossing, bounce a ball, fight, muck around or run – Walk quickly and safely.
6. Always stay within the lines of the crossing and walk in front of supervisor. (Never behind them)
7. Cars are not allowed to park on or around the crossing. The crossing is usually signed (No stopping). The clearance around the crossing is for the safety of pedestrians, including those from your school and your child.

Remember....
Always cross at the children’s crossing when it is in operation.

SCHOOL NURSE REPORT

Hello everyone,

Happy Valentine’s day- can’t you just feel the love! My youngest has decided that I’m getting a card, and so is his dad –it’s all rather fabulous really.

Last week I forgot to mention in my eagerness to inundate you with information, that those children with existing ventolin/spacers sets for their asthma require new Ventolin inhalers- a number of the inhalers have now expired. If you could bring those in, labelled with your child’s name and leave it on my desk, it would be greatly appreciated. I have added an asthma check list for you to this newsletter. I also had a query about one of our policies- if you are looking
Now to The Challenge! Every year we participate as a school, and individually in the Premiers Active Families challenge.

The Premier’s Active Families Challenge provides a great opportunity for all Victorians to get active and enjoy the benefits of a healthy lifestyle.

Registrations are now open! You can support the Challenge by encouraging your students and their families to register and complete 30 minutes of physical activity for 30 days from 4 March to 14 April 2013.

Participation is free and there are great incentives just for signing up including:

- 20 free YMCA passes per family or team
- 15% discount at Rebel Sport
- one hour free tennis court hire at Melbourne Park or Albert Park Reserve
- one free child entry to the Melbourne Aquarium
- one free child entry to the National Sports Museum and MCG Tour

Students will also have the opportunity to nominate their school for the chance to win between $350 and $1000 in Rebel Sport vouchers.

Sounds great doesn’t it! Last year over 80,000 people participated from Victoria, and our Wales street Primary School was able to buy extra sports equipment directly due to all our children’s and families involvement. Thank you!!

All the information and registration is via the better health channel: www.betterhealth.vic.gov.au/challenge

Here is some wonderful reasons to partake with great gusto and enthusiasm!

Physical activity during childhood can help with:
- Developing a healthier heart and lungs
- Building stronger bones and muscles
- Improving motor skills
- Improving self-esteem
- Reducing stress and anxiety
- Improving school performance
- Improving concentration

The National Physical Activity Guidelines recommend that children aged between five and 12:

- Need at least 60 minutes (and up to several hours) of moderate to vigorous physical activity every day.
- Should not spend more than two hours a day using electronic media for entertainment (e.g. computer games, TV, Internet), particularly during daylight hours.

What can you do to help?
- Be active with your children
- Turn off the TV and computer or limit the time allowed and substitute with a fun activity
- Plan some activities with your children – let them choose
- Find out what the school is doing – ask if they are keeping track of the activity time

Things to consider when being active:
- Be sun-smart when outdoors
- Keep hydrated
- Wear comfortable shoes and clothing
- Know your children’s limits

Suggested activities you can do as a family:
- Walk to school
- Walk the dog
- Bike riding
- Explore where you live – walk a different course direction
- Do the family chores together – shopping, washing the car
- Set up a backyard obstacle course
- Get some chalk and make a downball or hop-scotch court on your driveway
- Play a game of backyard cricket
- Backyard lawn bowls with the balls you have
- Kick-to-kick with the footy or soccer ball
- Wall tennis
- Backyard volleyball with a balloon or keep the balloon up
- Frisbee
- Rebound – throwing the ball against the wall
- Jump rope
- Hula hoop competition
- Hide and seek
- Throw and catch – and take step back when successful
- Head to the local playground
- Fly a kite
- Stand, stretch and walk around during every ad break on TV
- Three-legged races
- Sack races
- Roll a dice and the winning number selects the activity Challenge

Welcome to another school year. With term one approaching it is time to get your children ready for their return to school or attendance at a children’s service. While their asthma is just one of the many things to get ready, this checklist will hopefully make the process easier.

Throughout the year there are significant increases, or ‘spikes’, in asthma presentations to hospitals and emergency departments. Approximately 1 in 10 children and adolescents in Australia have asthma, and for children and adolescents with asthma these ‘spikes’ usually occur towards the end of holiday periods as they return to school or preschool. A significant ‘spike’ in asthma presentations and admissions to hospital, of children and adolescents experiencing severe asthma exacerbations, occurs throughout the first few weeks of February. For this reason, we have compiled a quick checklist for parents and carers to go through to prepare their child for the school year.

Is your child ready for new school year?

- My child has had an annual asthma management review with their doctor and has had their Asthma Action Plan reviewed
  - My child has up to date ambulance membership
  - My child knows how to recognise early symptoms of asthma and knows when to seek help from staff if they experience asthma symptoms
  - My child understands the importance of taking reliever medication when necessary and knows how to use their puffer and spacer, either independently or with assistance
  - An updated Asthma Action Plan has been provided to my child’s school/children’s service. Even if their Asthma Action Plan has not changed from last year it is important that a letter is provided to the school/children’s service informing staff of this. It is vital that staff know what to do for your child in an asthma emergency
  - A reliever puffer and spacer (and mask for children under 5 years old) has been provided to the school/children’s service for my child. With the change in infection control guidelines, spacers can no longer be shared between children and it is vital that each child has their own equipment
  - I have read and understood the school/children’s services asthma policy

For more information, resources or assistance completing this checklist please contact The Asthma Foundation of Victoria on 1800 ASTHMA (278 462) or visit www.asthma.org.au


Lots of fabulous ideas there for you, straight from better Health to you.

I hope you have a healthy week, take care. Until next week.

Catherine Fisers School Nurse (R/N)
SealPony Soccer 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 skills. Note: This is a popular program and places are limited. Contact Joe: Mobile: 0415-388-028, E-mail: jyamen@optusnet.com.au. Venue: James Street Reserve. Time: Every Sunday Morning, 10th Mar. to 26th May. Registration: Sat. 2nd Mar. 10 – 11am. James Street Reserve, Cnr James, Alfred & St. Hellier Street Heidelberg Heights 3081

Certified Organic fruit and vegetables to your door. Try a box of hand-picked organic fruit and vegetables. Sourced from the organic wholesale market, produce is seasonal, deliveries are weekly or fortnightly, prices are either $40 or $50. Deliveries are on Thursday nights within the Thornbury/ Northcote area. Call Judith on 0497 076 820, or leave a text message for further information or to order your box of tasty fruit and vegies.


Thornbury High School Information evening. Thurs. 14th March, 7pm. 238 Collins St., Thornbury.

THS School Tours. To book a school tour with Principal Peter Egeberg, please call 9480 4066 option 6. Tours run most school mornings.

High Achiever’s Year 7 2014. To find out more about the program or download an application form, visit www.thornburyhs.vic.deu.au

Hayes Park Playspace Development. Community consultation: 13th & 16th Feb., 2013. 9.30am-12.30pm at Hayes Park. Share your views and talk to Council’s landscape architects and urban designers. Ph: 8470 8435 or email jules.martin@darebin.vic.gov.au