



# Stanhope Primary School

Learning • Success • Respect • Citizenship



Principal: Christine Owen

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## Newsletter

48 Midland Highway

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<http://stanhopeps.vic.edu.au>

*Inspiring Lifelong Learning*

ISSUE 23: August 10th 2023

### REMINDERS & THINGS TO DO

### DATES TO REMEMBER

 presents... 

## THE POWER OF DUCKS

...a production featuring F-6 students from Rushworth P-12 and Stanhope Primary!

Our story follows Dr. Mallard and Dr. Muscovy as they travel through time trying to find and fix a new source of power.

Featuring songs and dances from each year level, a story told by the 4-6 students, and hits from the 60s, 70s, 80s, 90s, and 2000s!

**Thursday, 7th September, 7pm**  
**Rushworth P-12 College - N Block**

Tickets will be free and available closer to the date.

**If you have any 8" pots or some cuttings/seedlings  
Could you please send them into school**

#### Tuesday 15th August

- ◆ LIBRARY

#### Wednesday 16th August

- ◆ Sporting Schools
- ◆ Performing Arts
- ◆ Café Lunch Orders

#### Thursday 17th August

- ◆ Blue Earth Sporting Schools

#### Monday 21st August

- ◆ Speech Pathology Webex

#### Tuesday 22nd August

- ◆ ART

#### Wednesday 23rd August

- ◆ Sporting Schools
- ◆ Life Saving Victoria Incursion
- ◆ School Council & Finance  
6.30pm

#### Thursday 24th August

- ◆ Book Week Parade 10.30am  
*Families Welcome*

#### Tuesday 29th August

- ◆ LIBRARY

# From the Principal



**Christine  
Owen**

## Read, Grow, Inspire

The CBCA Book Week theme for 2023 is "Read, Grow, Inspire", This year the kinder will be joining us for the Book Week Parade here at school. Since we have been reading lots of fairy tales as part of our theme for the term, it would be great if students could come dressed up as a traditional fairy tale character. It'd be wonderful if you could celebrate Book Week at home, too! Perhaps read a different traditional fairy tale each night, together as a family! **Families are welcome to come and watch the parade at 10.30am.**

## Spring Meat Raffle

As part of our fundraising efforts, this year Parents Club will be running a Spring Meat Raffle. The first prize is a \$200.00 meat voucher from Kyabram Main Street Butchers. Tickets will be available from the school office, Stanhope Post Office, Stanhope Chemist, and Stanhope Café. \$5.00 per ticket! Tickets back to the school by Thursday

## Community Collaboration!

Stanhope Primary School has been approached by the Business Centre, to paint and decorate the sculpture across from the school in Savage Rd at the entrance to the walking track. The Men's Shed are happy to supply the paint for a design created by the school. We plan to begin the artwork in Term 4.

## Production Preparation

We have now received the script, music and dance steps for the mega production of 'The Power of Ducks! with Rushworth P-12 on 7 September. Students have had a practice of the dance routines and will soon begin on combining the speaking and dance routines.

## eSafety Webinar

Next Wednesday our students will participate in an eSafety Webinar, 'Be an eSafe Kid'. Today's students will need to be more aware than ever of how to safely navigate their digital world. By learning about the different aspects of being safe online, we can help prepare our students to know how to behave online and what to do when others don't do the right thing.

## Family Information Sessions—Speech Pathology

Have you ever wondered what Speech Pathology involves? To celebrate Speech Pathology week, Stanhope Primary School will be hosting a Webex Q&A session with a fully qualified regional Speech Pathologist.

She will briefly explain the purpose of speech pathology and then take questions from families. The session is free and will be held in the staff room at our school at **2.30pm on Monday 21 August.**

## FROM THE **Business Manager**



**Mica will still be in the office on Tuesdays and Thursdays.**

**I am happy to discuss confidential payment options for fees or camps & excursions with you.**

## Café Lunch Orders

**3rd Wednesday  
of every month**

**16<sup>th</sup> August  
18<sup>th</sup> October  
15<sup>th</sup> November  
20<sup>th</sup> December**

## **EXCURSIONS**

**Please note that excursion permissions need to be approved on uEducateUs & any money needs to be returned to the school prior to the day of the Excursion, thank you.**

# SPECIALIST PROJECTS

with Mrs Foley



Students are enjoying learning about plants and how to take cuttings and pot them up.

We are going to donate them to the Men's Shed 'Swap/Need/Give A Plant' stall.

If you have any spare plastic 8" pots and/or plant cuttings and seedlings, our students would love to pot them up to help with this project!

Students from Stanhope Primary School and Stanhope Kinder will join to take part in a parade for Book Week to be held at Stanhope Primary School. Thursday 24th August at 10.30am.

The dress-up theme is a  
*'Fairytale Character'*

*So start planning now!*

**Book Week**

# SPEECH PATHOLOGY

**Information and Q&A**  
**Webex**



Presented by a qualified regional  
Speech Pathologist.

**STANHOPE PRIMARY SCHOOL**  
**Monday 21 August 2023**  
**at 2.30pm in the staff room**

RUSHWORTH  
P-12 COLLEGE



IN PURSUIT OF EXCELLENCE

presents...



# THE POWER OF



# DUCKS

...a production featuring F-6 students from  
Rushworth P-12 and Stanhope Primary!

Our story follows Dr. Mallard and Dr. Muscovy as  
they travel through time trying to find and fix a  
new source of power.

Featuring songs and dances from each year level,  
a story told by the 4-6 students, and hits from the  
60s, 70s, 80s, 90s, and 2000s!

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Thank you to our generous sponsors

proPAVE  
landscapes

Phil De'Ath  
0418 527 365

Lina Ding  
0412 266 635

KYABRAMS  
MAIN STREET  
**BUTCHERY**

"The Best Meat by Miles"

170 Allan St, Kyabram PH: 5853 2123



*Kyabram* CLUB  
*Where good friends meet*



- Stanhope Supermarket
- Stanhope RSL Sub Branch

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**PROTECT**

Protecting children & young people from abuse is our responsibility



**HELP IS BUT A PHONE CALL AWAY**

**LIFELINE**

**13 11 14**

**KID'S HELPLINE**

**1800 55 1800**

**BEYOND BLUE**

**1300 22 4636**

## AWARDS



**SUCCESS (SUPER SPELLER):**

Tyler R, Cooper Blake,  
Mercedes & Bonni.

**CITIZENSHIP:**

Caleb.

<https://www.facebook.com/stanhopeps/>



**CONGRATULATIONS!**

# ASTHMA ACTION PLAN

Take me when you visit your doctor

Name:

Plan date:  Review date:

Doctor details:

## EMERGENCY CONTACT

Name:

Phone:

Relationship:



## WELL CONTROLLED

is all of these...

- needing reliever medicine no more than 2 days/week
- no asthma at night
- no asthma when I wake up
- can do all my activities

Peak flow reading (if used) above

### TAKE preventer

Name:

morning  night  puffs/inhalations

- Use my preventer, even when well controlled
- Use my spacer with my puffer

### TAKE reliever

Name:

puffs/inhalations as needed  puffs/inhalations 15 minutes before exercise

- Always carry my reliever medicine



## FLARE-UP

Asthma symptoms getting worse such as **any** of these...

- needing reliever medicine more than usual OR more than 2 days/week
- woke up overnight with asthma
- had asthma when I woke up
- can't do all my activities

Peak flow reading (if used) between  and

My triggers and symptoms

### TAKE preventer

Name:

morning  night  puffs/inhalations for  days then back to **well controlled** dose

### TAKE reliever

Name:   puffs/inhalations as needed

### START other medicine

Name/dose/days/other treatments

- MAKE appointment to see my doctor **same day or as soon as possible**



## SEVERE

Asthma symptoms getting worse such as **any** of these...

- reliever medicine not lasting 3 hours
- woke up frequently overnight with asthma
- had asthma when I woke up
- difficulty breathing

Peak flow reading (if used) between  and

My triggers and symptoms

### TAKE preventer

Name:

morning  night  puffs/inhalations for  days then back to **well controlled** dose

### TAKE reliever

Name:   puffs/inhalations as needed

### START other medicine

Name/dose/days/other treatments

- MAKE appointment to see my doctor **TODAY**

- If unable to see my doctor, visit a hospital

## OTHER INSTRUCTIONS

Other medicines, treatments, dose, duration, etc:



## EMERGENCY

is any of these...

- reliever medicine not working at all
- can't speak a full sentence
- extreme difficulty breathing
- feel asthma is out of control
- lips turning blue

Peak flow reading (if used) below

**1**  **CALL AMBULANCE NOW**  
Dial Triple Zero (000)

**2**  **START ASTHMA FIRST AID**  
Turn page for Asthma First Aid

# ASTHMA FIRST AID

## Blue/Grey Reliever

Airomir, Asmol, Ventolin or Zempreon and Bricanyl

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma



**DIAL TRIPLE ZERO (000) FOR AN AMBULANCE IMMEDIATELY IF THE PERSON:**

- is not breathing
- suddenly becomes worse or is not improving
- is having an asthma attack and a reliever is not available
- is unsure if it is asthma
- has a known allergy to food, insects or medication and has **SUDDEN BREATHING DIFFICULTY, GIVE ADRENALINE AUTOINJECTOR FIRST (if available), even if there are no skin changes, then use a reliever**

**1**



**SIT THE PERSON UPRIGHT**

- Be calm and reassuring
- Do not leave them alone

**2**



**GIVE 4 SEPARATE PUFFS OF RELIEVER PUFFER**

- Shake puffer
- Put 1 puff into spacer
- Take 4 breaths from spacer
  - Repeat until 4 puffs have been taken



If using **Bricanyl**, give 2 separate inhalations (5 years or older)

If you don't have a spacer handy in an emergency, take 1 puff as you take 1 slow, deep breath and hold breath for as long as comfortable. **Repeat** until all puffs are given

**3**



**WAIT 4 MINUTES**

- If breathing does not return to normal, give 4 more separate puffs of reliever as above



**Bricanyl:** Give 1 more inhalation

## IF BREATHING DOES NOT RETURN TO NORMAL

**4**



**DIAL TRIPLE ZERO (000)**

- Say 'ambulance' and that someone is having an asthma attack
- Keep giving 4 separate puffs every 4 minutes until emergency assistance arrives



**Bricanyl:** Give 1 more inhalation every 4 minutes until emergency assistance arrives



**ASTHMA AUSTRALIA**

1800 ASTHMA  
(1800 278 462)  
[asthma.org.au](http://asthma.org.au)

Supported by:



Translating and  
Interpreting Service  
131 450





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August 2023

## Immunisation Records

Dear Parents,

Our records indicate that your child's immunisation records have not been received by the school.

It is a requirement of the Department of Education and Early Childhood Development on enrolling or transferring from another school, that an official immunisation statement (***please note that a copy from your immunisation book is not adequate***) of students must accompany the enrolment forms. There are two ways in which you can access your child/ren's immunisation records:

1. By phoning the Campaspe Shire Office on **1300 666 535**, or
2. By contacting the Australian Childhood Immunisation Register on **1800 653 809** or at [www.humanservices.gov.au/customer/services/medicare/australian-childhood-immunisation-register](http://www.humanservices.gov.au/customer/services/medicare/australian-childhood-immunisation-register)

***Once you have obtained your child/ren's immunisation history, would you please bring a copy to the school for our records.***

### **Immunisation History Statements:**

The Australian Childhood Immunisation Register records a children's immunisation history and provides an immunisation history statement to their parent or guardian. This statement can be used by parents and guardians to help them keep track of their child's immunisation and as proof of immunisation for childcare and school enrolments. You can get a copy of your child's immunisation details at any time:

- Through Medicare Online Services
- By requesting a statement to be sent in the mail
- At your local DHS Service Centre
- By calling the Immunisation Register on 1800 653 809

### **Use of your Child Immunisation History Statement**

Immunisation history statements are only available online or at a Service Centre if your child is under 14 years of age. Call the Immunisation Register if your child is 14 years or older.

*Continued over page*

2.

We will be following up all students for their immunisation records over the next few weeks. Please ensure that these records are forwarded to the school office by the end of February. If you have chosen not to have your child immunised, please advise the school by returning this letter to the school with the section below completed, thank you.

Yours sincerely,



**Mica Rosenberg**  
*Business Manager*  
Stanhope Primary School

**PARENT DISCLAIMER**

I, \_\_\_\_\_

have chosen not to have my child \_\_\_\_\_ immunised.

Signed: \_\_\_\_\_ Dated: \_\_\_\_/\_\_\_\_/\_\_\_\_



		<b><u>LOADED FRIES</u></b>	
		SMALL	\$ 7.50
		LARGE	\$ 11.00
		<b><u>BURGERS</u></b>	
		Bacon & Egg Roll	\$ 7.00
		Bacon & Egg Sandwich	\$ 6.50
		Chicken parma roll	\$ 12.00
		Chicken schnitzel & gravy roll	\$ 7.50
		Chicken schnitzel & salad roll	\$ 8.00
		Chicken schnitzel with the lot	\$ 12.00
		Chicken wrap with the LOT	\$ 12.00
		PLAIN	\$ 10.00
		Fish burger with the LOT	\$ 14.00
		PLAIN	\$ 12.00
		Hamburger with the LOT	\$ 12.00
		PLAIN	\$ 10.00
		Souvlaki- beef/lamb/chicken	
		LOT	\$ 12.00
		PLAIN	\$ 10.00
		Steak sandwich with the LOT	\$ 12.00
		PLAIN	\$ 10.00
		<b><i>Sauces- tomato, bbq, mayo, garlic, sweet chilli, hot chilli, tartare</i></b>	
<b><u>FISH 'N' CHIPS</u></b>			
Minimum chips	\$ 4.00		
Battered sav	\$ 3.50		
Boneless wing ding	\$ 1.50		
Calamari rings	\$ 1.50		
Chicken dim sim	\$ 2.00		
Chicken nugget	\$ 0.80		
Chiko roll	\$ 3.50		
Chilli chicken strip	\$ 2.00		
Corn jack	\$ 3.50		
Crab sticks	\$ 1.50		
Crumbed prawns	\$ 1.80		
Dim sim	\$ 1.50		
Fish bites	\$ 1.50		
Fish cakes	\$ 3.00		
<b><u>FISH</u></b>			
FLAKE	\$ 8.00	<b><u>EXTRAS</u></b>	
BLUE GRENADIER	\$ 8.00	Gravy on chips	\$ 1.00
Flat head fillets	\$ 2.00	Meat	\$ 4.00
Garlic chicken ball	\$ 1.80	Bacon or Egg	\$ 2.00
Hash brown	\$ 1.20	Cheese or Pineapple	\$ 1.00
Magdala	\$ 3.50	Squeezy sauce - per sachet	\$ 0.30
Mini dim sim	\$ 0.75	Small salad	\$ 5.00
Mini spring roll	\$ 2.00	Large salad	\$ 6.00
Pineapple fritter	\$ 3.00		
Pluto pup	\$ 3.50	<b><u>BAKERY</u></b>	
Potato cake	\$ 1.50	Plain pie	\$ 5.00
Scallops	\$ 1.80	Flavoured pie	\$ 5.50
South Melbourne dim sim	\$ 2.00	Sausage Roll	\$ 4.50
Spring roll	\$ 3.50	Pastie	\$ 4.80
Wing ding	\$ 2.50	Salad only rolls	\$ 6.00
		Meat and salad rolls	\$ 7.00
		Salad only sandwich	\$ 5.50
<b><u>CHIPS, CHEESE &amp; GRAVY</u></b>		Meat and salad sandwich	\$ 6.50
SMALL	\$ 6.00	Salad wraps	\$ 7.00
MEDIUM	\$ 9.00	Salad Tubs Small	\$ 5.00
LARGE	\$ 12.00	Salad Tubs Large	\$ 6.00
		Fruit Tub Small Term 1 & 4 only	\$ 4.00
<b><i>Tomato sauce sachet</i></b>	<b>\$ 0.30</b>	Fruit Tub Large Term 1 & 4 only	\$ 5.00