



# Stanhope Primary School

Learning • Success • Respect • Citizenship



Principal: Christine Owen

Phone: 03 5857 2514

Mobile: 0419 548 318

Email: [stanhope.ps@education.vic.gov.au](mailto:stanhope.ps@education.vic.gov.au)

## Newsletter

48 Midland Highway

PO Box 19

Stanhope, Victoria 3623

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

*Inspiring Lifelong Learning*

ISSUE 23: August 3rd 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.

#### Tuesday 8th August

- ◆ ART

#### Wednesday 9th August

- ◆ Sporting Schools

#### Thursday 10th August

- ◆ PIE DRIVE FORMS DUE BACK
- ◆ Grade 3-6 Athletics 9.00am

#### Tuesday 15th August

- ◆ LIBRARY

#### Wednesday 16th August

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

#### Thursday 17th August

- ◆ Blue Earth Sporting Schools

#### Tuesday 22nd August

- ◆ ART

#### Wednesday 23rd August

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

**A REMINDER THAT ALL STUDENTS' CLOTHING & ITEMS NEED TO HAVE THEIR NAME ON THEM**

# From the Principal



**Christine  
Owen**

## **2023 Parent/Caregiver/Guardian Opinion Survey (PCGOS)**

We invite all families to participate in the 2023 Parent/Caregiver/Guardian Opinion Survey (PCGOS). The survey is designed to assist our school gain an understanding of families' perceptions of school climate, student behaviour, and student engagement.

**You can access the survey from Monday 7th August until Friday 8th September.**

This invitation has been also sent out via uEducateUs and provides you with the link to access the survey, along with the school's PIN.

## **Weekly Assembly**

It's been terrific to see families attending our Friday assemblies. Last Friday, we had quite the crowd! Fantastic support for our students running the assembly and for those students who gain awards over the week.



## **Asthma Plans**

We have a number of students who are identified asthma sufferers. This is a reminder to families to ensure that if your child has Asthma, please make sure you send the school a current Asthma management plan, signed and dated by your GP, as soon as possible, along with their necessary medication (eg, Ventolin). Current Asthma Management Plans are a key tool for our staff to manage any asthma attacks that may occur at school and need to be reviewed and updated every 12 months.

A blank **Asthma Plan template** is attached to the newsletter, for you to complete and take to your GP.

## **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.**

# From the Principal



**Christine  
Owen**

*Continued*

## Immunisation Certificates

The Department of Education requires all students attending schools, to have evidence of their vaccination status provided to schools upon their child's enrolment. We have attached a letter with the Immunisation information. Please ensure that the school has an up-to-date copy of your child/ren's Immunisation History Statement as a matter of urgency.

You can access the statement via this link: <https://www.servicesaustralia.gov.au/hot-to-get-immunisation-history-statement?context=22436>

Or you can phone **1800 653 809**  
**M-F 8.00am-5.00pm**) for further advice.

## Online Parenting Course

As wellbeing is now embedded in schools, we are often sent through links from the Department to help families. We would like to share this information and encourage our families to go online and view the following:

[Online parenting course - help kids overcome anxiety | Fear-Less Triple P | Triple P \(triplep-parenting.net.au\)](#)

## Inter-School Sports Update

We have been informed that the Inter-School Athletics Carnival taking place next Thursday 10th August, **will now begin at 9.15am**. Please make sure you are at Kyabram P-12 by 9.00am so you can allow enough time to be directed to the different events.

## Children's Book Week 2023

It will soon be book week, so it's time to get reading and start thinking about what book or book character your child would like to dress up as for our Book Week Parade! This term's theme is focusing on **FAIRYTALES**, so maybe you can get some ideas from the well-know fairytales we have been looking at.

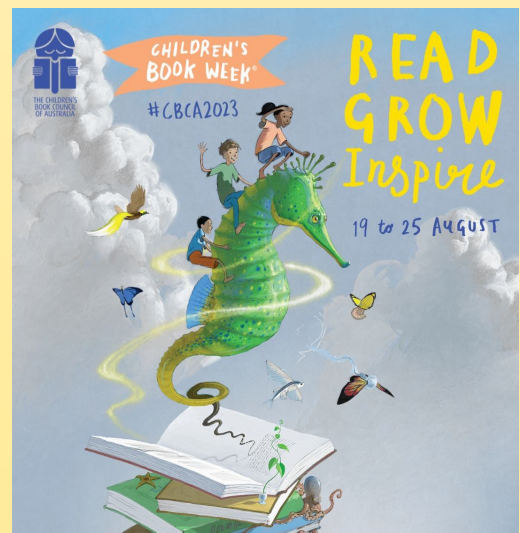
## **STUDENT ABSENCE REMINDER**

Could families please notify the school of any student absence before 9.30am, which is when we mark the attendance rolls.

Also a brief reason for the absence enables us to code the absence (eg: 'unwell' or 'family holiday', 'medical appointment', etc).

You can text the school Mobile phone, leave a voice message on the school land-line or send a note with a sibling.

This will assist with accurate record-keeping, thank you!



# Sport with Sheree



This game was all about learning to play as a team.

Without teamwork, no success could be achieved! It was an interesting exercise in how to change your thinking and approach to the game.



ATHLETICS PRACTICE



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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**Rushworth P-12 College - N Block**

Tickets will be free and available closer to the date.

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):**

Cooper.

**CITIZENSHIP:**

Tyler A.

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



**CONGRATULATIONS!**

# ASTHMA ACTION PLAN

Take me when you visit your doctor



Photo (optional)

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