



Tuesday 6th NOV
MELBOURNE CUP DAY
PUBLIC HOLIDAY—NO
SCHOOL

The Link

Hillsmeade Primary School Newsletter

Issue No 33—WED 31st OCT

TERM 4
2018



THE FULL CALENDAR AND DETAILED EVENT INFORMATION IS AVAILABLE TO VIEW VIA THE COMPASS APP OR WEBSITE

WHO? WHAT? WHEN?



	TUE	WED	THUR	FRI
29th OCT	30th OCT 3C Woolworths Discovery Tour 9:45AM-11:30AM	31st OCT	1st NOV Regional Playoffs 2019 5/6 Girls Basketball 10:00AM-2:45PM	2nd NOV 3D Woolworths Discovery Tour 9:45AM-11:30AM 3E Woolworths Discovery Tour 12:45PM-2:30PM
5th NOV Hillsmeade Cup Day - Special Timetable for Students	6th NOV MELBOURNE CUP PUBLIC HOLIDAY— NO SCHOOL	7th NOV	8th NOV 3B Woolworths Discovery Tour 9:45AM-11:30AM	9th NOV

UPCOMING EVENTS

Payment and Consent for Gr 3/B

Woolworths Discovery Tour

DUE Midnight 1st NOV



<u>EVENT</u>	<u>CONSENT/PAYMENT DUE</u>	<u>EVENT DATE</u>
Alikra Science Partnership 6/B	25/10/2018 (CLOSED)	Tuesday, October 30 - 11:00 AM—01:30PM
Alikra Science Partnership 6/C	06/11/2018	Tuesday, November 13 - 11:00 AM—01:30PM
Alkira Science Partnership (6/D)	13/11/2018	Tuesday, November 20 - 11:00 AM—01:30PM
Alkira Science Partnership (6/E)	20/11/2018	Tuesday, November 27 - 11:00 AM—01:30PM
School of Rock Excursion	12/11/2018	Wednesday, November 21 10:00 AM—05:00PM
Gr 3 Woolworths Discovery Tour 3/A	02/11/2018	Friday, November 9 09:45 AM—11:30AM
Gr 3 Woolworths Discovery Tour 3/B	01/11/2018	Thursday, November 8th Times available on Compass
Gr 3 Woolworths Discovery Tour 3/C	26/10/2018	Tuesday, October 30th 09:45 AM—11:30AM
Gr 3 Woolworths Discovery Tour 3/D&E	26/10/2018	Friday, November 2 09:45 AM—11:30AM
Gr 1 Woolworths Discovery Tour 1/A&B	06/11/2018	Tuesday, November 13 Times available on Compass
Gr 1 Woolworths Discovery Tour 1/C&D	08/11/2018	Thursday, November 15 Times available on Compass
Gr 1 Woolworths Discovery Tour 1/E&F	20/11/2018	Tuesday, November 20 Times available on

* NOW ACCEPTING PREP 2019 ENROLMENTS*

Please see the office team for a 2019 Prep enrolment pack. Prospective families are welcome to attend our next school tour on Thursday 29th NOVEMBER departing from the front office at 10AM.



FROM THE PRINCIPAL



Dear Parents and Guardians,

Happy Week 4 everyone. And happy Halloween. I hope that everyone is starting to enjoy the much improved weather. The days feel longer and the sun shine makes being outside look far more inviting. Please take the time to read about the exciting things happening at Hillsmeade Primary School.

Inclusion at Hillsmeade Primary School

At Hillsmeade Primary School we aim to provide a learning environment that is caring, safe and supportive. As stated in our Mission, we encourage our students to embrace our values statement so they are able to leave Hillsmeade as resilient young people with strong social and emotional intelligence.

Our school has a strong culture of respect and inclusion, including respect for each student's individual learning and development. These ideals are part of our daily conversations at Hillsmeade and our teaching staff reinforce messages of inclusivity with our students regularly, both explicitly and implicitly. We do this by encouraging our students to aim for excellence whilst understanding that it will look different for every student.

Given we are so close now to the end of the year, I am writing this piece in the newsletter to encourage all parents and carers to reinforce our messages of inclusivity with your children at home, so that we can end the year as we started it – as a united, supportive community. You can do this by:

- Speaking to your child or children about their learning and stressing that it is our priority
- Reassuring your child or children that their safety is also a priority and if they ever feel unsafe they should let their teacher or myself know
- Trusting that the school is taking all the appropriate steps to support the students with additional needs
- Reminding your child or children that there are additional supports available should they need them

Our school is a diverse and interesting collection of families, who we value for the emotional intelligence and breadth of experience they provide our students.

Day for Daniel

A huge thank you to the Hillsmeade Primary School Community for getting involved in last Friday's Day for Daniel. We are very pleased to announce that the school raised \$125.50. Congratulations!



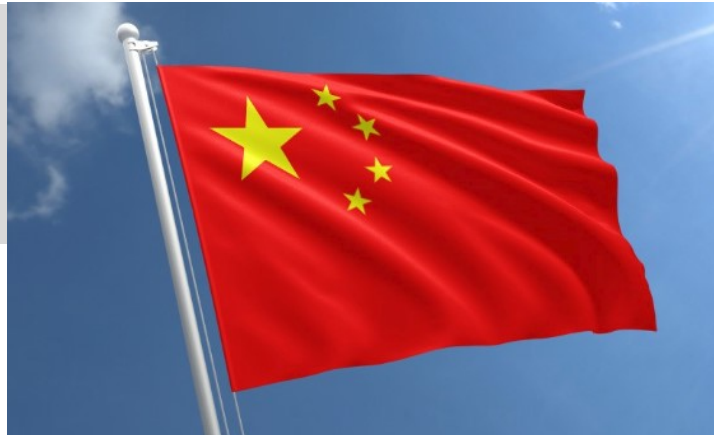
2019

Planning for next year is well underway. With new teachers being appointed and grade placements being discussed. This is an exciting time of the year in which we collect, analyse and monitor student achievement data and begin planning for priority areas for next year. I would like to remind the community that we are still maintaining our efforts towards learning, and appreciate parent support in this important area.

As of writing, our projected enrolments for next year are 854, with 92 future Prep students currently enrolled for next year. If your child will be moving to a different school, we ask that you please communicate this to the office team.

VPA China Trip

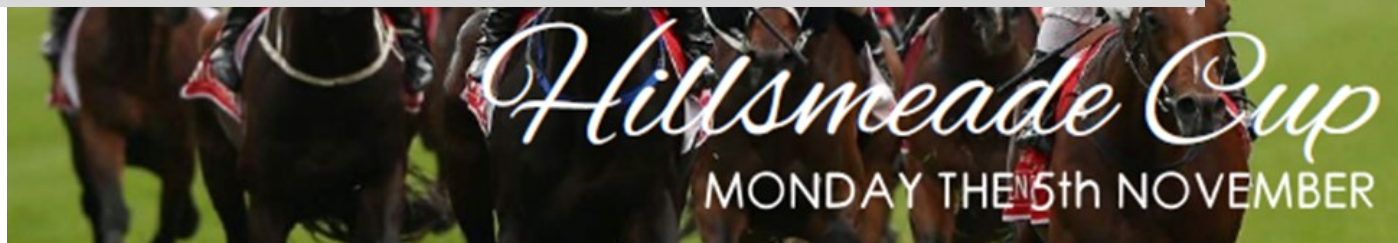
Each morning we receive a report as to the happenings at Jinling Primary School. It has been so wonderful to hear about the adventures and experiences our students have been having on their trip. We look forward to welcoming them back later this week.



FROM THE PRINCIPAL

Hillsmeade Cup

A reminder that we are having an exciting whole school event next week on Monday the 5th of November – Hillsmeade Cup. This will be a great day, filled with activities such as – hobby horse races, fashion on the field and fascinator design competitions. We would love to see students dressed up (not in school uniform) in race going attire. If parent are available to attend, we will be having the judging of fashions on field at 9:30am on the basketball courts and we would love to see you there.



9-9:30am

Into class, mark the roll, lunch orders, red bag etc.

9:30-10:15am

FASHIONS ON THE FIELD
(Outside parade weather permitting)

10:15-11am

CUP CRAFT!
Make your own fascinator/hat/bowtie

11-11:30am

RECESS

11:30-12:30pm

HOBBY HORSE RACES
(Outside parade, weather permitting)

12:30-1:30pm

DESIGN YOUR OWN JOCKEY SILKS	IN CLASS ACTIVITIES	DESIGN YOUR OWN CUP TROPHY
------------------------------------	------------------------	----------------------------------

1:30-1:45pm

PICNIC LUNCH ON THE SYNTHETIC OVAL
(Bring your picnic rugs)

1:45-2:30pm

LUNCH BREAK

2:30-3:15pm

HAT PARADE

3:15-3:30pm

Back to class for pack up and
end of day

FROM THE PRINCIPAL


Woolworths Discovery Tour

This term, the Year 3's are exploring how food gets to our table and how we can be lunchbox legends by using more sustainable practices at home and school. It is exciting to see our students engaging in visiting our community resources. This week the Year 3's will be walking to our local Woolworths at Casey Central where they will be given a tour to learn about where our fruit and veggies come from and to learn how to reduce our waste.




Applications for scholarships for Years 4 to 12 students now open

Students in years 4 to 12 can now apply for a share of scholarship funding. More than 140 scholarships, ranging in value from \$600 to \$30,000, are available to Year 12 students undertaking further study in 2019. Recipients are able to use their scholarships to pay for iPads/computers, tertiary fees, and accommodation. More than 100 scholarships, ranging in value from \$300 to \$1,000, are available to students in years 4 to 11. Previous recipients have used their scholarships to purchase textbooks, school uniforms, and computers.


Education and Training
Student Scholarships

[Home](#) | [Register](#) | [Apply Online](#) | [General Scholarships Verification](#) | [Privacy](#)



The 2018 Year 12 Student Scholarships are now open and will close 1 February 2019.

Browse Scholarships to be granted in 2019 for students completing these year levels in 2018:

[Year 4](#)
[Year 5](#)
[Year 6](#)
[Year 7](#)
[Year 8](#)
[Year 9](#)
[Year 10](#)
[Year 11](#)
[Year 12](#)
[Tertiary](#)
[All Years](#)

Scholarships available to Year 4 Students

John and Maud Askew Primary Scholarships for Years 4, 5 and 6 students

Scholarship details

- Sponsored by Equity Trustees
- Valued at \$500 (Year 4 and 5) and \$1,000 (Year 6)
- Available for one year
- Ten (10) scholarships for Year 4, (10) for Year 5 and (20) scholarships for Year 6 will be awarded in 2019.

Who can apply?

- Students who are currently completing Year 4, 5 or 6 in 2018 in a registered Victorian government school
- Students involved in school and community activities
- Families or students who demonstrate financial need.

What documentation you need to provide?

- Applicant's 2018 academic results
- Statements confirming the applicant's involvement in school and community activities
- Evidence of the applicant's parent/guardian receiving Centrelink benefits in 2018 and the parent/guardian holding either a Health Care Card, a Low Income Health Care Card or a Pensioner Concession Card - Centrelink Reference Number required.

Application Closing Date

- 1 February 2019

Further information

- John and Maud Askew bequeathed funds for the benefit and advancement of Victorian government primary and secondary school students.

If you have not yet registered you will need to do so here [Register](#)

If you have already registered you can start your application here [Apply for this Scholarship](#)

Apply for scholarships

Applications for all scholarships are now open.

To explore the scholarships available and for information on how to apply, see: [Student scholarships](#)

Students are encouraged to identify and apply for all scholarships where they meet the criteria.

Principals are asked to share this link with interested students and their families.

More information

For more information or queries, contact Student Scholarships Coordinator Andrea Constantino via phone: 7022 1895 or email: constantino.andrea.a@edumail.vic.gov.au

By Andrea Constantino

<https://www.education.vic.gov.au/parents/learning/Pages/student-scholarships.aspx>

FROM MS TONI BARKER

Empower Hour

In alignment with our school's AIP – Goal 2: To provide high levels of student engagement in their learning and connectedness with each other, their teachers, school and community – focusing on the FISO Initiative; Empowering Students and Building School Pride, the Year 6 team have begun to implement 'Empower Hour' into our weekly programs. Our professional learning around the Practice Principles has assisted us to understand the need and readiness of our students to undertake Empower Hour. It has given responsibility to the students to 'be the drivers of their own learning,' setting high expectations, creating a supportive and productive learning environment and empowering students as learners, giving them the voice to contribute to their education.

The planning and structure of the lessons have also been informed by the HITS (High Impact Teaching Strategies). 'Empower Hour' has allowed for students to be able to promote student learning by: explicitly teaching students to set and reflect on their personal learning goals, having multiple opportunities to engage and collaborate with other students, provide feedback and explore metacognitive strategies.

Within the weekly 'Empower Hour' lesson on Monday morning at 9am the students:

- Watch Hillsmeade Happenings
- Explore the weekly SEL topic (in line with Hillsmeade Happenings)
- Share about their weekends; building positive class relationships
- Understand how to apply Habits of the Mind
- Reflect on their previous weeks learning goals (Literacy, Maths, ODT and personal)
- Collaboratively and independently set their learning goals for the week

Articulate and asks questions while discussing with their peers about their goals and learning journey

If you would like to find out more information about Empower Hour please contact a member of the Year 6 Team.

Toni Barker
Year 6 PLT Leader

Alkira Science Visit

Tuesday, the 30th of October, our class went to Alkira Secondary College for a Science excursion. First, we were given a small tour of the school. Alkira was so big! Afterwards, we headed to the yellow building. That's where the Science labs were and we had a lesson with one of the science teachers, Ms Anderson. We learnt about electrons and circuits. As well as trying to build a circuit and turn on a light bulb using wires and a switch. All of us were so eager to give answers and were so excited that we got to wear LAB COATS! We also saw some old Hillsmeade students and it was almost like a Hillsmeade reunion. We all want to say thank you to Ms Barker and Ms Szalek for taking us and letting us have this amazing experience, as well as Alkira Secondary College for having us.

Scarlett G and Aleisha M 6B



FROM MS WELLS

Shining A Light on Vocabulary in Grade One

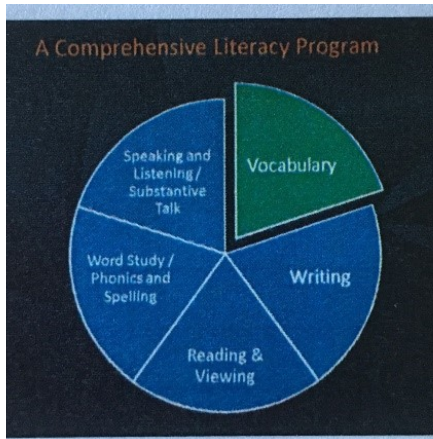
Recently I was fortunate to attend a five day literacy course delivered through the Bastow Institute by our acting Assistant Principle, Crystal Wells and Jess McKnight a colleague from River Gum Primary School.

Following this our Grade One team of teachers have worked during PLT meetings to share the learning particularly about vocabulary.

This has supported our extensive on-going whole school professional development in writing.

We have looked at choosing quality children's literature for our reading and writing lessons and focussing upon vocabulary within these texts. We have examined how authors use particular words to enhance their writing for readers, giving a clear message and adding interest. These words have been included in our reading and writing plans and focused upon throughout the week.

During mini-lessons we have googled definitions and experimented with putting these words into our own sentences. Each time we explore a new word we add it to our word balloon and then play throwing and catching to re-read and consolidate the definition of the words.



The grade one students have been thoroughly engaged and are now spotting words which we may not use in general conversation but could be really powerful in their own writing.

It has been so exciting to see the children including some of these words during their independent writing in writer's workshop lessons.

This quote from the course highlights how crucial it is to explicitly teach vocabulary.

- **A student**
 - at the 50th percentile in reading comprehension
 - with no direct vocabulary instruction,
 - placed at the 83rd percentile - when provided specific instruction in academic vocabulary

(Stahi and Fairbanks, 1986).

The more extensive a student's vocabulary, the more likely he or she will be academically successful

If you would like to extend this learning at home, please find time to let your child hear you reading, discuss interesting words and find out what the words mean.

The Grade One teachers have all chosen a favourite children's author as suggestions for good quality literature to share with your children.

Miss Ellis – Aaron Blabey, Mrs Sutcliffe – Julia Donaldson, Mr Masson – Pamela Allen, Miss Rhimes – Nick Bland, Miss Parmenter- Alison Lester and Mrs Thomas – Mem Fox

Don't forget the libraries at Cranbourne and Bunjil Place at Fountain Gate.

Crystal Wells

Acting Assistant Principal



FROM MR CARDAMONE

What Kind of Mindset Do You Have?

Good afternoon Hillsmeade community,

I hope the week has been well. A big congratulations to the students that received a IRESPECT Hillsmeade wristband; Erica H, Aliyah A, Zye B, Jayel A, Charlie K, Sinem O and Deegan C. A big well done! This week on Hillsmeade Happenings we spoke about growth and fixed mindset.

Fixed and growth mindset has been on the agenda in recent years and the impact this can have on our children.

Below is a short paragraph from Andrew Fuller's website on this very topic:

"Carol Dweck's research shows us that students' mindsets directly influence results. Adopting a growth mindset enables students to remain engaged and achieve well. Students with a growth mindset outperform controls because they believe in effort and are resilient in the face of setbacks. Changing students' mindsets from a fixed (I can't do any better) to a growth (I can improve) raises their achievement scores. Our aim should be for each student to develop their potential. To do this we need to praise effort not intelligence and improvement over accomplishment".

There is more at this website <https://andrewfuller.com.au/wp-content/uploads/2014/08/adolescentlearning.pdf>

Carol Dweck (Professor of [Psychology](#)) has a few reflection questions in regards to a fixed and growth mindset:

- Where do you see yourself on the continuum of a fixed vs growth mindset?
- Are there certain situations where you have a fixed mindset? If so, what are they?
- What do you see as the advantages of developing a growth mindset?

These questions can be answered as a parent/carer or a reflection on our children to see where we can assist them to have a growth mindset.



**I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.**



**I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.**

Created by: Reid Wilson @wayfaringpath ©©©© Icon from: thenounproject.com

Some tips on promoting a growth mindset in our children:

- Praise the process
- Embrace failures and missteps
- Encourage participation and collaborative group learning
- Help children understand that the brain works like a muscle
- Let children know when they demonstrate a growth mindset.

If you have any questions, please let me know. Thank you.

John Cardamone
Leading Teacher in Social and Emotional Learning

STUDENT REPRESENTATIVE COUNCIL

SRC


On Thursday 30th October at our lunchtime meeting, the SRC had a guest speaker from the City of Casey come out to our school. Jennifer told us about how she really likes her job at the City of Casey and was talking all about how to recycle and reduce rubbish in our environment. We also shared about what we have been talking about in our meetings about recycling and nude food. She really liked it. Jennifer was also talking about the importance of how we get rid of rubbish and what it can do to the environment. At the end of the meeting with Jennifer, she was so passionate about the environment that she gave us all a pencil made out of recycled paper and a magnet. It was so much fun listening to her.

From Levi A
SRC Captain



HILLSMEADE ART EXHIBITION 2018


13TH OF NOVEMBER




**ART ACTIVITIES
IN THE MAIN
BUILDING
FROM
4:30-5:15**

GOLD COIN DONATION

EXHIBITION



**ART
AUCTION**



**ART
AUCTION IN
THE GYM
FROM
5:15-6:00**

Sausage & Sizzle™

Volunteers needed

Hillsmeade primary school is seeking volunteers to assist with the election day BBQ on Saturday the 24th November from 8am – 6pm. If you are able to donate some of your time to assist with the BBQ please contact the Hillsmeade office on 9704 6313.

State Election
Your vote will help
shape Victoria



GR 4 CAMP

Year 4 Camp

Last week 80 Year 4 students set off for an exciting adventure to camp at Alexandra Adventure Resort. The weather was beautiful, the camp was adventurous and the students were amazing. I would like to say a huge thank you to Brent Rafferty for coordinating the camp and a big thank you to the Year 4 team Danielle McKelvie, Belinda Catanese and Tilly Le Faou for attending, and a huge thank you to the volunteer helpers, Gary Green, Brett Gniel, Aisla Kerr and Sophie.

Hi, my name is Gary Green. I was one of the fortunate parents to be selected to go on the grade 4 camp to Alexandra.

What a great camp it was to be. So action packed from the Flying Fox, to the Giant Swing and Rock Climbing.

It was nice to see my son interacting with his peers and achieve things that I never thought he would even attempt. The teachers were awesome in the way they looked after and cared for the kids all while running the camp. The days were long, with early mornings starting about 6:00am, thanks to a few early risers!!! A big healthy breakfast at 7:30am was a great way to kick off the day. It was then off in our groups to tackle the challenges of the activities that lay ahead. A couple of hours later, morning tea came around and the kids earned a half hour break with a drink and a snack. After that we were back into activities and having a blast. I was impressed to see the encouragement and support the kids gave each other through the day. After lunch there were more activities and fun to be had. Late afternoon provided a bit of down time. Each

main meal had an allocated duty group which had to set the dining tables. The meals were very nice and second helpings were always on offer. After dinner was the big disco which was a hit. Plenty of dancing in their own style, whatever that was!!!

All the kids got along very well and were pretty well behaved. It's was then off to bed for a well earned good night sleep.

Three days of camp seemed to go pretty quick but was long enough for everyone to enjoy the experience. It was a great opportunity that I'm thankful for and I had a great time. I would recommend anyone go if given the chance.

Regards Gary Green

Yr 4 camp

On the 24th of October the grade four's went to Alexandra Adventure camp. It was 2 and half hours away. We all were so excited and sad because not all the grade the Yr 4's could come.

Once we arrived Mr Rafferty told us our cabins. We settled in to our cabins and we got told our activity groups and we got straight into it.

I was in group 3 and my first activity was the Giant swing. I was nearly to the top but I felt a little scared. So I stopped just before the top. When I was swinging I felt like I was flying. After the Giant swing we had afternoon tea. It was good. Next we had low ropes. Where you work as a team to get through the challenge.

That night we had dinner which was Pasta and for desert we had apple crumble. Once we had dinner we

Wannah 4A

had a disco. Also we surprised Darcy with a Birthday cake because it was her Birthday.

Day 2

First thing 9.00 am sharp we started our activities. Group 3 did rock climbing it was really hard but we all were encouraging each other using our RESPECT values. Meanwhile the other teams were going the same on the Giant swing, flying fox, high ropes, Archery and lots more. All day long we were having fun encouraging each other. It was coming to the end of the day. We ate dinner watched Monster's Inc and went to bed.

Day 3

Morning came we all were excited to go home to our families. We packed and stopped on the way. To Tolung state forest. We all packed lunch. Then we hit the road back to school.

GR 4 CAMP

Scott 31/10/18

Today wasn't ordinary day, today was the day we were going to camp. The sun was shining in the bright sky. Once we got to camp the teachers told us our groups and cabin groups.

When the teachers had sorted us out, the staff took us on a tour around the camp. They showed us Archery, Beachball, Orienteering, Giant Swing and the flying fox.

There were 6 groups (I was in group 5). We did 2 activities on our first day which were after that we had dinner. We had pasta. It was yummy. After dinner we went to a disco, then bed.

Day 2

Scott 31/10/18 Camp

Today we woke up early ready for a busy day. For breakfast we had toast and cereal. The first thing we did was orienteering was like a treasure hunt but instead of treasure it was letters you had to find. After you found all the letters you had to make a word.

After orienteering we had morning tea. Morning tea was apples, oranges, cake and cordial. After morning tea we did the giant swing.

The giant swing is when you pull up in a harness on a swing. Someone will release you and you go flying down.

We had just finished the giant swing and next on the list was rock climbing. The first rock climbing course was flat, the second one had a platform in the middle to climb up and over. After rock climbing we did the flying fox.

Scott 31/10/18 Camp

In the flying fox we went over the dam in a harness. It was great.

Lunch - we had big baked potatoes

Finally we did high ropes, I went last. The person in front of me was a little bit scared so everyone encouraged them by saying "You can do it, be brave."

Day 3

My friends and I woke up and started packing. At 8:00am we were all packed and had a yummy breakfast. We came back at 3:00pm. All our dads and mums picked us up.

We had a great time.



GR 4 ALEXANDRA ADVENTURE CAMP



WOODWORKING IN PREP

In Prep we have been exploring design and technology through our inquiry learning:

Grand Designs

This unit is about understanding a design process and using different tools and materials to create and construct new things. During our recent woodwork incursion, we made wooden rocket ships by using a saw, wood glue and sand paper.



CHILDREN'S WEEK



Paper planes / Origami



Skipping



Just Dance!



Story Reading



Chess



The SRC organised some great activities.



All students who participated really enjoyed this week of fun activities.

Congratulations to our

HILLSMEADE HEROES:

00A Brylie L	1A Charlotte S Soha Q	2A Zac A Gemma B Addison C	3C Devyn T Sienna W	4A Shukufa E	5A Liam H Alannah D	6A Piper D Hanyia C Ricky D Patrick F
00B Tegan B Zainub H	1B Agaas B Chloe L	2B Evana L Yahia S	3E Ali Medhi Minji K Rheyana C	4B Julianna R	5B Kiara L Tushar C	6B Stephanie C Steven A
00C Jaydah Rose T Declan A	1C Collin C Adeeb H	2C Taya B Rayhana A		4C Pavanveer S Navid R	5C Lachlan L Kurapoto A Kaylee A	6C Afshin H Amy B
00D Sayla K Lazar V	1E Aadish C Max H	2D Jackson H Munroe W		4D Aqil H Eliana S	5D Sandra P Joseph K	6D - Mustafa J Joshua K Fardeen A Cameron C Claire H
00E Samad Q Zainab A	1F Farid Y Tiahlie H	2E Ethan T Stefan G		4E Wyatt T		6E Brianna J Max S
00F Anthony R Abul J		2F Siddra Q Aadi R				

CANTEEN

Orders to be in **NO** later than 9:30am.

CLOSED TUESDAYS

Clearly write Name and Grade and **whether you have paid via QKR** with your order on your bag or envelope.

Alternatively you can view and order everything on our Qkr! App.

Please remember an extra 10c in your order if you DON'T have a brown paper bag.

In our effort to become more environmentally friendly , straws will now only be given out upon request

Thursday Specials

Aussie Pie or Sausage Roll & Drink \$4.00

Ceaser Wrap, Frozen Fruit & Drink \$6.50

****Add Chicken**** \$1.50

Monday/Wednesday Specials

3 Fried or Steamed Dim Sims & Drink \$3.50

Pizza or Pasta and a Drink \$6.00

Chicken Strip Wrap & Drink \$6.50

Canteen Reminders

All frozen fruit, ice-creams & slushies need to be collected from the canteen at lunch time (they will not be delivered to the classroom).

**SUNDAY 11TH NOVEMBER
11AM - 2PM**

CASEY
BMX CLUB • EST 2017

RIDE IN 2 BMX
Your chance to try BMX!

FIND US ON FACEBOOK

BMX
AUSTRALIA

From the ELC

The ELC currently have 3yr old positions available .

EARLY YEARS
LEARNING CENTRE



Come and try the new track at Casey Fields.
Bikes and helmets provided
A chance to join your new local Casey BMX Club.
CASEY FIELDS CRANBOURNE

BMX
AUSTRALIA

FROM THE COMMUNITY



CASEYVIC.GOV.AU

Green Living in Casey Expo 2018



Saturday 17 November, 10.00 am – 4.00 pm



- FREE Green Living Workshops
- Guest speakers
- Author's talks and book signings
- Children's entertainment



- Market stalls offering green products and services
- Do your ethical Christmas shopping early!



Bunjil Place, 2 Patrick Northeast Drive, Narre Warren

Visit Council's website to find out what sessions you must register for!

Stay up to date by joining the "Green Living in Casey" Facebook group.

Visit www.casey.vic.gov.au/greenliving or call 9705 5200 for more information.

Asthma Action Plan

For use with a Puffer and Spacer

Asthma Foundation VIC

Name: _____
 Date of birth: _____
 Confirmed Triggers: _____

Child can self administer if well enough.
 Child needs to pre-medicate prior to exercise.
 Face mask needed with spacer.

ALWAYS take adrenaline autoinjector FIRST, and then asthma reliever puffer if someone with severe asthma and allergy to food, insects or medication has **SUDDEN BREATHING DIFFICULTY** (including wheeze, persistent cough or hoarse vocal sound) if there are no other symptoms.

Adrenaline autoinjector prescribed: Y N Type of adrenaline autoinjector: _____

SEVERE SIGNS AND SYMPTOMS	ASTHMA FIRST AID
<p>MILD TO MODERATE</p> <ul style="list-style-type: none"> • Minor difficulty breathing • May have a cough • May have a wheeze <p>Other signs to look for: _____</p>	<p>For Severe or Life-Threatening signs and symptoms, call for emergency assistance immediately on Triple Zero "000" while the medicine is given. Do not always proceed before signs of the breathing symptoms.</p> <ol style="list-style-type: none"> 1. Sit the person upright <ul style="list-style-type: none"> • Stay with the person and be calm and reassuring 2. Give 4-6 separate puffs of Albuterol, Asmetol or Ventolin <ul style="list-style-type: none"> • Shake puffer before each puff • Put 1 puff into the spacer at a time • Take 4 breaths from spacer between each puff 3. Wait 4 minutes <ul style="list-style-type: none"> • If there is no improvement, repeat step 2 4. If there is still no improvement call emergency assistance <ul style="list-style-type: none"> • Dial Triple Zero "000" • Say "ambulance" and that someone is having an asthma attack • Keep giving 4-6 puffs every 4 minutes until emergency assistance arrives. <p>Commence CPR at any time if person is unresponsive and not breathing normally.</p>
<p>SEVERE</p> <ul style="list-style-type: none"> • Cannot speak a full sentence • Sitting hunched forward • Tugging in of skin over chest/breast • May have a cough or wheeze • Obvious difficulty breathing • Lethargic • Sweaty (young children) 	<p>Blue/grey reliever medication is unlikely to help, even if the person does not have asthma.</p>
<p>LIFE-THREATENING</p> <ul style="list-style-type: none"> • Unable to speak or 1-2 words • Collapsed / Exhausted • Gasping for breath • May no longer have a cough or wheeze • Drowsy / Confused / Unconscious • Skin discoloration (blue lips) 	

A Message from Sickbay

Please remember to update your child's Asthma Action Plan yearly. These forms can be obtained from the office and need to be signed by your Doctor. Any queries please contact the office.

Attention School Bankers

Please note that during Melbourne Cup week school banking day will be Wednesday 7th November. Also, anyone wishing to redeem their tokens this year must submit their tokens and orders by the end of November in order for guaranteed delivery this year. The last school banking day for 2018 will be Tuesday 11th December.

Thanks, Jill and Nat
(School Banking Coordinators)



If you would like to place an advertisement in the newsletter please see the friendly office team.