

***We are a Child Safe School.***  
***All children have the right to feel safe and to learn.***  
***We are committed to protecting the wellbeing of students in our care.***

#### **IMPORTANT DATES**

<b>Friday 7th June</b>	<i>Interschool Sport vs. Reservoir East (home game)</i>
<b>Monday 10th June</b>	<b><i>Queen's Birthday—School Closed (No students required at school)</i></b>
<b>Tuesday 11th June</b>	<i>School Enrolment Tours, 10.00am</i>
<b>Wednesday 12th June</b>	<i>School Banking Day</i> <i>Playgroup, 9.00am—11.00am</i>

***From the Principal,***

#### ***Queen's Birthday Holiday***

A reminder that next Monday, 10th June is the Queen's Birthday, and as such, the school will be closed. No students will be required at school on this day. I hope everyone enjoys this little break in the middle of the term.

#### ***Eid al-Fitr (End of Ramadan)***

Eid al-Fitr, also called the "Festival of Breaking the Fast", is an important religious holiday celebrated by Muslims worldwide that marks the end of Ramadan, the Islamic holy month of fasting. For our families who celebrate this religious occasion this week, we hope you have a wonderful time with your families and extended community. I hope that you enjoy your feast and the other activities that you participate in. Please notify your child's teacher if they have or will be absent from school, so the "roll" can be accurately recorded.

#### ***Mid Year 3 Way Conferences***

Student-led conferences will be held throughout the day on Wednesday 26<sup>th</sup> June. Letters were sent home yesterday, please return these as soon as possible, with your preferred interview time, and remember to indicate if you need an interpreter. This will be an opportunity for students to celebrate their learning and share their successes with you. Students are not required at school on this day, however, they will need to attend their conference with their parents/caregivers. The Holiday Program will operate on this day for families who require care. A minimum number of students will be required for the program to run. Please book your child in with the After Care staff, as soon as possible to facilitate organisation.

#### ***DET Data Collection Form***

Today, we are sending home forms asking parents to update their family information. This is a requirement of the State Government and DET. We please ask you to complete this form and make any necessary changes and return it to school, as soon as possible. This information will assist us with our school funding, when our next School census is due to be completed by Friday 2nd August 2019.

#### ***Extended Holiday Break***

If you are planning on taking an extended holiday break, please ensure you write a letter, addressed to myself, requesting the additional leave for your child, from school. All such absences must be in writing and approved by the Principal, prior to the holiday. For our international families, the same applies. Please refer to the "International Students—Dependant Application Terms and Conditions" regarding student Attendance Policy. A copy of this is attached in this newsletter for your reference.

#### ***Placements of Students Commencing Year 7 in 2020 (Current Year 6 students)***

Applications for secondary school entry next year are now overdue. Please return these to the office ***urgently***. ***A delay in returning your form could affect your choice of secondary school.*** If you have lost your form, please collect a new one from the school office. Year 7 placements are determined by secondary schools.

***Christine Campbell***



We are excited to be taking part in the 2019 Woolworths Earn & Learn program.

During the previous campaign, we were able to purchase some great resources with the points we earned, thanks to you.

From now until June 25th 2019, you can collect stickers at Woolworths that go towards Earn & Learn points. For every \$10 you spend at Woolworths (excluding the purchase of tobacco, liquor and gift cards), you will receive a sticker. These stickers can then be given to your children to collect on a special sticker sheet. Once it is completed, they can simply bring it back here to school or you can drop them into your local Woolworths collection box. We have one located at Polaris Bundoora and one at Northland.

The more points we earn, the more we can redeem from a choice of over 10,000 educational resources including mathematics and English resources, art & crafts materials and much, much more! We are grateful for your support and look forward to a successful program. If you have any questions, please ask at School.

### CANTEEN NEWS

#### Roster Term 2

**Wednesday 12th June**

Vanessa Bryan & Amanda Hadson-Luka

**Thursday 13th June**

Cindy Hodgson & Marjorie Hodgson

**Friday 14th June**

Sarah Arnold & Rebecca Camilleri

Canteen Special Sushi Lunch Day is Thursday 20th June. Order forms have been sent home and more are available from the office or canteen. Orders need to be in by Wednesday 19th June at 10.00am. **NO LATE ORDERS WILL BE ACCEPTED.** If you don't want sushi, please order from the normal canteen menu.

We are getting towards the end of term and some stock will be come unavailable. Please check before placing your order. Currently out of stock is Macaroni & Cheese and Vegetarian Pastie.

#### IOU'S

Please pay any outstanding accounts as soon as possible.

*Christine Mountney*



## PUPIL OF THE WEEK

**MONDAY 27TH MAY—FRIDAY 31ST MAY 2019**

00A	<b>Taym</b>	<i>For always helping to clean up the classroom.</i>
1/2A	<b>Sao</b>	<i>For completing her work to a high standard and then assisting others with their work.</i>
1/2B	<b>Rital &amp; Ayssa</b>	<i>For always demonstrating the school values.</i>
3/4A	<b>Kurt</b>	<i>For showing great persistence and effort into his work.</i>
3/4B	<b>Tung</b>	<i>For listening in class.</i>
5/6A	<b>Jorja</b>	<i>For participating in all class activities.</i>
5/6B	<b>Noah</b>	<i>For being involved in class discussions.</i>



## PARENTS & FRIENDS FUNDRAISER

### Pie Drive

We have organised with **TONY'S PIES OF ESSENDON** to conduct a Pie Drive. Tony's Pie's will supply us with a range of their freshly baked pies, pasties, quiches and sausage rolls on **Thursday, 20<sup>th</sup> of June**. All the products will be freshly baked and will be suitable to go straight into the freezer if you wish.

So order up BIG. Remember, the more you order, the more we make. Make your choice from the order form coming home soon and return your order with the correct money or cheque by **Wednesday, 12<sup>th</sup> of June**. **EFTPOS facilities available from the school office.**

# KINGSBURY OUT OF SCHOOL HOURS CARE

## THIS WEEK AT THE PROGRAM

This week at the program we have been busy making sock puppets. We ended up with some very creative and cute puppets, including girl with a beautiful spotty dress, a cat and mouse, and even a one-eyed monster!

Our Aquarium Club has also been busy learning how to feed and care for our fish and maintain their tank. They have also made 'profiles' for each fish, detailing their ages, interests, favourite foods and more!

The Junior Leader this week is Gabriella from OLW for being a kind and caring friend at the program. Congratulations, Gabriella!

Parents, don't forget that classes will not be running on Wednesday 26<sup>th</sup> of June while the Student Lead Conferences take place. If you are interested in booking your child into OSHC for the day, please enquire at the program.



Busy young chefs preparing a quick and delicious microwaved chocolate pudding!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Toast and cereal	Toast and cereal	Baked porridge	Toast and cereal	Savoury breaky jaffles
<b>AFTERNOON TEA</b>	Beef chow mein	Risotto	Chicken noodle soup	Tomato pasta	Berry muffins
<b>ACTIVITY 1</b>	Sock puppet making	Cooking: Microwaved choc pudding	Art and crafts	Cooking: Poppy seed cake	Paper snowflake craft
<b>ACTIVITY 2</b>	Aquarium club	Minute to win it	Cricket	Treasure hunt	Footy
<b>FREE PLAY IDEAS</b>	Play with the dress ups and put on a play, draw a self portrait, design a new Pokémon, play memory.				

## KINGSBURY KIDS PLAYGROUP

Provides families from the wider community with an opportunity to join in play, craft activities and special events with their children.

From birth to pre-school, all welcome!

Wednesday mornings

9:00am – 11:00am

Kingsbury Primary School

Multi Purpose Room





# Be Winter well with asthma



Many people experience an increase in asthma symptoms and find their asthma harder to control during Winter.

Follow our asthma checklist to be Winter well with asthma.

## Visit your doctor for an asthma review

### With your doctor:

- assess your current level of asthma control
- make sure you are on the right medicines to manage your asthma (e.g. a preventer)
- check your inhaler technique
- ensure your Asthma Action Plan is up-to-date
- discuss getting the flu vaccination
- ask about your asthma, your treatment and how to stay healthy during winter

## Get a written Asthma Action Plan

With your doctor, develop a written Asthma Action Plan.

### Follow a written Asthma Action Plan for:

- better controlled asthma
- fewer asthma flare-ups
- fewer days off work or school
- reduced reliever medication use
- fewer hospital visits

## Take the Asthma Control Test

**If you have experienced any of the following in the last four weeks it indicates your asthma may not be under good control.**

- daytime asthma symptoms more than two days per week
- need for reliever more than two days per week
- any limitation on activities due to asthma symptoms
- any asthma symptoms during the night or on waking

Take the Asthma Control Test at [www.asthmaaustralia.org.au](http://www.asthmaaustralia.org.au) to get your Asthma Score.

## Preventer – every day even when well

Most adults with asthma should have preventer medication. Daily use of a preventer is key to keeping well. Regular use of your preventer makes the airways less sensitive and will reduce your symptoms.

## Check your device technique

Up to 90% of people are thought to use their inhalers incorrectly, which means the dose of medicine isn't getting into the lungs. Ask your doctor or pharmacist to check you are using your inhaler medication device correctly.

## Colds and flu - consider an annual flu vaccination

The flu and other viral infections are the most common trigger for asthma flare-ups (attacks). Colds and flu can be more serious for people with asthma, even if your asthma is mild or your symptoms are well-controlled by medication.

The best way to protect yourself from the flu and spreading it to others is an annual flu vaccination. The flu virus is always changing, so it is important to have the flu vaccine every year. This will increase the chance of you and your family being protected against the most recent flu virus strains that may be around. It is best to be vaccinated from mid-April so your body has time to protect itself and you are ready for the peak flu period, from June to September. Everyone with asthma including all family members should be vaccinated against the flu, especially people with severe asthma.

## Good Winter hygiene

**Stopping the spread of flu can be a matter of following three simple steps:**

1. cough or sneeze into your elbow
2. wash your hands thoroughly and
3. if you're really unwell, stay home



For more information on how to be Winter well with asthma, call **1800 ASTHMA** Helpline (1800 278 462) or visit [asthmaaustralia.org.au/asthma-winter-well](http://asthmaaustralia.org.au/asthma-winter-well) #AsthmaWinterWell



## Exercise

**Exercise is an important part of your overall asthma management. Asthma shouldn't stop you from being physically active, in fact people with asthma who participate in exercise training report feeling better.**

- Ask your doctor for help establishing an exercise plan for this Winter.
- Consider if cold, dry air or exercise trigger your asthma and discuss how to manage these triggers with your doctor.

## Healthy Eating

**Healthy eating is an important part of asthma management.**

- Aim for five serves of vegetables and two serves of fruit every day. These foods are high in antioxidants and may reduce your risk of an asthma flare-up.
- Reduce your intake of processed and take-away foods, which are high in saturated fats. These foods promote inflammation and can increase your risk of poor asthma control.

## Vitamin D

**There is growing interest and research into the potential role of Vitamin D in asthma management. With shorter and cooler days during Winter, and more time spent indoors, you may have less exposure to the sun and therefore Vitamin D production.**

- Try to spend some time outdoors each day. During Winter, sun exposure is best during the middle of the day.
- Speak to your doctor if you are concerned about your Vitamin D levels during winter.

## Indoor Air Quality

**Some heating systems can be a trigger for people with asthma. Consider what triggers your asthma and how you can reduce your exposure:**

- Un-flued gas heating can release chemicals such as nitrogen dioxide which can be a trigger for asthma.
- Fan-forced ducted heating can collect dust, and if not cleaned will circulate dust around the home. Make sure you have your ducted heating cleaned before using it after a period of time.
- Wood fire heaters produce high levels of smoke and particulate matter emission (including PM2.5) which can be a trigger for asthma. If wood fire heaters trigger your asthma, and there is not an alternative heating method, consider the following ways to reduce the impact of wood heater smoke:
  - Have your flue professionally checked and cleaned before winter
  - Burn only dry, unseasoned, untreated wood
  - Get a hot fire started, using plenty of paper and small kindling
  - Don't overload your wood heater with too much wood
  - Never leave your fire to smoulder overnight, this starves the fire of oxygen, producing smoke and pollution

## Mental Health

People with asthma are more likely to have depression or anxiety than people without asthma. Having depression or anxiety can also make it harder to manage your asthma.

If you notice you are feeling down, anxious or aren't enjoying normal activities as much as usual, make sure you speak to your GP or call Beyond Blue on 1300 22 4636.



For more information on how to be Winter well with asthma, call **1800 ASTHMA** Helpline (1800 278 462) or visit [asthmaaustralia.org.au/asthma-winter-well](http://asthmaaustralia.org.au/asthma-winter-well) #AsthmaWinterWell



## Accommodation Policy

- Dependant students must reside with the parent studying in Australia.

## Course Progress Policy

- Please note these requirements are the same for domestic students.
- All subjects/units must be completed satisfactorily within the expected duration for the student to:
  - progress to the next year level OR
  - complete their course of study
- An extension to complete studies may be granted if:
  - study deferment has been approved,
  - there are exceptional circumstances OR
  - intervention strategies have been implemented.
- An intervention strategy will be activated at a minimum where the student has failed or is deemed not yet competent in 50% or more of the units attempted in any particular study period (per term).

### Intervention Strategy:

- Students requiring assistance with their performance will be counselled. Counselling will include suggestions for improving performance such as additional support for subject specific tutoring (e.g. English), career and guidance counselling or personal counselling. Student support services and referrals to external support services are provided at no cost. Please note that services beyond those normally provided within the school's resources may incur additional cost to the family.
- Where appropriate, a Performance Agreement between the student and the school may be developed to assist with improving unsatisfactory performance. The agreement will be for a specified period and outline targets to be met by the student.
- Please note that any intervention will be discussed with parents.

## Attendance Policy

- Schools record student attendance daily and process attendance rates fortnightly.

### Intervention Strategy:

The intervention strategies for student attendance are summarised below.

- If attendance falls to 90 per cent:

#### Action by school

Student notified

Parent / legal custodian notified

- If attendance falls to 85-90 per cent:

#### Action by school

Student notified

Parent / legal custodian notified

The student will be interviewed by the school.

A Student Attendance Agreement put in place with agreement from the school, the student, parents/legal custodian

- If attendance falls to 80-85 per cent:

#### Action by school

Student notified

Parent / legal custodian notified

An additional Student Attendance Agreement put in place with agreement from the school, the student and parents/legal custodian

- If attendance falls below 80 per cent the parents become in breach of their visa conditions. This must be notified to the Department of Immigration and Border Protection (DIBP).

## Student Behaviour Policy

- Each school has a code of conduct, welfare and accommodation policy that students must abide by while enrolled at their host school.
- It is important that students avoid activities that may endanger their safety, the safety of others or that could lead to police charges.
- When a student does not fulfil the requirements of the host school's policies and rules, and/or the student enters into activities that are unsafe, a student's enrolment may be suspended or cancelled.

## Student Deferral Policy

- A student may apply to the International Education Division to defer their course of study in exceptional circumstances. Examples of such circumstances could include: serious illness, injury or trauma, bereavement of close family members, major political upheaval or natural disaster in the home country.
- The International Education Division will consider the impact on the student's capacity and/or ability to progress through their course of study.
- The deferral application should include evidence of the circumstances and be made in writing to:

#### International Education Division

Department of Education and Training

GPO Box 4367

Melbourne, Victoria 3001

Australia

Please note that deferral of studies is for a maximum of six months and cannot be approved retrospectively. Also note that the students' parents will still need to be enrolled to study in Victoria for dependant rates to still apply.

## Transfer Policy

- Students may apply to transfer to another school (government or non-government):
  - after six months (two terms) of enrolment
  - post-payment and prior to commencement (in exceptional circumstances only)
  - less than six months (two terms) after commencement (in exceptional circumstances only).
- Transfer applications will be processed within ten working days from the receipt of a complete application. The transfer application should be made in writing to the International Education Division (see address details above).

### Transfer to a different Victorian government school

- Transfer applications need to:
  - be sent to the International Education Division two weeks