DATES TO REMEMBER

February
11th - Swim Trails Year 4-9 Werribee Outdoor Pool (9.30am-12.30pm)
13th - Dive into Five – Year 5 Extravaganza
21st - Parent Helper Information Session 9-10am
21st - Issue 2 Newsletter released

TERM 1
30/01/2014
04/04/2014

TERM 2
22/04/2014
27/06/2014

TERM 3
14/07/2014
19/09/2014

TERM 4
06/10/2014
19/12/2014

Principal News.

Welcome to the 2014 school year to all members of the Point Cook College community. It has been a very calm and organised start with teachers and pupils quickly getting back into routines. I have been really impressed by the wonderful start to the year by our new Preps who are coping really well even in this hot weather. I would like to thank all staff, parents and pupils who have contributed to our great start to the year.

College Council elections will take place during February/March this year. A separate notice will be sent home with all dates and information regarding the role and responsibilities of our College Council. I would like to acknowledge the significant contribution of our outgoing College Council President Mr Chris Laurence. Chris has been a member of the Council for ten years and was pivotal in the successful re-structure of Point Cook Primary School on the RAFF base to become Point Cook College in 2010. Chris has been a dedicated, hardworking and visionary member of our Council and his contributions will be missed.

The College has been working on a new website which will be far more interactive and intuitive. The website will be launched in stages throughout the first semester and will become our primary source of information and communication with our community. We will keep you informed of the roll out via the Newsletter which by second semester will only be available via an electronic format ie there will be a phasing out of the paper copy of the Newsletter.

As I am sure all members of our community would be aware there are significant traffic issues around the College at pick up and drop off times. The College Council under the leadership of Marcus Galbraith (current councillor) will be forming a sub-committee of interested parents to look at the issues and work with all stakeholders to ensure the safest possible environment for our pupils. If you are interested in joining this group please complete the tear off slip at the end of the Newsletter and send it back to the College office. Marcus will make contact with you and organise the first meeting.

College invoices have been sent to all families. Prompt payment would be appreciated as the College has already paid out a significant amount to our suppliers for student requisitions. The Curriculum Contribution is voluntary yet vital as it provides funds for programs such as ICT hardware and software, sports equipment, Library books, take home readers, maths equipment and resources for our specialist programs such as Science, Food Technology and Environmental Science. Any families experiencing financial hardship are asked to make contact with our Business Manager Janette Carey via the office to discuss options for payment of fees.

The year confronting us looks to be filled with opportunities and challenges which will continue to see the College grow in stature and recognition within our community as an excellent educational institution providing high quality teaching and learning programs for all students.
Assistant Principals News

P-4 COMMUNITY

Welcome to the 2014 school year, especially to our Preps and new families at the College. I trust that everyone has had a relaxing break and is ready to get back into the swing of things. Teachers spent many hours at the end of 2013 creating classes for this year and it has been pleasing to see the tone around the P-4 community indicating that students have settled easily into their new home rooms and are beginning to build relationships with new teachers and widen their friendship bases. Our Prep students have taken to school like a duck to water, eager to develop new friendships and explore new and exciting learning opportunities. Everything is in place for a productive year ahead and we are all ready to take on new and exciting challenges.

The following information includes some reminders and we ask you to read and make note of for future reference.

P-4 Lines of Communication

Developing positive relationships between, students, teachers and parents is essential to the implementation of a successful learning partnership. At PCC we value the importance of the home-school partnership with communication being the key. If you have any questions or need to discuss concerns the home room teacher should always be the first contact as they are the people who know your child best. If for any reason they are unable to assist you with your enquiries you are encouraged to contact one of the following staff depending on the nature of your concern;

Educational Leadership & Welfare - Robyn Fincher (P-4 Assistant Principal)
Teaching and Learning - Marg Holness (P-4 Assistant Principal)
English as an Additional Language - Rebecca Thornton (EAL Coordinator)
Administrative Matters – Janette Carey (Business Manager)

Take Home Book Bags

Anyone requiring a new Take Home Book Bag may purchase these at the office at a cost of $15.

Prep Reminders

A reminder to all Prep parents that all Fridays in February are student free days and Prep classes will not be operating. If you have not yet booked your child in for their Student Interview please see your child’s teacher. Friday 28th February is the date set aside for Prep Parent-Teacher-Interviews. Please return your request slip sent home last week as soon as possible.

Parent Teacher Interviews

Interviews for parents of students in Years 1-4 will take place in the first week of Term 2. You will be advised of the date as soon as it has been finalised.

Robyn Fincher
P-4 Assistant Principal

Middle Years News

Welcome back to another exciting new year at Point Cook College and a very special welcome to all our new families, students and staff. The College has had an exceptionally smooth start to the year with all students settled, teams establishing positive routines and learning well underway. I thank you for ensuring that your children have returned to school refreshed and prepared for a positive year ahead. All student requisites have been distributed and our expectation is that all students have good quality and plentiful supplies so that they can achieve their best.

Edublogs:

As in previous years I am pleased to invite all parents of students in the Middle Years to visit the relevant Edublogs for their children’s year level at the following URL’s:

www.year5pcc.edublogs.org
www.year6pcc.edublogs.org
www.year7pcc.edublogs.org
www.year8pcc.edublogs.org
www.year9pcc.edublogs.org
Edublogs are widely used and promoted in the Department of Education and Early Childhood Development. Blogs are a great way of communicating and sharing information. The Edublogs will include links to useful educational websites designed to assist in student learning. The blogs are a secure e-environment and can be accessed by your smart phones, tablets or anywhere where internet is available.

Year level teams will regularly update the blog with home learning and messages. Furthermore, dates, reminders and celebrations of learning will also be posted for you to see. In the next week or two all the blogs will have a post which will include an outline of the Teaching and Learning program for Term 1.

Some items on the blog will ask for feedback and are open for comments. For security reasons you need to supply your email address for verification. The Blogs are moderated by the year level teams and also the parent company ‘Edublogs’.

To encourage you to go online I have posted a copy of the College Home Learning policy on each blog

Partnerships is one of our College Guiding Principles and I trust that these blogs will contribute to a stronger home school partnership

Frank Vetere
Assistant Principal Years 5-9

Payments can be made through the college bank account and details were enclosed with your invoice. Please ensure your family code is included with the details of the payment.

Payments can also be made at the office with cash, cheque, eftpos or credit card. Credit card payments can also be made over the telephone.

**Education Maintenance Allowance**

Eligibility criteria

To be eligible for the EMA:
1. Your child must be under the age of sixteen; and
2. Your child must be enrolled at a primary or secondary Government or registered school in Victoria on, 28 February 2014 for the first instalment and 1 August 2014 for the second instalment; and
3. You must on 28 January 2014 for the first instalment and 14 July 2014, for the second instalment:
   a. be a parent or legal guardian of the student; and
   b. be an eligible beneficiary within the meaning of the State Concessions Act 2004, that is, be a holder of Veterans Affairs Gold Card or be an eligible Health Care Card (HCC) or Pensioner Concession Card (PCC) holder or
   c. be a temporary foster parent.
   d. Submit your application to the school by the due date:
   e. 28 February 2014 for the first instalment*
   f. 1 August 2014 for the second instalment.

* Please note: you only need to make a second application in August if your child changes schools between March and August.

The Pension Concession Card (PCC) or Health Care Card (HCC) is subject to electronic confirmation with Centrelink to verify that the cardholder is receiving a benefit.

***Note applicants will receive a receipt for their application once they have been processed. If you do not receive a receipt we have NOT received your application and you will need to contact the office prior to 28th February 2014.**

**Absence Telephone.**

If your child is going to absent for the day you can ring the absence line 8348-7117 and leave a message.

**Administration**

**Family Invoices**

All families will have received a family invoice by post. The student requisitions/booklist is to purchase all your child/children’s stationary, art supplies and specialist areas for the year. This charge must be paid for to continue the supply for the year. Payments should be made by no later than Friday 28th March 2014, unless prior arrangements are made at the office.
Whole College Reminders

Communication
Over the coming weeks you will receive information in the form of notes and newsletters which we ask you to read and make note of relevant dates and events. Your child’s year level newsletter will detail the Teaching and Learning program for the term along with other important information about team events and expectations.

As we move towards Term 2 and beyond, the new and improved College website will replace newsletters as the key source of information for the College community.

The College Handbook contains important information regarding administrative matters, policies and procedures including the College Uniform, Home Learning and Attendance policies. The handbook can be accessed via the College website.

Attendance
For those new to the College you are reminded that the school day begins at 8.50, at which time students are expected to be in rooms and organised for the day ahead. Late students often miss out on lesson introductions as well as administrative matters and being punctual is an important life skill that needs to be fostered.

It is vitally important for your child’s academic and social development that they attend school every day, unless they are unwell. Regular attendance enables your child to consolidate their learning and maintain healthy social relationships. If your child is too unwell to attend school you will need to leave a message on the College absence line, 83487117.

Wellbeing and Safety
The College Values and Guiding Principles are at the core of ensuring that all students have access to a safe and supportive learning environment. The College rule of ‘Nobody has the right to physically or emotionally hurt another’ is at the centre of our beliefs and we are yet to face a situation where this rule is not applicable. Students will have already been involved in developing home room and team Codes of Cooperation using College expectations as the key.

Traffic Management
With heavy traffic before and after school we need parents to work with us to ensure the safety of all students by observing road and parking restrictions and reminding children of road safety rules. It is expected that all students and parents use the school crossings appropriately. Parents are also reminded that staff car parks are not be used as drop off or pick up points as matter of student safety.

Supervision of students
Hours of supervision within College are between 8.40am and 3.10pm. There are some students that are arriving well before the start of the day in some cases even before 8am, while others are waiting to be collected long after 3.30pm. It is important for students to feel safe and know that there is someone looking out for them therefore we ask all parents to make the necessary arrangements for before and after school care of their children. There may be occasions where parents are unavoidably delayed and in these instances you are asked to contact the office before 3.10 so that we can reassure your child and make suitable arrangements for their care.

Emergency Contacts
It is important that if your child is sick or injured that we are able to contact parents if necessary, or an alternative adult who can act on your behalf. Some of our parent contact details are incorrect and in some cases emergency contact details are no longer accurate or have not been provided. If your contact information needs updating please do so at the office.

Sunsmart
As part of the College Sunsmart policy all students are expected to wear a hat when playing or working outdoors. Hats are available from Rushford’s in Werribee, with a small number also available at the office for $15.

PHYSICAL EDUCATION NEWS

2014 Physical Education & Sport Team

Mr Matt Saunders - PE Teacher, Year 6 Sport Coach, Year 9 Rec, Year 5 & 8 Sport Coordinator

Mr Tim Brennan - PE Teacher, Year 6 Sport Coach, Year 9 Rec, Year 7 Sport Coordinator

Mrs Jo Siketa - PE Teacher, Year 6 Sport Coordinator
Ms Jenny Habner- PE Teacher
Ms Sinead Tynan- PE Teacher

Welcome back everyone!!! We are all very excited about the year ahead and getting back outside with you all in preparing to take on our district rivals. Many of our Interschool Sport Dates for 2014 have been finalised and placed on the College Calendar. These can be viewed through our College website.

2014 Swimming Trials

All students in Years 4-9 who would like to participate in the Interschool Swim Carnivals (Primary & Secondary) in 2014 are invited to attend a swimming trial session scheduled for Tuesday 11 February 2014 at Werribee Outdoor Olympic Pool.

In order to be eligible for selection in representing the College, all interested students are required to attend the swimming trial session.

Please return your permission note together with $8.00 payment for the bus by Wednesday 5th February 2014.

**NO LATE NOTES WILL BE ACCEPTED.**

**With safety in mind, it is ESSENTIAL your child had undertaken swimming lessons and can competently swim 50 metres unassisted.**

If your child is attending the day we ask for your assistance with the following:

- Children MUST wear their bathers underneath their school uniform to school as the morning is tightly scheduled and there is little time for changing clothes at the venue.
- All items of clothing including goggles, caps, bathers, hats and towels MUST be clearly labelled.
- Ensure they have plenty of fluids and snacks for the day, a College hat, sunscreen.

**INTERSchool Swim CarniVal dates- PriMaRy:**
Wednesday 5th March- Primary District Swim Carnival (WOOP)
Thursday 13th March- Primary Divisional Swim Carnival (WOOP)
Tuesday 25th March- Primary Regional Swim Carnival

**INTERSchool Swim CarniVal dates- SeCoNdary:**
Friday 14th March- Secondary Divisional Swim Carnival
Thursday 27th March- Secondary Regional Swim Carnival

**P.E/Sport Uniform**
The P.E Team take health and safety very seriously across the College and ask our new and returning families to assist their child/ren to be organised for their PE & Sport sessions. Students are expected to:

- Be dressed in full College Sports Uniform ie shorts, skort, college polo.
- Wear laced or velcro sneakers. Please NO school shoes or canvas shoes without laces.
- Wear the school hat - clearly labelled. It is compulsory for your child to wear the College sunsmart hat in
  - Terms 1 & 4. During PE, if the class is outside, they will be asked to sit out in the shade.
- Bring a clearly labelled water filled drink bottle.
- Please no cordial or sweet drinks.

If you are unaware of the day your child has PE time, please see your homeroom teacher.

**Student Injury/illness**
From time to time your child may suffer from an injury or illness and requires monitoring or rest from Physical Education or Sport sessions. As your child’s health and wellbeing is the upmost importance to us we ask that you send a note outlining the issue with your child to PE session so we can assist you in monitoring the situation and ensure a healthy and full recovery. We do our best to monitor these situations but would appreciate your assistance.

**Sport Notes**
A reminder to ALL our students to return your sports notes on time so you don’t miss out. Due to the size of the College we will be adhering to deadlines again this year.

**Changes to Primary Sports District (PCPSSA)**
This year Point Cook College (years 4-6 primary only) will be competing in a brand new interschool sporting district- Point Cook Primary Schools Sports Association (PCPSSA). The new district is a result of a necessary split from our existing district- Laverton Primary Schools Sports Association (LPSSA).

The district split was necessary as a result of its recent and future growth plans within our original school sports district (Laverton Primary School Sports Association -LPSSA)- in particular the opening of a new school in Point Cook. The large number of schools and growth within each school had placed considerable pressure on resources and in many cases restricted the amount of participants at district level.
The district split was determined based on geographical locations of each school- Point Cook Road being the boundary.

The newly formed district should enable schools greater opportunity to increase participation numbers particularly at sports carnivals such as swimming, cross country and athletics. Consequently, there is NO MAJOR change to the structure of the primary sport program, but rather which schools we compete against at district level.

Previously, we competed against 10 other schools within the Laverton District: Seabrook, Lumen Christi, Carranballac, St Martin De Porres, Laverton, Altona Meadows, Altona Green, Stella Maris, Queen of Peace, Alamanda.

Now, we will compete against 5 schools in Point Cook District: Lumen Christi, Carranballac College (both campuses), Stella Maris, Alamanda.

The Laverton Primary School Sports Association still exists made up of the remaining schools and our students will still compete against students from schools within the LPSSA district but at a Divisional competition level (next level) not district level.

All years 4-6 are eligible for participation in interschool swimming, cross country and athletics carnivals through internal trials. Summer and winter interschool team sports are offered to Year 6 in Terms 1 & 2.

If you have any further questions or concerns about the new structure please contact a member of the PE Team-Jo Siketa, Matt Saunders, Tim Brennan.

**Sporting Achievements**

Alicia Molik to play tennis with Jayla Tran

Grade 2C student Jayla Tran will have the chance of a lifetime when she has a lesson with Alicia Molik, Australia’s current Fed Cup Captain, former world No.8 and MLC Tennis Hot Shots Ambassador on Monday 10 February 2014 at Sanctuary Lakes Tennis Club. Jayla won Tennis Australia’s MLC Tennis Hot Shot of the Year 2013 award at the Australian Open in January. As one of 12 finalists who travelled to Melbourne for Australian Open 2014, Jayla had the opportunity to go behind the scenes at Melbourne Park, have a hit on Rod Laver Arena and attend the official MLC Tennis Hot Shot of the Year awards night at the Melbourne Zoo.

As part of her prize Alicia Molik will be visiting Jayla at Sanctuary Lakes Tennis Club on Monday 10 February from 4-6pm.

The event is open to the community with a BBQ, MLC Tennis Hot Shots activities, Speed serve and free giveaways including the MLC Tennis Hot Shots kids tennis Magazine and fridge magnets. To find out more about MLC Tennis Hot Shots visit: hotshots.tennis.com.au

**Indonesian News**

Cultural Diversity Week 2014

The Point Cook College community will be celebrating Cultural Diversity week, March 17-21. We aim to celebrate all of the wonderful cultures represented at our College. This should be a fantastic week of incursions, excursions and whole school events. There is a team of dedicated staff working towards making this a very special event in launching our Whole College Studies of Asia program to our community. We have lots of ideas including lunches from different countries, language specific/ cultural specific book reading, music and dance from different cultures and much more.

We are seeking help from our parent body in organizing this event. As we have so many different cultural groups here at the College, we are hoping that many groups would like to showcase some aspects of their culture, through dance, music, craft and cooking.

If you are interested in helping organise this weeklong event, have some suggestions for activities or performanc- es or have contacts that may be interested in joining us please contact the College and ask to be put through to Jenny Hayes or Jeff Wilson.

Thank you, Jenny Hayes
Sustainability News

Whole School Sustainability Events PCC 2014

Point Cook Garden Angels

We are inviting parents who are interested in joining our parents garden group “Point Cook Angels” to contact Nikita Flood on lafemme405@gmail.com. Nikita did a fantastic job in establishing the garden group in 2013. Any interested parents who can commit at any time to assisting in gardening around the school in any capacity are very welcome.

Rubbish free lunch days for years P-4 are Wednesdays

Mobile phone recycling for Gorillas starting up again soon!!

Don’t forget to save energy and “Switch off for Frogs.”

Fundraising News

SCHOOL BANKING

All Preps should have received school banking parent packs last week. If you would like to join the school banking program please pick up an information pack from the office.

In these packs you will find information regarding the reward items available for 2014 (they include moneyboxes, handballs, scented pencils, plush key rings, pencil cases, swimming bags, seas streamers and projector cups). Each reward item is worth 10 tokens. (A student receives a token each time they make a deposit through school banking.) Once your child has collected 10 tokens, they need to include them in their deposit wallet along with a completed coupon for their chosen reward item. The coupons can be found on the redemption card (included in the school banking parent packs).

Term 1 Dates for the Diary

- Fri-28th Feb - schools clean up day- (Clean up Australia Day)

Term 2 Dates for the Diary

- Ride to school day Weds May 7th
- Thursday June 5th – World Environment Day

Term 3 Dates for the Diary

- July 25th – Schools Tree Day Year 3s and Preps Thursday 31st (5-9 layer up day)- Energy saving
- Thurs- 7th August P-4 layer up day- Energy Saving

Term 4 Dates for the Diary

- October 15th – Staff National Ride to work day

New Solar Panels

It is very exciting to see we now have solar panels on our Science building. The panels have been provided as a replacement for our wind turbine which was decommissioned 18 months ago. This is the initial stage of an expanded roll out of solar energy at the College.
School Banking accounts can now be opened at any Commonwealth Bank branch. Just go into any branch and ask to open a Youthsaver account for School Banking. You will require identification for you and your child (such as driver’s licence and birth certificate), and you will receive a Dollarmites wallet and deposit book on the spot.

The Student Banking program is aimed at helping students understand core financial values and money management skills. The emphasis of this program is on regular savings and not the value of each deposit so there is no minimum deposit amount, it is more of a fun and engaging activity for the students to enjoy!

A benefit of the School Banking program is that it raises funds for our school. The school receives $5 when children make their first deposit at school and a commission on every deposit made through the School Banking program.

Please ensure all yellow wallets are handed into your child’s teacher or office first thing in the morning to ensure their deposit is processed. All money should be securely enclosed in the Velcro pocket and deposit slips MUST be completed.

**OUR SCHOOL BANKING DAY IS FRIDAY**

**SUBWAY FUN LUNCHES**

We will be continuing with the Subway Lunches as they were such a huge success last year. The processing time will change this year. Order forms will go home on a Wednesday and need to be returned by Friday, then the lunches will be distributed the following Friday.

Dates for Term 1

Friday February 22nd orders due Friday Feb 14th

Friday March 28th orders due Friday Mar 21st

**PARENT HELPERS**

Thank you to those family members who helped out in any of the areas around the school last year. We appreciate your involvement and hope it was a worthwhile and wonderful experience for you. Please fill out the attached form completely so we can maintain our records if you intend on being a parent helper in 2014. It is a requirement that all parent helpers possess a valid working with children check. There will be a Parent Volunteer Session on Friday 21st February from 9-10am. This session will provide information about how you can be involved in the college throughout the year.

**Uniform Sale**

On Thursday 13th February there will be a uniform sale held at the College in the canteen (near the gym). The times for the sale are 8.30am – 9.00am and 2.30pm-3.15pm. Staff will be selling the items and will need to be in class so the sale will only be open during these times.

We have assorted second hand items of clothing in a variety of sizes. Please note that there is not a full range of uniform or sizes. The second hand items include school jumpers, tracksuit pants, PCC school bags, art smocks, dresses, tunics, t-shirts, coats and hats. We also have a few senior school uniform items. The cost will be a $2 donation per item.

We will also have navy slacks for girls in sizes 6-12 and navy cargo pants for boys in sizes 4 and 16 only. There are also some navy tracksuit pants in size 4. These are all new stock and will be selling for $5 per item.

All money raised from the sale will be donated to the State School Relief Fund.

Come along and see if we have your child’s size for that extra school uniform item and at the same time support a worthy cause.

Donations of clean uniforms, in a good condition, will be accepted for the sale. Please hand these items to the First Aid room by Tuesday 11th February so that we can add them to the sale.

Annabelle and Sandy
Community News

The SANCTUARY LAKES FOOTBALL CLUB is holding a Registration Day for ALL Junior players- U9, U10, U11, U12, U13, U14, U16

When: Saturday 15th February 2013
Where: Featherbrook Oval, 33 Windorah Drive, Point Cook
Time: 10.00am-12.00pm
Come down and meet our coaches, enjoy a sausage sizzle
‘Our Culture is our Future’

Umpiring allows you to develop life skills such as:
- Leadership
- Critical and clear thinking
- Decision making
- Communication
- Management of people
- Opportunity to umpire AFL Auskick Rules Grid Games on AFL Match Days!!!!

Werribee umpires Academy (Mackillop college) Mondays 4-5.15 pm
Commencing 3rd March.
Or alternatively
JOIN THE WESTERN REGION UMPIRES

The Western Region Umpire Training Venue is at Scovell Reserve Maidstone Melways REF 27 H 12. Training starts at 4.45pm and goes for approx 1 hour where you will also be taught the skills of Umpiring and meet new friends.

The Western Region Umpires allow young people to become involved in umpiring football without having to travel distances to games

Either email or speak to the following contacts for more information:

Western Region Football league – 9315 1377
Website www.wrfl.asn.au
Mark Westgarth Manager of Umpiring Western Region
Umpires 0424 505 443
Terry O’Donnell 0439794545

Umpire Football and Earn Money
If you like playing football but are not that good, why not try umpiring.
If you are good at football, why not play one day and umpire the other.
If you are a girl, enjoy football, but don’t want to play, why not have a go at umpiring.
Umpiring allows you to be involved in football, have the opportunity to umpire at the highest level and GET PAID for something that you enjoy$$$$$$$$$$
FIRST AID

HOT WEATHER ALERT!!!!!!!!!
SLIP SLOP SLAP!!!

The School does not supply sunscreen due to allergies and sensitive skin. It is best to apply sunscreen before school and provide sunscreen for your children to be kept in their bags for reaplication if necessary. Please note children must be able to apply sunscreen by themselves and only use their own.

Hydration is very important at all times but especially during this hot spell. Please ensure your children have a labelled refillable water bottle. Frozen oranges quarters are great for the hot weather snack.

HYGEINE

To help manage the spread of viruses and cross food contamination it would be helpful if parents provided children with small packs of antibacterial wipes to be used before and after eating. Small packets are recommended as they can be stored in lunch boxes reminding children to use them.

TIP: Large packets can be divided and placed into snap lock bags. Antibacterial liquids are not recommended as they are classed as a “Material Hazard”.

Your understanding and cooperation in this matter is very much appreciated.

Back to School in 2014! Be prepared for an Asthma Spike

What is the February asthma spike?
Throughout the year there are significant increases, or ‘Spikes’, in asthma presentations to hospitals and emergency departments. Approximately 1 in 10 children 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 and 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.

Why does the spike occur?
While there have not been direct links established, the February ‘asthma spike’ is believed to be largely due to children and adolescents coming into contact with asthma triggers that they have had time away from, as they are now returning to school. Forgetting to take their medication, and poor medication adherence, also places students at an increased risk of asthma attacks when exposed to triggers.

Triggers that can be encountered are:
- Dust and mould spores from poorly ventilated, or insufficiently cleaned school rooms
- Respiratory viruses, such as cold and flu viruses
- Cleaning products that leave behind strong smells, aerosols or airborne dust
- Anxiety and stress due to returning to school

Please note: at Point Cook P-9 thorough maintenance and cleaning is carried out during the school holidays, at least 2 weeks before students return.

What can we do to avoid asthma exacerbations in our school?
- Ensure that each Asthma Emergency Kits contain fresh and in-date reliever medication (e.g. Ventolin, Asmol or Airomir) and spacers, Please note that spacers are single user only. Should your child require a spacer please provide one.
- Ensure student Asthma Action Plans are updated and returned to school

This report has been taken from the Asthma Foundation please refer website for more detailed information http://www.asthma.org.au

If you are not sure if your child’s ventolin or action plan are up to date
Please ring Annabelle 8348 7104 or email gornia.annabelle.t@edumail.vic.gov.

LOST PROPERTY

HELP US TO HELP YOU!!

Every effort is made to return all clothing and items to rightful owners.

This is only possible if all school items, especially hats, jumpers, water bottles, lunch & snack boxes are clearly labelled.
Laundry Markers or Iron On Labels are best as they do not smudge or wear off. Both are available in all supermarkets at a reasonable price.

For Hygienic reasons any unlabelled water bottles or food storages containers will be thrown out at the end of each week.

Any unlabelled school clothing will be kept in sick bay for one week. If not claimed they will be placed with the donated clothing to be sold for $2 at a later date.

All money goes to the State Schools’ Relief Fund.
Unlabelled non-school clothing and items such as toys will be left in Lost Property for one week. Any unclaimed non-school goods will be donated to the Diabetes Foundation Victoria.

PCC TRAFFIC SUB-COMMITTEE

I,__________________________________________ am interested in being a member of the PCC Traffic Sub-committee.

I can be contacted on PH:_________________________________________

MOB:_________________________________________

E-MAIL:_________________________________________

Signed_________________________________________ Dated_________________________________________