



Read online: <https://newsletters.naavi.com/i/Na7OroM>

Northcote Primary School Newsletter

Issue 1 · 09 Feb 2024

Collaborative Learning in a Community that Cares

In this issue



Greetings from Shaun



Moving away from Streaming



Dates to Remember 2024



What coming up in our classrooms this term...



NPS 2024 Fete/ 150 years



Parent Payment Arrangement 2024



CSEF- are you eligible?



School Council



Meet our Music Program Teachers for 2024



Kelly Sports and Dance Program



Darebin is calling all youth makers



OSH Club



Classroom Cuisine 2024



Berry St Parent group



Pupil of the week Term 1



Sun smart- Please pack your hats!



Our Proud Sponsor



THE BUSINESS END OF SCHOOL LIFE



Greetings from Shaun

Welcome Back!

As the first fortnight of school wraps up, it's great to see everyone back and reconnecting with the school community after the summer break. Time seems to have flown by, but it's been wonderful catching up with familiar faces and meeting new ones. Our students have settled in incredibly well and are enjoying the opportunity to begin a new year of learning.

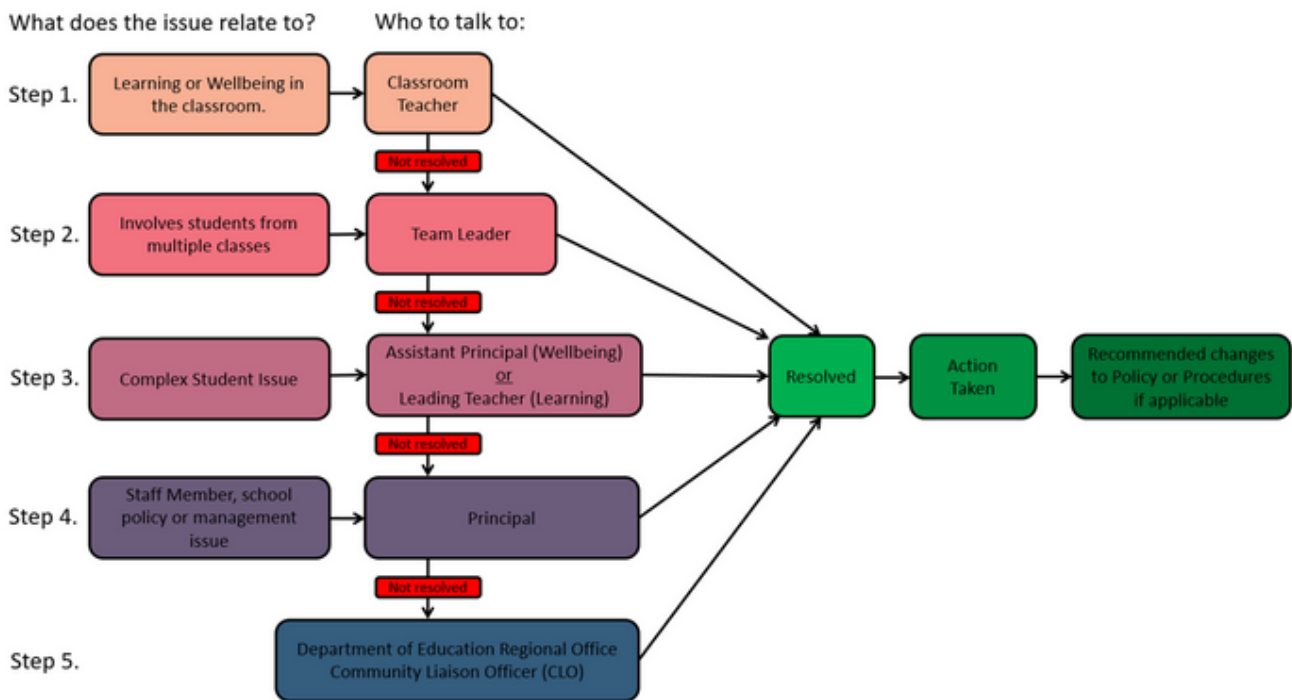
I would like to extend my gratitude to our school community and staff for the positivity and enthusiasm that has been brought into 2024. Whilst we have had some last minute changes around staffing, the children have settled into their new learning environments and are building new social relationships, routines and learning good habits quickly.

It was especially lovely to see everyone come together for the welcome picnic this week. Hearing everyone's stories about their time with family and friends has been a highlight for me.

You may have noticed a dedicated focus on reinforcing classroom expectations, especially regarding our school values of respect, collaboration, and community-mindedness. We encourage you to engage in conversations with your child about the expectations, procedures, and routines they have been actively discussing and practicing over the past two weeks. Your involvement in reinforcing these principles at home will greatly contribute to their understanding and implementation in the school environment.

Communication

At Northcote Primary School we believe that building a positive relationship between home and school plays an essential role in the education of your child. One part of this is the communication. With a new year upon us and some changes in our staffing, we thought this would be a great opportunity to share with you a communications diagram that may assist you with who to contact about any queries you may have:



Please bear in mind that our teacher's official response hours fall within the school day, from 8:45am to 4:45pm. It is important to understand that during classtime, teachers are fully engaged in supervising and teaching children and cannot reply to emails. If you would like to organise a meeting with your child's teacher, our staff meetings are held on Monday and Wednesday evenings at 3:45pm, staff are unable to meet on these nights. Additionally, some staff members may have meetings on Tuesdays starting at 3:45pm, so please be mindful of this when arranging to meet.

Rest assured that our staff will endeavor to address all communications in a timely manner. We appreciate your understanding and cooperation in respecting these boundaries, as they ensure our teachers can focus on providing quality education and support to our students.

If you have urgent concerns or inquiries, please feel free to reach out to the office and we'll be sure to assist you promptly. Thank you for your cooperation and understanding.

Numeracy Consultant

This year we have enlisted the expertise of a numeracy consultant, Carmel O'Beirne, to work with us in the area of maths. Carmel has been working as a numeracy consultant for over ten years, having previously worked in a coaching role across different school regions. Carmel spent 2 days with us in Term 4 last year, getting to know our school and context and the areas of focus for us this year.

This has allowed us to hit the ground running, with Carmel spending 3 days in our school this week. Across the three days, Carmel has been observing maths lessons, running coaching and feedback sessions with teachers, working with our leadership team and attending team PLC (Professional Learning Community) meetings, where teachers analyse student data and plan sequences of learning. A key focus within these meetings is understanding how to target students at their point of need and provide a level of challenge for all students.

Carmel also ran an after-school workshop for our teachers on one of the Big Ideas in maths – Trust the Count, which is the foundation for all students' mathematical learning. It's been a great way to start our school year, with a lot of excitement in the air for all things mathematics. Carmel will be back in Week 6 for another 3 days which will also include a full day of professional learning for our teachers on the Curriculum Day – Friday 8th March.

Cyber Safety

This week our school hosted a series of really informative, interactive cyber safety sessions aimed at empowering students with essential online safety skills. These sessions covered a range of topics including internet privacy, social media etiquette, and strategies for staying safe online, including things like password management and the responsible use of devices. Students actively engaged in discussions, shared their experiences, and learned really practical tips for

navigating the digital world responsibly. By equipping our students with this knowledge and tools we are hoping they will be supported to make informed, safer decisions online. We will be holding a parent information later this term, keep an eye out for more information.

Landscaping Update

In the upcoming week or two, we anticipate receiving feedback from the Victorian School Building Authority regarding their evaluation of our landscaping proposal. Should the submission meet their requirements, it will proceed to the tender stage for landscape architects to undertake the project.

While awaiting feedback on the submission, we are advancing with other assessments and investigations. Scheduled for next week, we have arranged for tradesmen to conduct a soil contamination assessment and provide a geotechnical report. This process involves excavating a few test holes throughout the designated area and analysing the soil for metals and other potential contaminants.

Working Bee- Save the Date

Attention all volunteers! As we gear up for the much-anticipated school fete, we're reaching out to you for your assistance. Our working bee to get ready for the fete will take place on the 2nd of March, from 12 pm to 3 pm.

During this time, we'll be rolling up our sleeves to transform our school grounds into a vibrant and welcoming space for this special event. If you are willing to lend a hand, your help is needed and greatly appreciated.

Saturday 2nd March - Working Bee for Fete Day 12 - 3pm

Parent Volunteer Induction Session

We will be hosting an **Information session for Parents and Family Members** who would like to be helpers in the classroom. During the session we will cover how

you can best support students in the classroom, and your legal requirements (such as *Working With Children*, *Child Safety Code of Conduct* etc.).

All parents/carers who would like to be a classroom helper in 2024, will need to:

- Have a current *Working With Children Check* which can be obtained free of charge for a volunteer Visit <https://www.workingwithchildren.vic.gov.au/>
- Complete the NPS Child Safety Induction Agreement (see attached)

The session will be held at school in the Staff room at **9:15 - 10:00 am Friday February 23rd, 2024.**

If this time is unsuitable for you, there will be an opportunity to access the information via a recorded meeting at a later date to be confirmed.

You can book by following the link below to the online Google Form:

<https://forms.gle/Rr6nrwSRXtQiYMKT6>

Announcing our 2024 Teaching Teams

We are very pleased to announce our Teaching Teams for the 2024 school year:

Prep Team

Prep A- Natalie and Amy

Prep B- Meg



PREP TEAM

Year One/Two Team

- 1/2A- Nick
- 1/2B- Brigitte
- 1/2C- Izzy
- 1/2D- Sam



YEAR 1/2 TEAM

Year Three/Four Team

3/4A- Matt

3/4B- Luke

3/4C- Eleanor

3/4D- Stephanie



3/4 TEAM

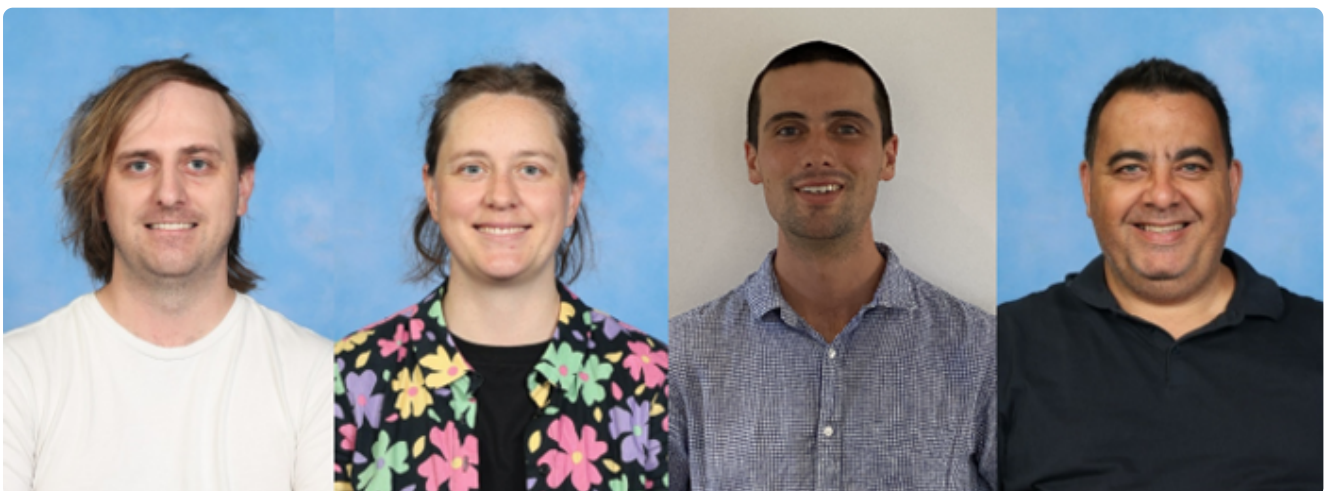
Year Five/Six Team

5/6A- Declan

5/6B- Emma

5/6C- Angus

5/6D- Steve



Introducing our newest staff member: Angus



Hi, my name is Angus and I'm Grade 5/6C's classroom teacher at Northcote Primary School. As an educator, I have a passion for languages, problem solving and creativity. Outside of the classroom, I love participating in Melbourne's live music scene, cooking dinners for my friends and tearing around the Dandenong Ranges on my bike. I feel so fortunate to be a part of the Northcote Primary School community and I'm looking forward to a year of growth and exploration with 5/6C. Please come say hello if you see me in the yard!

Annual privacy reminder

Our school collects and uses student and parent personal information for standard school functions or where permitted by law, as stated in the Schools' Privacy Policy. <https://www.vic.gov.au/schools-privacy-policy>

Our Photographing, Filming and Recording Students Policy (available on our school website <https://northcoteps.vic.edu.au/>), this describes how we collect and use photographs, video and recordings of students. The policy also explains when parent consent is required and how it can be provided and withdrawn. We ask parents to also review this guidance. If after reviewing the guidance, you have any questions or concerns regarding your child, please contact the school.

Finally, an open invitation to our first official assembly for the year, on **Monday at 9:10am** in the hall. Drop the kids off and while teachers mark the roll, you can get yourself a seat.

At the assembly, we will celebrate our first pupils of the week for the year, which is made even more exciting by the fact that our Preps will be attending their first assembly ever!.

Take Care,

Shaun.



Moving away from Streaming

As the educational landscape evolves, our school is undertaking a shift away from ability grouping, more specifically, streaming students based on perceived academic performance. I would like to offer a brief insight into the decision-making process and the rationale behind this change.

While streaming was favoured as far back as the 1930's, the research, nowadays, overwhelmingly indicates that the effects of this practice are generally minimal and tend to exacerbate existing inequalities rather than improve educational outcomes for learners. In countries with leading educational systems, like Finland for instance, streaming has been outlawed entirely. Despite various arguments in favour of streaming, which highlight potential benefits for high-achieving students, evidence generally suggests that most groups of students often face adverse consequences academically, but also socially and emotionally.

Beyond purely academic considerations, we are mindful of the social and emotional effects associated with streaming particularly in primary schools. These effects encompass the negative impact on students' self-concept, confidence, resilience, and motivation. Additionally, streaming can contribute to the development of a fixed mindset and, to some extent, become a self-fulfilling prophecy for students, reinforcing negative stereotypes and limiting their opportunities to learn. This perpetuates educational inequality, and we see this particularly affecting our female students.

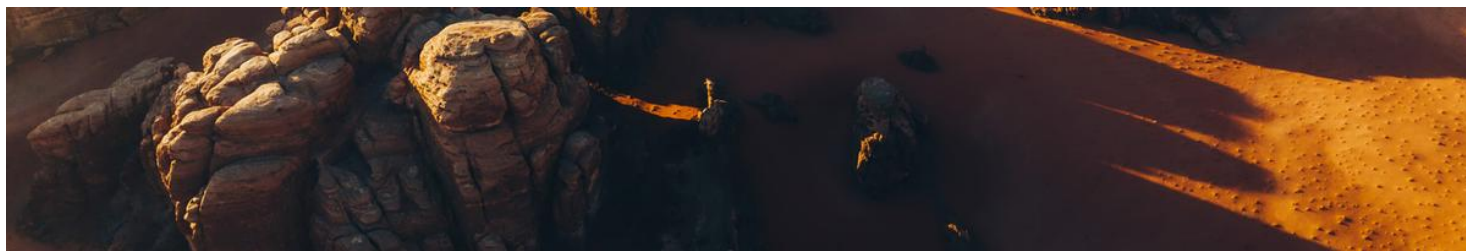
As you may have been aware, last year our school participated in our school review. All schools must take part in a school review every 4 years as an assurance of ongoing compliance with the minimum standards related to curriculum and student learning. One of the major recommendations that came out of the school review, was to address the practice of streaming here at Northcote Primary School. A recommendation that has been discussed with the school council.

Following the school review, we then develop a four-year strategic plan based on the recommendations provided by the review panel. This longer-term plan then serves as the foundation for our annual implementation plan (AIP), a document outlining our 12-month goals and targets. As part of our AIP this year, we are undertaking a range of professional learning and have enlisted the expertise of a numeracy consultant to support us in refining our instructional model and the collaborative planning that underpins this. Central to our efforts is consideration for explicit differentiation strategies that allows for flexible learning tasks and an individualised approach. This includes enabling strategies for learners who need support and more importantly extending prompts for students who require additional challenge.

Please be assured that we are dedicated to maintaining a collaborative and team-based educational approach. Team teaching will remain a core element to the way we work. We will continue to place importance on our teachers working together to collaborate in Professional Learning Communities (PLC) to support all the learners in their cohorts. These teams will continue to serve as practical platforms for teachers to collaboratively plan, share insights, refine teaching strategies, and collectively contribute to the ongoing improvement of our practices.

In summary, the effects of streaming are negligible, it's not best practice and is not an effective way to raise attainment for students. It is for these reasons that our school is reassessing the practice of streaming and looking at more progressive ways of ensuring that all our students receive high-quality instruction, regardless of their attainment level or ability. Our decision is grounded in a desire to provide all students with an opportunity to succeed and be challenged.

If you would like to know more, the Victorian Education Department has released a comprehensive document on "Ability Grouping". If you have trouble accessing the PDF via the link below, please speak to the office to access a copy.



Dates to Remember 2024

Just a little reminder

Our school gates are unlocked at 8.45am each morning to allow students to enter. The yard is not supervised before this time.

Students can enter classrooms from 8.50am each day. The gates are locked again at 9.00am when the bell goes. The gates are unlocked again at 3.20pm and are locked by 3.45pm.

2024

Term 1 begins Tuesday 30th January 2024 (the term officially begins on 29th January however this is a student free day)

- Mondays Assembly 9.10am
- Friday February 9th- 15th **Meet the Teacher** BOOKINGS OPEN!
- Friday 15th February - 22nd March -Tri Skills Yr 1/2 & 3/4
- Wednesday 21st February - Meet the Teacher Conferences - **12pm early dismissal**
- Friday 23rd February 9.15- 10am - Parent Helper Induction session
- Tuesday 27th February - whole school photos
- Saturday 2nd March - Working Bee for Fete Day 12 - 3pm
- Friday 8th March - Curriculum Day - PUPIL FREE DAY
- Saturday 16th March - NPS Fete
- Tuesday 19th March - Athletics Day (Back update Tuesday 26th March)
- Thursday 28th March - End of term 1

- Friday 29th March - Good Friday

Term 2

- Mondays Assembly 9.10am
- Monday 15th April - Term 2 begins
- Thursday 6 June - Parents Battle of the Bands at The Croxton Band room.
- Tuesday 11th June - Curriculum Day - PUPIL FREE DAY
- Monday 13th -15th May - 5/6 Lady Northcote Camp

Term 3

- Mondays Assembly 9.10am
- Monday 15th July - Term 3 begins
- Wednesday 14th - 16th August - 3/4 Camp Toolangi
- Friday 23rd August - Professional Planning Day PUPIL FREE DAY
- Friday 20th September - Term 3 ends, early dismissal 2.30pm

Term 4

- Mondays Assembly 9.10am
- Monday 7th October - Term 4 begins
- Tuesday 8th - 9th October - 1/2 Mt Evelyn Camp
- Monday 4th November - Curriculum Day
- Tuesday 5th November - Melbourne Cup Day
- Friday 20th December - Term 4 ends, early dismissal 1.30pm

Wednesday 21st February 7-9pm - Finance Meeting (policies)

Wednesday 20th March 6.30pm - Annual Report Meeting

7-8.30pm - AGM, New School Council



What coming up in our classrooms
this term.....

PREP TERM 1 Curriculum Overview



READING

This term we will be learning:

- The letters and sounds m, s, a, t, p, i, n, e, h, r, d, o, f, c, b, g, l, u, k, ck, v, y, z
- Syllables
- To identify and produce rhyming words
- To blend CVC sounds to read words
- To make predictions about a story
- To retell the main events of a story

WRITING

This term we will be learning:

- To record our ideas using detailed pictures
- To form letters correctly
- To add lovely letters and words to our pictures
- To use our phonics knowledge to write words

MATHS

This term we will be learning:

- To count and make collections of numbers
- To use our 'super hero eyes' to subitise numbers
- To create, continue and identify patterns
- To identify the number the is one more or one less
- To count forwards and backwards from any starting number
- To identify events and routines during the day or night

HUMANITIES

This term we will be learning all about our personal histories, focussed on ourselves and our families! We will share information about our families and what makes them special.

PE

Athletics - Sprints, Hurdles, Rob the Nest, Shuttle Relay and Egg and Spoon Relay

ITALIAN

- Students will be immersed in the Italian language through a variety of songs, rhymes, games and tactile activities.
- They will learn new words and phrases such as: 'Ciao - Hi/Bye', 'Buongiorno - Good morning' and 'Grazie - Thank you'.
- Students will learn to introduce themselves and indicate how they are feeling.
- They will be introduced to Pinocchio the Puppet and to the Italian Flag and its colours.
- We will finish the term with Easter traditions in Italy.

MUSIC

- This term we will be exploring sounds and ways of using our voices.
- Connecting with music through regular singing and music games.
- Exploring musical ideas such as pitch and rhythm.

ART

- This term we will begin exploring the essential elements of line, shape, and colour.
- engaging in hands-on experimentation with various materials, including crayons, markers, paper, and paint washes.



READING

This term in reading we are:

- learning different strategies to read unfamiliar words (e.g. sounding out, chunking, skip and reread, and using meaning)
- making connections to books in order to understand them better
- exploring phonics to understand how different letter combinations make different sounds
- reading in small groups to improve fluency

WRITING

This term in writing we are:

- Formalising strong spelling strategies to support our writing confidence and ability
- understand how to use visual memory to write high-frequency words
- Recognise and utilise different types of punctuation
- Create narratives that include key events, setting and characters
- write words and sentences legibly using upper and lower-case letters with appropriate pencil grip and body position

MATHS

This term in maths we are:

- Learning to identify different 2D and 3D shapes and their features.
- Reading, making and ordering two, three and four digit numbers.
- Partitioning numbers in different ways (231 is 200 and 30 and 1).
- Measuring and comparing length.
- Posing questions, collecting data and displaying the data in simple graphs.

HUMANITIES

This term in history we are:

- Celebrating Northcote Primary School's 150 year anniversary.
- Learning about NPS's history and designing what it might look like in another 150 years.
- Looking at comparisons of old vs new and using timelines to place things and events.
- Engaging in a 'make your own school' project using different materials and resources.

PE

Athletics - Sprints, Hurdles, Rob the Nest, Shuttle Relay and Egg and Spoon Relay

ITALIAN

- Students will be immersed in the Italian language through a variety of songs, rhymes, games, and tactile activities.
- They will revise and be introduced to new words and phrases associated with greetings.
- Students will revise colours and numbers to 10 and they will write Language Learning Goals.
- We will finish the term with Easter traditions in Italy with a story called 'La Sorpresa - The Surprise'.

MUSIC

- Using imagination to explore musical ideas using voice, movement, instruments and body percussion.
- Learning how to use their voice and instruments appropriately and safely.

ART

- This term, the 1/2 class will delve into the captivating worlds of Pointillism and modern pixel artwork.
- Exploring artworks by artists like Robert Delaunay, Jean Metzinger, and graffiti artist Invader.
- Drawing inspiration to craft pointillism pixel self-portraits.

GRADE 3/4 TERM 1 Curriculum Overview



READING

This term students will be developing fluency and accuracy when reading aloud. They will also be developing their ability to make informed predictions while reading based on textual evidence. Students will be developing their reading stamina, working towards being able to independently read uninterrupted for 45 minutes.

WRITING

This term we will be looking into both narrative and persuasive writing. Students will be considering the structures of each text type, and how to make their writing interesting for their intended audience. Students will respond to a range of prompts, following the writing process to plan, draft, edit, revise, and publish.

MATHS

This term students will explore Place Value. They will be making, naming and ordering whole numbers up to and beyond ten thousand. Students will also continue to develop efficient mental and written strategies for solving problems involving addition and subtraction.

HUMANITIES

This term we will be looking into the three levels of government; Federal, State, and Local. We will also be looking into the responsibilities that are associated with each level, and about the systems in place that lead to officials being elected.

PE

Athletics - Sprints, Hurdles, Shot put, Discus, Long jump and Triple Jump

ITALIAN

- Students will revise and be introduced to new words and phrases associated with greetings.
- They will revise colours and numbers and will write Language Learning Goals.
- We will finish the term exploring Easter traditions in Italy.

MUSIC

- Using imagination & creativity to explore musical ideas connected to pitch, rhythm, form, dynamics and tempo.
- Working creatively with the whole class and in small groups to create new musical ideas.

ART

This term, the 3/4s will focus on drawing, specifically creating self-portraits inspired by Cubism. Using pastels as their medium, students will explore the dynamic style of Cubist art and study influential artists like Picasso, Braque, and Popova.



READING

This term in Reading we are learning to:

- **Maintain Fluency by:**
 - **Strengthening Reading Speed:** Enhancing reading speed to help students become more fluent readers, allowing them to tackle more complex texts with confidence.
 - **Building Comprehension:** Through regular practice, students will develop the ability to read smoothly while understanding and retaining the meaning of the text, laying a strong foundation for advanced comprehension skills.
- **Solving Words by:**
- **Vocabulary Expansion:** Students will engage in activities that expand their vocabulary, enabling them to encounter and understand a broader range of words in various contexts.
- **Word Decoding Strategies:** Your child will learn effective strategies for decoding unfamiliar words, equipping them with the skills to independently tackle challenging vocabulary encountered in their reading materials.

WRITING

This term in Writing we are learning to:

- Complete an author study on Morris Gleitzman to help enhance each student's understanding of narrative structure.
- Create literary texts that experiment with structures, ideas and stylistic features of Morris Gleitzman's books
- Look at Persuasive Writing pieces such as Democracy Laws to tie into our Inquiry topic to help students to persuade the reader to take the side of the writer.
- Extend and refine student's understanding of grammar
- Teach new spelling rules systematically and develop dictionary and thesaurus skills

MATHS

This term in Maths we are learning to:

- Compare, order and represent decimals and locate them on a number line
- Add, subtract, multiply and divide decimals, with and without digital technologies
- Describe probabilities using fractions, decimals and percentages
 - Solve problems involving multiplication of large numbers by one- or two-digit numbers using efficient mental, written strategies and appropriate digital technologies

HUMANITIES

This term in Inquiry we are learning to:

- Explore the foundational values, principles, and institutions that serve as the bedrock for Australia's democratic governance.
 - Outline the duties and obligations associated with each of the three tiers of government, encompassing collaborative roles and responsibilities within the federal system that characterizes Australia's governance structure.
- Uncover and analyze the prominent attributes of the electoral process in Australia, shedding light on its distinctive features.
- Pinpoint the specific functions and duties held by both electors and representatives within the democratic landscape of Australia, highlighting their roles and responsibilities.

PE

Athletics - Sprints, Hurdles, Shot put, Discus, Long jump and Triple Jump

ITALIAN

- Students will revise common courtesy words and phrases and will put into practice introducing themselves and others.
- Students will revisit and extend their knowledge on family names and adjectives.
- They will revise months of the year, and days of the week.
- Students will be introduced to ordinal numbers and they will write Language Learning Goals.
- They will achieve the above through a variety of tasks including drama, rhymes, and individual and group work.
- We will finish the term with Easter traditions in Italy and from around the world.

MUSIC

- Exploring musical ideas connected to pitch, rhythm, form, dynamics and tempo and how they can work in combination.
- Working creatively with the whole class and in small groups to create new musical ideas.

ART

- Students are set to hone their drawing skills.
- Exploring the concept of value in their artwork while creating charcoal self-portraits.
- Drawing inspiration from artists who dabble with achromatic colour, such as Tim Burton, Chuck Close, and Chris Van Allsburg.

GRADE 5/6 TERM 1

Curriculum Overview



READING

This term in Reading we are learning to:

- **Maintain Fluency by:**
- **Strengthening Reading Speed:** Enhancing reading speed to help students become more fluent readers, allowing them to tackle more complex texts with confidence.
- **Building Comprehension:** Through regular practice, students will develop the ability to read smoothly while understanding and retaining the meaning of the text, laying a strong foundation for advanced comprehension skills.
 - **Solving Words by:**
- **Vocabulary Expansion:** Students will engage in activities that expand their vocabulary, enabling them to encounter and understand a broader range of words in various contexts.
- **Word Decoding Strategies:** Your child will learn effective strategies for decoding unfamiliar words, equipping them with the skills to independently tackle challenging vocabulary encountered in their reading materials.

WRITING

This term in Writing we are learning to:

- Complete an author study on Morris Gleitzman to help enhance each student's understanding of narrative structure.
- Create literary texts that experiment with structures, ideas and stylistic features of Morris Gleitzman's books
- Look at Persuasive Writing pieces such as Democracy Laws to tie into our Inquiry topic to help students to persuade the reader to take the side of the writer.
 - Extend and refine student's understanding of grammar
- Teach new spelling rules systematically and develop dictionary and thesaurus skills

MATHS

This term in Maths we are learning to:

- Compare, order and represent decimals and locate them on a number line
- Add, subtract, multiply and divide decimals, with and without digital technologies

HUMANITIES

This term in Inquiry we are learning to:

- Explore the foundational values, principles, and institutions that serve as the bedrock for Australia's democratic governance.
- Outline the duties and obligations associated with each of the three tiers

- Describe probabilities using fractions, decimals and percentages
 - Solve problems involving multiplication of large numbers by one- or two-digit numbers using efficient mental, written strategies and appropriate digital technologies

of government, encompassing collaborative roles and responsibilities within the federal system that characterizes Australia's governance structure.

- Uncover and analyze the prominent attributes of the electoral process in Australia, shedding light on its distinctive features.
- Pinpoint the specific functions and duties held by both electors and representatives within the democratic landscape of Australia, highlighting their roles and responsibilities.

PE

Athletics - Sprints, Hurdles, Shot put, Discus, Long jump and Triple Jump

ITALIAN

- Students will revise common courtesy words and phrases and will put into practice introducing themselves and others.

- Students will revisit and extend their knowledge on family names and adjectives.

- They will revise months of the year, and days of the week.

- Students will be introduced to ordinal numbers and they will write Language Learning Goals.

- They will achieve the above through a variety of tasks including drama, rhymes, and individual and group work.

- We will finish the term with Easter traditions in Italy and from around the world.

MUSIC

- Exploring musical ideas connected to pitch, rhythm, form, dynamics and tempo and how they can work in combination.
- Working creatively with the whole class and in small groups to create new musical ideas.

ART

- Students are set to hone their drawing skills.
- Exploring the concept of value in their artwork while creating charcoal self-portraits.
- Drawing inspiration from artists who dabble with achromatic colour, such as Tim Burton, Chuck Close, and Chris Van Allsburg.

**NORTHCOTE
PRIMARY SCHOOL
FETE**

36

days to go!

**Saturday
16 March 2024
10am-4pm**

NPS 2024 Fete/ 150 years

NORTHCOTE PRIMARY SCHOOL FETE

36

days to go!

Saturday
16 March 2024
10am-4pm

It's the five-week Countdown....!

Thank you to all the superstar parents who've stepped into our Fete Committee Team.

It takes terrific community spirit to run this huge fundraising event!

We still need a few more helpers to ensure our 2024 Fete & 150-year Celebration is bigger & better than ever!

Can you help with the following:

Stall Leads Needed

- Sushi & Salads x 1
- 2nd Hand Clothes x 1
- Bake Stall x 1
- Face Painting x 1
- Slime The Teacher x 1
- Lemonade Stand x 1

REACH OUT TO SAM:
0409 547 064

Donation Requests

- 2nd-Hand Clothes, Books, Toys
- Jars, Fruit, Lemons, Sugar
- Chocolates - Grade 1/2
- Mystery Bottle items - Grade 3/4
- Soft Drinks Cans - Grade 5/6
- Cutlery, Dishracks & Shallow Tubs
- Plants, Cuttings & Pots
- Cakes, Slices & Kids Treats
- Old Golf Balls

Specific Requests

- Utes/Vans - site setup/pack down
- Printing supplier
- Beer supplier
- Photographer
- Converting VHS to digital



Volunteer at the Stalls

We're calling on parents and carers, extended family members and older siblings to put your name down for a 2 hour shift on Fete day Sat 16 March.

[SIGN UP HERE](#)

Get involved in our Pre - Fete Working Bees

- Jamming Days - Sat 17 & 25 Feb
- School Clean up Day - Sat 2 Mar
- Donation Sorting Day - Sat 9 Mar

[SIGN UP HERE](#)

Join our 150 year Anniversary Working Group

Work alongside the exhibition curator on Fri arvo 15/3 or Sat morning 16/3 to bring together the exhibition. The group will help with set up and pack down on Fete day

[SIGN UP HERE](#)

Reach out for more info

Samantha Richardson
NPS Fete / 150 Year Anniversary
Coordinator
1401-npsfete@schools.vic.edu.au
0409 547 064

**Thanks for
supporting our
school community!**



Silent Auction Donations Needed

The famous Silent Auction is back!

To make this year's Auction an even bigger success than our last, we need your donations!

Can you or a business you know, donate:

- A GETAWAY SOMEWHERE (a beach house, a farm stay, a winery, or even a 'staycation!')
- DONATIONS OF A SERVICE OR CLASSES (pilates, massages, dancing, beauty treatments, cooking, singing, art classes)
- A FABULOUS PRODUCT THAT SHOWCASES YOUR BRAND (vouchers or items of jewellery, clothing, beauty, homewares, artwork)
- A DINING EXPERIENCE (vouchers for restaurants / café, catering packages, food hampers, wine)
- A SECONDHAND OR UNUSED ITEM THAT'S BID-WORTHY (game consoles, signed memorabilia, artwork, unopened toys, hamper fillers)

There are endless ideas & we would love to see them all!

Please reach out to the Northcote Primary School Silent Auction Coordinators

Louise Markel - 0425 864 103

Lucy Sinclair - 0403 668 669

silentauction.nps@gmail.com

THE NPS FETE JAM STALL IS
HAPPENING AGAIN...

HELEN'S HARVEST

How you can help

1

Wanna make something? Plum jam is super easy. You would not believe how easy it is to make flavoured vinegar. Text us for help, jars or fail proof recipes! We run a full service jam hotline...

2

This week, we're looking for lemons and berries: fresh or frozen. Even a punnett or 1kg will help! Just leave it on the front step at 34 Helen Street, Northcote.

3

If you have access to wholesale food ordering, could we order a few things (sugar, fruit) through you? Get in touch!



Last week, with your kind donations of jars and fruit, we made:

- Blackberry Jam with donated blackberries from Meg
- Peach Habanero Hot Sauce with peaches from Hayley
- Hot, Sweet Plum Chutney with plums from Rachel
- Pickled onions. and
- Mango black pepper cordial



Leave donations at the front desk or front step
of 34 Helen Street, Northcote.
For more info call / text Cressida 0415 831 603.



Parent Payment Arrangement 2024

2024 Parent Payment Arrangements

We very much value being able to support our student's learning and growth by offering them opportunities through resources like Mathletics, Reading Eggs, books, stationery and programs such as Evolve, Pivot, Essential Assessments, to name a few.

The '2024 Parent Payment Arrangement' is located [Compass](#).

This will allow Northcote Primary to support the standard curriculum for our children.

This also allows us to strive to offer the best possible education to our children with supporting programs and resources to foster optimal learning outcomes and experiences for all. The exact details of what this contribution covers and how it is spent is in the document attached. All students receive their individual student materials on the first day of school next year.

We would like to acknowledge that although this contribution is higher than previous years, we have tried our best to avoid this as much as possible. There has been very careful consideration taken, in reaching the final amount for 2024. We have tried to reduce the number of payments across the year whilst also absorbing the increasing general costs to make sure that the school is not running at a loss and can still provide a wide range of programs and experiences to enhance the standard curriculum.

We would like to remind you that these payments are voluntary and assure you that they are in line with the Victorian DET guidelines and similar to surrounding

schools.

Please continue to regularly check Compass - we use the Compass platform for all our official communication with families.

The cost for 2024 Parent Payment Arrangement is \$350.00

In the newsletter section 'THE BUSINESS END OF SCHOOL LIFE' compass information, you will find attached a copy of the Compass Pay Parent Guide on how to make payments via Compass.

Please do not hesitate to contact the school's office should you have any concerns.

 2024 PPA Northcote PS Final Version SW JP School Council Approved 11...



CSEF- are you eligible?

FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$150 for primary school students
- \$250 for secondary school students

MORE INFORMATION

For more information about CSEF visit:

<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools this year.
- **changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure.





School Council

NPS 2024
EVENTS & FUNDRAISING

TERM 1

MON 4 FEB WELCOME PICNIC

ICY POLE FRIDAYS - PREP PARENTS FUNDRAISING FOR IT EQUIPMENT

SAT 16 MARCH NPS FETE & 150TH EXHIBITION - FUNDRAISING FOR SCHOOL LANDSCAPE PROJECT

TERM 2

FRI 3 MAY NPS 150TH ANNIVERSARY CELEBRATION

TERM 3

DATE TBC: PARENTS BATTLE OF THE BANDS - FUNDRAISING FOR MUSICAL INSTRUMENTS

THUR 12 SEPT PARENT TRIVIA NIGHT @ WELCOME TO THORNBURY - FUNDRAISING FOR IT EQUIPMENT

TERM 4

TEA TOWELS GR 1/2 PARENTS MANGOES GR 3/4 PARENTS FUNDRAISING FOR MUSICAL INSTRUMENTS

ICY POLE FRIDAYS - PREP PARENTS FUNDRAISING FOR IT EQUIPMENT

MON 2 DEC END OF YEAR PICNIC - GR 5/6 PARENTS



Meet our Music Program Teachers for 2024

The Instrumental Music Program is back in 2024 with enrolments now open!

Please contact Jordie Gilmore who is the program co-ordinator.

Please follow the link below which will direct you to the online form:

[NPS Instrumental Music Program 2024 Enrolment Form](#)

Northcote Primary School Instrumental Music Program

Meet the teachers! –

Corey Romeo - Guitar

Corey is a highly experienced teacher and professional musician, proficient in rock, jazz, latin, and various traditional folk styles. He has been teaching individual students of all ages for thirty years, and primary school groups/individuals for the last eight years. His lessons are tailored to each student based on level, musical preference, and character, and he encourages a solid foundation in technique and theory, together with creativity and fun.

Corey currently performs regularly with several bands, playing traditional Italian, Irish, Balkan and original music. He has toured around Australia and overseas and has extensive experience in the recording studio. A passion for education, exploring the depths of music, and a love of the musical community, bring an inspired energy to his lessons.



Oscar France – Piano

Oscar has returned to where it all began for him. He's still based in Northcote and is excited to be teaching at his old primary school. He studied music at Melbourne Polytechnic in Fairfield and has a Bachelor's Degree in Music Performance. In the Northcote jazz scene Oscar is well known and plays around Melbourne with various bands. Around the corner from NPS at 6 o'clock on Monday nights at Bar 303 he's usually doing ambient soundscapes and if you hang around, you'll catch him in Northcote's legendary band – Bohjass, or his own band Toqui, or one of the many other local



groups who are part of 3oh's Monday night's "Jass Hub". He's just recorded an album of his original tunes with Toqui – stay tuned for launch details - and is a regular at the Ragtime Tavern, a piano bar in Preston. Oscar is excited to be teaching and inspiring some new young players just as he was when he was at the school.

Oliver Ledi Hanane – Drums

Oliver Hanane is a Naarm (Melbourne) based drummer and composer. He has experience playing genres that include Afro-beat, Punk, Neo-Soul, Jazz, Big Band, Latin and in various improvisational contexts.

Oliver has completed a Bachelor of Music (Hons.) majoring in Jazz and Improvisation, at the Victorian College of the Arts, under the tutelage of Melbourne based drummers; Dave Beck, Graham Morgan, David Jones and Dylan van der Schyff.

He is the drummer and percussionist for the Afro-Beat ensemble Alariya, headed by Nigerian born trumpeter, Olugbade Okunde, a former member of Seun Kuti & Egypt 80. Alariya has played festivals such as White Night, Rainbow Serpent and Strawberry Fields and has supported such acts as Femi Kuti and the Positive Force.



Carlos Parraga – Piano

Carlos Parraga is a 2nd generation Colombian/Australian multi-instrumentalist, synth nerd and sonic explorer. He is as comfortable in a tour bus full of punks as he is locked away in his bedroom studio or facilitating musical collaborations for musicians who live with disability. During his career, a heavy international touring regime with Melbourne World/Hardcore pioneers The Barons of Tang Taught him the ropes when it comes to networking and grassroots promotion. Multiple jaunts to his motherland resulted in various Afro Latino inspired experiments including The Cumbia Cosmonauts, The Cumbia Killers and his current project Impossible Monsters. Carlos is now based



in Melbourne and has spent the last few years studying a diploma of music production and a Certificate IV in disability support at Melbourne Polytechnic. Carlos is obsessed with music that is exotic, Avant Garde or otherworldly, this has drawn him to be involved in various theatre, dance and circus projects which in turn have pushed him to develop his skills as a sound designer, composer and audio tech for theatre. He currently working for Your DNA creative arts and Arts Access assisting artists who live with disability to realise their Creative, physical, social, musical and Arts/tech dreams. Carlos is the lead facilitator for Your DNA's Digital music program and is the sound designer for Your DNA's FUZE ensemble. Carlos particularly enjoys any opportunity to share the experience of co creating, be it musical collaborations or working with performers, film makers and animators. he has found the arts/support work that he has done with Your DNA creative arts and Arts Access Victoria to be some of the most integral and fulfilling projects he has worked on to date.

Betty France – Piano

Betty has been playing music for most of her life and started this journey on piano as a child. Her main instrument these days is the ukulele and singing, but dabbles in guitar, banjo, saxophone and bass. She has been teaching uke and piano to kids and adults for about 15 years and has taught various other instruments such as saxophone, clarinet and singing. She is in various performance groups who play gigs all over the country and has led choirs, uke groups and worked within the community music scene facilitating performances with all ages. Her expertise as a pianist is limited but she has a solid foundation in technique, rhythm and theory and with her fun approach will take on the beginner students and leave the more proficient players in the hands of her talented son Oscar. His abilities were nurtured by Betty when he was at NPS which is a testament to her ability to enthuse a love of music along with the basics of the instrument.



The Instrumental Music Program is back in 2024 with enrolments now open!

Please contact Jordie Gilmore who is the program co-ordinator.

Please follow the link below which will direct you to the online form:

[NPS Instrumental Music Program 2024 Enrolment Form](#)

Kelly Sports and Dance Program



KELLY SPORTS

**KELLY SPORTS
SPORT & DANCE**

TERM 1 2024

FOR THE LOVE OF SPORTS
25
YEARS

BOOK ONLINE NOW AT
KELLYSPORTS.COM.AU

The banner features two photographs: the top one shows children in blue uniforms playing soccer on a green field with various sports balls (soccer, basketball, volleyball) floating above them; the bottom one shows a group of children in a dance studio, some in colorful outfits, with a mirror in the background reflecting a dance class. The background is green with a white curved line separating the two photos.

IT'S TIME TO GET THE KIDS ACTIVE

Start the school year right by enrolling in this fantastic Kelly Sports program. Join up with your friends and develop your skills in a fun, safe & inclusive sporting environment.

SIZZLING SUMMER SPORTS

Our experienced coaches aim to develop and enhance the wide range of sporting skills of your child including kicking, catching & throwing while also improving strength, flexibility, hand-eye coordination, spatial awareness, co-operative skills and teamwork.

For Term 1 we are focusing on Soccer, Basketball & Cricket

WHEN: Monday's

DATES: 5th Feb - 25th March (no class on Labour Day 11th March)

TIME: 3.30pm - 4.40pm

YEAR LEVELS: Prep's - 4's

COST: \$112 (7 weeks)

HIP HOP HEROES

Learn exciting new dance moves and put it all together into a dance routine to be performed at the end of term. Book early for this incredibly fun program! Our experienced dance coach will develop and enhance a wide range of skills and dance moves of your child including flexibility, hand-eye co-ordination, spatial awareness, co-operative skills and teamwork.

WHEN: Wednesday's

DATES: 7th Feb - 27th March

TIME: 1.30pm - 2.30pm

YEAR LEVELS: Prep's - 4's

COST: \$128 (8 weeks)

FOR MORE INFORMATION VISIT WWW.KELLYSPORTS.COM.AU/INNER-NORTHERN

Website: kellysports.com.au/inner-northern

Contact: Shane Oliver

Email: shane@kellysports.com.au

Phone: 0432 522 829

Facebook: #KellySportsInnerNorthern





Darebin is calling all youth makers


Darebin Arts

MEET THE MAKERS

YOUTH ENTRY FORM





PRIZES AVAILABLE FOR YOUTH ENTRIES

YOUTH CATEGORIES

Pickled Vegetables | Sourdough Bread |
Tomato Passata | Preserved Olives | Ajvar & Other

We encourage entries in the youth categories for various preserves and sourdough bread from families and under 18s.
This event is free to enter.
Entries are now open, closing on Tuesday 12 March 2024.


CITY OF DAREBIN
274 Gower Street, Preston
PO Box 91, Preston, Vic. 3072
T 8470 8888 F 8470 8877
E mailboxes@darebin.vic.gov.au
darebin.vic.gov.au

 **National Relay Service**
relayservice.gov.au

If you are deaf, or have a hearing or speech impairment, contact us through the National Relay Service.

 **Speak Your Language**
T 8470 8470

العربية नेपाली हिन्दी Español
繁體中文 Italiano ਪੰਜਾਬੀ اردو
Ελληνικά Македонски Somali Tiếng Việt



Entry Contact Details

Guardian / Parents Name: _____ Entrants Name: _____

Address: _____

Postcode: _____ Phone Number: _____

Email: _____

I would like to be added to the FUSE Festival email list: YES NO (Please circle)

Age: _____

Entry Information

Category	Type
Tomato Passata	
Preserved Olives	
Ajvar	
Pickled Vegetables	
Sourdough Bread	
Other	

TERMS OF ENTRY

You must complete an entry form for each entry

- Want to submit something uniquely yours with is not listed? Contact us directly to see if your idea is suitable for entry.
- Judging of entries occurs prior but awards are presented at the event. The 'People's Choice' awards will be awarded at the Meet the Makers event.
- Ensure you have your guardian / parents approval to enter if under 18.

Entries close Tuesday 12 March 2024

If you have any questions or would like further information in a language or format that is accessible for you, please contact:
Kenny Waite - Associate Producer, Creative Culture & Events
Email: kenny.waite@ddarebin.vic.gov.au
03 8470 8912

PRIVACY COLLECTION STATEMENT

Darebin City Council ("Council") collects, holds and manages personal information under the Privacy and Data Protection Act 2014 (Vic) ("PDP Act") and health information under the Health Records Act 2001 ("HR Act"). Your health information and personal details are collected so that Council can enter you into the Fuse Darebin Festival. If you select Yes to be added to the Darebin Homemade Food & Wine Festival email list, we will use this information to add you to that list. We will share this information with the Council Department managing and administering the Fuse Darebin Event.

The Creative Culture and Events Department may use your submission to help them continue to improve their services and to assist use in future service delivery planning. Your information could be used for statistical and reporting purposes, and all information will be de-identified. We may share this information with other arts organisations, or Council, State or Federal funding bodies. Also, with the Creative Culture and Events team or other areas of Council for the purposes of selection for presentation, and our internal review of our client's overall satisfaction.

How to submit your form:

You can submit:

- in person at 274 Gower Street, Preston between 8:45am and 4:45pm, Monday to Friday (except public holidays)
- by email to fuse@ddarebin.vic.gov.au
- by mail to FUSE Festival, Care of Kenny Waite, 274 Gower Street, Preston, Victoria, 3072
- The Council may provide personal information to its agents, such as its accountants or lawyers. At times, the Council may be legally required to disclose personal information, for instance to the police.
- If you choose not to complete this form we will be unable to add you as an entrant into Fuse Darebin.
- You can access the Council's privacy policy by emailing privacy.officer@ddarebin.vic.gov.au or from our customer centre.

For further information on privacy matters please call Council's Privacy Officer on 8470 8888 or email to privacy.officer@ddarebin.vic.gov.au. If you would like to gain access to your personal information, you can contact Council's Freedom of Information officer on 8470 8888 or email to foi@ddarebin.vic.gov.au.


FUSE
DAREBIN



OSH Club

OSH Club Information

<https://www.oshclub.com.au/vic/northcote-primary-school/>

 northcote-primary-OSHC.pdf

 **Welcome to OSHClub** 

Let's go!

OSHClub pride ourselves on providing your children with fun, play-based learning experiences before and after school as well as during the school holidays. Whether your child attends OSHC daily or only occasionally, each visit is an exciting and engaging adventure!



Compelling programs

We'll empower your child to explore, navigate, experiment and engage in a diverse range of experiences.

Educators who care

Our educators will embrace your child's journey; caring deeply, thinking creatively and inspiring them to thrive.

Future ready

We focus on building knowledge, skills and behaviours that help prepare your child for whatever the future may hold.

Unified partnership

As an integral part of the school community, together we'll create a fun and engaging environment for your child to flourish.

Fabulous food

We fuel curious minds and growing bodies, helping to shape your child's understanding of health and wellness positively.

Peace of mind

You can be confident that your child is safe, happy and given every opportunity to fulfill their potential.



Classroom Cuisine 2024



Servicing Northcote PS on a **MONDAY, WEDNESDAY, THURSDAY & FRIDAY**
Order ONLINE until 8.30am on the DAY LUNCH IS REQUIRED
INGREDIENTS, ALLERGEN INFO ETC ARE ON 'OUR MENU' PAGE OF WEBSITE

LUNCH ITEM ONE

SALADS

- Greek Style Salad with Feta and Olives (V, GF)
- Pic(k)nic Box – Vegetarian (V, GF)
- Pic(k)nic Box with Ham (GF)
- Pic(k)nic Box with a Whole Egg (GF)
- Steamed Veg: Corn wheels, Broccoli & Carrot
- Mexican Inspired Salad (V, GF)
- Tuna Mix with Brown Rice & Quinoa Cakes (V, GF)
- Main course of Fresh Fruit Salad (V,GF)

SUSHI

- Teriyaki Chicken Hand Rolls (2)
- Cooked Tuna Hand Rolls (2)
- Avocado Hand Rolls (2)
- Cucumber Hand Rolls (2)
- Vegetarian Hand Rolls (2)
- Tofu Hand Rolls (2)

BAKERY

- Cheese and Bacon Roll
- Cheese and Vegemite Scroll (w/m)
- SCROLL with Ham & Cheese
- Semi Dried Tomato and Olive ROLL
- Topped with Only Cheese Roll
- GOZLEME - Lamb & Beef (H)
- GOZLEME – Mushroom & Spinach (NO CHEESE) (Vegan)
- GOZLEME - Spinach and Cheese (V, H)

BAKED FRESH PIZZAS

(PLEASE NOTE: Baked this morning -Served at room temp)

- Margherita Pita Pizza
- Ham and Pineapple Pizza Slice

SANDWICHES, ROLLS & WRAPS

- Turkey, Cranberry, Lettuce and Cheese Sandwich
- Gluten Free Ham & Cheese Sandwich (GF)
- Simple Salad Roll (V)
- Cucumber & Ham Sandwich (GF)
- Vegemite Sandwich (2)
- Mild Salami and Salad Roll
- Plain Cheese Sandwich (2)
- Roast Beef, Fruit Chutney, Cheese and Lettuce Roll
- Cheese and Salad Roll
- Wholegrain ROLL with Cheese and Tomato
- WRAP (GF, DF) Ham and Salad
- Wholegrain Ham and Cheese Sandwich
- Chicken MAYO and Lettuce Roll (H)
- Garden Salad Wrap (GF,DF,V)

LUNCH ITEM TWO/THREE

FRESH FRUIT & VEG

- Freshly chopped Strawberries with Grapes
 - Fresh Fruit Combo
 - Celery & Carrot Sticks with Sultanas
 - Chopped Carrot, Cucumber, Red & Yellow Capsicum
 - Apple pieces with Lemon Juice, Cinnamon & Brown Sugar
 - Sugar Snap Peas, Beans & Cherry Tomatoes
 - Cantaloupe & Honeydew pieces
 - Freshly chopped Watermelon Pieces
 - Edamame (Lightly Salted)
 - Cherry Tomatoes with Tasty Cheese & Rice Crackers
 - Freshly chopped Orange Segments
 - Whole Fruit – Banana
- ### YOGHURT/BOWLS
- Dairy Farmers - Strawberry Yoghurt
 - Dairy Farmers – Classic Vanilla Yoghurt
 - Chia Bowl with Banana, Coconut & Strawberries
 - Stewed Rhubarb & Apple with Custard (V)

BAKED GOODS

- Choc Chip Cookie
- Cornflake Cookie
- Finger Bun with Sprinkles
- Hedgehog Slice
- Choc Cup Cake (GF,DF)
- Blueberry Muffin
- Hot X Bun
- Jam Drop Biscuit (GF, NF, H)

DIPS & CRACKERS

- Tzatziki Dip with Rice Crackers
- Avocado Dip with Rice Crackers
- Spring Onion Dip with Rice Crackers
- Spicy Capsicum Dip with Rice Crackers

POPCORN/SNACKS

- Dried Fruit Medley with Yoghurt Sultanas
- Popcorn - Lightly Salted
- Popcorn - Slightly Sweet, Lightly Salted
- Roasted Chick Peas.
- Lime & Black Pepper Chick Peas
- Balsamic & Sea Salt Fav'va Beans

DRINKS

- Nippy's Chocolate Milk
- Full Cream Milk
- Apple Juice
- Orange Juice
- Strawberry (Lactose Free) Milk
- So Good Soy Milk

Healthy, Interesting & Affordable Lunches Delivered to School!

More information about Our Offering including

Pricing, Ingredients and Portion Size is available on the Our Menu Page at

www.classroomcuisine.com.au



Berry St Parent group

Fear Less Group

A free 6-session online supported parenting group for parents of children experiencing anxiety.

Open to parents living in the Cities of Darebin, Yarra, Banyule, Nillumbik and Whittlesea.

Fear-Less Triple P supports parents to learn new strategies for managing their child's anxiety. This program is for parents that are concerned about their child's anxiety that would like to learn strategies they can put in place to support the wellbeing of their child and the family.

Content is suited to parents or caregivers of children aged from 6 to 14 years.

The topics covered in this program include:

- Understanding how anxiety works,
- Becoming the best possible model of anxiety management for their children,
- Becoming effective emotion coaches,
- Understanding and teaching the value of flexible thinking,
- Managing their children's anxiety effectively, and
- Using constructive coping.

How to make an enquiry:

Contact the Triple P team by emailing triplep@berrystreet.org.au with your *name* and *contact number* or call or text our intake worker Georgia on 0499 301 006 to enquire. Enquiries must be made by 5pm on 26th February 2024.

Please note that enquiries do not guarantee an enrolment in the group and that capacity for the group may be reached prior to this date.

Dates:

Session 1: 13th March
Session 2: 20th March
Session 3: 27th March
Holiday break: 3rd April, 10th April
Session 4: 17th April
Session 5: 24th April
Session 6: 1st May

Location:

Online via Zoom

Time:

10:00am-11:30am each week



Pupil of the week Term 1

2024

Week 3

Prep A	Natalie	Orion J
Prep B	Meg	Gabriel B
Grade 1/2A	Nick	Coco M
Grade 1/2B	Brigitte	Mila H
Grade 1/2C	Izzy	Santiago I
Grade 1/2D	Sam	Rohan C
Grade 3/4A	Matt	Ana Q
Grade 3/4B	Luke	Peyton T
Grade 3/4C	Eleanor	Max R
Grade 3/4D	Stephanie	Jennifer D
Grade 5/6A	Declan	Felix W
Grade 5/6B	Emma	Christopher F
Grade 5/6C	Angus	Morrison F
Grade 5/6D	Steve	Max F

To be celebrated at assembly on Monday 12th February



Sun smart- Please pack your hats!

Northcote Primary School reversible bucket hats are now available to purchase online from noone.com.au



Choose NPS, click 'shop online' – Choose your child's size and house colour.

You have the option to elect to have hats delivered to our NPS office for pick up.

Cost: \$17.50

S – 55cm

M – 57cm

L – 59cm

XL – 61cm

Trading hours:

Monday to Friday 9.00am – 5.00pm

Saturday 9.00am - 1.00pm

Sunday and Public Holiday CLOSED

Email: ivanhoe@noone.com.au

**Address: 283 Lower Heidelberg Rd,
Ivanhoe East, Vic 3079**

SunSmart

Don't forget to pack your hat!

This is a reminder to all families that all students are expected to wear a sun hat during any outdoor activities at school. A wide brimmed hat or a legionnaires hat are the only type to be worn. Beanies and caps are not sun smart and should not be worn.

Please remember to apply your sunscreen at the start of each day and wear your hat!

No hat means restricted play in the shade.

We have NPS hats available to purchase **online** or **in store** from **Noone Ivanhoe, 283 Lower Heidelberg Rd, Ivanhoe East VIC 3079.**

AVAILABLE INSTORE - Reversible Bucket Hats, UPF Protection 50+ (Sunsmart approved & made from sustainable materials)

House Colours - \$17.50 each Navy/GreenNavy/RedNavy/RoyalNavy/Gold

Phone: (03) 9499 1439

<https://www.noone.com.au/school/northcote-primary-school/stores>

For more information, please refer to our Sun Protection policy located on our [website](#)

UV Index

Tap or click the button below to check the daily UV index, or download the SunSmart app [here](#)



We are SunSmart - a note for families

Too much of the sun's ultraviolet (UV) radiation can cause sunburn, skin and eye damage and skin cancer.

UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer later in life. Skin cancer is the most common cancer in Australia. It is also one of the most preventable cancers.

You can't see or feel the sun's UV. Whatever the weather, if the UV levels are three or more, it's important to *Slip, Slop, Slap, Seek and Slide!*

Sun protection times

Don't just wait for hot and sunny days to use sun protection. Check the sun protection times each day so your family can be protected when they need to be.

Daily local sun protection times and weather details are available from the SunSmart widget on our school website, in the weather section of the newspaper, on the SunSmart website at sunsmart.com.au and as a free SunSmart app. Sun protection times can also be found at the Bureau of Meteorology website and live UV levels are available from ARPANSA.



SunSmart membership

Our school is a registered member of Cancer Council Victoria's SunSmart Schools Program. We aim to protect children and staff from too much UV.

Sun protection and skin cancer prevention is a shared responsibility. Please help support our SunSmart membership and sun protection efforts by ensuring your child follows the SunSmart measures included in our policy at school and at home.

During the daily local sun protection times (usually from mid-August to the end of April), **use these 5 SunSmart steps – even if it's cool and cloudy.**

1. **SLIP** on covering clothing

For free dress days, ensure your child wears clothing that covers as much skin as possible (e.g. elbow length tops with a higher neckline or collar and longer style shorts or skirts). Densely woven fabrics are best.



2. **SLOP** on SPF30 (or higher) broad-spectrum, water-resistant sunscreen

Apply a generous amount of sunscreen at the start of the day and make sure children have sunscreen in their bag ready to reapply throughout the day. Sunscreen should be reapplied every two hours. Please ensure children get plenty of sunscreen application practice at home so they'll be all set when they are at school. Under supervision, ask children to put a dot of sunscreen on each cheek, nose and chin and rub it in (avoiding the eye area) and sunscreen squiggles or dots on the back of the neck, arms and legs to cover these areas.

3. **SLAP** on a hat that protects the face, neck and ears

Choose a wide-brimmed, legionnaire or bucket hat. Peak caps and visors do not offer enough UV protection so please leave them at home. Please help your child remember to bring and wear their approved **school hat**. Please keep this at school so they will always be ready for outdoor activities, outdoor learning and play during school days. For the walk to and from school and weekends, please have an extra **home hat** to help keep children protected at home.

4. **SEEK** shade

Choose shady spots for learning and play whenever possible.

5. **SLIDE** on wrap-around AS1067 sunglasses

When appropriate and practical, help protect the eyes with sunglasses.

Need information in another language? Call 13 14 50 and ask to be connected to Cancer Council Victoria in your language

sunsmart.com.au





Our Proud Sponsor

Introducing our dedicated Estate Agent & Auctioneer

Matthew McIntosh

LICENSED ESTATE AGENT & AUCTIONEER

0457 193 014

matthewmcintosh@jellisraig.com.au

About Matthew

With an impressive record of outstanding sales results, Matthew McIntosh has established himself as a leading Sales Agent and Auctioneer in Fairfield, Northcote and Melbourne's inner north suburbs more broadly. Always genuine in his approach, he quickly builds rapport with both clients and buyers. He communicates with transparency, sharing all updates with vendors, from the initial preparation of their property to the final signing of the contracts.

"I'm client focused at every step. I don't leave any stone unturned in my pursuit of the best possible result on every campaign," he says.

Matthew compels buyers to remain engaged throughout the marketing campaign, maximising interest and competition as the sale approaches. An accomplished auctioneer, he uses charisma and energy to generate a spirited atmosphere at every auction.

"I try to keep the energy up and the atmosphere positive on auction day," Matthew says. "Emotions can run high, so it's important buyers don't feel intimidated by the process. We want them to feel confident as they put their best offer forward."

Thorough market research is a pivotal element of Matthew's success. In a fast-paced selling environment, he stays on top of buyer sentiment and broader economic factors to accurately price properties and provide clients with informed advice.



What are Matt's clients saying?

Verified reviews provided by [realestate.com.au](https://www.realestate.com.au)

“Matt was a fantastic bloke to deal with all around. From the moment we stepped in for an inspection to getting the keys to our new home, we couldn't have asked for a more genuine and considerate person as an REA. He kept us updated on the proceedings, was easy to deal with, connected well with our people (e.g. conveyancer/bank) and even had some minor touch-ups to our new place sorted out of his own goodwill. Will highly recommend him to other potential new buyers.”

★★★★★
Alex G 7 days ago

“Matt's commitment to our campaign was extraordinary. His professionalism and easy communication style created a trusting partnership. He had a clear vision on what strategy he felt best to achieve a great outcome. We challenged him a few times, but he was able to justify his rationale, explaining clearly and leaving us feeling confident. I highly recommend Matthew McIntosh to any prospective vendors.”

★★★★★
Alex A 2 months ago

“Great and responsive communicator, excellent market knowledge. We felt reassured and in good hands from first contact with Matthew, all the way through to the excellent final result. Thanks!”

★★★★★
Matthew D 3 months ago

“Matt has been helpful and professional. As a first home buyer, my knowledge with buying a property is very limited. Matt helped me through the whole process. He is a very trustworthy real estate agent. Highly recommended.”

★★★★★
Lizzie H 3 months ago

“We had the pleasure of recently working with Matt, and he truly exceeded our expectations. From the beginning to the end, he was always so polite, friendly, and readily available to provide advice whenever needed. cannot emphasize enough how highly we recommend Matt. If you are in search of an exceptional estate agent with whom you will genuinely enjoy working, someone who will wholeheartedly dedicate themselves to achieving the results you've always envisioned, then look no further than Matt.”

★★★★★
Stuart K 3 months ago

“I can't recommend Matt highly enough. He worked extremely hard to sell our property, really went above and beyond to achieve an outcome we are very happy with. Throughout the process he was responsive and happy to answer our questions, and helped us to have the confidence that we were in safe hands. He's also a genuinely lovely person and was all round great to deal with. Thank you Matt!”

★★★★★
Nareeda L 3 months ago

Northcote Primary School is proudly sponsored by Jellis Craig Inner North.

Jellis Craig will donate \$500 sales commission or \$350 rental fee to Northcote Primary School when a family or staff member appoints a Jellis Craig Inner North Agent to sell or lease their home throughout 2023. Please Mention you are part of our NPS village to ensure our school receives these generous donations.

Jellis Craig



Northcote
Primary School

The

Friendly Moving Men 
High quality, affordable, local removals

. . . . have done it again!

Let's show the FMM team our community appreciation for their ongoing annual commitment to NPS & surrounding schools throughout the 2023 Spring / 2024 Summer Fetes season. 😊

Book them in for all your big moving truck needs via <https://friendlymovingmen.com.au/melbourne>



Northcote Primary School is proudly sponsored throughout 2023 by Jellis Craig Inner North

Jellis Craig will donate \$500 sales commission or \$350 rental fee to Northcote Primary School when a family or staff member appoints a Jellis Craig Inner North Agent to sell or lease their home throughout 2023. Please mention you are part of our NPS village to ensure our school receives these generous donations.



THE BUSINESS END OF SCHOOL LIFE

THE FOLLOWING ARE REPEATED INFORMATION ITEMS, WHICH CAN BE REFERRED BACK TO BY OUR SCHOOL COMMUNITY WHEN NECESSARY

Parent Payments

Attached is a copy of the 2024 Parent Payment Arrangement for Curriculum Contributions for student use for the 2024 School Year.



2024 PPA Northcote PS Final Version SW JP School Council Approved 11...

FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$150 for primary school students
- \$250 for secondary school students

MORE INFORMATION

For more information about CSEF visit:
<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments**; your child has started or changed schools this year.
- **changed family circumstances**; such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure.



Compass Pay provides a more consistent approach to parent consent and payments of activities for students and confirm the student's medical requirements through the compass app.

Northcote Primary School has a streamline approach to the collection of payments for Camps, Excursions, Incursions, and the annual Parent Payment Arrangement, and fundraising activities.

This option allows parents/caregivers the opportunity to have all the information on one platform the Compass Parent App.

Cash, EFT and B-pay are available as options, the preferred method of payment is Compass.

Compass creates efficiency for teachers and the office staff where immediately we will be able to see if parents/caregivers have consented and paid for the activity. Parents will receive a push notification from Compass when an activity has been created.

We have attached a copy of the Compass flyer on how to consent and pay for events.

 [CompassPay Parent Guide.pdf](#)

Compass Attendance

This is a gentle reminder to parents/carers, about the importance of logging student absences on Compass prior to the school day commencing. This is a Department of Education requirement.

If your child is absent from school or is going to be absent in the future (for example a planned family holiday), it is important that this absence is logged via Compass.

Attached is a parent guide to using compass.

 [Parent-guide-Compass.pdf](#)

CSEF: Camps, Sports and Excursions Funds

 2024 CSEF-application-form.pdf

Important Information

Our school gates are unlocked at 8.45am each morning to allow students to enter, the yard is not supervised before this time. Students can enter classrooms from 8.45am each day. The gates are again locked at 9.00am when the bell goes. The gates are unlocked again at 3.20pm and are locked by 3.45pm.

Helmets

When riding a bike or scooter to or from school, all students **MUST** wear a helmet at all times.

Bikes and Scooters

Helmets must be worn on the way to and from school. Bikes and scooters must also be **WALKED** (not ridden) once inside the school.

Please note: bike and scooter storage is not completely secure. Unauthorised access via the external fences has occurred in the past. We highly recommend the use of a personal bike/scooter lock to avoid theft. The school takes no responsibility for the loss or damage of equipment stored on site.

Kiss and Go

Just a reminder to families that the Kiss & Go zone is a short-term stopping area where drivers are allowed to stop and park the vehicle for a **short time** – no longer than two minutes – while the student exits or enters the vehicle from the curbside doors. This enables students to walk between the car and the school, using the safety of the footpath.

Ball games before and after school

To ensure everyone feels safe during the busy mornings and afternoons, ball games are not permitted during these times.

Classroom Cuisine 2024

This is the current lunch menu from Classroom Cuisine. Lunch orders are delivered to NPS everyday, with the exception Tuesdays.

For our new families please note that this is an external lunch provider, all lunches are ordered online and orders should be placed by 8.30am.

Please Note: The "Canteen" function on Compass is not to order lunches, it is used primarily for our fundraisers.



SERVICING NORTHCOTE PRIMARY SCHOOL
AVAILABLE ON MONDAY, WEDNESDAY, THURSDAY & FRIDAY
Order ONLINE until 8.30am on the DAY LUNCH IS REQUIRED

LUNCH ITEM ONE

SALADS

Greek Style Salad with Feta and Olives (V, GF)
Pic(k)nic Box – Vegetarian (V, GF)
Pic(k)nic Box with Ham (GF)
Pic(k)nic Box with a Whole Egg
Falafel with Tabouli Salad (V,G/DF, H)
Mexican Inspired Salad (V, GF)
Tuna Mix with Brown Rice & Quinoa Cakes (V, GF)

SUSHI

Teriyaki Chicken Hand Rolls (2)
Cooked Tuna Hand Rolls (2)
Avocado Hand Rolls (2)
Cucumber Hand Rolls (2)
Vegetarian Hand Rolls (2)
Tofu Hand Rolls (2)

BAKERY

Cheese and Bacon Roll
Cheese and Vegemite Scroll (w/m)
SCROLL with Ham & Cheese
Semi Dried Tomato and Olive ROLL
Topped with Only Cheese Roll
GOZLEME - Lamb & Beef (H)
GOZLEME - Spinach and Cheese (V, H)

BAKED FRESH PIZZAS

(Thin & Crisp, Served at room temp)

Margherita Pizza
Ham and Pineapple Pizza

SANDWICHES, ROLLS & WRAPS

Turkey, Cranberry, Lettuce and Cheese Sandwich
Gluten Free Ham & Cheese Sandwich (GF)
Simple Salad Roll (V)
Cucumber & Ham Sandwich (GF)
Vegemite Sandwich (2)
Mild Salami and Salad Roll
Plain Cheese Sandwich (2)
Roast Beef, Fruit Chutney, Cheese and Lettuce Roll
Cheese and Salad Roll
Wholegrain ROLL with Cheese and Tomato
WRAP (GF, DF) Ham and Salad
Wholegrain Ham and Cheese Sandwich
Chicken MAYO and Lettuce Roll (H)
Garden Salad Wrap (GF,DF,V)

LUNCH ITEM TWO/THREE

FRESH FRUIT & VEG

Freshly chopped strawberries with Grapes
Fresh Fruit Combo
Lightly Steamed Corn wheels & Broccoli pieces
Celery & Carrot Sticks with Sultanas
Chopped Carrot, Cucumber, Red & Yellow Capsicum
Apple pieces with Lemon Juice, Cinnamon & Brown Sugar
Chia Bowl with Banana, Coconut & Strawberries
Sugar Snap Peas, Beans & Cherry Tomatoes
Cantaloupe & Honeydew pieces
Edamame (Lightly Salted)
Cherry Tomatoes with Tasty Cheese & Rice Crackers
Freshly chopped Orange Segments
Whole Fruit – Banana OR Mandarin

YOGHURT

Strawberry Chobani Yoghurt
Blueberry Chobani Yoghurt
Passionfruit Chobani Yoghurt
Plain Chobani Yoghurt
BAKED GOODS
Choc Chip Cookie
Cornflake Cookie
Finger Bun with Sprinkles
Hedgehog Slice
Choc Cup Cake (GF,DF)
Blueberry Muffin
Fruit Bun
Jam Drop Biscuit (GF, NF, H)

DIPS & CRACKERS

Tzatziki Dip with Rice Crackers
Avocado Dip with Rice Crackers
Spring Onion Dip with Rice Crackers

POPCORN/SNACKS

Dried Fruit Medley with a Yoghurt Frog
Popcorn - Lightly Salted
Popcorn - Slightly Sweet, Lightly Salted
Lightly salted Fav'va Beans
Chickpeas with Lime & Black Pepper
Balsamic & Sea Salt Fav'va Beans

DRINKS

Apple Juice
Orange Juice
Full Cream Milk
Nippy's Chocolate Milk
Strawberry (Lactose Free) Milk
So Good Soy Milk

Healthy, Interesting & Affordable Lunches Delivered to School!

More information about Our Offering including
Pricing, Ingredients and Portion Size is available on the Our Menu Page at
www.classroomcuisine.com.au

Late Arrivals & Early Departures

If your child is late or you are collecting them early it is **essential** you do so through the front office. **All Students must be signed in and out** via the Compass Kiosk at the front desk.

For late arrivals a paper slip will print out when they are signed in, this slip is to be given to the teacher, so they know the student has signed in at the office.

Please note if you have put a Compass note in for a late arrival or early departure (for example you log on Compass that your child is being picked up at 1.30pm for a

medical appointment) you do not need to sign them out via the Compass Kiosk at the office. However, **you still must come into the office to collect the student.**

The Department of Education requires a parent, carer, or listed emergency contact physically collect the child from the office when it is during school hours. This means we are **unable to allow students to leave on their own**, even if it has been logged on Compass. We understand this may be inconvenient at times so please contact or the office on 9481 0009 and they will do their best to assist you.

Also, if you know of an early departure in advance, please inform the office and your child's teacher, so they are able to have the student waiting and ready for you to collect.



2024 First Aid Team

Introducing the NPS 2024 First Aid Team

For our returning families there will be some familiar faces, and for our new families our first aid team is



- Sarah Epaminondas
- Caterina Carnovale
- Donna Cassidy

|

The first aid office is located in front office.

If your child is needing to be picked up, where possible we will organise their school bag and belongings and you can collect them from the front office 😊

Action Plans

Parents and carers are reminded that if their child has anaphylaxis, allergies, or asthma that their child **MUST HAVE A CURRENT PLAN.**

Red ASCIA Anaphylaxis Plan for use with EpiPen® adrenaline (epinephrine) autoinjectors is attached below and must be prepared in colour, completed by your GP and have a current photo of your child attached to it.

ascia
www.allergy.org.au

ACTION PLAN FOR Anaphylaxis
For use with EpiPen® adrenaline (epinephrine) autoinjectors

Name: _____
Date of birth: _____

Confirmed allergens: _____

Family/emergency contact name(s):
1. _____
Mobile Ph: _____
2. _____
Mobile Ph: _____
Plan prepared by doctor or nurse practitioner (np): _____

The treating doctor or np hereby authorises medications specified on this plan to be given according to the plan, as consented by the patient or parent/guardian.

Whilst this plan does not expire, review is recommended by 30/06/17

Signed: _____
Date: _____

How to give EpiPen®

1. Form fit around EpiPen® and PULL OFF BLUE SAFETY RELEASE
2. Hold leg with and PLACE ORANGE END against outer mid-thigh (with or without clothing)
3. PUSH DOWN HARD until a click is heard or felt and hold in place for 3 seconds REMOVE EpiPen®

EpiPen® is prescribed as follows:
• EpiPen® Jr (150 mcg) for children 7.5-20kg
• EpiPen® (300 mcg) for children over 20kg and adults

SIGNS OF MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting - these are signs of anaphylaxis for insect allergy

ACTION FOR MILD TO MODERATE ALLERGIC REACTION

- For insect allergy - flick out sting if visible
- For tick allergy seek medical help or freeze tick and let it drop off
- Stay with person, call for help and locate adrenaline autoinjector
- Give antihistamine (if prescribed) _____
- Phone family/emergency contact

Mild to moderate allergic reactions (such as hives or swelling) may not always occur before anaphylaxis

WATCH FOR ANY ONE OF THE FOLLOWING SIGNS OF ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- Difficult or noisy breathing
- Swelling of tongue
- Swelling or tightness in throat
- Wheeze or persistent cough
- Difficulty talking or hoarse voice
- Persistent dizziness or collapse
- Pale and floppy (young children)

ACTION FOR ANAPHYLAXIS

1. LAY PERSON FLAT - do NOT allow them to stand or walk
- If unconscious or pregnant, place in recovery position - on left side if pregnant, as shown below
- If breathing is difficult allow them to sit with legs outstretched
- Hold young children flat, not upright

2. GIVE ADRENALINE AUTOINJECTOR
3. Phone ambulance - 000 (AU) or 111 (NZ)
4. Phone family/emergency contact
5. Further adrenaline may be given if no response after 5 minutes
6. Transfer person to hospital for at least 4 hours of observation

IF IN DOUBT GIVE ADRENALINE AUTOINJECTOR
Commence CPR at any time if person is unresponsive and not breathing normally

ALWAYS GIVE ADRENALINE AUTOINJECTOR FIRST, and then asthma reliever puffer if someone with known asthma and allergy to food, insects or medication has SUDDEN BREATHING DIFFICULTY (including wheeze, persistent cough or hoarse voice) even if there are no skin symptoms

Asthma reliever medication prescribed:

Note: If adrenaline is accidentally injected (e.g. into a thumb) phone your local poisons information centre. Continue to follow this action plan for the person with the allergic reaction.

© ASCIA 2012 This plan was developed as a medical document that can only be completed and signed by the patient's doctor or nurse practitioner and cannot be altered without their permission.

Anaphylaxis EpiPen Plan Template.pdf

Red ASCIA Anaphylaxis Plan for use with Anapen® adrenaline (epinephrine) autoinjectors is attached below and must be prepared in colour, completed by

your GP and have a current photo of your child attached to it.

ascia
www.allergy.org.au

ACTION PLAN FOR Anaphylaxis

For use with **Anapen®** adrenaline (epinephrine) autoinjectors

Name: _____
Date of birth: _____

Confirmed allergens: _____

Family/emergency contact name(s):
1. _____
Mobile Ph: _____
2. _____
Mobile Ph: _____

Plan prepared by doctor or nurse practitioner (sig): _____
The treating doctor or nurse practitioner authorises medications specified on this plan to be given according to the plan, as consented by the patient or parent/guardian.
Whilst this plan does not expire, review is recommended by DD/MYY

Signed: _____
Date: _____

How to give Anapen®



Anapen® is prescribed as follows:
• Anapen® 150 Junior for children 7.5-20kg
• Anapen® 300 for children over 20kg and adults
• Anapen® 500 for children and adults over 50kg

SIGNS OF MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Tingling mouth
- Hives or welts
- Abdominal pain, vomiting - these are signs of anaphylaxis for insect allergy

ACTION FOR MILD TO MODERATE ALLERGIC REACTION

- For insect allergy - flick out sting if visible
- For tick allergy seek medical help or freeze tick and let it drop off
- Stay with person, call for help and locate adrenaline autoinjector
- Give antihistamine (if prescribed)
- Phone family/emergency contact

Mild to moderate allergic reactions (such as hives or swelling) may not always occur before anaphylaxis

WATCH FOR ANY ONE OF THE FOLLOWING SIGNS OF ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- Difficult or noisy breathing
- Difficulty talking or hoarse voice
- Swelling of tongue
- Persistent dizziness or collapse
- Swelling or tightness in throat
- Pale and floppy (young children)
- Wheeze or persistent cough

ACTION FOR ANAPHYLAXIS

- LAY PERSON FLAT - do NOT allow them to stand or walk
 - If unconscious or pregnant, place in recovery position on left side if pregnant, as shown below
 - If breathing is difficult allow them to sit with legs outstretched
 - Hold young children flat, not upright
- GIVE ADRENALINE AUTOINJECTOR
- Phone ambulance - 000 (AU) or 111 (NZ)
- Phone family/emergency contact
- Further adrenaline may be given if no response after 5 minutes
- Transfer person to hospital for at least 4 hours of observation

IF IN DOUBT GIVE ADRENALINE AUTOINJECTOR
Commence CPR at any time if person is unresponsive and not breathing normally

ALWAYS GIVE ADRENALINE AUTOINJECTOR FIRST, and then asthma reliever puffer if someone with known asthma and allergy to food, insects or medication has **SLUDGED BREATHING DIFFICULTY** (including wheeze, persistent cough or hoarse voice) even if there are no skin symptoms

Asthma reliever medication prescribed: Y N

Note: If adrenaline is accidentally injected (e.g. into a thumb) phone your local poisons information centre. Continue to follow this action plan for the person with the allergic reaction.

© ASCIA 2012 This plan was developed as a medical document that can only be completed and signed by the patient's doctor or nurse practitioner and cannot be altered without their permission.

Anaphylaxis Anapen Plan Template.pdf

Blue Asthma Australia School Action Plan is attached below and must be prepared in colour, completed by your GP and have a current photo of your child attached to it. If your child has Ventolin at school, they must have an Asthma Action Plan.

FOR USE WITH PUFFER AND SPACER

ASTHMA ACTION PLAN

VICTORIAN SCHOOLS

Student's name: _____

DOB: _____

Confirmed triggers: _____

PHOTO

Child can self-administer if well enough

Child needs to pre-medicate prior to exercise

Face mask needed with spacer

ALWAYS give adrenaline autoinjector FIRST, and then asthma reliever puffer if someone with known asthma and allergy to food, insects or medication has SUDDEN BREATHING DIFFICULTY (including wheeze, persistent cough or hoarse voice) even if there are no skin symptoms.

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

ASTHMA FIRST AID

For Severe or Life-Threatening signs and symptoms, call for emergency assistance immediately on Triple Zero "000"

Mild to moderate symptoms do not always present before severe or life-threatening symptoms

- Sit the person upright
Stay with the person and be calm and reassuring
- Give _____ separate puffs of Astromir, Asmol or Ventolin
Shake the puffer before each puff
Puff 1 puff into the spacer at a time
Take 4 breaths from spacer between each puff
- Wait 4 minutes
If there is no improvement, repeat step 2
- If there is still no improvement call emergency assistance
Dial Triple Zero "000"
Say "ambulance" and that someone is having an asthma attack
Keep giving _____ puffs every 4 minutes until emergency assistance arrives
Commence CPR at any time if person is unresponsive and not breathing normally.

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

SIGNS AND SYMPTOMS	MILD TO MODERATE	SEVERE	LIFE-THREATENING
	<ul style="list-style-type: none"> Minor difficulty breathing May have a cough May have a wheeze Other signs to look for: 	<ul style="list-style-type: none"> Cannot speak a full sentence Sitting hunched forward Rugging up of skin over chest/throat May have cough/wheeze Obvious difficulty breathing Lethargic Sore tummy (young children) 	<ul style="list-style-type: none"> Unable to speak or 2-3 words Collapsed/exhausted Gasping for breath May no longer have a cough or wheeze Drowsy/confused/unconscious Skin discoloration (blue lips)

Emergency contact name: _____ Plan prepared by Dr or Nurse Practitioner: _____

Work ph: _____ Signed: _____

Home ph: _____ Date prepared: _____

Mobile ph: _____ Date of next review: _____

Place mouthpiece of spacer in mouth and ensure lips seal around it.

Breathe out gently into the spacer.

Press down on puffer canister once to fire medication into spacer.

Breathe in and out normally for 4 breaths (keeping your mouth on the spacer).

Assemble spacer.

Remove cap from puffer.

Shake puffer well.

Attach puffer to end of spacer.

1800 ASTHMA (1300 276 442) | asthma.org.au

© Asthma Australia August 2018. This plan was developed as a medical document that can only be completed and signed by the patient's treating medical doctor or nurse practitioner and cannot be altered without their permission.

 Asthma Action Plan Template.pdf

Green ASCIA Allergic Reaction Plan is attached below and must be prepared in colour, completed by your GP and have a current photo of your child attached to it.

ascia
Allergic Society of Australia
www.allergy.org.au

ACTION PLAN FOR Allergic Reactions

Name: _____

Date of birth: _____

PHOTO

Confirmed allergens: _____

Family/emergency contact name(s):
1. _____
Mobile Ph: _____
2. _____
Mobile Ph: _____

Plan prepared by doctor or nurse practitioner (sig): _____

The treating doctor or np hereby authorises medications specified on this plan to be given according to the plan, as consented by the patient or parent/guardian, including use of adrenaline if available.

What this plan does not explain, review is recommended by GPs, MBs, NPs.

Signed: _____
Date: _____

Note: This ASCIA Action Plan for Allergic Reactions is for people who have allergies but do not have a prescribed adrenaline (epinephrine) injector. For instructions refer to the device label or the ASCIA website www.allergy.org.au/allergy/allergy

Adrenaline injectors are given as follows:
• 150 mcg for children 7.5-20kg
• 300 mcg for children over 20kg and adults
• 300 mcg or 500 mcg for children and adults over 50kg.

SIGNS OF MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting - these are signs of anaphylaxis for insect allergy

ACTION FOR MILD TO MODERATE ALLERGIC REACTION

- For insect allergy - flick out stinging if visible
- For tick allergy seek medical help or freeze tick and let it drop off
- Stay with person and call for help
- Give antihistamine (if prescribed)
- Phone family/emergency contact

Mild to moderate allergic reactions (such as hives or swelling) may not always occur before anaphylaxis

WATCH FOR ANY ONE OF THE FOLLOWING SIGNS OF ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- Difficult or noisy breathing
- Swelling of tongue
- Swelling or tightness in throat
- Wheeze or persistent cough
- Difficulty talking or hoarse voice
- Persistent dizziness or collapse
- Pale and floppy (young children)

ACTION FOR ANAPHYLAXIS

- LAY PERSON FLAT - do NOT allow them to stand or walk
- If unconscious or pregnant, place in recovery position - on left side if pregnant, as shown below
- If breathing is difficult allow them to sit with legs outstretched
- Hold young children flat, not upright

2 GIVE ADRENALINE INJECTOR IF AVAILABLE

3 Phone ambulance - 000 (AU) or 111 (NZ)

4 Phone family/emergency contact

5 Transfer person to hospital for at least 4 hours of observation

IF IN DOUBT GIVE ADRENALINE INJECTOR

Commence CPR at any time if person is unresponsive and not breathing normally

ALWAYS GIVE ADRENALINE INJECTOR FIRST, and then asthma reliever puffer if someone with known asthma and allergy to food, insects or medication has SUDDEN BREATHING DIFFICULTY (including wheeze, persistent cough or hoarse voice) even if there are no skin symptoms

Asthma reliever medication prescribed: Y N

Note: If adrenaline is accidentally injected (e.g. into a thumb) phone your local poisons information centre. Continue to follow this action plan for the person with the allergic reaction.

© ASCIA 2021 This plan was developed as a medical document that can only be completed and signed by the patient's doctor or nurse practitioner and cannot be altered without their permission.

All plans **must be updated annually**, one of our first aid team will contact you when your child's plan is approaching expiration.

NPS Medication Authority Form

Parents **must provide all necessary medications** to be administered in the event of an emergency.

Medications will be administered by one of our trained First Aid Team members. All medication is to be stored in the First Aid Room, NOT in the student's bag or classroom.

Any medication being stored at/administered on school grounds requires a NPS 2023 Medication Authority Form. These forms are to be **updated at the start of each year** (even if there has been no change to medications). These can be filled out by parents/carers or by a GP.

This form **must** be filled out regardless of a student having a medical plan.

It must also be filled out for ongoing medication as well as temporary (for example, this form is required if a student is unwell and needs to be administered a course of antibiotics during school hours, as well as if a student requires a hay fever tablet only when symptoms arise).

Medication Authority Form
for a student who requires medication whilst at school

Name of School: Northcote Primary School
Student's Name: _____ Date of Birth: _____

Please Note: wherever possible, medication should be scheduled outside the school hours, e.g. medication required three times a day is generally not required during a school day; it can be taken before and after school and before bed.

Medication required:					
Reason for Medication/s	Name of Medication/s	Dosage (amount)	Time/s to be taken	How it's taken (e.g. orally/topical/injection)	Dates
					Expiry Date: / / <input type="checkbox"/> Ongoing medication <input type="checkbox"/> Temporary medication
					Expiry Date: / / <input type="checkbox"/> Ongoing medication <input type="checkbox"/> Temporary medication
					Expiry Date: / / <input type="checkbox"/> Ongoing medication <input type="checkbox"/> Temporary medication
					Expiry Date: / / <input type="checkbox"/> Ongoing medication <input type="checkbox"/> Temporary medication

Medication Storage
Please indicate if there are specific storage instructions for the medication.

Medication delivered to the school

Please ensure that medication delivered to the school:
 Is in its original package
 The pharmacy label matches the information included in this form.

Self-management of medication

Students in the early years will generally need supervision of their medication and other aspects of health care management. In line with their age and stage of development and capabilities, older students can take responsibility for their own health care. Self-management should follow agreement by the student and their parents/carers, the school and the student's medical/health practitioner. Please advise if this person's condition creates any difficulties with self-management, for example, difficulty remembering to take medication at a specified time or difficulties coordinating equipment.

Monitoring effects of Medication

Please note: School staff do not monitor the effects of medication and will seek emergency medical assistance if concerned about a student's behaviour following medication.

Privacy Statement
The school collects personal information so as the school can plan and support the health care needs of the student. Without the provision of this information the quality of the health support provided may be affected. The information may be disclosed to relevant school staff and appropriate medical personnel, including those engaged in providing health support as well as emergency personnel, where appropriate, or where authorised or required by another law. You are able to request access to the personal information that we hold about your child and to request that it be corrected. Please contact the school directly or FCS Unit on 94372676.

Authorisation:

Name of Medical/health practitioner: _____

Professional Role: _____ **Contact details:** _____

Signature: _____ **Date:** _____

Name of Parent/Carer: _____

Contact details: _____

Signature: _____ **Date:** _____

**If additional advice is required, please attach it to this form

 Medication Authority Form.pdf

Copies of all forms can be found in the links on this page, alternatively printed copies of all forms can be collected from Donna in the front office.

Duty of Care

All NPS staff have a duty of care to our students – if we cannot establish contact with a parent/carer or emergency contact, an ambulance will be called if deemed necessary. Please ensure you make every attempt to be contactable during school hours, have voicemail set up on your phone and that your emergency contact details stored at the office are up to date.

