



**YARRA GLEN**  
Primary School

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Term 1, 2017  
Week 2 of 9  
Weeks

Newsletter: February 9th ,2017

**What's happening this week at YGPS?**

**EVERY DAY COUNTS**

I wonder who will be at school every day this term and also every day for the entire school year?

This achievement will be a part of our students' goals this year. If your child misses one day of school per week, by the end of the year that is 40 school days which is almost one term's learning! This is an enormous quantity of learning that is missed and very hard to catch up on. EVERY DAY COUNTS in your child's education. If your child says they want a day off and they are not ill, please think twice. Often this develops an expectation that this will occur regularly. Students can then fall behind their classmates and begin to struggle. This can cause anxiety and frustration with their learning.

Support your child's education by ensuring they are at school every day and on time. Punctuality is part of being organised. If your child is ill, please contact your child's class teacher or the school office by phoning, emailing or writing a note so this can be recorded as an 'approved' absence as this is a Department of Education requirement. Last year we had a number of students with over 20 days absence for the year. The state average for absences is approximately 14 days per year, per student. We thank you for your support in this important matter, as it does make a real difference to **your child's learning**.

**BEING ORGANISED**

We have started the 2017 school year with a focus on being organised. We have been discussing with all students the importance of this and that we all need to be organised at home, so we can come to school 'every day' ready for learning. At school we need to organise our belongings and our time so that we obtain the best quality learning time possible.

It has been fabulous to see our students at school "every day." This means that they are connected to their school, their class and their peers, from day one in the school year and do not miss out on all the amazing learning that is happening in every classroom across the school. We are looking forward to exciting school based activities and our Twilight Sports this term, along with many other events planned for the year.

**SCHOOL IMPROVEMENT**

You may have noticed a number of other school improvements over the holidays. We have repainted 5 classrooms and have been able to replace all old classroom venetians with some modern blinds. I would also like to thank Lenny Tucker and Mark Owen for donating their time, labour and resources to paint and respray many of our metal shelves and classroom cupboards in the Junior Learning Centre. They look great!

We also had another very kind donation, which enabled us to re- upholster many of our old vinyl classroom chairs with some bright, funky fabrics. It has made a real difference to the classroom teaching and learning spaces for our students and we love these chairs!

You may have also noticed our new line marking in our Staff Car Park. Thank you to Karina Watson for referring us to Sportsline, who carried out the line marking for us. You may have also noticed that there have been more cars in the car park, at pick up and drop off times, particularly last week, with our new Prep students starting school. As our school increases in number, there will be fewer parking spots in this car park for parent use. Please be patient with each other, particularly when it is busy. Parking outside the school grounds, in Forest St, Symonds St and Yarra View Rd are other options, with children crossing safely at the supervised school crossing or using the back gate on Forest St. Please be aware that parking on the nature strip may earn you a parking infringement notice from the Council, so we actively discourage parents from parking there. It also obstructs the visibility of people exiting the Staff Car Park. Many thanks for your support and patience in this matter.

Have a happy and safe weekend,  
Kind Regards,  
Sue Di Giacomo, Principal



- Persistence
- Encouragement
- Resilience
- Respect
- Inclusiveness

**Calendar**

<b>Foundation - Gr 2 Parent Info Evening 6.30pm</b>	<b>15/2</b>
<b>School Photos</b>	<b>10/3</b>
<b>Labour Day Holiday</b>	<b>13/3</b>
<b>Twilight Sports Late start 12.00</b>	<b>30/3</b>

Grade	Teacher	Award	Student
Group 1	Mrs Scott	Student of the Week	Mason & Layla
Group 3	Miss Mottau	Student of the Week	Oscar & Emmi
Group 4	Mrs Owen	Student of the Week	Hamish & Tahlia
Group 5	Mrs Ryan	Student of the Week	Riley, Kobey, & Jack
Group 7	Mrs Pitt	Student of the Week	Darcy

## No Nuts or Nut Products please.

On the first day of school, a pink notice was sent home to all families regarding our policy on nuts. Due to students and staff who are anaphylactic, we have a no nut or nut products policy (YGPS Nut Minimisation Policy).

We ask that all families support this policy to ensure the health and safety of everyone concerned.

Many thanks for your support and understanding.

The Yarra Glen Primary School staff.

## NO DOGS ALLOWED

Just a reminder that dogs are not allowed in the school ground during school hours.

Thank you for your co-operation in the matter.



## Term 1 YGPS Library Competition

The first grade with all library bags at school- 30 mins free time.

Highest number of borrowers for February- will be the first grade to leave assembly for the month of March.

Lowest number of overdue books for March - 15 min extra play outside.

Who will win each category?

Who will win the ultimate prize- enjoying reading and learning, learning, learning?!

### **CSEF ELIGIBILITY (APPLICATION FORMS AVAILABLE FROM OFFICE)**

Below is the criteria used to determine a student's eligibility for the Camps, Sports and Excursions Fund (CSEF).

**Criteria 1—Eligibility** to be eligible for the fund, a parent or legal guardian of a student attending a registered Government or non-government Victorian primary or secondary school must:

Be an eligible beneficiary within the meaning of the *State Concessions Act 2004*, that is, **be a holder of Veterans Affairs Gold Card or be an eligible Centrelink Health Card (HCC) or Pensioner Concession Card (PCC) holder, OR** Be a temporary foster parent, and; submit an application to the school by the **10th February 2017.**

### **Criteria 2 Be of school age and attend school in Victoria**

School is compulsory for all Victorian children aged between six and 17 years of age inclusive.

**Eligibility Date** For concession card holders CSEF eligibility will be subject to the parent/legal guardian's concession card being successfully validated with Centrelink on the first day of either term one (31 January 2017 to term 2 (18th April 2017)



*Justine Anne Collins*  
*Clinical Psychologist*  
*03 9008 4227*  
*Justine.collins@protonmail.com*

7<sup>th</sup> February 2017,

Dear Parents and Families,

My name is Justine Anne Collins, and I am a psychologist currently working at Launching Place Medical Centre. I will also now be available to provide psychological services within your school.

As a practitioner, my specific interests are working with children experiencing regulation difficulties, including poor emotion regulation, sleep related issues, and helping individuals and families with the challenges associated with having AD/HD and learning difficulties. I am able to offer professional help to children with everyday problems, such as difficulty making friends, as well as other developmental and complex issues.

I have been trained in Cognitive Behavioural Therapy (CBT) and Acceptance Commitment Therapy (ACT) and Mindfulness. I provide counselling in both the public and private sectors, for individuals of diverse backgrounds presenting with a wide range of concerns including anxiety, depression, AD/HD, ODD, substance misuse, sleeping difficulties and eating disorders. Since 2012 when I was granted an 'Honorary Associate' status with the Psychology Department at Macquarie University, I have been providing supervision to students in the Masters of Clinical Psychology program, which I have found to be both stimulating and rewarding.

I offer both individual and group skills training such as:

Communication Skills	Anger management	Social skills training
Problem solving	Negotiation skills	Bully proofing
Stress Management	Relaxation	Motivational training

You do not have to pay anything for my services; if you obtain a referral from a doctor, Medicare will cover this service.

Medicare provides up to 10 individual and 10 group sessions in any calendar year for anyone in the need of my services. Also, under the Autism PDD program Medicare funds 20 sessions per child per calendar year.

I can also assist the parents and families of any child with mental health issues. I am also happy to help parents who have their own referral for treatment.

If you or the school feel that your child or family would benefit from working with me, you need to visit your Doctor along with your child and request a 2710/2702 referral to 'Justine the Psychologist' through the Better Access Health Care Plan.

\*\* Please note: when making the doctors appointment, please inform the receptionist that the appointment is for a referral to a Psychologist under Medicare item 2715.

Kind Regards,

Justine Collins

# Back to school asthma checklist



**Asthma**  
Australia



## 1. ASTHMA ACTION PLAN

See a doctor for a signed Asthma Action Plan or Care Plan. Most schools require an up-to-date plan for each student with asthma at the start of the new school year.

Evidence tells us that using an Asthma Action Plan can help to reduce hospitalisations, improve lung function and reduce the number of days off school.

While with the doctor, why not combine this with a check-up for your child's asthma, including a check on their device technique.

## 2. RELIEVER MEDICATION

Check with the school about their medication policy and work with the staff to find the best way to manage your child's asthma medication, including before physical activity (where applicable).

- **Medication and devices are clearly labelled with your child's name**
- **Medication is in date and with sufficient medication remaining**

## 3. TALK TO SCHOOL STAFF

Make time to talk with the class teacher and the school nurse (where applicable) about your child's asthma, their Asthma Plan and their usual triggers, symptoms and medication.

Also talk to your child's sport coaches and supervisors of other school activities. Don't forget to keep staff up-to-date with any change to your child's asthma management.

### Use this valuable time to:

- Go over your child's Asthma Plan
- Discuss the signs of asthma for your child
- Show them your child's asthma medication and demonstrate how to use it
- Talk about the extent to which your child can self-manage their asthma
- Provide details of how to contact you when:
  - They have asthma symptoms
  - They use a reliever medication at school

Proud partner of Asthma Australia. [teachershealth.com.au](http://teachershealth.com.au)



## LEARN MORE ABOUT ASTHMA.

Contact your local Asthma Foundation 1800 ASTHMA Helpline  
(1800 278 462) or visit [www.asthmaaustralia.org.au](http://www.asthmaaustralia.org.au)