



Parish Priest: Fr Jim Clarke T 03 5222 1977

Principal: Louise Vakirevic T 03 5248 1093

E principal@ctknewcomb.catholic.edu.au

Friday 31st March, 2023

Dear Parents,

From Wednesday to Friday of this week, our Grade 5/6 students attended Burnside Camp in Anglesea. The camp was a huge success and I would like to congratulate all of the teachers who contributed and worked together to create this fabulous experience for our students. The behaviour of our students while they were on camp was exemplary and we received lots of positive feedback from the staff of Burnside Camp on the engagement of our students. It was a delight seeing our students thrive as they engaged with new learning, proudly displaying our key values of respect, responsibility and resilience. During the three days students were encouraged to challenge themselves with exciting activities like bush walking, zip lining, flying fox, low ropes, mountain bike riding, and team building activities.

Each student has shown remarkable perseverance as they have worked through these activities, with the zip line being a particular positive challenge for students. If it looked high from the ground, it seemed even higher once you were up the top! Climbing to the top of a 15 metre pole and jumping off may not be everyone's idea of fun, but for the students willing to challenge themselves and have a go, it was the thrill of a lifetime. The students showed incredible team spirit by encouraging each other and coaching their peers through the experience. Each activity group has formed strong bonds over the course of the camp, building team morale and an appreciation of each other's skills.

Night-time activities saw the fun continue. A rousing round of trivia on the first night saw everyone laughing and having fun, all while cheering on their team. On the second night we also had the chance to try our hands at bush cooking. Each student was excited to find the perfect stick to cook their damper on and loved the experience of cooking over the campfire.

To end our camp experience all students took part in a Camp Liturgy Service to spend time in prayer, being grateful for all the wonderful gifts we have been given from God. We reflected on our time at camp, all the new connections made and new experiences.

Our campers arrived back at school today exhausted, but happy from a camp that will stay one of their fondest memories of school. It was a wonderful experience and smiles abounded throughout our three days away. We can't wait for the next one!

Looking a little closer to home, on Wednesday 5th April, after the Easter Bonnet Parade and Raffle, all students from Prep to Year Six will have the opportunity to attend the Newcomb Power Football Super Clinic. In addition to a great session of football, Newcomb Power are also providing a sausage sizzle with each child having the option to have one sausage in bread. As shared in the Operoo permission form, all students are asked to wear their sports uniform on this day.

This newsletter also includes our Term Two School Calendar. Of particular note is the School Closure Day on Monday the 24th April. This means that school will return for Term 2 on Wednesday 26th April. Hopefully this means families can take full advantage of the long weekend.

Kind regards,
Simone Nott





Where our families come from at Christ the King							
							
Australia	First Nation	Canada	China	Croatia	Czech Republic	England	
							
Fiji	Germany	Ghana	Greece	Indonesia	Ireland	Italy	
							
Malta	Netherlands	New Zealand	Nigeria	Philippines	Poland	Portugal	
							
Scotland	Serbia	Singapore	Spain	Sri Lanka	Vietnam	Wales	

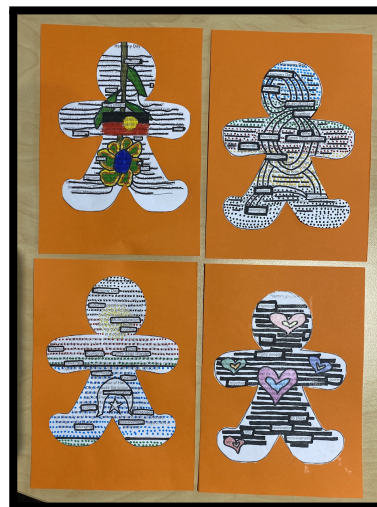
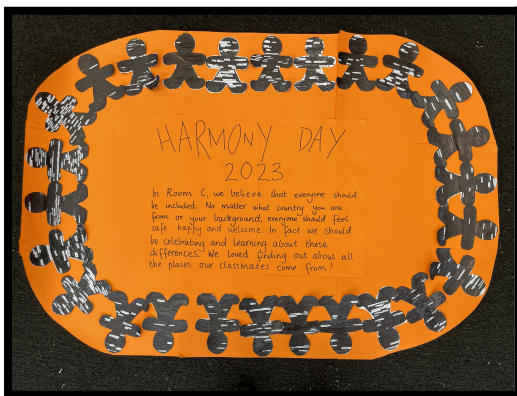
'Harmony Day' activities

In addition to wearing a 'splash of orange,' students in each learning community also completed a 'Harmony Day' themed activity that connected to the main message of 'Everyone Belongs.'

Students in the FLC and JLC created a puzzle piece on which they wrote what 'Harmony' means to them.



In the MLC and SLC, students created a 'Blackout' poem. Blackout Poetry is a form of poetry that takes a written piece of text (possibly from a speech, newspaper or book) and redacts words in order to come up with a new meaning or message to the audience.



'Harmony Day' artwork

In addition to their Blackout Poetry, students in the SLC also completed a 'Harmony Day' inspired piece of artwork. Their task was to create a poster that communicated how we can all 'Live in Harmony'. Each student's artwork will be entered into a NationWide Competition run by 'Moving Forward Together.' Moving forward together is a social initiative that each year seeks to bring out the creativity and passion of school students that are motivated to live in a world where 'Everyone Belongs.' Wishing all our SLC students the best of luck!





Monica Rylance
Mental Health and Wellbeing Leader

In the last newsletter I shared some of the research around children's Mental Health and Wellbeing and as promised I have included some more ideas on how you can promote positive mental health at home. (I'm sure many of you already implement these ideas in your daily or weekly lives.)

It's important to remember good mental health is important for a child's physical, educational, social, emotional and cognitive (thinking, reasoning and learning) development and wellbeing.

You, as parents, carers and other significant adults have an important role in your child's development and in building and promoting their mental health and wellbeing. In many cases, children and adolescents who have good mental health carry it with them throughout life.

Take Notice

- Use your 5 senses: what can you see, hear, smell, taste and feel?
- Go stargazing or cloud watching
- Take time to relax e.g. colouring, watching a film or having a warm bath
- Draw/paint/create an object you can see
- Talk about your day, what happened and how you/others felt



Keep Learning

- Cook or bake something new
- Read a book
- Learn a new fact or word each day
- Try a new hobby
- Visit somewhere new



Give

- Go litter picking
- Write a thank you note for someone you are grateful for
- Donate old toys or clothes to a charity shop
- Give someone a hug
- Visit friends or family who may need support or company



REMINDERS

School Uniform

As of the beginning of Week Two, Term Two (Monday 1 May) it is expected that all students will be in full Winter uniform. For further details please visit the [school's website](#). All uniform items can be purchased from [Noone Uniforms](#).

Uniform Term 2 - 2023



BOYS:

Long sleeve striped school shirt
Long navy school pants
School Jumper
Navy socks
Plain Black Leather School Shoes
School Beanie (optional)
School Scarf (optional)

GIRLS

School Jumper
Tunic
White school shirt with Peter Pan collar
Navy socks / Navy Tights
Plain Black Leather School Shoes
School Beanie (optional)
School Scarf (optional)

Some additional information below from our School Uniform Policy:

Hair As per the advice of the Head Lice policy, long hair must be tied back. Ribbons and other accessories must be school colours - navy blue, white or red. Extreme hairstyles and unnatural hair colour are not acceptable (exemption may occur for approved fundraising days).

Jewellery No jewellery (except tight sleeper/stud earrings)

Tattoos Tattoos are not permitted

Classroom teachers will contact you directly if students are out of uniform. It is every parent's responsibility to make sure their child is in correct uniform, and if there is a uniform hiccup, please contact your child's teacher via the diary to let them know the reason for your child being out of uniform. We do have some spare articles of uniform at school, but these are mainly for when someone has an accident.

Medical Management: Asthma & Anaphylaxis

ASTHMA HAS A SIGNIFICANT IMPACT ON CHILDREN



ABOUT 411,000
AUSTRALIANS UNDER THE AGE OF 15 HAVE ASTHMA (8.7%)¹



ASTHMA IS THE LEADING CAUSE
of burden of disease for Australians aged 5-14, responsible for about 14% of the disease burden in boys, and nearly 12% in girls²



42%
of Australians aged 0-14 with asthma had to take time off school in 2014/15 due to their asthma³



66%
of children aged 0-14 had a written Asthma Action Plan in 2017/18⁴



The Asthma Australia Bushfire Impact Survey showed that children and young people with asthma were significantly impacted by bushfire smoke during the Black Summer bushfire events of 2019/20⁵



They were **twice as likely** to report attending the Emergency Department or being hospitalised for asthma symptoms



43% of children aged 0-17 reported being absent from work or school

ACTION PLAN FOR Anaphylaxis

For use with EpiPen[®] adrenaline (epinephrine) autoinjectors

Name: _____ Date of birth: _____

Confirmed allergen: _____

Family/emergency contact name(s): _____ Mobile Pn: _____

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

The treating doctor or nurse practitioner has authorised the use of this plan to be given according to the plan, as consented by the patient or parent/guardian. Whilst this plan does not replace, review is recommended by _____

Signed: _____ Date: _____

How to give EpiPen[®]

1. Remove the cap and hold the cap over the nozzle. Pull the cap off the nozzle.
2. Hold the cap and nozzle against the outer thigh, press or pinch the cap.
3. Push down hard until a click is heard or felt and hold in place for 5 seconds. Release the cap.

EpiPen[®] is prescribed as follows:

- EpiPen[®] 100 mcg for children 15-20kg
- EpiPen[®] 200 mcg for children over 20kg and adults

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 - tick 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

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
2. If breathing is difficult allow them to sit with legs outstretched
3. Hold young children flat, not upright
4. GIVE ADRENALINE AUTOINJECTOR
5. Phone ambulance - 000 (AU) or 112 (NZ)
6. Further adrenaline may be given if no response after 5 minutes
7. 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 symptoms (difficulty breathing, wheeze, persistent cough or hoarse voice) even if there are no skin symptoms

Adrenaline cannot moderate symptoms

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

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We have a number of children in our school who suffer from Asthma and Anaphylaxis. It is important that parents provide an updated Asthma Action Plan and Anaphylaxis Action Plan each year and **upload this to Operoo.**

2023 CALENDAR - TERM ONE

Week Beginning	Date	Event
Week 11 - 3 Apr	Wed 5 Apr Thu 6 Apr Thu 6 Apr	 Easter Bonnet Parade and Raffle  : 9.00 AM  Easter Liturgy (HOLY THURSDAY)  : 9.15 AM FINAL DAY FOR STUDENTS (SCHOOL FINISHES AT 12.00 PM)

2023 CALENDAR - TERM TWO

Week Beginning	Date	Event
Week 1 24/04	Monday 24 April Tuesday 25 April Wednesday 26 April	SCHOOL CLOSED - Staff Professional Learning SCHOOL CLOSED - ANZAC Day Public Holiday ALL STUDENTS RETURN TO SCHOOL
Week 2 01/05	Friday 5 May	Community Think Tank - 10.00 AM
Week 3 08/05	Wednesday 10 May Friday 12 May	Mothers Day Morning Tea - 9-11AM Recognition Awards Assembly - 2.30 PM
Week 4 15/05	Friday 19 May	School Athletics Carnival - 9AM - 3PM
Week 5 22/05	Mon 22 May Wednesday 24 May	COMMUNITY GROUP MEETING - - 2PM School Advisory Council Meeting - 7.00 PM
Week 6 29/05	Thursday 1 June Thursday 1 June Friday 2 June	JLC COMMUNITY CONVERSATION - 7PM Kicking for Vivqueque Day Recognition Awards Assembly - 2.30 PM
Week 7 05/06	Dates and time as advised Friday 9 June	Program Support Group Meetings SCHOOL CLOSED - Staff Professional Learning
Week 8 12/06	Monday 12 Jun Friday 16 June	SCHOOL CLOSED - King's Birthday Public Holiday Dynamiq Training - Whole School Emergency Exercise
Week 9 19/06	Mon 19 June Wednesday 21 June Wednesday 21 June Thursday 22 June Friday 23 June	COMMUNITY GROUP MEETING - 2.00 PM School Advisory Council Meeting - 7.00 PM Reports and Student Assessment Portfolios Sent Home Recognition Awards Assembly - 2.30PM FINAL DAY FOR STUDENTS (SCHOOL FINISHES AT 12.00PM)

*You're
Invited!*



Easter Bonnet Parade

Wednesday 5th April

Under the Shade Sail @ 9am

Followed by the Easter Raffle

