Students have had another great week, settling well into the routines of school and enjoying the many varied experiences provided by all classroom teachers. This week has and will be extremely hot and we encourage students to bring a water bottle to school each day to have on their desks to ensure they stay hydrated in the heat.

Swimming began yesterday and will continue on Tuesdays for the next four weeks. This is a great chance for all students to develop their skills at their individual level and have a chance to cool off at the same time! This term is extremely busy with extra curricula activities so please keep a close eye on the newsletter calendar to keep up to date with the many opportunities the students will be provided with.

Safer Internet Day—Yesterday was Safer Internet Day which is a global event held annually to promote the safe and responsible use of digital technologies, for children and young people. The theme for Safer Internet Day 2015 is ‘Being a good bystander’. To help celebrate the grade 4/5/6 students took part in a Web Conference on Cybersafety this morning. This was a fantastic session with over 20,000 students participating in Victoria alone. These types of events are important to take part in to ensure our students know how to stay safe in the fast moving cyber world.

MARC Van Library Service begins this Thursday. Students are reminded to bring a Library Bag to school for the books they borrow during MARC Van and students in grade 1 – 6 are reminded to return any overdue books from last year, these books will need to be returned before they can borrow any new books.

Information Night—A note was sent home last Thursday to all parents advising them of our Information Night to be held this Thursday night, 12th February at 5.30pm in the Project Space. This session is for parents both old and new. We will run through the programs we are providing this year, general running of the classrooms and answer any questions parents might have. We look forward to seeing you all on Thursday evening.

Playgroup—Thank you so much to those parents who returned our Playgroup survey. From the feedback we have received the most popular day and time was Friday mornings 9am – 11am. Playgroup will start this Friday, 13th February. Please share this information with any members of our school or local community, the more the merrier. We look forward to seeing you all on Friday morning.

Parent/Teacher Interviews—we will be conducting Parent/Teacher Interviews on Thursday 5th March 2015 from 12 noon till 6pm. There will be no school on that day for students but care will be provided for children while their parents meet with teachers. A note will be sent home shortly regarding available time slots etc.
After School Care—Thank you to those parents who have returned the sheet from last week’s newsletter highlighting their requirements for After School Care for this year. If you haven’t returned this form but know that you will be using ASC could you please fill out the form and return it to the office asap. We realise that things change and you may need care on a different night or not at all depending on circumstances but if we have a general idea of numbers for each night we can organise carers accordingly.

Active After School Sport—Thank you again to those who have returned their form. At this stage we only have 4 students wishing to do sport on a Tuesday night and 3 on a Thursday night. As was stated last week we will need at least 10 students on each night for this to go ahead. If your child/children would like to do Active After School Sport on either of these nights at a cost of $5 per child please return the slip attached to today’s newsletter asap.

CODE RED BUSH FIRE DAY—Please be aware that our School, the school bus route and after hours care has been deemed to be of high-risk of fire and is included on the Department’s Bushfire At-Risk Register and therefore will be closed on days when the Fire Danger Rating is declared by fire authorities as being Code Red (as per National Framework for Fire Warnings). On Code Red days, closure advice will be provided by the respective DET regional office and parents will be notified by the school. The DET website will also list all potential and actual closures of schools and children’s services.

School Council meets for the first time next Thursday night, 19th February and information about School Council Elections are included in today’s newsletter. I would encourage parents to consider joining this very important group of interested parents. If you would like to nominate yourself or another parent for school council please fill in a nomination form and return to school. These can be obtained from the office. If we have more nominations than positions available we will hold an election.

I hope everyone has a wonderful, fun filled, learning week….. Mrs Ryan

SCHOOL PHOTOS— Our school photos are scheduled to be taken by The Loft Studio on Thursday 26th February commencing at 9.00 am. Students are required to be in full school uniform on photo day. Envelopes outlines all packages available are attached and if you wish to place an order, must be returned to school by Tuesday 24th with the correct money enclosed (cash or cheque). PLEASE ENSURE CHEQUES ARE MADE PAYABLE TO ‘THE LOFT STUDIO BENDIGO’. ⇒ All students will be included in the whole school photo unless parents request, in writing, for their child/children not to be included.
School Council Elections 2015

The Annual General meeting for Eppalock Primary School will be held March followed by the first meeting of the new council. Our current school council make up is as below.

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Term Ends</th>
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<tbody>
<tr>
<td>Emily Ryan</td>
<td>Principal, Treasurer</td>
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<tr>
<td>Andrew Gallagher</td>
<td>President, Parent Member</td>
<td>2016</td>
</tr>
<tr>
<td>Danielle Couch</td>
<td>Vice President, Parent Member</td>
<td>2015</td>
</tr>
<tr>
<td>Neil Bowe</td>
<td>Secretary, DEECD / Parent Member</td>
<td>2015</td>
</tr>
<tr>
<td>Bianca Rinaldi</td>
<td>Parent Member</td>
<td>2016</td>
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<tr>
<td>Vanessa Wild</td>
<td>Parent Member</td>
<td>2016</td>
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<tr>
<td>Sally-Anne Symes</td>
<td>Parent Member</td>
<td>2016</td>
</tr>
<tr>
<td>Jackie Hebble</td>
<td>Parent Member</td>
<td>2015</td>
</tr>
<tr>
<td>Anne Hartney</td>
<td>DEECD Staff Member</td>
<td>2016</td>
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<tr>
<td>Kevin Reade</td>
<td>Community Member</td>
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Any interested parents are urged to nominate for School Council. The school benefits from a variety and diversity of opinions on Council, and the value of fresh ideas and enthusiasm should not be underestimated. Nomination forms for the parent member category can be collected at the office.

**What is a school council and what does it do?**

All government schools in Victoria have a school council. They are legally formed bodies that are given powers to set the key directions of a school within centrally provided guidelines. In doing this, a school council is able to directly influence the quality of education that the school provides for its students.

**Who is on the school council?**

There are three possible categories of membership:

- A mandated elected Parent category. More than one third of the total members must be from this category.
- Department of Education and Early Childhood Development (DEECD) employees can be Parent members at their child’s school as long as they are not employed at the school.
- A mandated elected DEECD employee category. Members of this category may make up no more than one third of the total membership of school council. The principal of the school is automatically one of these members.
- An optional Community member category. Its members are appointed by a decision of the council because of their special skills, interests or experiences. DEECD employees are not eligible to be Community members.

The term of office for all members is two years. Half the members must retire each year, creating vacancies for the annual school council elections.

**Why is Parent membership so important?**

Parents on school councils provide important viewpoints and have valuable skills that can help shape the direction of the school.

Those parents who become active on a school council find their involvement satisfying in itself and may also find that their children feel a greater sense of belonging.

**How can you become involved?**

The most obvious way is to vote in the elections, which are held in Term 1 each year. However, ballots are only held if more people nominate as candidates than there are positions vacant.

**Do I need special experience to be on school council?**

No. What you do need is an interest in your child’s school and the desire to work in partnership with others to help shape the school’s future.
Congratulations to the following students who received awards at Assembly this week ...

- Xavier—for being such a helpful class member
- Reuben—for working well in school
- Jaiden—applying himself in Maths

VALUES AWARD—CARE AND COMPASSION
Tilly for being kind, caring and thoughtful

Bully Stoppers: Being Cool Online

Students achieve their best at school in safe and supportive environments, where they are free from bullying and disruptive behavior. We put a big emphasis on making sure we provide a great environment for our students—one that promotes tolerance and is inclusive, harmonious and free from bullying.

We can work towards this goal through education in the classroom, intervention in the playground and a focus on promoting positive behavior.

However, with the rise of social media, bullying now occurs online, as well as in person. Cyberbullying is just as harmful as face-to-face bullying, and online actions can have real life consequences.

Cyberbullying is an increasing issue in the wider community— and the best way to tackle it is for schools, students and parents to work in partnership.

Eppalock Primary School is supporting the Victorian Government’s Bully Stoppers campaign—which has just launched a new series of tools and resources for parents and students to support students in preventing cyberbullying and how to practice Netiquette. Available from 10 February, students in years 3 – 12 are encouraged to participate in an online quiz hosted on the Bully Stoppers website, where they will learn more about how to be good net citizens and go into the draw to win an iPad as well as other prizes for our school.

These resources, called Bully Stoppers: Being Cool Online, are available on the Bully Stoppers website, at www.education.vic.gov.au/bullystoppers - visit the site to find out more.
<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
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<tr>
<td>Thursday</td>
<td>12th</td>
<td>MARC Library Parent Information Evening</td>
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<td>Friday</td>
<td>13th</td>
<td>Living Green Clubs</td>
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<td>Monday</td>
<td>16th</td>
<td>Confucius Classroom — Chinese Program</td>
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<tr>
<td>Tuesday</td>
<td>17th</td>
<td>Swimming Program</td>
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<tr>
<td>Wednesday</td>
<td>18th</td>
<td>P/1 Testing (individual times)</td>
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<td></td>
<td></td>
<td>Drama / Music Special Lunch Day—Beef Wraps</td>
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<td></td>
<td>Grade 1—Grade 6 - prep students will not be at school on Wednesday</td>
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<tr>
<td>Thursday</td>
<td>19th</td>
<td>School Council Meeting—6.00 pm</td>
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<tr>
<td>Friday</td>
<td>20th</td>
<td>Living Green Clubs</td>
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<tr>
<td>Monday</td>
<td>23rd</td>
<td>Confucius Classroom—Chinese Program</td>
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<tr>
<td>Tuesday</td>
<td>24th</td>
<td>Swimming Program</td>
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<tr>
<td>Wednesday</td>
<td>25th</td>
<td>Drama / Music</td>
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<tr>
<td>Thursday</td>
<td>26th</td>
<td>School Photos—9.00 am MARC Library</td>
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<tr>
<td>Friday</td>
<td>27th</td>
<td>Living Green Clubs</td>
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**MARCH**

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<tr>
<th>Day</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>3rd</td>
<td>Swimming Program</td>
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<tr>
<td>Wednesday</td>
<td>4th</td>
<td>Music / Drama</td>
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<td>Thursday</td>
<td>5th</td>
<td>Parent / Teacher Interview Day</td>
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<td>Friday</td>
<td>6th</td>
<td>Living Green Clubs</td>
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<td>Monday</td>
<td>9th</td>
<td>PUBLIC HOLIDAY</td>
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<tr>
<td>Tuesday</td>
<td>10th</td>
<td>Excursion—Axedale “Aunty Peach Show” (Prep—Grade 6)</td>
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<td>Wednesday</td>
<td>11th</td>
<td>Drama / Music</td>
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<td>Thursday</td>
<td>12th</td>
<td>MARC Library</td>
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<tr>
<td>Friday</td>
<td>13th</td>
<td>Living Green &amp; Clubs</td>
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<tr>
<td>Thursday</td>
<td>19th</td>
<td>Incursion—Hockey Clinic (Grade 2—Grade 6 students)</td>
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<tr>
<td>Friday</td>
<td>20th</td>
<td>KIDSHOTZ PHOTOGRAPHY fundraiser (information attached)</td>
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<tr>
<td>Saturday</td>
<td>21st</td>
<td>KIDSHOTZ PHOTOGRAPHY fundraiser</td>
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<tr>
<td>Friday</td>
<td>27th</td>
<td>Last Day Term 1 (1.30 pm finish)</td>
</tr>
</tbody>
</table>
SPECIAL LUNCH—WEDNESDAY 18TH FEBRUARY—BEEF WRAPS AND YOGHART $4.00 each
Beef mince, sour cream, tomato, lettuce, cheese, salsa sauce
Order by this Friday 13th February—no late orders can be accepted
Please indicate at the bottom of the form if your CHILD DOES NOT WANT AN ORDER.

Next Parent Club meeting—Friday 20th February, 9.00 am—all welcome

Community Night—Friday 27th February
5.30 pm start to eat by 6.00 pm
Crazy Bingo for the kids could all family please donate two small pre-wrapped prizes for crazy bingo (eg chocolate bar, bag of lolly, etc
BYO main course (enough for your family eg lasanga, casserole, cold meat platter) and either a salad or sweet.
All food to be shared.
BYO drinks, cutlery, plates, chairs

UPCOMING EVENT

Easter Raffle
Hot Cross Bun morning tea

NIKKI MANNES PRESIDENT WILL BE THERE TO HELP
PARENT CLUB IS GOING TO OPERATE WITH A VICE-PRESIDENT PER TERM AND ONE HELPER (EXTRA HELPERS WILL BE AVAILABLE TO ASSIST WITH ACTIVITIES)

TERM 1 CAITLYN MURPHY HELPER ???
TERM 2 VANESSA WILD HELPER ??
TERM 3 HELPER HEIDI
TERM 4 HELPER ERIN SMITH

IMPORTANT DATES

FEBRUARY
Wednesday 11th P/1 Testing (individual times)
Drama / Music
Welcome to 2015!

Be prepared for an Asthma Spike

What is the February asthma spike?

‘Spikes’ are significant increases in asthma presentations to hospitals and emergency departments.

For children and adolescents with asthma these ‘spikes’ occur soon after the return to school and other education settings following the long holiday break.

Therefore, a significant ‘spike’ in asthma presentations and admissions to hospital for children and adolescents, experiencing severe asthma exacerbations, occurs throughout the first few weeks of February.

Triggers that can be encountered are:

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

What can we do to avoid asthma exacerbations in our school?

- Ensure your school has a sufficient amount of Asthma Emergency Kits. A minimum of 2 and at least one per every 300 Students.

Why does the spike occur?

While there have not been direct links established, the February ‘asthma spike’ is believed to be largely due to children and adolescents coming back into contact with asthma triggers in and around their school environment, that they have had time away from during the holidays. Forgetting to take their medication, (because their asthma feels better during the summer) and poor medication adherence, also places students at an increased risk of asthma attacks when exposed to triggers.

- Ensure that each kit contains in-date reliever medication (e.g. Ventolin, Asmol or Airomir), 2 spacers, reliever record sheet and instructions detailing the emergency procedure.
- Ensure student Asthma Care Plans are updated on an annual basis and returned to school.
- Ensure staff education and training is up to date.
- Ensure your school’s Asthma Policy is current.
- Ensure staff are aware of which students in their class have asthma, and know where Asthma Emergency Kits are stored.
- Ensure all classrooms are opened, cleaned and aired out in the weeks before students return to school.

The Asthma Foundation of Victoria

www.asthma.org.au
1800 ASTHMA (278 462)
KIDSHOTZ FUNDRAISER

Don’t forget Kidshotz photography will be running family photo days on March 20th (Fri) and 21st (Sat). This is a great opportunity to raise funds for our school with the full booking fee and up to 20% of the proceeds from photo purchases being returned to the school. Malcolm and Maya can take photos in their "Box" or in Black & White or both.

So book soon on 1300 309 776 to ensure you get a spot and let your friends and family know. The more the merrier.

Funds raised from this fundraiser will go towards materials for building our pizza oven.

Kidshotz are DIFFERENT

- No Rush, we allocate 30 minutes per family.
- You decide, you have 30 days to choose your photos, all by email.
- Every family is given a quote, this can be changed at your request.
- No money is paid on the day of photography.

1300 309 776 | www.kidshotz.com
SPECIAL LUNCH DAY

WEDNESDAY 18TH FEBRUARY

BEEF WRAP & YOGHURT

$4.00

Ingredients (please mark)

☐ Beef Mince
☐ Lettuce
☐ Tomato
☐ Cheese
☐ Sour Cream
☐ Salsa Sauce

Name ........................................................................

Money enclosed ................................................

☐ My child will not be participating in this special lunch day

Orders and money must be returned to school by Friday 13th February
National Young People and Asthma Survey

On 20 January, Asthma Australia launched the findings of our National Young People and Asthma survey at the Sydney Trapeze School. The survey was conducted in May-July 2014 in conjunction with researchers at Young and Well CRC in Melbourne. 533 young people aged 12-25 years across Australia completed the survey.

Key findings include,
- Despite 80% believing their asthma to be well controlled, a standard test indicated that 63% have poorly controlled asthma
- 52% were likely to have a mild to severe mental health issue
- 91% experienced shortness of breath at least once a week
- 56% said asthma limits their enjoyment of life
- 42% have missed school, work or social events due to asthma
- 15% have interrupted sleep four or more times a week

86% are using their reliever medication to treat symptoms, while less than 60% are using their preventer medication daily (as prescribed) to help control their asthma.

Another aspect of the survey was to ask what young people want to help support them with their management of asthma,
- 59% want an asthma app
- 52% want a website specific to young people with asthma
- 40% want resources that help friends to understand about asthma
- 27% want an online forum

Initiatives resulting from the survey findings will be provided to Secondary Schools as they become available.

Asthma Kids

A new resource for primary aged students will be available in Term 1. Asthma Kids takes children on a trail with the character Chester. They collect blue balloons as they answer questions and complete tasks. The 2 videos in the package are aimed at children under 9 and those 9 and over.

Asthma Kids is aimed at all children, with key messages for children with asthma and for others who may have family or friends with asthma or just want to know more about this common condition (1 in 10 children in Australia).

Check out the Asthma Australia website for the release of Asthma Kids in March.
Does your child have an up to date Asthma Action Plan (Asthma Care Plan)?
The Asthma Care/Action Plan tells the school how to manage your child’s asthma and what to do if their asthma gets worse. This should be updated & signed by the doctor on an annual basis.

Does your child carry their reliever puffer and spacer with them at all times? Or is it readily available to their Carers?
Medication needs to be available wherever your child may be (school, child care, sporting field, home)

Are you and your child aware of their asthma triggers?
Do you take steps to avoid these triggers? Are the Teachers aware of these triggers?

Do you listen to what your child says?
They will be aware of their asthma symptoms and should be able to tell you when they need their medication.

Does your child take their asthma medication correctly?
Good technique allows more medication to get into the lungs where it is needed. Talk to your doctor or pharmacist if you would like to check your device technique.

Summer storms are becoming more frequent throughout Australia. Thunderstorms can combine heavy rain, high humidity and strong winds. A European study found there are observations in favour of the possibility that thunderstorms disturb ground-level pollen grains, bursting the pollen grains and making the allergens small enough to be inhaled into the lungs. There is also evidence that after rain and during wet conditions there are a larger amount of fungal spores in the air. These can act as a trigger for asthma symptoms.

What can you do?
Ensure preventer medication is taken as prescribed.
Have an up to date Asthma Care Plan.
If your asthma gets worse during thunderstorms try to stay indoors with the windows closed.
Always carry your reliever medication with you.

For more information on Thunderstorms and asthma please see www.asthmaaustralia.org.au
FOR SALE

DUCKS—WHITE MUSCOVY

From 3 weeks old to fully grown

$3.00 to $18.00 each

For further details contact Lyn on 0400 951 318
TEAM CHINA FUNDRAISER

As you may be aware, three of our students are participating in the Team China experience in Term 2. This is a 9-day tour to China and a wonderful opportunity for our senior students.

Icy-poles / Icecreams will be available over the next four Fridays at lunchtime as a fundraiser for this trip.

$4.00 will give you to a variety of icy poles / icecreams on each of the next four Fridays at lunchtime.

If you wish to participate, please complete below and return this form along with $4.00 by Thursday of this week.

NAME ..............................................................................................................

☐ $4.00 ENCLOSED

All money raised will go to the Team China fund