Extra Curriculum Activities
Activities that are available to students during recess or lunch time.

<table>
<thead>
<tr>
<th>Mondays</th>
<th>Lego Club P-6 in the Multi Purpose Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesdays</td>
<td>Fun and Games - All students are welcome to attend the music room during lunch time.</td>
</tr>
<tr>
<td>Thursdays</td>
<td>Choir - Students in years 3 to 6 are welcome to join the choir with parent written permission. Permission forms are available from Mrs. Brown.</td>
</tr>
<tr>
<td>Fridays</td>
<td>Beginner Recorder Group - At first play students in years 3 to 6 are able to join the Beginner Recorder Group. Advanced Recorder Group - At lunch time students in years 3 to 6 are able to join the Advanced Recorder Group. Recorders are available to purchase at the office for $10.</td>
</tr>
</tbody>
</table>

IMPORTANT DATES

<table>
<thead>
<tr>
<th>EVENTS TO REMEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
</tr>
<tr>
<td>Lunch orders and Student Banking</td>
</tr>
<tr>
<td>Tuesdays</td>
</tr>
<tr>
<td>Orientation Day</td>
</tr>
<tr>
<td>Our year 6 students will attend their chosen Secondary College and we will welcome our 2017 Preps. The Preps will be experiencing school from 9am until 12:30pm.</td>
</tr>
<tr>
<td>Wednesdays</td>
</tr>
<tr>
<td>Back up date for the End of Year Event if Monday 5th is cancelled due to rain. Year 6 students invited to attend the Tradie for a Day workshops.</td>
</tr>
<tr>
<td>Thursdays</td>
</tr>
<tr>
<td>Drouin Secondary School band will come to entertain our students with their fantastic musical ability from 10am to 11am.</td>
</tr>
<tr>
<td>Fridays</td>
</tr>
<tr>
<td>Thankyou Morning Tea</td>
</tr>
<tr>
<td>We will host a Special Morning Tea at 11am in the Multi-purpose room to say thankyou to all the wonderful people who have given up their time to help in various ways at our school throughout the year.</td>
</tr>
</tbody>
</table>

P.O. Box 176                                                Phone:   03 56 251971                      535 Main Neerim Road
Drouin     3818                                              Fax:   03 56 252175                                 Drouin West  3818

Drouin West Primary School
‘Nurture, Enrich, Inspire, Achieve’
Issue 38/16

Hours of supervision: 8.45am—3:45pm  30th November, 2016
End of Year Reports
As many parents would be aware, teachers have been working on preparing detailed reports highlighting what each student has achieved.

It is anticipated student reports will be sent home with students on Tuesday December 13. Should you wish to discuss your child’s progress, please contact the class teacher to arrange a mutually convenient time.

Counselling Services
Audra Claves, a Social Worker specialising in Mental Health, will continue to work in our school next year. Audra works in partnership with parents and teachers to support students to achieve and be their best. Families thinking of accessing Audra’s services in 2017 can contact Wendy or myself to obtain the referral documentation required to access this service.

Thunderstorm asthma: Supporting children
Thunderstorms have been linked to epidemics of asthma, especially at the end of Spring, when grasses are flowering.

An asthma attack can be life threatening. Anyone experiencing wheezing, chest tightness and difficulty breathing should call 000. Anyone with a known history of asthma is at risk of experiencing an exacerbation of their usual symptoms at this time. In addition, people who do not usually experience symptoms of asthma but have a history of allergies may be at increased risk.

The common signs of asthma are difficulty in breathing (gasp for air), chest tightness and wheezing. If a child’s condition is deteriorating, parents or guardians should seek urgent care. Signs of rapid deterioration include little or no relief from a reliever inhaler, inability to speak comfortably, or lips turning blue.

People with asthma should continue to use their usual medications. Where possible, stay inside when the weather is windy with high pollen counts or dust.

Actions required
If a child is experiencing symptoms, and you require advice, call Nurse on Call in the first instance, 1300 606 024. If the child’s symptoms include wheezing, chest tightness and difficulty breathing, call 000.

For any child having an asthma attack, follow the instructions in their medical management plan and risk minimisation plan.

Ensure the child’s medication is with the child at the service and is within expiry dates.

If a plan is not available, follow the four-step asthma first aid, which is:
1. Sit the child upright and give reassurance – do not leave them alone.
2. Without delay, give the child four separate puffs of their blue/grey reliever medication (such as Airomir, Asmol, Bricanyl or Ventolin). If using a puffer (like Ventolin or Asmol), this should be taken one puff at a time through a spacer. Ask the person to take four breaths from the spacer after each puff of medication.
3. Wait four minutes. If there is little or no improvement, repeat steps 2 and 3.
4. If there is still no improvement, call 000 for an ambulance immediately. Repeat steps 2 and 3 continuously while waiting for the ambulance to arrive.

Library Books
Thank you to those families who have returned their library books.

Students are asked to return all library books to school to enable staff to complete the stocktaking process by Monday Dec 5.

Families are asked to check very carefully at home for any books that might be hiding in sneaky places and return these to school.

Students will no longer be able to borrow books from the library at school. An alternative for families may be to visit our public library and borrow books to enjoy at home for the whole family. Have you thought about downloading electronic books? These are often very engaging to read.

School Accounts
Thank you again to the wonderful families who have come in during the last week to settle their accounts. This really does assist us at a busy time of year.

Thank you morning tea
We look forward to serving all parents who have assisted with programs and activities during the year at our special morning tea on Friday December 9 at 11.00am. Please come and join us so we can highlight and celebrate your contributions to our school during 2016.

Invitations will be sent out soon but if you haven’t seen yours and you have assisted this year in any way you are invited!

Orientation Day
Our Year 6’s will be heading off to their respectful Secondary Colleges next week on Tuesday 6. We wish them a great day, knowing they are well prepared for the transition into the next stage of learning.

We will welcome our new Preps from 9.00am-12.30pm as they experience a school program and meet up with staff on this very exciting day.

School Website
Have you missed the newsletter? Do you want information about the school? Please take the time to visit: www.drouinwest.vic.edu.au
Hello everyone!

I kind of feel like we have quickly moved into the crazy time of year for our families. Our calendar is looking very busy with all of our end of year functions. It’s important to keep looking after yourself and your family at this busy time of year. Here are some reminders about the importance of sleep from parenting expert, Michael Grose

“How your kids can get a good night’s sleep”

Many kids today are sleep deprived. Not getting enough sleep leads to sleep deprivation, which is akin to jet lag, where kids don’t function at their optimum. Lack of sleep leads to irritability, decreased creativity and memory lapses. It also has strong links to anxiety and depression.

How sleep helps kids

Sleep maximises the brain growth which occurs with toddlers and teens. Sleep also consolidates learning: sleep research has shown that the brain practices what it has learned during the day when a child or young person is asleep. So sufficient sleep consolidates past learning as well as keeps kids fresh to maximise their future learning.

Develop good sleep habits when kids are young

Sleep experts stress that while adults may not have control over biology we can assist children and teens to establish good sleep patterns. Children usually carry good sleep habits into adolescence. If you struggle to get young children to sleep or constantly battle kids who want to stay up longer, some knowledge of good sleep habits may be useful.

Good sleep habits include:

1. Regular bedtimes Kids may fight this, but make sure kids keep regular bedtimes during the week and allow them to stay up a little later on weekends. Children need between 10 and 12 hours of sleep each day, while teens need a minimum of nine hours.
2. A 45-minute wind-down time before bed This includes: removing TV and other stimuli, calming the child down and limiting food intake (and caffeine for teens). The wind-down time informs the body clock that sleeping time is near.
3. A bedtime routine Have a bedtime routine, such as story reading and teeth cleaning, that signals psychologically that it is time for sleep. A set routine means that kids can predict. It also means that some children will fight bedtime so you need some good strategies in place to get kids to bed and make sure they stay there.
4. Keeping bedrooms for sleep Bedrooms that resemble caves are recommended. It gets tricky with mobile phones and other information technology, but it’s smart to keep devices and laptops out of bedrooms at sleep-time. This goes for parents too. I’ve noticed most parents sleep in technology-filled bedrooms (apart from a clock-radio) yet their kids will have technology-full rooms. Also don’t let kids do schoolwork on their beds. If so, they’ll begin to associate bed with work, rather than sleep.
5. Maximise the three sleep cues These include: darkness (maintaining a cave-like bedroom); lowering body temperature (baths can be good for this); and melatonin (work within their cycle).

If your kids get less sleep than they should, check out the five habits above and work out which of these you can adjust to move things in favour of them getting more sleep.”

Take care

Wendy Ronalds

If you have any questions please contact me at the school on a Tuesday or Wednesday or email me on ronalds.wendy.w@edumail.vic.gov.au. I do check emails regularly.

Acknowledgement: National School Chaplaincy and Student Welfare Program have been funded by the Australian Government Department of Education, Employment and Workplace Relations.

Picnic Sports

The whole school picnic sports day will be held on Wednesday 14th December. The events will be held on the oval and will run from 9.15-1.30, depending on the weather. Parents and family members are invited to attend to watch and participate and are encouraged to bring a picnic lunch for their family to enjoy at lunchtime. As part of the school’s transition program, children will rotate through 8 activities in their grades for 2017. This is a fantastic chance for teachers and students to get to know each other. This year’s grade 5 children will organise the activities. Children may wear clothing suitable for running, crawling, jumping and getting slightly wet. Shoulders and mid riffs must be covered (no short sleeve football jumpers), school hats are to be worn and water bottles are a great idea.

Regards Marion Proctor (Sports Teacher)
Super ‘B’ Award Winners
Super ‘B’ award winners for week 8, term 4

<table>
<thead>
<tr>
<th>F/1A</th>
<th>Charlotte</th>
</tr>
</thead>
<tbody>
<tr>
<td>F/1B</td>
<td>Adelaide</td>
</tr>
<tr>
<td>1/2A</td>
<td>Rory</td>
</tr>
<tr>
<td>2A</td>
<td>Brinley</td>
</tr>
<tr>
<td>3/4A</td>
<td>Emily</td>
</tr>
<tr>
<td>3/4B</td>
<td>Nicola</td>
</tr>
<tr>
<td>4/5A</td>
<td>Patrick</td>
</tr>
<tr>
<td>5/6B</td>
<td>Shelby</td>
</tr>
</tbody>
</table>

Happy Birthday !!!!!!
Happy birthday to the following student who will celebrate their special day during the week of Monday November 28th to Sunday 4th December.
Ashla 4/5A, Tanner F/1B, Chloe F/1A, Lanaea 5/6B, Hollie 5/6B

Parnassus Function Centre & Steakhouse
Functions - Weddings - Café - Accommodation - Steak House
180 Lardners Track Drouin East
For bookings - 55268522
parnassustighthouse@gmail.com

Families from Drouin West Primary School are eligible for a special discount on presentation of this advertisement. When making your booking at Parnassus let them know you are from Drouin West Primary School and two primary school aged children can eat for free.
Parents/Guardians are invited to purchase THRASS charts for home use. They are available from the office for $7.50 each.

QKR by MasterCard
QKR (pronounced quicker) by MasterCard is a safe and extremely easy way to pay for school events, fundraising and stationery. You can also sign the permission forms. If you don’t have a smart phone or Ipad that will allow you to download the App, then you can use the following link to access QKR via your computer.

https://qkr.mastercard.com/store/

If you are in Grades 3 to 6
You are invited to “Let’s Get Ready for Christmas.”
Get Ready for Christmas afternoon.
Afterschool 3.45 to 5.00pm
Wednesdays 7th and 14th December 2016
Christ Church Parish Hall
4 Francis Street, Drouin.
We will be making Christmas Craft.
Singing some Christmas Songs.
Telling Christmas Stories.
Free event:

A permission form must be completed for each child and each child must be signed in and out by an adult. Form will be available on the day or can be emailed to you.
For further information please contact: Jenny Ramage: Children, Youth and Family Minister, Christ Church Anglican Church, Drouin. 0407369486

Drouin Lights Up for Christmas
Friday, December 2
4pm - 8pm
Come down to the Main Street of Drouin and join in the Christmas activities

★ Jumping elves
★ Horse and carriages
★ Jumping elide
★ Farm animals
★ Merry-go-round
★ Santa (available for photos)
★ Snow cones
★ Painting pots
★ DJ Nige
Free fun Christmas activities, free painting games & lots more.

Most retail shops will be open for Christmas shopping until 6pm

Unveiling of the lit up Drouin shop windows
Gold coin donation
STUDENT ABSENCE NOTE

Attention staff of Drouin West Primary School

As the parent/guardian of .................................................................

Grade .................................

I wish to advise that the absence on .................................................................

was due to:  
- Illness  □  
- Appointment  □  
- Family Holiday  □  
- Parental Choice  □  
- Other  ……………………………………………………………………………………………

Yours sincerely, ................................................................. Date: ....../....../......

(Signature of Parent/Guardian)