



Beverley District High School

Independent Public School

Fortnightly Newsletter Thursday, 8th March 2017

Our School Voice

Office Phone: 9646 1165

www.beverleydhs.wa.edu.au

News Updates and Reminders

- **Pink Stumps Day, Friday 9th March 2018**
- Positive Parenting Program registration slips due Friday 9th March 2018.
- School Board **Public Meeting** Wed 14 March, 2018 at 7pm - **All welcome.**
- Year 2 Assembly Thursday 15th March 2018, starting 2pm.
- Interschool Swimming Carnival Friday 16th March 2018 in Beverley.
- Zoo Excursion Year 3 to Year 5, Wednesday 21st March 2018.
- Secondary Camp 19th March to 23rd March, 2018.
- Year 6 Camp 20th March to 23rd March, 2018.

Check Connect Notices

- Beverley Triathlon
- Avon Valley Children's Choir
- NAPLAN Online – Information for parents and carers

Meet School Board Chair Carly Veitch



Our School Board Chair for 2018 is Carly Veitch. Carly farms with her husband Phil and Phil's parents Norm and Carol Veitch near Balkuling, east of Beverley. Phil and Carly have two girls – Ella in Year One and Darcy, who is 2.

Carly works as a farm management consultant for clients across the Wheatbelt. She has enjoyed being part of the school community, which she describes as vibrant and welcoming. Carly is keen to support the school's future in her role as Board Chair. The Board's role is to lead the development of the school's vision and strategic direction.

'Grow a Reader'



Our popular and very effective 'Grow a Reader' program benefits

greatly from the support of family members and community members who volunteer to come to school on weekday mornings to listen to children read. If you have a spare half hour each week, please call the school so you can be placed on our roster on your preferred day.

SPARK Report

Our students are already showing that they can build on their learning from last year and have been working really hard to ensure that they are Prepared, Aspiring, Respectful and Kind.



Our focus for this fortnight is on being Respectful outside the classroom. They have been remembering to

- Respect the personal space of others,
- Care for equipment and put it away,
- Walk on verandahs and around gardens, and
- Tell duty teachers about problems.

School Board Meeting

Members of the school community are welcome to come along to the annual **public meeting** of the Beverley DHS School Board, to be held from 7pm on Wed 14th March in the school staff room.

At this meeting, the annual report will be delivered, the school budget will be presented for endorsement, and time will be provided during general business for questions from the floor.

Term	Monday	Tuesday	Wednesday	Thursday	Friday
Week 7	12 th March	13 th	14 th School Board Public Mtg 7pm	15 th Early Close 2.30pm Yr 2 Assembly starting 2pm.	16 th Canteen Open Interschool Swimming Carnival @ Beverley
Week 8	19 th Secondary students leave on camp	20 th Year 6 students leave on camp.	21 st	22 nd Newsletter	23 rd NO CANTEEN Secondary and Yr 6 students return

Pink Stumps Day



Help support
the McGrath
Foundation

by wearing 'PINK'
tomorrow

Friday 9th March, 2018.

'Pink Stumps Day'

Cost: Gold coin donation

The student leaders will forward all monies raised to the McGrath Foundation to help with research for breast cancer.

P&C Nature Playground Busy Bee

A very big thank you to all our parent volunteers who attended the final Nature Playground busy bee on Sunday 4th March. Your time and effort is greatly appreciated by the P&C Committee, and the students of Beverley DHS who will enjoy this magnificent play area.



Faction Swimming Carnival

Well done to all our students who competed in the Faction Swimming Carnival, making the day a great success with many new records set.

A thank you to all our parent helpers, these carnivals cannot run as successfully without you and your time is greatly appreciated.

Congratulations to the students listed below on your achievements.

We look forward to seeing our Interschool team compete on Friday 16th March here at Beverley, and wish them great success.

Championship Winners

<u>Age</u>	<u>Boys</u>	<u>Girls</u>
9 Years	Reaghan	Ruby
Runner Up	Riley	Tempestt
10 Years	Zeke	Isabella
Runner Up	Patrick	Emma
11 Years	Oliver	Fillipa
Runner Up	Jacob	Lisa
11+ Years	Riley	Brooke
Runner Up	Nathan	Lily
12+ Years	Joshua	Georgiana
Runner Up	Reiley & Stirling	Charlotte

Primary Open Freestyle Oliver Brooke

Secondary Open Freestyle Joshua Charlotte

Overall Champion Joshua & Oliver Brooke

Outright Faction Winner

1 st Eyre	153 pts
2 nd Dale	149 pts
3 rd Forrest	138 pts



The key to prevention of anaphylaxis is: Knowledge: Awareness and Planning.

**Are you able to treat these emergencies?
Does your child have a current First Aid plan?**

HANDWASHING
SAVES LIVES

Anaphylaxis: What is it?

Anaphylaxis is the most severe form of allergic reaction and can be life threatening. It can cause constriction of the airway and/or a dangerous drop in blood pressure. For people at risk, anaphylaxis occurs quickly after contact to the food, insects or medicine to which the person is allergic.

It is very important that people at risk of anaphylaxis avoid any contact with the trigger (allergen). This is especially important with food allergy – a severe reaction can occur if the allergic person comes into contact with even a tiny amount of the food.

Anaphylaxis must always be treated as a medical emergency. Adrenaline auto injectors (EpiPen) contain a single, fixed dose of adrenaline which must be given to the person as soon as possible. Immediate administration of adrenaline is the only treatment that works for anaphylaxis.

Anaphylaxis - recognizing a severe allergic reaction

Look for one or more of the following:

- Difficult or noisy breathing
- Swelling of the tongue
- Swelling or tightness of the throat
- Wheezing or a persistent cough
- Difficult talking and/or a hoarse voice
- Persistent dizziness or collapse
- Pale and floppy (especially in young children)
- Abdominal pain or vomiting (if following an insect bite or sting)



It is important to lie the person flat and get help fast.

Some allergic reactions are mild or moderate. These reactions may involve hives, welts, tingling mouth, and/or swelling of the lips, face and eyes. Mild reactions to food can involve abdominal pain and vomiting. Anaphylaxis (severe reaction) may or may not involve these signs and symptoms.

Food intolerances are not life-threatening and should not be confused with food allergies.

Emergency first aid for anaphylaxis

- Lay the person flat, do not stand or walk. If breathing is difficult, allow to sit.
- Give the adrenaline auto injector without delay. (Make a note of the time it was given.)
- Ring an ambulance - 000 (mobile phones 112).
- Stay with and reassure the person. Do not allow the person to walk at any time.
- Give another adrenaline auto injector if no improvement after 5 minutes
- If the person loses consciousness and there are no signs of breathing, begin CPR.
- Monitoring in a hospital is required for 4-6 hours, even if symptoms improve

Anaphylaxis – checklist for parents of students at risk

- Tell the school administration if your child has been prescribed an adrenaline autoinjector (EpiPen), has experienced anaphylaxis, has any changes in allergies, and/or any other health care needs that may affect anaphylaxis management.
- Make sure you give the school an adrenaline autoinjector, which is clearly labelled for your child.
- If old enough, make sure your child carries an adrenaline autoinjector and knows how to use it. Show his or her friends, brothers and sisters if they are old enough to understand.
- Provide an **ASCIA Action Plan for Anaphylaxis completed and signed by your child's doctor**. Update the plan (including a photo of your child) when the adrenaline autoinjectors are renewed (usually every 12-18 months). Action Plans are available from www.allergy.org.au
- Help the school to develop an Individual Health Care and Risk Minimization Plan for your child.
- Educate your child about how to avoid known allergens (triggers).
- Remind your child to immediately tell someone if she/he feels sick.

For more information:

<http://etraining.allergy.org.au/>

Allergy & Anaphylaxis Australia www.allergyfacts.org.au

Western Australian Department of Health www.health.wa.gov.au/anaphylaxis

Australasian Society of Clinical Immunology and Allergy www.allergy.org.au

Items For Tender



The Beverley DHS has a surplus of materials to be sold by tender:

- ♦ Black stormwater pipes x 3 (new)
- ♦ 1 roll of barbed wire (new)

Please return your tender bid to the School Office in a sealed envelope with your contact details **by COB Wednesday 14 March 2018**. Items can be viewed by appointment only by contacting Marie Carroll on 96461165.



FREE PARENTING SEMINARS – for EVERY PARENT **Triple P - Positive Parenting Program** **SEMINAR SERIES**

Parents/carers are invited to attend free parenting seminars to learn practical, positive and effective ways to:

- strengthen bonds with their children;
- encourage children's social and language skills;
- develop children's emotional self-regulation, independence and problem solving ability;
- manage common behavioural concerns.

Research has demonstrated the acceptability of the strategies across cultures.

Parents may choose to attend one, two or all three of the following seminars:

Seminar One: **The Power of Positive Parenting**

Monday 12th March

Seminar Two: **Raising Confident Competent Children**

Monday 19th March

Seminar Three: **Raising Resilient Children**

Monday 26th March

Time: 6.30pm to 8.30pm

Venue: Beverley District High School

Cost: Free – however bookings are essential.

Tea and Coffee will be provided.

Parents of children aged between three and six years of age are welcome to attend.

A limited number of places are available and you need to book in advance – please register your interest to attend as soon as possible by returning the information below by **Friday 9th March**

You can register using the tear-off slip below

OR for more information contact Angela Sims 96461165

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REGISTRATION FOR: POSITIVE PARENTING PROGRAM – Seminar Series

Beverley DHS – Commencing Monday 12th March (Registrations due by 9th March)

Name of Parent(s) wishing to attend: _____

Phone Numbers: (Hm) _____ (Mob) _____ (Wk) _____

My child is in year: _____

Name of **Child**: _____

Please leave slip at Beverley District High School Front Office – or call on 96461165