



Wollongbar Public School

Simpson Ave, Wollongbar 2477

Ph: 6628 1302 Fax: 6628 1976

Email: wollongbar-p.school@det.nsw.edu.au

Website: <https://wollongbar-p.schools.nsw.gov.au/>

Principal: Jennifer Thomas

Thursday 19th September 2019

Term 3, Week 9

Volume 9



Education
Public Schools

Calendar

Week 9

20/09 Assembly 3/4J
11:30am

Week 10

24/09 Paddock to Plate
Excursion 1R & 1H

26/09 Excursion Dolphin
Dream 1/2M & 2R

27/09 Last Day of Term 3
Assembly
11:30am

Term 4

Week 1

14/10 Students Commence

17/10 STEAM Excursion
2/3N & 3B

18/10 Assembly 2/3N
11:30am

Week 2

22/10-23/10
Interrelate

25/10 Assembly 3B
11:30am

Week 3

01/11 Kinder Transition
Assembly 1/2M
11:30am

Week 4

04/11 Intensive Swimming
Yrs 2-6 Begins

06/11 P&C Mtg
7:00pm

07/11 Kinder & Year 2
Dental Visit

08/11 Remembrance Day
Ceremony

Week 5

15/11 Kinder Transition
Assembly K/1R
11:30am

Professional Learning

Art of Leadership Conference
Eye on the Future

For more events on our
Calendar, please go to:

<http://www.wollongbar-p.schools.nsw.edu.au/>

Principal's Report

Student Health

Included with this newsletter is a copy of our **Administration of Prescribed and Non-Prescribed Medications Procedure**.

As a public school we are required to implement practices related to student health and wellbeing that comply with the NSW Work Health and Safety Act 2011 (WHS Act), Common Law obligations, and anti-discrimination and privacy legislation. This includes a duty of care to take all reasonable steps to ensure the safe storage and administration of medications, including asthma medications.

Parents and carers of a child or children enrolled at a public school are required to follow the first aid protocols of departmental workplaces, in this case Wollongbar Public School. Where a medical practitioner has prescribed medication for administration during the school day, parents and carers must:

- notify the school
- provide up to date information as required
- supply the medication and any 'consumables' necessary for its administration in a timely way.

Shannin, Megan and Leah in our Office are always happy to help you navigate expectations so please do not hesitate to give them a call or pop into the Office to see them.

Have Your Say on Before and After School Care

The NSW Government is committed to providing before and after school care to all students of public primary schools in New South Wales. As part of the reform, [a parent web form](#) is available for parents and carers to tell the Department of Education about their specific care needs, and to stay up to date with any new developments.

The information provided by parents and carers will help the Department of Education to understand your needs, give them insights into where there are gaps in service delivery and help to ensure the extra places are delivered where they are required.

Have your say today at <https://www.service.nsw.gov.au/basc>. The hyperlink in the diagram is also live.

NSW Department of Education

Before and After School Care

Have your say

The NSW Government is committed to increasing the provision of before and after school care.

Have your say at
<https://www.service.nsw.gov.au/basc>

Online feedback closes December 2019

NSW GOVERNMENT

How much screen time is right for your family?

Some questions to consider include:

1. Is screen time in your household controlled?
2. Does screen time interfere with what your family wants to do?
3. Does screen use interfere with sleep?
4. Are you able to control snacking during screen time?

Included with this newsletter is a fact sheet for parents and carers about the health impacts of screen time.

Jennifer
Principal

2019 Planner

Term 3	Monday	Tuesday	Wednesday	Thursday	Friday
9	16 Sep.	17 Sep.	18 Sep. Kindergarten Excursion	19 Sep.	20 Sep. Assembly 3/4J
10	23 Sep.	24 Sep. Paddock to Plate Excursion	25 Sep.	26 Sep. Dolphin Dreaming Excursion	27 Sep. Last Day of Term 3 Assembly 2R
Term 4	Monday	Tuesday	Wednesday	Thursday	Friday
1	14 Oct. Students Commence	15 Oct.	16 Oct.	17 Oct. STEAM Excursion 2/3N & 3B	18 Oct. Assembly 2/3N
2	21 Oct.	22 Oct. Interrelate	23 Oct. Interrelate	24 Oct.	25 Oct. Assembly 3B
3	28 Oct.	29 Oct.	30 Oct.	31 Oct.	1 Nov. Kinder Transition Assembly 1/2M
4	4 Nov. Intensive Swimming Yrs 2-6 Begins	5 Nov.	6 Nov. 7pm P&C Mtg	7 Nov. Dental Visit	8 Nov. Kinder Transition Remembrance Day Ceremony Assembly 1H
5	11 Nov.	12 Nov.	13 Nov.	14 Nov.	15 Nov. Kinder Transition Assembly K/1R
6	18 Nov.	19 Nov.	20 Nov.	21 Nov.	22 Nov. Kinder Transition Assembly KP & KO
7	25 Nov.	26 Nov. Volunteers Morning Tea	27 Nov.	28 Nov.	29 Nov. Big Day @ School Assembly (Captain's)
8	2 Dec.	3 Dec. Yr 6 to 7 Orientation Day	4 Dec.	5 Dec.	6 Dec. Year 6 Assembly
9	9 Dec.	10 Dec. Matinee Concert 6.00pm Evening Concert	11 Dec. 6.00pm Evening Concert	12 Dec.	13 Dec. Presentation Day Reports Home

UPCOMING EVENTS

Who	Event	Payment Due Date	Cost
Whole School	School Contributions & Technology Levy	27 th of September 2019	\$87 / Student \$117 / 2 Students \$147 / 3 Students \$147 Plus \$20 Per Student / 4 or More Students
Year 5 2020	Laptop Purchase Program	Thursday 21 st of November 2019	Option 1. Complete payment of \$439.40 Option 2. Deposit of \$239.40 up front with consecutive payments.
Years 3 & 4 - 2020	Coffs Coast Adventure Centre 2020	Wednesday 25 th September 2019	\$180 / Student
1H & 1R 2019	Paddock to Plate Excursion	Tuesday 24 th of September 2019	\$6 / Student
Years 5 & 6 - 2020	Great Aussie Bush Camp 2020	Wednesday 25 th September 2019	\$215 / Student
Years 2-6	Intensive Swimming Scheme	Wednesday 23 rd of October	\$49.50 / Student or \$9.50 / season ticket
2/3N & 3B	STEAM Excursion	Tuesday 15 th of October 2019	\$2 / Student

Unfortunately, students who have not paid and brought in a permission note by the due date for these events will not be able to participate. Please visit the school

website to make a payment online. is available at our school from 8.30am-1.30pm

Permission Notes MUST be accompanied by payment or they will be returned to your child.



Camp Deposits Due Next Week...

Please return your 2020 Camp notes to the Front Office, along with the non-refundable deposit, to confirm your child's position by Wednesday 25 September 2019, Term 3, Week 10.

**NO DEPOSITS FOR THE STAGE 2 & 3 CAMP WILL BE ACCEPTED AFTER
WEDNESDAY 25 SEPTEMBER 2019, TERM 3, WEEK 10.**

You are welcome to pay the total amount of the excursion initially or make smaller instalments by 12 February 2020.

Megan
Administration Officer

Drought Appeal Success!

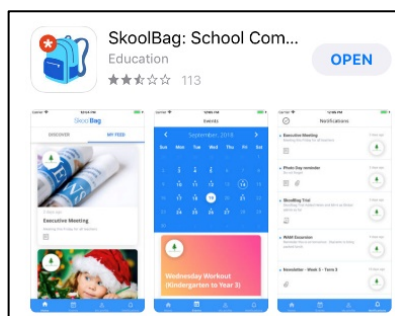
Wow! What a great job in raising donations for the Drought Appeal from Wollongbar Public School. We gathered a variety of items that filled 44 shopping bags! Congratulations to 1/2M for bringing in the most items, they certainly enjoyed their iceblocks, well done!

Nicole
SRC Co-Ordinator

Year 5 Raffle

During Weeks 9 and 10 Year 5 will be holding a raffle to raise money for the Year 6 Farewell. The 4 prizes include 2 cricket bats signed by Adam Gilchrist, a Rugby League football and a basketball. Tickets are 50c each and will be sold each lunchtime. Raffle will be drawn at Week 10 Assembly.

Megan
Classroom Teacher



School Communication

The School App: Have you downloaded our new school app, Skoolbag on your phone? It is available for free via the App store or Play Store. The Skoolbag App is used to send instant notifications to parent's phones about upcoming events or cancellations, and also contains other school information. Search for the Skoolbag app. Sign up using your email address and then go into the app to add Wollongbar Public School as one of your registered schools.

Wollongbar P&C

DISCO! Thursday 24th October

Our last disco of the year is Halloween themed...it's sure to be a SCREAM! Drop off your Wollongbar school kids at 5:30, then come join other parents in the Library for a Meet & Greet (or just come back at 7:30).

Disco entry is \$2. The canteen will be open (keep your eyes peeled for the menu in the next few weeks).



We love our volunteers

The P&C would like to thank all our volunteers for their generous donation of time and skills.

Do you know someone who helps and deserves recognition? Please put their name in the "Thank You" box in the office. Remember to put your own name in the box each time you volunteer!

We would also like to say a huge thank you to Mel and Mick from Alstonville Plaza Butcher and Deli who will be donating a \$20 voucher each month to one lucky volunteer.

You can reach the P&C team via wollongbarPC@hotmail.com, <https://www.facebook.com/wollongbarPC> or

Anna (President) on 0410.594.676



What's happening?	When?	Where?
Fundraising Meeting	6 November, 6pm	The Tavern
P&C General Meeting	6 November, 7pm	Staff Room

Now Enrolling @ Kindergarten 2020



Important Dates:

Kindergarten Appointments and Tours: 25th July to 26th October 2019

Transition Day 1:	November 1 st 2019	12pm – 3pm
Transition Day 2:	November 8 th 2019	12pm – 3pm
Transition Day 3:	November 15 th 2019	12pm – 3pm
Transition Day 4:	November 22 nd 2019	12pm – 3pm
Big Day at School:	November 29 th 2019	9am – 3pm



Book your
Kindergarten
Appointment and
Tour by contacting
the school on
6628 1302

For more information please contact Wollongbar Public school on 6628 1302

Or by email: Wollongbar.p.school@det.nsw.edu.au

JAN'S BUCKET CLUB

ART + CRAFT = ADVENTURE!
ALSTONVILLE



K-6 KIDS HOLIDAY WORKSHOPS
MON 30TH SEPT, TUES 1ST OCT & THUR 3RD OCT

MILES OF TILES, STYLES + VIALS

8:45AM - 10:15AM OR 10:30AM - NOON OR 12:30PM - 2:00PM



**CREATIVE KIDS PROVIDER
SERVICE NSW**

JANSBUCKETCLUB 0402913561 **FIND ME ON**
@GMAIL.COM MOBILE JAN'S BUCKET CLUB



YOUR COMPUTER WIZZARD

Suite 2, 88a Main Street, ALSTONVILLE, NSW • 02 6628 0099 • info@ycw.com.au
ABN 57 627 736 441



Repair • Reuse • Recycle • Reduce • Replace

Reduce ewaste & landfill • Refurbished, new & customised systems • Onsite visits
Speed up your system with an upgrade • Virus/Malware cleanup • Remote fixes
Hardware repairs • Mobile phone issues • Personalised set up • Latest updates

FREE DENTAL FOR ALL CHILDREN AGED UNDER 18

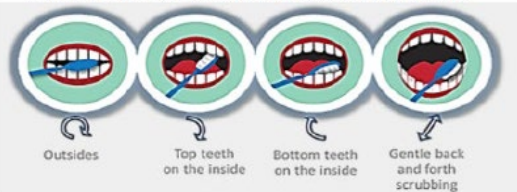
Available at NSW Health public dental clinics in Tweed Heads, Pottsville, Byron Bay, Ballina, Goonellabah (Lismore), Casino, Nimbin, Coraki, Yamba and Grafton

Call 1300 651 625 to book a visit for your child

Too many snacks and sugary drinks increase the risk of tooth decay

- Stick to 3 healthy meals and allow only 2 healthy snacks each day
- Avoid packaged foods and drinks that have hidden sugar
- Fresh fruit, veggies, milk, cheese and yoghurt are easy healthy choices
- Drink water instead of sugary drinks

How to Brush: Move a soft toothbrush in small circles over teeth and gums



NSW Health
Northern NSW
Local Health District



Excellence in music education
Imagination • Enjoyment • Skill

Piano Vocals Drums Guitar

****Creative Kids Vouchers Now Accepted****

University-trained and experienced local teachers
Fun and engaging lessons held in a fully equipped studio in Alstonville

Music is VITAL to your child's education so what are you waiting for?

Call NOW as places are limited

web: tipitinamusic.com.au
email: tipitinamusic@gmail.com
phone: 0425241049

Let the magic begin...

**Tutu Tales &
Storytime Ballet**

0411 306 430

www.balletcoaching.com



Many tracks, one road, sustaining community.
Northern Rivers Community Gateway

Spring Vacation CLUB



Rainbow Region Kids Vacation CLUB
is now taking bookings for the Spring
2019 school holidays in Casino, Kyogle,
Lismore, Ocean Shores and Wollongbar!

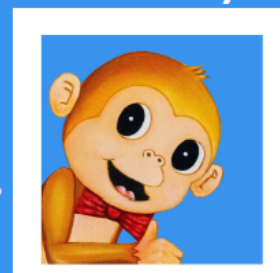
**For enquiries and to enroll, call 02 6621 7397
and 0447 211 835, or email rrkassist@nrcg.org.au**

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[f](https://www.facebook.com/nrcg.org.au) [t](https://twitter.com/nrcg.org.au) [i](https://www.instagram.com/nrcg.org.au) [in](https://www.linkedin.com/company/nrcg.org.au) **nrcg.org.au**

Have your kids met Monkey?

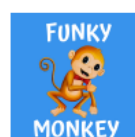
Individual or album
download



Free listen to
"Monkey and the Tip Truck"

**Character created by local author
and mum, Julia Jane**

**Fun audio stories and songs
with cool kid's sound effects**



Funky dance
action song



30+ mins
listening
entertainment

**Stimulate the mind!
Let the kids create the scenes
with their own imagination.**

A local creation! A Northern Rivers Mum!

[f](https://www.facebook.com/monkeyforkids.com) **monkeyforkids.com** [i](https://www.instagram.com/monkeyforkids.com)

The health impacts of screen time: a fact sheet for parents

There are no 'safe' amounts of screen time, and the amount of screen use that is right will vary from family to family. We suggest you ask yourself the following questions:

1: Is screen time in your household controlled?

This means BOTH the screen use of children, teenagers AND adults in the family.

2: Does screen use interfere with what your family want to do?

This will obviously vary from family to family, but remember, for younger children, face-to-face social interaction is vital to the development of language and other skills, and screen-based interaction is not an effective substitute for this.

3: Does screen use interfere with sleep?

We recommend that screens are avoided for an hour before a planned sleep time.

4: Are you able to control snacking during screen time?

It can be very easy to lose track if meals are eaten in front of screens!

We asked children and young people for their views on screen time...

Positives about screen time



Gives you knowledge
It's entertaining and enjoyable
Provides you with more opportunities
to reach a wider community

Negatives about screen time



Keeps you awake
Hurts your eyes and stresses you out
Loss of social connection

109 children and young people aged 11-24 years took part in this
engagement exercise.

I want to reduce screen time in my house: what can I do?

Have a plan and stick to it: It is helpful to sit down in calm moment, as a family, and discuss the boundaries of screen use that you will be adopting, using the above questions as a guide. It is important that: everyone understands the boundaries; family members are praised and, if appropriate, rewarded for respecting these boundaries; and boundaries are consistently applied and, if necessary, consequences are put in place.

Be aware, but not intrusive or judgmental, when it comes to teenagers' use of the internet

Think about your own media use: maybe what you are doing on your phone is important, but can it wait?

Prioritise face-to-face interaction: online interaction is great, but no substitute for the real thing!

Be snack aware: If you are going to combine snacks with screen use, do so as part of an overall diet plan.

Protect sleep: No screens for an hour before planned sleep time is a sensible rule of thumb



Key resources for parents

- NSPCC [online safety information](#) and [NetAware](#) - a no-nonsense guide to social networks, apps and games, including privacy settings and age suitability advice.
- NHS [change4life](#) - healthy recipes, nutritional advice, and top tips and activities to help families stay healthy.

This fact sheet has been produced by the Royal College of Paediatrics and Child Health (RCPCH) as a guide to support parents in navigating their children's screen use. For more information please visit <https://www.rcpch.ac.uk/screen-time>. First published January 2019.



Wollongbar Public School

Administration of

Prescribed and Non-Prescribed Drugs Procedure



Prescribed medications

When a medical practitioner has prescribed medication that must be administered during the school day, parents and carers must:

- notify the school
- provide up to date information as required
- supply the medication and any 'consumables' necessary for its administration in a timely way.

Staff who volunteer and who are trained carry out the administration of prescribed medication in schools. Except in an emergency, only individual staff members who have volunteered and been trained will administer prescribed medication to students. At Wollongbar Public School the trained staff are the School Administrative Manager and School Administrative Officers.

Parents and carers of children who require prescribed medication to be administered at school must complete **Appendix 1 Request for administering prescribed medication to the student.**

All copies of the written medical advice and any other relevant documentation will be stored in a secure and confidential manner.

Non-prescribed medications

At Wollongbar PS we recognise that in some cases a medical practitioner may not write a prescription for such medication because it may be available 'over the counter'. NSW Health advises that 'over the counter' medication may still be harmful and that schools should follow the same procedures for non-prescribed medications as for prescribed medications.

Parents and carers of children who require non-prescribed medication to be administered at school must complete **Appendix 2 Request for administering non-prescribed medication to the student.**

Jennifer Thomas
Principal



Wollongbar Public School

P.O Box 3455 Wollongbar NSW 2477
Phone (02) 6628 1302 Fax (02) 6628 1976
Email: Wollongbar-p.school@det.nsw.edu.au
Principal: Jennifer Thomas



Education
Public Schools

Request for Support at School of a Student's Health Condition

Dear Parents/Carers,

You have indicated that your child has a health condition which may require support at school or when involved in school activities, for example, a school excursion. While the main role of the school is to provide education, we want to work with you to keep your child healthy and safe at school.

Please complete the attached form *Request for Support at School of a Student's Health Condition*, on the basis of information provided by your medical practitioner and return it to our School Office. (You may wish to discuss this information required with the medical practitioner.) The form includes sections where you can request the administration of prescribed medication and/or other assistance.

When our School Office receives your request for support, we will discuss it with relevant staff and contact you when required.

Please advise our School Office at any time if there are changes in the information about your child's health needs.

Request for support at school of a student's health condition

This request form includes 3 sections:

1. Student Details (Page 2)
2. Appendix 1. Request for administering prescribed medication (Page 3)
3. Appendix 2. Request for administering non-prescribed medication to the student (Page 4)

1. Student Details

First Name: _____ Surname: _____ Date of Birth: _____

Enrolled at this school: ☐ Yes ☐ No Class if currently enrolled at this school: _____

Current school if not enrolled *e.g preschool*: _____

Health/Medical condition: _____

Could your child experience an emergency reaction in relation to this condition? (Please tick) ☐ Yes ☐ No

Doctor's Name/medical centre: _____ Doctor's Phone No.: _____

Doctor's Address: _____

Please provide the name, address and phone number of any other doctor or medical specialist who may currently be treating your child.

Allergy/Medical condition	Doctor's name	Address	telephone

If your child has a documented plan to support any health or medical needs from a previous school or organisation (eg preschool, occasional care, etc) please provide it to the school as an attachment to this form.



Appendix 1



Request for administering prescribed medication to the student

Note: if your child is to take more than one prescribed medication, please attach a separate request for each medication.

Name of prescribed medication: _____

Prescribed for (name of medical condition): _____

Prescribed dosage: _____ Expiry date of the medication: _____

What are you requesting the school to do? _____

Note: if you can't provide this information now we will need to know the expiry date when the medication is given to the school.

Special storage requirements if any, eg in refrigerator: _____

Special instructions for administering the prescribed medication/s, eg must be taken with food or with a glass of water:

Through information you have obtained from your doctor or got yourself, are you aware of any likely side effects from the prescribed medication?

Yes.. ☐

No. ☐

If Yes, Please provide more information:

Secure delivery of prescribed medication is important for the safety of your child as well as for the safety of other students in the school.

Please name the person who will carry the medication to school:

Note: if you are unable to deliver the medication to school, it is advisable that you nominate a responsible person, who is not a school staff member, to transport the medication to the school.

Parent/Carer contact details

Name: _____ Relationship to child: _____

Address: _____

Home phone: _____ Work phone: _____ Mobile phone: _____

Email: _____

Parent or carer signature: _____ Date: _____



Appendix 2



Request for administering non-prescribed medication to the student

Note: if your child is to take more than one non-prescribed medication, please attach a separate request for each medication.

Name of non- prescribed medication: _____

Non- Prescribed for (name of medical condition): _____

Non-Prescribed dosage: _____ Expiry date of the medication: _____

What are you requesting the school to do? _____

Note: if you can't provide this information now we will need to know the expiry date when the medication is given to the school.

Special storage requirements if any, eg in refrigerator: _____

Special instructions for administering the non-prescribed medication/s, eg must be taken with food or with a glass of water:

Through information you have obtained from your doctor or got yourself, are you aware of any likely side effects from the non-prescribed medication?

Yes.. ☐ No. ☐ If Yes, Please provide more information:

Secure delivery of non-prescribed medication is important for the safety of your child as well as for the safety of other students in the school.

Please name the person who will carry the medication to school:

Note: if you are unable to deliver the medication to school, it is advisable that you nominate a responsible person, who is not a school staff member, to transport the medication to the school.

Parent/Carer contact details

Name: _____ Relationship to child: _____

Address: _____

Home phone: _____ Work phone: _____ Mobile phone: _____

Email: _____

Parent or carer signature: _____ Date: _____