



Langy's Local School News

5997 5322

52 Westernport Road, Lang Lang 3984

15th June, 2023

DIARY DATES

REMEMBER!

School Office Hours
8.45am – 4pm

Please email the office outside these hours: lang.lang.ps@education.vic.gov.au

Life Education

Wednesday 31st - Friday 2nd
June
Grade 5/6

Kings Birthday Public Holiday

Monday 12th June

Winter Inter-School Sports

Friday 16th June
Selected Students

5/6 Camp—The Ranch

Wed 21st— Fri 23rd June

Toy Incursion

Grades Prep—2
Thursday 22nd June

Final Day of Term 2

Friday 23rd June
2.30pm finish

Term 3 Begins

Monday 10th July

Glasses for Kids Program begins

Prep—Grade 3
Tuesday 25th July

Curriculum Day

No School for students
Monday 31st July

Life Education Van

Monday 28th August—
Wednesday 30th August

Cranbourne Botanic Gardens Mini Beasts Excursion

Grades Prep—2
Tuesday 12th September

2023 Term Dates

Term 2 24th April - 23rd June
Term 3 10th July - 15th September
Term 4 2nd October - 20th
December

RESPECT COMMUNITY POSITIVE MINDSETS POSITIVE RELATIONSHIPS

A Message From The Principal

Toilet Refurbishment

The upgrade has started! There was much excitement on Friday afternoon as our temporary toilets arrived, marking the start of the long-anticipated toilet upgrade. At the moment the toilet block is in the process of being gutted in readiness for the new internal refurbishment. I will keep the community updated as different parts of the rebuild take place.

AToSS

Grades 4, 5 & 6 students recently completed the Attitudes to School Survey. The data from this survey will help staff in a number of ways, to:

- monitor levels of student engagement and wellbeing
- compare school level data on engagement with state-wide benchmarks
- stimulate discussion within the school community about how to improve engagement
- assist in the identification of areas for improvement and professional development needs in the school.

Students completed the survey in a responsible manner and took their role in collecting this data seriously. Their maturity was very much appreciated.

Pre Review Work

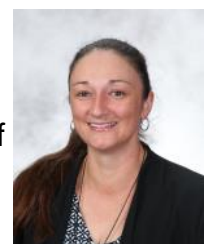
The School Improvement Team have been working on our Pre Review Self Evaluation ahead of our school review in Term 3. They have been reviewing our strategic goals and key improvement strategies to provide insights into possible areas of work to focus on in the new strategic plan. Mr Hurcum, Ms Hadrian and Ms Michie have put a lot of time into this vital work to ensure the review process can progress smoothly. I am extremely grateful for their efforts and appreciate the personal and class time they have given up to carry this work out effectively.

Uniform

Parents/carers/guardians are asked to ensure their child/ren are wearing school uniform items. In doing so, our school looks much more cohesive and students create a sense of belonging and community. Leggings and active wear are not considered a part of our uniform and I ask parents to please find an alternative item from our [uniform policy](#) for your child to wear instead of these.

NAIDOC Week Colouring Competition

Students will have the opportunity to enter a NAIDOC Week colouring competition, which will be judged in the first week back of Term 3. Students will be provided with a colouring in sheet to complete over the school holidays. Students can see their classroom teacher to get a copy of the sheet.



Melissa Phillips
Principal

Acknowledgement of Country



Here is the land.

Here is the sky.

Here are my friends,

And here am I.

We thank the Bunurong people,
For the land on which we live
and play.

We promise to take care of it
every single day.



Congratulations!

It is with great pleasure that I announce the provisional appointment of Melissa Phillips as our new Principal here at Lang Lang Primary School.

For those who may not be aware, Melissa is currently our Acting Principal so will now be looking to continue with her great start since joining our School Community at the beginning of Term2 this year. Melissa brings with her 20+ years of teaching experience, while more recently has been involved in Acting Principal roles across both the Secondary & Primary years.

We look forward to working with Melissa as she settles into her new role & would ask that you take the time to say hello & to welcome Melissa to Lang Lang Primary School & the wider Lang Lang community.

Travis Davidge
School Council President

Lost Phone

One of our student has lost their phone whilst at after school care. If anyone has sighted a phone in the school yard or classrooms please inform the office or after school care.



Toilet Refurbishment

The refurbishment of our toilets officially began last Friday, with the arrival of the portable toilets and site shed. The portable toilets are now operational and the existing toilets are not in use. Works are set to take place over the next 8-9 weeks. At the end of this time, we will have a much more inviting and cleaner toilet block for our students!

'Rainbow Day' Fundraiser

Junior School Council are organising a 'Rainbow Day'. This free dress day will be held on June 20th. Students are to come dressed in as many colours or the brightest coloured clothing they have.

This will be a **Gold Coin Donation**. Funds will be donated to State Schools' Relief which is a non-for-profit organisation that improves the lives of tens of thousands of disadvantaged Victorian students, and their families, each year. Their service ensures that all students can attend school in warmth and comfort with a greater sense of belonging and improved self-esteem, which in turn enhances their educational engagement.

It would be great to see everybody show their support by wearing their brightest colours.



Glasses For Kids Program

The Glasses for Kids Program for students in grades Prep, 1, 2 and 3 is beginning next term. If you haven't already done so, please complete and return the consent form for your child(ren) before Friday 16th June. The consent form and information about the program are attached below.

[Glasses for Kids Parent Information](#)

[Glasses for Kids Consent Form](#)

Lost Property is OVERFLOWING

Our student Lost Property Box is **Overflowing** with items! Please remind your students to check it for any school uniform or other items they may be missing.

Joke of the Week!

Congratulations to Georgi 1/2 R for his fabulous joke at assembly.

When can you borrow money from an egg?

When it's broke!



MultiLit Achievement

Congratulations to Shayla 3/4 J for completing her 100 Sight Words as part of the MultiLit Reading Tutor Program.

We are very proud of you Shayla!



2023 School Camp Dates

- **5/6 Camp—The Ranch**
Wednesday 21st— Friday 23rd June
- **5/6 Camp—Sovereign Hill**
Monday 30th October—Wednesday 1st November

Healthy Lunchbox Recipe



Choc balls



Makes 24

Can be stored in the fridge for up to 5 days

Ingredients

- 2 cups pitted dates
- 2 cups rolled oats
- 2 cups rice puff cereal
- 1/3 cup cocoa
- ¼ cup honey
- 2 tablespoons monounsaturated margarine
- 1 teaspoon ground cinnamon
- ½ cup desiccated coconut - for rolling
- Water - as needed



Method

1. Roughly chop dates and add to food processor. Pulse dates until they are finely chopped. Add a sprinkle of warm water to soften dates if needed.
2. Place remaining ingredients into the food processor, blend until well combined.
3. Pour coconut into a shallow bowl. Using clean wet hands roll teaspoons of the mixture into ball shapes.
4. Toss in desiccated coconut and serve in a mini patty case.

Parking Requirements

To assist with the safe arrival and departure of all our students, we ask that our families adhere to the designated areas for parking and movement of traffic (please refer to the traffic management map below).

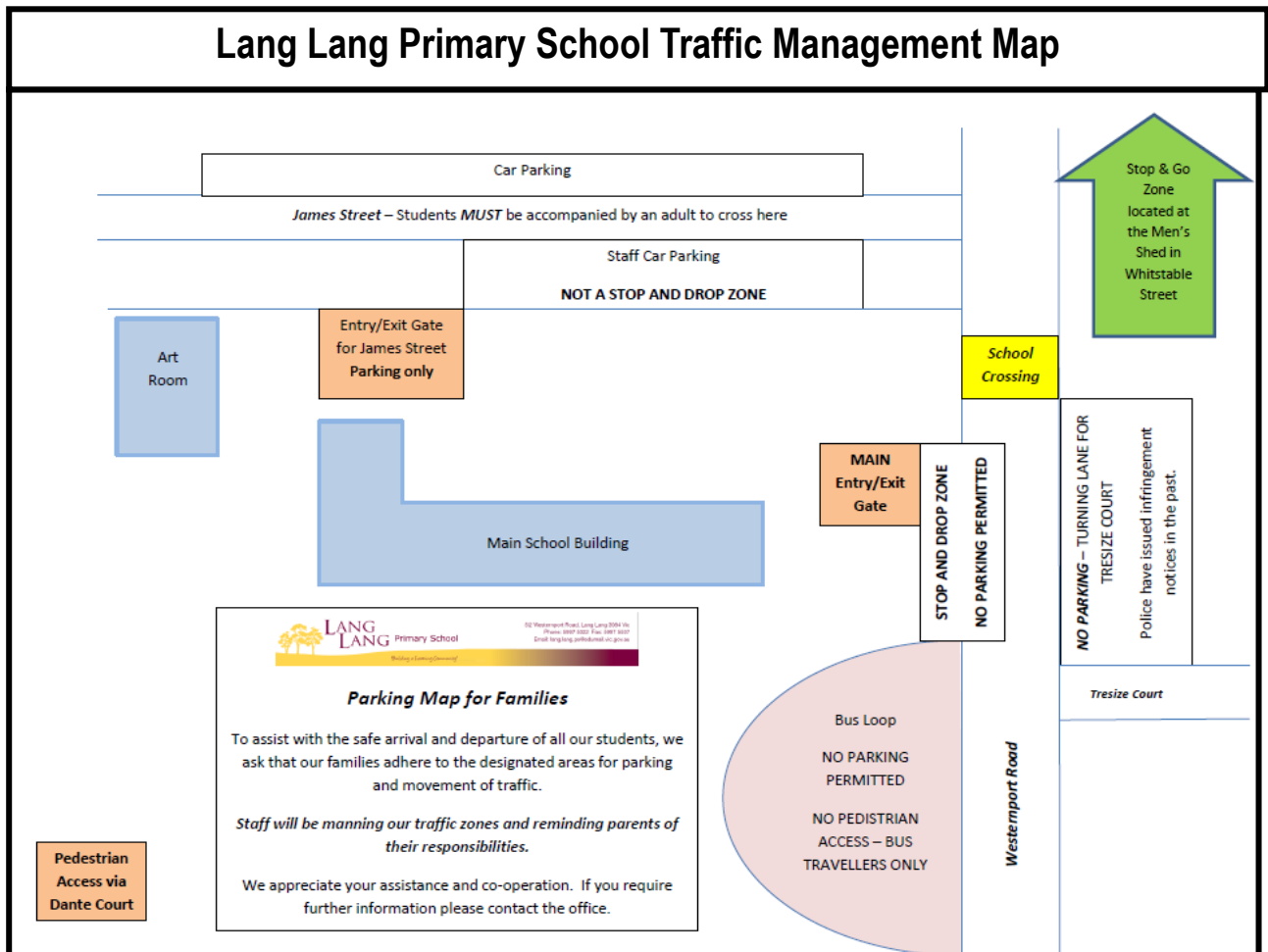
Please be aware that **no parking** is permitted at anytime in the bus loop.

School Gate Safety

For safety reasons we ask that students and their families only enter and exit the school grounds via the main gate on Westernport Road. The James Street gate may also be used, but students must be accompanied by an adult if they need to cross the road.

There is no pedestrian access in the bus loop area (except for bus travellers who are supervised by school staff). **The bus loop gates must not be used by students or families to enter or exit the school.**

We appreciate your assistance and cooperation. If you require further information, please contact the office.



Lunch Orders

Lunch orders are available through our local **Country Grind Café** for delivery each Friday during term time.

Orders must be placed on Thursday mornings. Orders received on Fridays will not be able to be filled.

Parents are to send in an order written on either a brown paper bag or an envelope on Thursdays. Please enclose the **correct money** in your order.

Lunch orders must have the following information:

- Child's name
- Child's class
- Items, including quantity



The current menu options available at the back of the newsletter.

Please note that **Soul Foods is no longer supplying lunch orders** for our school.

Mobile Phones & Smart Devices

Please be aware that **all students are required to hand in their personal mobile phones and smart devices** (iPad's, smart watches etc) at the office when they arrive at school.

We would greatly appreciate it if you too could talk to your child and remind them of the responsibility they have if they are travelling to school with a mobile phone or smart device. Our school policy, which is a mandated government policy across all schools in Victoria, is available to [review here](#).

If you have any questions or need assistance, please do not hesitate to contact your teacher or the office. **Please ensure that all devices are clearly named.**

Head Lice

We have had several reported cases of head lice. We ask that all parents and carers regularly check their children's hair and treat them immediately if any eggs or live lice are present.



Student Hair Requirements

All students who have **shoulder length or longer hair must tie** their **hair back** while at school. This requirement is to help restrict the spread of nits and headlice, and for student safety.

For more information please refer to our [Student Dress Code Policy](#).

School Uniform Reminder

Please remember that our school uniform requirements for all students are:

- Burgundy or gold coloured t-shirt
- Burgundy windcheater
- Black **tracksuit pants** or **shorts**
- Navy and white gingham school dress

When students wear correct school uniform they are showing pride in their school and following our School Wide Positive Behaviour expectations: being responsible, being respectful and being safe.

We understand that at times it may not be possible for students to wear their correct school uniform. In this instance we do request that you provide a signed note, explaining the situation, to your child's teacher.

Privacy Reminder

Our school collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the [Schools' Privacy Policy](#).

Please take time to read our school's collection notice, found [here](#) or on our website.

We ask parents to also review the [guidance we provide](#) on how we use [Google Workspace for Education](#) safely at the school and what parents can do to further protect their child's information. If after reviewing the guidance, you have any questions or concerns regarding your child using [Microsoft 365/Google Workspace for Education], please contact the school.

For more information about privacy, refer to: [Schools' Privacy Policy — information for parents](#). This information is also available in ten community languages:

COVID-19 Update for schools

COVID-19 isolation requirements have changed

The Victorian Government has announced the end of the Pandemic Declaration and associated Pandemic Orders. The following settings, based on advice from the Department of Health, will apply from 11.59pm Wednesday 12 October 2022.

It is strongly recommended that **students**:

- who test positive to COVID-19 stay home and isolate for 5 days
- should not attend school after 5 days if still symptomatic
- who are symptomatic but have not tested positive should not attend school
- advise the school of the COVID-19 positive test result

Where **students** become symptomatic at school they should:

- be collected by their parents/carers
- undergo testing for COVID-19

Reporting positive COVID-19 test results

The Department of Health recommends that a person who tests positive for COVID-19 should inform those with whom they have recently been in contact, including their workplace, schools and household.

Parents and carers will therefore be asked to continue to report positive student COVID-19 cases using the [VicED COVID Tool](#).

Where a parent/carer informs the school by phone or written notification, the school should complete the [Schools COVID Case Management Tool](#).

Face masks

Staff and students who wish to wear a face mask should be supported to do so, and schools should continue to make face masks available for staff, students and visitors.

The Department of Health recommends that masks should be worn by a person who is a close contact of someone who has tested positive for COVID-19 when leaving home.

Additionally, the Department of Health recommends that masks should be worn by a person who has COVID-19, for at least 7 days after a positive test, when they need to leave home.



RESPECT

COMMUNITY

POSITIVE MINDSETS

POSITIVE RELATIONSHIPS

School Wide Positive Behaviour Awards

The following students recently received an award for: **Being Responsible, Respectful or Safe.** Congratulations to all those students for helping to make Lang Lang Primary School great!



Prep D - **Aaron**



Prep M - **Max**



1/2 M - **Sierra**



1/2 R - **Dusty**



3/4 J - **Chloe**



3/4 M - **Lilly**



5/6 S - **Caleb**



5/6 T - **Izaach**

LANG LANG PRIMARY SCHOOL

EXPECTED BEHAVIOURS

We create and maintain a learning environment that promotes respectful relationships by being :

RESPECTFUL



SAFE



RESPONSIBLE



ALL SETTINGS

Follow directions.
Use please, thank you and excuse me.
Use a kind tone of voice.
Embrace inclusion all aspects of school life.
Ask to use other people's property.
Keep our hats and hoods off when inside.

Keep body to self.
Walk inside.
Are in the right place at the right time.
Give others space.
Eat only your own food.

Wear the correct school uniform.
Look after our own things.
Be organised with the correct equipment.
Listen actively when roll is called.
Participate.

CLASSROOM

Allow others to stay on task.
Put our hands up to speak.
Work quietly.
Work as a team.

Tuck in our chairs.
Sit only where we are meant to.
Sanitise when we enter.

Stay on task.
Pack up.
Arrive in the classroom on time.
Complete all tasks.

CORRIDOR

Use a quiet voice.
Only touch what belongs to us.

Look where we are going.
Put our belongings in our school bag.
Hang our bags up.

Return to class immediately.

PLAYGROUND / OVAL

Put rubbish in the bin.
Share equipment.
Include others.
Follow agreed game rules.
Show good sportsmanship.

Wear a hat in Terms 1&4.
Line up when we hear the music.
Remain in bounds.
Walk our bike/scooter through the yard.
Keep to the running track riding our bike.
Use equipment correctly.

Report any issues to yard duty teacher.
Get a drink or go to the toilet when the music starts to play.
Walk away when someone has upset us.

LAPTOPS / IPADS

Wear headphones when listening to sound.
Shut the lid when the teacher is talking.

Always walk when holding a device.
Keep devices on a table and away from food.
Ask the teacher for help if we see something we are unsure about.

Use technology for its correct purpose.
Keep our login details private.
Put the device back on charge after use.
Logout correctly.

TOILETS

Leave toilets clean.
Always flush after using.
Use a quiet voice.

Ask a teacher before you go.
Take a buddy with you.
Leave as soon as we are finished.

Wash our hands
Report any issues to the teacher.
Take only the amount of paper we need.
Only put toilet paper in the bowl.

OFFICE /SICKBAY

Wait our turn.
Sit quietly while we are waiting.

Walk.
Return to the teacher if the office is unattended.

Ask a teacher before going to the office.

ASSEMBLY

Enter and exit quietly.
Clap at the correct time.
Be quiet.

Leave walkways clear.
Sit in designated area for our grade.
Walk as you enter and exit.

Listen to messages.
Sit in our b.l.s.
Sit with our classes.

EXCURSIONS

Listen to all teachers, parents and volunteers.
Ask to touch things that belongs to others.

Sit in our seat on the bus.
Wear a seatbelt on the bus.
Stay with our group.

Demonstrate all expected behaviours.
Follow the rules of the venue.
Stay with our assigned group.

Reminders

Health

Just a reminder that **children must be well** in order to attend school.

Please check your child each morning to ensure that they are **not suffering from** any of the following symptoms:

- **Fever**
- **Chills**
- **Sore throat**
- **Cough**
- **Runny nose**
- **Loss of sense of smell**



Your help and understanding is greatly appreciated in this matter.

Labelling Clothing

Please remember to label your children's jumpers and jackets. As children warm up during the day they often take off these extra layers!

Name labels should only be placed on the inside collar or inside waist band of school uniform.

External labelling of school uniform is not within school policy.



Help Available

If you or anyone you know needs help, please contact:

[Lifeline](#) on 13 11 14

[Kids Helpline](#) on 1800 551 800

[Direct Line](#) Victoria drug/alcohol counselling on 1800 888 236

[Mens Line](#) Australia on 1300 789 978

[Suicide Call Back Service](#) on 1300 659 467

[Beyond Blue](#) on 1300 224 636

[Headspace](#) on 1800 650 890

[Head to Help](#) on 1800 595 212

Reminders

Lost Property

If your child is missing a jumper, drink bottle or other item, please remind them to come and check the lost property box in the main hallway outside the Grade 1/2 classrooms.

Any lost property not collected will be sent to the OP Shop at the end of each term.



Cutlery

Please provide your child with their own plastic spoon or fork if they need utensils to eat their food while at school.



Privacy Reminder

As stated on your child's enrolment form, our school collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the Schools' Privacy Policy.

Please take time to remind yourself of the school's collection statement, found at the end of this Newsletter.

For more information about privacy, see: [Schools' Privacy Policy – information for parents.](#)

Past Newsletters

School newsletters are available for viewing on Compass for a two week period. If you need to access past newsletters, they are located on our school website: <http://www.langlangps.com.au/newsletters.html>

PICK&MIX

FOR A HEALTHY LUNCHBOX
SOMETHING FROM EACH GROUP 1-6!



Developed in conjunction with the Achievement Program to support a whole-school approach to healthy eating.

1 FRUIT

FRESH FRUIT

- Apple
- Banana
- Mandarin
- Orange quarters
- Passionfruit halves (with spoon)
- Watermelon, honeydew, rockmelon chunks
- Pineapple chunks
- Grapes
- Plums
- Nectarines, peaches, Apricots
- Strawberries
- Cherries
- Kiwifruit halves (with spoon)
- Pear

MIXED FRUIT

- Fruit salad
- Fruit kebabs

DRIED FRUIT

- Dried fruit, nut, popcorn mixes*

TINNED FRUIT/SNACK PACKS/CUPS

- In natural juice (not syrup)



2 VEGETABLES

FRESH CRUNCHY VEGIES

- Corn cobs
- Carrot sticks
- Capsicum sticks
- Green beans
- Cucumber sticks
- Celery sticks
- Snow peas
- Tomatoes (e.g. cherry and Roma tomatoes)
- Mushroom pieces

Can serve with either:

- Hummus
- Tomato salsa
- Tatziki
- Beetroot dip
- Natural yoghurt

SALADS

- Coleslaw and potato salad (reduced fat dressing)
- Mexican bean, tomato, lettuce and cheese salad
- Pesto pasta salad*

BAKED ITEMS

- Grilled or roasted vegetables
- Wholemeal vegetable muffins or scones
- Vegetable slice (with grated zucchini and carrot)
- Popcorn

SOUP (In small thermos)

- Pumpkin soup
- Potato and leek soup
- Chicken and corn soup

3 MILK, YOGHURT AND CHEESE

- Milk
- Calcium-enriched soy and other plant-based milks
- Yoghurt (frozen overnight)
- Custard

Tip:

- Freeze the night before to keep cool during the day

- Cheese cubes, sticks or slices

- Cottage or ricotta cheese
- Cream cheese
- Tatziki dip

Can serve with either:

- Fruit
- Wholegrain cereal, low in sugar
- Vegetable sticks
- Rice and corn cakes
- Wholegrain wheat crackers

4 MEAT OR MEAT ALTERNATIVE

- Tinned tuna or salmon in springwater
- Lean roast or grilled meats (e.g. beef, chicken, kangaroo)
- Falafel balls
- Lean meat or chicken patties
- Tinned tuna or salmon patties
- Lentil patties
- Lean deli meats (e.g. ham, stiverside, chicken)
- Boiled eggs
- Baked beans (canned)
- Tofu cubes
- Hummus dip
- Lean meat or chicken kebab sticks
- Peanut butter*

Can serve with:

- Wholegrain sandwich roll, pita or wrap bread with salad
- Rice and corn cakes
- Wholegrain wheat crackers
- Side salad

- Vegetable fritata

- Skinless chicken drumsticks
- Savoury muffins or scones (e.g. lean ham, cheese and shallots)
- Homemade pizzas with lean roast or deli meats and vegetables

Can serve with:

- Side salad
- Steamed or roasted vegetables

5 GRAIN AND CEREAL FOOD

MAINS

- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches

Tip: Use breads such as

wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, nanc, bagels, foccacias, fruit bread and English muffins.

- Pasta dishes
- Rice, quinoa or couscous dishes
- Noodle dishes
- Sushi

SAVORY BAKED ITEMS

- Homemade pizzas
- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)
- Vegetable based muffins
- Pasta or noodle bake

SWEET BAKED ITEMS

- Fruit loaf
- Wholemeal fruit based muffins

SNACKS

- High fibre, low sugar cereal (e.g. muesli)
- English muffins
- Crackers
- Crispbreads
- Rice cakes
- Corn thins
- Wholemeal scones
- Pikelets
- Crumpets
- Hot cross buns (no icing)

6 WATER

- Take a water bottle (for refilling throughout the day)

Tip:

- Freeze overnight to keep foods cool in lunchboxes

Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.

Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.



*Check your school's policy regarding the use of nuts and products containing nuts.

WE LIVE HERE TOO

Out of School Hours Care

at Lang Lang
Primary School



**Enrol
Now for
2023!**

If you require before and after school care for your child in 2023, we can help.

We offer:

- A fun and safe environment
- A leisure-based program that promotes social play and enjoyment
- Healthy breakfasts and afternoon snacks
- Age appropriate activities

Enrol today by visiting
windermere.org.au/oshc or
contact Luke on 1300 946 337.

Snap to
find out
more





Country Grind Café Lunch Order List.

- Hot Dogs \$5.00
 - Mini pizza \$6.00
 - Potato Cakes \$1.50
 - Pies
 - Plain \$6.50
 - Mushroom, Cheese bacon \$7.00
 - Sausage rolls \$6.00
 - Steamed dim sims \$1.50 each
 - Sauce soy and tomato 25c
 - Toasted Ham and Cheese Croissants \$6.00
 - Toasties Ham and cheese, Chicken, and cheese \$6.00
 - Fresh Sandwiches/rolls etc. Ham cheese and chicken cheese \$6.00 Add Tomato 50c
 - Vegemite, Peanut butter, Nutella etc. \$3.00
 - Sweet Chili chicken tender wraps, Honey Mustard tender wraps. \$9.50
-
- Yoghurt \$3.50
 - Fresh muffins \$5.50
 - Banana bread \$5.00
 - Choc chip cookies \$1.50
-
- Water \$2.50
 - Pop top Apple, orange \$2.50
 - Nippy's flavored milk chocolate, strawberry, honeycomb \$3.50
 - Nippy juice apple, orange, apple blackcurrant \$3.80



Limited spots available

Winter School Holiday Program at St John the Baptist Primary School

Program Hours:
7.30am to 6.30pm

Join our exciting two week holiday program at the school premises: 172 Station Street, Koo Wee Rup (access via Salmon Street). The program is action packed with fun activities for you and your friends.

Monday 26 June

Nature Day: Create masterpieces with nature's materials. Have a few laughs making grass heads, get creative with stick weaving and more.



Tuesday 27 June

Who's the next Junior MasterChef? Cook up a storm making and decorating your own cookies, fruit skewers, honey joys and other delicious treats.



Wednesday 28 June

It's Pyjama Day! There's no need to get dressed to have fun. Stay snug and warm while playing a variety of fun games.



Thursday 29 June*

Learn a few circus tricks from Hoop Sparx. Try out fun and exciting skills like hula hoops, spinning plates, poi, juggling, acrobatics and giant Jenga.

*IncurSION day



Friday 30 June

Want to go fly a kite? First, learn to make your own kite from scratch. Get creative designing and decorating it while learning all about wind power and gravity.



Call our friendly team on 1300 946 337

www.windermere.org.au



FOR OUR ELDERS

2-9 JULY 2023

Koolin-ik ba kirrip-buluk

NAIDOC Week

at Royal Botanic Gardens Cranbourne

Aboriginal and Torres Strait Islander community members and families are invited to celebrate NAIDOC Week 2023 by joining in the range of cultural activities at Royal Botanic Gardens Cranbourne.



2 July - 9 July, 2023

For bookings & more information scan the QR code or visit rbg.vic.gov.au/cranbourne-gardens/naidoc-week-at-cranbourne-gardens/

**Welcome to country with
BUNURONG LAND COUNCIL**

July 4th, Tuesday
10:30am

**Dreamtime Storytelling with
puppets with Uncle Ron**

July 4th, Tuesday
11:00am and 1:00pm

**Wayapa - connecting to nature
meditation with Karan Kent**

July 5th, Wednesday
11:00am

Marngrook making with Jaffa

July 5th, Wednesday
1:00pm

**Learn to dance mob style with
Indigenous Outreach Projects**

July 6th, Thursday
1:30pm

**Traditional games with
Clothing The Gaps Foundation**

July 6th, Thursday
11:00am



Royal
Botanic
Gardens
Cranbourne



Anglicare
Victoria

Royal Botanic Gardens Cranbourne acknowledges the Traditional Owners of the land on which we work and learn, and pay our respects to their Elders past and present.

Join Us for Sing&Grow!



Sing&Grow
AUSTRALIA

part of the
playmatters
family

What happens at Sing&Grow?

Sing&Grow provides Music Therapy services in the community for families with children aged from birth to 5 years. Groups usually meet for an hour, once a week, for 8 weeks.

During sessions, a Music Therapist will lead you in singing, dancing and playing instruments with your child. We use familiar and original songs to help you and your child have fun playing together and learn new ways to support child development.

Group Information

When: Wednesdays 11.15- 12.15 pm

Where: Lang Lang Community Centre

Dates: 8 weeks 12/7/2023- 30/8/2023

To register contact:

Kris and Raelene at Lang Lang Community
Centre: 5997 5704

*Sing&Grow is a partner of Anglicare Communities for
Children in the Shire of Cardinia.*

*Funded by the Australian Government Department of Social
Services. See www.dss.gov.au for more information.*



ASTHMA BASIC FACTS

Staying safe and well with asthma



WHAT ARE AIRWAYS?

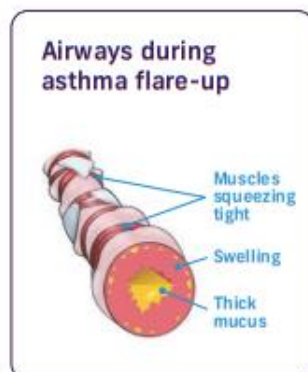
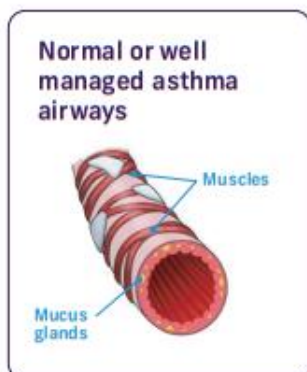
Airways are found in your lungs. Airways make up a network of tubes used to carry air in and out of the body when you are breathing.

WHAT IS ASTHMA?

Asthma is a long-term lung condition which can be controlled but cannot currently be cured. People with asthma have sensitive airways. These airways are more likely to react to triggers. The lining of the airways is thicker and inflamed. When a person with asthma has an asthma flare-up, the muscles around the airway squeeze tight, the airways swell and become narrow, and there is more mucus. This makes it hard to breathe.

An asthma flare-up can come on slowly (over hours, days or even weeks) or very quickly (over minutes). A sudden or severe asthma flare-up is sometimes called an asthma attack. Any person with asthma can have an asthma flare-up.

The good news is, for most people, asthma can be well-controlled by following a daily management plan. People with well-controlled asthma have irregular asthma symptoms and very few flare-ups. This means that people with asthma can live healthy, active lives.



ASTHMA FACTS

- 1 in 9 people in Australia have asthma. That is around 2.7 million people (11% of the population)
- 389 people died from asthma in 2018
- 38,792 Australians were hospitalised in 2017-18
- Approximately 80% of asthma hospitalisations are preventable

To view the latest asthma statistics online, visit asthma.org.au/about-asthma/understanding-asthma/statistics

HOW DO YOU RECOGNISE ASTHMA?

People with asthma can have a range of symptoms:

- Breathlessness
- Wheezing
- Tight chest
- Persistent cough
- Symptoms often occur at night, early in the morning or during/after activity

A person's asthma symptoms can vary over time - sometimes they will have no symptoms, especially when asthma is well-controlled. Symptoms often vary from person to person.

WHO GETS ASTHMA AND WHY?

Asthma affects people of all ages. Some people get asthma when they are young; others when they are older. The causes are not entirely understood, although people with asthma often have a family history of asthma, eczema and hay fever. There is some evidence that exposure to environmental factors such as workplace chemicals or tobacco smoke can lead to asthma.

Researchers continue to try to find out more about what causes asthma and how we might prevent it.

ASTHMA FIRST AID

Blue/Grey Reliever

Airomir, Asmol, Ventolin or Zempreon and Bricanyl

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma



DIAL TRIPLE ZERO (000) FOR AN AMBULANCE IMMEDIATELY IF THE PERSON:

- is not breathing
- suddenly becomes worse or is not improving
- is having an asthma attack and a reliever is not available
- is unsure if it is asthma
- has a known allergy to food, insects or medication and has **SUDDEN BREATHING DIFFICULTY**, GIVE ADRENALINE AUTOINJECTOR FIRST (if available), even if there are no skin changes, then use a reliever

1



SIT THE PERSON UPRIGHT

- Be **calm** and reassuring
- **Do not leave** them alone

2



GIVE 4 SEPARATE PUFFS OF RELIEVER PUFFER

- **Shake** puffer
- Put **1 puff** into spacer
- Take **4 breaths** from spacer
 - Repeat until **4 puffs** have been taken



If using **Bricanyl**, give 2 separate inhalations (5 years or older)

If you don't have a spacer handy in an emergency, take **1 puff** as you take **1 slow, deep breath** and hold breath for as long as comfortable. **Repeat** until all puffs are given

3



WAIT 4 MINUTES

- If breathing does not return to normal, give **4 more separate puffs** of reliever as above



Bricanyl: Give 1 more inhalation

IF BREATHING DOES NOT RETURN TO NORMAL

4



DIAL TRIPLE ZERO (000)

- Say '**ambulance**' and that someone is having an asthma attack
- Keep giving **4 separate puffs every 4 minutes** until emergency assistance arrives



Bricanyl: Give 1 more inhalation **every 4 minutes** until emergency assistance arrives



ASTHMA AUSTRALIA

1800 ASTHMA
(1800 278 462)
asthma.org.au

Supported by:



Translating and Interpreting Service
131 450

Variety Activate Inclusion Sports Day

**School Holiday Clinic
Monday 26 June 2023**

We have an opportunity for your students to attend our free school holiday clinic! A flyer is attached to this email for you to share with the families in your school or those associated with your organisation.

This is an inclusive event that offers children with disability the opportunity to participate in a range of sports and activities in a fun and welcoming environment.

Date: Monday 26 June 2023

Time: 10am to 1pm (registration opens from 9:15am)

Location: Mullum Mullum Stadium
31 Springvale Road, Donvale 3111

Cost: FREE, open to children with disability

Parking: There are multiple options for car parking at the facility

This event is free to attend and open to all children aged 7-18 years with disability.

There will be a range of sports and activities available, including badminton, fishing, NRL, cricket, and netball.

Participants will receive coaching and guidance from experienced inclusive sports coaches.

If you have any questions about the event or would like more information, please contact Max Riley at Disability Sports Australia directly via email max@sports.org.au or phone 0478 159 118

We look forward to seeing the kids there!



About ACD

ACD provides free information, advocacy and support to families of children with developmental delay, additional needs or disability, from across Victoria.

Support Line

This free service can help you to understand your child's rights and support you to advocate for your child and family.

Call 03 9880 7000 or 1800 654 013 (regional)



Information and resources

- Find out more about what support children can get at kindergarten and school and get help to navigate the NDIS.

Workshops

- Free online workshops that provide clear and accurate information to support you and your child.

Speaking up for children and families

- A strong voice for children with disability and their families.



Subscribe to our free monthly newsletter by visiting www.acd.org.au



Association for
Children with a
Disability



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Connect

See what you discover

Connect is all about bringing like-minded people together, belonging to a community, and exploring ways to improve your health and wellbeing.

Discover a range of free expert led online programs where you can connect, learn, grow, and be inspired.

Explore how we can support you.

I'm living with a chronic health condition (people under 65 or 50 for Aboriginal and Torres Strait Islander peoples)

Connect to a range of online health and wellbeing programs delivered by industry experts. Tap into workshops, events, or weekly sessions with resources and on-demand recordings so you never miss out.

I'm a parent or carer of a child with disability

Connect with networks of parents and carers supporting each other through shared lived experience, and free online events and workshops.

Sign up today and join the connect community!

moira.org.au/connect
03 8552 2222

 [MOIRA.org.au](https://www.facebook.com/MOIRA.org.au)

 [moira_org.au](https://www.instagram.com/moira_org.au)

