Dear Parents and Carers,

2015 PARENT INFORMATION SESSIONS

It is important that all parents/carers attend their child/ren's Parent Information session, hosted by their teacher/s. The sessions provide valuable information to assist our teachers to work together with you to ensure your child has a successful year at school, as they deserve.

During the session, the teacher/s will discuss:

- Communication - best methods and times to contact them and the likely timeline for response
- Homework expectations
- Curriculum overview – a broad description of units covered and expected outcomes
- How you can help - practical things you can do
- Classroom routines - a brief outline of a typical day or lesson, days to remember
- Relevant school policies e.g. school absences, behaviour management
- Coming events e.g. camps

You will also be able to ask any general questions you may have. If you have issues relating to your individual child you would like to discuss, please arrange an individual meeting time with the teacher to ensure they have sufficient time to discuss your child.

Information Session Times are as follows:

- Mon 9 Feb (3.15-4.15pm): Year 4C & 4F
- Tue 10 Feb (3.15-4.15pm): Year 3B & 3W
- Wed 11 Feb (3.15-4.15pm): Year 1R, 1B & 1S
- Thu 12 Feb (3.15-4.15pm): Year 5/6M
- Mon 16 Feb (3.15-4.15pm): Year 2W & 2R
- Tue 17 Feb (3.15-4.15pm): Year 6B
- Thu 19 Feb (3.15-4.15pm): Year 5L

(NB: No sessions for Prep parents as they’ve already met with the teachers individually).

We look forward to seeing you there!
STUDENT OF THE WEEK AWARDS
Congratulations to the following students who were awarded the Student of the Week Award for their classes today on Parade:

PREP: Kirra, Zayden, Momo, Joseph, Mei, Luey
YEAR 1: Amali, Brent, Ella, Mitch, Ember, Hamish
YEAR 2: Leo, Josie, Lockie, Mia
YEAR 3: Gemma, Brock, Jack, Indika
YEAR 4: Jack, Ila, Jessica, Phoebe
YEAR 5: Thomas, Tehya, Grace, Lila
YEAR 6: Hannah, Alanna
Kind Regards,
Kelly

TUCKSHOP NEWS with Lisa Mitchell
Hi everyone!
I feel very privileged and excited to be your new Tuckshop Convenor for 2015. Our menu is designed to be healthy, eco-friendly, additive free, home-made, and yummy! All proceeds go back to supporting our kids... why not take a day off - every order counts!
Please bear with me as I learn the ropes and develop a menu that is good for heart, mind and earth. A printed menu will be sent home once we have found a schedule that works well. In the meanwhile, just log onto flexischools.com.au to check out what's available and place your order.
We are open Thursday and Friday this week. Please be kind and use Flexischools, as it makes a real difference to the efficient running of the Tuckshop, saving our school $$.

This week's special is 'Not-so-Naughty NACHOS!!' Made from fresh ingredients, real herbs, invisible veg and with no additives, preservatives or artificial flavours added. *Naturally Gluten Free, with the choice of Dairy Free (no cheese)*
'Friend' me on Facebook to see some pictures of what's on the menu, and to keep up to date with all things Tuckshop. You'll find me under 'North Arm Tuckshop'.

With our new bell times it is absolutely vital that I have help at school drop off time with simple tasks such as labelling bags and wrapping food. Please pop in if you have any time spare, as sadly we cannot offer real food choices without your support. Of course if you'd like to stay longer, or have an interest in baking etc. just let me know. It is heaps of fun and your kids will learn valuable life lessons by seeing you help out.
Thanks for your support!

POSITION VACANT—PLAYGROUP CO-ORDINATOR
We are looking for someone to fill the volunteer position of Playgroup Co-ordinator. Kerri Contini has run this group for us over the past couple of years and we thank her for her efforts. The group meets every Monday morning in the undercover area of our school from 9:00-10:30am. This is a great opportunity to meet other mums and children (0-5yrs). Apart from welcoming the members and putting out the equipment each week, you will need to be the Liaison Person with Playgroup Queensland. If you would like more information, please contact Kerri Contini on 0417 631 182 or contact the office on 5472 9888.

STEPHANIE ALEXANDER KITCHEN GARDEN NEWS - In the Kitchen
Welcome back. My name is Lis Anderson-McColl and I am the kitchen teacher. Kitchen classes start next week Tuesday 10 February with the following class sessions: 9:40- 4C; 11:50-3B; 1:40-6B.
See your child's classroom teacher if you are able to help in class. Lessons go for 80 minutes.
To celebrate both Australia Day and the Bunya Bunya season our menu is Bunya nut and Mango Salad with Bush tucker dressing, Herb damper and Lemon Myrtle cordial. The Bunya nut is not a true nut and has no history of allergies. It tastes just like a nutty potato cooked in its jacket. I have a good source of bunya nuts but will need some more mangoes for the following week 17 February.
There will be a working bee Sunday 22nd Feb 3-5pm in the SAKG garden.
Regards,
Lis Anderson-McColl (SAKG Kitchen Teacher)

TILES NEED FOR YEAR 2R
Year 2R are planning an Mosaic art project using left over tiles. If you have any at home that you could donate to the school, please leave them in a box outside the 2R classroom. Please do not bring too many of the same colour. Thank you.

COOLUM SURF SCHOOL
Term 1 Vegemite Surf Grom program. We have after school programs on either Monday or Friday 3:30 to 5pm; or Saturday or Sunday from 9:30 to 11am. This program is for 5 to 12yrs kids and is a six week program starting Monday 9th Feb. We supply all equipment so your child will just need swimmers and towel. We now accept the "Get Started" government grant $150 vouchers. More info http://www.nprsr.qld.gov.au/funding/getinthegame/voucher-application.html You can book directly online and insert your voucher number to discount the price. http://www.surfgroms.com/surf_schools/coolum-surfing-school or call us on 0438 731 503.
Dear Parents

This year at school, we have 5 students enrolled who suffer from anaphylaxis. All of these students’ anaphylactic reactions are triggered by peanuts and/or tree nuts, in particular. Since our students eat in common eating areas, I am seeking the cooperation and support of all of our families, in helping to keep our anaphylactic students safe.

**What is anaphylaxis?**

Anaphylaxis is a severe and sudden allergic reaction. It occurs when a person is exposed to an allergen to which they are sensitive. The most common allergens or trigger substances that may cause anaphylaxis in school-aged children are peanuts, tree nuts, fish, shellfish, egg, cows’ milk, sesame, soy, insect stings, latex and certain medications. **ANAPHYLAXIS IS POTENTIALLY LIFE THREATENING AND ALWAYS REQUIRES AN EMERGENCY RESPONSE.**

**Signs and symptoms of anaphylaxis**

The signs and symptoms of anaphylaxis, usually but not always, occur within the first 20 minutes after exposure but in some cases can be delayed up to two hours or more. Rapid onset and development of potentially life-threatening clinical effects are characteristic markers of anaphylaxis.

**Signs and symptoms of anaphylaxis (a severe allergic reaction) may include one or more of the following:**

- difficulty talking and/or hoarse voice
- difficult/noisy breathing
- swelling of the tongue
- swelling or tightness in the throat, difficulty in swallowing
- confusion
- pale and floppy (young children)
- shortness of breath, repetitive coughing and/or wheezing
- chest tightness
- faint, rapid pulse, low blood pressure (may also have cool sweaty skin)
- loss of consciousness and/or collapse

**Signs and symptoms of a mild to moderate allergic reaction may include one or more of the following:**

- tingling of the mouth
- hives, welts or body redness
- flushing and/or swelling of the face, lips, eyes
- vomiting, abdominal pain (except in insect sting allergy where vomiting and/or abdominal pain indicate an anaphylactic reaction.)

**Reducing the Risk**

In the past, our school has referred to itself as a ‘Nut/peanut Free School’. However, we have come to understand that this is impossible to guarantee and may lead to a false sense of security about exposure to allergens for our anaphylactic students and their families. The best we can try to do is to minimise students’ exposure to potential allergens within the school environment.

As a school community, there are several things we can do to reduce the risks at school:

- adopt a no food and drink sharing policy at school
- promote hand washing before and after eating
- inform other class members’ parents of trigger substances and request that these foods are avoided
- provide safe food to enable the child with allergies to participate in activities such as birthday celebrations
- provide drink containers and lunch boxes, which are clearly labelled with the name of the child for whom they are intended
- educate all children about the condition
- educate children not to share food with other students

Therefore, I am requesting that parents follow the above strategies for reducing the risks to our anaphylactic students. In particular, please avoid sending peanuts or tree nuts or nut products to school.

I would like to thank you for your cooperation and support in helping to reduce the risks for our anaphylactic students and therefore helping us to keep them safe. Please don’t hesitate to contact your child’s class teacher or myself, if you have any further questions.

Regards, Kelly

---

**Nambour Blue Demons Hockey Club**

**SIGN ON**

**Sunday 8th February 2pm til 4pm at Petrie Park Club House, Petrie Park, Nambour.** Come and play a great sport and join a fantastic family club. [www.nambourhockey.com](http://www.nambourhockey.com)

**COOLUM BEACH SCHOOL OF DANCE – Enrol now 2015**

Classes in Ballet, Jazz, Contemporary, Tap, Hip Hop, Cheerleading & Acrobatics classes. **We have timetable packed with a variety classes to help you fuel your passion for dance.** For details on class times call Leanne on 0408 072334 or email dance_qld@bigpond.com or go to our website [www.cbsd.com.au](http://www.cbsd.com.au)