

CALENDAR

OCTOBER

MANGO ORDERS DUE! Tue 24

Edendale Farm Excursion P- 2 Wed 25

Grade 6 Leadership Day Thu 26

NOVEMBER

Bushwahzee visit P-6 Thu 2

Melbourne Cup Holiday Tue 7

Grade 1 Dinner Thu 9

Grade 2 Sleepover Thu 9

Prep Breakfast Fri 10

Prep Transition Session 1 Fri 10

Interschool Sports Away
St Andrews 5-6 Fri 10

Swimming Prep—2 Tue 14

Swimming Prep—2 Wed 15

Prep Transition Session 2
9.15-10.30am Fri 17

Interschool Sports Away
Panton Hill 5-6 Fri 17

Swimming Prep—2 Tue 21

Swimming Prep—2 Wed 22

Prep Transition Session 3
9.15-11.00am Fri 24

Grade 6 Graduation Dinner Tue 28

Swimming Prep—2 Tue 28

Swimming Prep—2 Wed 29

Chess Tournament Thu 30

DECEMBER

Meet the Teacher (Prep 2024) Wed 13

Meet the Teacher (current P-5) Thur 14

Grade 6 Big Day Out -Fun Fields Wed 6

EOY Colour Fun Run/Picnic Fri 15

Last day for students
Final assembly-G6 farewell 12.30pm
Dismissal 1.30pm Mon 18

19 October Newsletter 32

From the Principal



BIKE ED

Our first bike ed session took place last Friday on the basketball court area. This is an ideal controlled and safe environment for the children to build their confidence and improve their riding skills. Thanks again to Bob Muxlow who assisted with safety checks in preparation for the program.

The 3/4 and 5/6 children will receive a notice about their term four bike ed program program via Xuno.

As mentioned earlier, you can bring the bikes in for each Friday session if children need to use their bikes at other times.

CUP DAY WEEKEND

Our school will remain open the day before Cup Day again this year. Many families still choose to take a long weekend at this time so we would like to get some idea of those children who will or won't be attending school on Monday 6th November. A message was sent via XUNO so please respond Yes or No to let us know if your child/children will attend.

Due to the small student numbers, after school care is not available on this day.

HOT WEATHER DAYS – 35 DEGREES AND OVER

On days forecast to be 35 degrees and over we run a different timetable. The lunch break is shortened to half an hour and the children start their afternoon classes earlier. The school day finishes at 3:00pm and parents are able to

collect their children from 3:00pm. Children will still be supervised in class until the normal dismissal time of 3:20pm. This will keep the children out of the sun for an extended period of time in extreme conditions. We will use the official Bureau of Meteorology weather forecast. Please contact the school if you are unsure of our arrangements on these days.

SOCCER DAY

Our Sugarloaf sports district runs a Soccer Day in October each year and our school fields teams of interested boys and girls from grade 5/6. This takes place on our school oval tomorrow and is attended by several local schools.

This year I would like to thank the group of HPE students from Diamond Valley Secondary College who have volunteered to ref our games.

THUNDERSTORM ASTHMA SEASON

We are currently in the thunderstorm asthma season - 1 October to 31 December. The following is from the Vic Emergency website and may be of interest if your child is susceptible to this form of asthma.

<https://emergency.vic.gov.au/prepare/#thunderstorm-asthma/preparing-for-thunderstorm-asthma>

Laurie Murray
Principal

In this issue;

- **Mango order forms are due next Tuesday 24th October**
- **Conjunctivitis and head-lice information– (we have had cases of both in the school recently)**

TERM 4 IS A 'HAT' TERM

Kangaroo Ground Primary School has a Sunsmart policy which requires the wearing of a hat for all outdoor play and activities for all participating persons during Term 1 and Term 4 . During Term 1 and Term 4, students are encouraged to use sunscreen.

The Sunsmart policy is designed to teach students about their skin and ways to protect it from the sun to prevent skin cancer. It encourages them to protect themselves now and develop good habits for the future. The school and home should work together to promote active Sunsmart practices.

The only acceptable hats to comply with our Sunsmart policy are legionnaire hats with backs large enough to cover the ears, or broad brimmed hats.

Baseball caps are not suitable.

CONTACT US

Address: 10 Graham Rd, Kangaroo Ground, 3097 Phone: 9712 0292

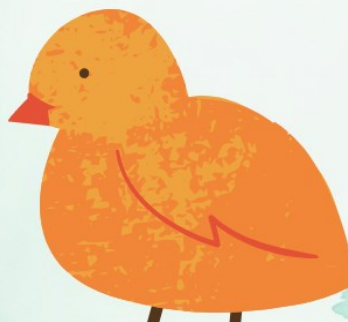
kangaroo.ground.ps@education.vic.gov.au www.kangaroogroundps.vic.edu.au

Out of School Hours Care (OSHC): 9712 0124 / 0419 893 272 kgpsoshc@bigpond.com

VALUES OF THE WEEK



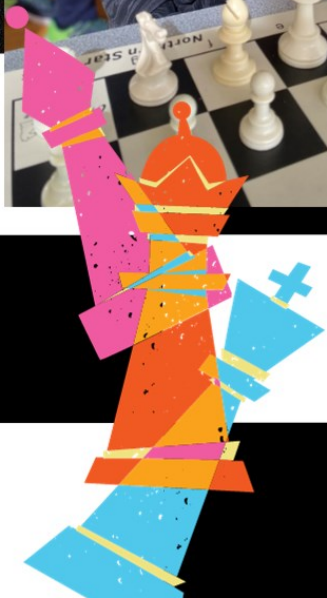
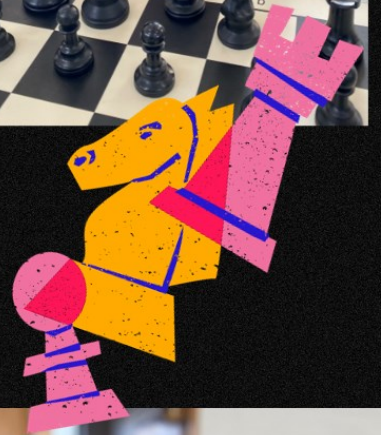
Back: Cisco Brodie Riley Eamon Elijah Maddy
Front: Annie Fletcher Jedi Mila Arlo



Year 5/6 Virtual Reality Incursion



Congratulations to Tali, Max, Jonah, Willem, Mason and Elijah who all competed at the State Chess Open Primary Semi-final





P-2 BIKE EDUCATION



What did you learn at Bike Education today?
 I'm a good bike rider but I learnt today that I need to practise doing one push with my foot and then going far away. I learnt that you have a front break and a back break.

How did Greg the instructor help you learn about bikes and safety?
 Greg said that it's good to wear a helmet. Learning to ride a bike is good. Greg told me that when I stand up it's good to stand up, as it will help me do tricks.

What are some important safety tips you learned in your bike class?
 To wear a helmet. A helmet protects you from getting hurt. You need to check that your helmet is tight enough and fits you, so it doesn't shake. When you put your helmet on, it shouldn't slide off your chin.

What fun games did you play during bike education?
 We rode our bikes across the basketball court and we had to ride our bikes through the cones. We had to stop in the middle. It was fun.

What advice would you give to other kids about riding a bike?
 Riding a bike is fun and start with training wheels and start with a balance bike.

By Sid and Maeve PREP

What was the most fun thing you did while learning about bikes?
 The stop go game and the games

Can you tell me a story from your bike education class?
 We biked around the running track on the basketball court and we had to stay in the line and we had to stop when Greg said stop. We also had to help others.

What new things did you learn?
 We learnt how to start, it was called POWER PUSH!

How did Greg the instructor help you learn about bikes and safety?
 Showing and telling us how to put your helmets on tight enough.

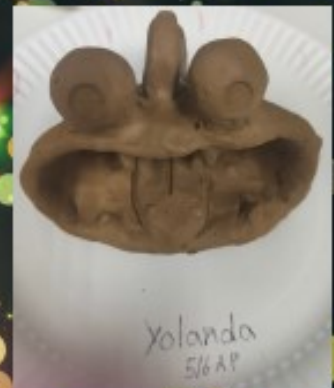
What are some important safety tips you learned in your bike class?
 Make sure you have a helmet and make sure your helmet is tight, but not too tight

What fun games did you play?
 We had to stay in a line and if you were too close to the other bike you had to go out.

What advice would you give to other kids about riding a bike?
 Bike Ed was really good, fun and helpful.

By Eden and Elijah Year 2





ART AT KGPS



CUSTOMER ORDER FORM

Name:

Class:

Phone:

Coordinator/Office use

Coordinators Name	Price	Expected Delivery week beginning	Return form with payment by
Rachelle	\$27/tray		October 24

NAME	QUANTITY	PRICE	TOTAL
1.		\$	\$
2.		\$	\$
3.		\$	\$
4.		\$	\$
5.		\$	\$
6.		\$	\$
7.		\$	\$
8.		\$	\$
9.		\$	\$
10.		\$	\$
11.		\$	\$
12.		\$	\$
		TOTAL	\$

Payment Options	
Direct Deposit	Kangaroo Ground Primary School Council Official Bank A/C BSB: 063 222 Account#: 00901991 <i>Please quote your surname.</i>
Eftpos	Available at the school office
BPay	

*Please note that while every effort will be made to deliver your order to your School/Club/Organisation on the preferred delivery date, the occasional delivery may be delayed due to logistical difficulties beyond our control. Your coordinator will notify you of any changes. Thank you for your understanding.

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Conjunctivitis

Conjunctivitis is a common eye infection, especially among children under five. It is an inflammation (swelling and redness) of the conjunctiva, which is the clear membrane that covers the white part of the eye and the inside of the eyelids. Sometimes conjunctivitis is called 'pink eye' because the eye looks pink or red.

Treatment is dependent on the type of conjunctivitis affecting your child. Conjunctivitis can be an infectious or allergic condition. Infectious conjunctivitis is highly contagious.

Signs and symptoms of conjunctivitis

If your child has conjunctivitis, they may have:

- a red or pink eye (or both eyes)
- redness behind the eyelid
- swelling of the eyelids, making them appear puffy.
- excessive tears
- a yellow-green discharge from the eye which dries when your child sleeps, causing crusting around the eyelids.
- a dislike of bright lights (photophobia)
- a gritty feeling (like there is sand in the eye)
- itchiness of the eyes and eye rubbing.

Symptoms usually develop within 24 to 72 hours of becoming infected and can last from two days to three weeks.

What causes conjunctivitis?

Infectious conjunctivitis

Conjunctivitis can be caused by an infection (either a virus or bacteria), which is highly contagious. Your child could develop infectious conjunctivitis if they come into contact with:

- the discharge from the eyes, nose or throat of an infected person through touch, coughing or sneezing.
- contaminated fingers or objects
- contaminated water or contaminated towels when swimming.

A person with infectious conjunctivitis will remain infectious as long as there is a discharge from their eye.

If your child has infectious conjunctivitis, do not allow them to share eye drops, tissues, make-up, towels or pillowcases with other people.

Children with infectious conjunctivitis should be kept home from childcare, kindergarten or school until the discharge from the eyes has cleared. Be sure to regularly wash hands thoroughly to prevent the infection spreading to others.

Allergic conjunctivitis

Conjunctivitis can also be caused by an allergic reaction. Allergic conjunctivitis is not contagious. It is more likely in children with a history of other allergies. Your child will often show other signs of hay fever if their conjunctivitis is the result of an allergy. Signs can include an itchy or runny nose and sneezing, and the eyes are itchy and watery. Children with allergic conjunctivitis almost always rub their eyes a lot.

Care at home

If the symptoms are mild, gentle cleaning of the eyes with cotton balls soaked in warm water may help your child feel better.

- Clean in one direction only, outwards from the inside (nose side) of the eye. This prevents the other eye becoming infected if only one eye is affected.
- Discard the cotton ball each time to prevent recontamination.

Do not try to clean inside the eyelids as this may cause damage to the conjunctiva. Lubricating eye drops such as 'artificial tears' may give some relief.

Sore inflamed and itchy eyes due to allergic conjunctivitis may be helped by antihistamines. Speak to your doctor or pharmacist about antihistamine use for your child.

You may have heard breastmilk can be used on a baby's eyes if they are gunky or sticky. Breastmilk does not treat conjunctivitis and there is no benefit to using it on your baby's eyes, but it is not harmful. Formula should never be used.

When to see a doctor

See a GP if your child's conjunctivitis isn't getting better after two days, or if your child has any of the following:

- severe pain
- problems with their vision/eyesight
- increased swelling, redness, and tenderness in the eyelids and around the eyes
- is generally unwell and has a fever.
- a persistent white spot in the cornea (the clear 'window' at the front of the eye).

The GP will determine what type of conjunctivitis your child has and may recommend treatment with antibiotic drops for bacterial conjunctivitis. Treatment should be applied to both eyes, even if only one eye appears to be infected. Continue using the drops for two days after the discharge stops.

Treating and controlling headlice

health

While children are at school many families will have contact with head lice. The information contained here will help you treat and control head lice.

Catching head lice

Head lice have been around for many thousands of years. Anyone can get head lice.

Head lice are small, wingless, blood sucking insects. Their colour varies from whitish-brown to reddish-brown. Head lice only survive on humans. If isolated from the head they die very quickly (usually within 24 hours).

People get head lice from direct hair to hair contact with another person who has head lice. This can happen when people play, cuddle or work closely together.

Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl.

Finding head lice

Many lice do not cause an itch, so you have to **look carefully to find them**.

Head lice are found on the hair itself and move to the scalp to feed. They have six legs which end in a claw and they rarely fall from the head. Louse eggs (also called nits) are laid within 1.5 cm of the scalp and are firmly attached to the hair. They resemble dandruff, but can't be brushed off.

Lice can crawl and hide. The easiest and most effective way to find them is to follow these steps:

- Step 1** Comb any type of hair conditioner on to dry, brushed (detangled) hair. This stuns the lice and makes it difficult for them to grip the hair or crawl around.
- Step 2** Now comb sections of the hair with a fine tooth, head lice comb.
- Step 3** Wipe the conditioner from the comb onto a paper towel or tissue.
- Step 4** Look on the tissue and on the comb for lice and eggs.
- Step 5** Repeat the combing for every part of the head at least four or five times.

If lice or eggs are found, the hair should be treated.

If the person has been treated recently and you only find empty hatched eggs, you may not have to treat, as the empty eggs could be from a previous episode.

Treating head lice

Treating head lice involves removing lice and eggs from the hair. There are two ways you can do this:

1. Buying and using a head lice lotion or shampoo, following the instructions on the product
2. Using the conditioner and comb method (described under 'finding head lice') every second day until there have been no live lice found for ten days.

If you choose to use a head lice product always read and follow the instructions provided with the product carefully. The following points may also be helpful:

- Head lice products must be applied to all parts of the hair and scalp.
- No treatment kills all of the eggs so treatment must involve two applications, seven days apart. The first treatment kills all lice; the second treatment kills the lice that may have hatched from eggs not killed by the first treatment.
- Cover the person's eyes while the treatment is being applied. A towel is a good way to do this.
- If you are using a lotion, apply the product to dry hair.
- If you are using a shampoo, wet the hair, but use the least amount of water possible.
- Apply the treatment near the scalp, using an ordinary comb to cover the hair from root to tip. Repeat this several times until all the hair is covered.

There is no need to treat the whole family - unless they also have head lice.

Concentrate on the head - there is no need to clean the house or the classroom.

Only the pillowcase requires washing - either wash it in hot water (at least 60°C) or dry it using a clothes dryer on the hot or warm setting.

TRUMPET LESSONS

AT

KANGAROO GROUND PRIMARY SCHOOL



Come and join the band of brass players at Kangaroo Ground. It is a great way to be introduced to an instrument and the exciting world of music. Learning an international language that can be expressed all over the world is a whole lot of fun while you learn how to play and read music. Take on a classical piece, a popular piece, your favourite movie theme, swing it out with a jazz tune or two and more.

Learning to play a musical instrument can also enhance fine and gross motor movements and coordination skills; provide strategies to support mental health and well-being; and foster a greater capacity for memory and social skills interactions and self-expression. So many wonderful benefits!

I have over 18 years experience (11 at KGPS) working with children and finding their way of learning is a wonderful experience and so rewarding to see them learn with music. I love sharing this knowledge with my students.

All enquiries please contact Tai Jordan via email: taiusiclessons@gmail.com

or contact 0409 525 298.

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PLAY

MILL PARK SUMMER HUB

PLAY FOOTY WITH YOUR FRIENDS AND FAMILY THROUGH
VARIOUS OFFERINGS THIS SUMMER

PLAY NAB AFL AUSKICK

- > 4 weeks \$40
- > For participants aged 5-8



PLAY AFL SUPERKICK

- > 5 weeks \$50
- > For participants aged 8-12

PLAY AFL NINES YOUTH & OPEN

- > Youth - \$65pp for participants aged 13-18
- > Open - \$100pp for participants older than 18



**THURSDAYS
STARTS NOVEMBER 2**



Auskick & Superkick



Nines

NUTRITION CORNER

Q&A



Is your mealtime environment contributing to your child's picky eating?



Mealtimes can be a stressful time for a lot of families - with parents stressed for their child to eat and children feeling stressed that they will be pressured to eat!

The problem here is that as soon as our child gets stressed, their appetite shuts down. We want them to be calm and happy to promote eating & willingness to try new foods at mealtimes.

8 ways parents can make mealtimes less stressful:

1. Serve at least one preferred food
2. Have your child help prepare the food
3. Demonstrate positive eating by having family meals together at the table
4. Limit distractions at the table
5. Talk about the sensory properties of the food when eating (texture, size, shape, taste etc)
6. Allow you child to experience the food (looking, smelling, touching, tasting)
7. Make mealtimes a fun experience
8. Respect your child's choice in how much they eat and in what order they eat their food

Need more help putting together a mealtime routine that will support your picky eater? Join my online 6-week Unfussy Eater Program to learn how to successfully stage a family meal (check website for details).

Got A Nutrition Question? Send it through!

 @familynutritionist_tracy

 bewellnourishment.com



0427 733 485

 Be Well Nourishment Family Nutrition

 bewellnourishment@gmail.com

CAMP FOR BUILDING SELF ESTEEM & CONFIDENCE FOR KIDS!



HELPING KIDS BUILD SELF-ESTEEM AND CONFIDENCE

KIDS OF GOLD, 323 MONBULK RD SILVAN VIC 3795 – ABN 57 327 231 83

Open to Primary kids in grades 4-6 in 2023 (and 9-year-olds in grade 3). This is a Level 1 camp, designed for those who are completely new to Kids of Gold camps.

Activities are fun: from low ropes, initiative activities, wall climbing, games, drama and challenging interactive sessions.

Starting in Feb 2003, this camp has continued for one reason– because it works! It builds kids to be much more confident and increases their self-esteem. **If your child suffers from stress and/or anxiety, we can assure you that this camp will be a big help to them especially.** They can also move forward to the 2nd and 3rd levels in 2024 if they find this first level beneficial, and we're sure they will!

The October 2023 Camp currently has only 2 places left for girls, and about 4 places for boys, so quick action is needed.

Google kids of gold to see who we are, what we do and to apply online or download a form for the Oct 23 camp. The form and website explain more on how the camp started, and where it is situated in the beautiful Yarra Valley.

Fri 27th – Sun 29th Oct 2023

\$85 Full Fee *

www.kidsofgold.org.au

Held at Lyrebird Park

Beenak Rd, Yellingbo
Melways 307 K10

*Cost of \$85 is subsidised by sponsors such as Bendigo Bank, Bunnings and Yarra Ranges Council.

Contact Kids of Gold

0415 427 396, 9737 9475 (Gary)
or 0403271 987 (Melissa) to
hold a place and/or find out
more