



# Katandra Weekly

NO 13 – 07/05/14



17 -27 Bankin St, Katandra West, 3634



Katandra.west.ps@edumail.vic.gov.au



(03) 58283350



(03) 58283512

## FROM THE

## PRINCIPAL'S DESK



### ANNUAL REPORT

It was a pleasure to present the school's Annual Report to our School Council on Monday night. It highlights all the great achievements of students in this school and shows the strong partnerships that exist between our parents, teachers and students.

One great achievement is that over the past four years, our Year 3 and Year 5 students have done extremely well in Numeracy with scores higher than schools that are similar to us. We are also performing strongly in Literacy.

Well done to all!

### PREMIER'S READING CHALLENGE

There are 22 students who are not yet signed up for the Premier's Reading Challenge. I would love to be able to give them all their Freddo for signing up at next Monday's assembly. Forms were sent home again last week, but if you need a new copy, please contact the office.

### BIKE EDUCATION

This weekend is the time for students in the 4/5/6 class to be getting their bikes ready to bring to school on Monday for Bike Ed. Please make sure that all bikes have their brakes working and each student has a bike helmet which meets Australian Standards. It will run on Mondays, Wednesdays and Fridays from next week. The Bike Hike will be on Wednesday 28<sup>th</sup> May.

This year we will again be borrowing the Shepparton Bike Trailer. This has some bikes that can be used by students who do not have a bike at home that they can use. If this is the case, please contact the Office by Friday. We are not able to lend bikes to students who have simply forgotten to bring their bike to school.

### MOTHERS' DAY BREAKFAST

The breakfast is on this Friday at 8.30am. If you have not yet let us know if you are coming, please fill in the attached reply slip and return it to the office by tomorrow.

### CLUSTER PERFORMANCE

This year we will not be going to Dookie for our annual performance, but we will join our cluster schools in Shepparton on Wednesday 4<sup>th</sup> June.

### NETBALL



Congratulations to Helena and Alice who qualified at Benalla yesterday to try out for the School Girls' State Netball side in Melbourne on 28<sup>th</sup> May. This is a huge achievement for both girls, we are very proud of them, and we wish them luck for the next selection process.

Angela Buxton  
Principal

**At Katandra West - WE OFFER THE BEST**

## DATES TO REMEMBER

|   | MAY  |                        | JUNE                                      |
|---|--|------------------------|---|
| Fri 9 <sup>th</sup>                             | Mothers' Day Breakfast 8.30am<br>Cross Country – Grades 4,5,6 pm | Wed 4 <sup>th</sup>    | Cluster Performance 12 noon<br>Shepparton |
| Mon 12 <sup>th</sup>                            | Bike Education commences<br>Monday/Wednesday/Friday              | Fri 6 <sup>th</sup>    | REPORT WRITING DAY –<br>PUPIL FREE DAY    |
| Mon 19 <sup>th</sup>                            | Parents & Friends Meeting<br>9.15am                              | Mon 9 <sup>th</sup>    | QUEEN'S BIRTHDAY<br>HOLIDAY               |
| Tues 20 <sup>th</sup>                           | Parents & Friends Lunch  | Mon 16 <sup>th</sup>   | School Council – 7.30 p.m.                |
| Mon 26 <sup>th</sup> to<br>Fri 30 <sup>th</sup> | Education Week   | Thurs 19 <sup>th</sup> | Parents & Friends Lunch                   |
| Wed 28 <sup>th</sup>                            | BIKE HIKE  |                        |   |

## STUDENTS OF THE WEEK



**Congratulations to Brylee, Keely and Chelsea!**

## PARENTS AND FRIENDS

### MOTHERS DAY GIFTS

This year the students are making some special gifts for their mothers. The cost of this is **\$5 per student**. Please send this in to school as soon as possible.

Included with this Newsletter is a letter and order form for our Pie Drive. Orders need to be back at school by Friday 29<sup>th</sup> May.

### PIE DRIVE

The P&F are running a pie drive. This is a great idea as the winter months approach. Pies and slices are from Rennie's Bakery and will be suitable to freeze so you can stock up. Please also ask family and friends if they would like to place an order also.

### MOTHERS' DAY BREAKFAST

Come and spoil Mum, enjoy a lovely breakfast

When: Friday 9<sup>th</sup> May, 2014 at 8.30 a.m.

This has been changed to a breakfast due to the Cross Country being held during the afternoon. There is no cost for this breakfast.




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### PARENTS AND FRIENDS RETURN SLIPS

#### Mothers' Day Breakfast

Yes / No we are able/unable to attend the Mothers' Day Breakfast.

Family Name: \_\_\_\_\_ Number o

f Family Members: \_\_\_\_\_

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#### Mothers' Day Gift

Family Name: \_\_\_\_\_ Child/ren's Names: \_\_\_\_\_

Cost per child \$5                      Total monies included \$ \_\_\_\_\_

## Coughs, Colds and Asthma

Coughs, colds and the flu are one of the most common triggers of asthma. The common cold is caused by an upper respiratory tract infection and is a common illness for children and adults in Australia. As we approach the colder months, here are some tips to keep in mind to prevent and reduce the spread of coughs, colds and the flu:

- Avoid coughing and sneezing on or near others and wash your hands thoroughly to prevent the spread of disease.
- If your child is not feeling well, it is recommended that they stay home and rest, to reduce the spread of infections and to speed up their recovery process.
- Everyone should have the annual flu vaccination to ensure they are protected from this disease. You or your child may be eligible for the free flu vaccination. Details about who is eligible can be found [here](#) and can also be determined by your doctor.
- Prior to purchasing any medications or herbal and natural remedies, you should seek the advice of your doctor or pharmacist as some medications can react with asthma medications. Such as Aspirin, Ibuprofen/Naproxen (non-steroidal anti-inflammatory medications), Beta Blockers tablet and eye drops (used for high blood pressure and glaucoma), and ACE inhibitors (used to control blood pressure).

### Stay warm this winter!



For more information, please contact The Asthma Foundation of Victoria on 1800 278 462 or [www.asthma.org.au](http://www.asthma.org.au)

### Parent and Carer Asthma Information Sessions

The Asthma Foundation of Victoria is funded by the Federal Department of Health to provide free asthma education sessions to groups of parents and carers. These sessions can take place at the school or at a location of your choice. The session runs for approximately one hour and covers:

- Asthma triggers
- Signs and symptoms
- Asthma action plans
- Asthma medication
- Asthma First Aid

If you are interested in attending a parent and carer asthma information session, please contact The Asthma Foundation of Victoria to arrange a session on 1800-ASTHMA or [sdoherty@asthma.org.au](mailto:sdoherty@asthma.org.au)



For more information, please contact The Asthma Foundation of Victoria on 1800 278 462 or [www.asthma.org.au](http://www.asthma.org.au)