FROM THE PRINCIPAL….  

Dear Parents and Guardians,

**Multicultural Day and Mini Olympics**

Congratulations to everyone involved in the organisation of the WSPS Multicultural Mini Olympics Day on Wednesday. Despite the weather it was an outstanding day and it was wonderful to see the older students assisting and working with the younger students during the activities. It was a truly special and memorable day for everyone involved. A special thanks to the specialist team who organised and led the day.

**WSPS Solar Panel ‘Official’ Opening**

It has been a year since we installed 100 solar panels at our school thanks to a $50,000 grant from the Federal Government and $5000 from the Labor State Government at the time. To help mark the occasion an opening ceremony will be held at assembly on Monday 3rd September. The federal member Martin Fergusson and state member Fiona Richardson will be attending. A big thanks to Louise Young for her work in both obtaining the panels and also in organising this event.

**WSPS Wins the Tree Logic’s Trees for Schools Program**

WSPS was successful in winning the Tree Logic’s Trees for Schools Program having been nominated by Lincoln Kern on behalf of School Council. The Tree Logic Trees for Schools program aims to encourage local schools to make the most of their grounds by planting trees.

As the winner of the Trees for Schools Program WSPS received customised tree planting which included the removal of several of the inappropriate Desert Ash trees from the school grounds and the free supply and planting of fourteen Chinese Pistachio trees. These works were carried out last week and in years to come they will grow into magnificent trees.

On behalf of the school community I would like to thank Lincoln for his time and effort in both submitting the winning entry and for his professional assistance in locating the planting of the new trees.
Cyber Bullying Information Night - Tues 21st August
There has been considerable interest in the Cyber Bullying Information session which will be presented by Sally-Anne McCormack - a clinical Psychologist and a former teacher - on Tuesday 21st August from 7.00-9.00pm. I encourage parents and carers to take up this opportunity as I believe that it will be very beneficial to those who attend. The cost of the session is $5 and is to be paid at the door.

Christopher Sexton
Principal

Woolworths Earn and Learn Stickers
One week to go!
Thanks for a great effort. We now have 33,630 stickers. Keep them coming! Please put the completed forms in the box to the right of the School Office Remember if you can’t fill a sheet, leave the stickers on the roll and hand them in at the office.

Coles sports for school’s vouchers
Thanks to everyone who has been supporting this great initiative, it’s exciting to see so many vouchers piling up in the box in the office! Keep up the good work. We can keep collecting until 14th August.

Wales Street Primary School
is hosting a
Alumni Morning Tea - Reconnect & Reminisce,
for Past Students & Staff,
on Thursday the 6th of September.
Morning Tea will be served from 10.40-11.10,
followed by School Tours.
Please RSVP your attendance to the School Office
on 9484 3494 or by email to wales.street.ps@edumail.vic.gov.au
by Friday 31st of August for catering purposes.

Should you have any queries please contact the Principal, Chris Sexton using the above school contact details.

WSPS House Athletics Day
Due to the AEU Stop Work meeting recently being set for Wednesday 5th September, we have had to change our School Athletics day to the following Monday (10th September).
All other details will remain the same, children will be bussed to and from the Collingwood Harriers Athletics track, leaving WSPS at 9am and returning by 3pm. Any parents or family members who are able to help out on the day would be greatly appreciated!

FATHER’s/SPECIAL PERSON’s DAY STALL - THURSDAY 30TH AUGUST
* Gift Bags: $5, $10, $15
* Children need to bring money in a named envelope or purse.
PARENT HELPERS required for stall on Thursday 30th August 8.45am - 11.30am.
If you can help on the stall please notify Fiona Park (1/2C), 0418 249 595 or Sarah Hamilton (1/2C), 0408 920 022

Chickens are coming to Wales Street
There has been an amazing response to the announcement on our Facebook page about chickens coming to Wales Street. This exciting initiative will assist with the school’s Sustainability Program as well as enhancing our current Primary Years Program.

I’d like to thank Kathryn Answerth and her family for donating a cubby house that will be our chicken coop. The facilities committee will be meeting on Tuesday 14th of August at 7.15pm in the staffroom. This meeting will be dedicated to planning a special working bee for this project. If you feel you can help please come along or email me at robinson.trevor.t@edumail.vic.gov.au for more information.

Thanks, Trevor Robinson
SCHOOL NURSE’S REPORT

Hello Everyone,

You may recall that last term I attended a two day conference focusing on the topic “Childhood Rashes & Infections: Identification and Nursing Care”. The lecturer was Gerry Silk; - Gerry Silk is a registered paediatric nurse who holds a bachelor’s degree in education and a master’s degree in education. Gerry trained at The Hospital for Sick Children, Great Ormond Street, London, and now has more than 30 years of experience in the care of sick children in various settings, including major city hospitals and outback Australia. Gerry spent 15 years working in the Emergency Department of the Royal Children’s Hospital (Melbourne, Australia), including ten years as the clinical nurse educator. She now works part-time as a paediatric nurse educator at the Angliss Hospital (Melbourne, Victoria). Gerry also runs her own business in paediatric health education and consultancy. In this capacity she presents seminars and educational sessions for parent groups, nurses, and other health professionals.

She has also written a book “Care of Sick Children: A basic Guide.” I bought this book as an excellent guide to quote from for our newsletters, as it’s primarily written with the lay person in mind-hence ensuring simple clarity. If anyone would like to borrow it for short periods-they are most welcome. All quotes in this newsletter are from “Care of Sick Children” “Fever” is quite the complicated, multifaceted topic, so I shall look simply at the basics.

What is it? - “A fever can be defined as a centrally regulated rise in temperature in response to some pathological stimulus” Although normal temperature varies during the day according to activities etc, generally, if your child’s temperature is Orally “above about 37.6 C (or perhaps 38 C), above 38 C via the Ear, above 37.5 under the arm, then your child has a fever. They have been exposed to a pathogen and this has caused their temperature to rise.

How does this happen? When a child is suffering an infection caused by bacteria and viruses entering the body “the white cells of the body attack the invading bacteria and viruses. When the invading organisms are destroyed, chemicals are produced. These chemicals (called pyrogens) stimulate a part of the brain called the hypothalamus, which, among other things, controls the temperature of the body. The hypothalamus is “re-set” to a higher temperature by circulating pyrogen chemicals, and the hypothalamus then “tells” the rest of the body to raise the temperature and “work hard” to overcome the infection.”

Within the fever itself we often see our children suffer from feeling “cold” and shivering, to feeling” hot” and sweating. When a child is feeling “cold’ and shivers-it is because the hypothalamus has re-set our body temperature higher , to 39 C perhaps, - “The child therefore feels cold because the temperature is not as high as the hypothalamus is telling it to be. In order to reach the new high temperature the child’s muscles will begin to work and thus develop typical “shivering. This is why you will often see me pop a blanket around a shivering feverish child.

When a child feels hot it’s because “the temperature has risen to the “revised” setting of the hypothalamus (39 C) and the child feels better again. But the child’s skin is hot and dry, and the temperature is elevated.”

When the child begins to sweat, it now means that the “body has temporarily overcome the first stage of the infection, and the hypothalamus is “re-set” again, but to a somewhat lower temperature (say 38 C). The child’s temperature is higher than this, so the child feels that he/she is “too hot”. In response to this, the body tries to lower the temperature by sweating and evaporation”

“During a developing infection, these variations can occur several times and a child can feel that he/she is too hot or too cold.” Easy peasy!

Next week Gerry Silk will help us look at the pros and cons of a fever and deciding when it’s best to treat. I hope you find this information useful, it can only empower us when we know what we are dealing with!

Until next week, take care.

Catherine Fisers - School Nurse (R/N)
Dear Parents and Carers,

As part of our Student Well being program, we would like to invite parents and carers to this special evening talk on Cyber bullying as this is a hot topic for all modern day parents. This is an adult only evening for the Wales Street PS community.

When: Tuesday 21st August 2012
7.00pm – 9.00pm

Where: Wales Street Primary School
Clyde Street Building (Grade 3/4 building)

Cost: $5 per adult. Payment can be made at the door.
Tea/coffee and refreshments provided

The Anxiety Disorders Association of Victoria Presents

CYBER BULLYING - QUESTIONS & ANSWERS:
A SESSION FOR TEACHERS AND PARENTS

Presented by Sally-Anne McCormack, Clinical Psychologist

Cyber-bullying refers to the use of technology to harass, torment, embarrass or harm another individual. In previous years, this was typically achieved through the use of mobiles, emails and instant messaging, but the latest trend appears to be bullying via social networking sites such as Facebook. There are a number of reasons why people bully others, some including boredom, attention seeking, revenge, wanting to be ‘popular’ and the list goes on.

This session will provide an opportunity to have your questions answered on issues relating to Cyber Bullying.

• Please come equipped with specific questions as this session is an informal question and answer format.
• Sally-Anne will welcome every question asked. Although she may not have all the answers, she will answer to the best of her ability.

Sally-Anne McCormack is a clinical psychologist, a former teacher and a mother of four girls. She has extensive experience dealing with a broad range of mental health disorders especially depression, anxiety and sleep, as well as parenting and educational issues. She is also the creator of a website specifically for parents www.ParentsOnline.com.au. Sally-Anne has a regular TV segment on Channel 10s "The Circle" regarding parenting issues.

Please return for catering purposes by Monday 20 August:

We /I will be attending the Cyber bullying evening on Tuesday 21st August, 2012.

Name: ________________________________ Number attending : _________

Payment of $5 per adult can be made at the door.