Dear Parents and Guardians,

School Structure for 2013
I have now finalised the school structure for next year and am anticipating 560-565 students with 23 classes grouped into 5 Professional Learning Teams (PLT’s). There will be four straight Prep classes, seven 1/2 year level classes, six 3/4 year level classes and six 5/6 year level classes (see table below). Staffing is yet to be finalised as there are a number of staff taking leave next year and I am currently in the process of interviewing and appointing staff.

<table>
<thead>
<tr>
<th>Year Level Classes</th>
<th>Prep</th>
<th>1/2</th>
<th>3/4</th>
<th>5/6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of classes</td>
<td>4</td>
<td>7</td>
<td>6</td>
<td>6</td>
</tr>
</tbody>
</table>

Specialists Programs
Visual Art, Music / Performing Arts, Physical Education, LOTE Greek, Italian & Mandarin and ICT

The Process of Class Formations for 2013
As part of this process parents are now being invited to write to me by tomorrow Friday 9th November to indicate information and aspects such as friendships or relationship issues that should be taken into account by staff in forming classes.

Interestingly I have noticed that some parents in their correspondence have requested a specific teacher for their child; however, it is not something that I can accommodate as staffing is a completely different process. Staffing and role allocations won’t be completed for some time and in the past I have had the experience of this task not being completed until the commencement of the following year and certainly well after class formations have been completed.

Please address the letter to me Christopher Sexton Principal Wales Street Primary School and headed “Parent Request for Student Placement Considerations 2013”.

FROM THE PRINCIPAL…….
Final Curriculum Day the 21\textsuperscript{st} December

Each year schools set aside Curriculum Days, which are pupil free days, where the staff undertakes professional Development Training. School Council has approved the last Day of the school year the 21\textsuperscript{st} December as the final Curriculum day for the year. This date will minimize the disruption to school programs and activities and staff can use this day to plan for 2013.

Please note that the students will be dismissed at 3.30pm on the 20\textsuperscript{th} December and not at 1.00pm as it is not the final day of the school year.

Christopher Sexton  
Principal

Vision Portrait Fundraiser - Collection of Photos

\textit{All families} - Collect your photos this \textbf{Wednesday 14\textsuperscript{th} November}. Your photos can be picked up in the room next to After-care.

The winner of the $245 photo package is \textit{Debra Allen}. Congratulations.

School Council Report

Our last school council meeting was held on Wednesday 31\textsuperscript{st} October. Below is a brief summary of what was covered:

- Approved the \textit{financial statements} for September
- Approved the \textit{increase in school consumables charge} from $100 to $110 and the increase in \textit{nurse levy} from $70 to $75. The nurse levy was increased as currently the parent contribution does not cover the salary and the Department does not contribute any money towards the cost.
- Noted the \textit{updated school website}, big thanks to Trevor Robinson for his work in making this happen.
- Noted \textit{next working bee on 18\textsuperscript{th} November} – Trevor to send out notice as only 8 people attended last working bee.
- Received update from \textit{Oval Re-development working group}. The natural turf grant was unsuccessful so the school will need to find additional funds to cover the cost. \textit{Big thank you to Tim Hart} who prepared a proposal and plans. These will be made available to the school community via the website. Aiming to start the re-development over the summer break.
- Approved the \textit{new strategic plan} which will guide the operation of the school for the next four years.
- Discussed strategies to \textit{increase parent volunteering} at school.
- Discussed the \textit{administration issues of the instrumental music program}. Ross Henderson, the violin teacher, attended the meeting to discuss the issue of external teachers paying a small hire fee. School council will be reviewing the administration of the instrumental music program for 2013.

School council meets again on 28\textsuperscript{th} November. If you are interested in joining any of the sub-committees or would like to find out more, please contact me at: \texttt{martintash@internode.on.net} or leave your details at the school office.

Natasha Kinsman  
President, School Council

\textbf{CHRISTMAS BOOK FAIR}

Catalogues delivered to your oldest child \textbf{TODAY (8/11/12)}
\textbf{Monday 12\textsuperscript{th} November – Friday 16\textsuperscript{th} November}
\textbf{8.30-9.30am and 3-4pm daily}
\textit{In the Library}

Come into our Book Fair and have a browse. Gifts for every occasion and age.

You never know what you might find!

\textbf{Missing Books – Diary of a Whimpy Kid 1 & 2}: Two brand new ‘Diary of a Whimpy Kid’ books 1 & 2 were left on the steps of the Wales Street Building last Friday. If someone picked up the books, can you please return them to the school office. They are being greatly missed by their owner! Thank you.
Call for Stalls

Christmas Shopping Market @ Wales Street Primary School

From 6.30pm on Tuesday 4 December 2012
Clyde Street Building

Gold coin donation on entry

We've had a great response already for the Christmas Shopping Market with 13 stalls snapped up very quickly. But we would like to get lots more stalls involved.

If you are out and about at Markets this weekend and you see a stall with great Christmas gift ideas, please grab their business card and email through their details to leah.taylor@straightshooter.com.au.

Please put this date in your calendar and plan to come along and join in the fun. For any other details about the market, please email Leah Taylor at leah.taylor@straightshooter.com.au.

SCHOOL NURSE’S REPORT

Hello Everyone,

It’s been a very busy Term thus far in First Aid, many children continue to attend sick bay for a variety of reasons, illnesses and injuries, we have swimming 3 times a week, many exciting sporting events, prep transition and camp coming up…. occasionally this means I’m unable to get a newsletter out for a week or two. Hope you don’t miss this too much! Today’s is an extra-long one, just in case!!

The Sun has touched us rather fiercely the last few days, so in honour of the Great Yellow Star, I would like to reacquaint you with the subject of heat illness.

“Heat illness in sport presents as heat exhaustion or heat stroke. Heat exhaustion is the more common sports related heat illness. Heat stroke is rare, but is a life threatening condition.” Sports Medicine Australia has provided us with an excellent fact sheet called ”Beat the Heat: playing and exercising safely in Hot Weather”. Here are some excerpts from the fact sheet.( The full fact sheet and other information on heat illness is going to be hung on the windows in the Speight building hallway, can also be found on the Sports Medicine Website , and attached to our newsletter.)

» What is heat stress?
Vigorous exercise in sport places some people at risk of heat illness. Even in cool weather, heat illness may occur in those exercising at high intensity for more than 45 minutes. Heat illness may also occur with prolonged exposure to hot weather.

The risk of heat illness is increased in hot and humid weather because:

• People may not be able to produce enough sweat for adequate cooling.
• High humidity may prevent adequate evaporation of sweat.

» How do you tell if someone has heat illness?
Heat illness occurs in strenuous sports, but may also occur in activities such as cricket, golf, and lawn bowls with prolonged exposure to hot weather. During sports activities participants should “listen to their bodies”. If they start to experience any of the following symptoms or signs they should stop immediately.

Symptoms of heat illness may include:

• Light headedness, dizziness.
• Nausea.
• Obvious fatigue.
• Cessation of sweating.
• Obvious loss of skill and coordination/clumsiness or unsteadiness.
• Confusion.
• Aggressive or irrational behaviour.
• Altered consciousness.
• Collapse.
• Ashen grey pale skin.

Heat illness in sport presents as heat exhaustion or heat stroke. Heat exhaustion is the more common sports-related heat illness. Heat stroke is rare, but it is a life threatening condition.

Heat exhaustion. Participants who collapse after exercise, are likely suffering from a post-exercise drop in blood pressure (postural hypotension), but some may have heat stroke.

Heat stroke. Those who show signs of altered mental function, loss of consciousness or collapse during exercise are likely suffering heat stroke. Sports participants showing signs of confusion, loss of skill, loss of coordination or irrational behaviour should be stopped and removed from the field immediately.
**Children and Heat Stress**

Children sweat less and get less evaporative cooling than adults. In warm and hot weather they have greater difficulty getting rid of heat; they look flushed, and feel hotter and more stressed than adults. Overweight children are particularly disadvantaged exercising in warm weather. Children seem to be effective at "listening to their bodies" and regulating their physical activity. For this reason, children should always be allowed to exercise at their preferred intensity. They should never be urged to exercise harder or compelled to play strenuous sport in warm weather. If children appear distressed or complain of feeling unwell, they should stop exercising. In warm weather wet sponging will make children feel more comfortable. Drinks should be provided for children playing sport.

If a sports participant is exhibiting signs of heat illness take the following action:

- Remove from the field.
- Lay the person down in a cool place.
- Raise legs and pelvis to improve blood pressure.
- Remove excess clothing.
- Cool by wetting skin liberally and vigorous fanning (evaporative cooling).
- Apply ice packs to groin, armpits and neck.
- Give cool water if conscious.

Persons suffering from heat exhaustion usually recover rapidly with this assistance:

- Give cool water if conscious.
- Apply ice packs to groin, armpits and neck.
- Cool by wetting skin liberally and vigorous fanning (evaporative cooling).

Treat for heat stroke:

- Continue cooling. If available, cool in a shallow canvas/ plastic bath of iced water (5-10 minutes.)
- If necessary cooling should continue during removal to hospital.

This excellent fact sheet talks also about Factors that can increase the risk of heat illness, what steps to take to minimise the risk of heat illness and a table of risks related to the weather. Check it out!

Since we are looking at the sun so closely: - ... attached to our newsletter is a Guide to viewing safely our upcoming Solar Eclipse on Wednesday 14th November. As it is going to be at the breakfast hour for many children, we parents need to know the dangers and most importantly how to avoid them. Besides that, it’s super fun to build your own viewing box or mirror in preparation for the big day! This website has all the information you need to know about eclipses, so you can sound like mega clever parent too when discussing it with your child. Enjoy. [www.eclipseeyesafety-australia.org/safe_viewing.html](http://www.eclipseeyesafety-australia.org/safe_viewing.html).

Have a fabulous week, enjoy the sun in all its glory. Take care.

Catherine Fisers - School Nurse (R/N)

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**CLASSIFIEDS** School Council accepts no responsibility for goods / services offered here

**Darebin Libraries Family Fun Day.** Sat. 24th Nov. 10am - 2pm at Preston Library. Free, fun entertainment for kids, including: face painting, sausage sizzle, live entertainment, balloons, competitions & prizes, guest appearances by Maisy the mouse and Drakis the dragon …and more! For details go to [www.darebinlibraries.vic.gov.au](http://www.darebinlibraries.vic.gov.au) or call 1300655355.

**Northcote Aquatic & Recreation Centre. Family Fun Day.** Sat 24 Nov, 12-4pm. Free face painting, egg & spoon races, art & craft activities, jumping castle, petting zoo, pool games, sausage sizzle & more. Free to Aquatic Education Members & current users of childcare facilities to say thank you for your patronage during 2012. Normal entry fees apply to non-members.

**House for rent in quiet tree lined West Preston.** We need to break our lease on a 3 bedroom rental in Oakover Rd. It's a very well appointed rental with a great landlady, in a terrific family friendly location. Available 14th December. Contact Dianna 0438 704 992.

**Participants needed: FREE study for overweight teens looking for help!** Murdoch Childrens Research Institute at The Royal Children's Hospital is doing a study to find a better way to support overweight young people aged 12 to 17 years to make healthier choices about weight management. Participation involves completing online questionnaires & having height, weight, blood pressure & waist circumference measured at the beginning & then at 3, 6 & 12 month follow-ups. Parents are also invited to take part. Every 3 months there will be a draw for a $100 gift voucher for those who have kept their appointments. The results will help us to find out a helpful way to teach young people about weight-related behaviours during adolescence. We need overweight young people aged 12-17 living in metropolitan Melbourne to join in! For more info: [www.rch.org.au/cah/research/The_Staying_Fit_Project](http://www.rch.org.au/cah/research/The_Staying_Fit_Project) Enquiries: Karly Cini 03 9345 6954 or [stayingfit@meri.edu.au](mailto:stayingfit@meri.edu.au).


**Garage Sale.** Sat. 10th Nov., 9am-3pm. 7 Alexandra St., Thornbury. Pre-loved boys & girls clothing, toys, Manchester, electric wok, dinnerware, glassware, bikes, books & more!

**Seeking Second Hand uniform items to buy:** size 8 summer uniforms x2, size 8 hooded windcheater with zip x 1, size 8 skort x 1. Please call Harriet 0402 350 565.

**GARAGE SALE -** 3 houses - 9A-13 Andrew Street, Northcote. This Sat 10 November 9am-2pm.

**Free Exercise @ Wales Street Primary School -** Wednesdays 9:00-9.50am. Open to parents & guardians of students enrolled at WSPS. No bookings required.