

Bundoora Bulletin

*Excellence Respect Co-Operation
Resilience Friendship*

From the Principal...

It is so lovely to see the beautiful smiles of our students, as I greet them each morning as they walk into school. Although this year has been full of difficulties and many different challenges, it is always good to reflect on the positives. Our students have gained independence and confidence, even our Prep students, as they have said goodbye to their parents and carers and walked themselves into our school. They have learnt, even the smallest of skills, doing things like hanging up their bags by themselves, and remembering messages from parents to tell their teacher. Small things like this can develop a child's confidence and independence greatly, which, in turn, can improve their self esteem and self confidence. We are all so very proud of the way our students have grown in this way.

Earlier in the week students were sent home with information about our **2021 school fees**. Within our letter was information about different payment options. We understand that, due to COVID-19, we may have families going through financial difficulties. We certainly don't want to add pressure to our families and are prepared to offer payment plans as stated in our letter, or, if these options are not possible or suitable, an agreed payment plan. Please speak to our Business Manager if you seek support in this way. Application forms for the Camps, Sports & Excursion Fund (CSEF) were included in each letter, along with information about other ways to seek support through community networks. Please note payment is preferred via Compass.

Our **Prep Transition** Program is almost complete, with seven online transition sessions and we are pleased to have received extremely positive feedback. We are very excited to be able to welcome our 2021 Prep students onsite for a face to face transition session next Wednesday, in small group sessions. It will be wonderful to finally be able to welcome our new preppies onsite.

Our online Monday morning assemblies continue to go well, with many families linking in. Our Student Leaders are enjoying their new role, being able to present various yard awards to students who have been observed being helpful to others, showing

kindness, good sportsmanship, and friendship. This has been a lovely way for our student leaders to take on some responsibility and use their leadership skills. Likewise, it has been a wonderful way to encourage our students to play appropriately and sensibly, particularly given some of our students found it difficult to re-engage with other students following this year's lockdowns.

As was advised earlier in the week, one of our students has been diagnosed with **Chickenpox**. This student will remain home recovering and until the end of the contagious period. An information sheet is over the page to advise you of symptoms of Chickenpox. Please seek doctor's advice if your child shows any symptoms or if you are unsure. If your child is diagnosed with Chickenpox please advise us and ensure your child remains at home until they are well and to the end of the contagious period. As well, we have been advised that **head lice** is present. Please ensure you consistently check your child's hair and treat it as required. It is always preferable to tie back long hair to prevent spreading.

We have a large variety of second-hand uniform items for sale. **Please look out for a Compass alert** which will list the items and sizes available. All items are \$5.00, except for schoolbags and jackets which are \$10.00. Items are in good condition. We will be asking parents/carers to advise us by email (bundoora.ps@education.vic.gov.au) which items they would like and payment will be made via telephone credit card transaction. Items will then be delivered to students. It will be a first in first dressed basis and items will not be able to be returned for refund.

Stay safe, enjoy the sunshine and have a lovely week!

Take care,
Lee Pollard

Issue 18 - 18th November 2020

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Email: bundoora.ps@education.vic.gov.au

www.bundooraps.vic.edu.au

Out of School Hours Care: 0499 003 108

www.theircare.com.au

Wednesday 25th November

Prep Transition Session
onsite and in small groups

Tuesday 8th December

Pupil Free Day

(No school) (OSHC available)

Wednesday 16th December

Step Up to 2021
(students go to their new
classrooms)

Thursday 17th December

Year 6 Graduation

Friday 18th December

End of Term—1.45pm finish
(OSHC available until
6.00pm)



Bundoora Primary School Yard Awards

****Kindness****

Aryana from Prep T for finding a group of friends to play with.

****Patience****

Alaleh from 3/4B for patiently waiting her turn while shooting hoops.

****Kindness****

Elsie from Prep T for playing kindly and sharing her toys.

****Good Sportsmanship****

Harsaev from Prep T for asking someone if they wanted to play.

****Kindness****

Benjamin from 3/4M for helping out a yard duty teacher.

****Kindness****

Delilah from Prep E for being kind to her friends and helping others during a game.

****Kindness****

Harsaev from Prep T for playing kindly and sharing toys well.

****Kindness****

Keely from Prep T for playing kindly and sharing toys well.

****Kindness****

Hannah from Prep T for helping a student in the playground.

****Kindness****

Evan from Prep T for helping a child that was upset and finding out what was wrong to help.

****Good Sportsmanship****

Lex from 3/4S for sharing the sports equipment around.

****Kindness****

Chloe from Prep T for helping a Prep who was sitting by himself. She showed initiative and kindness.

****Kindness****

Annalena from Prep T for playing kindly and sharing toys well.

****Good Sportsmanship****

Daniel from 5/6N for supporting peers when trying to shoot the ball.

****Kindness****

Elise from Prep T for playing kindly and sharing toys well.

****Kindness****

Lucas from 5/6T for lending one of his hats to another student while he waited to get his new one.

****Kindness****

Pranish from 3/4B for sitting with his friend while they were hurt.



Chickenpox (varicella)

Chickenpox can be a serious disease in adults and babies. It is very contagious. Vaccination is the best protection against chickenpox.

What is chickenpox?

Chickenpox (also called varicella) causes an itchy, blistering skin rash and mild fever. It is usually a mild disease that lasts for a short time in healthy children, but it can be more severe in adults.

Chickenpox is a serious disease because it can cause scarring, pneumonia, brain damage and sometimes death. One in 33,000 people with chickenpox can develop encephalitis (brain inflammation).

After you have had chickenpox, the virus stays in your body. It can come back later in life and cause shingles (also called herpes zoster).

Chickenpox is caused by the varicella zoster virus, the same virus that causes shingles.

What are the symptoms of chickenpox?

The main symptom is an itchy red rash that turns into blisters, which then burst and crust over. Chickenpox can also cause flu-like symptoms, such as fever, headache and sore throat.

Symptoms usually start about two weeks after catching chickenpox. The symptoms stay from between 10 to 21 days.

Who is at risk from chickenpox?

Chickenpox can affect people at any age.

Children usually have mild disease and recover quickly.

Adults, newborn babies and people who have a weakened immune system usually have a more severe illness from the virus.

During pregnancy, chickenpox can be serious for both the mother and the baby. Pregnant women who get chickenpox for the first time can have severe disease. The baby can be born with severe chickenpox, or have damage to their skin, limbs, eyes or nervous system.

Although some vaccinated children will still get chickenpox, they generally will have a much milder form of the disease and more rapid recovery. The vaccine almost always prevents against severe disease.

How do you get chickenpox?

Chickenpox spreads:

- when an infected person coughs or sneezes, and you breathe in virus particles
- by direct contact with the fluid from someone else's chickenpox blisters.

Chickenpox is very contagious. It spreads easily through families, childcare centres and schools.

How do you prevent chickenpox?

Vaccination is the best protection against chickenpox.

The chickenpox vaccine prevents most, but not all, people getting chickenpox and complications caused by the disease. Immunised children who get chickenpox generally have a much milder form of the disease. They have fewer skin lesions, a lower fever and recover more quickly. Chickenpox vaccination also protects you from developing shingles later in life.

For more information on chickenpox immunisation, see [Chickenpox immunisation service](#).

If you have chickenpox, you can help stop the disease spreading by:

- staying away from childcare, school, work or other places where you could spread the infection – your doctor will tell you when you are no longer infectious
- washing your hands often
- covering your coughs and sneezes.

How do you know if you have chickenpox?

If you think you or one of your family members has chickenpox, see your doctor. Chickenpox is usually diagnosed by looking at the rash. It is important to let the receptionist know of your concern so that you can be separated from other people in the waiting room.

Your doctor may ask about your symptoms and whether you've been in contact with someone who has chickenpox. If your doctor thinks you have chickenpox, they can test some of the fluid from the blisters to see if it has the virus in it.

How do you get treated for chickenpox?

Chickenpox is usually mild and gets better on its own without any treatment.

You can relieve the symptoms by:

- resting
- having lukewarm baths with baking soda or oatmeal in the water
- using creams or lotions such as calamine lotion to reduce the itching
- taking paracetamol to reduce fever.

If you have severe chickenpox, you may be given medicines to treat the virus.

Pregnant women who have not had the chickenpox disease or the chickenpox vaccine may be given medicines to help prevent infection. If you are pregnant and have been in contact with someone with chickenpox, speak to your doctor for advice.

More information

- The [National Centre for Immunisation Research and Surveillance](#) has resources for consumers.
- See the [Australian Immunisation Handbook](#) for technical details.

Contacts

If you need advice or more information about immunisation, go to our [Immunisation contacts](#) page.

Last updated:

27 May 2020

Term 4 Newsletter - 17th Nov – 24th Nov 2020.

Service Coordinator: Adam.

Team: Bareaa, Mikaela, Sofie & Will.

About the Program

TheirCare provides a stimulating and safe environment for all children and an environment where children come and enjoy their time in their program. During sessions children develop life skills, friendships, confidence and creativity through play.

Bundoora Primary School has partnered with TheirCare to provide quality care, flexibility and commitment to deliver on our promise to your school community.

Operation Times	Fees	Out of Pocket	Average ^A
Before School Care 7:00am – 8:45am	\$18.00	\$2.70 - \$18.00	\$3.78
After School Care 3:15pm - 6:00pm	\$23.00	\$3.45 - \$23.00	\$4.83
Pupil Free Day 7:00am – 6:00pm	\$60.00	\$9.00 - \$60.00	\$12.60
Late Booking Cancellation Fee Within 48 hours	\$5.00	\$5.00	
Cancellation Fee Same Day	Full Fee	See BSC/ASC	

Service Phone Number: 0499 003 108 Your service coordinator will be available during session times. TheirCare support is available during office hours if required on 1300 072 410.

How to Enrol

Visit TheirCare website: www.theircare.com.au and click on 'Book Now' in the top right hand corner to register your child's details.



A few words from the TheirCare Team.

Hello everyone,

It is so exciting with the return of our regular families! We are also happy that everyone has remained safe and healthy during the COVID-19 lockdown, and we now have more freedom with COVID-19 numbers remaining low. However, please continue to regularly wash your hands and wear your masks when outdoors and at work (if that is a workplace requirement).

We continue to have a fun time at Bundoora PS Theircare. Last week's theme was Up, Up and Away and Remembrance Day, where we had fun making paper aeroplanes, kites, and poppies. We have also been learning about healthy eating and hygiene, where children participated in developing a healthy food pyramid, discussed hand washing and how germs are spread. The children continue to contribute ideas and suggestions for the program, such as organising cricket matches, various ball games and playing a physical adaptation game of 'Among Us'.

As our numbers are increasing, can parents and carers please ensure you please book your children in early, to ensure they arrive safely at the program. This also enables us to roster on appropriate Educators to safely supervise your children. Safety is our highest priority, as is ensuring everyone has fun!

REMINDERS TO FAMILIES

- Please remind all children to bring their hats for outside play.
- If you no longer require using the service, please remember to cancel your bookings. Please use the booking portal, or call head office on 1300 072 410.
- Due to COVID-19 period, can we please have 1 parent at time in the corridor when signing your children in and out.
- Please do not enter beyond the signs near the sign in and out bench.

Due to COVID-19 virus we are no longer using shared water facilities. Please ensure your child brings their own drink bottle.



What are we doing to prevent the transmission of Coronavirus?



Regular handwashing

At least every 30 minutes and before & after eating using soap and running water and drying using paper towel or hand drier.



Social Distancing

Ensuring there is space in between children throughout the day, including using all indoor and outdoor spaces to reduce group sizes.



Regular Cleaning and Sanitising

Including all high traffic areas such as door handles, benches, tables, sign in tablet and equipment.



Promoting Good Hygiene

Facilitating discussions around good hygiene measures such as limited contact, and sneezing into elbows / bent elbows and the importance of these measures.



Staying at Home if Unwell

Any staff member, child or family member who is unwell or have been diagnosed as self-isolate will not be permitted to enter the service.



Staff Training

All TheirCare staff are completing additional training around infection prevention & control processes.



Working with Regulatory Authorities

TheirCare Kids regularly consult with different regulatory authorities including the Department of Education and ensure to implement any government mandated control measures such as limiting visitors to the service.

Dates to remember:

Pupil Fee Day: Tuesday 8th December.

Time: 7am – 6pm

Book in now for a fun time!

End of Term 4: Extended Care: Friday 18 Dec

Time: 1:45pm – 6pm

Holiday Program: Please keep checking our website for the dates, and for what we are doing.

Community News

It's important that we stay vigilant and encourage the community to wear their masks, know the symptoms and where to get tested. Please pass on the updated testing sites (Northland has closed).

Banyule Community Health

21 Alamein Rd West Heidelberg
Walk through clinic
10am - 4pm

Banyule Community Health

Civic Drive Greensborough
9am – 4pm drive through

(Northland - has moved to the Heidelberg Repat)

Heidelberg Repatriation Hospital

Outdoor car park, corner of Waterdale Road and Bell Street (enter via Waterdale Road)
Drive through testing site
7 days a week: 9am – 5 pm

Austin Health

Burgundy Street Heidelberg
Mon – Fri: 8am - 8pm
Sat & Sun: 8am - 5pm
Public Holidays: 8am - 5pm

Call Austin COVID Hotline on 9496 6606 to book appointment. Access to the clinic is via level 3 on Burgundy

**DVCS
Christmas Gift Appeal**

Help us make Christmas a little brighter for children in need

DONATION POINTS

- DVCS: Shop 378a Level 3 Greensborough Plaza
- Donation chute: Level 1 (Opposite to Post Office) Greensborough Plaza
- Financial donations can be made on: dvsupport.org.au
Or using the QR Code below

We welcome :

- Gift Vouchers
- Unwrapped NEW toys
- Monetary donations

For children aged 0 to 16.

NO USED OR SOFT TOYS PLEASE!

DONATE BEFORE DEC 1ST

QR CODE