

# Newsletter

Echuca East Primary School | TERM 1 Issue 1 2020



Where every student counts!

## WELCOME BACK TO SCHOOL



Welcome to the 2020 school year! It has been an incredibly smooth, positive, hot start to the school year. The children got out for a play at lunchtime yesterday, but we did call inclement weather for the later recess break.

Over the holiday break there has been such a terrible environmental disaster for our country and our state with the devastating fires and the subsequent air quality. I am certain there have been families or extended families impacted, our love and support goes out to you. I am sure our school community would want to support the bushfire disasters, so we will be talking to the students shortly to see what they would like to do.

The students have come in with such great attitudes towards their learning and every classroom I have visited has made me smile, as I have seen our PALS (Practicing Respect, Acting Responsibly, and Learning Resilience) in action.

Please remember it is so important to get the students to school on time each and every day. Every Day Counts, and it is ultimately the parents' responsibility to ensure the children are at school on time each and every day. On the 'very odd' occasion that your child may arrive after the bell, please remember to sign in at the office or you will receive a text message to say your child is not at school.

## IMPORTANT DATES

### FEBRUARY

5th Parent Teacher interviews.  
East Survivor & Preps Rest Day

12th Prep Rest Day

19th Prep Rest Day

26th Prep Rest Day

### MARCH

2nd– 6th Life Education Van

4th Prep Rest Day

6th Canteen Closed

9th Labor Day Public Holiday

17th HOT DOG DAY

19th Canteen Closed

20th Canteen Closed

Young Leaders

27th Last Day Term 1

1.25pm dismissal

### NOTES TO BE RETURNED

Parent Teacher Interview Form

All families are encouraged to access the daily local Sun Smart widget

<http://www.sunsmart.com.au/>



# Congratulations!

## INTRODUCING OUR NEW HOUSE CAPTAINS FOR 2020



HUME

Linc H, Holly L, Zoe B & Jack Mc



MITCHELL

Mitch P, Montana H, Olivia H &  
Koko F



STURT

Jai H, Hannah T, Mia M & Matilda S



HOVELL

Arnika L, Nash G, Alana F & Bodie

# Novel coronavirus (2019-nCoV)

## Factsheet for school students and children

Last updated 29 January 2020

An outbreak of novel coronavirus (2019-nCoV) was detected in Wuhan, China in late December 2019. Cases have been reported predominantly in the city of Wuhan, in the Hubei province of China, as well as some other Chinese cities and countries, including two confirmed cases in Victoria, Australia.

### What is this virus?

Coronaviruses can make humans and animals sick. Some coronaviruses can cause illness similar to the common cold and others can cause more serious diseases, including Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS).

The virus seen in Hubei Province, China is called 'novel' because it is new. It has not been detected before this outbreak. Most people infected live in, or travelled to, Hubei Province, China. There have been cases of 2019-nCoV reported in other Chinese provinces and other countries. It is likely that the virus originally came from an animal, and there is now evidence that it can spread from person-to-person.

### What are the symptoms?

Symptoms can include fever, cough, sore throat, or shortness of breath. Symptoms can take up to 14 days to develop.

### What if my child is well, and returning to school after being in Hubei province, China or other countries with cases in the last 14 days?

**All students and staff members who have travelled to Hubei Province, China, are advised to stay at home and avoid public settings, including attendance at schools and early learning centres, until 14 days after last being in Hubei province, China.**

Children and staff who are well and have travelled to other provinces in China, or any other areas where there have been reported cases, are NOT recommended to be excluded from schools and child care services unless the following applies:

- The person is a confirmed case of novel coronavirus
- The person is a close contact with a confirmed case of novel coronavirus in the past 14 days.

### What if my child feels sick now or within 14 days of being in Hubei Province, China or another part of China?

- If your child has a cough, sore throat or shortness of breath, they must be excluded from school and be reviewed by a doctor.
- Seek medical attention but first place a mask on the student if you have one and call the doctor or hospital before you attend. Tell them your child has been in Hubei province, China, or the location of travel within China.
- When you get to the hospital or doctor's clinic, tell them where your child has travelled in China and whether this included Hubei Province. Ensure a mask is placed on your child before or as soon as you arrive at the medical facility.

If your child has severe symptoms, such as shortness of breath:

- Call 000 and request an ambulance, and inform the paramedics where your child has been in China.



## How can I help prevent the spread of 2019-nCoV?

Practising good hand and sneeze/cough hygiene is the best defence. The most important actions are:

- Wash your hands often with soap and water
- Cough and sneeze into your elbow

## Where can I get more information?

For Victorian updates to the current incident, go to: <https://www.dhhs.vic.gov.au/novelcoronavirus>

For national updates: <https://www.health.gov.au/news/latest-information-about-novel-coronavirus>

For international updates: <https://www.who.int/emergencies/novel-coronavirus>

WHO resources <https://www.who.int/health-topics/coronavirus>

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.

## **PERSONAL PROPERTY**

REMINDER– the Department (which includes our school) does not have accident insurance. Items of personal property that are lost, stolen or damaged at school is not the responsibility of Echuca East Primary School or the Department. Staff and students are reminded not to bring items of value to school.

# EEPS MOBILE PHONE POLICY

## Mobile phones in schools – student use

From Term 1, 2020 there will be a new mobile phone policy for all government schools. The policy means phones brought to school must be switched off and stored securely during the school day.

The aim of this policy is to provide:

- a safe environment to learn without inappropriate mobile phone use (including cyberbullying) or distractions
- greater opportunities for social interaction and physical activity during recess and lunchtimes.

The use of technology is important, but the risks and benefits from its use need to be managed.

EEPS [Mobile Phones Policy](#) is available on our website.

From Monday, any student who brings a mobile phone to school must sign it into the phone register on the iPad at the office and leave it to be stored

## CHILD SAFE

Echuca East Primary School is committed to Child safety. The safety and wellbeing of our students is a primary concern. We want children to be safe, happy and empowered. We support and respect all children, as well as our staff and volunteers. We have zero tolerance of child abuse, and all allegations and safety concerns will be treated very seriously and consistently with our robust policies and procedures. To ensure the safety and best interests of all students, we take into account the needs of those with an Aboriginal or Torres strait Islander heritage and those from culturally and/or linguistically diverse backgrounds.

## **PRIMARY SCHOOL**

### **PRIVACY INFORMATION for parents and carers**

During the ordinary course of your child's attendance at our school, school staff will collect your child's personal and health information when necessary to educate your child, or to support your child's social and emotional wellbeing or health in the school context. Such information will also be collected when required to fulfil a legal obligation, including duty of care, anti-discrimination law and occupational health and safety law. If that information is not collected, the school may be unable to provide optimal education or support to your child, or fulfil those legal obligations.

For example, health information may be collected through the school nurse, primary welfare officer or wellbeing staff member. If your child is referred to a specific health service at school, such as a Student Support Services officer, the required consent will be obtained. Our school also collects information provided by parents and carers through the School Entrance Health Questionnaire (SEHQ) and the Early Childhood Intervention Service (ECIS) Transition Form.

Our school may use online tools, such as apps and other software, to effectively collect and manage information about your child for teaching and learning purposes, parent communication and engagement; student administration; and school management purposes. When our school uses these online tools, we take steps to ensure that your child's information is secure. If you have any concerns about the use of these online tools, please contact us.

School staff will only share your child's personal or health information with other staff who need to know to enable the school to educate or support your child, or fulfil a legal obligation.

When our students transfer to another Victorian government school, personal and health information about that student will be transferred to that next school. Transferring this information is in the best interests of our students and assists that next school to provide optimal education and support to students.

In some limited circumstances, information may be disclosed outside of the school (and outside of the Department of Education and Training). The school will seek your consent for such disclosures unless the disclosure is allowed or mandated by law.

Our school values the privacy of every person. When collecting and managing personal and health information, all school staff must comply with Victorian privacy law. For more information about privacy including about how to access personal and health information held by the school about you or your child, see our school's privacy policy: <https://www.education.vic.gov.au/Pages/schoolsprivacypolicy.aspx>

Throughout this notice, 'staff' includes principals, teachers, Student Support Service officers, youth workers, social workers, nurses and any other allied health practitioners and all other staff at our school. This includes employees, agents and service providers (contractors) of the Department, whether paid or unpaid.

# HEALTHY LUNCHBOX IDEAS

We have just missed Healthy Lunchbox Week, don't let it stop you from heading over to the website there are some great recipes just like the one below.



## Noodle cakes



Makes 12

### Ingredients

- 1 x 85g packet low fat instant noodles
- 3 eggs
- 1 cup (150g) frozen peas and corn mix
- ¼ cup (30g) grated reduced fat cheese
- Spray oil



### Method

1. Cook noodles following packet instructions. Drain and cool. Discard the packet of seasoning.
2. Whisk eggs in large bowl. Add noodles, grated cheese, peas and corn. Combine well.
3. Lightly spray a large non-stick frypan with oil and heat over medium heat. Spoon in one tablespoon of the noodle mix, cook 4 to 6 at a time.
4. Cook for 2 minutes until the egg is set and noodle cake is golden brown. Turnover and cook a further 2 minutes.

### Optional

Replace the peas and corn with any mixed diced vegetables. Add a small can of tuna or salmon.

# HEALTHY LUNCHBOX WEEK

## 19-25 January 2020

Visit our website for:

- recipes
- fact sheets
- videos

[www.healthy-lunchbox-week.org](http://www.healthy-lunchbox-week.org)



#HEALTHYLUNCHBOXWEEK





# Pick-a-Box with Kagome and make our region a little healthier!

The tomato harvest season has begun and our farms are heaving with flavoursome, beautiful, vine ripened tomatoes.

We would like to extend to everyone in the local community an invitation to Pick-a-Box of our world class quality, 100% Australian Grown, sustainable tomatoes on **Saturday February 15th from 9am - 12 noon** at our Parncutt's Farm, access via Echuca West School Road, Echuca West, VIC 3564.

Each Pick-a-Box of tomatoes will cost \$10, with a maximum of 5 boxes per person. All proceeds will be donated to Echuca Regional Health.

Kagome Australia will provide signage on the Echuca West School Road, as well as supervise the carpark at the property so that you can find the location easily. All you need to bring are your own boxes, closed toe footwear, hat and sunscreen as well as \$10 cash for each box you intend to pick.

Echuca Moama Rotary Club BBQ on site!

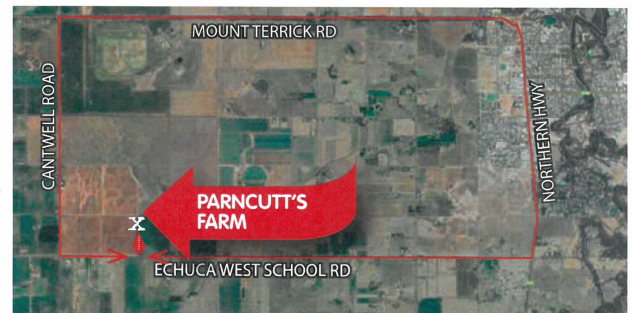


Echuca Regional Health

Supporting everyone to be healthy and well



Kagome Australia Pty Ltd 54 Cornelia Creek Road Echuca Victoria 3564  
[www.kagome.com.au](http://www.kagome.com.au) #kagomepickabox



Forever thankful to our amazing supporters of the  
EEPS Breakfast Club & Healthy Lunch Box Program.

The Workers and Services Club, Moama Bakery,  
The Short Chef, Foodbank & Parmalat.

**We're renovating**  
- like us on Facebook to see how the renovations are progressing

**FREE COURTESY BUS**

**Where everyone's treated like a local...**

**THE WORKERS AND SERVICES CLUB**

Echuca Workers and Services Club would like to invite you to our friendly facilities in the heart of Echuca.

There's a reason we have been a great destination for locals and visitors to meet and have a good time for over 100 years.

**FREE SOFT DRINK & ACTIVITY PACK with each kids meal purchase**

**Open hours:**  
Monday to Saturday - From 9am  
Sunday - From 10am

**KENO FOX TAB**

165-173 Annesley St, Echuca. 5482 3140  
[www.echucaworkers.com.au](http://www.echucaworkers.com.au)

Echuca Workers & Services Club reserves the right to change any promotions at any time without notice.





# **School Lunches Online & Canteen Orders**

**Just a reminder to families that use School Lunches online to order their child/rens lunches to please update their classes so they get to the correct classrooms.**

**Our new canteen menu is available on our website.**

**REMINDER EVERY  
WEDNESDAY  
CANTEEN IS CLOSED  
- No Lunch orders or  
snacks available -**

|           | MON                              | TUE               | WED   | THU                     | FRI  |
|-----------|----------------------------------|-------------------|---|-------------------------|--|
|           |                                  |                   | Term 1  |                         |  |
| Jan<br>W1 | 27                               | 28                | 29  | 30                      | 31   |
| Feb<br>W2 | 3                                | 4                 | 5<br>No Preps<br>Parent Teacher<br>Interviews | 6                       | 7  |
| Feb<br>W3 | 10                               | 11                | 12<br>No Preps                                | 13                      | 14   |
| Feb<br>W4 | 17                               | 18                | 19<br>No Preps                                | 20                      | 21   |
| Feb<br>W5 | 24                               | 25                | 26<br>No Preps                                | 27                      | 28   |
| Mar<br>W6 | 2                                | 3                 | 4<br>No Preps                                 | 5                       | 6<br>CANTEEN<br>CLOSED                     |
| Mar<br>W7 | 9<br>Labor Day<br>Public Holiday | 10                | 11<br>Life Education Van                      | 12                      | 13   |
| Mar<br>W8 | 16                               | 17<br>HOT DOG DAY | 18  | 19<br>CANTEEN<br>CLOSED | 20<br>Young Leaders<br>CANTEEN<br>CLOSED   |
| Mar<br>W9 | 23                               | 24                | 25  | 26                      | 27<br>Last Day<br>Term 1<br>1:25 dismissal |