



School No.5215

Phone: 9360 9322

TERM 4 DATES

- Tuesday 24th October**
School Council Meeting
- Tuesday 31st October**
Halloween Dress Up & Sausage Sizzle
- Monday 6th November**
Report Writing – Student Free Day
- Tuesday 7th November**
Melbourne Cup – Public Holiday



Principals Report

Welcome back to the final hurdle for 2023. The first 2 weeks have flown by, with school leaders well emersed in Long Term Planning. The Primary Years students commenced their swimming program today, and we currently have some Later Years students enjoying a camping experience at Lady Northcote. The canteen program is now operating 2 days a week so keep those orders coming in on Tuesdays and Fridays. The Canteen and Café programs provide valuable applied learning opportunities for our students that support their work experience preferences and opportunities in the senior years of schooling. Last week, our graduating students received their “graduation hoodies.” A huge thank-you to Tara Montford-O’Brien for her input into the graphic design. I have included photos to share with you. The chickens are settling into their new environment front and centre of the school. Their relocation has provided increased access for students, which is a benefit for both parties. This week, we welcome 2 new faces to our school. Hannah and Roisin are both experienced teachers from Ireland and are in the process of applying for positions with us. We are working extremely hard at recruiting teachers and therapists for 2024. The agencies we work with have assured me that there is an increase in the number of international teachers coming into the country, but like all schools, we continue to experience staffing shortfalls.

Today, I commenced enrolment procedures, providing information to the 2024 prospective families. At this stage, we anticipate approximately 13 new enrolments across a variety of ages. The Jennings Street School Enrolment policy provides the framework for selecting the students from the large number of families that have expressed interest in the school. We will work through this process across Term 4 in readiness for the new school year.

Whilst it seems like a long way off, our annual Celebration Day is planned for Friday 8th December. Along with the favourite activities, there will be some new experiences this year. Further information will be provided to families in later bulletins.



Many of you will be aware of the recent media and commentary around the outcomes of the Disability Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability. Moving forward, it will be very interesting to determine where we as special educators fit within the fabric of the education system. I have included some of the key recommendations below.

- *no new special/segregated schools being built or new special/segregated classes or units being included within schools from 2025.*
- *no new enrolments of students with disability in special/segregated schools from 2032*
- *no new placements of students with disability in special/segregated units or classes from 2041*
- *no students remaining in special/segregated schools by the end of 2051.*
- *wherever practicable, locate new non-mainstream schools (that is, schools that enrol exclusively or primarily children and young people with complex support needs) and relocate existing non-mainstream schools within or in close proximity to mainstream schools.*
- *arrange for students in non-mainstream schools, where practicable, to participate in classes and educational activities with their peers in mainstream schools.*



Rani's Revelations

Don't forget to access within this newsletter the latest updates around Life Beyond School. This week, Rani will be providing information on **'Autism Anxiety'**.





GRADUATION HOODIES



Graduating from school and moving onto the next phase of life is a big change. It might be the biggest change your child will have ever experienced so far in their life. It's completely normal to feel excited and anxious at the same time.

I'M EXCITED TO BE GRADUATING, BUT WHY DON'T I FEEL GOOD?



ANXIETY IN LATER YEARS STUDENTS

WHAT EMOTIONS MIGHT MY CHILD BE FEELING?



Anxiety is our body's natural response to stress. Anxiety is helpful as it prepares our body for danger or threat. Anxiety can feel like:

- being worried
- being stressed
- feeling nervous
- feeling hopeless
- feeling angry

Autistic children and those with an intellectual disability are more likely to feel anxious. When someone is anxious, they are likely to be worrying about what **might** happen.

WHAT DOES ANXIETY LOOK LIKE FOR MY CHILD?

If your child is able to communicate their feelings, they might express that they are:

- suffering with a sick stomach
- dizzy
- sweaty
- having headaches
- not able to sleep

For our non-speaking students, this might be tricky for them. However, you might notice changes in their behavior like:

- seeking more routines than usual
- becoming upset by small changes
- becoming angry or aggressive
- intense focus on one thing
- not wanting to come to school

WHY IS YOUR CHILD MORE LIKELY TO FEEL ANXIOUS IN THEIR LAST YEAR OF SCHOOL?

GROWING PRESSURE



One reason is the pressure to succeed. As your child approaches graduation, they may start feeling the weight of expectations from parents, or themselves, parents and teachers. They may feel forced to attend trial days, tours and make decisions that they don't feel ready to make. It's common that they might take on some of the stress you might be experiencing as you arrange their NDIS funds and post school pathways. This pressure can create anxiety because they may worry about living up to those expectations or making the wrong choices.

CHANGING ROUTINES

Additionally, saying goodbye to familiar routines and friends can be challenging. Think about it like leaving your comfort zone. You've spent years in the same school, following a schedule, and seeing the same faces. Graduating means leaving all these behind and starting fresh somewhere else.

LOTS OF UNKNOWNNS

One reason your child might be showing signs of anxiety is the fear of the unknown. When your child graduates, they're entering a new phase of life, and there are many things that are uncertain. They might wonder which programs they'll be attending or who they'll be working with, how they'll get there, or what their new routine will look like. All these uncertainties can make them feel worried and nervous.



HOW DO WE HELP OUR CHILD MANAGE THEIR ANXIETY ABOUT GRADUATING?

Are you noticing that your child is anxious about leaving school?















Are you looking for ways you can prepare your family for your child's final year of school?

Talk to one of Rani or one of the Later Years Team at Jennings Street School!

Here are a few things to remember in your child's final year:

- **Go Slow.** Allow your child time to process changes and don't rush. Take time to talk to them about their feelings and provide information at a pace that suits them.
- **Praise.** Trying something new is an accomplishment! Give them lots of praise and encouragement when they have a go at something new, even if it's just looking at a new provider. Baby steps are still steps!
- **Accept.** It's ok to be worried about the future. Normalizing our emotions and seeking support will help them during this transition and support their long term mental health.

TERM 4 – CANTEEN MENU

2023 - Tuesdays & Friday			
Name:			
Class Number:			
Item		Price	Quantity
Chips		\$3	
Margarita pizza pizza base, cheese, mixed herbs		\$3	
Simple Chicken burger bun, chicken schnitzel, mayonnaise	 	\$3	
Chicken burger with lettuce bun, chicken schnitzel, mayonnaise, cheese, lettuce		\$4	
Toasted cheese sandwich bread, cheese		\$2	
Toasted ham and cheese sandwich English muffin, cheese, ham		\$2	
Salad without chicken Lettuce, cherry tomato, cheese, ranch sauce, pasta	 	\$3	
Salad with chicken Lettuce, cherry tomato, cheese, ranch sauce, pasta, chicken goujons	 	\$4	
Yoghurt cup with strawberries Greek yoghurt, fresh strawberries		\$1	
Yoghurt cup with peaches Greek yoghurt, fresh peaches		\$1	
Chicken Pesto Wrap chicken goujons, lettuce, cheese, tomato pesto, soft white wrap		\$3	
Total Cost			
Cash enclosed			
Change Given (Completed by Canteen)			



Sunscreen

Research shows that sunscreen is effective in preventing skin cancer, including the most serious type, melanoma.

Make sunscreen application a regular part of your daily routine.

The sun's ultraviolet (UV) radiation is the main cause of skin cancer.

Sun protection is recommended whenever the UV level reaches 3 or above.

Download the free SunSmart app or visit sunsmart.com.au to check what times you need to use sun protection each day.

During the sun protection times, protect yourself in five ways:

1. Slip on clothing that covers as much skin as possible.
2. Slap on SPF30 (or higher) broad-spectrum, water-resistant sunscreen 20 minutes before you go outdoors and re-apply every two hours.
3. Slap on a broad-brimmed hat that shades your face, head, neck and ears.
4. Seek shade.
5. Slide on sunglasses that meet the Australian Standard for UV protection.

How does sunscreen work?

UV radiation is invisible energy from the sun and the main cause of skin cancer. Sunscreen ingredients include:

- UV absorbers that absorb UV radiation
- UV reflectors that scatter UV radiation such as Zinc Oxide or Titanium Dioxide.

Some sunscreens use a combination of UV absorbers and UV reflectors.

What does 'broad-spectrum' mean?

There are different types of UV radiation. 'Broad-spectrum sunscreen' means that it protects against both UVA and UVB radiation.

UVA radiation penetrates deep into the skin, affecting the living skin cells that lie under the skin's surface. UVA causes long-term damage like wrinkles, blotchiness, sagging and roughening, and also contributes to skin cancer.

UVB radiation penetrates the top layer of skin and is the main cause of sunburn and skin cancer.

What is SPF?

SPF (Sun Protection Factor) relates to the amount of time it takes for redness to appear on the skin compared to when no product is used at all. The test is done in a laboratory.

The SPF rating indicates the amount of UVB radiation that potentially reaches the skin if the sunscreen is applied according to directions. For example, SPF30 is estimated to filter 96.7% of UVB radiation with 1/30th (3.3%) of UV reaching the skin. SPF50 is estimated to filter 98% of UVB radiation with 1/50th (2%) reaching the skin. Both can provide excellent protection if they are applied properly.

To meet the Australian Standard (AS/NZS 2604:2012) sunscreens listed as 'broad-spectrum' must have a minimum UVA protection of at least 1/3 of its SPF claim, so SPF30 sunscreen is estimated to filter 90% UVA radiation and SPF50+ sunscreen is estimated to filter 94% UVA radiation.

sunsmart.com.au



Applying sunscreen

It is recommended that sunscreen is used as part of your morning routine on days when the UV is forecast to reach 3 or above.

When heading outdoors, apply sunscreen 20 minutes before you go outside. Use a generous amount of sunscreen. The average-sized adult should apply at least a teaspoon of sunscreen to each arm, each leg, the front and back of the torso and one to the head and neck. That is at least seven teaspoons or 35 ml of sunscreen for one full body application, for an average-sized adult.

Many Australians apply too little sunscreen and forget to re-apply every two hours (even if the label states 4-hours water resistance) meaning they usually get less than half the SPF protection.

Sunscreen can be easily wiped off, lost through perspiration and is often applied unevenly. Applying more sunscreen every two hours helps keep you protected. Always reapply after swimming or water sports.

Sunscreen should never be used as the only form of sun protection or to extend time in the sun.

Which sunscreen should I use?

Choose a sunscreen that best suits your skin type, the activities you participate in, and that you find easy to reapply. Sunscreen can be bought as a cream, lotion, milk or gel. Cancer Council does not recommend aerosol sunscreen as it is very difficult to obtain the required amount of sunscreen necessary to get good UV protection.

Price is no indication of quality.

Make sure the sunscreen you choose is at least SPF30, broad-spectrum and water resistant. Check the expiry date and look for the Australian Licence (Aust L) number on the package. The Aust L number indicates it has been approved by the Therapeutic Goods Administration (TGA).

If you have sensitive skin and have had a reaction to a sunscreen, try a fragrance-free or sensitive product. If you don't want sunscreen

residue to remain on your hands, a gel may work best for you.

Not all sunscreens contain the same ingredients. If you are concerned about reactions to sunscreen, Cancer Council recommends performing a usage test before applying a new sunscreen. Apply a small amount of the product on the inside of the forearm for a few days to check if the skin reacts, before applying it to other areas not protected by clothing.

While the usage test may show whether the skin is sensitive to an ingredient in the sunscreen, it may not always indicate an allergy. An allergy may occur after repeated use of the product. As with all products, use of any sunscreen should cease immediately and medical attention sought if any unusual reaction is observed. Professional assessment and testing by a dermatologist may be useful to identify the ingredient in the sunscreen that is causing the reaction.

Sunscreen and babies

The widespread use of sunscreen on babies under 6 months old is not recommended. Physical protection such as shade, clothing and broad-brimmed hats are the best sun protection measures. If babies are kept out of the sun or well protected from UV radiation by clothing, hats and shade, then sunscreen only needs to be used occasionally on very small areas.

In these cases, choose a sunscreen that is suitable for babies such as a sensitive or toddler sunscreen. These are just as protective, but much gentler on their skin.

Sensitive and toddler sunscreens avoid using ingredients and preservatives that may cause reactions in young skin.

You could also ask your maternal and child health nurse, pharmacist or doctor for advice.

It is recommended you do a usage test on a small area of the child's skin to check for any skin reactions to the sunscreen.

[sunsmart.com.au](https://www.sunsmart.com.au)

How long can you keep sunscreen?

Check the expiry date and storage conditions on the label. Most sunscreens have a shelf life of about three years. Sunscreen should be stored below 30°C. If left in excessive heat (e.g. in the glove box of a hot car or in the sun on the beach), over time, the product may not be effective.

Is sunscreen safe to use?

Sunscreens are regulated in Australia by the TGA to ensure they are safe and effective. As a therapeutic product, sunscreen must be used as directed to help provide effective protection from UV. Always use sunscreen with other sun protection measures (hat, clothing, shade and sunglasses).

There is clear evidence that regular use of sunscreen helps to prevent skin cancer. Long-term studies of sunscreen use in Australia have found no harmful effects of regular use.

More information and resources

For more information, visit sunsmart.com.au or contact Cancer Council on 13 11 20.

For more information about how to protect your skin, visit sunsmart.com.au/protect-your-skin

Certain health conditions and medications mean some people are more sensitive to UV radiation and always need to use sun protection regardless of the UV levels. For more information, visit sunsmart.com.au/skin-cancer/risk-factors-for-skin-cancer.

Last updated: July 2022

sunsmart.com.au



Get Your Variety Kids Xmas Party Tickets Today!

The most exciting event of the year is back and tickets are now available!

The Variety Kids Xmas Party is an annual event where Victorian kids aged 0 to Grade 6, who are experiencing disadvantage or living with illness or disability, come together to have fun in an inclusive and welcoming environment.

There are carnival rides, attractions, clowns, costumes, live entertainment, food, games and sports. To top it off, every child receives a gift!

Date: Thursday 14 December 2023

Time: 10am - 1:30pm (registration opens at 9am)

Location: Melbourne Convention and Exhibition Centre
1 Convention Centre Pl, South Wharf VIC 3006

Cost: FREE (strictly by invitation only to Variety families, organisations and schools)

RSVP: As soon as possible to secure your tickets! Registrations close 26 November.

Parking: There are multiple options for car parking in the area, please check rates as some may charge by the hour. Onsite parking is available for schools arriving by coach/bus.

We look forward to seeing you at this spectacular event!

Important Information

Please note that tickets are capped at 150 per organisation. Please do not forward this invitation on to families; all schools and organisations will be required to respond on behalf of their kids and families and we will send confirmed tickets to the school or organisation directly. This event is strictly by invite only and all ticket requests will be cross-checked with our invite list.

For school groups arriving by bus who order before 17th November, wristbands, lunch tokens and 'No Media' stickers will be sent out pre-event. Orders received after this date will receive their packs on arrival at the venue.

Schools arriving by bus/coach are not required to name all attendees, just list as Student 1, Student 2, etc.

Please note that we are unable to cater for specific dietary requests.

'No Media' stickers will also be available upon request during the event.

[Register for the Variety Kids Xmas Party 2023](#)