



School No. 5215

Phone: 9360 9322

TERM 4 DATES

Friday 27th October
World Teachers Day

Tuesday 31st October
Halloween Dress Up & Sausage Sizzle

Monday 6th November
Report Writing – Student Free Day

Tuesday 7th November
Melbourne Cup – Public Holiday

Thursday 7th December
Graduation

Friday 8th December
End of Year Celebration



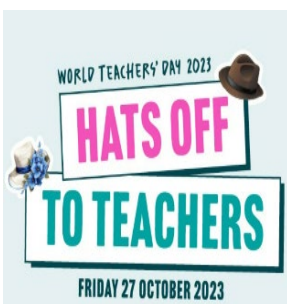
Principals Report

It has been a very busy month with the ICAN Network facilitating programs on both Thursdays and Fridays, a meeting of the Jennings Street School Council conducted on Tuesday evening, and a number of leaders have been off-site undertaking professional learning. The month of October will wind up next Tuesday with Halloween Celebrations. Don't forget the Dress up day and the Sausage Sizzle. Thursdays bring great joy to the primary-aged students as they embark on the swimming program. It is also a highlight of the week for staff, with culinary delights whipped up and served by the students operating the café. Summer salads, fish and chips and taco hamburgers are hot orders at the moment. Rani is busy preparing our 10 exiting students with the final transition arrangements underway, and of course, preparations for the Graduation are on track. Enrolments for new students open on Friday, and school leaders have identified the students that will transition through the school into new learning centres. This information will be made public in the coming weeks. We have welcomed 2 new teachers this term Roisin and Hannah are experienced teachers from Ireland and will continue with us in 2024. We are also engaged in discussions with other potential teachers as we work towards securing our workforce profile. We continue to experience staffing shortfalls in our therapy provision and are pulling out all stops in an attempt to address this.



Building Works are tracking along, we attended the fortnightly meeting on Tuesday and undertook a site walk. A concrete slab for one building has been laid with footings and underground cabling currently in progress. Fortunately, the students appear to be unimpacted by the works and the chickens are enjoying their new home front and centre of the school.

Many of you may have noticed that parking on Jennings Street is currently very congested. Whilst we continue to monitor and provide parking recommendations, it will take a couple of weeks for new routines to be established. Can I ask families to be particularly careful with traffic management in the street and **within the school grounds**. Whilst we have a Traffic Management Policy and staff are vigilant in implementing the protocols, managing students, cars and buses in the school entranceway can present some significant safety challenges.



This Friday is **World Teachers Day**, a special occasion to celebrate the immense value of teachers and in particular, our special educators at Jennings Street School. Join me in honouring the incredible impact that teachers have on the lives of our students and their families. Last week, Holly and Emma showcased our phonics program to Principals in the Hobsons Bay Network. The video excerpts celebrated the skills and knowledge of teachers at Jennings Street School. This was an exemplar of inspiring practice that dignified and valued the work of our teachers as special educators. Congratulations to all teachers!



2024 VICTORIAN TERM /JENNINGS STREET SCHOOL DATES

Term 1	Term 2	Term 3	Term 4
Monday, January 29 – Thursday, March 28 th Monday 29th Jan – PBS Training Tuesday 30th Jan – Staff Orientation Wednesday 31st Jan – Students Return Thursday 1st Feb – Preps commence	Monday 15 th April – Friday 28 th June	Monday 15 th July – Friday 20 th September	Monday 7 th October – Friday 20 th December

JSS POLICIES

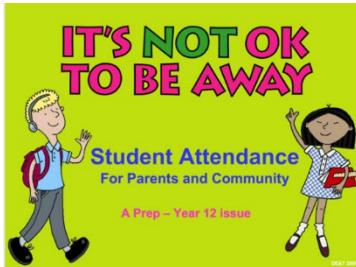


Dear Parents/ Carers, please note that the following policies have recently been updated.

- Epilepsy
- Asthma
- Anaphylaxis

These policies can be viewed on the school's website, simply by accessing the Documents tab and then selecting Policies, alternatively, you can click on the following link.

<https://www.jenningsstreetschool.vic.edu.au/policies?nolanding>



Attendance is an important contributor to a student's academic achievement – all school days matter. The correlation between absence and achievement is consistently negative and declines in achievement are evident with any level of absence.

Attendance data is monitored, daily and weekly by the Student Wellbeing Forum, with actions identified to redress no attendance.

When students come to class late, it distracts other students and impacts the class and learning for all. Please make every effort to start the school day on time.



EOY Celebration Day – Friday 8th November

Invitations and permissions will be sent out later next week.

Jennings Street School
 WOULD LIKE TO INVITE YOU TO OUR END OF YEAR 'CELEBRATION DAY' ON
 FRIDAY 8TH DECEMBER
 TIME: 10.30am – 2.00pm

PLEASE COMPLETE THIS ATTENDANCE SLIP BY TUESDAY 29TH NOVEMBER FOR CATERING PURPOSES
Morning Tea & Sausage Sizzle Provided (all sausages are halal)

Child's name: _____ Class: _____

How many family members will be attending? (Including your child) _____


Please let us know how many vegetarians are in your group: _____

Jennings Street School
THE PARENTS AND FRIENDS END OF YEAR CELEBRATION RAFFLE


SEEKING DONATIONS

Donations are now open for the End of Year Celebration Raffle. Donations can be dropped off at the school entrance foyer, alternatively they can be delivered via your child.

The raffle will be drawn on Monday 11th December.



JENNINGS STREET SCHOOL
JUMPBUMP PARENTAL CONSENT FORM
NO PERMISSION, NO PARTICIPATION



A new Department Policy has come into effect this year regarding amusement rides in Schools. We must now obtain permission from parents to allow their children to participate in the jumping castle we hire every year. A full Risk Assessment of the Activity has been completed and all students will be supervised at all times throughout the day. Please be sure to return the form so your child doesn't miss out on the Bouncy fun!

Please sign and return this form if you give your child permission to participate in the jumping castle.

Student Name: _____ Class: _____

Parent/Guardian Name: _____

Date: _____ Parent Guardian Signature: _____

Dealing with distressing online content

With the tragic and distressing events unfolding in the Middle East, Australia's independent regulator for online safety, eSafety, has issued guidance to help parents and carers support their children in dealing with distressing online content. The eSafety website has resources for parents and carers about online safety. These include information on extra precautions you can take to protect your children from seeing disturbing content online.

eSafety encourages parents and carers supporting young people who may be more vulnerable to check in with them. If they are presenting with signs of distress, support is available through external services including:

- **Headspace:** 1800 650 890
- **Kids Helpline:** 1800 551 800
- **Lifeline:** 13 11 14
- **Beyond Blue:** 1300 224 636.



This year, World Teachers' Day is on Friday 27 October. It is an opportunity to say thank you for the incredible contributions teachers make to our community.

We will recognise the passion teachers have, and how teaching has extended beyond the classroom to maintain connections through flexible learning.

We will be celebrating World Teachers' Day by [insert information here about how you are participating]

You can get involved by sending a message of thanks to a teacher who is making, or has made, an impact on your life using #thanksvicteachers on social media. Don't forget to tag the Department of Education and Training (the department) so we can see all your messages.

Head to the department's [World Teachers Day webpage](#) for resources to help you celebrate World Teachers' Day 2023, including 'Thank You' card templates.



Term 4 in PY4

Swimming

This Term, PY4 started swimming. They are learning how to blow bubbles in the water, kick their legs and playing some fun games as well. They are loving it so much and



so are the staff.



Literacy



Students have been learning about sequencing a story or their daily schedules. This is through either first and then or 3-4 part sequencing. They are all doing amazing work.



Welcome to LY11!

Welcome to LY11! The students have settled in really well into Term 4. They have been very busy returning to their daily schedule and taking part in various programs and activities.

Advik attended camp this term and he had an amazing time!

The students in LY11 participate in the Breakfast Club program twice per week. This is where they get the opportunity to prepare and taste a variety of different foods. They have also been great at tidying the kitchen and washing the dishes after making food. This week, they have prepared a Halloween themed snack: Ghostly Strawberries! Breakfast Club continues to be a success as our year draws to a close.

In Literacy this week, we have been reading the book 'We're Going On A Bear Hunt.' The students use 'Colourful Semantics' to create sentences to express what they see in the pictures of the book. They have really enjoyed commenting on what places the characters go to find the bear!

LY11 have been taking part in Community Access to Jumpside Trampoline Park this term. The students have been developing their skills of following the group plan, putting their seatbelts on and tolerating 30 minutes at the trampoline park. They have had lots of fun jumping and playing together! Keep up the great work!

In Maths over the past fortnight, the students have been learning about collecting and interpreting data. This strand has been so much fun for the students to engage in. For example, we have collected data on what the students have for lunch this week. They have added their photos to a data display and they counted which is the most and the least popular food item. Well done LY11!



Free workshop

2 Day Autism Workshop for Parents and Carers

Hoppers Crossing VIC



This workshop is for parents, full time carers and grandparents.



Interpreters available upon request



Wednesday 1st & Thursday 2nd
November 2023
Day 1 - 9.00am - 2.30pm
Day 2 - 9.30am - 2.30pm



Encore Events Centre
80 Derrimut Road
Hoppers Crossing
VIC 3029


Morning tea and a light lunch will be provided


During the workshop you will learn about:

- The diversity of autism
- Sensory processing
- Understanding behaviour
- Working together with your child's school.

Learn more about autism and ways to strengthen the partnership between home and school.

For more information or to register visit:

 <https://www.positivepartnerships.com.au/PC>

 jfeary@positivepartnerships.com.au



For help, call:
1300 881 971

This initiative is funded by the Australian Government Department of Education through the Helping Children with Autism package. The views expressed within this program do not necessarily represent the views of the Australian Government or the Australian Government Department of Education.




Association for
Children with a
Disability

Free online
workshop




First Steps to
Support & Connection

 Few tickets left



Tuesday, 21 November

First Steps to Support & Connection - Tue 21 Nov 10:00am

First Steps to Support and Connection - 21/11 10am
Free 

Reserve a spot

This workshop is for families of children with developmental delay or disability, who are starting to look for services and support.

Please Note: There are other dates available for families if you are interested.

Free telephone advocacy service

"Thank you for the patience, understanding and wealth of knowledge that you have. Your support has been invaluable and I didn't feel like I was drowning." Support Line caller

ACD's Support Line is a **free** telephone advocacy service for all Victorian families raising children with developmental delay and disability from birth to 18..

Open Monday – Friday 9 am to 5 pm. Interpreters are available.

Call the ACD Support Line on [03 9880 7000](tel:0398807000) or [1800 654 013](tel:1800654013) (regional).

PACE: a new NDIS system

The NDIS is moving to a new computer system called PACE, which will roll out over the next 18 months.

From October 30th new NDIS participants will start with PACE. If your child is already an NDIS participant, they'll move to PACE at their next NDIS Plan Reassessment.

When your child's Plan moves to PACE, the biggest change will be the switch from the current *myplace* portal to the new *my NDIS participant portal*.

Respectful school communities start with respectful behaviour

Parents, carers, staff and students can help keep our school community safe, supportive and respectful.

Good relationships are based on:



Open and honest communication



Trust and respect



Working together



Fair and reasonable expectations by all

These behaviours are **not** okay in our school community:

- ⊗ Threats
- ⊗ Violence
- ⊗ Rudeness
- ⊗ Harassment
- ⊗ Discriminatory and derogatory comments
- ⊗ Aggression
- ⊗ Intimidation
- ⊗ Threatening gestures

This includes in-person, over-the-phone, email, text message, social media and online platforms.

For more information ask your school about the **Respectful Behaviours within the School Community Policy**.

Go to positivepartnerships.com.au

TIP SHEET: A guide for parents, carers and professionals **SHORT VERSION**

Why is My Child Anxious?

Helping Children with an Intellectual Disability and Autism Manage their Anxiety

WHAT IS ANXIETY?

Anxiety is our body's natural response to stress. Anxiety can protect us from harm or threat (real or imagined) by preparing our body to respond to danger. Anxiety is feeling:

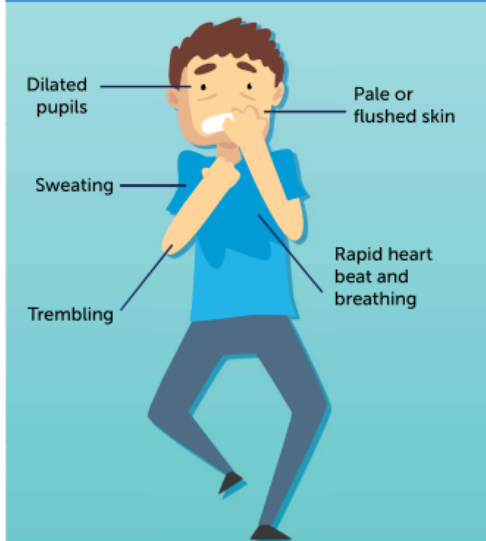
- *worried*
- *stressed*
- *scared*
- *nervous*
- *angry*
- *hopeless*

It is normal for a child to feel anxious sometimes. Autistic children and those with an intellectual disability tend to be more anxious.

When someone is anxious, they often worry about what **might** happen. When there is a lot of worry or it lasts for a long time, it can be a problem.

It is important for children to learn to manage their stress, fear and worries. Lots of worry can make it difficult for a child to be involved in daily tasks, enjoy themselves and try new things.

Physical Indications of Fight, Flight or Freeze



WHAT DOES ANXIETY LOOK LIKE?

Most children experience anxiety as changes in their body, the way they think and/or the way they feel. Children can find it difficult to recognise and tell others about what they are feeling.

Anxiety can feel like:

- *heart beating fast*
- *breathing more quickly*
- *feeling dizzy*
- *a sick stomach*
- *headaches*
- *sweating*
- *going to the toilet a lot*
- *having trouble getting to sleep and staying asleep*
- *sore or tight muscles*
- *not being able to sit still*



Parents and teachers may also be able to see when a child is feeling anxious by looking at changes in their mood or behaviour.


















Anxiety can look like:

- *needing a routine*
- *constantly looking for danger*
- *not joining in with family and friends*
- *being easily upset by small things*
- *tantrums in younger children*
- *being angry or aggressive*
- *not concentrating*
- *intense focus on one thing*
- *not going to school or not doing schoolwork*
- *hurting themselves, such as scratching their skin*

GRADUATION HOODIES



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](#)