

 **8262 4864**

 **dl.1162.info@schools.sa.edu.au**

 **2 Belalie Road, Ingle Farm**

 **PO Box 423, Ingle Farm SA 5098**

 **0416906278 text for absences**

### UPCOMING DIARY DATES

15/02 Governing Council

16/02 Assembly

20/02 Aboriginal Ear Health

08/03 Student Free Day

11/03 Public Holiday

13/03 NAPLAN begins

25/03 NAPLAN ends

26/03 School Photos

### MESSAGE FROM LEADERSHIP

Dear Families

Welcome to our new and returning families. A special welcome to our new Receptions who are starting their school journey with terrific bravery. This first edition of our newsletter includes details of our 2024 staff team. Newsletters will be sent to families via Seesaw each term in Weeks 3, 6 and 9. Newsletters will also be available on our website <http://www.ifps.sa.edu.au/> and social media pages. We also keep some hard copies at our front office if you prefer to collect one. Thank you to families who have already updated contact details for 2024. This information really supports positive communication between home and school.

We are confident that all our new students will enjoy their transition to Ingle Farm. We look forward to getting to know each of them and their families as the year continues. I would like to encourage communication to be a strong focus for us as the year begins. As outlined in our Day 1 letter, our first few weeks provide time for routines and relationships to be developed. We are keen to develop strong communication between school and home. Please continue to connect through Seesaw for day to day contact as needed. There are many ways you can support your child's class through our Volunteer System. If you wish to talk to your child's teacher, please book an appointment via Seesaw. Attendance is also an important part of communication. Please ring 8262 4864, SMS 0416906278, or email dl.1162.info@schools.sa.edu.au, if your child is going to be absent. I would also like to stress the importance of arriving at school on time. Not only does this support your child to be set up for success, it also supports the rest of the class to be settled without disruption to start their morning learning program. Learning is supported in so many ways by consistent attendance together with routine and structure. Together we can do this to support organised, resilient and independent learners.

Our Uniform code consists of navy and red clothing. Pricing is available in the front office, via Seesaw and on the website. Students wearing consistent uniform, including a school hat, supports our school culture of pride and matches our value of Respect. Please be aware denim and black bottoms are not within our Uniform Code. We will contact families if students are not in correct uniform so this can be quickly addressed.

<https://www.ifps.sa.edu.au/parents-portal/school-uniform/>

Thank you to all families who were able to attend our Information Night, Tuesday 13th February. This was followed by a formal '2024 Welcome' and our AGM, lead by Governing Council protocols. I continue to encourage families to consider joining our Governing Council for 2024. We welcome new members to continue to shape our school to support our learners succeed. Looking forward to working in partnership with you for a great 2024!

Warm Regards



Vanessa Mortimer  
Principal

NEW STAFF



**BEN STEED**  
Assistant Principal



**MADDI TERRY**  
Special Options Coach



**CELESTE MICHALOUDAKIS**  
R-2 Special Options



**MJ LINTERN**  
3-6 Special Options



**SAM COX**  
Speech and Language



**NATALIE COX**  
Room 7 - Reception



**JENNY GIANG**  
Room 6 - Rec / Year 1



**KIERAN ELDRIDGE**  
Room 29 - Year 5



**EMMA STANLEY**  
Room 27 - Year 4/5



**MARK HORNER**  
Science Teacher



**JODIE SMITH**  
Education Support



**HARRY STANLEY**  
Education Support



**SANDY KESSELL**  
Education Support



## Allergy Awareness Policy

Governing Council Endorsed: 2023

Review Date: 2025

### Purpose

A number of our students have severe allergies (including nuts, dairy, egg, some fruits, other foods medications, venoms) and can have a life threatening reaction.

Anaphylactic shock can occur within seconds of exposure to allergens.

This can occur if:

- contact is made with a person who has handled or eaten an allergen
- contact is made with an object such as a toy or door handle that has traces of the allergen on it.
- the person with the allergy inhales the air close to the allergen or products containing traces of the allergen.

For this reason the following *Allergy Awareness Policy* has been endorsed by staff and Governing Council.

The Department for Education requires schools to promote and construct learning environments that are safe and supportive. Students and staff may have Anaphylaxis, the severest form of allergic reaction with nuts, nut products, dairy, eggs, some fruits, other foods, medications and venoms (e.g. bee sting) possible triggers. This means that exposure at school may constitute a risk to their health and well-being. It is not possible to guarantee that the environment will be completely free of potential hazards. However, compliance to reasonable guidelines will minimise the potential risks.

### Roles and Responsibilities

#### Students

- are encouraged to wash their hands before and after eating.
- who bring food containing known triggers are required to eat that food in a designated place away from other students and to wash their hands, face and mouth before going to play.
- are not to share food.

#### Families

- are requested *NOT* to send food to school that contain nuts. This includes products such as peanut paste, 'Nutella', peanut cooking oil and other foods that may contain nuts.
- be mindful of students who may have allergies to other foods, supporting students to eat away from others who may have allergies.
- are requested *NOT* to send empty containers to school, for classroom use, if those containers once had a substance that included nuts or traces of nuts

- will be informed of this policy at the commencement of each new school year and at enrolment.
- will provide from a doctor a Health Care Plan and Emergency Procedure Plan, and liaise with IFPS staff to develop a Communication Plan for each child they have with an allergy.
- will ensure that the school has 'in-date'/current medication

## Staff

- will be made aware of students who have anaphylactic responses, including nut, dairy, egg, fruit, other foods, medications, venom or other allergies
- will notify students families of known triggers in the class.
- will be familiar with food handling procedures including reminding students to wash hands before and after eating
- will direct students who have food containing allergen ingredients to eat their food in a designated area away from others.
- will supervise all students during eating times and will be vigilant in regard to this policy.
- will educate students NOT to share food
- will participate in training from St John, Red Cross or Australasian Society of Clinical Immunology and Allergy (ASCI) to understand procedures related to anaphylaxis symptoms, triggers, adrenaline auto-injectors and management.
- be familiar with any Health Care Plans, Emergency Procedure Plans and Communication Plans in place for students.
- will be informed of the storage of student medication
- regularly review food handling procedures to ensure that effective systems are in place and identify areas for improvement.

## Supporting Policies

Allergy and Anaphylaxis Information:

<https://allergy.org.au>  
[www.allergyfacts.org.au](http://www.allergyfacts.org.au)  
[www.foodallergyexplained.com.au](http://www.foodallergyexplained.com.au)

School Staff:

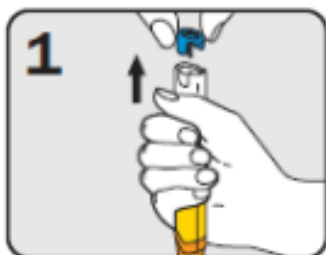
<https://edi.sa.edu.au/supporting-children/health-and-wellbeing/health-condition-plans-and-forms/allergy-and-anaphylaxis>

## ANAPHYLAXIS

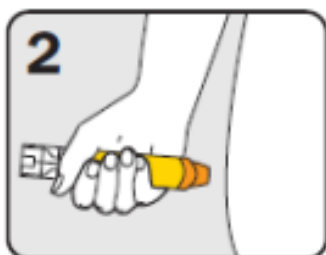
# FIRST AID PLAN FOR Anaphylaxis

For use with **EpiPen®** adrenaline (epinephrine) autoinjectors

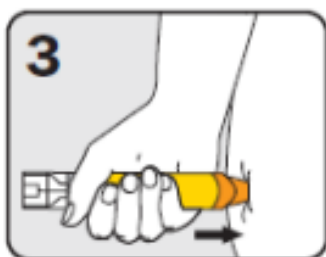
## How to give EpiPen®



Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE



Hold leg still and PLACE ORANGE END against outer mid-thigh (with or without clothing)



PUSH DOWN HARD until a click is heard or felt and hold in place for 3 seconds

REMOVE EpiPen®

EpiPen® is given as follows:

- EpiPen® Jr (150 mcg) for children 7.5-20kg
- EpiPen® (300 mcg) for children over 20kg and adults

### SIGNS OF MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Tingling mouth
- Hives or welts
- Abdominal pain, vomiting - these are signs of anaphylaxis for insect allergy

### ACTION FOR MILD TO MODERATE ALLERGIC REACTION

- For insect allergy - flick out sting if visible
- For tick allergy seek medical help or freeze tick and let it drop off
- Stay with person, call for help and locate adrenaline autoinjector
- Phone family/emergency contact

Mild to moderate allergic reactions (such as hives or swelling) may not always occur before anaphylaxis

### WATCH FOR ANY ONE OF THE FOLLOWING SIGNS OF ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- Difficult or noisy breathing
- Difficulty talking or hoarse voice
- Swelling of tongue
- Persistent dizziness or collapse
- Swelling or tightness in throat
- Pale and floppy (young children)
- Wheeze or persistent cough

### ACTION FOR ANAPHYLAXIS

#### 1 LAY PERSON FLAT - do NOT allow them to stand or walk

- If unconscious or pregnant, place in recovery position - on left side if pregnant, as shown below
- If breathing is difficult allow them to sit with legs outstretched
- Hold young children flat, not upright



#### 2 GIVE ADRENALINE AUTOINJECTOR

#### 3 Phone ambulance - 000 (AU) or 111 (NZ)

#### 4 Phone family/emergency contact

#### 5 Further adrenaline may be given if no response after 5 minutes

#### 6 Transfer person to hospital for at least 4 hours of observation

#### IF IN DOUBT GIVE ADRENALINE AUTOINJECTOR

Commence CPR at any time if person is unresponsive and not breathing normally

**ALWAYS** give adrenaline autoinjector **FIRST**, if someone has **SEVERE AND SUDDEN BREATHING DIFFICULTY** (including wheeze, persistent cough or hoarse voice), even if there are no skin symptoms. **THEN SEEK MEDICAL HELP.**

Note: If adrenaline is accidentally injected (e.g. into a thumb) phone your local poisons information centre. Continue to follow this first aid plan for the person with the allergic reaction.

## DIABETES

**LOW** Hypoglycaemia (Hypo)Blood Glucose Level (BGL) less than **4.0 mmol/L****SIGNS AND SYMPTOMS** Pale, headache, shaky, sweaty, dizzy, drowsy, changes in behaviour**Note:** Check BGL if hypo suspected

Symptoms may not always be obvious

**DO NOT LEAVE STUDENT ALONE  
DO NOT DELAY TREATMENT****MILD****Student conscious**  
(Able to eat hypo food)**Step 1: Give fast acting carbohydrate**e.g. \_\_\_\_\_  
\_\_\_\_\_**Step 2: Recheck BGL in 15 mins**

- If BGL less than 4.0, repeat **Step 1**
- If BGL greater than or equal to 4.0, go to **Step 3**

**Step 3: Give slow acting carbohydrate**e.g. \_\_\_\_\_  
\_\_\_\_\_**SEVERE****Student drowsy / unconscious**  
(Risk of choking / unable to swallow)**First Aid DRSABCD**  
Stay with student**CALL AN  
AMBULANCE  
DIAL 000**

Contact parent/carer when safe to do so

**HIGH** Hyperglycaemia (Hyper)Blood Glucose Level (BGL) greater than or equal to **15.0 mmol/L** is well above target and requires additional action**SIGNS AND SYMPTOMS** Increased thirst, extra toilet visits, poor concentration, irritability, tiredness**Note:** Symptoms may not always be obvious**Student well**

- Encourage oral fluids
- 1–2 glasses water per hour
- Return to activity
- Extra toilet visits may be required
- Re-check BGL in 2 hours

In 2 hours, if BGL still greater than or equal to 15.0,  
**CALL PARENT/CARER FOR ADVICE****Student unwell**  
(e.g. vomiting)

- Contact parent/carer to collect student ASAP
- Check ketones (if able)

**KETONES**If unable to contact parent/carer **and** blood ketones greater than or equal to 1.0 mmol/L or dark purple on urine strip**CALL AN  
AMBULANCE  
DIAL 000**

# COMMUNITY NEWS



## Adelaide North Transport Study

We are undertaking a transport study for the northern Adelaide inner and outer suburbs to inform future transport planning and investment in the region.

The study will consider key issues and opportunities to improve transport, such as road safety and efficiency, and its ability to support liveability, and population and economic growth.

We are seeking feedback via an online survey to further understand local insights and key issues to inform the study.



### Have your say

Scan the QR code for more information and to provide your input via a survey until 3 March 2024.

Register your interest to receive project updates and have your say:

- [dit.sa.gov.au/AdelNorthTS](https://dit.sa.gov.au/AdelNorthTS)
- [DIT.Engagement@sa.gov.au](mailto:DIT.Engagement@sa.gov.au)
- 1300 794 880



Government of South Australia  
Department for Infrastructure and Transport

**Build. Move. Connect.**

## SPORTS ACADEMY



### TRIAL DATES

1 & 6 MARCH 2024  
8:45AM-12:00PM  
(FOR 2025 ENTRY)

AFLW  
SOCCER  
CRICKET  
VOLLEYBALL  
BASKETBALL

Register your interest via QR code



Roma Mitchell Secondary College  
Briens Road, Gepps Cross  
South Australia, 5094  
Phone 8161 4600



**MODBURY HIGH SCHOOL**  
FINEM RESPICE

# OPEN EVENING

THURSDAY 29 FEBRUARY

Principals Address 5.30pm

Tours commence 5.45 – 8pm

Register Interest—[www.modburyhs.sa.edu.au](http://www.modburyhs.sa.edu.au)





<b>Joeys</b>	<b>5 – 8 years old</b>
<b>Cubs</b>	<b>8 – 11 years old</b>
<b>Venturers</b>	<b>14+ years old</b>

**Be Prepared to Join Scouts!**

**Come and Try – 3 visits for FREE**

Northridge Para Vista Scout Group  
 Kentish Green, Warren Road, Para Vista  
 Joeys – Tuesday Nights – 6.00pm – 7.00pm  
 Cubs – Tuesday Nights – 7.00pm - 8.30pm  
 Scouts – Thursday Nights – 7.00pm – 9.00pm  
 Venturers – Friday Nights – 7.00pm – 10.00pm  
 Contact: Gary Powell (Group Leader) – 0481 354 800  
 Email: [gl.northridge@sa.scouts.com.au](mailto:gl.northridge@sa.scouts.com.au)  
[www.sa.scouts.com.au](http://www.sa.scouts.com.au)

**PREMIER'S READING Challenge**

Is your child taking up the Challenge in 2024??

If so, please ensure they fill in their student reading records as they read their books, get them signed off as they go and please make sure your child hands it in to their teacher or the school contact person by:

**Friday 6 September.**

The Challenge is to read **12 books in total.**

- In:
- Reception to Year 6, **8** of these books are to be from the Challenge booklists, available on our website, and **4** of their own choice.
  - Years 7 to 9, students read **4** books from the Challenge lists and **8** of their own choice.
  - Years 10 to 12, students read **12** books of their own choice, and these can include prescribed texts and any other texts from their studies.

Student reading records are available from your child's teacher, or from the school contact person, who is usually someone in the school library (ask your child's teacher).

Enjoy the Challenge!

Yours Sincerely,

*Mark A. Williams*  
 Manager, Premier's Challenges  
[www.prc.sa.edu.au](http://www.prc.sa.edu.au)

Department for Education  
 GPO Box 1152, Adelaide SA 5001  
 Phone (08) 8226 2006  
 Mobile 0421 584 016  
 Courier R11/37A  
 Email [prc@sa.gov.au](mailto:prc@sa.gov.au)

**OPEN NIGHT**  
**WEDNESDAY 6 MARCH**  
 4.00pm to 7.00pm

We can't wait to meet you !

Come and join us to explore our hidden gems! We are a small and friendly school that takes pride in every student achieving their personal best. Our community has high expectations and big aspirations.

We warmly welcome all prospective families to visit our school and discover the Para Hills High School Way. You can take a tour of our school, learn about our special interest streams in Digital Technologies and the Arts, and meet our award-winning staff and students. We look forward to seeing you!

**SPECIALIST PROGRAMS**

- Special Interest Digital Technologies & Arts streams
- International study tours
- SAASTA
- STARS

**RECENT AWARDS**

- Winners of the SA Public Education Awards 2022 & 2023
- Winners of the the ACEL Education Leadership Award 2023
- Winners of the NAASA Science Olympics 2023

**CO-CURRICULAR & STUDENT PARTICIPATION**

- Student Leadership programs
- Robotics & Technology
- National & international academic competitions
- Dance & Drama performances
- Australian Business Week
- Inter-school sports
- Instrumental music



SCAN TO REGISTER or go to <https://forms.office.com/r/dJlt8efDi6>.

90 BEAFIELD ROAD, PARA HILLS SA 5096 | 8258 5466 | [www.phhs.sa.edu.au](http://www.phhs.sa.edu.au)



**GEPPS CROSS JUNIOR FOOTBALL CLUB**

**NEW PLAYERS WELCOME**

Vacancies across all grades, boys and girls from Auskick through to U18s

**2024 REGISTRATIONS NOW OPEN!**

**Contact Kerry:**

[junior.registrar@therams.com.au](mailto:junior.registrar@therams.com.au)

0413 007 575

Duncan Fraser Reserve, Rowe Ave Northfield



**Government of South Australia**

Department for Education