



August 8, 2019

...Mosquito...



Care - Respect - Commitment - Responsibility - Inclusiveness

# Eagle Point Primary School

43 School Rd, Eagle Point, 3878  
ph: 5156 6382

www.eaglepoint.vic.edu.au  
email: [eagle.point.ps@edumail.vic.gov.au](mailto:eagle.point.ps@edumail.vic.gov.au)

EDITION  
**23**

## Dates to Remember

August	
Sat 10 <sup>th</sup>	Working Bee
Mon 12 <sup>th</sup>	Finance Sub-committee Meeting 3.45
Wed 14 <sup>th</sup>	JSC Pizza Day
Thur 15 <sup>th</sup>	Athletics Day – Howitt Park
Thur 15 <sup>th</sup>	Education & Welfare Sub-committee Meeting 3.45
Fri 16 <sup>th</sup>	Grade 2 Sleepover 6.30pm
Wed 21 <sup>st</sup>	School Council Meeting 7.00pm
Thur 22 <sup>nd</sup>	Book Week – Dress-Up Day
Thur 22 <sup>nd</sup>	JSC Disco
Tue 27 <sup>th</sup>	Student Free Day
Fri 30 <sup>th</sup>	Father's Day Stall
September	
Fri 6 <sup>th</sup>	Parents & Friends Meeting 2.15pm
Mon 9 <sup>th</sup> – Wed 11 <sup>th</sup>	Camp Coolamatong – Grades 3 & 4
Wed 11 <sup>th</sup>	Paynesville Kinder to Visit
Fri 13 <sup>th</sup>	Nexus Arts Performance

Dear Families,

What an exciting week it has been so far! On Wednesday morning the school was abuzz with the arrival of two poddy calves which will live at our school for a period of three weeks. This is part of the Cows Create Careers initiative and a large number of our senior students have taken up the challenge to participate. The aim of the project is to introduce students to a career in the dairy or agriculture industry and the school is supported by both farmers and an advocate from the dairy industry.

Over the three weeks, students will work in teams to care for the calves, feeding them morning and night, measuring their growth and looking out for their general welfare. In addition the teams will complete four work tasks related to this care and have them ready for submission by the due date. Students involved in the project will also be invited to attend a Dairy Day where their work and learning will be shared and celebrated.

During the time that the calves are here we ask the students to respect the animals and not enter the fenced area unless supervised. It is also important not to feed the calves human food or leave food wrappers where they could blow into the yard as cows are inquisitive animals and will pick up and chew new things to investigate.

This exciting project could not happen without the support and trust of the owner of the calves, Mr Rick Blackshaw, who has generously allowed us to care for his calves. These two little heifer (girl) calves need names! If you have a great idea for their names please write them down and place them in the suggestion box at the office by Monday 12<sup>th</sup> August.

Regards  
Anna



JSC - Juice Boxes are available daily at lunchtime \$1.00



### Athletics Carnival

The Athletics carnival has been rescheduled for Thursday August 15<sup>th</sup>. Parent helpers would be appreciated again, if you're available.

### JSC Pizza Day

Due to Athletics Day now being on Thursday next week, Pizza Day will now be held on Wednesday August 14<sup>th</sup>. Orders due in by Tuesday at the latest.

### School Closure Day

**On Tuesday the 27<sup>th</sup> of August, we will be having a Pupil Free Day.** Our staff will be involved in Professional Development, which will take place at Lucknow Primary School. Please put this date in your diaries so you can organise your family for this day.

### Parent Opinion Survey

An e-mail was distributed to all families with a link to complete a Parent Opinion Survey. We would appreciate your time and effort in completing the survey. All responses to the survey are anonymous. Please complete by Sunday 18<sup>th</sup> August.

### Library books

We are fortunate enough to have recently purchased more books to enhance our literacy program. Luckily, Bec helps us catalogue all our books and we thank her for assisting us with this process. These books need to be covered, and we have had some wonderful helpers doing this throughout Term 2. This does not have to be completed at school. You, or someone you know may be happy to contact a few at night, or in a time that suits them. If you are available to help with this process, please let the office know.

### Facebook

Don't forget the school has a closed Facebook page for parents. The link is <https://www.facebook.com/groups/EAGLEPOINTPRIMARY/> and request to join; this page is for parents and carers only.

### School Drop off times

Just a friendly reminder that we would like children to be dropped off at school no earlier than 8.30am. Yard duty supervision begins at 8.45am. If you need any help with this, contact the school so arrangements can be made.

The Scout group, like many organisations relies on its volunteers and we need help to try and attract a few more members of our community to become leaders. Quite a few kids from EPPS go to the Paynesville Scouts, and Mal Stephenson is currently a leader with the Cub Pack.

I have attached some information regarding the training etc., and the ethos of scouting. It's not essential that you have any experience, only a desire to learn, and be involved. A scout leader can come from many parts of our community. It's a great way to learn new skills, and be engaged with the community.

Thanks very much in advance, and if you have any questions please give me a call to discuss.

Kind Regards,

Peter Hahnemann  
0408 054 709



### **PAYNESVILLE LIONS CLUB**

The Paynesville Lions Club invites all members of the Eagle Point community to our monthly market this **Sunday 11th August**

The event is a well established market held on Gilsenan Reserve on the second Sunday of the month from 8.00am to 1.00pm

A host of stalls including: - Household Items, Fresh Produce, Arts and Crafts, Cakes, Tools, Plants, Hot Foods and much more.

Jumping castle for children.

New stallholders are welcome.  
To book a stall Ph **0400 327 526**

# Quality Dance in Performing Arts

Creating and performing different dance genres.

Breakdancing

Cheerleading



Line dancing

Barn dancing

Folk dancing

Social dancing



BOOKINGS ESSENTIAL

AGES 5 – 12

# DRESS UP COMPETITION & ACTIVITY SESSION

**Come dressed up as  
your favourite book  
character, listen to  
stories, and decorate  
your own scrapbook.**

A costume parade will be  
held, with prizes awarded  
for the best dressed.



**SATURDAY 24 AUGUST  
10.00 – 11.15 AM  
BAIRNSDALE LIBRARY**

**Phone 5152 4225 or book  
in person at the library**

**EAST GIPPSLAND  
SHIRE LIBRARIES**



Be Respectful

Do What's Right

Believe in I

# What is Scouting?

East Gippsland Troop Council June 2019

(Elevator Speech – 30 second Speech)

Scouting is non-judgemental,  
A place to make new friends,  
Challenge yourself safely,  
Explore and be adventurous,  
Partake in vast array of experiences,  
and build lifelong memories.

Camping, badges, knot tying, survival and leadership skills are just part of it.  
Belonging to a friendly happy team and being part of a worldwide community,  
empowers youth to make good and healthy decisions for themselves,  
to help others and to understand and care for the environment they live in.  
Scouting is about a journey of personal development not only for youth but for adults!

Be Respectful

Be Friendly and Considerate  
Care for Others and the Environment

Do What's Right

Be Trustworthy, Honest and Fair  
Use Resources Wisely

Believe in Myself

Learn from my Experiences  
Face Challenges with Courage



# If you could spend 5 minutes in thought, it would help your child's scout experience enormously.

## 1. THINK

Of all the people you know in our district of Bairnsdale, Lakes Entrance and Paynesville.

## 2. THEN THINK

Who of them would be interested in Scouting if they only knew something about it? They can be anyone over 18 and able to get a Working with Children Card. They could be those on a gap year, the person down the road, a relative, the teacher at your school, your grandma or grandpa, aunty, uncle, shop assistant, a motorbiker, a bush-hiker, a doctor, a nurse, a gardener, an optometrist, a fisherman, or whatever, even you!

This is a district gathering of people who may be interested in scouting. If you choose someone that is close to another group that is ok, as that group could have someone that they know that could be part of your group. This is why the district is asking all groups involved in this program in the same week.

## 3. And your recommendations are.....

Person 1:      Name:  
  
                         Town (residing):  
  
                         Phone Number:  
  
                         Email Address:

4. Person 2:      Name:  
  
                         Town:  
  
                         Phone Number:  
  
                         Email Address:

## 5. Review

Thanks heaps. If every family thought of two people that may be interested, and half of these came to help us, what a great scout team we would have, and you would benefit astronomically.

We need to have 2 new adults per section each year to make the volunteer job of scouting a far more enjoyable experience for all. So, I hope you can just think of a few maybes

Thank you for your 5 minutes. now if you could send your families recommendations



# TRAINING - THE FAST TRACK TO BEING QUALIFIED



Month 1 2-2.5 Hours	Month 2 3-4 Hours	Month 3 2-3 Hours	Month 4 3-4 Hour
<ul style="list-style-type: none"> <li>e-L Intro to Basic Leadership</li> <li>e-L WHS</li> <li>e-L ChildSafe</li> <li>e-L How Scouting Began</li> </ul>	<ul style="list-style-type: none"> <li>e-L Basic Scouting Fundamentals</li> <li>e-L Basic Leadership</li> <li>Scout craft Managing Emergencies</li> <li>Scout craft Ceremonies</li> </ul>	<ul style="list-style-type: none"> <li>e-L Intro to the Patrol System</li> <li>e-L Basic Scout Safe</li> <li>e-L Elementary Navigation</li> <li>Scout craft Basic Navigation</li> <li>e-L Personal Skill Development</li> </ul>	<ul style="list-style-type: none"> <li>e-L Basic Programmin</li> <li>e-L Basic Organisation Management</li> <li>Scout craft Basic Knots &amp; Lashings</li> <li>e-L The USP Scouting</li> </ul>

Month 5 2 Hours	Month 6 Weekend + 1-2 Hours	Month 7 Weekend	Month 8
<ul style="list-style-type: none"> <li>Scout craft Important Issues of Young People</li> <li>e-L Basic Sectional Knowledge</li> <li>e-L Basic Outdoor &amp; Environment</li> </ul>	<ul style="list-style-type: none"> <li>Scout craft Admin/Forms/ Insurance</li> <li>F2F Basic Practical</li> </ul>	<ul style="list-style-type: none"> <li>F2F Basic Outdoor</li> </ul>	<ul style="list-style-type: none"> <li>Visits to other sections Completion</li> <li>Visit group Council</li> <li>Visit Section training meet</li> </ul>

Legend: e-L – E-Learning, F2F – Face to Face Course



## NDIS Community Info Session

### Your NDIS Journey

The National Disability Insurance Agency is holding an information session for people with disability, family members and carers to educate and support a person through their National Disability Insurance Scheme (NDIS) journey. The session will assist potential and existing participants to understand and access the NDIS, and to use their plans to become informed and empowered NDIS users.

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**Venue:** Bairnsdale TAFE (TAFE Gippsland)

**Date:** Tuesday 13 August 2019

**Time:** 12:00pm – 3:00pm OR  
4:00pm – 7:00pm

**Address:** 32 Main Street, Bairnsdale VIC 3875

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#### How to RSVP

Please RSVP via Eventbrite

<https://www.eventbrite.com.au/o/national-disability-insurance-agency-ndia-18379663300>



Reading  
is my  
Secret  
Power



## **2019 BOOK WEEK**

### **17-23 AUGUST**

To celebrate Children's Book Week 2019,  
you are invited to enter our annual

#### **DRAW A PICTURE/WRITE A STORY COMPETITION**

For more information visit your local library or phone 5152 4225.



# CHILDREN'S BOOK WEEK 2019

## DRAW A PICTURE/WRITE A STORY COMPETITION

Reading is our Secret Power! What's yours?

### ENTRY FORM

Name:

Grade:

Address:

Phone Number:

School:

Prizes awarded in each category.

First prize - \$50 book voucher

Second prize - \$30 book voucher

Third prize - \$20 book voucher

Prep and Grade One - draw a picture

Grade Two and Three - write a story

Grade Four to Six - write a story

There are three ways to enter:

(remember to attach your entry form to your work)

1. Deliver your entry to any East Gippsland Shire library location.
2. Mail your entry to:  
East Gippsland Shire Library  
22 Service Street  
Bairnsdale VIC 3875
3. Email your entry to [library@egipps.vic.gov.au](mailto:library@egipps.vic.gov.au) with the subject line "Writing competition entry".

#### Conditions of entry

1. The entry form must be attached to your entry. 2. Pictures may be drawn, painted, or a collage. 3. Stories must be 50 to 500 words. 4. One entry per child. 5. All works must be original. 6. Entries will not be returned. Keep a copy of your entry. 7. The judges' decision is final and no correspondence will be entered into. 8. Entries may be used for public display in East Gippsland Shire Council Libraries or Service Centres. 9. The closing date is Friday 9 August 2019. 10. The winners will be contacted by phone by Wednesday 21 August 2019. 11. Results will be published in the local press. 12. Prizes will be awarded at a presentation ceremony to be held on Saturday 24 August 2019 at the Bairnsdale Library.

**EAST GIPPSLAND**  
SHIRE LIBRARIES



## Kids Health Info

RCH > Kids Health Info > Fact sheets > Slapped cheek (fifth disease)

### In this section

Fact sheets

About Kids Health Info

Contact us

## Slapped cheek (fifth disease)

Slapped cheek is a viral infection caused by the human parvovirus B19. It is also called fifth disease or erythema infectiosum.

Slapped cheek is common and usually affects children between the ages of four and 10 years, but can happen at any age.

Most children who get slapped cheek do not have any symptoms, and if they do the symptoms are usually very mild. A common symptom is cheeks that look like they have been slapped, which is where the virus gets its name.

Slapped cheek is not life threatening and complications are rare.

### Signs and symptoms

It may take between four and 14 days after your child is exposed to slapped cheek for any symptoms to show. The symptoms can vary, and are usually so mild that many parents won't realise that their child has had the virus.

- The first symptoms can include fever, headache, stomach upsets, aches and pains.
- After a few days of being unwell, a bright red rash may appear on the cheeks.
- Your child may also have a different rash on their chest, back, arms and legs, which looks like a pink lace pattern on the skin.
- The rashes can come and go for several weeks, or even months, especially if the skin is exposed to sunlight or after exercise.

### How is slapped cheek spread?

Slapped cheek is spread by touching or breathing in the coughed or sneezed fluid drops from an infected person. Children with slapped cheek are contagious until 24 hours after their fever has resolved. They will not be able to spread the infection to other people after this time, even if they have a rash.

Often parents won't know their child has slapped cheek. However, if your child is unwell with a fever, keeping them home from child care, kindergarten or school will help prevent them spreading the illness to others.

### Care at home

Most children do not need any treatment, except for rest to allow the body to fight the infection. Because slapped cheek is caused by a virus, antibiotics are not given to children with slapped cheek as antibiotics do not treat viruses.

You can give your child paracetamol or ibuprofen to help them feel more comfortable if they are bothered by a fever or aches and pains. See our fact sheet [Pain relief for children](#).

### When to see a doctor

A few children with slapped cheek develop swelling and pain in the joints of their hands and feet. If this happens, take your child to the GP for advice on how to treat these symptoms.

If your child has sickle cell anaemia, severe anaemia, is taking long-term steroids or is immunocompromised (has a weakened immune system) due to a medical condition or medical treatment, speak to your child's GP or medical team if you suspect your child has slapped cheek.

If you are pregnant and have been exposed to someone with slapped cheek, speak to your GP.

If your child is unwell with a fever and a skin rash (small bright red spots or purple spots or unexplained bruises) that does not turn to skin-colour (blanch) when you press on it, this may be a sign of meningococcal infection (see our fact sheet [Meningococcal infection](#)).

### Key points to remember

- Symptoms can vary between children, and the infection can show very few symptoms.
- Slapped cheek is caused by a virus and antibiotics will not work to treat it.
- 24 hours after the fever goes away, a child with a rash is not able to spread the infection to others.

### For more information

- Kids health info fact sheet: [Pain relief for children](#)
- Kids Health Info fact sheet: [Stopping the spread of germs](#)
- Better Health Channel: [Slapped cheek disease](#)
- See your GP or Maternal and Child Health Nurse.

### Common questions our doctors are asked

#### I'm pregnant and my child has had slapped cheek. Should I be worried?

If you are pregnant and exposed to someone with slapped cheek, ask your GP to test if you have had human parvovirus B19 in the past. The GP will perform a parvovirus IgG serology test. If you have already had human parvovirus B19, then there are no concerns for your unborn baby. If you have not, your unborn baby can get a type of anaemia (low level of red blood cells in the blood). This is rarely serious and usually resolves by itself. Your obstetrician can provide more advice. The virus does not cause any other problems for your baby.

#### Do I need to put any creams on my child's rash?

No. The rashes caused by slapped cheek will not cause any discomfort to your child, and will get better on their own.

#### Can you catch slapped cheek from cats and dogs?

No. Slapped cheek is caused by the human parvovirus B19, which is not the same as the parvovirus that is seen in cats and dogs.

Developed by The Royal Children's Hospital Infection Control, Infectious Diseases and Emergency departments. We acknowledge the input of RCH consumers and carers.

Reviewed February 2018.



Looking for a fun and interactive sport for children aged 5 to 16 this summer?

**Try one or all three**  
**All Abilities Welcomed**

**Monday Afternoons**  
**@4.30pm**

**2<sup>nd</sup> 9<sup>th</sup> 16<sup>th</sup>**  
**September**

## **Howitt Park Oval**



We are excited to announce we have formed a new committee for this upcoming season

Find us on Facebook @ Bairnsdale LITTLE ATHLETICS or contact our email address [bairnsdale@lavic.com.au](mailto:bairnsdale@lavic.com.au)



## EAST GIPPSLAND

### LET'S TALK ABOUT PARENTING

East Gippsland	Facilitated by Parentzone Gippsland. The content will be based around the needs and interests of the participants and may include: Factors that influence how we parent, Child development, Developing a positive relationship with your children, Understanding causes of children's behavior, ways to encourage cooperative behavior, Strategies to deal with difficult behavior, Self Esteem—theirs and yours and any other issues that are challenging you as a parent.	19th August—16th September  12.00 noon—2.00pm  Bairnsdale	Parentzone on  5135 9555 or parentzone.gippsland@anglicarevic.org.au
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A live 90 minute panel discussion/presentation show including a range of topics regarding Autism Spectrum Disorder & creating awareness and understanding about ASD and what can be done to assist and help parents learn more.

# On The Spectrum LIVE ON STAGE!

Dougall AUSTIN      Jeremy SAMSON

**Bairnsdale RSL, 2 Forge Creek Road, Bairnsdale p: 5152 3928**

## Thursday August 15 starts 7.30pm

Cost: \$20 single & \$30 double

## East Gippsland Disability Expo

**Information and exhibits featuring community and disability services available for people living with a disability, their families and supporters.**

## Are you getting the best from your NDIS package?

**Do you want to do more things in the community?**

**Looking for other choices  
and new opportunities?**

**Then visit the expo:**

- over 30 exhibits expected
- Information Sessions on disability related topics



**Thursday 5<sup>th</sup> September, 2019**  
**10am - 3pm**

**Bairnsdale Sports and Convention Centre**  
117 Great Alpine Rd, Lucknow

VALID invites you to visit the Expo featuring a range of local and state-wide community and disability services available for participants.

Exhibits will include agencies that provide community access, accommodation, day activities, continence, equipment, advocacy, training, employment and much more.

**Free entry** (no RSVP required)

For more info on becoming an exhibitor at the Expo contact  
Christine Scott E: [christine@valid.org.au](mailto:christine@valid.org.au) T: 0418 567 518

**VALID**

130 Cremorne St, Richmond  
Phone: 03 9416 4003      web: [www.valid.org.au](http://www.valid.org.au)



# *Sharon Keep Your Hair On* Theatre Performance



**Celebrate Children's Book Week with a special performance by Bairnsdale Independent Theatre Experience (BITE)**

BITE will be performing *Sharon Keep Your Hair On*, a fantastic children's story book by Australian author Gillian Rubinstein.

It's a fun filled family show with loads of laughter, audience participation and a gorilla! So come along and support your local kids as they bring this wonderful story to life.

Hang around after the performance for your chance to meet the cast.

Thursday 22 August  
Bairnsdale Library  
5.00 pm – 5.30 pm

Phone 5152 4225 or book  
in person at the library for  
this FREE event.





**My Time Bairnsdale – Fridays either 10am – 12noon or 12:30 – 2:30** at Uniting Church 710 Lanes Road Bairnsdale. For enquiries or to register call Rose McKenna 0409 096 587  
For more information about My Time go to [www.mytime.net.au](http://www.mytime.net.au)

### PlayConnect Playgroup

Is a weekly facilitated playgroup for children aged

0-6 with Autism Spectrum Disorder or ASD-like characteristics and their siblings

Wednesdays, 10.30am – 12.30pm at Uniting

Church Bairnsdale 710 Lanes Road Lucknow

Enquiries to Rose: 0409 096 587

Come along to connect with other families for information on ASD resources whilst participating with your child/children in activities suited to the needs of children with ASD

## Blessed Sisters & Daughters



### Your Special Invitation

**What:** It's a time to celebrate womanhood & share with those special in your life the things that are precious to pass on to each other and to the next generation.

This beautiful interactive evening will help you cherish each other & knit your hearts together! It takes a village to raise young women, and together we grow stronger!

**Who:** Mothers and Daughters of all ages, sisters and friends. Open to young women and old, of East Gippsland & their female family & friends.

**Monday 2nd September 6pm - 7.30pm**  
**St Mary's Parish Hall Pyke St Bairnsdale**  
Snacks & hot drinks provided

RSVP: August 26th—Von: 0400 321 670

CHERISH · MEMORIES · CREATIVE · BLESSINGS

BEAUTY · SISTERHOOD · STRENGTH · COMMUNITY

