Great Work
Welcome back to term four, it has been a very settled start to the term. It is shaping up to be a very busy term with our year six students preparing for their Graduation and transition to Secondary College. Mrs B and the students are busy preparing for the school concert to be held in mid-December and our grade five students are eagerly awaiting their new buddies to start their transition program. The Foundation to grade two students start swimming in the coming weeks.

In this newsletter I would like to congratulate Shannon B, Joey R, Maui C, Elissa S and Amal E for their impressive work in Mathematics on symmetry and co-ordinates with positive and negative numbers. The work that these students completed was very impressive.

I would also like to congratulate Hailey M for showing great improvement in her reading and comprehension.

Last Tuesday we had eight students from William Ruthven PS represent the Keon Park District Sports Association at the zone finals in athletics. These students won their events in the interschool athletics carnival. Overall they represented six schools and about one thousand students. Congratulations to Chantelle, Maui, Jackson, Pauly, Fantasia, Mikalee, Zach, Riley and Dakota for their efforts. The competition was very fierce. Pauly and Chantelle came second in their events and have progressed to the next level.

Book Club
Information has recently been sent home about the Ashton’s Scholastic Bookclub. This is an opportunity for students and their families to purchase books through a termly newsletter. This is a wonderful way of developing an interest in books. If you would like to order a book in the brochure sent home, please complete the form in the brochure and return it to the school with the correct money. If you have any queries about bookclub please contact Ms M

Curriculum day.
On Monday 31st October we will be having a curriculum day. There will be no school for students on this day.

Allan Waterson

Have you visited our website
For all the latest information on our school visit our website: www.williamruthvenps.vic.edu.au
Student Of The Week

9th & 16th September

Student Of The Week

13th October 2016

Grade 5 Buddies- Visits to Kindergartens

A huge thank you to all our grade 5 buddies who Mrs B & Mrs C took to visit our local kindergartens during terms 2 & 3. You were an absolute pleasure to take; you all conducted yourselves in a polite and friendly manner. Each week you displayed all our school values. Mrs B and I are proud of you all.
"The Foundation students visited the Essendon Traffic School to complement the Term 3 Integrated Studies unit on Transport. We had a highly enjoyable day applying our knowledge of road safety. A big thank you to our helpers on the day, Stuart R, Lily U, Jane M, Sarah K, and Mr Waterson!"
During our Maths lesson, we were learning about the Cartesian Plane Graph and reflective symmetry. This type of graph has four quadrants and positive and negative numbers. Our task was to use symmetry to copy what a famous landmark or figure looked like on one half of the graph, and then use the coordinates to recreate what the other side looks like.
On the 8th September Shreya came to our school to teach us yoga. She taught us different yoga poses. She taught us the tree pose, the butterfly pose and we did a trust fall. After their yoga lesson I felt better & healthier. I really enjoyed doing yoga with Shreya.

By Eva Y
Anaphylaxis

Allergic and anaphylactic reactions
Allergic reactions are common. They happen when the immune system reacts to something in the environment that is normally harmless, e.g. food proteins, pollens or dust mites. They can be triggered by an allergen coming into contact with the skin, eyes, nose, lungs, stomach or bowel.

Many allergic reactions are mild, but some can be severe and even life threatening. The most common causes of allergy in children are eggs, peanuts, tree nuts, cow’s milk, soy, wheat, fish and shellfish. Other causes are bee or other insect bites (e.g. wasp, jumper jack ant), some medications such as antibiotics or anaesthetics, and latex (rubber).

What is anaphylaxis? 
Anaphylaxis is the most severe form of an allergic reaction and is life threatening. Rates of anaphylaxis are not well documented, but are estimated at approximately 10 in every 1000 school children. A reaction can develop within minutes of exposure to the allergen, but with planning and training a reaction can be treated effectively by using an adrenaline injection (EpiPen®/EpiPen® Jr or Anapen®/Anapen® Jr). An important aspect of anaphylaxis management is prevention by avoiding the cause.

Signs and symptoms
Mild to moderate allergic reaction
A reaction will include one or more of these symptoms, and it is possible that a number of them will happen at the same time:

- Itching or rash
- Sneezing
- Itchy eyes
- A sense of pressure in the chest
- Difficulty in breathing

Severe allergic reaction (Anaphylaxis)
This term is used to describe a severe allergic reaction that involves a person’s breathing and/or circulation (heart and blood). Any of these symptoms, as well as one or more of the above symptoms of a mild-moderate allergic reaction, indicates anaphylaxis:

- Difficulty with breathing and/or noisy breathing
- Swelling of the tongue
- Swelling and/or tightness in throat
- Difficulty talking and/or hoarse voice
- Loss of consciousness and/or collapse
- Becoming pale and floppy (infants/young children)

Prevention
Preventing an allergic reaction or anaphylaxis is very important. Ways you can prevent an allergic reaction or anaphylaxis include:

- Knowing and avoiding the causes
- Not allowing food sharing or swapping
- For teachers: only giving foods approved by the parents or foods you have witnessed the child eating before.
- For teachers: using non-food treats where possible, but if food treats are used in class give only those provided by the parents. (Encourage parents to provide a container of safe treats from home)
- Practising routine hygiene and good food safety practices. Children and staff should always wash their hands after play and before eating, and tables should be wiped down after eating.

Banning of products:
Banning of products that contain the allergen is NOT recommended.

Banning will not succeed in creating an “allergy free zone”. It is difficult to achieve a 100% ban, for a variety of reasons. For example, product labels can be confusing, parents of non-allergic children may not comply with the ban, and staff and students can become complacent. Rather than banning foods, it is recommended that people become aware of allergy causing foods.

Food sharing:
Food sharing between children at risk of anaphylaxis should be completely avoided. These children must only consume food provided from home or given with the parent’s permission.

Food preparation:
Any staff who are responsible for cooking or delivering food to children, including relief/casual staff, should know about the child’s allergies. They should be aware of alternative words used to describe the particular allergy food. For example, cow’s milk may be called casein, and egg may be called ovalbumin. They should also be aware of contamination of other foods when preparing, handling or displaying food.

Artcraf t:
Food containers or packages that contained the allergy food should not be used. Parents of children with anaphylaxis can help by choosing artcraft products for hidden ingredients, because they are often more aware of the terms used. Separate tables should be used for artcraf t and food. Where this is not possible, tables must be cleaned thoroughly between uses.

Excursions:
The adrenaline auto-injector must be taken on all excursions and a staff member trained in its use must always be present. The EpiPen®/EpiPen® Jr or Anapen®/Anapen® Jr must always be readily accessible.

Treatment
The first line treatment for anaphylaxis is adrenaline, which may be given as an EpiPen®/Anapen® injection. Please read the Kids Health info factsheet Auto-injectors (epi-pens) for anaphylaxis - an overview.

If a child has had a history of anaphylaxis, an adrenaline auto-injector should be prescribed for the treatment of future episodes. Indications for prescribing an adrenaline auto-injector can be found at the Australasian Society of Clinical Immunology and Allergy (ASCIA). The following recommendations should be considered:

- Each child who has been prescribed an adrenaline auto-injector needs an Anaphylaxis Action Plan, completed by a doctor.
- If an adrenaline auto-injector is used, always call an ambulance by phoning 000.

More information:
- Kids Health Info factsheet: Auto-injectors (epi-pens) for anaphylaxis - an overview.
- Regular education sessions run by the RCH, parents and teachers. See the Allergy department website for more details or telephone (03) 9345 5701.
- The Department of Education’s Anaphylaxis Guidelines for Victorian schools and the Department of Human Services model policy can also be downloaded from the Allergy department web site.
Whole School Concert

As part of our end-of-year celebration night, all of the students will be performing in a concert!

It is very exciting and each grade will perform an item!

Notices regarding costume requirements were handed out at the end of Term 3.

When: Evening of Wednesday the 7th of December.

Where: William Ruthven Primary School Hall (at the back of the school).

More details soon!

If you have any queries, please do not hesitate to contact me.

Thank you,
Lauretta B

Be Sunsmart and remember your hats in Term 4
No Hat No Play!
William Ruthven Primary School
Is now taking enrolments for 2017

Academic Excellence
Personalised learning
Innovative curriculum
A strong focus on Literacy and Numeracy
Committed and dedicated teaching staff
Strong partnership between school and family

A specialist Science School

“GET INTO CRICKET”

ROSEBANK CRICKET CLUB
IS LOOKING FOR JUNIOR PLAYERS TO PARTICIPATE IN THE NORTH METRO UNDER 11’S & 13’S JUNIOR LEAGUE DURING THE 2016 2017 CRICKET SEASON

Home of Rosebank CC: LE COTCHIN RESERVE
Hughes Pde & Massey Ave. Reservoir.
Further Details Contact: John Pappas 0439 884 990

William Ruthven Primary School 60 Merrilands Rd Reservoir
Tel: 9460 1668 Fax: 9460 1858
Email: william.ruthven.ps@edumail.vic.gov.au Website: www.williamruthvenps.vic.edu.au