



WARRAGUL NORTH PRIMARY SCHOOL NEWSLETTER

#7

19th August 2022

CALENDAR 2022

Fri	19 Aug	Footsteps Dance for Year 6 Parent Club Disco
Fri	26 Aug	Book Week Dress up Day Footsteps Dance for Year 6 Junior Assembly (Foundation - Year 2)
Wed	31 Aug	Pupil Free Day - NO SCHOOL
Fri	2 Sep	Father's Day Stall
Tues	6 Sep	Hoop Time Tournament Years 5 & 6
Thur	8 Sep	Old Gipps town Excursion - Grades 1C & 1D
Fri	9 Sep	Old Gipps town Excursion - Grades 1A, 1B & 1E Senior Assembly (Years 3-6)

2022 PUPIL FREE DAYS

THERE IS NO SCHOOL ON THESE DAYS

Wednesday 31st August

Friday 28th October

TERM 3 ASSEMBLIES

Fri	26 Aug	Junior Assembly (Foundation to Year 2)
Fri	9 Sept	Senior Assembly (Years 3 to 6)

2022 CAMP DATES

Mon -	12 - 14	Year Six
Wed	Sept	City Camp
Wed -	14 - 16	Year Three
Fri	Sept	Phillip Island Camp
Wed -	16 - 18	Year Four
Fri	Nov	Mt Evelyn Camp

Principal's Report

Retirement of Corinne Collins, Principal

At this week's School Council meeting I received the following letter of resignation from Corinne Collins, the Warragul North Primary School Principal. Corinne has been on extended leave from the school since late last year.

It was with sadness that I recently tendered my resignation to Mr. Ian Burrage, the Regional Director of our South- Eastern Victoria Region.

I wish to inform you that I was notified on Friday afternoon the 12th August, 2022 that my resignation had been accepted.

I have been a continuous employee of the Victorian State Education Department since 1968. I commenced as Principal of Warragul North Primary School in July, 2005. I deem it a privilege to have been a part of the WNPS community - students, parents and staff for the last 17 years.

The last couple of years have been stressful for everyone with COVID lockdowns and regulations. When my husband became critically ill during these COVID times this added to my stress. Following Garry's death I do not have the capacity to return to my position.

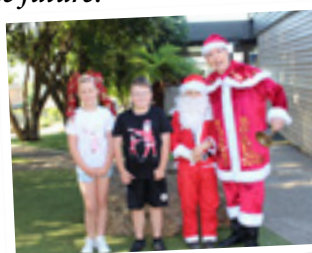
I wish Warragul North Primary School every success in the future.

*Yours faithfully,
Corinne Collins*

WNPS has been very fortunate indeed to have the services of a principal of the calibre of Ms Collins over the last 17 years. She has given Warragul North Primary School total loyalty, dedication and effort and has been a wonderful asset to our school. Ms Collins will be sorely missed by staff, students and families.

On behalf of our school community I gratefully thank Ms Collins for her excellent work and service and wish her many healthy and happy years in retirement.

The Department of Education will commence the process to appoint a new principal for Warragul North Primary School with the expectation that the new principal will start at the beginning of 2023.



Principal's Report *cont.*

Sensastional Senior Concert

It was with great excitement that the Senior Concert was held last Wednesday 10th August. It has been three years since our last concert so understandably the children were looking forward to performing on the stage for their family members.

Well done to our Warragul North Primary School staff who are an amazing group of people who work together to prepare and present our concerts. The concert co-ordinator, Shelby Nyhuis, must be acknowledged for all her hard work and the hours of time she put into organising her first Warragul North Primary School concert. A huge job – well done Shelby!

Shelby was ably assisted by Natalie Mead, the other WNPS Performing Arts Teacher and Karen Dellar, who had co-ordinated concerts in previous years. Olivia King, one of our Visual Arts Teachers, must also be thanked for enabling the students to tie-dye their costume items for the year level performances during their Visual Arts lessons.

Thank you and well done to our senior students for providing their audience with a highly entertaining concert. Thank you to the audience for being so supportive of our young performers. Thank you to the school community for coming along and making concerts at the arts centre possible once again.



Staff vs Students Basketball Match

Recently, our Year Six students (led by Harry D and Jakob W) challenged the staff of WNPS to a basketball game. All Year Six classes were involved, and students volunteered to participate and defeat the staff. The gym was alight with excitement as all other year levels came to encourage their respective teams, chanting and cheering. The staff supported the students throughout the game, building their resilience as the staff came away with the win.



Principal's Report *cont.*

Professional Practice Day

On Friday 5th August, Warragul North Primary School held their allocated Professional Practice Day. Staff engaged in a variety of activities and professional learning opportunities, enhancing their collaboration and problem-solving skills and ensured the purpose of the day was effective and efficient.

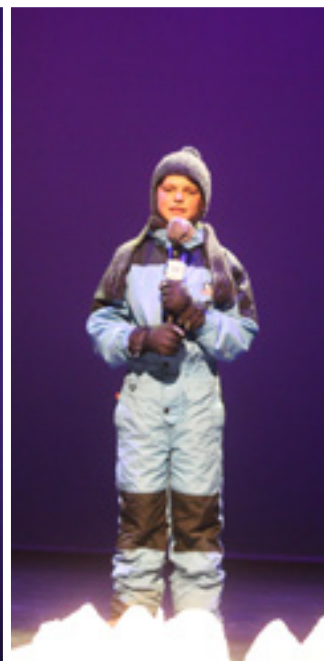
During the first session, staff engaged in a variety of games that promoted teamwork, problem-solving, critical thinking and logical reasoning. This was a great success as staff worked in their professional learning communities through a number of challenging tasks to compete against each other. A massive well done to Year Four for taking out the top prize.

Following this, Toni Barker (Acting Assistant Principal) and Nathan White (Learning Specialist - English) unpacked engaging opportunities with professional learning around the Writer's Workshop model and how to utilise this approach in classrooms to enhance the learning and teaching of writing at WNPS. A big thank you to each of them for such a targeted and enlightening presentation.

Jess Szalek,
Acting Principal

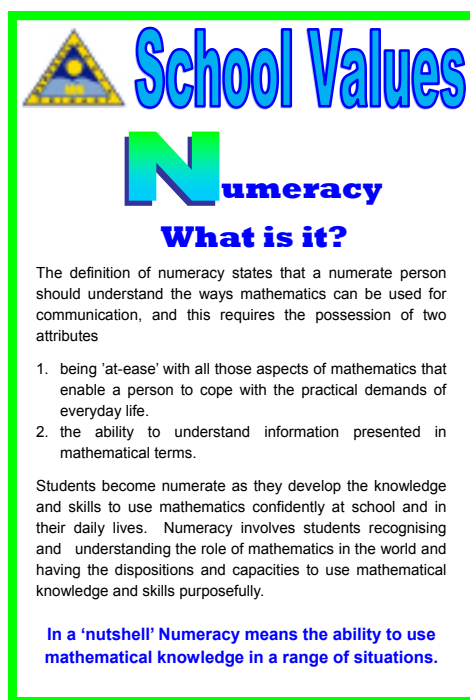


Senior School Concert





Warragul North Primary School Values



School Values medals were presented at the junior assembly held on Friday 29th July and at the senior assembly held on Friday 12th August to the following students:

LITERACY – Foundation – Ollie (0A)

RESPECT – Year One – Lylah (1C)

NUMERACY – Year Three – Uday (3C)

GETTING ALONG – Year Four – Maggie (4B)

NUMERACY – Year Two – Mason (2C)

NUMERACY – Year Five – Patrick (5D)

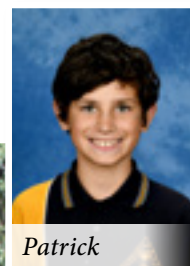
INTEGRITY – Year Six – Josh (6C)



Mason, Lylah and Ollie



Uday, Josh and Maggie



Patrick

VIC Spell

On Monday 1st August two students travelled to Ripplebrook Primary School to represent Warragul North Primary School at the Central Zone Vic Spell competition. Vic Spell is a spelling bee where each school selects a student from Year Five and Year Six to participate in the competition. Students compete against students from other schools in their own year level. This year only Year Five students competed as the Year Five winners from 2021 were automatically eligible for the 2022 State Final.

Well done to Kaiden (5B) and Jett (5D) for representing our school and doing their best. Congratulations to Jett who was the overall winner of the Year Five level for 2022 which was a fantastic result. Kaiden did a great job too and finished in fourth place.

Stephanie (6A), the Year Five winner from 2021 and Jett will compete in the State Final to be held in September.

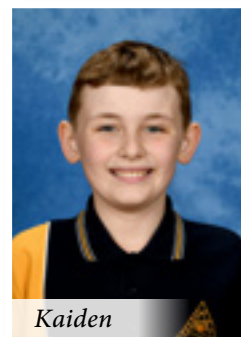
Ms Melissa Manuel
Year Five Teacher



Jett



Stephanie



Kaiden

WRITE-A-THON

During the second half of the Term Two, each grade was challenged to write a creative piece for the Write-a-thon competition. This written piece had to start with the word 'Suddenly' and be exactly 100 words. By the end of the competition, we were flooded with entries from all year levels, including staff entries.

Congratulations to our winners:

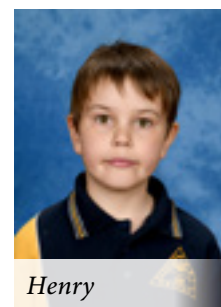
- ☺ Reggie (1E)
- ☺ Adelaide (2/3D)
- ☺ Henry (3C)
- ☺ Marcella (4A)
- ☺ Ariana (5C)
- ☺ Maisie (6B)
- ☺ Ms Manuel (5B)



Adelaide



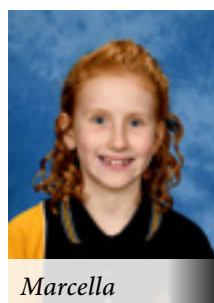
Ariana



Henry



Maisie



Marcella



Ms Manuel



Reggie

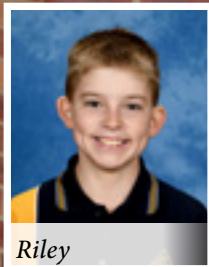
Mr Nathan White
Learning Specialist English

Environment & Sustainability Group Badges

At the senior assembly on Friday 12th August, badges were presented to the 2022 Environment and Sustainability Group representatives. This year, rather than selecting one student from each grade, I asked for students who are as passionate about the environment as I am to join the Environment and Sustainability Group. During this year these students have shown commitment to the ethos of the E&S Group by attending lunch time meetings and embracing the values of renewability and resourcefulness. These students have worked hard to earn their eco-friendly badge. Congratulations!

Mr Brendan Cox

Environment and Sustainability Co-ordinator



Riley



Front row – Lachlan (3A), Leah (3A), Diyenka (4C), Jasmine (4C) and Elle (4C). Second row – Blake (4C), Sophia (3A), Ruby (4C) and Taylah (4C). Third row – Frankie (6C), Keira (4C) and Kai (3/4E). Back row – Taigue(6C), Tyler (6C) and Josh (6C).

FATHER'S DAY STALL

FRIDAY 2ND SEPTEMBER



Our Parent Club is once again holding their fantastic Father's Day stall.

The stall will take place from the WNPS canteen on Friday 2nd September from 9.00am until 11.00am.



All gifts will be priced at \$5.00.

Children will be limited to purchasing one gift only.

Please provide a named plastic bag for your child to take their gift home in.

Any left over gifts will be for sale from the canteen after school on Friday 2nd September.



100 Days of Learning For Foundation Students

The Foundation students celebrated 100 Days of Learning on Tuesday 2nd August. The teachers were surprised to find their classrooms full of 100-year-olds instead of their usual students! Everyone enjoyed dressing up as a 100-year-old and having a parade and photo booth. The students enjoyed learning about the number 100, going on a number hunt and doing some craft activities! It was a very exciting day to celebrate a special milestone for all the Foundation students!

Miss Georgia Carter, Foundation Teacher





Hello from the *Acorn Room*



Parenting expert, Michael Carr-Gregg, describes resilience as “one’s ability to bounce back from a negative experience”. He goes on to explain that resilience is a quality that can be learned and should be considered a process, rather than a trait one may possess or not. To learn resilience, individuals have to develop proper coping

techniques when faced with crises. Carr-Gregg quotes Maggie Dent who writes, “One of my favourite parenting mantras is to never do anything for your child that they could do for themselves”. Carr-Gregg suggests that shielding our young people from adversity by doing too much for them, inadvertently prevents them from developing the skills they need to overcome difficulties they may encounter whilst doing these tasks. He sees this

lack of resilience as contributing to the rising rates of mental illness we are seeing in young people today. I love my kids and a natural expression of my love is to care for them. What an about turn, to think that by helping them too much, I might actually be doing harm. So often its easier and quicker to just do tasks myself. I found this quote a confronting, but good reminder, to make sure I’m giving my kids plenty of responsibility and household chores to do, and not rushing in to ‘rescue’ them when things inevitably go wrong from time to time.

If you want to learn more parenting tips like this, you might like to attend the Resilient Kids Conference on Saturday 8th October. Nearly all of my favourite parenting experts will be presenting at this one-day conference which can either be attended in person (Blackburn North) or accessed online. Following the success of this conference in previous years, the book, ‘Raising Resilient Kids’ has been put together with contributions from the conference speakers. Please get in touch with me if you are interested in borrowing this book or it is also available for purchase online.

Mrs Sheryn Cutler, WNPS Chaplain

Warragul North Primary School offers chaplaincy and pastoral care to students and families on Tuesdays and Thursdays. Mrs Cutler can be contacted on those days via her e-mail sheryn.cutler@education.vic.gov.au or her mobile 0482 470 272.

TOP EXPERTS ON ISSUES AFFECTING OUR CHILDREN & TEENS

 DR JUSTIN COULSON Parenting expert	 MELINDA TANKARD REIST Author, speaker	 SUSAN MCLEAN Cyber Safety Expert, author	 DR MICHAEL CARR-GREGG Adolescent psychologist	 MICHELLE MITCHELL Author, educator, presenter	 DR JODI RICHARDSON Author, speaker
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Resilient Kids

CONFERENCE

SPEAKING TOPICS

- Navigating the online world
- Raising a resilient child
- Anxiety-help for anxious young people
- Social resilience - friendships and more
- Building resilience in our young people using wellbeing apps
- Addressing porn culture

IN PERSON CONFERENCE
Saturday 8th October, 2022 | 8.30am-5pm
New Hope Baptist Church
3 Springfield Road, Blackburn North VIC
ONLY \$79
(Includes 8 Week Online Access)

PROUDLY SPONSORED BY
89.9 the light
positive radio

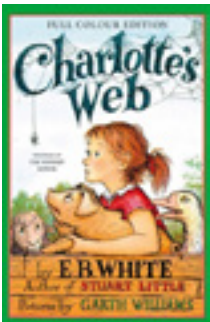
BOOKINGS ESSENTIAL
www.resilientkidsconference.com.au



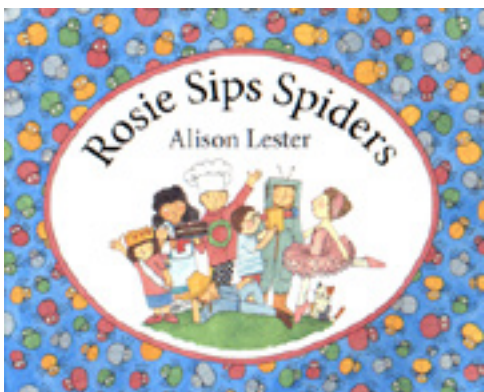
Book Week 2022

'Dreaming with eyes open...'

Dress Up Day
Friday 26th August

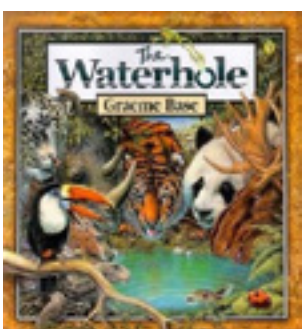


Book Week is the longest running children's festival in Australia and this year the theme is 'Dreaming with eyes open...'



To celebrate book week, Parent Club has arranged a 'book character' dress up day on Friday 26th August. The cost for dressing up will be a gold coin donation.

There is also a poster competition with a prize for each year level. Please leave named posters at the office by Friday 26th August.



All money raised by Parent Club on the day will go towards purchasing new books for our library.



Lowanna College

AFLX VISIT

On Wednesday 3rd August and Thursday 4th August students from Year Six participated in an AFLX incursion which was run by Mr Allan Chandler from Lowanna College. Students participated in these sessions during their weekly Physical Education lesson. Students participated in an AFLX game and were given an insight into what the difference is between AFL and AFLX. The students absolutely loved it and were wanting to know more about it after the session. The sessions were well organised and students were very engaged throughout the entirety of the lesson. I thank Allan Chandler for making this happen as well as his helpers on the day.

Mr Kurtis Harper
Physical Education Teacher



'FOR THE RECORD' 2022

'For the Record' is a fantastic record of school events; it includes the 2022 class photos, items from students, photos of school camps, incursions, excursions, concerts, athletic events and much, much more.

If you would like to receive a copy or copies of the school magazine, please make payment via Compass by the last day of this term, **FRIDAY 16TH SEPTEMBER**. The cost of the magazine is \$30-00 per copy.

We look forward to presenting this year's magazine to you.

Mrs Ann Burton

'For the Record' Co-ordinator

ARE YOU MOVING?



If your child will not be returning to Warragul North Primary School for 2023, it would be appreciated if you could notify the school office as soon as possible. This will assist us with our class

planning for 2023 and also enable us to forward a student data transfer to your child's new school. Thanks!

ANAPHYLAXIS MANAGEMENT



As part of Warragul North Primary School's commitment to the safety of all our students, meeting legislative

requirements and advice from the Anaphylaxis Advisory Service of the Royal Children's Hospital, parents/carers of students diagnosed with anaphylaxis are reminded of the importance of:

- Keeping the school informed of any changes to your child's medical condition.
- Ensuring the school has the correct and in date medication for your child.
- Reviewing your child's ASCIA Action Plan annually (or after an allergic reaction) with your medical practitioner and providing the school with the new plan.

2022 FOUNDATION (PREP) ENROLMENTS



Enrolment forms are available from the school office for families wishing to enrol a child for 2023 in Foundation (Prep). Please enrol siblings as soon as possible to ensure all children are included

in the orientation program which will commence early in Term Four, and to assist with class planning for 2023.

DENTAL VISIT



A School Dental Health visit is scheduled during Term Four at Warragul North Primary School. Consent forms were sent home with students in all year levels two weeks ago.

If you would like your child to visit the dental

van when it visits the school, please complete and return the consent form by Monday 22nd August

Please contact the school office if you have any questions or need any further information regarding the upcoming School Dental Health visit.

CONTACT DETAILS

Parents are reminded of the importance of ensuring the school always has the most up to date contact details. In the case of an emergency it is imperative that we are able to get in contact with parents without delay. If your contact details have changed please advise the office as soon as possible.

Please also remember to advise the school of any Intervention Orders or Court Orders that may be in place relating to your children. A copy of the relevant orders must be provided to the school to enable us to follow the orders.

Respectful Relationships

Warragul North Primary School is proud to be a Respectful Relationships Lead School

What is the evidence for Respectful Relationships Education?

"Family violence is complex and multifaceted but research shows that gender inequality is a key driver" (VicHealth, 2007)

More than one in three Australian women aged over 18 has experienced violence since the age of 15 (Australian Bureau of Statistics, 2012). A 2013 VicHealth study found that of Australian young people aged 16-24:

- Almost a quarter believe that partner violence can be excused if the person is so angry they lose control
- Only half knew where to get help if they were faced with a problem about violence against women (VicHealth, 2013)

The evidence supporting Respectful Relationships is overwhelming and comes from respected institutions such as the World Health Organisation and The Royal Commission into Family Violence. Helping children develop an understanding of healthy relationships and respect is key to preventing family violence in the future.

In 2014-15, Respectful Relationships education in schools was trialled across 19 schools, reaching 1700 teachers and 4000 students and was found to have had a positive effect on students' attitudes, knowledge and skills, and school policies, culture and ethos.



1800 015 188

Victorian state-wide service providing telephone support, information, referral, safety planning and risk assessment for women and children experiencing family violence.

24 hours, 7 days a week.

www.safesteps.org.au



1800 806 292

A statewide confidential, telephone crisis counselling service for people who have experienced both past and recent sexual assault.

24 hours, 7 days a week.

www.sacl.com.au

- 1800 RESPECT (1800 737 732) provides telephone and online counselling delivered by qualified, experienced professionals 24-hours a day, seven days a week.

<https://www.1800respect.org.au/>

- Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24-hour crisis support and suicide prevention services.

Telephone: 13 11 14

Website: www.lifeline.org.au



PUPIL FREE DAY

WEDNESDAY

31ST AUGUST

**AS PER THE D.E.T. GUIDELINES,
THE W.N.P.S. STAFF WILL BE
HAVING A REPORT WRITING DAY**

All day care is available through the YMCA:

- ☺ Cost - \$75.00
- ☺ Hours - 7.00am to 6.00pm
- ☺ Where - O.S.H.C. House

For further information and bookings please visit:
childrensprogram.ymca.org.au

Parent/Caregiver/Guardian Opinion Survey

Warragul North Primary School families are asked to participate in the 2022 Parent/Caregiver/Guardian Opinion Survey (previously known as the Parent Opinion Survey).

Each year the school conducts an opinion survey with the school community. While previously a random sample of approximately 30 per cent of parents/caregivers/guardians have been selected to participate, this year, all families are invited to participate in the survey. Results will be used to inform and direct our future school planning and improvement.

Please take the time to complete the survey as your opinions are important to us and will contribute to the future management and organization of our school.

- The survey will be conducted **online** and should take **20 minutes** to complete.
- The survey can be completed on any internet enabled device (iPad, Desktop or Laptop, Smartphone) and is compatible with most browsers.
- The survey will be open from **Monday 15th August to Friday 16th September**.
- The survey is available in English and ten other languages including Arabic, Vietnamese, Simplified Chinese, Chin (Hakha), Hindi, Japanese, Greek, Turkish, Somali and Punjabi.

Please be assured that your responses are completely confidential. The survey is conducted anonymously, and it is important to us that you complete the survey as honestly as possible.

Please follow the instructions below to complete the survey.

NOTE: Only **one parent/caregiver/guardian** from your family is invited to complete the survey.

To complete the survey, simply:

1. Click on the link below or copy and paste the text into your browser. This link will take you directly to the survey. <https://www.orima.com.au/parent>
2. Select the School and Campus name.
School Name: Warragul North Primary School
Campus Name: Warragul North Primary School
3. PIN: **202684**
4. When complete, please click on the tick button at the end of the survey to submit your answers. Please note that the survey will time out after **60 minutes of inactivity**.

Thank you for taking the time to participate. Your assistance is greatly appreciated.

HOOP TIME

"On Wednesday 3rd August, Year Three and Four students had the chance to go to the Warragul Leisure Centre for Hoop Time. Warragul North had six teams; All Stars, Nuggets, Knights, Waves, Warriors and Gladiators. The other schools were Buln Buln, Nilma, Lardner District and Darnum. It was really fun and even if my team didn't get into the Regionals it was a great experience". **By Brooklyn (4B)**

Congratulations to the All Stars Team who played awesomely on the day and progressed through to the next round to be held shortly.

Pictured Right is the Year 3/4 Hoop Time All Stars Team with their coach, Ms Szalek. Back row – Nate (2/3D), Cooper (4C), Noah (4B) and Nathan (4B). Front row – Noah (4A), Bailey (4A), Keira (4C) and Jake (4C).



PARKING SIGNS & ZONES EXPLAINED



NO PARKING SIGNS

If there is a 'no parking' sign, you can stop for 2 minutes in that area:

If you are picking up or dropping off passengers or goods
You stay within 3 metres of your vehicle

If you stop in, or partly in, an area showing a no parking sign and you are not picking up or dropping off passengers or goods, you are considered to be parked and can be fined. This is the case even if you stay with your vehicle.



NO STOPPING SIGNS

If there is a 'no stopping' sign you are not allowed to stop or park your car in, or partly in, that area for any reason. Dropping off or picking up passengers or goods in a 'no stopping' area is not permitted.



DISABLED PARKING SIGNS

You are not allowed to park in parking bays that have a disabled parking sign or road marking unless you have a valid disabled parking permit.



PERMIT ZONE SIGNS

Only vehicles displaying a valid permit issued by Baw Baw Shire can park or stop in a permit zone.



BUS ZONE SIGNS

Only public buses can park or stop in a bus zone.

CHILDREN CROSSING RULES EXPLAINED

PEDESTRIANS:

WAIT FOR THE SUPERVISOR

Wait on the footpath until the crossing supervisor blows their whistle, or tells you it is ok to cross.

CROSS BETWEEN FLAGS

Only cross between the children crossing flags. Do not cross outside the flags.



DRIVERS:

APPROACHING A SCHOOL CROSSING

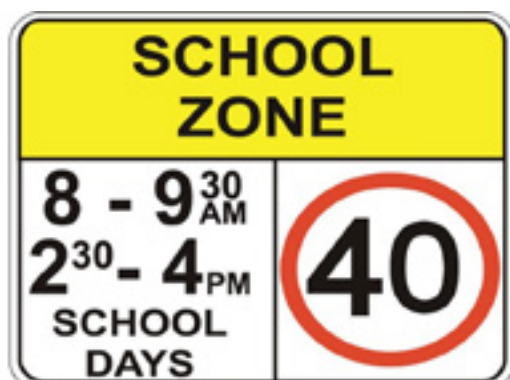
When travelling towards a children's crossing, you must drive at a speed so that you can stop safely.

At a crossing which has 'Children Crossing' flags you must:

- Stop if a pedestrian is on or is about to step on the crossing, even if there is no crossing supervisor
- Not go until the pedestrian has left the crossing
- Stop if a hand held stop sign is displayed at the crossing

KEEPING CROSSINGS CLEAR

You must keep crossing clear and not drive into a crossing if the road beyond the crossing is blocked.



HOW CLOSE CAN I PARK TO THE CROSSING?

Unless there is a sign saying that you can, you are not allowed to park, stop or leave your vehicle within **20 metres of the approach side of a children's crossing.**

Unless there is a sign saying that you can, you are not allowed to park, stop or leave your vehicle within **10 metres of the departure side of a children's crossing.**



The latest Scholastic Book Club catalogue was sent home this week. As always there are some great books available. Orders are to be placed online using the LOOP system and payment with a credit card. The closing date for all orders is Monday 29th August at 4.00pm.

Book Club LOOP

LOOP is the Scholastic Book Club
Linked **O**nline **O**rdering & **P**ayment platform.

It's easy to order and pay online for your child's Book Club order using your credit card. If your school is not yet in the **LOOP**, speak with your school's Book Club Organiser.

Head to **scholastic.com.au/LOOP**

or



Follow these **easy** steps!

1 Simply grab your child's Book Club catalogue and either **SIGN-IN** or **REGISTER** your account.

2 Add your child's first name and last initial (so the school knows who the book is for), then select your **SCHOOL** and your **CHILD'S CLASS**.

Note: You can order for multiple children at once if they attend the same school.

Looking for **MORE** product information? Additional content such as videos and downloads are available for select titles. Select your issue and enter the item number to view information on titles and some great resources, such as videos and reviews.

[HOME](#) | [ABOUT](#) | [REGISTER](#) | [HELP](#)

LOOKING FOR MORE PRODUCT INFORMATION?



Search Item



FIND

3 Click on **ORDER** and enter the item number from the Book Club catalogue.

4 All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child's classroom if you order by the close date.

That's it! There's no need to return paper order forms or payment receipt details to your school.

Artist of the Week Awards

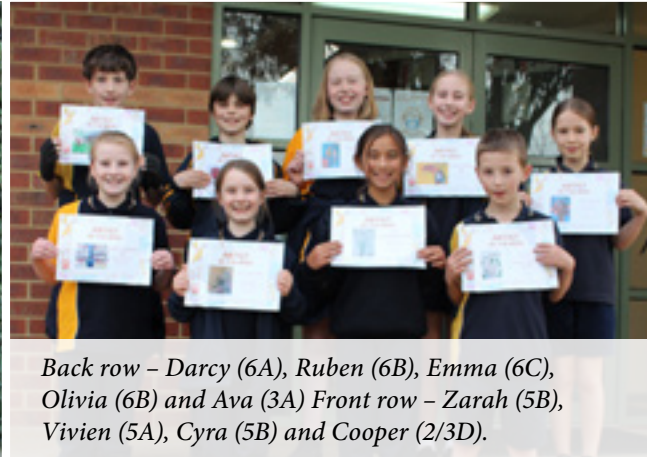
Artist of the Week Awards were presented at the junior assembly on Friday 29th July and the senior assembly on Friday 12th August. Congratulations to these very talented students.



Jim (1E) and Rylee (1A).



Chloe (0B) and Kaylee (1E).



Back row – Darcy (6A), Ruben (6B), Emma (6C), Olivia (6B) and Ava (3A) Front row – Zarah (5B), Vivien (5A), Cyra (5B) and Cooper (2/3D).

TRUANCY

How much school is a child missing throughout their education?

1 day a fortnight = 20 days a year = 4 weeks a year = over 1.5 years (P - 12)

1 day a week = 40 days a year = 8 weeks a year = over 2.5 years (P - 12)

2 days a week = 80 days a year = 16 weeks a year = over 5 years (P - 12)

3 days a week = 120 days a year = 24 weeks a year = nearly 8 years (P - 12)

A student who is half an hour late each day misses the equivalent of 16.6 days of learning each year. This is equivalent to over 4 weeks a year = 1.5 years (P - 12)



Kids who miss school and the classic telling your mum that you feel sick when you're bit actually, is a problem. Missing school can really impact your learning growth. School is very important because it will help you when you go to high school and university. You get better at everything because of reading, writing and your mathematics. If you miss school you have more problems and less opportunities for the rest of your life.

So if you're sick then take a covid test and if you are negative make sure you go to school, unless you are really sick then you need to stay home.

If your child misses just 1 day a fortnight that's 20 days per year so you will definitely finish Year 11 instead of Year 12. If your child misses 3 days a week that means they miss 120 days per year that is 24 weeks per year definitely finishing Year 4. That's so much school you are missing out on.

By Sam J

Community News

Food Allergy VS Food intolerance – What's the difference?

Food Allergy

Occurs when the body's immune system overreacts to a harmless food as if it were toxic. Common food allergies include eggs, peanuts, soy, milk, wheat, fish and shellfish.

The reaction is usually immediate and can occur even when only very small amounts of the food are eaten.

Symptoms of a food allergy may include wheezing, stomach upsets and rashes. Anaphylaxis is a more severe allergic reaction and can be life threatening.

Food Intolerance

A chemical reaction that occurs in the body when you eat some of the naturally occurring chemicals in food and to some common food additives.

The reaction may take 12 – 24 hours to develop and different people will react to different amounts of any given chemical.

Symptoms of food intolerance can be similar to food allergy and commonly include asthma, chronic fatigue syndrome and irritable bowel syndrome (IBS).

If you think you or your child may have a food allergy or intolerance, it's important to see your Doctor as the symptoms you have can also be caused by other medical conditions.

<http://daa.asn.au/for-the-public/smart-eating-for-you/frequently-asked-questions/whats-the-difference-between-food-allergy-and-food-intolerance/>

Angela Greenall Health Promotion



GOs & Nitro present
OLD SCHOOL
GAMES Night
BOARD GAMES - CARD GAMES - PRIZES
FRIDAY 19TH AUGUST
CCW Cafe 1/29 Wills St, Warragul
All kids in years 3 - 6
6 - 8pm \$4
Supper provided
For more information contact Emma 0432 887 375 or Lisa 0438 300 361
Event updates posted to CCW Facebook page

FREE DRUMMING WORKSHOPS

Healing the Beat will be starting a 6 week personal development program with rhythm starting 1st September come along to our free introductory workshops.

Workshop dates

Wednesday 24 August @4.30

Thursday 25 August @5pm

Age 10- 14 years

Bookings on eventbrite

<https://www.eventbrite.com.au/e/596825805667>

www.healingthebeat.com
sarah@healingthebeat.com
Ph: 0455 634 444

1 Victoria street shop @
McLennan arcade
Warragul

FREE TENNIS

COME AND TRY

31/08/2022 - 4pm to 5pm

07/09/2022 - 4pm to 5pm

REGISTER FOR SUMMER SEASON

<https://play.tennis.com.au/warragultennisclub/Membership/Join>

GRADING

14/09/2022 - 4pm to 5pm

<https://play.tennis.com.au/warragultennisclub>

location info : Burke St Courts, Warragul

enquires: warragultennisclub@gmail.com

United BRASS
Come enjoy a **FREE CONCERT** presented by The Combined Bands of;
Warragul Salvation Army Band
Warragul Municipal Band
Maroondah Brass (Melb)
Great music for the whole family
Warragul Salvation Army 120 Burke St Warragul 3820
SATURDAY 20th AUGUST 2.30pm
2022

TRAIN WITH BRENTON
Located at Warragul Cycling Club
Wednesday 5:30pm
24 August - 7 September
(Plus some school holiday fun!)

WCC MTB CLINIC
ONLY \$10 PER SESSION!
(Discounts available for WCC Members)

To book or for more information: Samantha 0402 673 282