

Parent Newsletter

Hurlstone Agricultural High School

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2019 Issue 4 Term 2 - Week 3

17 May 2019

SPECIAL POINTS OF INTEREST

- New STEAM Build
- School Photo Day Information
- Student Health

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CALENDAR

Please see below the link for the school calendar –
www.hurlstone.com.au

May 2019

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Principal's Message

Beginning Term 2, Day 1, it was exciting for our community as the new Science, Technology, Engineering, Arts and Mathematics, "STEAM" facility opened. Students and teachers are now settling in to their new environment and exploring the possibilities of the innovative learning spaces. Our boarder parent welfare group and P&C toured the buildings on Saturday during their meetings.

Please enjoy a selection of photos including the first Hurlstonian to step foot into the future of learning at our school.



New Science, Technology, Engineering, Arts and Mathematics, "STEAM" Build



Science Labs

Principal's Message continued...



Open Learning Space



Art Space

Kind regards

Christine Castle
Principal

Updates to Building Project

The schedule of work onsite at Hurlstone Agricultural High School Glenfield is well underway. Please check updates at the following link.

<https://schoolinfrastructure.nsw.gov.au/schools/hurlstone-agricultural-high-school/hurlstone-agricultural-high-school-glenfield>



**Kim Ung -
Year 11**
First Hurlstonian
to step foot into
the future of
learning at our
school



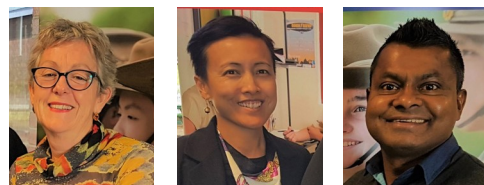
Food Technology



Covered Outdoor Area



From the DP Desk



It's good to be back engaging with students this term in the new teaching and learning spaces.

Last term letters were sent out to parents who had informed the school that their child has a health condition which requires support at school. While the main role of the school is to provide education, your child's health and safety is a top priority.

We require a yearly updated Individual Healthcare Plan and either Allergy Plans or Asthma Plans completed to update us on your child's health conditions. Please note this is a requirement of Hurlstone Agricultural High School to complete these forms annually.

You may wish to discuss the information required with a medical practitioner. These forms are now overdue. Please complete and return the form to the administration office ASAP as the due date for these forms was the 6 of May.

Please advise the office at any time if there are changes in the information about your child's health care needs or if we can assist you further.

Parent teacher night for year 11 and 12 students is on Thursday 6 June. Further details will be communicated soon. Year 7-10 parent teacher night will take place on Thursday 4 July, Boarder parents are welcome to attend either night especially if students are in senior and junior years.

Photo day is fast approaching – Tuesday 28 May. Students should wear full winter uniform. Payment to be made online beforehand. Make sure your order is in. Cash can be paid on the day in the envelope to the photographers. The school does not accept any money for photos.

As the days get shorter and the mornings cooler, it can be hard to get out of bed! If your child is late for school because they are struggling with the chill, you must send them with a late note acknowledging you are aware of the situations. It covers attendance.

If you need your child to leave early, please give them a note explaining why. They must give this to a Deputy BEFORE school so that their attendance can be adjusted and they will receive a pass out.

Please do not call your child asking them to meet you at the Front Administration Office – you must contact the school if you require them in an emergency.

If a student is feeling unwell there is a process to follow, the student is required to tell their teacher, then come to the Front Office where they will receive a slip to go to the Sick Bay and a member of staff will contact you. Students **cannot** call their parents to collect them from school.

Ms Ann Young, Ms Mai Ni Pham & Mr Sailash Krishan
Deputy Principals

HAHS—School Forms & Information

**OVERDUE
PLEASE READ
Individual
Health Care
Plans**

**Please refer
to P11 to 20
to view
the forms
below**

The form is titled 'Individual Health Care Form' and is designed for use by schools. It includes sections for:

- School Information:** School name (Hurlstone Agricultural High School), Principal's Name, and Date of form.
- Student Information:** Student name, Date of birth, and Class.
- Medical Information:** A section for medical conditions, including a table for 'Medical conditions' with columns for 'Condition', 'Onset', 'Severity', and 'Management'. It also includes a section for 'Allergies' and 'Medications'.
- Emergency Contact:** A section for emergency contact details, including name, phone, and address.
- Consent:** A section for parental consent, including a signature line and date.

Individual Health Care Form

This is an 'Anaphylaxis fact sheet for parents of children at risk of anaphylaxis'. It provides information on:

- What is anaphylaxis and how is it treated?** A definition of anaphylaxis and the importance of immediate treatment.
- How to manage anaphylaxis:** Steps to take if a child has anaphylaxis, including using an adrenaline autoinjector.
- Prevention:** How to avoid allergens and the importance of having an adrenaline autoinjector.
- Emergency preparedness:** How to prepare for emergencies, including having a plan and knowing where to go.
- Further information:** Links to resources and support groups.

ACSIA Information

This is an 'Anaphylaxis Action Plan' form. It includes:

- Signs of mild to moderate allergic reaction:** A list of symptoms such as swelling, hives, and difficulty breathing.
- Action for mild to moderate allergic reaction:** Instructions on what to do if a child has a mild reaction, including using an adrenaline autoinjector.
- Signs of severe allergic reaction:** A list of symptoms such as difficulty breathing, loss of consciousness, and collapse.
- Action for severe allergic reaction:** Instructions on what to do if a child has a severe reaction, including calling for help and using an adrenaline autoinjector.

Anaphylaxis Action Plan

This is an 'Allergic Reaction Action Plan' form. It includes:

- Signs of mild to moderate allergic reaction:** A list of symptoms such as swelling, hives, and difficulty breathing.
- Action for mild to moderate allergic reaction:** Instructions on what to do if a child has a mild reaction, including using an adrenaline autoinjector.
- Signs of severe allergic reaction:** A list of symptoms such as difficulty breathing, loss of consciousness, and collapse.
- Action for severe allergic reaction:** Instructions on what to do if a child has a severe reaction, including calling for help and using an adrenaline autoinjector.

Allergic Reaction Action Plan

This is an 'Asthma Action Plan' form. It includes:

- When well:** Instructions on how to manage asthma when the child is well, including using a reliever inhaler.
- When not well:** Instructions on how to manage asthma when the child is not well, including using a controller inhaler.
- When symptoms get worse:** Instructions on what to do if a child's asthma symptoms get worse, including calling for help.

Asthma Action Plan

This is a 'School Communities Working Together' fact sheet. It includes:

- Introduction:** A brief overview of the fact sheet and its purpose.
- Your role in supporting your child:** A section for parents and carers to discuss their role in supporting their child's learning and well-being.
- What to do if you are concerned for your child:** A section for parents and carers to discuss what to do if they are concerned about their child's learning or well-being.
- Resources:** A list of resources available to parents and carers, including websites and books.

Fact Sheet for Parents and Carers

This is a large blue button with the text 'Click Here to view this link - Information - Anti Racism Contact Officer'.

Head Teacher - Administration

Email Communications



Our main communication channel with our students is via email. Every student attending NSW Department of Education schools is provided with an email address – firstname.surname@education.nsw.gov.au

Students are able to access their email by logging into the DoE Student portal at <https://student.det.nsw.edu.au/> Students can also access their school email account on their mobile device using the gMail app.

It is important for students to regularly check their email as NESA and the Department of Education will use the student email account to send important information to students.

The staff at Hurlstone are also sending information regularly to students via email and we would appreciate your support in reminding your children to access their email regularly.

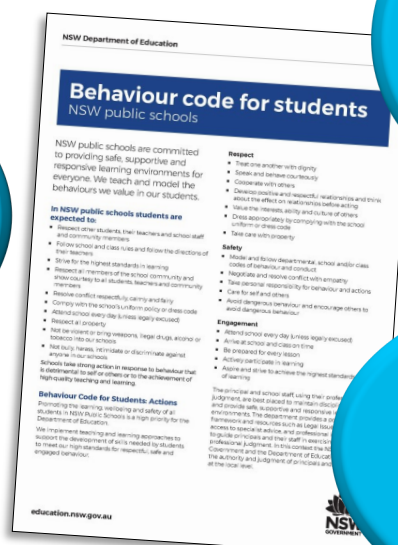
Parents and students are also able to access the Student and Parent Portal at: <http://bit.ly/hahsportal>
Parents and students are able to access a variety of information regarding their education.

If your contact details have changed, please contact our Administration Office during school hours on 9829 9222 or send us an email to hurlstone-h.school@det.nsw.edu.au and we will update your details.

Mr Robert Craig

HT Administration

**Click Here
to view this link -
Code of conduct for school
students on trains
and stations**



Behaviour Code

**Please refer
to P21
to view the
form below**

**Click Here
to view this link -
UoW Learning Labs
Program Brochure
Applications to be
submitted by 27 May**

HAHS - ANZAC Day Service

11 April 2019

During Thursday the 11th of April students, staff, Alumni and guests attended the Hurlstone Agricultural ANZAC Day Service. The service comprised speeches from Alumni Major Lachlan Simond, the Archive group and the Principal Ms Christine Castle. Presented below are several photos from the day photographed by Ms Yelena Vercoe of the HSIE faculty.

Over one hundred students and teaching staff were involved in the organisation and running of the ceremony. Many thanks must go to Wendy Wuhrer, Glenn Armitage and the CAPA Faculty for their tireless preparation with the Pop's Orchestra and Vocal Ensemble. Thanks as well must go to Mr Rob Craig who coordinated the sound set up for the day and the school executive for their coordination and organisation. Final thanks must go to the SASS staff and maintenance team for their preparation and hard work in the lead up to the service.

Most importantly, a sincere thank you and overall praise to the students directly involved is needed. There were hours upon hours of preparation that many of these students undertook in the lead up for the service. The primary student groups involved were; The Pop's Orchestra, Vocal Ensemble, Archive Group, Hurlstone Cadet Corp and the school prefects.

It is always encouraging to see so many students taking an active role in remembrance and school traditions. It is important to remember and pay homage to the past and these students are carrying on Hurlstone's strong tradition of remembrance and respect.

Mr Ryan MacKinder
HSIE Faculty



Nicole Alcantara and Gowtham Ravikumar
Prefects Leaders



Hurlstone Cadet Corp member mounting the Catafalque.



Principal Christine Castle with guests attending the service.



Catafalque with wreaths presented by staff, students and guests.

UN –EVATT

On Friday the 17 May, students Gunni Kapur, Kyra Leal, Nishant Goyal and Shishir Mehendale of year 10 competed in the UN Evatt competition at Holsworthy High School.

Evatt is a model United Nations Security Council diplomacy competition for students in years 9-12 and is a nationally recognised competition with more than 2,000 students competing every year. It aims to educate young people about Australia's place in the world and empower them as active citizens by developing public speaking, negotiation, teamwork, research, and diplomatic skills. The competition takes the form of a mock session of the UN Security Council. Teams of two students debate, amend, and vote on resolutions from the perspective of their assigned nation.



The teams received their designated country and two of three resolutions four days prior to the event, with Gunni and Kyra receiving China and Shishir and Nishant receiving South Africa, and both teams set hard at work researching their Country and its political stance. On the day they also received a surprise resolution in which they had 15 minutes to prepare for.

Overall, it was a very rewarding experience and we were fortunate enough to interact with some very passionate and interesting people as well as develop and improve on many skills. We look forward on competing next year and taking on more competitions and workshops by the UN.

A special thank you to Mr Cavallaro for organising the event, getting us to and from the venue and helping us out throughout the course of the event, we really appreciate it. :)

Gunni Kapur and Kyra Leal

Year 10 Students

Extracurricular - English

2019 Plain English Speaking Competition

On Monday 6 May the local final for this competition was held at Bellfield College. Our two entrants were Anurag Dhar of Year 12 and Taha Amir of Year 10, accompanied by Priyanshu Kundnani also of Year 10. Both students presented a passionate and insightful prepared speech about an area of interest: Anurag about Political Correctness Gone Astray and Taha about the Consequences of Social Media Addiction. They also completed an impromptu speech on 'The Time is Now' after three minutes of preparation, and both gave a well-developed and thorough commentary. While neither progressed to the Regional Final both are to be commended on their fine speaking skills and in representing the school so ably.



Priyanshu Kundnani, Anurag Dhar, Taha Amir

Ms Meredith Sproule

English Faculty

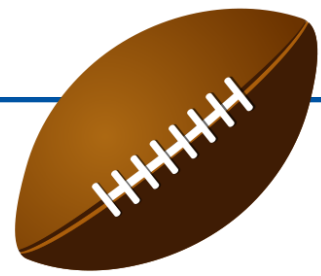


SCHOOL PHOTOS 28 MAY 2019

Students have received Advanced Life School Photo Envelopes. No payments are to be made at school. Sibling photo order envelopes are available to collect from the Administration office. School photo day is Tuesday 28 May. Correct cash can be put in provided envelope and be handed to the photographer ONLY on Tuesday 28 May 2019.

Extracurricular - PDHPE

NSW Touch All Schools Mixed Open State Finals



On Friday 5 April, Hurlstone sent a mixed touch team to the NSW Touch All Schools Mixed Open State Finals at the Kingsway Playing Fields at St Marys.

Conditions were all seasons in one day with cool conditions in the morning, warm during the day and torrential rain during the last few games of the day.

Hurlstone played well together as a team throughout the day and despite several injuries, achieved some pleasing results eventually being knocked out in Round 16 game by Hunter Grammar School.

Well done to all of the students who gave their all during the day and defended hard, with particular mention to our junior students who held their own against some much older opposition. A massive appreciation to Mrs Royal for all of her assistance throughout the day. Most Touchdowns = Jordan Gregory. Most Valuable Players = Russel Royal, Cameron Umpleby, Olivia Cole, Tahlia King



Back row: Olivia Cole, Tahlia King, Zak Wilson, Anthony Donoghoe, Tom Cummings, Jordan Gregory, Russell Royal, Dilan Huseyin

Front Row: Alyssa Doeur, Jen Doeur, Bronte Clifford, Janet Nguyen, Cameron Umpleby, Nadia Gunn

Mr A Wilson
Touch Coach

P&C

Hurlstone Canteen

Go to
Page 22-23
to view
HAHS Canteen
Information

HAHS Canteen Price List Effective 29 January 2019			
SANDWICHES			
Salad	\$4.00	Salad Box with Tuna	\$7.50
Salad and Cheese	\$4.50	Salad Box with Salmon	\$8.00
Salad and Egg	\$4.50	Forks and Spoons	\$0.15
Salad and Ham	\$5.50		
Salad and Chicken	\$5.50	CAKES & SNACKS	
Chicken	\$4.50	Cheese and Bacon Roll	\$3.00
Chicken, Lettuce and Mayo	\$5.00	Muffins (large)	\$2.50
Ham	\$4.50	Chips (small)	\$1.50
Ham and Cheese	\$5.00	Other Assorted Chips/Crisps	\$1.00
Ham and Tomato	\$5.00		
Egg	\$3.00	DRINKS	
Egg, Lettuce and Mayo	\$4.00	Plain Milk 300ml	\$1.50
Cheese	\$3.00	Plain Milk 600ml	\$2.00
Cheese and Tomato	\$4.00	Flavoured Milk 600ml	\$3.00
Tuna	\$4.50	Juice	\$3.00
Tuna, Lettuce and Mayo	\$5.00	Water	\$1.50
Salmon	\$6.00	Soft Drinks (no sugar)	\$4.00
Vegemite	\$2.50	Coffee, Tea, Hot Choc	\$2.00
Ham, Cheese, Lettuce and Tomato	\$5.00	Up and Go	\$2.00
Additional 80c for rolls and wraps		Ice Teas	\$2.50 - \$4.00
Additional vegetable fillings 30c each		Aloe Drinks	\$2.50 - \$4.00
Additional ham, chicken, tuna, cheese, egg \$1.00 each		OTHER ITEMS	
Additional Salmon \$2.00 each		Fresh Fruit Salad	\$3.00
Plain Roll	\$1.00	Frozen Yoghurt	\$2.50
Buttered bread (2 slices)	\$1.00	Ice Blocks & Ice Creams	25c to \$4.00
Salad Bowl - small	\$3.00	SPECIAL ITEMS	
Salad Bowl - large	\$5.50	Homemade Pizza (Veg)	\$1.50
Salad Box with Ham	\$7.00	Ham & Pineapple Pizza	\$2.50
Salad Box with Chicken	\$7.00	Meat lovers Pizza Slab	\$2.50
		Sushi (when available)	\$4.00 - \$6.50
		Dressing Sachets:	
		Salad Dressing	\$0.40
		Tomato or BBQ Sauce	\$0.35



at
**Hurlstone
Canteen**

Support your state team and purchase
a NSW blue donut or
a Queensland maroon donut.

Be part of the spirit of your team!

Cost: \$2.50

Note: Donuts must be pre-ordered & paid
for by Monday, 27th May from the
HAHS Canteen.

Delivery: Monday 3rd June until
Wednesday 5th June

Let the first
Hurlstonian
State of Origin
begin & show your
true colours!



Uniform Shop

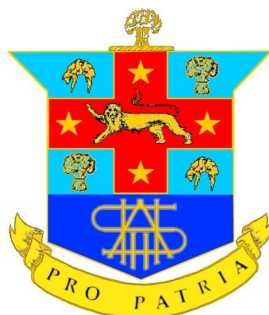
Please see uniform opening hours below:

State of Origin Donuts for Sale

UNIFORM SHOP OPENING HOURS

MONDAY	10.00am to 4.00pm
TUESDAY	10.00am to 3.30pm
WEDNESDAY	8.00am to 3.30pm
THURSDAY	CLOSED
FRIDAY	8.00am to 4.00pm

Go to
Page 24
to view
for Uniform
Price List





Individual Health Care Plan Cover sheet

This template forms the cover sheet for an individual health care plan. Additional information and attachments will be relevant to meet the specific health care needs of the student.

The individual health care plan must address the needs of the student in the context of the school and the activities the student will be involved in. Planning must take into account the student's full range of learning and support needs.

The individual health care plan is developed in consultation with the parent, staff and student, where practicable, and on the basis of information from the student's doctor, provided by the parent.

For more information see <http://www.schools.nsw.edu.au/studentsupport/studenthealth/index.php> and for students with anaphylaxis see the Anaphylaxis Procedures for Schools.

The plan will be reviewed on:

NOTE: Individual health care plans should be reviewed at least annually or when the parent notifies the school that the student's health needs have changed. Principals can also instigate a review of the health care plan at other times.

School	HURLSTONE AGRICULTURAL HIGH SCHOOL	Phone	(02) 9829-9222
Principals Network	GLENFIELD		
Student name		Class	
Date of birth		Medicare number	
ERN/Student number			
Health condition/s			
If anaphylaxis, list the confirmed allergies			
Learning and support needs of the student (including learning difficulties, behaviour difficulties and other disabilities)			
Impact of any of the conditions (as mentioned above) on implementation of this individual health care plan			

Medication/s at school		
Medication supply, storage and replacement. For anaphylaxis this will include the adrenaline autoinjector		
Other support at school		
Parent/Carer contacts:	Parent/Carer information (1)	
	First name	
	Surname	
	Relationship to child	
	Address	
	Home phone	
	Work phone	
	Mobile phone	
	Parent/Carer information (2)	
	First name	
	Surname	
	Relationship to child	
	Address	
	Home phone	
	Work phone	
Mobile phone:		
Emergency contacts (if parent/carers unavailable)	First name	
	Surname	
	Relationship to child	
	Address	
	Home phone	
	Work phone	
	Mobile phone	

Medical practitioner / doctor contact:	First name	
	Surname	
	Address	
	Phone	
	Mobile (if known)	
	Email (if known)	
	Fax (if known)	

Emergency Care

Notes:

An emergency care/response plan is required if the student is diagnosed at risk of a medical emergency at school. For students at risk of anaphylaxis the [ASCIA Action Plan for Anaphylaxis](#) is the emergency response plan. This plan is obtained by the parent from the student's doctor and not developed by the school.

Emergency Service Contacts: (eg ambulance, local hospital, medical centre)

1.

2.

3.

In the event an ambulance is called, schools can print an ambulance report from within ERN for the student.

Special medical notes.

Any special medical notes relating to religion, culture or legal issues, eg. blood transfusions.

Note: If the student is transferred to the care of medical personnel, eg. paramedics this information, will if practicable in the circumstances, be provided to those personnel. It will be a matter for the professional judgment of the medical personnel whether to act on the information.

Documents attached

Please tick which of the following documents are attached as part of the individual health care plan:

- ☐ An emergency care/response plan (for anaphylaxis this is the ASCIA Action Plan for Anaphylaxis)
- ☐ A statement of the agreed responsibilities of different people involved in the student's support
- ☐ A schedule for the administration of prescribed medication
- ☐ A schedule for the administration of health care procedures
- ☐ An authorisation for the doctor to provide health information to the school
- ☐ Other documents – please specify. *Note: For anaphylaxis this should include strategies to minimise the risk of exposure to known allergens and details of communication and staff training strategies. See the Anaphylaxis Procedures for Schools for further information.*

Consultation

This individual health care plan has been developed as part of the learning support plan, in consultation with those indicated below and overleaf and with the knowledge and agreement of the student's parent/carer. Information has been provided by:

☐ Student☐ Parent/Carer☐ GP☐ Medical specialist**Department staff involved in plan development**

1.	Phone
2.	Phone
3.	Phone
4.	Phone
5.	Phone

Health care personnel involved in managing the student's health at school: (eg Community Nurse, Therapist)

1.	Phone
2.	Phone
3.	Phone
4.	Phone

Signature of Parent/Carer:

Date

Signature of Principal:

Date

NOTES:

Information in this individual health and emergency care plan remains specific to meet the needs of the individual student named and should not be applied to the care of any other student with similar health and emergency care needs. All individual health and emergency care plans must take into account issues of confidentiality and privacy to ensure information about the student is treated appropriately.

The school and the Department are subject to the Health Records and Information Privacy Act 2002. The information on this form is being collected for the primary purpose of ensuring the health and safety of students, staff and visitors to the school. It may be used and disclosed to medical practitioners, health workers including ambulance officers and nurses, government departments or other schools (government and non-government) for this primary purpose or for other related purposes and as required by law. It will be stored securely in the school.

Anaphylaxis fact sheet for parents of children at risk of anaphylaxis

What is anaphylaxis and how is it treated?

Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. It usually occurs rapidly after exposure to a food, insect or medicine to which a person may already be allergic. Anaphylaxis must always be treated as a medical emergency and requires immediate treatment with adrenaline (epinephrine). **Adrenaline autoinjectors** are designed to be given by non-medical people, such as parents, school or childcare staff, friends, passers-by or the allergic person themselves (if they are well and old enough). Adrenaline autoinjector devices contain a single, fixed dose of adrenaline that works rapidly to reverse anaphylaxis. Instructions are included on the device labels, on ASCIA Action Plans for Anaphylaxis and on the ASCIA website: www.allergy.org.au/anaphylaxis

If your child has been diagnosed at risk of anaphylaxis, their treating doctor should provide:

- ☐ **Education on avoidance of known allergens (substances causing the allergic reaction).** This is particularly important with anaphylaxis due to food allergy, which can be caused by very small amounts of food or accidental exposure. Strategies to avoid exposure to known food and insect allergens should be implemented at home and school, preschool or childcare. Further information is available on the ASCIA website: www.allergy.org.au/schools-childcare
Food allergy - www.allergy.org.au/patients/food-allergy Insect allergy - www.allergy.org.au/patients/insect-allergy-bites-and-stings
- ☐ **ASCIA Action Plan for Anaphylaxis.** This plan outlines what to do if your child is having an allergic reaction. It must be completed and signed by your child's doctor and stored with the adrenaline autoinjector, even if it is carried by your child. The plan includes personal details, signs of allergic reactions, instructions on how to use the device and whether to give any other medications.
- ☐ **Prescription for two adrenaline autoinjectors.** This allows you to keep one with your child at all times (whilst in or out of the home) and another at school or childcare. High school and upper primary school students should usually carry one device on their person, whilst the second one should be kept at school. Two devices are PBS subsidised in Australia and additional devices can be purchased at full price from pharmacies. Further information: www.allergy.org.au/health-professionals/anaphylaxis-resources/adrenaline-autoinjectors-faqs
- ☐ **Education on how to use an adrenaline autoinjector.** It is recommended that you regularly practice using a trainer version of the adrenaline autoinjector that has been prescribed for your child. Trainer versions of the devices do not have a needle and do not contain adrenaline, so they can be used repeatedly for practice and to teach family and friends.
- ☐ **Information on medical identification jewellery.** This is optional and does not replace the ASCIA Action Plan for Anaphylaxis.

What is the role of the parent?

- ☐ **Notify school principal or preschool/childcare supervisor** if your child has been prescribed an adrenaline autoinjector; had previous or subsequent anaphylaxis; has any changes in allergies; and any other health care needs or disabilities (including learning difficulties) that may affect anaphylaxis management.
- ☐ **Provide an ASCIA Action Plan for Anaphylaxis completed and signed by your child's treating doctor.** This should be updated (including photo) when adrenaline autoinjector prescriptions are renewed (usually every 12-18 months) or if allergies change. These plans are medical documents and must not be completed or altered by parents, school staff or childcare staff.
- ☐ **Provide an adrenaline autoinjector to your child's school, preschool or childcare.** Always note the date on the label and replace the device before it expires. Even if your child carries their own adrenaline autoinjector you should provide another adrenaline autoinjector to the school. This is required in case your child does not have it on them when needed.
- ☐ **Assist in the development of an Individual Health Care Plan or Risk Minimisation Plan.** This is a plan that school, preschool or childcare staff develop to support your child's health care needs.
- ☐ **Age appropriate education.** Educate your child about how to avoid known allergens and why it is important. Remind them that if they feel sick, they should immediately tell someone nearby, such as a teacher or other adult. Assure them it is the right thing to do, and they should not be afraid of getting into trouble for doing this.

What are the responsibilities of your child's school, preschool or childcare service?

- ☐ **Training of staff** in awareness, management, recognition and emergency treatment for anaphylaxis.
- ☐ **Implementation of strategies** to minimise risk of accidental exposure to known allergens, including special events such as excursions.
- ☐ **Appropriate storage of adrenaline autoinjectors** with an ASCIA Action Plan for Anaphylaxis in an easily accessible location, out of direct sunlight and heat. Staff also need to know the agreed location (e.g. pocket, belt bag, school bag) of the devices that are carried by students.

Further information

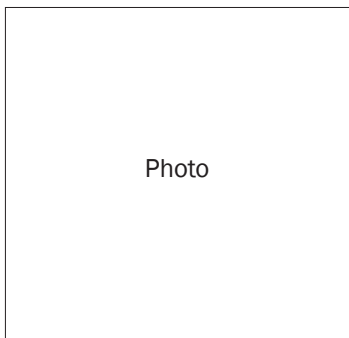
- ☐ **Australasian Society of Clinical Immunology and Allergy (ASCIA)** www.allergy.org.au
Professional medical organisation that provides e-training, health professional resources, information for patients and consumers
- ☐ **Allergy & Anaphylaxis Australia** www.allergyfacts.org.au
National patient support organisation that provides advice and resources on allergy and anaphylaxis
- ☐ **Food Standards Australia and New Zealand (FSANZ)** www.foodstandards.org.au
Provides information about food labelling laws and food allergens on food labels

ACTION PLAN FOR Anaphylaxis

For use with adrenaline (epinephrine) autoinjectors

Name: _____

Date of birth: _____



Photo

Confirmed allergens:

Family/emergency contact name(s):

Work Ph: _____

Home Ph: _____

Mobile Ph: _____

Plan prepared by medical or nurse practitioner:

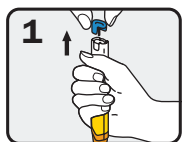
I hereby authorise medications specified on this plan to be administered according to the plan

Signed: _____

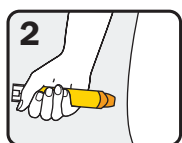
Date: _____

Action Plan due for review – date: _____

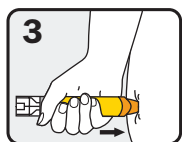
How to give EpiPen® adrenaline (epinephrine) autoinjectors



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 prescribed for children over 20kg and adults. EpiPen® Jr is prescribed for children 10-20kg

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 and call for help
- Locate adrenaline autoinjector
- Give other medications (if prescribed).....
- Phone family/emergency contact

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

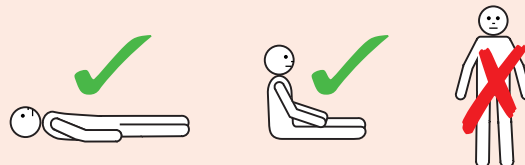
WATCH FOR ANY ONE OF THE FOLLOWING SIGNS OF ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- Difficult/noisy breathing
- Difficulty talking and/or hoarse voice
- Swelling of tongue
- Persistent dizziness or collapse
- Swelling/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, place in recovery position
- If breathing is difficult allow them to sit



2 Give adrenaline autoinjector

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

4 Phone family/emergency contact

5 Further adrenaline doses 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, and then asthma reliever puffer if someone with known asthma and allergy to food, insects or medication has SUDDEN BREATHING DIFFICULTY (including wheeze, persistent cough or hoarse voice) even if there are no skin symptoms

Asthma reliever medication prescribed: ☐ Y ☐ N

If adrenaline is accidentally injected (e.g. into a thumb) follow this action plan if a person has anaphylaxis and phone your local poisons information centre

ACTION PLAN FOR Allergic Reactions

Name: _____

Date of birth: _____

Photo

Confirmed allergens:

Family/emergency contact name(s):

Work Ph: _____

Home Ph: _____

Mobile Ph: _____

Plan prepared by medical or nurse practitioner:

I hereby authorise medications specified on this plan to be administered according to the plan

Signed:

Date: _____

Action Plan due for review – date:

Note: This ASCIA Action Plan for Allergic Reactions is for people with mild to moderate allergies, who need to avoid certain allergens.

For people with severe allergies (and at risk of anaphylaxis) there are red ASCIA Action Plans for Anaphylaxis (brand specific or generic versions) for use with adrenaline (epinephrine) autoinjectors.

Instructions are on the device label.

Adrenaline autoinjectors (300 mcg) are prescribed for children over 20kg and adults. Adrenaline autoinjectors (150 mcg) are prescribed for children 10-20kg.

SIGNS OF MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- 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 and call for help
- Give other medications (if prescribed).....
- 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/noisy breathing
- Swelling of tongue
- Swelling/tightness in throat
- Wheeze or persistent cough
- Difficulty talking and/or hoarse voice
- Persistent dizziness or collapse
- Pale and floppy (young children)

ACTION FOR ANAPHYLAXIS

1 Lay person flat - do NOT allow them to stand or walk

- If unconscious, place in recovery position
- If breathing is difficult allow them to sit



2 Give adrenaline (epinephrine) autoinjector if available

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

4 Phone family/emergency contact

5 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 available, and then asthma reliever puffer if someone with known asthma and allergy to food, insects or medication has **SUDDEN BREATHING DIFFICULTY** (including wheeze, persistent cough or hoarse voice) even if there are no skin symptoms

Asthma reliever medication prescribed: ☐ Y ☐ N

If adrenaline is accidentally injected (e.g. into a thumb) follow this action plan if a person has anaphylaxis and phone your local poisons information centre

ASTHMA ACTION PLAN

Take this ASTHMA ACTION PLAN with you when you visit your doctor

NAME

DATE

NEXT ASTHMA CHECK-UP DUE

DOCTOR'S CONTACT DETAILS

EMERGENCY CONTACT DETAILS

Name

Phone

Relationship



WHEN WELL *Asthma under control (almost no symptoms)*

ALWAYS CARRY YOUR RELIEVER WITH YOU

Your preventer is:

[NAME & STRENGTH]

Take _____ puffs/tablets _____ times every day

☐ Use a spacer with your inhaler

Your reliever is:

[NAME]

Take _____ puffs

When: You have symptoms like wheezing, coughing or shortness of breath

☐ Use a spacer with your inhaler

OTHER INSTRUCTIONS

[e.g. other medicines, trigger avoidance, what to do before exercise]

Peak flow* (if used) above:



WHEN NOT WELL *Asthma getting worse (needing more reliever e.g. more than 3 times per week, waking up with asthma, more symptoms than usual, asthma is interfering with usual activities)*

Keep taking preventer:

[NAME & STRENGTH]

Take _____ puffs/tablets _____ times every day

☐ Use a spacer with your inhaler

Your reliever is:

[NAME]

Take _____ puffs

☐ Use a spacer with your inhaler

Peak flow* (if used) between _____ and _____

OTHER INSTRUCTIONS

[e.g. other medicines, when to stop taking extra medicines]

☐ Contact your doctor



IF SYMPTOMS GET WORSE *Asthma is severe (needing reliever again within 3 hours, increasing difficulty breathing, waking often at night with asthma symptoms)*

Keep taking preventer:

[NAME & STRENGTH]

Take _____ puffs/tablets _____ times every day

☐ Use a spacer with your inhaler

Your reliever is:

[NAME]

Take _____ puffs

☐ Use a spacer with your inhaler

Peak flow* (if used) between _____ and _____

OTHER INSTRUCTIONS

[e.g. other medicines, when to stop taking extra medicines]

Prednisolone/prednisone:

Take _____ each morning for _____ days

☒ Contact your doctor today



DANGER SIGNS

Asthma emergency (severe breathing problems, symptoms get worse very quickly, reliever has little or no effect)

Peak flow (if used) below:

**DIAL 000 FOR
AMBULANCE**

Call an ambulance immediately
Say that this is an asthma emergency
Keep taking reliever as often as needed

NationalAsthma
CouncilAustralia
leading the attack against asthma

www.nationalasthma.org.au

* Peak flow **not** recommended **for** children under 12 years.

School Communities Working Together

Fact sheet for parents and carers



08/09/17_28017

Introduction

The role of schools is to work in partnership with parents to provide an environment that encourages students to connect with each other and their community, so they can succeed and thrive. Parents, teachers and the community all play a role in fostering this environment.

Schools have well established systems which support student wellbeing and address instances of anti-social behaviour such as bullying, threats of physical violence and other offensive behaviours.

- Encourage positive outlets for your child's energies – sports, performing arts, hobbies and organised clubs, all provide a sense of belonging and somewhere to focus their interests, though it may take a few attempts to find the right interest for your child.
- Be a role model – modelling positive, respectful relationships, positive ways to show emotions and how to apply objective thinking skills are valuable life skills for your child.

Your role in supporting your child

- Be involved in your child's life – dedicate time to really understand your child. Know where they are, who they are with and what they are doing.
- Be cyber-aware:
 - regularly monitor what they are looking at on the internet and on social media sites and do what you can to reduce their exposure to inappropriate content;
 - place the computer or device in a common area of the house, so your child is less likely to try and access inappropriate web sites or use social media sites inappropriately; and
 - consider using content filters to help control what your child can access.
- Encourage open and honest discussion at home – encouraging your child to learn about and understand other points of view is a valuable life skill. If you stop discussion about topics that you are uncomfortable with, for example religion, politics, racism, drugs, extremism or terrorism, your child may find it even more interesting and may try to find information without you knowing. This could lead them to inaccurate information.

How you can help your child

You know your child better than anyone else and are in a good position to notice any changes in their behaviour. If their behaviour changes significantly, try to find out what is happening in their lives. There are many reasons for a change in behaviour, so don't jump to conclusions.

The best way to support your child is to maintain open, non-judgemental communication with them. By keeping a positive relationship you may be in a position to help them if they want to talk about their problems. Listen to their concerns and try to understand their perspective.

Even if you disagree with what they are saying, it is important to find some way to let them know they are accepted and that you are there to help them.

What to do if you are concerned for your child

If you do have concerns that your child is involved in or supporting extremist behaviour there are a number of options for seeking advice. You may like to talk to someone from your child's school such as the Principal, your child's Year Advisor, a teacher, or a trusted staff member.

You may wish to talk to your child yourself, or ask a close friend or family member to do so. Alternatively, there are government assistance and advice lines and websites. Some are listed below.

Remember

As your child grows, they will be exploring their own values and beliefs. They may search for and push the boundaries of acceptable, responsible behaviour during this process.

Cyber Safety

- Office of the Children's eSafety Commissioner – <https://esafety.gov.au/esafety-information/games-apps-and-social-networking>
- ThinkUKnow – internet safety education site – <http://www.thinkuknow.org.au/>

If you are concerned that a person in your community is showing possible signs of terrorism, you should call the National Security Hotline - 1800 123 400 or email hotline@nationalecurity.gov.au

Resources

- **000** (triple zero) if you feel unsafe or in danger
- **1800 RESPECT** – <http://www.1800respect.org.au>
- Domestic violence line **(24h) 1800 65 64 63**
- Lifeline – T: **13 11 14** – <http://www.lifeline.org.au>
- Black Dog Institute – <http://www.blackdoginstitute.org.au>
- Secure NSW – <http://www.secure.nsw.gov.au>
- Living Safe Together – <http://www.livingsafetogether.gov.au>
- Multicultural NSW – <http://www.multicultural.nsw.gov.au>
- Australian Multicultural Foundation – <http://www.amf.net.au/>
- Multicultural Youth Advocacy Network – <http://www.myan.org.au/>

If you are concerned that a person in your community is showing possible signs of terrorism, you should call the National Security Hotline – **1800 123 400** or email hotline@nationalecurity.gov.au

Behaviour code for students

NSW public schools

NSW public schools are committed to providing safe, supportive and responsive learning environments for everyone. We teach and model the behaviours we value in our students.

In NSW public schools students are expected to:

- Respect other students, their teachers and school staff and community members
- Follow school and class rules and follow the directions of their teachers
- Strive for the highest standards in learning
- Respect all members of the school community and show courtesy to all students, teachers and community members
- Resolve conflict respectfully, calmly and fairly
- Comply with the school's uniform policy or dress code
- Attend school every day (unless legally excused)
- Respect all property
- Not be violent or bring weapons, illegal drugs, alcohol or tobacco into our schools
- Not bully, harass, intimidate or discriminate against anyone in our schools

Schools take strong action in response to behaviour that is detrimental to self or others or to the achievement of high quality teaching and learning.

Behaviour Code for Students: Actions

Promoting the learning, wellbeing and safety of all students in NSW Public Schools is a high priority for the Department of Education.

We implement teaching and learning approaches to support the development of skills needed by students to meet our high standards for respectful, safe and engaged behaviour.

Respect

- Treat one another with dignity
- Speak and behave courteously
- Cooperate with others
- Develop positive and respectful relationships and think about the effect on relationships before acting
- Value the interests, ability and culture of others
- Dress appropriately by complying with the school uniform or dress code
- Take care with property

Safety

- Model and follow departmental, school and/or class codes of behaviour and conduct
- Negotiate and resolve conflict with empathy
- Take personal responsibility for behaviour and actions
- Care for self and others
- Avoid dangerous behaviour and encourage others to avoid dangerous behaviour

Engagement

- Attend school every day (unless legally excused)
- Arrive at school and class on time
- Be prepared for every lesson
- Actively participate in learning
- Aspire and strive to achieve the highest standards of learning

The principal and school staff, using their professional judgment, are best placed to maintain discipline and provide safe, supportive and responsive learning environments. The department provides a policy framework and resources such as Legal Issues Bulletins, access to specialist advice, and professional learning to guide principals and their staff in exercising their professional judgment. In this context the NSW Government and the Department of Education will back the authority and judgment of principals and school staff at the local level.



at Hurlstone Canteen

**Support your state team and purchase
a NSW blue donut or
a Queensland maroon donut.**

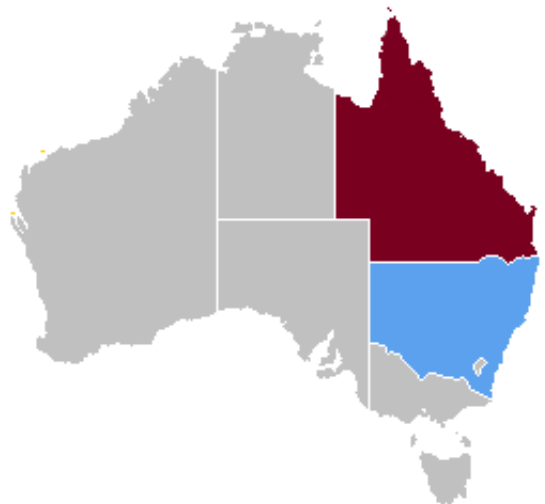
Be part of the spirit of your team!

Cost: \$2.50

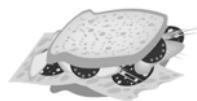
**Note: Donuts must be pre-ordered & paid
for by Monday, 27th May from the
HAHS Canteen.**

**Delivery: Monday 3rd June until
Wednesday 5th June**

**Let the first
Hurlstonian
State of Origin
begin & show your
true colours!**



HAHS Canteen Price List **Effective 29 January 2019**



SANDWICHES

Salad	\$4.00
Salad and Cheese	\$4.50
Salad and Egg	\$4.50
Salad and Ham	\$5.50
Salad and Chicken	\$5.50
Chicken	\$4.50
Chicken, Lettuce and Mayo	\$5.00
Ham	\$4.50
Ham and Cheese	\$5.00
Ham and Tomato	\$5.00
Egg	\$3.00
Egg, Lettuce and Mayo	\$4.00
Cheese	\$3.00
Cheese and Tomato	\$4.00
Tuna	\$4.50
Tuna, Lettuce and Mayo	\$5.00
Salmon	\$6.00
Vegemite	\$2.50
Ham, Cheese, Lettuce and Tomato	\$5.00

Add 80c for rolls and wraps

Additional vegetable fillings 30c each

**Additional ham, chicken, tuna, cheese, egg
\$1.00 each**

Additional Salmon \$2.00 each

Plain Roll	\$1.00
Buttered bread (2 slices)	\$1.00
Salad Bowl – small	\$3.00
Salad Box – large	\$5.50
Salad Box with Ham	\$7.00
Salad Box with Chicken	\$7.00

Salad Box with Tuna	\$7.50
Salad Box with Salmon	\$8.00
Forks and Spoons	\$0.15

CAKES & SNACKS

Cheese and Bacon Roll	\$3.00
Muffins (large)	\$2.50
Chips (small)	\$1.50
Other Assorted Chips/Crisps	\$1.00

DRINKS

Plain Milk 300ml	\$1.50
Plain Milk 600ml	\$2.00
Flavoured Milk 600ml	\$3.00
Juice	\$3.00
Water	\$1.50
Soft Drinks (no sugar)	\$4.00
Coffee, Tea, Hot Choc	\$2.00
Up and Go	\$2.00
Iced Teas	\$2.50 - \$4.00
Aloe Drinks	\$2.50 - \$4.00

OTHER ITEMS

Fresh Fruit Salad	\$3.00
Frozen Yoghurt	\$2.50
Ice Blocks & Ice Creams	25c to \$4.00

SPECIAL ITEMS

Homemade Pizza (Veg)	\$1.50
Ham & Pineapple Pizza	\$2.50
Meat lovers Pizza Slab	\$2.50
Sushi (when available)	\$4.00 - \$6.50

Dressing Sachets:

Salad Dressing	\$0.40
Tomato or BBQ Sauce	\$0.35

HOT FOOD

Lasagne	\$5.00
Macaroni Cheese	\$5.00
Ravioli	\$5.00
Chicken Burger	\$5.00
Beef Burger	\$5.00
Veggie Burger	\$5.00
Chicken Tender Roll	\$5.00
Chicken Tender	\$2.00
Beef Pie	\$4.50
Potato Pie	\$4.50
Pizza Pie	\$4.50
Traveller Pies	\$4.50
Sausage Roll	\$4.50
Spinach and Ricotta Roll	\$4.50
Noodles	\$3.50
Cheesy Bread	\$2.00
Garlic Bread	\$1.50
Flaming Wings	\$1.50
Hot Dog (with Sauce)	\$3.00
Hot Dog with Cheese	\$3.50
Hash Browns	\$0.75
BBQ Pork Riblets	\$4.00
Pork Riblet Roll	\$5.00
Spring Rolls (4)	\$1.00
Samosas	\$1.00
Mini Sausage Rolls	\$1.00
Mini Spinach & Ricotta Triangles	\$1.00
Hommus with Crisps & Veg	\$3.00

Don't want to queue at lunchtime? Order your lunch before school starts to guarantee your lunch choice!

Be alert for Daily Specials...

UNIFORM SHOP PRICE LIST (at 15/10/18)

Prices subject to change

Boys Uniform

Shirt	Khaki	10 – 14	\$34
		16 – 28	\$36
	Long Sleeve Grey/White	10 – 28	\$29
	Short Sleeve White	14 – 28	\$27
Shorts	Wash and Wear	Boys 6 - 16	\$40
		Mens 4 - 9	\$42
Trousers		Boys 8 -18	\$56
		Mens 3 - 8½	\$58
Socks	Khaki Wool or Cotton	2 - 8, 8 - 11, 11 - 14	\$20
	Grey Wool or Cotton	2 - 8, 8 - 11, 11 - 14	\$11

Girls Uniform

Dress	Junior -	6 – 12	\$92
		14 – 28	\$96
	Senior	8 – 12	\$92
		14 – 28	\$96
Pants	Junior & Senior	6 - 20	\$53
Skirt	Junior & Senior	Up to size 16	\$102
		size 18 and over	\$107
Blouse	Summer Junior Short Sleeved	8 – 20	\$33
	Winter Junior Long Sleeved	4 – 22	\$33
	Senior Short Sleeved	6 – 26	\$33
	Senior Long Sleeved	6 – 26	\$35
Shorts	Junior & Senior	8 - 20	\$41
Tights	Nylon/Lycra Grey or Navy	S, Av, T, XT.	\$10
	Cotton/Lycra Grey or Navy	S, Av, T, XT.	\$24

All Students

Blazer		Girls 30 - 40, Boys 12 - 18	\$228
		Girls 42 - 46, Boys 19 - 26	\$242
Jumpers		8 - 22	\$93
		24 - 28	\$98
Socks	White	13 – 3, 2 – 8, 7 – 11, 11+	\$8
	Red Robin Long White Pack	13 – 3, 2 – 8, 7 – 11	3 for \$16
Ties	Junior		\$19
	Senior		\$19
Caps	Boys & Girls - wool		\$18
	Boys' Cricket		\$32
Hats			

Sports Uniform

Sports	T-Shirt	8C – XXL	\$38
	Short	8C – XXL	\$30
	Tracksuit Jacket	8C – XXL	\$84
	Tracksuit Pants	8C – XXL	\$49
	Tracksuit Jersey	75 – 125	\$84

Other Items

Scarves	Navy – Boys & Girls		\$10
Gloves	Navy – Boys & Girls		\$6
Leather Belts	Black – Boys		\$20
Materials – to be ordered	Junior – Summer	per metre	\$19
	Junior & Senior Winter	per metre	\$35

Second Hand Clothing available in all items.

Lay-By 2 months with deposit or 2 weeks without deposit

Shop Phone Number: (02) 9829 9251

Opening Times:

Terms 1, 2 & 4:

Monday 10:00 am – 4:00 pm
 Tuesday 10:00 am – 3:30 pm
 Wednesday 8:00 am – 3:30 pm
 Friday 8:00 am – 4:00 pm

Term 3:

Monday 10:00 am – 4:00 pm
 Wednesday 8:00 am – 3:30 pm
 Friday 8:00 am – 4:00 pm