FROM THE PRINCIPAL

Dear Parents, Carers and friends of the school community,

It's been a rather hot start to the school year for all our students and staff. Staff have been endeavouring to keep students as cool as possible. If your child does not cope well in the heat, please discuss this with your child's classroom teacher as they may have some strategies that may assist to reduce the stress and anxiety on hot days.

Reminder: For our new families, our newsletter is published each fortnight and will provide you with important information about the school and events that may be of interest to you. I encourage you to read the newsletter that will be sent home with your child or emailed to you or it can be accessed on the school website http://www.jacanascallofautism.vic.edu.au/

JSA also has a Facebook Page administered by the leadership team. Please like us on Facebook https://www.facebook.com/JacanaSchoolforAutism

Prep Students

On Monday the 17th of February our prep students will commence full time. At Jacana School for Autism we encourage children to move quickly into a full week as we have evidence that structure and routines work very well for all our students. I’m sure that our preps are very tired at the end of a busy school day but also love the structure and routines that the school provide.

New DEECD School Attendance Guidelines

On March 1st 2014, new school attendance guidelines come into effect and will apply to all government and non-government schools in Victoria.

The importance of full time attendance at school

Schooling is compulsory for children and young people aged from 6 – 17 years unless an exemption from attendance has been granted. Daily school attendance is important for all children and young people to succeed in education and to ensure they don’t fall behind both socially and developmentally. Children and young people who regularly attend school and complete Year 12 or an equivalent qualification have better health outcomes, better employment outcomes and higher incomes across their lives. It is important that children develop habits of regular attendance at an early age. School participation is important as it maximises life opportunities for children and young people by providing them with education and support networks. School helps people to develop important skills, knowledge and values which set them up for further learning and participation in their community.

Jacana School for Autism’s Attendance Policy was ratified by school council last year. This policy is attached for your reference. Please speak to Deb Munt if you have any questions in relation to the new guidelines and responsibilities.

Recent Bushfire Activity

The recent fires in Gisborne, Riddells Creek, Mickleham, Wallan and Kilmore have affected some members of our school community. This can be a very stressful and anxious time for people living in these areas. Whilst the efforts of the CFA have been amazingly supportive there are times when members of the community may need additional support beyond the day to day management of such events. I have attached a flyer that may provide some additional information and support to you and your family in the event that...
you have been affected by these recent events. Please also contact Deb Munt if you have any concerns about the impact on your child/ren.

January Holiday Grounds Upgrade – shade for the Later Years

Meet the Teacher afternoon
It was great to see our families visit last Monday for Meet the Teacher Afternoon. We hope the information you received was useful and staff are looking forward to continuing to develop the relationships with families in order to best meet the needs of your child/ren.

Student Support Group Meetings (SSG’s)
Student Support Group Meetings for all students will be conducted in week 8 from the 17th – 21st of March. You will be requested to keep your child at home on the room’s designated SSG day. Your child’s classroom teacher will be in contact very soon to organise a time that will be most suitable for you. SSG’s will be conducted between 10.30am – 6.30pm to provide flexibility for families. Families will receive an SMS reminder the week prior to SSG’s.

Family Support Meetings
Our next Family Support Meeting will be held in the Professional Learning Centre. The invitation is extended to all family members to attend on Thursday 13th March from 9:15am to 10:30am where we will hear all about the Young Ambassadors Program.

Please contact Deb Munt for more information about the Family Support Meetings.

Fundraising Committee
Our first fundraising committee met on Thursday 6th February. It was great to see some new faces and we welcomed back some of the 2013 members.

A special thank you to the Lions Club – Glenroy for providing manual assistance on the day to cook and serve the squillion sausages and drinks. Please drop by Bunnings – Broadmeadows for a sausage and drink on Saturday 1st March and support the school.

The Fundraising Committee is also requesting Easter Egg donations for the Easter Raffle. There are usually lots of prizes and it's a very popular event on the calendar, so please help make this a great fundraiser for JSA.

On Thursday 3rd April the Fundraising Committee will be hosting the 2nd Annual Jacanarama Fun Run/Walk. This is a community event, where JSA families celebrates Autism by raising awareness of the condition. Please see flyer attached to order merchandise.

Reminder: Cars and young children in the summer months
Melbourne and greater Victoria will experience extremely high temperatures for the back to school period. Parents and/or guardians are reminded that on hot days it is important never to leave children alone in a car. Temperatures inside a parked car during summer can be around 20 to 30 degrees hotter than the outside temperature. Leaving children in hot cars, even for a moment, can result in serious injury or death. Young children's smaller body size and underdeveloped nervous system places them at a much greater risk of life-threatening heatstroke, dehydration and other serious health risks. If a parent or guardian is travelling with a child, never leave them alone in a parked car, not even for one moment.

This project was completed in time for the Melbourne heatwave.

Staffing
A very warm welcome to Vu Truong, teacher aide in room 25 and Martina Beggs our Therapy Team Leader.

Congratulations to Marnie Stilo and her partner on the safe arrival of their daughter Maeve Elizabeth on January 5th. Mum and baby doing well and we look forward to a visit in the near future.

www.jacanaschoolforautism.vic.edu.au Learning for life
Health Alert – Update

A recent notification of suspected meningococcal has now been confirmed that the staff member **DOES NOT** have meningococcal. However, it is a timely reminder that good hygiene practices will reduce cross infection. I will always endeavour to keep the school community updated in regards to vital health information and it is important that we have a **shared responsibility** to maintaining good health and hygiene practices.

SunSmart

We still have at least another two months of heat, bright sunshine and high UV (ultra violet) levels.

Yesterday, which was a fairly mild summer day had a UV rating of 10.

On days where the UV level is 3 or above, sun protection is needed. (Nearly every day in February & March)

We request parents ensure that students bring a sun hat to school. We will encourage reluctant “hat wearers” to wear their hats daily.

We also request that sun screen is applied before leaving home. Students will be encouraged to apply their own sunscreen during the day.

School Council Elections

All government schools in Victoria have a school council. They are legally formed bodies that are given powers to set directions of a school within centrally provided guidelines. In doing this, a school council is able to directly influence the quality of education that the school provides for its students. The Jacana School for Autism meets twice per term on Thursday evenings at 5.30pm.

There are 3 possible membership categories:

A mandated elected parent category – Because parents have such an important part to play in schools, there is an elected parent member category. Parent members must comprise more than one-third of council’s total membership. DEECD employees are eligible to be parent members at their child’s school, as long as they do not work at the particular school.

A mandated elected DEECD employee category – Members of this category may make up no more than one third of the total membership of school council. As the Executive Officer, the principal of the school is automatically one of these members.

An optional community member category – Its members are co-opted by the decision of the council because of their special skills, interests or experience, for example parent club representative, student representatives, an accountant. DEECD employees are not eligible to be community members.

If you decide to stand for election, you can arrange for someone to nominate you as a candidate or you can nominate yourself in the appropriate category:

  - if you are a parent, the parent category
  - if you are a DEECD employee working at the school, the DEECD category.

Why is parent membership so important?

Parents on school councils provide important viewpoints and have valuable skills that can help shape the direction of the school. Those parents who become active on school council find their involvement satisfying in itself and may also find their children feel a greater sense of belonging.

How can I become involved?

The most obvious way is to vote in the elections, which are held in term 1 each year. However, ballots are only held if more people nominate as candidates that there are positions vacant. In view of this, you might seriously consider, standing for election as a member of school council or encouraging another person to stand for election.

Do I need experience to be on school council?

No. What you do need is an interest in your child’s school and the desire to work in partnership with others to help shape the school’s future.
What do I need to do to stand for election?

The principal will issue a notice and call for nominations following the commencement of term 1 each year. All school council elections must be completed by the end of March.

If you decide to stand for election, you can arrange for someone to nominate you as a candidate or you can nominate yourself in the Parent category. DEECD employees whose child is enrolled in a school in which they are not employed are eligible to nominate as parents for the school council where their child is enrolled. Please contact the general office for a nomination form.

Once the nomination form is completed, return it to the principal within the time stated on the notice of election. You will receive a Nomination Form Receipt in the mail following the receipt of your completed nomination. If there are more nominations received than there are vacancies on council, a ballot will be conducted during the two weeks after the call of nominations has closed.

Remember:

Ask the school for help if you would like to stand for election and not sure what to do

Consider standing for election to council this year

Be sure to vote in the elections

I encourage parent/carers to consider standing for election.

Nominations close on Thursday 27th February 2013 at 4pm.

Please contact Corinne Pupillo for further information if you are interested in joining the school council.

Corinne Pupillo
Principal

19 - 39 Landy Road, Jacana VIC 3047
Phone 9309 6258
Fax 9309 6426
jacana.school@edumail.vic.gov.au
www.jacana schoolforautism.vic.edu.au

The vacancies for 2014 include:

4 Parent Members 1 x 2 years / 3 x 1 year
1 DEECD Member 1 x 1 year
1 Community Member 1 x 1
Early Years A

Students from Room 10 – one of the new entry classes enjoying their first few weeks at school, engaging in a number of
The children in Early Years B having fun in playground 4. Everyone has settled in well and are enjoying their new classrooms.
The students in middle years have come back from school holidays and settled into their new classrooms beautifully. The classrooms are well underway for a productive and fun year with students already enjoying cooking, fine/gross motor programs and literacy and numerous sessions.

Kristie Giannakis
Sub School Leader—Middle Years
Working in our new room
ATTENDANCE POLICY

Rationale
Regular school attendance enables students to maximise their full educational potential and to actively participate and engage in their learning. It is important that students maintain habits of regular attendance to maximise their educational and social development.

Jacana School for Autism Attendance Requirements
JSA requires all students attend no less than 90% of the school program without a medical certificate.

Who is responsible for attendance?
All of the learning community at Jacana School for Autism is responsible for attendance: Leadership; Teachers; Students; Education Support Staff; Parents/Carers.

Expectations of Principal Class
- Provide leadership and direction to the Leadership Team in regard to Curriculum development and student engagement/wellbeing issues.
- Provide leadership and support to Team Leaders, Team Co-ordinators and Student Services Teams to develop, implement and evaluate programs and policies that contribute to the academic and social development of students.
- Monitor attendance through collection, analysis and evaluation of data against set goals and targets.

Expectations of Teachers
- Mark the roll accurately for Class Group daily (am/pm)
- Contact parents when the student is absent from school or classes without an explanation.
- Provide programs that engage and support students to learn.
- Informally advise parents of their obligations in regards to school attendance where appropriate.
- Refer students to Student Transition and Wellbeing Co-ordinator, when needed.
- If applicable, provide appropriate work when a student is unable to attend.

Expectations of Student Transition and Wellbeing Co-ordinator
- Formally advise parents of their obligations in regards to school attendance where appropriate.
- Refer students to internal and external support services when needed.

Expectations of Students
- Attend daily and all classes (no less than 90%) without medical certificate
- Arrive on time to school to learn.
Expectations of Parents/Carers

- Ensure their child attends school at all times (see Education and Training Reform Act 2006, Section 2.1.1)
- Ensure that their child is on time for school each day.
- Notify the school of their child's absence as soon as possible on the first day of the child's absence.
- Notify the school in advance if an absence is planned.
- Support their child's learning during continued or prolonged absences through the implementation of an agreed student Absence Learning Plan.
- Work co-operatively and collaboratively with the school and their child to develop and implement improvement strategies when attendance has been inconsistent due to reasons deemed unsatisfactory by the school.
- Work co-operatively with the school in supporting the child to return to school.
- Ensure that contact details for their child are correct and up-to-date.

Review: This policy will be reviewed as part of the school’s two-year policy review cycle.

Ratified at School Council: 27th June 2013

The *Education and Training Reform Act 2006* describes a reasonable excuse for a student not attending school as being due to:

- Illness, accident, an unforeseen event or an unavoidable cause.
- There is no Government school within a prescribed distance of the child’s residence and the child is receiving a distance education program through a registered school.
- The child is undertaking an educational program provided by a registered education and training organisation.
- The child has been suspended or expelled and is undertaking other educational programs provided by the Department or another registered school.
- The absence from school or instruction was because of the child’s disobedience and was not due to any fault of the parent/carer.
- The child is attending or observing a religious event or obligation as a result of a genuinely held belief of the child or a parent/carer of the child.
- The child is exempted from attendance at school by the Minister.
EXTENDED PERIOD OF ABSENCE APPLICATION FORM
(5 school days or more)

Date: ______/_____/_______

Dates requested: ______/_____/_______

Name: _______________________________________

Home Phone Number: _________________________

Mobile Number: ______________________________

E-mail Address: _______________________________

TYPE OF REQUEST
☐ Family Holiday  ☐ Medical  ☐ Overseas Business
☐ Sporting Trip  ☐ Other: _______________________

Please describe nature of the extended leave requested:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

All applications for extended absences will be reviewed by the Sub School Leader and Principal. This will be followed with direct communication with a parent or guardian.

Parent Signature: ____________________________ Date: _____/_____/_______

For Administrative Use Only:

Date Received: _____/_____/_______

Action taken by Sub School Leader:

________________________________________________________________________

Recommendation: ____________________________ Date: _____/_____/_______

Action taken by Principal:

________________________________________________________________________

Recommendation: ____________________________ Date: _____/_____/_______
Parent Invitation to Attend
PECS BASIC TRAINING
March 15th and 22nd

Where: Jacana School for Autism Professional Learning Centre

Time: Registration from 8:15am
8:30am—4:30pm

Cost: $150 (RRP $660 and includes a PECS manual)

How to register your interest:
Detach and return the slip below to your class teacher by Friday, 28th Feb.
You will be contacted on Monday 3rd March to confirm your place in the workshop.

What you will learn:

- Strategies to create an abundance of opportunities for communication
- The relationship between PECS and other communication approaches
- How to implement all six phases of PECS with target individuals using a behaviour analytic orientation
- The criteria for transitioning from PECS to other communication modalities

Request Slip for PECS Training

I/we would like to attend PECS training on the 15th and 22nd of March at Jacana School for Autism PLC.
My/our names are ______________________
My child’s name is ________________ in room number __________
My phone number is __________________

** Please return to your class teacher by Friday 28th of February**
Supporting recovery for children and young people
For parents/carers
The 2009 Victorian bushfires have had an impact on many people across Victoria, both directly and indirectly. Children and young people are particularly vulnerable and can respond to traumatic events such as the bushfires in a variety of ways. Parents and carers play a significant role in children and young people's lives and provide support, advice and guidance throughout the healing process.

This brochure provides information about accessing specialised external support for your child to complement the support provided in kindergarten or school settings. A detailed version of this brochure is also available online at www.education.vic.gov.au/about/bushfires/support/parents.htm.

Working in partnership: kindergartens, schools and families
There are a variety of support staff within kindergartens and schools. These include early childhood professionals, teachers, Student Welfare Coordinators, Student Support Services Officers, Primary Welfare Officers, school nurses and chaplains. Each can provide support, advice and information about children and young people who are experiencing difficulties or having problems.

Student Support Services Officers (SSSO) in schools
Student Support Services Officers provide specialist support and assistance to children and young people. If needed, Student Support Services Officers can work closely with you, your child and community based health and support services to ensure that your child has access to appropriate levels of support at the right time. Some children and young people may require an additional level of support from mental health professionals that can be accessed outside the kindergarten or school setting. SSSOs can provide you with information on the range of supports that are available to your child outside the kindergarten or school setting.

Allied health professionals
Allied health professionals can provide support to your child outside the kindergarten or school setting. Allied health professionals include social workers, psychologists, mental health nurses, occupational therapists and Aboriginal and Torres Strait Islander health workers with specific mental health qualifications.
Who may benefit from some specialised support?
Each child or young person will have a unique response to a traumatic event. There are differences in the length of time it takes individuals to begin the process of recovery and there is no ‘one way’ that children and young people will respond and work through feelings such as sadness, anger, grief or loss. However, there are some behaviours that children and young people may exhibit that are concerning and should be discussed with your GP, your Maternal and Child Health Nurse, your Bushfire Case Manager or your child’s kindergarten or school welfare staff. These include:

- Feeling anxious, fearful or distressed
- Experiencing physical discomfort, including problems eating, sleeping or toileting
- Having difficulty concentrating or behaving impulsively
- Nightmares or bed-wetting
- Behaviour problems (such as aggression or anger) that disrupt your child’s development or adjustment at home or at school
- Having difficulty with relationships within the family and/or with their friends
- Refusing to attend kindergarten or school
- Anxiety about safety or separation from you

What services are available in my local community?
There are a range of specialised support services available in bushfire affected communities, including community health centres, Child and Adolescent Mental Health Services, drug and alcohol support services and allied health professionals.

There are also a number of telephone support services available to provide support, counselling, information and referrals, including:

**Parentline** 13 22 89

**Kids Helpline** 1800 551 800

**Maternal and Child Health Line** 13 22 29

**Lifeline** 13 11 14

**Mensline** 1300 789 978

**Australian Centre for Grief and Bereavement** 1300 664 786

**Relationships Australia** 1300 364 277

**Directline** (drug and alcohol support)
1800 888 236

**Youth Substance Abuse Service**
(drug and alcohol support for young people aged between 12 and 21) 1800 014 446

DEECD has developed information brochures about the specific support services available in each of the fire-affected local government areas. These brochures are online at [www.education.vic.gov.au/about/bushfires/support/parents.htm](http://www.education.vic.gov.au/about/bushfires/support/parents.htm)
Children and young people accessing support from allied health professionals
To access specialised support for your child from an allied health professional, you need to get a referral from your GP or Bushfire Case Manager. Make an appointment to discuss your child’s needs with your GP or Bushfire Case Manager, who will work with you and your child (if appropriate) to develop a Mental Health Care Plan. There will be no cost for referrals to allied health professionals for people affected by the bushfires under the Access to Allied Psychological Services (ATAPS) component of the Better Outcomes in Mental Health program.

Bushfire Psychological Counselling Voucher Program
The Bushfire Psychological Counselling Voucher Program will provide people affected by the bushfires with up to six counselling sessions at any time over the next two years through a specially designed voucher system. Individual, couple or family counselling may be accessed through this program. For additional information on this program see [www.dhs.vic.gov.au/bushfireappeal/Fund-Payments/support-payments/psychological-support-package](http://www.dhs.vic.gov.au/bushfireappeal/Fund-Payments/support-payments/psychological-support-package).
**Education Maintenance Allowance (EMA):**

The Education Maintenance Allowance (EMA) is provided by the Victorian Government to lower-income families to help with education-related costs.

If you have a child under 16, and you hold a valid Health Care Card, Pension Card, or are a temporary foster parent, you may be eligible to receive the EMA. The allowance is paid in two instalments, one in March and one in August.

The payment is intended to assist with education-related costs such as, **uniforms, excursions, textbooks, and stationery.** You can elect to have your EMA paid in one of the following ways:

- Paid by direct deposit (Electronic Funds Transfer) into your own nominated bank account; or
- Paid to the school to be held as credit which you can use towards education expenses; or
- Paid by cheque which will be posted to the school for collection.

In 2014, the annual EMA amount per student is:

- $200 for prep students
- $150 for students in years 1 – 6.
- $300 for year 7 students
- $250 for students in year 8 – until age 16*.

* A pro-rata amount is payable for students turning 16 in 2014.

**How to Apply:** Contact the school office to obtain an EMA application form.

**Closing Date:** You need to obtain an EMA application form from the school office and return by 28 February 2014.

**EDUCATION MAINTENANCE ALLOWANCE (EMA)**
*Parent/Guardian Application Form - 2014*

The following details must be completed by the applicant (the concession card holder). EMA is payable by Direct Deposit (EFT) to the applicant, Direct Deposit to the school, or as a cheque payment.

### SCHOOL NAME

### APPLICANT / PARENT DETAILS

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<th>SURNAME</th>
<th>FIRST NAME</th>
<th>ADDRESS</th>
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**CONTACT PHONE NUMBER:**

- CENTRELINK PENSIONER
- CONCESSION / HEALTH CARE CARD NUMBER (CRN)
- OR FOSTER PARENT (*)
- OR VETERANS AFFAIRS PENSIONER

* Foster Parents must provide a copy of the temporary care order letter from the Department of Human Services (DHS) or Courts, etc.

### EMA PAYMENT METHOD

- **Direct Deposit to parent**
  - Payment will be made to your bank account by Electronic Funds Transfer (provide bank account details below)

- **Direct Deposit to school**
  - Payment will be made to school to be held as credit which you can use towards education expenses.

- **Cheque**
  - Payment will be made as a cheque which will be posted to the school.

### ACCOUNT NAME (e.g. John Smith)

### FINANCIAL INSTITUTION (e.g. Westpac) AND BRANCH

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<th>BSB No.</th>
<th>BANK ACCOUNT No.</th>
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*If you are unsure of the above details check your Bank Statements or enquire at your Financial Institution.*

### STUDENT DETAILS

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<tr>
<th>CHILD'S SURNAME</th>
<th>CHILD'S FIRST NAME</th>
<th>STUDENT ID</th>
<th>DATE OF BIRTH</th>
<th>YEAR LEVEL</th>
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The Department of Education and Early Childhood Development collects your personal information for the purpose of administering the Education Maintenance Allowance (EMA) payment. Some personal information may be disclosed to other Victorian Government departments, such as the Department of Human Services, for the purpose of evaluation and monitoring of concession card services.

The Department of Education and Early Childhood Development may disclose some of your personal information to Centrelink to confirm that the details provided matches Centrelink's records. This is to be used for testing eligibility for EMA applications for 2014.

The Department of Education and Early Childhood Development will provide the above bank account details to Westpac Bank for the sole purpose of making the EMA payment into your nominated bank account. The bank account details provided will not be disclosed or used for any other purpose. You are able to request access to the personal information that we hold about you, and to request that any errors be corrected, by contacting your child's school.

**SIGNATURE OF APPLICANT**

Health Care Card MUST be provided in parent/carers name WITH application.
EMA Eligibility:

The Education Maintenance Allowance is paid to parents of eligible students under 16 years of age, and the student is enrolled at a Government or non-Government School in Victoria on census day, 28 February 2014 for instalment 1 and 1 August 2014 for the second instalment.

The Education Maintenance Allowance will be paid in two instalments and to be eligible you must:
- on the first day of 1st Term (28 January 2014) for the first instalment and
- on the first day of 3rd Term (14 July 2014) for the second instalment:
  - (a) be a parent or legal guardian of the student; and
  - (b) be an eligible beneficiary within the meaning of the State Concessions Act 2004, that is, be a holder of Veterans Affairs Gold Card or be an eligible Health Care Card (HCC) or Pensioner Concession Card (PCC) holder, OR
  - (c) be a temporary foster parent AND
  - (d) submit your application to the school by the date/s listed below.

Parents who receive a Carer Allowance (formerly known as Child Disability Allowance), or any other benefit or allowance not income tested by Centrelink are not eligible for the EMA unless they also comply with one of (a) (b) or (c) above.

Submission dates

The application form must be lodged at the school by:
- 28 February 2014 for the first instalment or
- 1 August 2014 for the second instalment.

Important information

A separate application is required for each school if you have children attending different schools.

If your child transfers schools during the year, you will need to make an application at the new school.

How to Complete the Application Form

NOTE: ALL SECTIONS MUST BE COMPLETED BY APPLICANT / PARENT

1. Complete the APPLICANT/PARENT DETAILS & STUDENT DETAILS section.

Make sure that the Surname, First Name, and Customer Reference Number (CRN) details match those on your Centrelink card - unless you are claiming as a Foster Parent or Veterans Affairs Pensioner. You will also need to provide your Centrelink card to the school.

If you are claiming as a Foster Parent or a Veteran Affairs Pensioner, tick the appropriate box. In this case, you will need to provide a copy of documentation confirming your status as a temporary Foster Parent or provide your Veterans Affairs Pensioner card to the school.

2. Nominate your payment method for EMA. You can choose to have your EMA payment;
   - Paid by direct deposit (EFT) into your nominated bank account or
   - Paid by direct deposit (EFT) to the school to be held as credit which you can use towards education expenses.
   - Paid by cheque which will be posted to the school for collection or

3. Complete the STUDENT/S DETAILS section for students at this school.

   Enter SURNAME AND FIRST NAMES in full.
   Enter the DATE OF BIRTH e.g. 15/09/2007.
   Enter the YEAR LEVEL, unless the student is ungraded, e.g. attending a Special School or Language Centre, then enter 'UNGRADED' in the YEAR LEVEL column.

4. Sign and date the form and return it to the school office.

LATE APPLICATIONS CANNOT BE PROCESSED

Queries relating to eligibility and payments of EMA should be directed to your school.

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Back to School in 2014! Be prepared for an Asthma Spike

What is the February asthma spike?
Throughout the year there are significant increases, or 'spikes', in asthma presentations to hospitals and emergency departments. Approximately 1 in 10 children in Australia have asthma, and for children and adolescents with asthma these 'spikes' usually occur towards the end of holiday periods as they return to school and preschool. A significant 'spike' in asthma presentations and admissions to hospital of children and adolescents, experiencing severe asthma exacerbations, occurs throughout the first few weeks of February.

Why does the spike occur?
While there have not been direct links established, the February 'asthma spike' is believed to be largely due to children and adolescents coming into contact with asthma triggers that they have had time away from, as they are now returning to school. Forgetting to take their medication, and poor medication adherence, also places students at an increased risk of asthma attacks when exposed to triggers.

Triggers that can be encountered are:
- Dust and mould spores from poorly ventilated, or insufficiently cleaned school rooms
- Respiratory viruses, such as cold and flu viruses
- Cleaning products that leave behind strong smells, aerosols or airborne dust
- Anxiety and stress due to returning to school

What can we do to avoid asthma exacerbations in our school?
- Ensure your school has a sufficient number of Asthma Emergency Kits
- Ensure that each Asthma Emergency Kits contain fresh and in-date reliever medication (e.g. Ventolin, Azmol or Albuterol), spacers, record sheet and instructions detailing the emergency procedure
- Ensure student Asthma Action Plans are updated and returned to school
- Ensure staff education and training is current, arranging a free staff asthma education session as required for all new and ongoing staff
- Ensure your school's asthma policy is current for both on site and off site situations, and first aid posters are displayed in key locations
- Ensure staff are aware of which students in their class have asthma, and know where Asthma Emergency Kits are stored
- Ensure all classrooms are opened, cleaned and aired out in the weeks before students return to school. A helpful technique can be to turn on all fans, as well as any heating/cooling systems, to begin to clear dust before students arrive
Thursday 3rd April 2014 Jacana School for Autism will be holding a Jacanarama Fun Run/Walk. The event has been organized by the leadership team and the fundraising committee. This event will celebrate Autism awareness and all profits will go towards supporting the teaching and learning program here at JSA. As part of the fundraiser t-shirts and drink bottles will be for sale. If you would like to pre-order your celebrating autism t-shirt and/or Drink bottle (recommended) please fill in the attached form and send it back to the school by

Friday 7th March.

Drink Bottles:
$10.00 each

T-Shirts:
Kids: $15.00 sizes S-XL
Adults: $ 20.00 S-3XL
Jacinarama Fun
Walk/Run Order Form

Name of Child: ________________________________

Room Number: _____

Please put a cross (x) in front of the merchandise you want.

☐ Drink Bottle:

Number of wristbands: _____

☐ T-Shirt:

<table>
<thead>
<tr>
<th>Adult:</th>
<th>Size</th>
<th>Quantity</th>
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<tbody>
<tr>
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<td>S</td>
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<tr>
<th></th>
<th>HALF CHEST</th>
<th>LENGTH</th>
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<tr>
<td>S</td>
<td>50.0</td>
<td>69.0</td>
</tr>
<tr>
<td>M</td>
<td>53.0</td>
<td>71.0</td>
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<tr>
<td>L</td>
<td>56.0</td>
<td>73.0</td>
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<tr>
<td>XL</td>
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<tr>
<td>2XL</td>
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<tr>
<td>3XL</td>
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Measurements are subject to an acceptable tolerance.

<table>
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<tr>
<th>Kids:</th>
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<thead>
<tr>
<th></th>
<th>HALF CHEST</th>
<th>LENGTH</th>
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<tbody>
<tr>
<td>XS 5-6yrs (110-116cm)</td>
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<tr>
<td>S 7-8yrs (122-128cm)</td>
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<tr>
<td>M 9-10yrs (134-140cm)</td>
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</tr>
<tr>
<td>L 11-12yrs (146-152cm)</td>
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<tr>
<td>XL 13-14yrs (158-164cm)</td>
<td>48.0</td>
<td>64.0</td>
</tr>
</tbody>
</table>

Measurements are subject to an acceptable tolerance.
Easter Raffle Donations

The first big fundraising event for 2014 will be the Easter Raffle!

Please support the fundraising committee by sending along any donations for our Easter Hampers. Please send in all donations by Monday 26th of March 2014.

We appreciate your support.