



WEDNESDAY NOTICE

6th March 2013

www.cottageschool.tas.edu.au

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What's on in March/April:

March

6 th	Wednesday	Biggies Environment Day
7 th	Thursday	Committee Meeting – 7.30pm (10 Queen St)
13 th	Wednesday	Hana's 1/2 Environment Day
20 th	Wednesday	Kinder/Prep/1 Environment Day
22 nd	Friday	Ride to School Day
26 th	Tuesday	Start 3/4/5/6 Camp
28 th	Thursday	End 3/4/5/6 Camp
29 th	Friday	GOOD FRIDAY – NO SCHOOL

April

1 st	Monday	EASTER MONDAY - NO SCHOOL
2 nd	Tuesday	EASTER TUESDAY - NO SCHOOL
3 rd	Wednesday	Student Free Day – Staff Professional Development
10 th	Wednesday	Grades 3/4/5/6 Bike Day
17 th	Wednesday	Env. Day Kinder/Prep/1 and Grade 1/2
19 th	Friday	Last Day of Term One

Clean Up Australia Day/s: What a fantastic effort! We collected over 40 large bags of rubbish! We found all manner of litter, from the smallest piece of plastic to a television. We saw 2 shopping trolleys in the bay, an endless amount of cigarette butts, food wrappers, packaging and drink bottles. There was so much glass in places we had to leave it all behind and focus on the litter that becomes food for marine animals. Polystyrene scores big points in my book (as an avid beach scrounger) and we got a few chunks worth 20, 50 and 100 points! From the Littlies to the Biggies the enthusiasm was remarkable. A big thanks to the parents and grandparents who came along to model and support our environmental efforts. Now to the job of sorting and re-fashioning... an Art project may be in the air?!
Cheers, Lee Cody.

Family Jobs: Thank you for the quick responses I am getting with the form returns. Keep them coming 😊

Egg and Sesame Seed Allergies

I have spoken with various people and groups over the last few weeks about egg and sesame seed bans*. Here are their recommendations. From these a list of recommendations for The Cottage School has been formulated.

Australasian Society of Clinical Immunology and Allergy recommends:

- food bans* should not be introduced unless recommended by a relevant medical practitioner
- students should not be physically isolated from other students because of allergies
- Kindergarten children are too young to comprehend education about avoiding allergens. As children mature they are able to take more responsibility for their own care. (Please note that Kindergartens are considered childcare facilities rather than schools – that's why there are different rules and a different curriculum).

The student's allergy specialist, has recommended food bans* in the Kinder class and food avoidance[^] in the rest of the school. As the student gets older, the bans may be relaxed as the student becomes more aware of self-monitoring

The Asthma Foundation of Tasmania recommends:

- An egg and sesame seed ban* in the student's class group
- An egg and sesame seed avoidance[^] policy in the rest of the school
- Hygiene control is the key to reducing risk – especially the use of hand gel and alcohol wipes as the alcohol changes the structure of the protein in the food (which is what causes the allergy)

Suggested Guidelines for The Cottage School

- A ban* on eggs and sesame seeds in Cooked Lunch
- A ban* on eggs and sesame seeds in Garden Market. Eggs to be sold outside the gate.
- A ban* on eggs and sesame seeds in the student's class group:
 - request that bread is sesame seed free (appropriate brand names to be provided)
 - ask parents to read labels for sesame seed products (provide list)
 - ask parents to read labels for egg or egg products
- An avoidance[^] policy in the rest of the school:
 - don't send food that contains sesame seeds eg bread with seeds sprinkled on top / hommus / tahini, sesame oil etc
 - Don't send food containing egg (eg egg sandwiches, quiche) or egg products (eg egg mayonnaise)
- Hygiene controls to reduce risk:
 - All students in all groups to use hand gel after meals
 - Surfaces and handles in Kinder room to be wiped daily with alcohol wipes
 - All groups to eat lunch on a tablecloth and the tablecloth shaken into a bin (not onto the lawn)
 - No sharing of food containers, utensils or drink containers in Kinder room
- Controls around the student to reduce risk:
 - The student may only eat lunches prepared for him by parents/carers or Cooked Lunch Co-ordinator. The student may participate in shared fruit.
 - The student should be given instruction about not sharing food, food containers, and drink containers
 - The student should be (very gently) discouraged from putting objects (especially shoes) into his mouth
- Education:
 - All teachers and teacher's aides to undertake anaphylaxis training
 - Whole school student body to be educated about signs and symptoms of anaphylaxis
 - All staff to be familiar with the Anaphylaxis Management Policy including the location of EpiPens

* **I have used the term 'ban' to mean that parents are asked to strictly avoid the foods and read food labels.**

[^] **I have used the term 'avoidance' to mean parents are asked not to send the food to school.**

A note on food "bans":

We can only ask parents to be vigilant about not sending certain foods to school. This is not something we can police, so we could never claim to 'ban' the food or be 'free' of the food (eg we can say we are a no-nuts school but we can't say we're a nut-free school).

We have strongly encouraged parents to not send nuts to school. Given that nuts are a common allergen, it is quite easy for parents to identify foods with nuts in them – it's usually clearly stated on the label.

It is not so easy with eggs, and extremely difficult with sesame seeds. Below is a list of foods and ingredients that contain sesame seeds and eggs. Keep it on your fridge, on in your shopping bag. Kinder parents will be given a laminated Allergen Card today which was downloaded from Allergy & Anaphylaxis Australia. Could Kinder parents ensure they have the card, please?

If your child is not in Kinder and you would like a card, please let Penny know.

Let's all pull together on this in true 'Cottage School Spirit'. Talk to your children about what changes will occur in their lunches. I'm sure once you read the list below, you'll see that there won't be a noticeable change for the children (although parents may need to update glasses prescriptions so they can read food labels!).

Information on Avoiding Sesame Seeds and Eggs

Sesame Seeds

Do not send these foods:

sesame seeds
hommus/hummus
tahini
sesame oil
sesame salt/gomasio

Avoid these ingredients:

The following label names indicate the presence of sesame seeds.

anjonjoli
benne, benne seed, benniseed
gingelly, gingelly oil
seeds
sesamol, sesamolina
sesamum indicum
sim sim
tahini, tahina
teel
til

Check these foods:

The following foods may contain sesame seeds (check labels carefully).

baked goods, e.g., hamburger buns, multi-grain breads & bagels
biscuits
bread crumbs, bread sticks, cereals, crackers, melba toast, muesli
dips, patés, spreads, chutney
dressings, gravies, marinades, salads, sauces, soups
ethnic foods such as flavoured rice, noodles, kebabs, stews and stir fry
falafel
flavour(ing)
herbs, seasoning, spice
margarine
processed meats, sausages
risotto (rice dish)
sesame oil, sesame salt
snack foods e.g., bagel chips, pita chips, pretzels, rice cakes, sesame snap bars, candy, halvah
sushi
tempeh
Vegetarian burgers
Vegetable oil

Eggs

Do not send these foods:

eggs	quiche
french toast	meringues
frittata	egg noodles
soufflés	pavlova
omelettes	quiche
eggnog	

Avoid these ingredients:

The following label names indicate the presence of egg.

egg	albumin	simplese
egg white	apovitellin	globulin
egg white solids	binder	avidin
egg yolk	ovomucin	livetin
egg powder	ovalbumin	silici albuminate
egg protein	ovomucoid	lysozyme
dried egg	ovmuxoid	flavoproteins
lecithin (322)	ovglycoprotein	vitellin
egg solids	ovovitellin	
egg substitutes (some)		
imitation egg product		

Check these foods:

The following foods may contain egg (check labels carefully).

cakes, muffins, cake mixes, icing	sauces, salad dressings and spreads
buns, donuts, pastries, biscuits	fish or meat patties
pancakes, puddings, mousses	lasagne, pasta
ice cream, soft serve, gelati, sorbet, custard	crumbed or battered foods
processed meats meat loaf, meat balls	health food and fruit bars
fish mixtures	egg/fat substitutes
mayonnaise, coleslaw dressing	marzipan and some lollies
soups, broths and bouillons	hollandaise, tartar and béarnaise sauces
sushi	

Eggs may also be used to glaze some foods. Egg used for glazing may not be listed on the labels of these foods. Be careful of shiny baked goods, such as bread rolls, buns, and pretzels.

What's On:

BELLERIVE JUNIOR SOCCER CLUB NEWS: We will be holding our registration day on **THURSDAY 7th MARCH** between 3 and 4pm at Bellerive Primary School. You can grab a copy of the registration forms from the school office or you can find one on our Facebook page, **Bellerive Junior Soccer Club Inc.** We will also have copies at the Registration and Information Day. You will also need to register online at www.myfootballclub.com.au (This gives you the option to pay online as well).

Registration will cost just \$85 per child. It is only \$75 for a second child and drops to \$65 for a third and any subsequent registrations as long as you have paid by the 14th March. (An extra \$10. will be charged after this date.) The uniform kit, which consists of shorts, t-shirt, and socks, will cost a modest \$25 and is yours to keep. That is only \$110 per child (maximum) for an entire sporting season. What great value!! As it is a non contact sport it is the perfect choice for both boys and girls.

Carolyn Watt Secretary BJSC Inc. Any enquiries please email me at carolynbourke00@bigpond.com

Engaging Adolescents: The Centacare counselling team are pleased to present "Engaging Adolescents". This is a parenting programme for parents with children aged 11-18 years. The course will be held on Tuesday mornings 10:00-1:00 on 14, 21, 28 May and 4 June 2013. Cost is \$30 per person, \$20 per concession and \$40 per couple. please telephone Diana on 6278 1660 to arrange a pre programme interview.

Art and Cartooning Program: We are once again coming to Hobart to run our Art & Cartooning program. The program will be held from:

Monday 22 – Friday 26 April, 2013.

Please find our brochures attached. Please forward the program to interested students, teachers & parents. Johnny Wadhwa from our Sydney office will be coming during next few week to visit your school with the program. Our brochures can also be downloaded from our site: www.illustrating-man.com.au

COOPER SCREEN ACADEMY 131 Macquarie St. 131 Macquarie St. p: 0407 560 597

Fun, one hour "**Acting for Film and TV**" classes in the heart of Hobart for **Grades 1-6**, running through school terms. Mention your school's newsletter item on your application form to **TRY A CLASS FOR FREE**. All details at www.cooperscreenacademy.com Now at 131 Macquarie Street.

UPCOMING EVENTS:

*CSA Summer Screen Schools. Grades 1-6 31st Jan/1st Feb. Grades 7-10 21st/22nd Jan. 10am-3pm

*Weekly Screen Acting Classes Grades 1-ADULT from Term One 2013

*2013 Career Course starting Easter 2013

*Monthly Intro to Screen Acting Workshops

*PLUS... Train with top national casting directors in 2013 - *Neighbours, Packed to the Rafters, H2O -Just Add Water* and more!

e: info@cooperscreenacademy.com w: www.cooperscreenacademy.com

Attachments: