

# Acacia in Action



**Confident**

**Community**

**Caring**

**Connected**

**DATE: 23rd February 2024**

## Newsletter Week 4 Term 1 2024

Dear Carers and Parents,

You will have received an invitation to discuss your child's progress and future aspirations at an EAP meeting. EAP stands for Educational Adjustment Plan and is a structured approach to target your child's individual needs at school. It's an opportunity for you to discuss your child's strengths and progress you have observed at home, to set realistic and achievable goals with your child's teacher. For those students with an NDIS plan, it is useful to consider how goals may align, particularly if you are considering requesting allied health support for your child at school. Consideration will be given to the net benefit of therapy at school and the impact this may have on other students. Therapy that caters to individual student's needs not provided by school, such as upskilling the student and staff in the use of a communication device, may be of great benefit to everyone interacting with the child and will be favourably considered. Please raise this with your child's teacher if you would like more information.



NAPLAN assessments will take place in Weeks 7 and 8 for students in Years 3, 5, 7 and 9. Notes have been sent home today with information for parents of students who qualify for 2024 NAPLAN. If your child qualifies by age, and you do not wish them to sit NAPLAN, we must notify the authorities asap. Please check your child's bag for a white envelope or contact the school directly for a withdrawal form. If we do not receive a signed form by Monday 26th February, we will assume you wish your child to complete all NAPLAN assessments.

We are excited to host Deadly Heart Trek on 6th March. Cheryle has already received a lot of interest from our families. If you are keen to attend an information session and/or have your child checked for rheumatic heart disease, please complete the form at the end of this newsletter.

Kind regards,

**DEADLY HEART  
TREK**



### NDIS Therapists

Please be reminded that NDIS therapists must be registered NDIS providers in order to apply to work in NT Government schools.

### DATES COMING UP

- 9:30am Friday 1 March AGM Meeting
- Monday 13 May Inclusion Sports Day
- 8:30am Wednesday 6 March Deadly Heart Trek

Website: <https://www.acaciahill.nt.edu.au/>

Facebook Page: <https://www.facebook.com/Acacia-Hill-School-101999724805228/>

**Allergy Alert: students at Acacia Hill have nut allergies and other serious eating conditions**

## Health and Wellbeing

Please remember to keep your child at home if they are unwell. The table below contains information about periods of exclusion from school for some common medical conditions. I appreciate your assistance in ensuring everyone can stay healthy at school.

<b>Condition</b>	<b>Minimum period of exclusion from school</b>
Conjunctivitis	Exclude until discharge from eyes has ceased or doctor says its okay to resume school.
Scabies, Ringworm	Exclude until the day after appropriate treatment has commenced.
Diarrhoea (no organism identified)	Exclude until there has not been vomiting or a loose bowel motion for 24 hours.
Viral Gastroenteritis	Exclude until there has not been vomiting or a loose bowel motion for 24 hours.
Influenza like conditions	Exclude until well.
School Sores/Impetigo	Exclude until appropriate treatment has commenced. Sores on exposed surfaces must be covered with a watertight dressing.
COVID	Exclude if there are any symptoms, even if mild.

Wounds and sores on exposed parts of the body must be covered with a watertight dressing before coming to school to prevent infection.

## What's happening around the school!

### Room 19

The students in the Larapinta Satellite class did a wonderful job making playdough. They followed a procedural text and some made their own colours.



## Support for Families and contact details

Autism Advisory Line: 24/7; Run by families of children with autism; 1300 22 777

Autism NT: 8948 4424; NT Mental Health Line: 1800 682 288; E-headspace: 1800 650 890; Kidshelpline: 1800 55 1800

FACES: 8:00AM-8:00PM Monday to Friday; parenting support, budgeting support; Referral for services; 1800 999 900

Parentline: Access to counsellors Monday to Friday 8:00am-10:00pm; 1300 301 300

13 YARN counselling (First Nations): 13 92 76

Relationships Australia sometimes sees children if they have the capacity to cater for the individual. There is a phone intake process in which they determine if they have the capacity. Family must pay for the service. The fee varies according to family income. Contact number is 8950 4100.

Dolly's Dream Support Line is now available to families and students 24/7, providing them with access to qualified counsellors for free and without a referral. To access this service, call or text 0488 881 033 or use this webchat.



**Thursday 07 March, 4pm–6 pm**

Our Autism Social Group is a regular get-together for Autistic young people and those who think they might be. It happens on Thursdays, about every 4 weeks.

The group is a chance to meet others who might share some of your experiences. You can make new friends, share coping tips, or just hang out and be part of a supportive group.

We provide a range of games, drawing materials, and stim toys. So, if you don't feel like talking to anyone, that's ok.

We also put on some light refreshments.

You are welcome to bring your own games (including electronic).

### Where

headspace Alice Springs, 5/74 Todd Street (we're behind Loco Burrito)

### Age range

12 to 25 years old

### RSVP or more information

Call headspace on 8958 4544 or email [deborah.rock@caac.org.au](mailto:deborah.rock@caac.org.au)

*Interested but not sure? You're welcome to come for just a quick look before deciding.*

The next groups: 04 April 2024  
02 May 2024  
30 May 2024

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

## Little GUTS kids classes.

GUTS Dance (Alice Can Dance) are running two classes for young people from their Araluen studio in terms 1 and 2.

With a focus on learning about dance, self expression, imagination, teamwork and having fun, classes run on Tuesday afternoons. Session 1 is for 4 - 6 yr olds and runs from 3:30 - 4:15pm, and session 2 is for 7 - 12 year olds and runs from 4:30 - 5:30pm.

Classes are \$120 for the term, and GUTS are able to accept sports vouchers!

If this sounds like something your child might be into, please contact GUTS directly via social media, or by emailing [contact@gutsdance.org.au](mailto:contact@gutsdance.org.au).



**GUTS Dance // Central Australia**

[www.gutsdance.org.au](http://www.gutsdance.org.au)

PH: 0417855887



## IDEAS IN NUTRITION

### Pack a Healthier Lunch Box

Children need fuel to help them learn. Packing a healthy lunchbox is like sending a bundle of energy and brainpower with your child to school. Here are some tips for you;

**5 food groups:** Include foods from the 5 food groups in your child's lunch, like fruits, vegetables, whole grains, dairy and proteins. Foods from these food groups provide essential nutrients for growth and keeps them full of energy.

**Limit Processed Foods:** Minimise packaged snacks and sugary drinks. Whole, unprocessed foods can help avoid energy crashes.

**Hydration:** Don't forget a water bottle! Staying hydrated is crucial for concentration and overall health.

A healthy lunch box not only fuels your child's body but also supports their focus and learning. By packing a nutritious meal, you're helping them succeed in and out of the classroom.



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## Rheumatic Heart Disease Screening

RHD CONTROL  
PROGRAMS  
QLD, NT, SA, WA

Rheumatic fever is a sickness caused by a germ called Group A Streptococcus or Strep for short and can often cause sore throats and skin sores. If not treated with penicillin, the body's germ defense system can get confused and attack your joints, heart, brain, and skin- this is called rheumatic fever.

Rheumatic fever can damage the valves inside your heart making them leak or not open properly - this is called rheumatic heart disease. Your child will be offered a special heart scan called an echocardiogram (echo) to check their heart for rheumatic heart disease. We will also offer to check your child's skin for skin infections. The echo is a quick and painless test.



Gel will be placed on the child's chest and an echo probe will take a picture of their heart



If the echo is normal no further follow-up will be needed



If the echo is not normal, the Doctor will talk to the parents and the child on the same day  
The Doctor will talk to you about treatment and follow up if needed



## Consent for Screening

Parent/Carer Name

Address

Phone number

**Child 1** - I consent for my child: \_\_\_\_\_ DOB: \_\_\_\_\_

☐ to have an echocardiogram to screen for Rheumatic Heart Disease

☐ to have a skin check

**Child 2** - I consent for my child: \_\_\_\_\_ DOB: \_\_\_\_\_

☐ to have an echocardiogram to screen for Rheumatic Heart Disease

☐ to have a skin check

**Child 3** - I consent for my child: \_\_\_\_\_ DOB: \_\_\_\_\_

☐ to have an echocardiogram to screen for Rheumatic Heart Disease

☐ to have a skin check