



Phone

Fax

Email

Website

Bohlevale School Road

Bohle

Q. 4818

07-47293555

07-47293500

admin@bohlevaless.eq.edu.au

www.bohlevaless.eq.edu.au



Be Responsible, Safe and Successful

18 October 2017

L I N K S

Principal's Paragraph

Dear Parents, Caregivers and Community Members,

At **Bohlevale State School** we take our responsibility to maintain the health and safety of our students and staff very seriously. This responsibility includes issues related to online choices and behaviours.

Participating in the online environment can be a positive experience, but there are also a broad range of concerns that may need to be considered, including online privacy and information protection, online etiquette, digital citizenship and knowing how to get help to deal with online issues.

As you may be aware, comments posted online about people and organisations may impact permanently on their digital reputation. This includes teachers, other staff, students and the school. There can be very real negative consequences from online posts – relationships between school staff, students and parents can be permanently damaged.

Facebook and other social networking sites are generally not private communities and, depending on an individual's privacy and security settings, comments may be read by many people and remain online indefinitely.

If you or your child are posting information online about the school, staff or students, I ask that you consider the ramifications of these comments on the school and any individuals in the school community. As a rule of thumb:

- Public discussion is most effective when it is conducted in a polite and respectful manner;
- Before posting, it is important to consider whether those people you are posting about want information, including photos and comments regarding them and their children, posted on Facebook or on other sites. Perhaps ask the people involved in the post for permission before you publish something or tag someone online;
- Rather than airing complaints or grievances in a public forum like Facebook, come and talk to the school first about how to resolve your concerns;
- Remember that as a parent you have a responsibility to supervise and regulate your own children's online activities at home and their impact on the reputation and privacy of others.

For further information on managing cybersafety, please go to

<http://behaviour.education.qld.gov.au/SiteCollectionDocuments/cybersafety/social-media-and-community-online.pdf>

If you have any concerns and would like to discuss further I invite you to make an appointment with me.

Helen Morris

Suspected Shingles Incident

We have been advised of a possible case of Shingles at school this week. A fact sheet about Shingles is included in this newsletter.



P-2 Grandparents Day Celebration

Grandparents Day is a chance for children and the community to thank grandparents for their love and support. This special day is an opportunity to acknowledge the efforts and devotion of grandparents in their many roles of caring and supporting their grandchildren. *Grandparents Day* is celebrated annually in Queensland on the last Sunday in October.

This year at Bohlevale State School we will be celebrating *Grandparents Day* across Prep-Year 2 on Friday, 27 October (Week 4) from 1:15pm-2:30pm. **From 1:15pm-2:00pm** Grandparents will be invited to spend time with their grandchildren in their own classes completing an activity together. **From 2:00pm-2:30pm** Grandparents will be invited to the Stephanie Alexander Kitchen Garden (SAKG) where they will engage in a short tour of the garden and be treated to scones and tea/coffee.

A note will be distributed to all P-2 students this week to enable the collection of RSVPs for planning and catering purposes.

Wellbeing and Student Engagement Update



'Day for Daniel'

Next Friday 27th October is 'Day for Daniel'. This is a National Day of Action to raise awareness of Child Safety, Protection and Prevention. Students will hear important child safety messages so they can ...

- **recognise safe and unsafe situations using safety clues**
- **react to keep themselves safe**
- **report unsafe situations ,unsafe phone and online incidents**

On Friday next week, students are asked to **wear red** and teachers will be organising lessons using the resources from the *Daniel Morcombe website* and the *Daniel Morcombe Child Safety School Curriculum*. Parents can also access the Daniel Morcombe website and show their children the many videos and activities available at this site.

<http://www.danielmorcombe.com.au/child-safety-activities.html>

CHILD SAFETY ACTIVITIES

Downloads

Keeping Kids Safe DVD Resource Booklet	
Report Info	Safety Rules
Recognise Info	Internet Safety
React Info	Things to Remember

Activity Sheets

Safety Message	My Safety Network
React	Recognise
Colour In Morky	Word Search
Crossword	Help Morky

Watch video clips from our Keeping Kids Safe DVD

Preschool Children	1.1 You have the Right
Prep to Year 2	2.1 Why Obeying the Rules is Important
	2.2 Create A Family Password
Year 3 to Year 6	3.1 Safety Strategies
	3.2 Getting Lost at the Shopping Centre
	3.3 Safe Internet Use

Ann-Marie Giesen - HOD Wellbeing and Student Engagement
agies5@eq.edu.au

P&C Meeting – Monday 20 November

Our next P&C Meeting is scheduled for Monday 20 November, starting at 6:30 p.m. in the staffroom in A Block. All parents and carers are welcome.

Enrolments 2018

We are now accepting enrolments for 2018 for students in Prep to Year 6. Children born between 1st July 2012 and 30th June 2013 are eligible to enrol in Prep in 2018. Appointments can be made by phoning the school on 47 293 555. Please note that your student's birth certificate must be sighted by school staff as part of the enrolment process and proof of residency in the school's enrolment catchment area must also be provided.

Parents or legal guardians who wish to enrol their child at the school will need to demonstrate that the student's principal place of residence is within the catchment area.

Current proof of residency at the address indicated can be provided by way of one of each of the following:

- One primary source – a current lease agreement, or rates notice, or unconditional sale agreement, **and**
- One secondary source – a utility bill (e.g. electricity, gas) showing this same address and parent/legal guardian's name

Catchment areas for all Queensland state schools are available online from the EdMap website:
<http://www.qgso.qld.gov.au/maps/edmap/>

2018 Prep Enrolment and Parent Information Sessions are as follows:

Thursday, 26 October 2017 (2:45pm)
Tuesday, 14 November, 2017 (2:45pm)

BSS 2018 'Prep Experience' Sessions

19 & 20 October, 2017 (Morning/Afternoon sessions available)

Parents of prospective 2018 Prep students are asked to call the school office on 47 293 555 to register for the 'Prep Enrolment and Parent Information Sessions' and/or 'Prep Experience Sessions.'

Change to school Enrolment Management Plan (EMP)

Bohlevale State School has an Enrolment Management Plan (EMP) which outlines how the school manages enrolments. The current [EMP](#) is available on our website. Parents and caregivers can ascertain their eligibility for enrolling children at Bohlevale State School by visiting the [edMap](#) site.

With the opening of a new state school in North Shore our catchment will change in 2018.

All Prep-Year 5 students actively enrolled at Bohlevale SS at the end of 2017 are eligible to continue their enrolment at Bohlevale State School in 2018 regardless of which school catchment they live in. Furthermore, primary school aged siblings of children actively enrolled at Bohlevale SS in 2018 are also eligible to enrol at Bohlevale SS regardless of their residential address. This means, for example, that if you live in the "New school – Burdell" catchment and have a child who will be continuing at Bohlevale in 2018 and you also have a child who will be starting Prep in 2018 he/she is eligible to enrol at Bohlevale State School in 2018.

Parents living in the new school catchment may also decide to transfer their primary school aged children to the new school. We ask that if this is your intention that you let the school office know at your earliest convenience. Please note that if a BSS student who does not live in the Bohlevale SS catchment transfers to the new school (or any other school) in 2018 he/she will not be able to transfer back to Bohlevale SS unless he/she lives in the Bohlevale SS catchment.

Please feel free to contact the principal on the.principal@bohlevaless.eq.edu.au should you require any information about enrolment catchments or processes.

Is your Prep-Year 5 student transferring to another school in 2018?

We will shortly be starting the process of organising class composition for 2018. We would appreciate early notice if your child, or children, will be transferring to another school in 2018. Please complete the tear-off slip at the bottom of this page and return it to the school office at your earliest convenience.

2018 change of school advice for students in Prep – Year 5.

Please return this form to school office if relevant.

✂.....

Please be advised that my child/children, listed in the table below will not be attending Bohlevale State School in 2018.

Student Name	2017 Class	Intended School - 2018

Parent Signature: _____

Bohlevale  Bumblebees  are buzzing!

Bohlevale State School is proud to be partnering with Playgroup Queensland to offer our school community the opportunity to be involved in our 'Bohlevale State School Playgroup – Bohlevale Bumblebees'

We commenced on Tuesday, 10 October and lots of fun was had by both parents and children alike. A very big thank-you to Miss Collin and Miss Duggan for their organisation and facilitation of the session.

We still have some places available if you are interested in joining us!

Details at a glance.....

Location: Early Childhood Development Program Room – Modular 4 – Bohlevale State School

Day: Tuesdays weekly in Term 4, 2017

Time: 8:45am-11:00am

Facilitator: Prep teacher, Miss Jess Collin, will assist parents in facilitating their child's play

Target Audience: 3-5 year old children living in the Bohlevale SS enrolment catchment/siblings who have an intention to transition to Bohlevale SS in future years. Younger siblings of 3-5 year old children attending Playgroup are also most welcome to attend with parents/caregivers

What will Playgroup involve? Each week will be different!! Children will engage in such fun experiences as imaginative play, dress-ups, outdoor activities, indoor craft, painting, games, shared book reading and songs

What to bring: a healthy morning tea snack for your child, bucket hat and water bottle. Tea, coffee and biscuits will be available for caregivers. We will provide sunscreen for outdoor play.

Cost: nil

We are looking forward to meeting your little 'bumblebee' and enjoying some fun together!



DATES TO REMEMBER

October	
20 October	Year 5/6 Sushi lunch day
27 October	Grandparents Day
27 October	Day for Daniel – wear red
27 October	World Teachers' Day
November	
13 November	Instrumental Music performance /Recruitment drive
15,16,20,21,22,23,24 November	Swimming lessons – Prep –Year 3
16 November	Year 6 Graduation and Celebratory Dinner and Disco
20 November	P&C Meeting – Staffroom (6:30pm)
4 December	Silver and Gold Awards
7 December	Year 6 Movie / Riverway Excursion

STUDENT OF THE WEEK

MPG	Thomas		For always working hard
MPH	Tallis		For a huge improvement in behaviour
MPI	Ngaire		For a fantastic effort in English
MPJ	Joshua		For always following classroom expectations
MPK	Kain		For an excellent effort in using his tool box strategies to stay in the green zone
MPL	Malakai		For being Responsible, Safe and Successful
MPM	Clayton		For being super helpful
MPN	Summer		For excellent work in English
MPO	Ezra		For a great start at Bohlevale State School
MPP	Shania		For tightening the tension in her writing
Scientist of the Week	Erin	MPM	Question: It is nearly impossible for a kangaroo to walk backwards because of their legs. True/False Answer: True

The 'Super attending' classes for Week 2 are: (based on full day absences)

EPO – 99.10%

MPA – 96.35%

MPG – 97.30%

Congratulations to all of these classes.

HONOUR ROLL

Prep: P-6: Be kind and respectful to others

MPG	Eliza		MPL	Max	
MPH	Toby		MPM	Mykahla	
MPI	Chloe		MPN	Logan	
MPJ	Isabelle		MPO	Amara	
MPK	Shameeka		MPP	Aimee	

Instrumental Music Performance and recruitment drive

When: Monday 13th November, 4:15p.m. – 5:00p.m.

Students performing will need to be at school by 4:00pm to help set up.

Where: School Hall, Bohlevale State School

Students from the Band and String Ensembles will perform for their parents and showcase the instruments we use at Bohlevale State School to any new or interested parents and students.

If your child will be in Year 3 – 6 in 2018 and wishes to learn the Violin or Cello, or your child is in Year 4-6 and wishes to play a woodwind, brass or percussion instrument you are invited to attend.

Parents will learn about the Instrumental Music program and the process for selection and recruitment for 2018 as well as the expenses to be incurred once your child is a member of the program.

It is important to note that the Department of Education and Training provides these lessons free of charge until the end of high school.

For the program to grow within our school and the Instrumental Music program to continue, parents are required to purchase/ hire an instrument for their child's use after the first year. Some choose to purchase the instrument upfront.

If you are unable to attend this information night please contact the school office.

DATE CLAIMERS AND END OF YEAR ARRANGEMENTS

Year 6 Students

The following information is to provide plenty of notice about the end of year arrangements for a number of our key events.

Graduation and Celebratory Dinner and Disco

Thursday 16 November 5:00 p.m. - 8:30 p.m.

Tentative program of events

Family Photos	5:00 -5:30
Graduation Ceremony	5:30-6:30
Student dinner	6.45 to 7.30
Disco	7.30 to 8.30

All Year 6 students will be invited to attend this year's **Graduation and Celebratory Dinner and Disco**. This year we are going to hold a student dinner on the school grounds followed by a disco. We expect the cost to be between \$5-\$10. Further information will be provided to students through a letter later this term.

Year 6 Movie/Riverway Excursion

Thursday 7 December

The Movie and Riverway Excursion is open to all Year 6 students. The cost of this excursion will be \$22. This will include transport and the movie (to be advised). Further information and permission notes will be provided to students once all arrangements have been confirmed.

Please note: Students who do not consistently demonstrate safe, responsible and successful behaviour may be declined permission to participate in these events at the discretion of the principal.

Student Leader Positions – 2018

TIMELINE OF PROCESS

All Year 5 students were handed a 2018 Student Leader Nomination Booklet in Term 3.

Nominations, Speeches, Posters and Election

Nominations for all positions were due by Friday 15th September 2017.

A short list of candidates (as reviewed by a panel consisting of the Principal, Deputy Principals and Teacher Representatives) was released on Friday 13th October 2017.

Students who are short listed for **School Captain** positions **ONLY** were given the criteria for the poster and speech on Friday 13th October, 2017.

School Captain Nominees will bring their posters to school on Monday, October 30th, 2017.

Voting

Voting will occur immediately after speeches on Election Day. Election Day will be held Tuesday 14th of November 2017.

Announcements

The 2018 School Captains will be announced at the Gold and Silver Awards in Term 4, 2017. The Induction Ceremony will then be held during a scheduled assembly time early 2018.

If you have any further questions, please speak to your child's teacher. We have strongly encouraged students to work closely with their teacher during this process.

DSTA News

Following our morning tea last week I have organised to have a morning tea hosted by Geckos Family Centre. This will take place on Monday the 20th of November. An invitation will be sent home so check your students bags for this; you will need to RSVP to myself so we have an idea of numbers for catering.

	<p>DSTA Parents and Carers Morning tea I would like to invite you to our informal Morning Tea This will be held Monday 20th of November at Geckos Family Centre, Lavarack Barracks From 9:30 – 11:30 Morning Tea will be provided Kids are welcome, there is plenty of area to play Please RSVP to Cherie by Monday 13th November via email; cmalo53@eq.edu.au If you do not have a base pass please let us know so we can organise your entry onto Lavarack Barracks</p>
--	--

Morning Tea Schedule Term 4

Monday 23 rd October	SAKG BLOCK	Services provided by DCO and Defence Family Helpline
Monday 6 th November	SAKG BLOCK	Cyclone Preparations
Monday 20 th November	SAKG BLOCK	Morning tea at Geckos Family Centre Lavarack Barracks
Monday 4 th December	SAKG BLOCK	End of year, congratulations you made it! Now let's eat chocolate cake

Have a fantastic week

Cherie Malone

DSTA Bohlevale SS

Bohlevale State School acknowledges that our school is on the lands of the traditional custodians, the Bindle and Wulgurukaba people. We pay our respects to Elders past, present and future.

Chappy Chat

The benefits of GRATITUDE

A well thought out **Thank You**, instead of a half-hearted, "Thanks," often leaves people feeling pretty good. Gratitude is an emotion similar to appreciation that most people are familiar with. What many people do not know is that gratitude plays an important role in your mental health and overall wellbeing.

Gratitude enhances empathy and reduces aggression. Grateful people are more likely to behave in a prosocial manner, even when others behave less kindly, and have a higher level of resilience to tough situations.

So, how do we begin? Keep it simple and begin by deliberately and consciously noticing your day-to-day world from a point of gratitude and allow yourself to be amazed at all the goodness we take for granted. Let's start together!

Chappy News

Don't forget Trivia Night is NEXT SATURDAY, so grab your friends and book your table now! I look forward to seeing you there!

TRIVIA Night

Come along for prizes, games,
and a night of fun

When: Saturday 21st October 6:30 for 7pm

Where: St Anthony's High School - SDC

Joanne St, Deeragun

Cost: \$15 per person

Table nibbles provided - soft drinks for sale

Gold coins & loose change will also come in handy

Kids Outdoor Movie— is available if kids are coming

**All proceeds go to the school chaplaincy
programs in the Northern Beaches**

To book a table of 6 or just a seat
Call / text Sandy Bill - 0413 001 460
Email - jerrycan99@hotmail.com



northern beaches connections



everyone's family



WOULD YOU LIKE \$500 TO ASSIST WITH SPORTING AND/OR EDUCATIONAL COSTS IN 2018??

PREPARE NOW TO RELIEVE THE STRESS OF SCHOOL COSTS IN 2018 FOR CAMPS, SCHOOL TRIPS, COMPUTER NEEDS & MORE!!!

OCTOBER start- receive matched \$\$ in AUGUST 2018

NOVEMBER start- receive matched \$\$ in SEPTEMBER 2018

Would you like \$500 to help pay for your uniforms, Resource Fees, internet costs, sporting costs, music lessons, camps, excursions, school-related overseas trips, or even a laptop? Saver Plus can match your savings for education costs dollar for dollar, up to \$500. Wouldn't it be great to take control of your financial situation and learn new skills on how to budget and save? Allow me to introduce you to the

Saver Plus Program!!

To be eligible you need to answer YES to all criteria below:

- I hold a Health Care Card or Pension Concession Card
- I have children at school now or starting next year, or I am attending vocational education myself at TAFE or Uni.
- I have some form of household income from work, (myself or a partner) has part time, casual, full time or seasonal employment. Cash in hand is ok, so can also be child minding, ironing or mowing a lawn
- I have not received matched funds from completing Saver Plus already

For further information, please contact me ASAP:

Nikki Storey, Saver Plus Coordinator

Call – 0418 201 533 OR

SMS your name to - 0418 201 533

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is funded by the Australian Government

HEADLICE – PLEASE CHECK YOUR CHILD/CHILDRENS HAIR

Detection of Head Lice

The most effective way to detect head lice is by using the **hair conditioner and combing** method. You will need white coloured hair conditioner, an ordinary comb, a fine tooth head lice comb and white tissue/kitchen towel.

- Apply sufficient white conditioner to dry hair to cover the scalp and hair from roots to tip.
- Use an ordinary comb to detangle hair and evenly distribute the conditioner. Divide the hair into four sections.
- After each stroke, wipe the comb onto a white tissue, checking the comb and tissue for head lice.
- Comb the whole head, checking for lice
- Put all tissues in a plastic bag, tie the top and put the bag in a rubbish bin.

All members of the family/household should be checked once per week using this method as long as there are Headlice in the household.

Treatment

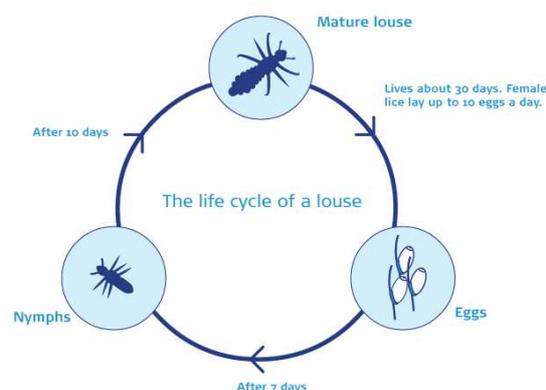
Non-insecticidal treatment using the conditioner and combing technique.

- This is the same as detection using conditioner and combing (as detailed above) except continue combing with the head lice comb until all the conditioner is gone. The conditioner blocks the louse's breathing pores and stuns the louse. This, together with the slippery effect of the conditioner, makes it easy to mechanically remove the lice.
- Repeat this method every second day to remove the young nymphs as they hatch. Continue until no live lice are found for ten consecutive days.

This treatment is just as effective as insecticidal or other chemical treatments but generally requires longer treatment times. However, it may be preferred as a cheaper alternative to insecticidal or other chemical treatments.

Treatment with synthetic or natural insecticides or other chemicals.

- There are four groups of treatment agents available in different forms (ie shampoo, mousse and lotion) which can be obtained from chemists without prescription.
- All preparations must be applied strictly according to the manufacturer's instructions. None of them should be used on children under two years of age, except on medical advice.
- No chemical treatment kills all the eggs. A second treatment should be applied 7-10 days after the initial treatment to kill the nymphs that have hatched from the eggs remaining from the first treatment.
- Do not apply the treatment more than once per week as more frequent applications could lead to scalp problems and have little or no effect.
- If lice are still found after three weeks of chemical applications, switch to the non-insecticidal method until no lice are found.
- Eggs are the most difficult stage to kill. The most effective way to remove eggs is to actually pull them off the hair using your fingernails.



Day for Daniel



Friday 27 October 2017

Join Australia's largest child safety awareness day!

 <p>RECOGNISE Listen to your BODY CLUES</p>	 <p>REACT Run to a safe place Say NO!</p>	<p>REPORT Tell an adult why you felt unsafe</p> <p>Keep trying until you get the help you need</p> 
---	--	---

Everyone has the right to be safe. Visit our website for lots of free videos, activities and cool stuff.

Videos & Activities

Respectful Relationships

Prep to year 12

Video

What are your children doing online?

Cyber Safety

For Parents & Carers

Activities

Preschool to year 10

Videos

Preschool to year 10

Activities

Young people with mild to moderate special needs

Videos

Young people with mild to moderate special needs

Activities

Young people with Aboriginal or Torres Strait Islander heritage

Videos

Young people with Aboriginal or Torres Strait Islander heritage

ORBIT

www.orbit.org.au

For 10-14

Available 1982

THINK UP KNOW

For Parents, Carers & Teachers

For young people 11-17 years old

Being Safety Smart

www.beingsafetysmart.com.au

Available to all schools

Daniel Morcombe Child Safety Curriculum

Register your School, Business and Event online at DayForDaniel.com.au

Daniel Morcombe Child Safety Curriculum



Fact sheet for parents

The Department of Education and Training, in partnership with the Daniel Morcombe Foundation, has developed the *Daniel Morcombe Child Safety Curriculum* for Queensland students.

The Curriculum consists of classroom lessons across three phases of learning: Prep - Year 2, Years 3 - 6, and Years 7 - 9.

The Curriculum, available to all Queensland schools, aims to develop student knowledge and skills to recognise, react to and report unsafe situations.

The Curriculum is aligned with existing curriculum frameworks and was developed in collaboration with a wide range of stakeholders including Queensland Child Safety Ambassadors Bruce and Denise Morcombe.

How the curriculum will be taught

The Curriculum is based around three key messages: **Recognise, React and Report**.

- The **Recognise** message encourages students to be aware of their surroundings and to recognise warning clues.
- The **React** message helps students to consider choices that may keep them safe or help make them safe again as quickly as possible.
- The **Report** message encourages students to report unsafe incidents to an adult.

Teachers use a variety of materials, including interactive whiteboard activities, worksheets and safety books, to deliver the **Recognise, React and Report** messages. Developmentally appropriate scenarios are also being used to explore and discuss safety situations that children and young people may encounter in the home, at school or in their environment.

Students are encouraged to share the resources they complete in class with their families to help keep parents informed about the content being discussed and to promote discussion about safety in the home.

Resources for parents

Parent Guides for each of the phases are available online at www.education.qld.gov.au/child-safety-curriculum.

The guide outlines what students will learn in the safety lessons in school. It also provides advice to parents about how safety messages can be reinforced at home and suggests some suitable resources to use with children.

More information

For more information about the *Daniel Morcombe Child Safety Curriculum* go to our website at www.education.qld.gov.au/child-safety-curriculum.

Shingles (Herpes-Zoster)

Shingles (or herpes zoster) is a condition caused by the chickenpox (varicella-zoster) virus and can only occur in people who have previously had chickenpox.

When a person recovers from chickenpox, the virus does not completely disappear from the body but stays dormant in the nerves close to the spine.

However, as a person gets older, it is possible for the virus to reappear in the form of shingles.

Shingles is uncommon before the age of 12 years with most cases occurring in people over the age of 40 years. Second or subsequent episodes of shingles are uncommon with most people only experiencing one bout of the disease in their lifetime. However individuals with weakened immune systems, such as people with symptomatic HIV infection or cancer, may suffer repeated infections.

Signs and Symptoms:

Early signs of shingles include a burning sensation or stabbing pain and tingling or itching on the skin. After a few days, a rash or blisters appear usually on one side of the body or face. When the rash is at its peak, symptoms can range from mild itching to extreme and debilitating pain.

The rash or blisters usually last from 1 to 14 days but can be longer.

Pain and tingling associated with the rash may persist for months to years after the rash has cleared. This occurs in about 1 in 10 cases and is called post-herpetic neuralgia.

Treatment:

Shingles can be treated with antiviral drugs. However treatment should be started within 72 hours of the rash appearing for the most benefit. If you think you have shingles, seek prompt medical attention.

Most treatment is aimed at reducing the initial pain and rash. Other drugs that may be used to help ease symptoms include pain killers and topical ointments.

Shingles to the upper half of the face may cause serious damage to the eye, and medical assessment should be sought immediately.

It is important that the affected skin site be kept clean to avoid secondary bacterial infections. Avoid pricking or scratching the blisters.

Transmission:

Direct contact with the fluid in the blisters may cause chickenpox (but not shingles) in people who have not previously had chickenpox. This is because both diseases are caused by the same virus. In addition to direct contact, shingles can also be spread via the air through coughing and sneezing if the blisters are present in the mouth of the infected person.

People with shingles and who have blisters should not have contact with people who have not had chickenpox or who are unsure if they have had chickenpox.

Prevention:

From November 2016, a single dose of zoster vaccine is funded for all adults aged 70 years of age under the National Immunisation Program. There is a 5 year catch-up program for people aged 71 to 79 years until 31 October 2021. To receive the funded vaccine, visit your local doctor or vaccination provider. Although the vaccine

Bringing Up Great Kids

Bringing Up Great Kids is a six session Reflective Parenting Program suitable for parents with children aged 0 – 12. The program focuses on:

- Messages received from our childhood and the impact it has on our parenting styles
- Early brain development in children
- Positive communication patterns that encourages calm and respectful family interactions
- Stress management for parents and children

DAY GROUP

Tuesday mornings: 10am -12pm

Dates: 10th October

17th October

24th October

31st October

7th November

14th November

The BRINGING UP GREAT KIDS Program is FREE of charge.

Please note that child minding is
unavailable.

For further information or to register
please phone **1300 364 277**

