Whole School Dates to Remember
March 27th Last Day Term 1 2.30pm finish
April 13th Term 2 begins

Tambo Campus Dates to Remember
March 12th East Gipps Zone Swimming in Sale
March 19th Yr 11 OES Abseiling
March 20th OEd Water Skiing Paynesville

Flagstaff Campus Dates to Remember
March 16th “Catching on Early” Information session
March 18th Primary Gymkhana

Parent Tips
• We all know that good sleep habits are important for children. Children aged five to 12 need 10-11 hours of sleep. At the same time, there is an increasing demand on their time from school (e.g., homework), sports and other extracurricular and social activities.
• In addition, school aged children become more interested in TV, computers, the media and Internet as well as caffeine products – all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep.
• In particular, watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours.

Auskick
Starting next week on Tuesday afternoons from 2.30pm to 3.15pm. Auskick will be run on the Flagstaff Campus oval. Parent helpers are most welcome.
Please register your child online. If you have any difficulties please see Martina or call the Tambo Campus to get in touch with her.
Mr G.

Invitation to all Parents of Flagstaff Students
Heather Daly, our School Nurse, and teaching staff will be holding an information session about the Personal Development / Sexuality Education program for all primary age students to be introduced during 2015.
In the past Personal Development (often referred to as Sex Ed) has been delivered only to Grade 5/6 students.
Based on current evidence, The Department of Education recommends that all levels of primary age students have sexuality education, building on information from Prep, so that by Year 6 all students:
• Are able to name the parts of the body and understand how they work.
• Have practice at talking and asking for help about feelings, relationships and their bodies.
• Are prepared for puberty.
• Understand the importance of respect in relationships.
• Understand how babies are conceived and born.
The aim is to gradually build on information that students gain from talking about such matters at home, and reduce the chance of misinformation and possible harm gained from social media and peers.
“Catching on Early” is a program developed in 2011 and forms the basis of the teaching program to be introduced at Swifts Creek School and Omeo Primary School.
Come along, hear about it and have your questions answered.
Monday 16th March
6.00 – 7.00 pm approx.
Prep, 1, 2 room Flagstaff campus

Mini Golf at Lakes
We have some passes for a free game of mini golf in Lakes Entrance. These are valid until March 27th. If your family will be in Lakes and you would like to use one of these passes, please see Ms Canfield or Ms Napthine.
Limited number available.
**Vaccination Day No.1**

**Tips for Healthy Living**

**Thursday March 26th for Years 7, 8, 9 & 10**

**Why immunise in secondary school?**

The protection provided by some childhood vaccines fades and needs to be boosted in adolescence. Adolescents are at an age when a vaccine will be most effective and provides protection before they may be exposed to a disease. Sometimes a new vaccine becomes available. Information about a new vaccine will be given to parents. Sometimes a vaccine program ends such as the hepatitis B vaccine program, which finished at the end of 2012 as a school-based program. Hepatitis B vaccine is now given to babies.

**What vaccines are offered free to my child in secondary school?**

**Human Papillomavirus (HPV) vaccine**

Different kinds of HPV can affect different parts of the body, and some types are more harmful than others. The more harmful types of HPV can cause abnormal cells that lead to a range of cancers and disease. HPV can cause pelvic, anal, cervical, vulval and vaginal cancers. HPV can cause genital warts, which can be distressing but do not cause cancer.

HPV infection can be prevented by vaccination. Students are given three injections with two months between the first and second dose and four months between the second and third dose.

**Chickenpox (Varicella) vaccine**

If your child has previously had one dose of the chickenpox vaccine, they should have another dose. It is a single injection. Find out more about chickenpox vaccine, including recommendations for the vaccine if your child has previously had the chickenpox disease.

**Diphtheria, tetanus, pertussis (whooping cough) vaccine**

This vaccine protects against the three diseases in a single injection. Your child will have been vaccinated against these diseases in early childhood but an adolescent dose is recommended to boost protection.

For more information go to: [http://immunehero.health.vic.gov.au](http://immunehero.health.vic.gov.au) or contact the East Gippsland Shire Immunisation Coordinator: 51539500

**10 tips for parents to prepare your teenager for school-based immunisation**

Children in secondary school can get protection from some diseases through free vaccinations. Some young people get really worked up about getting a needle, but there are simple ways you can help them through it.

1. **Arm yourself with the facts.** There’s a lot of misinformation out there about vaccinations. It’s important to find out what you need to know from a reliable source, so you can answer any questions that you or your child may have. Government websites are a reliable source of information.

2. **Talk about immunisation.** Having a conversation can be the easiest way to put your child at ease about vaccinations. There’s no point pretending that needles don’t hurt a little bit – they do. But talking about the diseases and explaining that a moment of pain can give you a lifetime of protection, can really put things into perspective.

3. **Keep an eye out for the consent card.** Your child’s school may advertise the dates of the council’s visits in their newsletters and on their websites. If you would like to know when immunisation sessions are coming up, you can contact your local council at any time.

4. **Read and return the consent card.** It has information that can guide you in your discussion with your child. You should return the completed consent card even if you do not want your child to be immunised. This helps health authorities to assess the total number of young people immunised within the community.

5. **Make sure they’re well on the day.** It’s not recommended for anyone to receive a vaccination when they have a temperature of over 38.5 ºC. The nurse will go through a checklist with them on the day to make sure it is okay for them to be vaccinated.

6. **Make sure they don’t miss out on the free vaccination.** Make an appointment with your doctor as soon as possible if your child misses a school vaccination – that way the vaccine will still be free and they still get any future necessary doses at school.

7. **Give them a good breakfast.** This will help them to avoid feeling dizzy or dehydrated on the day of vaccination. Having extra snacks on hand can help too.

8. **Make sure they wear something that is easy to pull up or down their arm.** The needle goes into the top of their non-writing arm and only pierces the skin – it never goes anywhere near bones, which is what a lot of young people worry about.

9. **Prepare them for the needle.** Lots of young people feel really nervous and then wonder why they were so worked up afterwards when it turns out to be no big deal. Let them know it’s okay to feel worried and there’s plenty they can do about it. Show them Ten tips for secondary school students to deal with immunisation.

10. **Prepare them for a little bump or soreness afterwards.** Sometimes after a needle their arm will hurt, look red, or have a small bump where the needle went in. This is normal and should go away in three or four days, but if you’re worried, have a doctor check it out.