



NEWSLETTER

October 13th 2021 - Week 2 Term 4

Whole School dates to remember:

Oct 13th - Parent Teacher Interviews

Nov 1st - Pupil Free Day

Nov 2nd - Melbourne Cup public Holiday

Tuesday October 26th - ALL YEARS ONSITE FULL TIME

Tambo Campus Dates to Remember

Oct 14/15th - Year 10 onsite

Oct 19/20th - Years 8/9 onsite

Oct 21/22nd - Year 10 onsite

Flagstaff Campus Dates to Remember

Oct 14/15th - Years 5/6 onsite

Oct 19/20th - Years 3/4 onsite

Oct 21/22nd - Years 5/6 onsite

Oct 22nd - Book Club due

Nov 24-26th - Year 3/4 Camp - COVID permitting

Principal's Message

Welcome back to onsite learning for those lucky enough to be with us today and yesterday, and welcome in advance for those that will with us on Thursday and Friday. As you will be aware the government has changed the requirements for mask wearing at school for students in Year 3 and above starting on Monday October 18. Below is a copy of the statement from the DET that impacts on those students:

Do students at schools need to wear a face mask?

Students aged 12 and over must continue to wear face masks indoors and outdoors, unless a lawful exception applies.

Face masks are required for students in Year 3 to Year 6, only when indoors on school premises, unless an exception applies.

Exceptions for all year levels include:

Students with a physical or mental disability are not required to wear a face mask where their disability means it would not be suitable.

We will have a supply of masks at school to help everyone do the right thing. As we are all aware the data is what we are trying to impact so wearing masks is helpful.

The other helpful action is getting vaccinated. On the following pages is a COVID-19 Vaccine Fact Sheet produced by the Australian Government which may help with understanding the vaccine. Our Doctor Sophie and Nurse Amy are happy to talk to anyone with questions about the vaccine, so please just ring and ask for an appointment if you'd like to have a chat.

Next Wednesday and Thursday we will be capturing student's digital images as we did last year. We have the same problem that existed last year in that school photos cannot happen as the photographer moving around could be a super spreader event. So again Mr O'Neill has been given the opportunity of helping us out to ensure that we do get these images in 2021.

A reminder that Flagstaff students are required to wear a wide brimmed hat for Term 4. Please send your child to school with a clearly labelled hat.

Flagstaff students have been able to complete their Wish Lists for the Book Fair and take them home. Next week the students can bring along payments and receive their items.

Continue over the page

Lost property piles at both campuses are too big. The pile will be sorted in the next few months labelled items will be returned to students all other items will be sent to the op shop by the end of Term 4. If you think your child's jumper is at Flagstaff please send your child in to the office and Amanda will help locate it.

Our postponed Book Week activities at Flagstaff will now take place on Thursday October 28. These include dressing up as your favourite book character, with class prizes provided. Unfortunately we will not be allowed to have a whole school parade or a town reading event, and parents and siblings will not be able to participate here at school. The students will also be involved with in a 'Littlelight' show held virtually.



Robert Boucher

ONLINE VOTE COUNT 2021

Saturday October 23rd
5pm onwards

Kicking off with:

- Under 12 Netball
- 17 & Under Netball
- Junior Football
- B Grade Netball
- A Grade Netball
- Senior Football

Approximately 10-15 minutes each grade.

<https://signin.webex.com/join>

Meeting number : 265 364 57885

Meeting password: OmeoBenambraFNC



We know it's been a tough time for parents during the Covid pandemic.

New Access is a free mental health coaching program for men and women over the age of 18 who may be experiencing symptoms of mild to moderate stress, anxiety and depression across Gippsland. It is completely private and confidential, and you do not require a referral from a GP or a mental health treatment plan to access the service. NewAccess consists of 6 free coaching sessions that can be done via phone or face to face.

Referrals can be made by calling our Intake team on 1300 921 535 or emailing NewAccessGippsland@wellways.org or through our website <http://wellways.org/our-services/newaccess>

If you have any further questions please don't hesitate to contact Mel on the details below.

Mel Forster

New Access Coach

Monday- Friday

Wellways Australia

Gippsland

mforster@wellways.org |(03) 41415393| 0422 455 353

wellways.org | 1300 111 400

QLD | ACT | NSW | VIC | TAS

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Wellways respectfully acknowledges the traditional custodians of the lands and waters of Australia.



NOT
IT'S JUST A
ROUGH PATCH.

Don't downplay what's
playing on your mind.

Free and confidential mental health support.  **NewAccess**
Developed by Beyond Blue

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Wellways respectfully acknowledges the traditional custodians of the lands and waters of Australia.
We are committed to inclusive communities.

COVID-19 vaccine Fact Sheet

What is the COVID-19 vaccine?

The Australian Government wrote this fact sheet. When you see the word 'we', it means the Australian Government. We wrote this fact sheet in an easy to read way.

You can ask for help to read this fact sheet. A friend, family member or support person may be able to help you.

What is the COVID-19 vaccine?

A **vaccine** is a type of medicine that:

- helps people fight a virus if they come in contact with it
- can stop people from getting very sick from the virus.

The COVID-19 vaccine teaches your body how to fight COVID-19.

Vaccines can take a long time to make.

Vaccines must be tested many times to make sure they are safe.

Is the COVID-19 vaccine safe?

Scientists around the world have made different COVID-19 vaccines.

In Australia, the **Therapeutic Goods Administration (TGA)** approves all vaccines before they can be used.

The TGA is a group of **independent** medical experts.

This means they make their own decisions using the scientific information they have.

The TGA makes sure the medicines we use in Australia work well.

The TGA only approves vaccines that:

- are safe
- work well.

After they approve a vaccine, the TGA:

- keeps a list of the vaccines they approve
- keeps track of the way the vaccine is working in the community.

This includes how:

- well the vaccine works
- safe the vaccine is.

The TGA has already approved 3 COVID-19 vaccines in Australia.

They are called the:

- AstraZeneca vaccine
- Pfizer vaccine – it is also known as the Comirnaty vaccine.
- Moderna vaccine

Things to know about the vaccines

The AstraZeneca and Pfizer vaccines do not have any COVID-19 in them.

This means these vaccines can't give you COVID-19.

Some people might still get COVID-19 after their vaccination.

This means everyone still needs to help stop the spread of COVID-19.

The COVID-19 vaccines do not have any tiny technology in them, such as:

- software
- microchips.

Having a COVID-19 vaccine does not mean you will be tracked.

The COVID-19 vaccine will not make you **infertile**.

The COVID-19 vaccines will not change your DNA.

Your DNA is special information about you that is in every cell in your body.

Depending on Victoria COVID roadmap

TRICK OR TRIVIA

HOSTED BY QUIZ MASTER BLUE

Youth Halloween Party

12 to 18 years old

Sat 30th of October

Cassilis Reserve

Gates Open: 5:30 pm

Trivia starts: 6 pm

Night ends: 10:30 pm

Music | Food | Prizes | Horror Film Screening

FREE MINI BUS PICK UP AND RETURN

Strictly drug/alcohol free event

RSVP TO

Tiff Brammall

ODH Youth Worker

PH: 0476 234 760 / 5159 0100

Tiffany.Brammall@omeohs.com.au



Paediatric Clinics coming to Omeo

22 October 2021 | 19 November 2021 | 3 December 2021
21 January 2022

Appointments Available Between 9am-4.30pm at the Omeo District Health Medical Centre.

Omeo District Health Medical Centre welcomes Associate Professor Noel Cranswick to the team of doctors and specialists working with our health service.

Receive in person specialist care and advice about medical conditions and mental health issues or concerns affecting children and young adults.

Referrals available through your doctor, ODH practice nurse or your Bush Nurse.

FEEES (Out of Pocket Costs) - Co-Payment \$10.00

Make an Appointment Today.

Contact: Omeo District Health Medical Centre, Phone: 5159 0140



Associate Professor Dr Noel Cranswick

General Paediatrician at the Royal Children's Hospital.

Director of Clinical Pharmacology at the Australian Paediatric Pharmacology Research Unit at Murdoch Children's Research Institute & Royal Children's Hospital, Melbourne, Australia.



Breast screening—finding cancer early could save your life

Over 50? Visit BreastScreen Victoria's Mobile Screening Service:



Free



Takes 10 minutes



No need for doctor's referral



With a female radiographer



Available near you throughout Victoria

25 October – 9 November 2021

OMEO DISTRICT HEALTH

12 EASTON STREET, OMEO VIC 3898

Book at breastscreen.org.au or call **13 20 50**



Introducing Protective Behaviours Free 2-hour online workshops

For Parents and Carers

Two evening sessions on either:

Tuesday 19 October 2021
7.30pm–9.30pm

or

Thursday 21 October
7.30pm–9.30pm

Presented by HUSHeducation

Protective Behaviours is a personal safety program teaching empowerment, communication, self-esteem, resilience, social skills and other life skills to children.

Presenter Margie Buttriss walks you through this personal safety program designed to teach parents and carers how to:

- Empower children through effective communication.
- Give children the self-esteem, resilience, social skills and other life skills that help to keep them safe.

- Teach children the language and principles of protective behaviours.
- Help you help your children to identify unsafe situations.
- Give children tools to seek appropriate assistance when they feel unsafe.

The two themes of Protective Behaviours:

- We all have the right to feel safe all of the time
- We can talk with someone about anything

To register for:

Tuesday 19 October 2021
7.30pm–9.30pm go to:

<https://www.surveymonkey.com/r/MXYJJBZ>

Thursday 21 October 2021
7.30pm–9.30pm go to:

<https://www.surveymonkey.com/r/T57GYH9>

Get in touch

Contact for more information
Don Stewart:

T: (03) 5152 9600

E: CFCEast@vt.uniting.org

Organised by the Uniting
Communities for Children Program &
Orbost Regional Health.

For more information on
HUSHeducation go to:

www.husheducation.com.au

