

# Thomastown West Primary School Newsletter



Email: [thomastown.west.ps@education.vic.gov.au](mailto:thomastown.west.ps@education.vic.gov.au) Phone: 9465 4317

## 2022 IMPORTANT DATES:

Mon	21 Mar	<b>HARMONY DAY!</b> Students wear ORANGE to school (Out of uniform day)
Thu	24 Mar	<b>GRIP Student Leaders Conference</b>
Mon	28 Mar	Gr 5/6 Democracy Incursion
Wed	06 Apr	<b>Parent Teacher ZOOM Conferences</b> (Students join the ZOOM conference with their Parent or Carer).
Fri	08 Apr	<b>Last Day Term 1</b> (Students dismissed at 1.15pm)
Tue	26 Apr	<b>Term 2 Begins</b>
Tue	17 May	<b>Curriculum Day</b> (Students do not attend School)
Thurs	05 May	<b>WHOLE SCHOOL PHOTOS.</b>

No.7 18th March 2022

## From the Principal Team

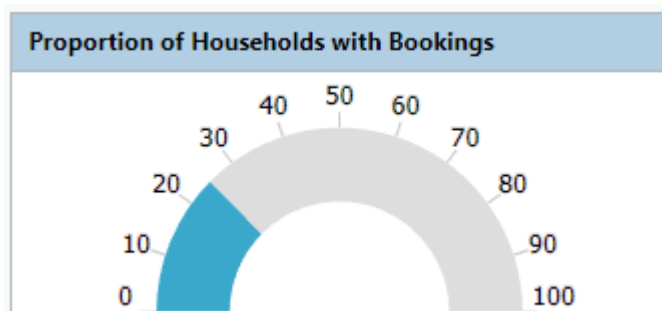
### Getting ready for NAPLAN

NAPLAN is a national literacy and numeracy assessment that students in years 3 and 5 sit in May each year. NAPLAN assesses the literacy and numeracy skills that students are learning and allows you to see how your child is progressing.

On Thursday our students sat their first practice test. This is an important step in preparing for NAPLAN. It ensures that our systems are ready to go, and more importantly, that our students are familiar with the online platform. Next Thursday we will participate in the state-wide practise test.

### Parent Student Teacher Conference Meetings

Have you booked your Parent Student Teacher Conference yet? Only 25% of our Parents and Carers have locked in their appointments with Compass! Please log into Compass and book your appointment as soon as possible or visit or call the TWPS Office, if you require assistance.



### Strategy Games Club at the Hub

We are so thrilled that the Strategy Games Club at the Hub is steadily growing in numbers and students at TWPS are being exposed to a variety of rich critical thinking, problem solving, strategy games. Students have been learning how to play (and Mrs Young highly recommends 😊) *Settlers of Catan*, *Dragonwood*, *King Domino*, *Citadels* and Mrs Young's (current favourite) for the experienced strategists, *Living Forest*. We encourage you this weekend, to grab a game from the cupboard and play it with your children.

**WHY?** Listed below are some of the **Benefits Your Children Get From Playing Board Games:**

1. Board games offer opportunities for early learning.
2. They get older kids' brains buzzing, too *"Strategy games are useful in helping the frontal lobes of the brain develop," says Beatrice Tauber Prior, Psy.D., a clinical psychologist "Those frontal lobes are responsible for executive function skills, which include planning, organizing, and making good decisions."*
3. They boost their language skills.
4. They sharpen your child's focus.
5. They teach the value of teamwork.
6. Board games soothe anxiety.
7. They show kids how to be a good loser. (We don't always win)
8. Board games are a great way to unplug and strengthen relationships.



Looking forward to seeing everyone wear **orange** on **Monday** to acknowledge and celebrate **HARMONY at TWPS!**

Sandi & Vanesa  
Young Trpcevski





Congratulations to our  
**2022 leaders!**

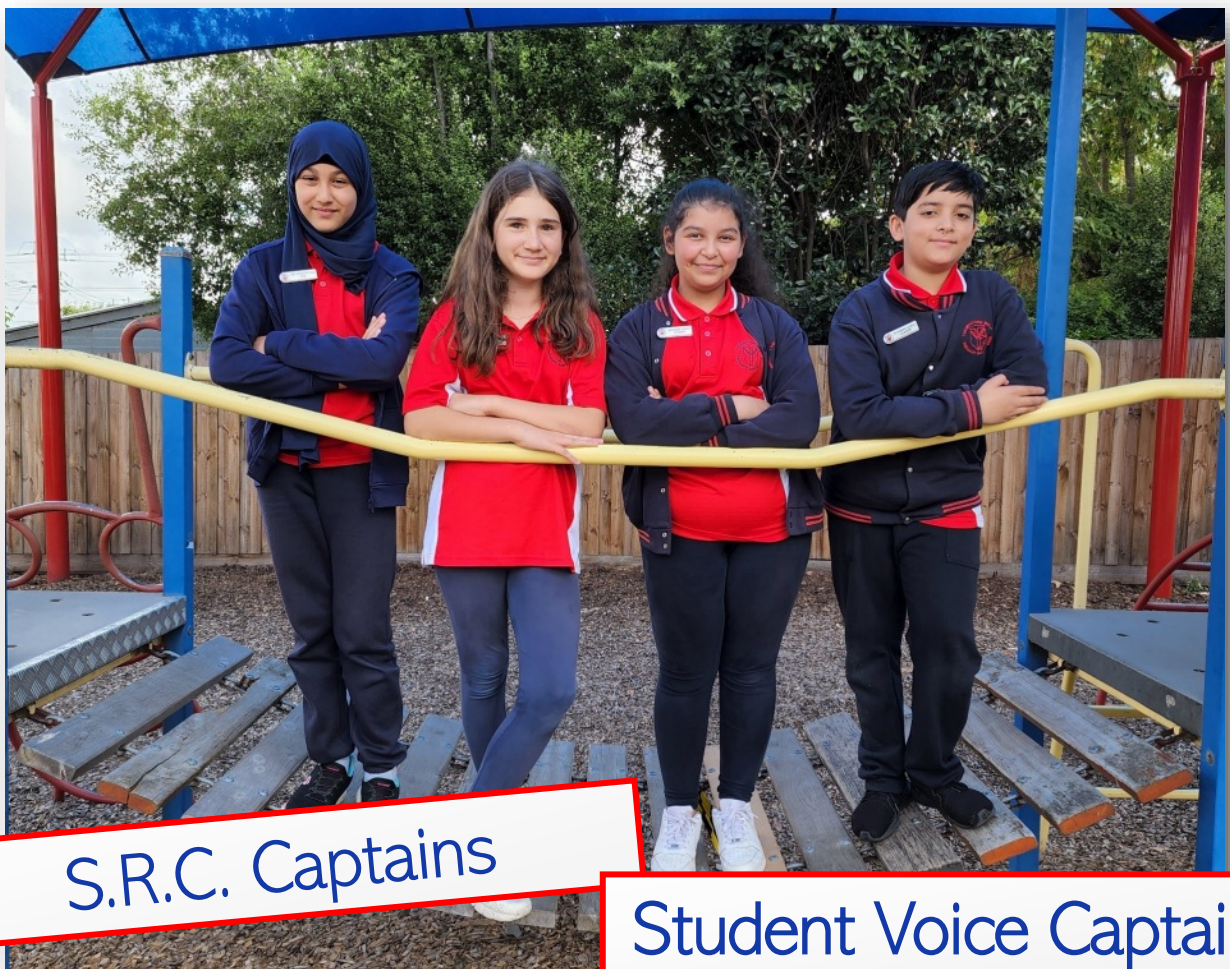


School Captains





Koorie Captains



S.R.C. Captains

Student Voice Captains





Student Voice Team



Student Representative  
Council



# Parent Student Teacher Conference meetings

## Term 1 2022

This year, we will use COMPASS again for booking our Parent Student Teacher Conference meetings.

**From this Friday morning 10:00am YOU can book your child(ren) meeting ONLINE using COMPASS!** (We will not activate the button until Friday 10:00am. Do not panic if you can't find where to click, as it will not work until 10:00am Friday 11th March).

**GREAT NEWS!** When you use COMPASS to book a conference meeting with your teacher, it will be a time that you choose, which suits YOUR FAMILY! **It is really easy to let us know (on Compass) if you require an interpreter!**

For parents and carers that do not have access to the Internet at home, at work, Thomastown Library, or at a friend's house, **support will be available at the Office from Wednesday 16th March 2022 onwards**, so that parents and carers can still make bookings online. The Parent/Teacher meetings is strictly 15 minutes and spaces are limited.

Parents can change their bookings, any time prior to the closing date, by revisiting COMPASS, and following the instructions. Remember to use the same COMPASS log in, you used when you made your original booking. Parents wishing to change their meeting times after the closing date, should contact the school directly on: **9465 4317**.

## It's EASY to BOOK your 2022 Parent Student Teacher Conference

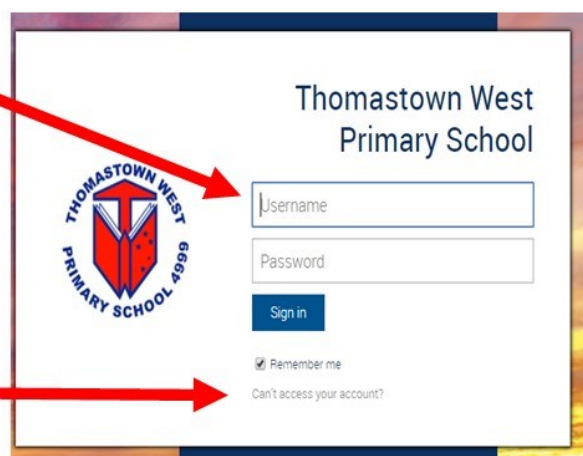
To book a time for your Parent Student Teacher meeting for Wednesday 6th April:

### 1. Login to Compass:

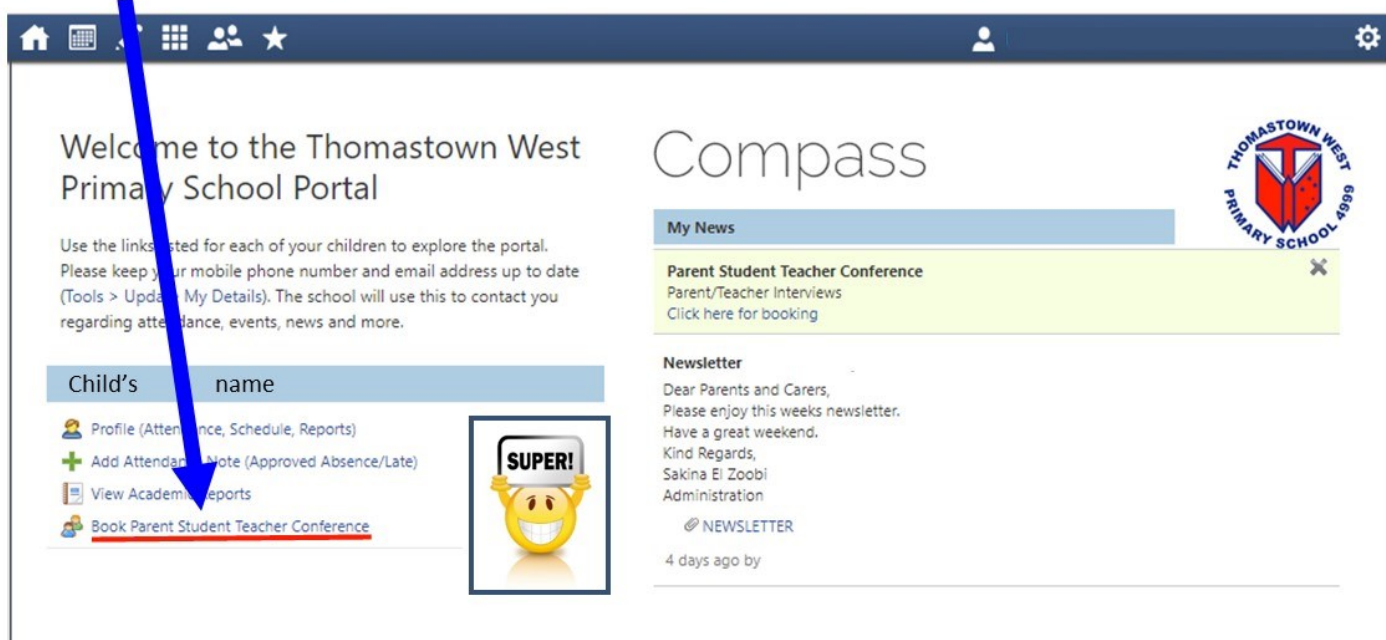
Use your parent login details.

- Please do not give these to your child.
- Your login details are unique to you and provide you with ongoing parent access to Compass and information about your child(ren).
- If you have problems... **click on the:**

**'Can't access your account?'**



### 2. Click Book Parent Student Teacher Conference





### 3. Click My Bookings

## Conferences

Conference Cycles	
Cycle Name	
Term 1, 2022 Parent Teacher Conferences	
STUDENT NAME	
First Slot: Wednesday, April 6 2022 - 12:00 PM, Last Slot: Wednesday, April 6 2022 - 06:45 PM	
	<a href="#">My Bookings</a>

### 4. It may show you **START BOOKING NOW** or **SHOW ME HOW TO BOOK**\*

Term 1, 2022 Parent Teacher Conferences  
Wednesday, April 6

[Email My Bookings](#) [Print Preview](#) [Information/Help](#)

12:00 PM	12:15 PM	12:30 PM	12:45 PM	01:00 PM	01:15 PM
01:30 PM	01:45 PM	02:00 PM	02:15 PM	02:30 PM	02:45 PM
03:00 PM	03:15 PM	03:30 PM	03:45 PM	04:00 PM	04:15 PM
04:30 PM	04:45 PM	05:00 PM	05:15 PM	05:30 PM Not available for boo... DINNER	05:45 PM Not available for boo... DINNER
06:00 PM	06:15 PM	06:30 PM	06:45 PM		

Student Name

Teachers

Selma RAIF  
PE  
Interview Welcome

Oscar ROSA  
Music  
Interview Welcome

Tiziana (Tiz) ROCCA  
Generalist 5/6  
Interview Welcome

Margot SHEEAN  
Art  
Interview Welcome

Welcome

Welcome to Term 1, 2022 Parent Teacher Conferences

[Start Booking Now](#) [Show me How to Book](#)

\*Click 'Start Booking Now' and continue with the instructions list below and on the next page.

OR

\*If you click the SHOW ME HOW, just follow the instructions on your device

### 5. Click the time that suits you then click on the Teacher's name

Term 1, 2022 Parent Teacher Conferences  
Wednesday, April 6

[Email My Bookings](#) [Print Preview](#) [Information/Help](#)

12:00 PM	12:15 PM	12:30 PM	12:45 PM	01:00 PM	01:15 PM
01:30 PM	01:45 PM	02:00 PM	02:15 PM	02:30 PM	02:45 PM
03:00 PM	03:15 PM	03:30 PM	03:45 PM	04:00 PM	04:15 PM
04:30 PM	04:45 PM	05:00 PM	05:15 PM	05:30 PM Not available for boo... DINNER	05:45 PM Not available for boo... DINNER
06:00 PM	06:15 PM	06:30 PM	06:45 PM		

Student Name

Teachers

Selma RAIF  
PE  
Interview Welcome

Oscar ROSA  
Music  
Interview Welcome

Tiziana (Tiz) ROCCA  
Generalist 5/6  
Interview Welcome

Margot SHEEAN  
Art  
Interview Welcome



**6. CHECK** the time is correct then click **OK** unless...

**Would you like an interpreter?**

**CLICK HERE** and **CHOOSE** the language

Term 1, 2022 Parent Teacher Conferences  
Wednesday, April 6

12:00 PM	12:15 PM	12:30 PM	12:45 PM	01:00 PM	01:15 PM
01:30 PM	01:45 PM	02:00 PM	02:15 PM	02:30 PM	02:45 PM
03:00 PM	03:15 PM	03:30 PM	03:45 PM	04:00 PM	04:15 PM
04:30 PM	04:45 PM	05:00 PM	05:15 PM	05:30 PM Not available for booking DINNER	05:45 PM Not available for booking DINNER
06:00 PM	06:15 PM	06:30 PM	06:45 PM		

Confirm Booking

Reason: Generalist 5/6  
Staff Member: Tiziana (Tiz) ROCCA  
Student: Student Name  
Time: Wednesday, April 6 2022 - 06:00 PM  
Interpreter: None Required (dropdown menu)  
OK Cancel

Student Name

Teachers

- Selma RAIF PE Interview Welcome
- Oscar ROSA Music Interview Welcome
- Tiziana (Tiz) ROCCA Generalist 5/6 Interview Welcome
- Margot SHEEAN Art Interview Welcome

**7. If you have more than one child... Click here**

Welcome to the Thomastown West Primary School Portal

Use the links listed for each of your children to explore the portal. Please keep your mobile phone number and email address up to date (Tools > Update My Details). The school will use this to contact you regarding attendance, events, news and more.

Profile (Attendance, Schedule, Reports)  
Add Attendance Note (Approved Absence/Late)  
View Academic Reports  
**Book Parent Student Teacher Conference**

My News

- Parent Student Teacher Conference  
Parent/Teacher Interviews  
Click here for booking
- Attendance: Attendance Note Required
- Attendance: Attendance Note Required
- Attendance: Attendance Note Required

Crazy Hair Day Students wear School Uniform

Dear Parents and Carers,  
Crazy hair day is today please bring in a gold coin donation. Students need to come to school in full school uniform.  
Kind regards,  
Sakina El Zoobi  
Administration  
3 hours ago by Sakina EL ZOABI

Whole School Assembly cancelled this Friday

Dear families,  
The Whole School Assembly will be cancelled this Friday 31st of May due to the predicted weather forecast.  
If your child is receiving student of the week it will be presented at the Team Assembly next week  
21 hours ago by Sakina EL ZOABI [See More]

Newsletter

Dear Parents and Carers,  
Please enjoy this weeks newsletter.  
Have a great weekend.  
Kind Regards

**Follow the steps on the previous 2 pages...**

**THEN** press the  button to return to the main Dashboard

**Click on the link for the next child.**



Hello everyone!

## Living On The Autism Spectrum # Part 3

### *Through the eyes of an eleven-year-old autistic student*

In this newsletter, I would like to share the third and final article on the lived experience of Autism.

#### What You Need To Know



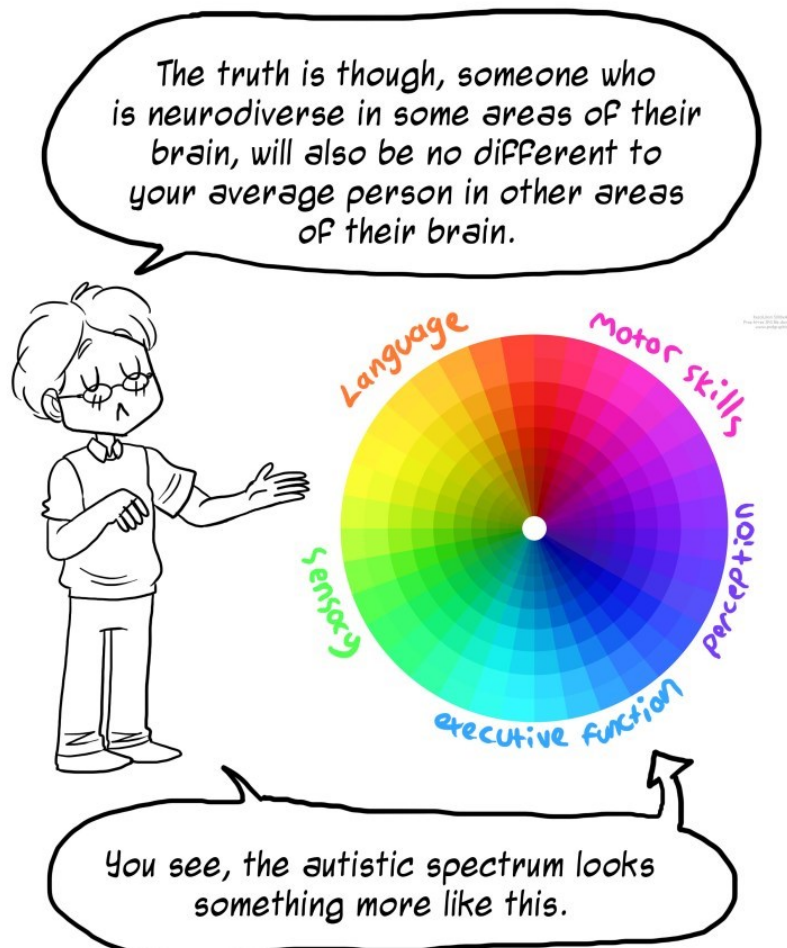
1. When you know one person with Autism, you know one person with Autism, because we are all different, with different strengths and challenges.
2. Please don't expect Autistic people to always make eye contact, because we can find looking and listening at the same time difficult. If you want us to listen and to be able to process what you are saying, don't make us look at you.
3. Please give Autistic people extra time to answer questions, because we often have a problem processing quickly. Sometimes it can take us up to a minute to process what you have said or asked before we can reply. If we feel pressured to answer a question we will answer with a quick short answer for example, "I don't know", "yes", "no" or "maybe" and often this isn't our real answer. We do this because we know we have to give an answer and a quick answer will reduce our stress.
4. Do not believe it when you read that Autistic people lack empathy! We feel life intensely and we are affected greatly when we see and hear other people being hurt.
5. Do not believe it when you read that Autistic people don't want or need friends, we want to have friends, we just have trouble understanding how to make and keep friends.
6. Autistic people often find getting organised very difficult, because we struggle with executive functioning. We are not being difficult or lazy, we just can't process quickly. If you give us extra time or a list of written instructions we can get ourselves organized.
7. It helps Autistic people if you limit choices and if you are specific with our choices. We often find choices overwhelming and are worried we will either make a bad choice or a mistake. We also need time to think about our choices before we can decide what we want to do.
8. When you talk to an Autistic person please be as clear and as specific as possible, because we find abstract language hard to understand. We often take what you say literally and we don't understand sarcasm and idioms. For example, if you say 'You can say that again' instead of thinking you agree with us, we will think you want us to repeat what we just said and we will say it again.



9. You shouldn't give Autistic people too many verbal instructions because many of us are visual learners and verbal information takes us longer to process. We may also forget some of the things you have said and then we get frustrated because we make mistakes.
10. The Autistic Community is a group of the strongest, most resilient and coolest people on Earth.
11. The Four most important things to people with Autism are Love, Understanding, Patience and Acceptance.

**If You Would Like to Know More About Autism** I recommend taking a look at <https://suelarkey.com.au/>. Sue Larkey is an Autism practitioner who has worked with Autistic children for over 30 years. She shares Tip Sheets, Podcasts and Courses on all aspects of Autism on her site.

*You can also contact Miss G (Gurleen Gogia - Student Welfare Officer) or Mrs Peterson (Gita Peterson - Mental Health & Wellbeing Coordinator) at TWPS.*



Gita Peterson  
Mental Health & Wellbeing Coordinator



# THOMASTOWN WEST COMMUNITY HUB

98 MAIN STREET, THOMASTOWN | TERM 1, 2022

***"Re-establishing connections to support transitions"***

## Monday

1:30 pm – 2:15 pm  
YOUNG VOICES IN  
MEDIA

3:30 pm – 4:30 pm  
HOMEWORK CLUB



## Thursday

10:50 am – 11:20 am  
FUN READING CLUB

1:30 pm – 2:15 pm  
STRATEGIC BOARD GAMES



## Tuesday

1:30 pm – 2:15 pm  
STEAM

3:30 pm – 4:30 pm  
LITTLE GREEN HANDS  
COOKING



## Friday

9:30 am – 1:00 pm  
LEARN ENGLISH  
(bookings essential)  
Call PRACE 9462 6077

2:15 pm – 3:00 pm  
KORIE KIDS GROUP  
with Eva



WCC is committed to the safety and wellbeing of children and young people. We recognise the importance and responsibility for ensuring a safe and supportive environment that respects the rights of young people, enabling them to thrive.

For further information, please  
contact:

P: 9401 6666 or 9464 7950  
E: [twch@whittleseacc.org.au](mailto:twch@whittleseacc.org.au)



City of  
Whittlesea



# THOMASTOWN WEST COMMUNITY HUB

98 MAIN STREET, THOMASTOWN | TERM 1, 2022

**Walk up for your  
COVID-19 vaccine**

[coronavirus.vic.gov.au/vaccine](https://coronavirus.vic.gov.au/vaccine)  
1800 675 398 - 7 days 8am - 8pm



Department  
of Health

*This Wednesday, Thomastown West Community Hub are hosting a  
COVID-19 vaccination pop-up!*

*Simply walk in between 2:30 – 5pm for your first, second or third dose of  
the COVID-19 vaccine.*

*Updates about the vaccination pop-up site will be available next week at the  
City of Whittlesea website and Facebook page.*

**WCC is committed to the safety and wellbeing of  
children and young people. We recognise the  
importance and responsibility for ensuring a safe  
and supportive environment that respects the  
rights of young people, enabling them to thrive.**

**For further information, please  
contact:**

**P: 9401 6666 or 9464 7950  
E: [twch@whittleseacc.org.au](mailto:twch@whittleseacc.org.au)**





# LALOR HUB OPEN DAY



**Saturday 26th  
March**



**11am – 2pm**



**70 Kingsway Dr  
Lalor**



Come join us for a great day  
of food and entertainment  
at the Lalor Hub.

Attractions include:

- Live Music
- Food Stalls
- Petting Zoo
- Face Painting
- Other kids activities



**CityLife Church**



**City of  
Whittlesea**

This project is financially assisted by the City of Whittlesea's Community Grants Program.



### **FRIENDLY REMINDER: ALL STUDENTS MUST WEAR THEIR HATS AT PLAY TIMES**

Thomastown West Primary School is pleased to announce that we are now a SunSmart School.

The SunSmart program is dedicated to reducing skin cancer incidence, illness and mortality through a targeted prevention and early detection program.

The objectives of the SunSmart Program is:

1. Improve and monitor skin cancer prevention awareness, knowledge, attitudes and behaviour
2. Support priority populations to detect cancers earlier.
3. Advocate for strategies that aim to reduce the health and economic burdens of skin cancer.

Thomastown West Primary School recommends that from September 1<sup>st</sup> to end of April, and whenever UV levels reach 3 and above, students come to school wearing sun-protective clothing such as:

- loose, cool, closely-woven fabric
- shirts with a collar and/or high necklines
- tops with elbow length or long sleeves
- longer style shorts and skirts
- **a wide brim hat/ bucket or legionnaire style hat to be worn in September 1<sup>st</sup> to the end of April.**

For the best protection use all five forms of sun protection-clothing, sunscreen, a broad brim hat, shade and sunglasses-when the UV is 3 and above.

For more information on how to be SunSmart, click on the link below.

<https://www.sunsmart.com.au/>





# Parent Code of Conduct at Thomastown West PS

A code of conduct for parents, carers and visitors, ensures that communications with our staff or anyone who visits our school site (including an online environment, such as Zoom, Class Dojo, our School Facebook page and emails) is able to do so in a safe and harmonious manner. This ensures that students, staff, parents and other visitors are not subjected to inappropriate, aggressive, hostile or violent behaviours.

**At Thomastown West Primary School we believe the following:**

- ✓ We all have the right to do as much work and learning as possible.
- ✓ We all have the right to feel comfortable and safe.



**We have 5 key school VALUES which we encourage everyone to *live* by our school values:**

**Respect**      **Responsibility**      **Resilience**      **Empathy** and **Strive to be our best**

**We teach the children that:**

- ✓ *Values guide the way we think, speak and behave.*
- ✓ *Values help us to decide what is right and what is wrong.*

**At Thomastown West Primary School, Parents and visitors are expected to:**

- ✓ Treat all persons associated with the school with respect and courtesy.
- ✓ Ensure their child/children are punctual to class.
- ✓ Make appointments in advance of expecting to obtain an interview.
- ✓ Allow staff to supervise, investigate and manage students without interference.
- ✓ Discuss issues or concerns about the school, staff or students through the correct procedures.
- ✓ Follow school procedures governing entry and behaviour on school grounds, including any restrictions that may be imposed.

**Under no circumstance are parents to approach another student or parent regarding any incidents or issues.**

**Your co-operation is sought in maintaining a safe and happy school.**



*This updated Parent Code of Conduct was approved by TWPS School Council in October 2021.*



Thomastown Neighbourhood House presents



**Free  
Community  
Fun Day!**

**Saturday 19 March  
12pm- 4pm**

**Kids  
Activities  
and  
Craft**

**TRAC Thomastown - Outdoor Area**

**52- 54 Main St, Thomastown (next to Library)**

**Bring a picnic blanket & snacks**

***Proudly produced with the Lalor Thomastown  
Multicultural Arts Festival***

**Multicultural  
Music and  
Dance**

***Supported by the City of Whittlesea's  
Community Event Funding Program***

**Markets and  
Circus  
Show**

***Vaccination certificate or proof of exemption (18+) required on entry  
Further information please visit: [www.tnh.org.au](http://www.tnh.org.au)***





# Available on Wednesday & Fridays only

**\*Online Orders ONLY No Cash payments accepted\***



SNACKS:		FAST FOODS:	
NUT FREE BANANA BREAD: (H)	\$4.00	BEEF PIE: (H)	\$4.00
FRESH FRUIT SALAD: (H)	\$3.50	TWIN PARTY PIES: (H)	\$2.50
SWEET YOHURT WITH GRANOLA: (H)	\$3.00	CHEESEBURGER W TOMATO SAUCE: (H)	\$4.50
HOMMUS DIP WITH VEGETABLE STICKS AND HOMEMADE PITA CRISP. (H)	\$4.00	HOME MADE SAUSAGE ROLL: (H)	\$4.00
TOASTED SANDWICHES:		RICOTTA & SPINICH ROLLS: (H) (V)	\$4.00
CHEESE: (H)(V)	\$3.20	HOTDOG: (H)	\$4.00
CHEESE & TOMATO: (H)(V)	\$3.50	MINI RICOTTA PASTRY: (H)	\$1.50
HAM & CHEESE	\$4.00	CHICKEN NUGGETS: (H)	
*EACH EXTRA FILLING COSTS	\$0.50 EXTRA	> 6 PACK	\$ 4.20
		> EACH	\$ 0.80
TOASTED PANINI / WRAPS:		POTATO WEDGES: (H)(V)	\$3.00
<u>TANDOORI CHICKEN WRAP: (H)</u> Tender chicken meat marinated in tandoori spices with baby spinach, tomato and cucumber yoghurt sauce.	\$5.50	> WITH SOUR CREAM/SWEET CHILLI	\$4.00
<u>CHICKEN SNITZEL WRAP: (H)</u> Homemade crumb chicken breast grilled with lettuce, tomato, cheese and our sweet chilli mayonnaise.	\$5.50	TOMATO SAUCE EXTRA	\$0.25
<u>MILD SALAMI PANINI:</u> A crusty roll with mayonnaise, baby spinach, tomato, mild salami and cheese.	\$5.50	HOT MEALS:	
<u>HAM PANINI:</u> A roll filled with spinach, tomato, cheese and mild mustard.	\$5.50	BUTTER CHICKEN WITH RICE: (H)	\$6.00
SANDWICHES:		PENNE WITH BOLOGNAISE SAUCE: (H)	\$6.00
TASTY CHEESE (H)(V)	\$3.00	PENNE NAPOLI SAUCE: (H)(V)	\$5.50
EGG & MAYONAISE (H)	\$3.50	RICOTTA & SPINICH CANNALONI: (H)(V)	\$6.00
HAM CHEESE	\$4.00	HOUSEMADE SALADS:	
VEGEMITE & CHEESE (V)	\$3.20	<u>LEMON THYME CHICKEN SALAD:</u> Marinated chicken tenderloin grilled on a bed of mesclun lettuce, tomato, cucumber, couscous, with a citrus dressing. (H)	\$5.50
VEGEMITE	\$2.70	<u>TRADITIONAL GREEK STYLE SALAD:</u> A mix of cucumber, tomato, olives, Kalamata olives, feta on a bed of lettuce with an herb and olive dressing. (H) (V)	\$5.00
SALAD	\$4.00	<u>ROASTED GRILLED VEGETABLE SALAD:</u> In house grilled pumpkin, eggplant, zucchini, roasted capsicum on a bed of baby spinach & a balsamic glaze. (H) (V)	\$5.50
EXTRAS:		DRINKS:	
CHEESE	\$0.50	SPRING WATER 220ML	\$1.20
TOMATO	\$0.30	600ML	\$2.00
CUCUMBER	\$0.30	TROPICAL FRIUT JUICE BOX	\$1.50
LETTUCE	\$0.30	DRINKING YOGHURT	\$2.50
BEETROOT	\$0.30	CHOCOLATE MILK	\$2.20
CARROT	\$0.30	STRAWBERRY MILK	\$2.20
Please turn over for more information regarding the colour coding. (V) = VEGETARIAN (H) = HALAL			



## OUR SCHOOL TUCKSHOP IS NOW ONLINE!

Download the free app or access [www.myschoolconnect.com.au](http://www.myschoolconnect.com.au)

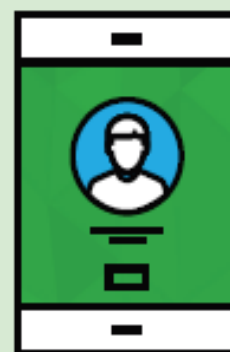


### 1. REGISTER YOUR ACCOUNT

Register on any device, simply login to [www.myschoolconnect.com.au](http://www.myschoolconnect.com.au) and click on "Create Account", follow the prompts to add your email and password.

### 2. ADD YOUR STUDENT

And make sure that you select your school and classroom details.



### 3. SELECT "TOP UP"

To add money to your account via Credit Card or Paypal, you can choose Direct Deposit but allow 3-5 working days to process prior to ordering. You can also pay as you go, simply skip the pop up screen for adding funds and start ordering.

(Please note Merchant Fees applies to Credit Card or Paypal Transactions)



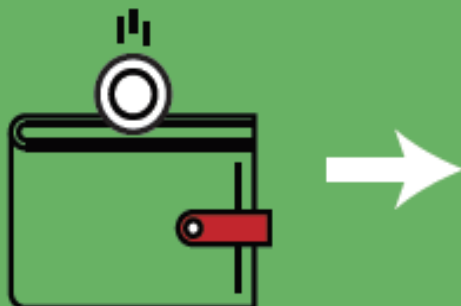


## 4. ORDER

To start ordering lunches simply select your Student and click "Buy Now", and you can order for the day, week. It's that simple!

## 5. CHECKOUT

Once you have completed your order, view your order summary in the "cart" and proceed to "checkout". Select your preferred form of payment and submit, all orders are confirmed via email.



## NOTE ON PAID ORDERS

Note that only paid orders will be sent to your canteen, not those still sitting in your cart. To start ordering lunches simply select your Student and click "Buy Now", and you can order for the day, week. It's that simple!



[www.myschoolconnect.com.au](http://www.myschoolconnect.com.au)



My School Connect has a 7 day a week Support Line, contact 1300 030 915

## Coming Up...

Mon  
21st

### Harmony Day

Wear something orange!

Tues  
22nd

### Art Master Class Magnificent Murals



Thurs  
24th

### Sporting Superstars Volleyball Victors



## Parent Information...

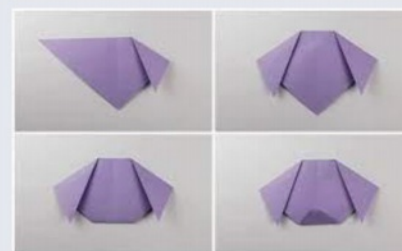
So we can provide the best and safest care. It is Important that you keep us up to date with your child's healthcare needs, Including allergies or relevant diagnosed medical condition.

On your first day bring along a completed Risk Management form and any required medications.

All medications, including creams must be prescribed by a doctor, be in the original container with original pharmacist labels and clear Instructions.



## Art Master Class - Puppy Origami





# OUR UNIFORM SHOP

## THOMASTOWN ON-CAMPUS STORE BELEZA TRADING HOURS

# OPEN!

2022

TERM 1				
<b>JANUARY</b>	Thurs 27th 10am - 3pm	Fri 28th 10am - 3pm	Mon 31st 10am - 3pm	
<b>FEBRUARY</b>	Tues 1st 1pm - 4pm	Tues 8th 1pm - 4pm	Tues 15th 1pm - 4pm	Tues 22nd 1pm - 4pm
<b>MARCH</b>	Tues 1st 1pm - 4pm	Tues 8th 1pm - 4pm	Tues 15th 1pm - 4pm	Tues 22nd 1pm - 4pm
<b>MARCH</b>	Tues 29th 1pm - 4pm			
<b>APRIL</b>	Tues 5th 1pm - 4pm			
TERM 2				
<b>APRIL</b>	Tues 26th 1pm - 4pm			
<b>MAY</b>	Tues 10th 1pm - 4pm	Tues -24th 1pm - 4pm		
<b>JUNE</b>	Tues 7th 1pm - 4pm	Tues 21st 1pm - 4pm		



# Rapid antigen self-tests

## A quick guide

### More information

Coronavirus Hotline - 1800 675 398  
or  
[www.coronavirus.vic.gov.au/  
getting-tested](https://www.coronavirus.vic.gov.au/getting-tested)

## What is a rapid antigen test?

Rapid antigen tests can be used at home to check if you may have COVID-19. Most rapid antigen tests will provide you with a result in 15 to 30 minutes. Do not eat or drink 30 minutes before doing a saliva rapid antigen test.

**Always follow the instructions and watch the linked videos within your rapid antigen test kit carefully on how to do your test.**

These tests are faster but less accurate than a standard (PCR) test that you can get at a COVID-19 testing site.

There are currently two types of rapid antigen tests available:

- Saliva - this test involves spitting into a tube or sucking on a swab
- Nasal swab - this test involves swabbing each nostril.

## When to use a rapid antigen test

Rapid antigen tests can be used:

- if you have symptoms
- are a contact of someone who has tested positive for COVID (household, education, workplace or social)
- if you want to quickly check if you may have COVID-19
- as part of a surveillance program such as one organised by your school or employer
- when recommended by the Victorian Department of Health

## When to get a standard (PCR) test

You should take a standard (PCR) test at a testing site if you:

- have symptoms or are a contact of someone who is a COVID case and cannot access a rapid antigen test
- if you do not have symptoms and are not a contact of a COVID case, but you have tested positive on a rapid antigen test
- when otherwise recommended by the Department of Health

## Where to get a rapid antigen test

Rapid antigen tests are available from some supermarkets, pharmacies, select testing sites (you can find the nearest testing site to you at: <https://www.coronavirus.vic.gov.au/where-get-tested-covid-19>) or online.




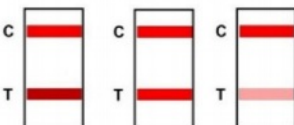

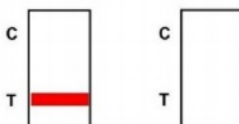
More info at <https://www.coronavirus.vic.gov.au/checklist-contacts>



## How to store your rapid antigen test

- Store the test kit in a cool, dry place under 30 °C
- Do not freeze the kit or its components
- Do not store the test kit in direct sunlight

## What does your rapid antigen result mean?

Result	What it means	What to do next
 <b>Negative</b> 	It is unlikely you have COVID-19, especially if you have no symptoms.	Monitor for symptoms
 <b>POSITIVE</b> 	You likely have COVID-19.	<ul style="list-style-type: none"> <li>• Report your test on the Service Victoria app or by going to <a href="http://www.coronavirus.vic.gov.au/report">www.coronavirus.vic.gov.au/report</a></li> <li>• Isolate for seven days and tell your contacts.</li> </ul>
 <b>INVALID</b> 	<p>The test has not worked.</p> <p>You need to repeat the test.</p>	<p><b>You will need to repeat the test</b></p> <p>Invalid again?</p> <ul style="list-style-type: none"> <li>• Get a standard COVID (PCR test).</li> </ul> <p>Positive?</p> <ul style="list-style-type: none"> <li>• As per the positive result instructions.</li> </ul> <p>Negative?</p> <ul style="list-style-type: none"> <li>• As per the negative result instructions.</li> </ul>

## Recording results

If you test positive on a rapid antigen test, you are a case. You must report your positive rapid antigen test result as soon as you can. To report your result, call the Coronavirus Hotline at 1800 675 398, or fill in this online form: [www.coronavirus.vic.gov.au/report](http://www.coronavirus.vic.gov.au/report)

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.

© State of Victoria, Australia, Department of Health, January 2022.



# Face masks

## What you can and cannot wear in public



A fitted mask needs to be worn covering both your nose and mouth.



You can wear a face shield only if it is worn with a fitted face mask.



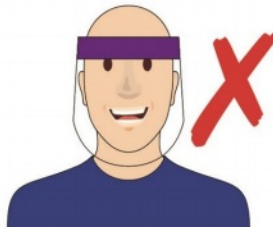
A fitted snood or gaiter can be worn covering both your nose and mouth.

There are two types of face masks you can wear: cloth masks and surgical masks with no one-way valves.

- Cloth masks are made of washable fabric and can be washed and re-used.
- Surgical masks are single-use masks and **cannot** be washed or re-used.



You cannot wear a bandana.



You cannot wear a face shield on its own.



You cannot wear a loose snood or gaiter.

### How to put your mask on



**Step 1:** Clean your hands with soap and water or hand sanitiser before putting on the mask.



**Step 2:** Make sure the mask is not damaged or dirty before putting it on.

Secure the ties at the back of the head and neck or place the ear loops over the ears.

Make sure the mask covers your nose and mouth and fits snugly under your chin, over the bridge of your nose and against the sides of your face.



**Step 3:** Do not touch the front of the mask while wearing it. If you do touch the mask, clean your hands with soap and water or hand sanitiser.

Do not wear the mask under your nose, around your neck or anywhere else other than over your nose and mouth.

### How to take your mask off



**Step 1:** Clean your hands with soap and water or hand sanitiser before removing the mask

**Step 2:** Carefully remove your mask by grasping the ear loops or untying the ties. For masks with a pair of ties, unfasten the bottom one first, then the top one.

**Step 3:** If your mask has filters, remove them and throw them in a rubbish bin. If your mask is a single-use surgical mask, throw it in a rubbish bin – it should not be reused.



**Step 4:** If the mask is a reusable cloth mask, put it directly into the laundry or into a washable bag for laundering in hot soapy water.

**Step 5:** Clean your hands with soap and water or hand sanitiser after removing the mask.

**Note: this information is not for use in health care and support worker settings.**

To receive this document in another format email  
COVID19InfectionControl (DHHS) <COVID19InfectionControl@dhhs.vic.gov.au>

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.

© State of Victoria, Australia, Department of Health and Human Services. (2001628)\_v14\_091120.

Available at: DHHS.vic – coronavirus disease (COVID-19)

<<https://www.dhhs.vic.gov.au/face-masks-vic-covid-19>>



Health  
and Human  
Services



# Parentline

Parentline is a phone service for parents and carers of children from birth to 18 years old. We offer confidential and anonymous counselling and support on parenting issues.



## What does Parentline do:

Qualified counsellors are available to:

- talk about any issues to do with parenting and your relationships with your child
- help you with ways to cope and be a positive parent
- help with your family's wellbeing and resilience
- connect you with services in your area.

## Your call

- Parentline respects your privacy. Your call is confidential and anonymous.
- Calls are not time limited and you can call back as often as you need.
- Parentline's qualified and experienced counsellors have social work or psychology backgrounds. You can ask for a male or female counsellor and ask to speak to the same counsellor if you call back again.
- Parentline can assist non-English speaking parents and carers connect to a translating and interpreting service.
- If you're hearing impaired, you can call Parentline using the National Relay Service.
- Calls from a landline are charged at a local call rate. Mobile call rates will depend on your network provider. Check with your provider if you're unsure.

We are happy to call you back to minimise the cost to you. If you choose a call back, we will ring back and you'll be placed at the front of the queue until you're connected with the next available counsellor.

## Some reasons to ring Parentline

We can discuss a range of issues about parenting, including:

- child behaviour and development
- parent / carer child relationships
- education
- bullying
- living with teenagers
- family violence



kids**helpline**  
Anytime Any Reason

1800 55 1800 | [kidshelpline.com.au](https://www.kidshelpline.com.au)