From the Co-Principals

A GREAT START TO TERM TWO
Welcome back to Term 2. There has been a seamless shift between the end of one term and the beginning of another as students and teachers resumed their learning programs last week. There is a great sense of engagement in learning around the College, for both teachers and students, as we all strive to work towards the goals established for our growth and development.

The College Leadership Team has recently held Appraisal Meetings with all teaching staff members. At these meetings teachers and leaders shape goals that teachers will work towards across the year. The goals relate directly to their work with students in the classroom and to the contribution they make to this Faith Community. In term four, we meet with teachers again to look at the evidence, centred on student learning, that supports the achievement of goals set. In the interim, teachers work with a Critical Friend, and with their Leadership Support person, to reflect on the actions to help them achieve their goals. This is supported by various professional learning activities across the 4 terms.

We congratulate teachers for the work that goes into formulating goals and for their ongoing focus and commitment to improving student learning and student outcomes.

PARENT-TEACHER-STUDENT INTERVIEWS
We were very pleased with the attendance at Parent-Teacher-Student Interviews this week. The commitment of families to engage in partnership with teachers to support their daughter’s learning was really great to observe. Teachers reported being very busy across the evening which indicates to us that families appreciate this formal opportunity for personal communication.

As always we encourage families to be in ongoing communication with their daughter’s teachers. This commitment to partnership is the best way to support and encourage students in their learning.

THE EASTER SEASON CONTINUES
At the end of Term One the College community participated in moving liturgy depicting the Passion of Jesus Christ. Supported with a dramatization by some of our students and the Gospel choir bringing elements of the Passion to life, we were led beautifully through the sacrifice made by Jesus and the human struggles he and his disciples faced through this sacrifice.

The Passion makes us question our own commitment to those things we hold most precious. For whom and for what would we be prepared to make a sacrifice of the magnitude made by Jesus? We begin to appreciate the blessings and the miracles in our daily lives when we reflect on this great narrative.

The Easter season continues for another seven weeks culminating at Pentecost. We celebrate the Resurrection as a triumph over those things which bind us and stop us from being fully human. We reflect on the ways that self-doubt, anger, frustration, the lack of faith and hope, have an impact on our capacity to recognise Jesus alive in our daily existence. We pray for the faith to be present for the miracles of hope and resurrection as we go about our daily living.

WELLBEING, FACILITIES AND FINANCE, OCCUPATIONAL HEALTH AND SAFETY REVIEW
A school review of Pastoral Wellbeing, Facilities and Finance, and Occupational Health and Safety at Marian College will be undertaken by Kildare Ministries on Monday the 12th and Tuesday the 13th of May. Any parent who wishes to be interviewed by the Review Panel is asked to contact the Assistant to the Co-Principals by Wednesday the 7th of May.

Rita Grima and Raymond Pisani - Co-Principals

PRAYER :
Feast of St. Joseph The Worker. (May 1st)
God our Father, creator and ruler of the universe, in every age you call humanity to develop and use their gifts for the good of others. With Saint Joseph as our example and guide, help us to do the work you have asked and come to the rewards you have promised. In very age you challenge all people to develop and use their gifts for the good of others. St Joseph’s example in his family was a role model for Jesus to learn to respect others and to use his talents fully. In the same way, may we make your kingdom of love and justice present in this world.

AMEN
On the 1st of May the Catholic Church celebrates St Joseph, the worker. St Joseph is considered an excellent role model for family values and personal integrity. St Joseph showed these values in the way that he cared for his family, did his work as a carpenter and followed his Jewish religion. In life it is good have positive role models in which to emulate, to influence the way we are in our lives.

In this week’s Gospel they talk about Jesus’ appearance on the road to Emmaus. It was after his death and resurrection; two disciples commented that “Moreover, some women of our group astounded us. They were at the tomb early this morning, and when they did not find his body there, they came back and told us that they had indeed seen a vision of angels who said that he was alive. Some of those who were with us went to the tomb and found it just as the women had said; but they did not see him.” (Luke 24:22-24) The disciples had Jesus stay and share their meal and didn’t recognise him. However, it was in the blessing of the wine and the breaking of the bread that they recognised Jesus, the risen Lord.

We read about these wondrous events and it hard to understand and accept this as reality but as Jesus said “blessed are those that see and believe but also have not seen and believe.” There are wondrous and amazing things occurring all around us, we just need to be open to them. The birth of a child and the first opportunity to connect with this new person. It is present in the relationships we have and how they can make us feel. Many discoveries are being made that are beyond belief? Or are they? Thomas of the disciples (referred to as doubting Thomas) said unless he could see Jesus he wouldn’t believe that he had risen from the dead! We can’t see many things, the love we feel for friends or family and or spouses or partners, is just there. The air we breathe, unless it is cold. Microbes and nanotechnology exist at one billionth of a metre. You are unable to see them with the human eye but they exist and are present. It is important not to discredit the importance of things just because we cannot see.

Jesus provided us with access to the Kingdom of God. May we work on our unbelief so that it is transformed to belief, hatred to love, sin to sinlessness, alienation to acceptance, and selfishness to selflessness. Our challenge is to be prepared to be a witness of Jesus Christ in the world…so that others may see his presence through us.

MOTHER’S DAY

‘Mother you are my Heart and Soul.’
Elizabeth A. Robinson

Thank you...
For standing by me through thick and thin
For not giving up on me when I didn’t win
For your patience when I kept pushing you away
For caring when I said I didn’t need you .........

On Sunday the 11th of May we will be celebrating Mother’s Day. It is a time for us all to stop and appreciate the special bond we have or had with our mothers. An unconditional love demonstrated through loving actions, which is an example for the future generations of people to be guided by. Thank you to all women, and especially to mothers.

CANONISATION OF POPES JOHN XXIII AND JOHN PAUL II

On Sunday 27 April 2014 Pope Francis canonised Pope John XXIII and Pope John Paul II. This is wonderful news for our Church. These two great figures made a remarkable contribution to Catholic life in different ways.

As a Catholic community we derive great strength from the lives of both of these relatively recent Popes. Their legacy lives on in our prayers, study, commitment to social justice and engagement with the modern world.

Pope John XXIII was born into a farming family in northern Italy on 25 November 1881. He became a consummate diplomat in the Church but above all was a man of the people.

John XXIII believed that in order for the Church to engage and progress in the 20th century it needed to speak with a stronger voice to the world community. He called the Second Vatican Council, a significant step toward opening the doors of the Church and revitalising it from within.

He died on 3 June 1963. His leadership of the Church from 1959 to 1963 had an amazing impact on the Church and the entire world.

Pope John Paul II was born in 1920 in Poland and as a child loved sport, study and prayer. His inspirational leadership as a priest and led to him being elected Pope on 16 October 1978.

For many Catholic teachers and students Pope John Paul II was the face of Catholicism. During his 26 years as Pope he travelled extensively throughout the world, spreading the gospel, strengthening interfaith dialogue and working for peace. He died on 2 April 2005.

God’s healing and transforming grace touched our lives through these saints. Their evangelising message of Jesus’ saving action and God’s love continues to inspire our lives and our teaching.

Mary-Louise Towns - Assistant to the Co-Principals - Faith and Mission.
NAPLAN TESTING
The National Assessment Program – Literacy and Numeracy (NAPLAN) 2014 for Years 3, 5, 7 and 9 students will be held on Tuesday 13 May, Wednesday 14 May and Thursday 15 May 2014. NAPLAN tests assess student knowledge and skills in Writing, Reading, Language Conventions (spelling, grammar and punctuation) and Numeracy.

The results of the tests provide information for students, parents, teachers and principals which can be used to improve student achievement.

All students are expected to participate in the NAPLAN tests. During test week, catch-up tests will be available for individual students who are absent on test days. These students may undertake catch-up tests on the days in the test week after the scheduled test, up to and including Friday 16 May 2014.

Students may be withdrawn from NAPLAN by their parent or carer: This is a matter for consideration by parents and carers in consultation with either Co-principal. If, after consultation, you decide to withdraw your child, you must sign a Student Withdrawal form. These forms are available at the school.

Later in the year you will receive your child’s personal NAPLAN report. The report will describe your child’s particular skills in Reading, Writing, Language Conventions (spelling, grammar and punctuation) and Numeracy. The report will also show how your child performed in relation to national minimum standards. These describe the minimum acceptable standards for students across Australia.

I am confident that the information you receive as a result of your child’s participation in the NAPLAN tests will be valuable in helping you to assess your child’s progress in literacy and numeracy.

For more information about the tests, please visit the VCAA website at www.vcaa.vic.edu.au or the NAP website at www.nap.edu.au

Paul Familari & Jane Goddard - Assistants to the Co-Principals - Learning and Teaching

From Student Wellbeing

WELLBEING PLANS FOR TERM 2
Following on from the Student Leaders Formation Day in Term 1 my aim is to bring some of the outcomes to life in Term 2.

This includes:
- having a formal meeting with the Year 9 leaders who were on an excursion on that day.
- holding discussions with the SRC and Lamp Bearers in relation to our Pastoral Care review that is to be held on Monday 12th May and identifying their view of our pastoral care and wellbeing programs.
- continuing the task of finalising the 2015 Leadership Structure with an aim of presenting the model by the end of term 3. This involves clarifying the options for the model and students surveying students in their Year Levels to get their opinions.
- surveying all students in relation to the ongoing goal of eliminating Bullying and Harassment.
- Involving the House Captains in investigating the proposals around (i) sustainability and (ii) the possibility of sporting activities at each year level.
- starting planning for Brigidine Celebration Day to be held in Term 3.
- starting the planning for the Athletics Carnival.

We will continue to keep our families updated in relation to our progress on these matters over the course of the term.

SCHOOL UNIFORM
With the winter days and colder weather just around the corner we remind all students that the full winter uniform is to be worn and in keeping with the school expectations.

We emphasise the wearing of:
- the school tie,
- a cherry red or blue scarf, and
- blue tights or white socks. Please note that socks and tights (eg black socks and tights) worn together are not acceptable.

We also remind parents and students that there is a need to be conscious of the appropriate length of the school winter skirt. Students are asked to address the incorrect length of the skirt as per school expectations...

Furthermore, students are not to wear hoodies either under their uniforms or over the top of their uniform. The school blazer, bomber jacket or rugby top are the most outer garments that students are to wear.

If you have any concerns in relation to uniform please contact your daughter’s homeroom or mentor teacher, Year Level Leader or myself.

HEAD LICE
Over the course of the year we have had a number of reported cases of Head Lice at different levels of the School.

We have already sent information to the levels affected but would also encourage all of our parents to be aware of this issue and check their daughter’s hair and notify us if they have identified any concerns.

The council does not offer formal checking program in regards to Head Lice. The situation is compounded by the fact that the organisms are developing a significant resistance to the treatments that we have available.

Thankyou for your cooperation with this issue.
Kerrie Williams - Assistant to the Co-Principals - Head of Student Wellbeing

Marian News A Community growing in Faith & Love • Serving Others • Striving to Achieve • Thinking for the Future
**Bike Club**

**BIKE CLUB HOLIDAY RIDE:**
In the first week of the holidays the school Bike Club had an organised ride from school to Hoppers Crossing. A total of 35 km.

We had a great turn out with 20 enthusiastic members and 3 staff. The day started out with mild conditions and only a slight breeze, which was excellent for a long ride. We rode along the Federation Bike Trail in two groups. Besides a couple of punctures the first stage of the ride went well. The riders had a rest and something to eat and drink at Hoppers Crossing and then rode back to school.

On the return leg we had some light rain that seemed to get steadier and heavier every kilometer we rode. By the time we got back to school we had some wet riders, however their enthusiasm and commitment never faulted. In fact I think everyone enjoyed the wet conditions. As one student said, “There’s nothing better than riding in the rain.”

Congratulations to everyone that rode. Our next holiday ride will be in the term 3 holidays.

Bike Club runs every Friday (weather permitting) after school between 3 pm and 4.30 pm. Any students interested in joining can see Mr Fenech for more information.

*Mr Chris Fenech*

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**Leos**

The Leos of the newest Leo Club in Australia, with the Lions Club of Sunshine, would like to invite you to join with us as we celebrate

**The Charter of the Leo Club of Brimbank**

on

**Tuesday 20th May 2014**

At the Glengala Hotel,

214 Glengala Road, Sunshine

6.30pm for 7.00 pm

$25 per head for two course Dinner

Drinks at bar prices.

Dress: Gents – lounge suite    Ladies – after five

Come along and help us celebrate this very special occasion.

RSVP with payment no later than 14th May
together with names of attendees and any special dietary requirements to:

P O Box 175, Sunshine 3020

For any further information please contact Leo Secretary, Jessica Wescott

Mobile 0434 909 794, email brimbankleos@gmail.com
LOTE

LOTE VCE INDONESIAN

Salam,

This year we have combined classes of year 10 and year 11 students. The girls are working very hard and have made very good progress this semester.

The topic for Unit 1 was about personal life style. This topic includes discussions of hobbies, social network, schooling, music and entertainment. As part of their oral SAC, students have been interviewed about their hobbies, schooling and their opinions on teenage entertainment in both Australia and Indonesia.

At the end of term, we celebrated our Indonesia language study with an Indonesian MasterChef cooking session. We cooked Gado-gado, sate Ayam dan Ketupat. Yum!!

Salam - Ibu Trina

ITALY TRIP

What a whirl-wind our tour of Italy was! Seven students from Marian College were part of a larger group with Penola College who spent three weeks in Italy as part of an Italy Study Tour. Combining with Penola Catholic College meant it was a group of thirty-one students in total on the tour. The tour took the girls from the north down to the south of Italy. We departed on March 28 and returned April 19.

Flying into Venice for our first stop, the students were able to spend the first three day taking in the sights and splendour of Venice with its many canals and bridges. The following seven days were the real experience, as this was when the girls attended classes at a school in Rimini, in northern Italy, called Liceo Classico Dante Alighieri. This part of the experience totally immersed the girls in the language and culture of school life in Italy. For six day the girls attended school, yes six days, because the Italian school week goes from Monday to Saturday. The girls participated in all subjects ranging from Ancient Greek and Latin to Maths and Art History, all conducted completely in Italian. To further immerse the students, each girl went home with a host sister and stayed with their host family for the duration of the school visit. The girls felt that the cultural experience came on the Sunday, when the families took our girls out visiting the sites that Northern Italy had to offer. Some girls even came together for a dance organised by one of the families.

The following two weeks were dedicated to sightseeing. However, this did not mean that the girls weren’t immersed in the language. Apart from having to complete a diary entry in Italian for every day of the study tour, everyday conversations and interactions were in Italian. When the girls entered a store for shopping or a café for food and drink, they conversed in Italian. At first they struggled, both with skill and confidence; however, by the end of the tour their conversation skills had developed, as had their confidence.

After the school experience in Rimini, the tour continued on to Pisa, Florence, Assisi, Ovieto, Pompeii, Sorrento and finally Rome. Every city was more breathtaking than the last. The girls would agree that each city was uniquely beautiful in its own right. I never tired of seeing the students’ expressions of pure awe when they first sighted an Italian landmark. Every night the exhaustion was obvious, but every morning the students woke early and ready for the day that would be filled with new experiences.

None of this could have been possible if not for the dedication of a number of people. A huge thank you to Mrs Joan Fabbian, who shared in my vision and passion. Joan was the driving force behind getting this trip from being a dream to a reality. Thank you also to Ms Rita Grima and Mr Ray Pisani, our Co-Principals, for believing in this project and seeing the benefits it could create in the classroom. Thank you to Dimension Data, a corporate company, for donating some money towards the trip; this money enabled the girls to have some little extras. Thank you to Ms Kerrie Williams, who kept me sane from the beginning stages of the fund-raising, right through the entire tour. Thank you to a number of Year 10 students for their help with fundraising. Thank you to Penola Catholic College and in particular Mrs Anna Favrin, who allowed us to tag along with them. The trip would not have been financially feasible with the small number of students we had and therefore would not have gone ahead otherwise. Of course, thank you to the wonderful girls, who came on the study tour. These girls conducted themselves with a maturity and a dignity that was beyond their years. You did the College proud. Last, but not least, thank you to the parents of the girls. You not only provided the financial support, that enabled the girls to take this trip, but you demonstrated to your daughters a deep belief in them.

Mi sono veramente divertita.

Ms Anna Ciccone - Italian teacher, Learning Leader
LOTE - Italy Trip

Hello everyone today I am going to tell you about our experience in Venice. There were two school groups that went to Italy, seven girls from Marian College, twenty-four girls and boys from Penola Catholic College. The first place we stayed in Italy was in Venice. Venice is a very, very beautiful city. We were very tired when we arrived in Venice.

In Venice, Marian students stayed at Dolomites Hotel and it was very nice. Our luggage was very heavy and we had to climb over three bridges. Venice has 409 bridges and 118 islands. After a good sleep we went on a gondola ride around Venice. Venice has 177 canals. It was very good.

We went to Mass at St. Mark’s Basilica. The Basilica was very very beautiful. After mass we went to the Palace of the Doge, where we had a guided tour.

In Venice we ate lots of ice cream. Each evening we went to eat at a restaurant and that was very good too. Each night we wrote in our diary, we wrote about what we did, what we ate and what we saw.

We went shopping, the Italian culture is very good. The view from all over was magnificent, it was so beautiful. This was a great experience.


Siamo andati a massa alla Basilica di San Marco. La Basilica era molto molto magnifica. Dopo la massa siamo andati al Palazzo del Doge, abbiamo ascoltato ad un guidata.

A Venezia abbiamo mangiato tanti gelati. Ogni sera siamo andati a mangiare al ristorante. Era molto buono. Ogni sera e ogni giorno abbiamo scritto nel nostro diario; scrivevamo di quello che abbiamo fatto.

Siamo andati a fare la shopping. La cultura italiana è bella, la vista da per tutto era magnifica e così bella. Questa esperienze era fantastica.

By Sarah Curran (10 Italian)

Year 7 & 8 Bully Busters Incursion

In the last week of Term One, as part of the Pastoral Care Program at the College, Year 7 & 8 students watched a performance by Class Act Theatre Company called ‘Bully Busters’.

The performance explored a range of issues about Bullying including Peer Pressure, Rumours, Racism, Judging Others, Resilience and Cyber bullying. It was a thoroughly enjoyable performance to watch, caused lots of laughter and also raised some great questions that could be generated back in the classroom.

Some comments from the Year 7 & 8 students are highlighted below;
‘The play was very funny and taught me a lot about bullying and ways I can stand up for myself and others’.

‘It was really informing and I think that it lets people know they aren’t alone and there is help out there. Apart from that, the show was really funny and it showed us the different types of bullying that occur daily everywhere.’

‘The performance was really funny. It was really helpful and makes us think about it. The performance really taught me all about bullying and how it can affect other people’s lives.’
VENICE was our first stop in Italy. After two nights, we separated from the students of Penola Catholic College and we went to Rimini where we met our host families. When we arrived in Rimini, we were all extremely nervous and within no time at all, we had left with our new families. However, we quickly realised there was no reason to be scared. All of our host families were incredibly welcoming and friendly - most especially our host sisters! If we did not understand something, they were happy to repeat or explain it to us - they were really understanding! All of the Marian girls quickly noticed similarities and differences between the typical days and lifestyles of Italians and Australians. For example, breakfast in Italy included biscuits and cookies, pastries and cakes, coffee (a cappuccino, not a latte) and much more. The breakfast typically found in Australia includes cereal, toast, a coffee, fruit or maybe just an Up and Go. Also, the teenagers of Italy do a lot of study! For example, my host sister was 14 years old and studied at least 3 hours a day outside of school. For 14 year old students in Australia, 2.5 is the maximum amount of time that they would be willing to study. In Italy, however, the students have a passion for study as there is not a lot of work on offer for the people of Italy; if they have a decent education however, there is a chance. Unlike many in Italy, we are extremely lucky in Australia as we have so many jobs available to us and so many possibilities for a good education.

While in Rimini, we attended school at Liceo Classico Dante Alighieri. First of all, the school was absolutely beautiful! It was literally across the road from the Adriatic Sea! For all of us, it was fantastic, but for the students it was not as while they were studying inside, they were able to see the sea outside as well as people having fun. In the school, the students studied Latin, Ancient Greek, History, Italian, Literature, Mathematics, Physics, History of Art, English, Chemistry, Biology and Physical Education. They attended school six days a week between 8am and 12:30pm. This was interesting for us as we finished school at lunch time everyday instead of the afternoon. In many of the classrooms there was only a blackboard, not even a whiteboard or technological gadgets like the SMART Boards we are so used to. For us it was new but we loved it! Overall, Rimini was spectacular! The people were beautiful, the food was great and the city and the school were fantastic. I miss it a lot and I know the other girls do too. It was incredibly sad to say goodbye, but it was more like a goodbye for today, see you later! So, in the words of one of my new Italian friends, 'study hard, eat hard!' Thank you very much.
DESIGN EDUCATION

AGIDEAS: ART & DESIGN INDUSTRY
On Wednesday 3rd March, Design Education teachers and year 12 Studio Arts and Visual Communication Design students ventured into Melbourne City to attend the AGIDEAS Design Futures forum held at Hamer Hall conducted exclusively for secondary school students and teachers.

At the presentation students and teachers heard creative luminaries from various Art and Design fields reveal the inside stories of their brilliant careers. This event was a great way to understand what is possible in a design career and the influence that art and design increasingly has on all industries.

Students and teachers found the evening highly informative and inspirational and were extremely happy with the show bag and hard cover book they received full of designers and artists which they will be able to research to learn more about the arts industry and spark their imagination.

SENIOR GALLERY VISIT'S: NGV & ACCA
On Wednesday 23rd April, year 11 and 12 Studio Arts students visited the National Gallery of Victoria and the Australian Centre for Contemporary Art to gain inspiration for their folio exploration and learn about exhibition design and presentation.

While at the NGV students attended a lecture presented by gallery staff on how the Start Up: Top Arts Exhibition comes together, learning about the roles of the gallery staff, the process of collecting artworks, methods of layout and visual presentation. Students gained an insight into the themes, ideas, working methods, materials, techniques and sources of inspiration of a range of exhibiting artists through their discussion with gallery staff and viewing of the support materials, folios and finished artworks produced by A+ Studio Art and Art students from 2014.

While at ACCA students toured the exhibition NEW14, with education staff, viewing and discussing the works by rising Australian Artists. Students were challenged to think about the intention behind these recently commissioned artworks and how they can be interpreted by an audience. Within this exhibition students were able to learn about installation and interactive art as well as see artworks which were strong in Science, Music and History.

It was an extremely educational, inspiring and thought provoking day, with many students talking about ideas for their own folios and artworks.

Students in both year levels will now participate in gallery review lessons and complete analysis activities based on these excursions to further extend their learning and preparation for exams and entrance into the art industry.

Shelley Smith - Learning Leader

PERFORMING ARTS
Welcome to Term 2! Performing Arts is up and running, and we have a great term planned ahead!

This term we are excited to introduce our newest ensemble, the Guitar Ensemble. This gives the opportunity for students to work with our guitar teacher Michelle Di Maria each Monday at Lunchtime, and to perform as part of a specialist guitar group. We look forward to hearing their debut at the Performing Arts Co-Curricular Performance Evening.

As usual, at this time of year, we have a series of concerts lined up to give as many students as possible the chance to perform! We will be providing a full schedule of dates in the next Marian News.

In addition, the Performing Arts Captains have organised a special event for later this term. The aim is for all the performing arts ensembles to build relationships with each other and a sense of community. In Week 5, there will be a “Karaoke Lunch”, where students have the opportunity to sing along to their favourite tunes! Each ensemble will be given the chance to prepare a song and share it in a friendly and fun environment.

We look forward to the fabulous term ahead and we encourage all students to get involved!

Written by Alana Moretti and Prashanti Middling on behalf of all the Performing Arts Captains.
PARENT EDUCATION PROGRAM: RESTORATIVE JUSTICE WITH DAVID VINEGRAD

Parents are encouraged to attend the next parent forum which will be held on Wednesday 4th June. Guest speaker, David Vinegrad, will be presenting an overview of Restorative Justice and will provide positive and practical strategies for parents when dealing with children's behaviour. This is an excellent opportunity for parents to develop a deeper understanding of how to support young people through effective communication.

-Julie Heaney - Community Development Officer

‘Restorative Justice’

presented by David Vinegrad

Restorative Justice in schools:
- Looks at behaviour management, philosophy & practices.
- Leads to better relationships with young people
- Leads to greater engagement in learning
- Enhances development of important social & emotional competence
- Looks at the role a school plays in a community in the development of young people into responsible citizens.
- Focuses on community, relationships and healing.

Wednesday 4th June 7:00-8:30pm

Marian College

BOOKINGS ESSENTIAL: 9363 1711
Coughs, Colds and Asthma

Coughs, colds and the flu are one of the most common triggers of asthma. The common cold is caused by an upper respiratory tract infection and is a common illness for children and adults in Australia. As we approach the colder months, here are some tips to keep in mind to prevent and reduce the spread of coughs, colds and the flu:

- Avoid coughing and sneezing on or near others and wash your hands thoroughly to prevent the spread of disease.
- If your child is not feeling well, it is recommended that they stay home and rest, to reduce the spread of infections and to speed up their recovery process.
- Everyone should have the annual flu vaccination to ensure they are protected from this disease. You or your child may be eligible for the free flu vaccination. Details about who is eligible can be found here and can also be determined by your doctor.
- Prior to purchasing any medications or herbal and natural remedies, you should seek the advice of your doctor or pharmacist as some medications can react with asthma medications. Such as Aspirin, Ibuprofen/Naproxen (non-steroidal anti-inflammatory medications), Beta Blockers tablet and eye drops (used for high blood pressure and glaucoma), and ACE inhibitors (used to control blood pressure).

Stay warm this winter!

For more information, please contact The Asthma Foundation of Victoria on 1800 278 462 or www.asthma.org.au

Parent and Carer Asthma Information Sessions

The Asthma Foundation of Victoria is funded by the Federal Department of Health to provide free asthma education sessions to groups of parents and carers. These sessions can take place at the school or at a location of your choice. The session runs for approximately one hour and covers:

- Asthma triggers
- Signs and symptoms
- Asthma action plans
- Asthma medication
- Asthma First Aid

If you are interested in attending a parent and carer asthma information session, please contact The Asthma Foundation of Victoria to arrange a session on 1800-ASTHMA or sdoherty@asthma.org.au

For more information, please contact The Asthma Foundation of Victoria on 1800 278 462 or www.asthma.org.au
MEMBERS OF THE SCHOOL COMMUNITY ARE CONCERNED ABOUT THE INTRODUCTION OF A TIP IN THE LOCAL AREA. THEY ARE ORGANISING A MEETING TO DISCUSS THE ISSUE.

Join the Conversation...
www.facebook.com/stophetip

Come to the...

STOP THE TIP
COMMUNITY MEETING
Tuesday 20th May
7pm Sharp
Catholic Regional College Hall
10-28 College Street
Caroline Springs

Find out what’s happening, come sign our Petition and submit a Letter of Objection.

United we will...

STOP THE TIP!
Report odour issues to the EPA by calling:
1300 372 842 1300 EPA VIC