

Start of School Update

School will begin as advertised with staff returning on Tuesday 28th January and Yr1-12 students returning on Wednesday 29th January. Prep students will begin on Thursday 30th January. Breakfast Club will running as usual from 8am in Room 2. School starts for students with roll call at 8:55am.

Our main school buildings are still standing and over the school holidays we have been housing members of the CFA, Australian Defence Force, Paramedics and other emergency service personnel.

Unfortunately we lost the Chook House and part of the Hothouse roofing in the fire, along with some fencing, gardening equipment and other minor damage.

We understand that, at present, there are some families who may not be in town. If you are able to confirm your plans for Day 1, Week 1 or beyond, please contact our College Office- contact details below.

Booksale day planned for Wed 22nd January 2020 will not be going ahead. We are continuing to source our consumables and are aiming to have as much as possible here at school for the start of the school year.

We will have individual packs for secondary students collated and available for collection as part of the start of school morning on 29th Jan. Invoices will be enclosed for payment when you are able, there is no requirement for you to send money with your child.

Uniform:

If you have a requirement to purchase uniform, our office is open most days from now on. Please pop in and Bec and/or Dani will help you out. Please note that we have a large uniform order that we are expecting in, once large mail items can get to Mallacoota. Until then, we may only have limited stock.

Asthma/Air quality:

Smoke and increased air pollution from fires can trigger asthma symptoms. The signs of asthma can include coughing, wheezing chest tightness or shortness of breath. Asthma can be controlled with reliever and preventer medication. In an emergency ring 000. If symptoms are worsening please seek further medical advice.

****Please ensure your children bring in date medication and spacer to school everyday- in line with his/her current Asthma Action Plan.**

On days of poor air quality, a P2 mask is encouraged for all students/staff- if your child is unable to bring a mask on a daily basis, we will have additional masks available at school. Indoor areas will be available on these days for those needing/wishing to stay in an air-conditioned environment.

Hats are required in Term 1. We also encourage sunglasses for outside to minimise the risk of dust or other items that may blow into eyes in windy conditions.

Where to get help:

We, as a school community are working with a variety of agencies to have support services in place on the return to school for the students and staff. The following are currently available.

24/7 Helplines

Emergency- Ambulance, Fire, Police - 000

Kids Help Line- 1800 55 1800

SANE Helpline- 1800 187 263

Men's Line Australia- 1300 78 99 78
Drug and Alcohol Direct line- 1800 888 236
Safe Steps Family Violence Response Centre- 1800 015 188

Websites:

Beyond Blue – www.youthbeyondblue.com
1300 22 4636 - Chat online, email, or speak on the phone
Head space <https://eheadspace.org.au/>
1800650890 - Chat online, email, or speak on the phone
Kids Help Line <http://www.kidshelp.com.au>
1800 551 800 – Phone or Web Chat Counselling
MensLine Australia <https://mensline.org.au/>
1300 78 99 78 Phone and online counselling.
Drug and Alcohol Direct line- [Homepage](#)
1800 888 236 - Chat online, email, or speak on the phone

Bushfire information, support and mental health and recovery
<https://www.betterhealth.vic.gov.au/campaigns/bushfire-emergency-information>

Trauma and children – tips for parents
<https://www.betterhealth.vic.gov.au/health/healthyliving/trauma-and-children-tips-for-parents>

Mallacoota Medical Centre
Medical and psychological support
All appointments are bulk billed
Please ring 51580777

Teen Clinic
12:30 to 5 pm Mondays and Thursdays at the Medical Centre.
Young people can visit for all medical and non medical and mental health issues.
Free service.

If you need further information or support:
Please contact our College Office, Tim Cashmore or Kathy Scott if you have further questions or need additional support.
MP-12: 035158 0254
Tim Cashmore: 0407 524 902
Kathy Scott: 0491 220 008