



Kilmore Primary School

Principal: Mr Neil O'Sullivan

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NEWSLETTER

Friday, 3 June 2022

Fun ball games to play during recess and lunch
.....football, soccer, basketball, down ball and goal rings



June

Thursday 9th

Vaccination Clinic for Students (refer page 17 and 18 for details)

School Tour (refer page 10 for details)

Friday 10th

Helping Hands Hub 2pm to 3pm (refer page 4)

Monday 13th

Queen's Birthday Public Holiday

Friday 17th June

Grade 3/4 Phillip Island Camp

Full payment or First instalment due

Thursday 23rd

Last day of term 3 for students — **3.10 pm finish**

Friday 24th

CSEF Applications Due

Staff Professional Development Day and last day of Term 2 — **Pupil Free Day**

July

Friday 1st

Grade 3/4 Phillip Island Second instalment due

Monday 11th

First day of Term 3

Friday 15th

Grade 3/4 Phillip Island Third instalment due

Friday 29th

Grade 3/4 Phillip Island Final instalment due

HAPPY BIRTHDAY

Birthday wishes to the following students who are celebrating their birthdays over the coming week:

Lincoln Praag, Tess Wheatcroft,
Saige Zoch-Sutherland, Jay Brown,
Aishleen Kaur, Ellie Lamb,
William Kilner, Cienna Graham,
Logan Patford, Jess Baker and
Maleah Munokoa



Facebook



As Facebook is not always monitored by staff, please direct any questions/queries/concerns to the school directly via kimore.ps@education.vic.gov.au or by calling the office on 03 5782 1268.



If any of your personal details change such as address, email, phone numbers, emergency contacts etc. it is important to contact the office as soon as possible to update our records.

CHANGE OF CLOTHES

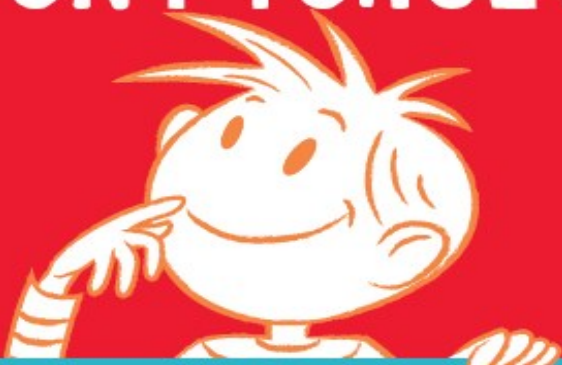
With the wet weather now upon us, could you please make sure **all** students have a change of clothes in their bags.



We have 2 Disability reserved spaces at the front of the office on Sutherland Street and two reserved spaces on Lancefield Road.

If you do not hold a valid permit please **DO NOT PARK** in these spaces.

DON'T FORGET!



 **SCHOLASTIC**
Book Club
orders are due:

9th June 2022



Thanks and Gratitude – Wellbeing Team

I would like to give our Wellbeing Team a special “shout out” for the great work they do (much of it behind the scenes) to promote the wellbeing of our students and community. The Wellbeing Team co-ordinate a huge number of activities ranging from our Breakfast Club, our Random Act of Kindness program and our small group sessions which focus on student wellbeing. This is critically important work for all schools and I would like to acknowledge the work they do.

Sorry Day and Reconciliation Week

Last week at a whole school assembly, KPS commemorated “Sorry Day.” Our student leaders did a wonderful job in explaining the significance of this day and in recognising our indigenous students and the rich cultural heritage to which they belong. As part of the Education State initiative, the Department of Education is playing a leading role in the reconciliation process and working towards establishing a Victorian treaty. As part of this initiative, I look forward to our students learning from the rich cultural experiences of our First Nations people.

End of Term Enrichment Day

Our Specialist Team have put together an exciting menu of activities for our students to participate in as part of our first Enrichment Day. The concept of the day is to offer students the chance to participate in learning experiences which are very different from their regular daily schedule, with a particular emphasis upon design, creativity and the arts. This promises to be a fabulous way to end the term and I look forward to participating in the activities.

Learning Highlight: Foundation Literacy Skills

My learning highlight for this week centres on the great progress that our Foundation students have been making with their sound and letter connections. As I mentioned previously, we have implemented a new approach to the explicit teaching of sound and letter connections based on the Science of Reading approach. Our Foundation teachers are delighted with the progress that our students have made, and we have seen a huge impact in this most crucial area of early literacy.

Education State Principal Conference

On Monday, I attended (virtually) the 2022 Education State Principal Conference. The conference brings together some of the leading international and national educators to provide high quality professional learning for principals and discuss some of the challenges that our schools currently face. As a state, we can be justifiably proud of the great work undertaken through the Education State initiative and the significant investment that continues to flow into public schooling. Some of the key messages delivered through the conferences were as follows:

Student wellbeing will continue to be “front and centre” as educational priority as part of the Department of Education’s response to the impact of the pandemic.

From Term 3 onwards, all schools will receive additional funding to support mental health programs in schools.

Reconnecting with school communities and bringing the community back into school will be a core piece of work for all schools once the impact of COVID-19 lessens.

Student Action Team Activities

Our SAT are currently involved in a great Bread Bag recycling initiative. Through this recycling program, our SAT are doing their bit for our planet with the added benefit that our school will receive sports equipment because of their efforts. I would like to thank our SAT for co-ordinating this project. Further information can be found elsewhere in the newsletter.

All the best,

Neil O'Sullivan
Principal

The Kilmore Primary School

Helping Hands Hub

Kilmore Primary School is inviting parents and carers to get actively involved in supporting our school community, in an alternate setting.

Helping Hands Hub (HHH) is an opportunity for you to reconnect with the school in a casual and relaxed environment.

HHH jobs will include a wide range of simple tasks from around the school, mostly taking place in the comfort of the library space. You could be doing anything from tidying up the library and stamping books to cutting out and laminating letters for classroom displays.

You won't be asked to do anything you are not comfortable with and you will be given instructions on how to do it!



This week HHH will be:

Continuing...

- Sorting and shelving library books
- Tidying and sorting the Friendship Stop resources



Location: LIBRARY

Friday 10th June

2pm-3pm

Days and times will change once we are up and running but we would love to see you in the school library this Friday (feel free to bring along a hot drink and we will supply the biscuits!).

Getting involved is simple...

- Sign in at the school office
- Make your way to the library (if unsure where, ask at the office)

For more information, contact Christina at: cmvarcoe@bigpond.com
or Liz at: elizabeth.simnere@education.vic.gov.au

More fun activities to join in during recess and lunch
.....hide and seek, playground and Uno Club



Classroom Helper Program.

The next Classroom Helper Program training will take place on Wednesday 8th June at 9.00am.

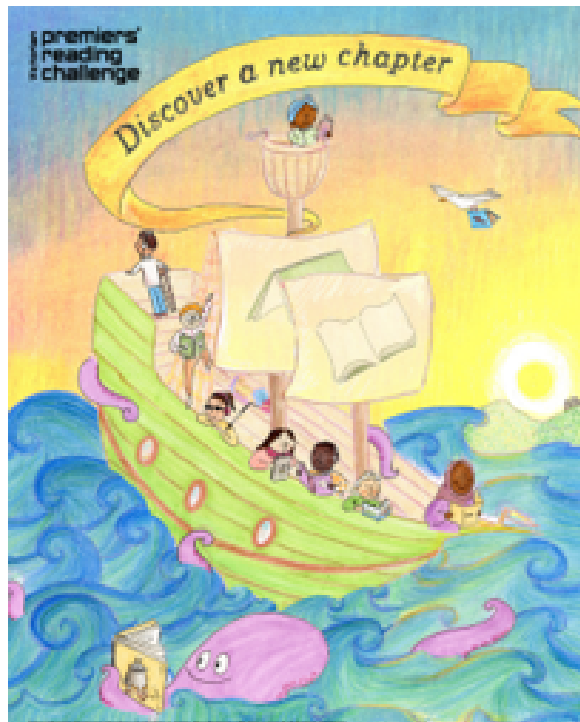
The session will run for approximately 40 minutes.

If you have been thinking about helping out in the classroom then please come along.

Kindly contact the office and register your interest by Monday 6th June.

More details will be provided to registered participants.





victorian premiers' reading challenge

START
READING
NOW!



The Victorian Premiers' Reading Challenge is **NOW OPEN** and **KPS** is excited to be participating!

Thank you to those students who have already registered...we hope you are enjoying the Challenge! We would love to see the whole KPS student community participating and there is still plenty of time to start logging books. The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 2 September 2022.

The PRC has its own website where students can log the books that they read. It also offers a range of exciting features including:

- access to a library catalogue (including book images and blurbs)
- a modern user-friendly interface
- rewarding students with digital badges as challenge milestones are achieved
- the option for students to mark books as a favourite, give them a star rating or complete a book review

Also...all students who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers!

If you child/ren would like to join in the fun, please email Liz:

elizabeth.simner@education.vic.gov.au and I will send you a username and password, a link to the PRC login page and instruction to get you started!

Happy Reading! 😊

SAT News

Reminder of our upcoming SAT Bread Bag Recycling Program

This year the SAT will be collecting Bread Bags! We have registered for the Wonder Recycling Rewards Program. This program has great environmental and school benefits. We can help the environment by reducing waste and help our school by collecting points that can be used to purchase new sports equipment. We are also in the running to win some play ground equipment.

The program kicks off on the 30th of May but we can start collecting at home before then to boost our collections. All you need to do is keep any bread bags at home and bring them into school when our recycling boxes arrive in Term 2. Last year with your help we collected around 15kg of bread tags. Hopefully this year we can reach **25kg of bread bags!** Some key information is below and we will post more information when it is available. For further information ask your S.A.T representative or Mrs Rowe.



	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
REGISTRATION		14/3 -8/4							SCHOOL HOLIDAYS		
STARTER PACK DELIVERY			25/4 -27/5								
COLLECTIONS				30/5-9/9							
FINAL TALLY IS COUNTED			SCHOOL HOLIDAYS			SCHOOL HOLIDAYS			3/10 -7/10		
REDEEM SPORTS EQUIPMENT									10/10 -21/10		
SPORTS EQUIPMENT DELIVERED TO SCHOOLS										24/10-23/12	

TWO RECYCLING REMINDERS

It's important that items being recycled are not contaminated with other products and are as clean as possible. Here's a quick checklist for you:

What is a bread bag for recycling purposes?

The rule of thumb is that if it has contained bread of some sort and is a soft plastic, then it's a bread bag. If it hasn't contained bread, then it's not a bread bag.

How clean do the bags have to be?

Bread bags should be free from crumbs to ensure no contamination during the recycling process but they do not need to be washed.



Buzz from the Beehive !!!!



KPS' Beehive is buzzing with our Bee Ticket Bonanza fast approaching!

This special day will give our students a chance to "cash in" some of their hard-earned Bee Tickets. Stay tuned for more details over the coming weeks!



Connecting With Kimberly



Random Act of Kindness

Our Random Act of Kindness and Kilmore Pantry Supplies initiative is an important part of our wellbeing approach at KPS. Thank you to the families who have continued to provide additional pantry supplies and nominated families to receive hampers. If you would like to nominate a family, please contact me on 5782 1268 or via email at kimberly.batsas-hill@education.vic.gov.au



The following services are available outside of school hours.

In the event of an emergency please call 000

Kids Helpline



Ph: 1800 551 800

<https://kidshelpline.com.au/>

Parentline



Ph: 13 22 89

<https://parentline.com.au/>

Safe Steps



Sexual assault, domestic and family violence

Ph: 1800 015 188

<https://www.safesteps.org.au/>

Lifeline



Ph: 13 11 14

<https://www.lifeline.org.au/>

I can be contacted via email:





























Kimberly.batsas-hill@education.vic.gov.au or 5782 1268 for any student and family wellbeing needs at any time.

Best,

Kimberly Batsas-Hill

Social Worker -Primary Welfare Officer

Kilmore Primary School Activities Term 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Club 8:15-8:40am	Where: Stadium Foyer			Where: Stadium Foyer	Where: Stadium Foyer
RECESS					
PLAY	Where: Oval PLAY		Where: Oval PLAY		Where: Oval PLAY
Lego Masters	Where: Wellbeing Room 	Where: Wellbeing Room 	Where: Wellbeing Room 	Where: Wellbeing Room 	Where: Wellbeing Room 
Connect (Eating Area)	Where: Eating Area 	Where: Eating Area 	Where: Eating Area 	Where: Eating Area 	Where: Eating Area 
LUNCH TIME					
Friendship Stop (1st Half Lunch)	Where: Library 	Where: Library 	Where: Library 	Where: Library 	Where: Library 
Minecraft Club (1st Half Lunch)	Where: ICT 		Where: ICT 		Where: ICT 
Coding Club (1st Half Lunch)		Where: ICT 		Where: ICT 	
Art		Where: Art room 		Where: Art room 	
PLAY Lunch	Where: Oval PLAY		Where: Oval PLAY		Where: Oval PLAY
Song and Dance				Where: Performing Arts Room 	
Pokemon Club (2nd Half)	Where: Spare classroom 				Where: Spare classroom 
Stadium Sports 1st Half Lunch			Where: Stadium Grade: 4 	Where: Stadium Grade: 5 	Where: Stadium Grade: 6 

School Tours

Term 2, 2022

Tuesday 10th May 9:30am
Wednesday 25th May 9:30am
Thursday 9th June 9:30am



Please scan the QR code above to select your preferred date



Kilmore Primary School

35 Lancefield Road, Kilmore (office entry is via Sutherland Street)

Ph 03 5782 1268

Email Kilmore.ps@education.vic.gov.au

COLLECTING YOUR CHILD FROM SCHOOL EARLY

We would like to make families aware of our pick up procedures for collecting students early.

Staff can only arrange for children to come to the office once a parent/guardian arrives at the office.

Children cannot be waiting for parent/guardians in the office prior to your arrival.

Please allow an extra 5 to 10 minutes prior to needing to depart the school.

Please also be mindful that it is difficult for children to hear announcements whilst out in the playground enjoying themselves, should you need to collect them during break times it may take us quite a bit longer.

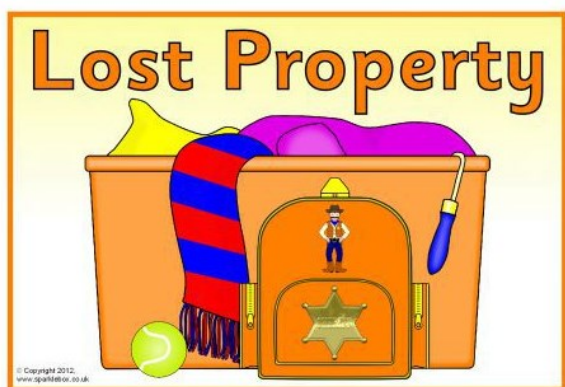
Bus Zone

Please leave the bus parking zone on Lancefield Road clear at all times for buses to park. We have at least two buses daily that use the Lancefield Road bus zone. There is no car parking from the school crossing through until the disabled parking bays.



School Crossings

For the safety of all students, parents and our lovely Crossing Supervisors, we ask all drivers to please stop at the school crossings when you see the Crossing Supervisor with their sign pointing out towards the road and remain stationary until the Crossing Supervisor is back on the footpath.



We have had some precious lost property items handed into the office. These items include such things as a watch, wallet and purse etc..

If your child has lost any of these items please see the office about getting them returned.

Canteen

The online ordering system for the canteen is still being finalised.

To place an order for recess or lunch, write on an envelope your child's name and class, recess or lunch and what they wish to order, enclose money and children place their order in their classroom lunch order tub. Orders are delivered to classrooms for recess snack and lunch eating times.

Students are also able to purchase some items over the counter at recess and lunchtime such as icy-poles etc



2022 Prep CSEF Uniform Package



Applications for the 2022 Prep CSEF Uniform Package are **now open** and can be placed via our [online application portal](#).

Information sheets for schools & families, plus the order form - can be found on our [website](#) and downloaded as required.

Please note the following;

- Vouchers issued will have an expiry and must be redeemed before the expiration date
- Once vouchers have been issued, we are unable to exchange items for "change of mind"
- Applications for this package will **close at the end of Term 3, 2022**

In order for a student to be eligible to receive the 2022 Prep Uniform Package the student must be a Camps, Sports and Excursion Fund (CSEF) recipient.

To find out more, visit the [Department of Education & Training website](#).

If you could kindly forward this communication to all relevant staff within your school, it would be appreciated.

Should you have any questions about this package, please contact our Applications Support team on 8769 8400 between the hours of 8.30am - 4.30pm, Monday to Friday or email us at :

contact@ssr.net.au

Mobile Phones

It is a Department of Education requirement that students hand their mobile phones in to the office each morning and collect at the end of each day.

The office has a locked mobile phone cabinet for this purpose (pictured).



FINANCIAL ASSISTANCE

INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS

FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

\$125 for primary school students

\$225 for secondary school students

MORE INFORMATION

For more information about CSEF visit:

<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools this year.
- **Changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure.





Food Relief

Food relief helps our community members who need some support to access food. Below is a list of organisations to contact if you are needing food relief. Please contact your local provider to find out what types of food are available and if delivery is an option.

For community members who would like to support these organisations, they can do this by donating extra food.

Mitchell Shire

Food Relief Organisation	Facebook or Website	Contact Details
Broadford Living and Learning Centre	Broadford Living and Learning Centre Facebook	156-158 High St, Broadford Ph: 5784 4006
Freedom Care	Freedom Care Website	127C Northern Hwy, Kilmore Ph: 0422 599 735
Love in Action Broadford and Wallan	Love in Action Broadford Facebook Love in Action Wallan Facebook	0473 845 808 - Broadford 0436 457 154 - Wallan
Rotary Seymour	Rotary Seymour Facebook	44 Emily St, Seymour
Salvocare / The Salvation Army Corporation Seymour	Salvocare Website	8-10 Victoria St, Seymour
St Vincent De Paul Conference Kilmore and Seymour		0428 546 328 - Kilmore 5792 4167 - Seymour
Wallan Gateway	Wallan Gateway Website	7 Commercial Drive, Wallan Ph: 5783 2777 - Gateway Ph: 0491 075 404 - Foodbank

Managing Your Mental Health Online

Digital Mental Health Gateway

Head to Health

Head to Health

A website that links Australians to free or low-cost online and phone mental health services.
headtohealth.gov.au

Phone and Online Counselling



Lifeline 13 11 14

24/7 phone counselling, and online crisis support chat available each evening.



Suicide Call Back Service 1300 659 467

National 24/7 professional telephone & online counselling for anyone affected by suicide.



Beyond Blue Support Service 1300 22 4636

Telephone (24/7), online and email counselling, and moderated forums.



1800RESPECT 1800 737 732

24/7 phone & online counselling for people seeking help for domestic violence situations.



MensLine Australia 1300 78 99 78

Advice, therapy and support for men with families and relationship concerns.



QLife 1800 184 527

Online chat or phone counselling for lesbian, gay, bisexual, transgender and intersex (LGBTI) people.



Butterfly Foundation 1800 33 4673

Telephone, online counselling, referral and online support groups for eating disorders.



Open Arms 1800 011 046

Phone and online counselling for veterans and their families.



SANE Australia 1800 18 7263

Phone counselling and moderated forums providing peer-to-peer support.



FriendLine 1800 424 287

A national support line "ready for a cuppa and a conversation" with trained volunteers.

Young People



Kids Helpline 1800 55 1800

24/7 phone and online counselling for youth (5-25yrs).



Niggle

A free app for youth designed as a self-help toolkit for all things related to mental, social and emotional wellbeing.



eheadspace

Internet chat, email or phone support for young people (12-25yrs) with a range of issues.



ReachOut

Practical tools, support and moderated forums to help youth get through everything from everyday issues to tough times.



The BRAVE Program

Prevention, intervention, and treatment of anxiety in young people.



BITE BACK

Free online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people.

Programs



MindSpot

Free clinician supported online programs for stress, worry, anxiety and depression in adults aged 18+.



THIS WAY UP

A range of self-paced online CBT courses for stress, insomnia, anxiety and depression. Courses can be done as self-help or guided by your own clinician. Courses are either free or low cost.



Mental Health Online

Free online programs for a range of issues, with self-guided or therapist support options.



MyCompass

A free, online interactive self-help CBT service for people with mild to moderate depression, anxiety and stress. It's also appropriate for people who simply want to build good mental health.



MoodGYM

A free, interactive program based on Cognitive-Behavioural Therapy (CBT) and Interpersonal Therapy (IPT) to help prevent and manage symptoms of depression and anxiety.



e-Couch

A free, self-help program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief.



Healthy Mind

An Easy Read program to help people with intellectual disability to recognise and regulate thoughts and feelings.



ParentWorks

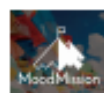
Online program for parents and caregivers providing evidence-based parenting strategies.



Centre for Clinical Interventions

Free downloadable self-help workbooks and modules for a range of mental health and wellbeing issues.

Apps



MoodMission

A free app designed to help individuals overcome low moods and anxiety by discovering new coping strategies.



Daybreak

A website and app which supports individuals to cut back or take a break from using alcohol.



Smiling Mind

A free website and app teaching mindfulness meditation to young people and adults.



BeyondNow

A free app and online tool that helps users create a safety plan for when experiencing suicidal thoughts.

Aboriginal and Torres Strait Islanders



WellMob

Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islanders.



iBobbly

A social and emotional wellbeing self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and older.



**A FREE seven session program for fathers of
2 -12 year old children**

Dads Tuning in to Kids teaches you how to help your child understand and manage feelings ('emotional intelligence')

Children with good emotional intelligence:

- have better concentration at school
- have greater success with making and keeping friends
- are more able to manage conflict with peers
- are more able to calm down when upset or angry

**Tuesdays 6pm - 8pm
starting 3 May - 14 June 2022
Online**

**Call FamilyCare's Central Intake 1800 161 306 to register your
place or [register online here](#)**



**This workshop is for parents and/or carers in the Goulburn Region
(Greater Shepparton, Moira, Strathbogie, Mitchell and Murrindindi)**



Port Melbourne Vaccination Clinic for students @ KILMORE PRIMARY SCHOOL

We're excited to run a Covid-19 vaccination clinic at Kilmore Primary School to offer you the opportunity to maximise your child's protection against the COVID-19 virus.

We know many of you are keen to receive your COVID-19 Pfizer vaccination, and in conjunction with your school and The Department of Education and Training we have arranged a dedicated Pfizer vaccination day for you.

The vaccine will be given by Registered Nurses who are Immunisation trained, and the clinic is operated by Port Melbourne Medical staff. This team have delivered in excess of 32,000 vaccines and now have capacity to vaccinate people at your school.

Pre-registration will be required.

When: Thursday 9th June 3:30pm-7:00pm

Where: Kilmore Primary School, The School Stadium, 35 Lancefield Road, Kilmore.

Eligibility:

- Anyone aged from 5 years old are recommended to have 2 primary doses given 8 weeks apart.
- If you are aged 16 or over, you should get a third dose of vaccine 3 months after your second dose
- People aged 5 and over who have had COVID-19 and are due for their next dose of COVID-19 vaccine should wait 3 months from testing positive before getting their next vaccine dose.

This is a special dedicated clinic running only on the day specified.

Prior to the vaccination clinic we will also hold a community engagement Webinar for parents/guardians to hear from our health experts and to have the opportunity to ask questions about Covid-19 vaccinations. For your convenience you can choose to join any of the following Webinar sessions:

Thursday 26th May 1:30pm-2:30pm

Thursday 26th May 5:30pm-6:30pm

Thursday 2nd June 10:00am-11:00am

Email vaxclinic@portmelbournemedical.com.au with your preferred session time to receive the Webinar link and password.

If you have any specific questions, you would like answered please email them through to vaxclinic@portmelbournemedical.com.au so we can cover all queries in the webinar. If you have specific questions in relation to vaccine suitability related to any medical conditions it's always best to consult with your usual GP however, we can provide a service where one of our health experts can contact you to discuss.

How: To register for the Pfizer vaccination please:

1. Email vaxclinic@portmelbournemedical.com.au with your:
 - Preferred appointment time between 3:30pm-6:30pm
 - Any questions you may have and would like answered in the live webinar
2. Please scan the relevant QR Code below to complete the Consent Form. This must be completed prior to your appointment.



On the day of your vaccination- PLEASE READ CAREFULLY

1. **ONLY** parents/legal guardians can bring and consent for minors. Do not ask your neighbour/cousin/friend to take your child for their vaccine.
2. Do not attend if you are unwell, have any respiratory illness (sore throat, cough, cold, runny nose, fever, headache) or are isolating or have been in contact with someone isolating, or are waiting for your swab result. If you are unwell, even if you have a negative RAT or PCR, you will not be able to attend. You need to be completely well to have a vaccine.
3. If you book an earlier appointment elsewhere, ensure you cancel your appointment with us so no vaccines are wasted.
4. You are required to bring your photo ID/Student ID card so that we can confirm your identity. If you don't have photo ID, the parent/ legal guardian must present their photo ID and Medicare Card with the child's name. You must also wear a mask and keep it properly fitted over your nose and wear a T-shirt so we can access your arm.
5. If you have any underlying health conditions or are seeking advice on if the vaccine is appropriate for you, please see your usual GP prior to arriving and bring any relevant medical history.
6. We look forward to seeing you for your vaccine!