



Volume 20 Issue 15: October 7 2016

From the Principal

Dr Watson

Welcome Back to the Advent Term

Welcome back to the Advent Term as we wait in hope for the birth of Jesus Christ, our saviour. Through the birth of Christ, God came among us and is still among us. Yet, often our whole life is like an advent, the time in which God is waiting to be born. During this term we are invited to look back, forward and around. We look back to every first Christmas when God became one of us. We look forward to Christ's second coming "in a cloud with power and great glory" with our heads raised high. And we look around to try to be attentive to the people and events that reveal Christ's presence to us as the *Emmanuel – God is with us*.

I trust that everyone enjoyed a good term break and are now ready for the new term in which we celebrate our achievements during the course of the year, farewell our Year 12 graduates and give thanks at the end of the year for all the blessing we have received during our year of study and participation in the life of the College. Please remember a new term also allows students the opportunity to reset their goals and review their approach to study.

I wish everyone an enjoyable Advent Term.

Social Justice Statement 2016: Australian Catholic Bishops Conference

We celebrated Social Justice Sunday on September 25. This year, the Australian Bishops' Social Justice Statement is titled: *'A Place at the Table: Social justice in an ageing society'*.

The Statement celebrates the value and dignity of older people in Australian life. It challenges us to recognise their significant contribution to society and emphasises that this contribution should not be valued in mere economic terms. The Statement calls for justice for those who are most vulnerable and warns about a view of older people as burdensome or dispensable.

For further details about the Social Justice Statement, visit the Australian Catholic Social Justice Council website www.socialjustice.catholic.org.au or call 02 8306 3499.

A Night to Shine

On the evening of Thursday October 13, commencing at 7.00pm, the College community will gather at Encore Events Centre to recognise and celebrate the achievement of over 200 students during the course of 2016. It will be a wonderful evening which will provide the opportunity to once again showcase the talents of our Performing Arts students.

St James Fete

The annual St James Fete is being held on Saturday October 15 commencing at 10.00am. I encourage all members of the College community to get along to the Fete and support our Parish.

College Theme for 2016

'Be the face of mercy'

Prayer

Loving Father

We pray for our community as we celebrate our 20 year anniversary. May we be strengthened to be witnesses to the Gospel of mercy and work for a future that embodies a genuine culture of mercy.

We pray to the Lord.

Amen

Coming Events

Oct 7: Year 10 Reflection Day at Encore

Oct 11: 3rd round of immunisations for Year 7s; P&F meeting 7.00pm

Oct 13: A NIGHT TO SHINE 7.00pm

Oct 17: Whole school assembly to farewell Year 12s

Oct 18: Year 12 students and staff breakfast; Board meeting 7.30pm

Oct 19: Art Show in Bruce Runnalls Centre; Margie Sister School study tour begins

Oct 23: COMMUNITY OPEN DAY 1.00pm to 3.30pm; Art Show concludes

Oct 25: Capital Appeals breakfast; Additional Transition Day for Year 7 2017 students

Oct 26: VCAA examinations begin

Oct 31: Mid Term break

Nov 1: Melbourne Cup Day Public Holiday

Nov 8: College Tour (by appointment only); Additional Transition Day for Year 7 2017; P&F meeting 7.00pm

Nov 9: PSL Training Day

Nov 10: Friendly Community Day for Year 7 2017 students; Year 7 2018 Parent Information Night 7.00pm

Nov 11: Remembrance Day

Nov 14: Year 7 and 8 Exams begin; Year 10 & 11 Exams begin

Nov 16: Capital Appeals breakfast

Nov 18: VCAA Exams conclude; Year 7 & 8 Exams conclude; Graduation Mass and Dinner

Nov 21: Year 9 Exams begin

Nov 22: Board Meeting

Nov 24: Year 9, 10 & 11 Exams conclude; New student orientation (Year 8 to 12); 1 Year Reunion

Nov 25: Staff Correction Day

Nov 28: Year 8 to 12 Headstart Program begins

Dec 2: Mass of Thanksgiving and Final Assembly; Year 8 to 13 Headstart Program concludes; Final day of Term for students (3.20pm dismissal)

Dec 9: Final day of Term for teaching staff; Mass of Thanksgiving

Dec 20: College closes

Jan 30, 2017: College Office re-opens

College Vision

Thomas Carr College is a dynamic Catholic learning community, guided by the Gospel.

Excellence and opportunities to develop are pursued.

Through our hope and service to others we shine our light into the world.

Open Day

The College will be holding our Community Open Day on Sunday October 23 from 1.00pm to 3.30pm. This day will allow the College to celebrate our 20th Anniversary with past, present and future members of our community. The day will include our Annual Art Show and Fashion Parade, musical items and sporting events as well as learning displays from each Learning Area. Some practical hands on experience in the Sciences and Arts and Technology areas will also be available.

I encourage all members of our community to come along. Please refer to the flyer at the end of the newsletter for further information or contact the Registrar on 8734 2409.



Japan Tour

Over the holiday period, we had a number of students and staff on a study tour of Japan. I would like to thank Ms Mahoney, Mr Rijs and Ms Sherlock for their time and commitment to our students. Overseas travel and study of a language and culture is always a wonderful opportunity for our students and I look forward to hearing about their tour experiences.

School Improvement Surveys

I would like to thank the over 200 families who completed the School Improvement Survey last Term. The data that will be gained from this survey will assist the school in moving forward for future years.

I would like to congratulate the following families who were the winners of the \$50 gift card that was drawn on the last day of Term:

Mr and Mrs Saldana (Eleanor, Year 8)
 Mr and Mrs Vega (Nick, Year 7)
 Mr Vitale and Ms Semeane (Maryrose, Year 11)

Again, thank you to all those families who took the time to complete the School Improvement Survey.

Congratulations

Congratulations to Abbey Snoey who won a gold medal in Red Grade for females aged 12 to 14 at the recent Australian Taekwondo National Championships. Well done Abbey.



Abbey Snoey

From the Deputy Principal Ms Brigitte McDonald

Peer Support Leaders 2017

We are currently accepting applications from students in Years 8, 9 and 10 who are interested in taking on the role of Peer Support Leader in 2017. Successful applicants will participate in a training day on Wednesday November 2. This full day training workshop is one of the College's Leadership initiatives for students to develop skills of problem solving when there is conflict between students. There is also a focus on developing qualities of good leadership and interpersonal skills.

The Training Day outline includes:

- What is the role of a Peer Support Leader?
- What is Restorative Justice?
- Learning skills in active listening and paraphrasing through group work activities
- Learning skills of effective communication
- Restorative justice problem solving script in role play
- Exploring guidelines for restorative justice problem solving
- Taking part in peer observation and evaluation of problem solving skills
- Discussing implementation of the College Peer Support Program

Students need to indicate their interest in the Peer Support Leader role by submitting a Nomination Form to their Year Level Co-ordinator by Wednesday October 19.



Summer Uniform

Advent Term marks the beginning of the warmer months of the year which means students are required to wear the Summer Uniform. It is important that students wear their blazers with this uniform both to and from school. A reminder also that students who do not have full correct PE uniform are required to wear full Summer uniform and bring clothing that they can change in to participate in physical activities.

A reminder also that students are not permitted to wear 'skins', leggings or tracksuit pants that are not part of the uniform. As ACS has concluded for Year 11 and 12 students, no students in these levels should be wearing sports uniform. Students should be aware that there will be consequences for wearing incorrect uniform and incorrect uniform items. Student's hair should be neat and clean and hair longer than shoulder length should be pinned or tied back off the face.

Girls

College dress, white socks, black leather lace up shoes (no T-bars)

Boys

Long or short grey socks, grey shorts or trousers, summer short sleeved open neck shirt (will not be tucked in – see Figure A) or short sleeved button up shirt with College logo and tie (must be tucked in – see Figure B), black leather lace up shoes, no undergarments showing

All must wear the College Blazer to and from school

The Beacon Award

The Beacon Award recognises achievements of our students. Selected students will be presented with a certificate of commendation and their names will be published in each edition of *The Beacon*. A maximum of 5 students per level may be recognised each fortnight.

The criteria is:

- Evidence of learning which is consistently exemplary or displays great improvement
- An action performed by a student(s) that supports the Catholic ethos of the school
- Evidence of behaviour which is consistently exemplary or displays great improvement
- Active and purposeful involvement in a college or community event

Congratulations to the following students:

Year 7	Anzelina Pyakurel, Kaitleen Del Mundo, Ellezon Bugayong, Liam Morgan, Stefanie Zafiris
Year 8	Amelia Bosivljevac, Leon Varela-Mauna, Alex Lapina, Jarrod Glossa, Amy Quick
Year 9	Stephan Duvnjak, Tyne Marsh, Joshua Chapman, Jessica Morgan, Aliyah Adonis
Year 10	Martina Pedarse, Taylah Roberts-Castano, Joshua Rubite, Kyeton Russell, Ben Singleton
Year 11	Brandan Barlow, Esther Tomelty, Teresa Maria-Mauro

From the Director of International Programs

Mr Bridges

The College is excited to announce it will be running a 14 day tour of Italy in September 2017. This tour is open to all students studying Italian in 2017 in Years 9, 10 and 11 and provide students an immersive experience that opens eyes and broadens minds

Students will be immersed in the language and culture of Italy as they tour Venice, Bologna, Florence, Siena, Orvieto and Rome. The tour provides a highly regarded Italian Language Program in Florence and a range of other exciting and memorable cultural activities.



Figure A



Figure B

The College will be holding an information evening at 7:00pm on Thursday 3rd November in M17/M18. Please mark it in your calendar and come along to learn more about this tour.

From the Director of Student Services

Mrs McCarthy

Safety Survey

The issue of bullying at school continues to be one which Thomas Carr College takes very seriously. All students should be able to learn and develop in a safe and supportive learning environment. The College believes that student wellbeing and safety are essential for academic development and good learning outcomes. Bullying and violence can have a catastrophic impact on young people who are victims and also on their families, as well as on others who are indirectly the victims of these crimes.

With the introduction of the Victorian Child Safe Standards in January 2016 across all Victorian schools, there is an even greater awareness of the importance of ensuring that children and young people are safe and feel safe when they are at school. In 2013, the Royal Commission into Institutional Responses to Child Sexual Abuse commissioned the Institute of Child Protection Studies (ICPS) at the Australian Catholic University to develop an understanding of how children perceive safety and consider it within institutional contexts. This report, entitled, *'Our Safety Counts'*, suggested that schools are among the safest places in the community for children and young people. However, it does suggest that students' confidence in seeking support is enhanced significantly if schools promote a supportive climate that demonstrates a commitment to young people's safety and an intolerance of behaviours that place them at risk. Schools need to find new ways to identify those who do not feel safe and develop strategies to increase their confidence in adults.

One way in which Thomas Carr College attempts to assess how safe our students feel is through the annual Safety Survey which is completed by all Year 8 and Year 10 students. It is an anonymous online survey which tries to obtain a snapshot of how safe our College is and the attitudes which students have about bullying. A safe and supportive school is one in which all members of the school community have zero tolerance for bullying and where people feel able to report incidents of bullying to adults who are responsive and proactive. Over the past month, the results of the Safety Survey are being presented to students, parents, staff, the College Executive, and the College Board.

Bullying can come in many forms: physical bullying; verbal bullying; psychological bullying; social bullying; sexual bullying and cyberbullying. The results of this year's Safety Survey are consistent with other College Safety Surveys in past years: the vast majority of students reported that they do not experience any of these types of bullying on a regular basis. The vast majority of students in Years 8 and 10 reported that they were never bullied, however, of those who did report bullying, the following types of bullying were most common in Year 8:

- Being teased, called names or ridiculed
- Having rumours spread about them
- Having belongings damaged, taken or hidden
- Being put down for their achievements

Similarly, whilst most Year 10 students said they were never bullied, when bullying did occur, these seemed to be the most common types of bullying reported:

- Being teased, called names or ridiculed
- Having comments about the way they look
- Having comments about family, country of birth or religion
- Having rumours spread about them

When someone is being bullied, it is crucial that students who are bystanders feel able to report it. The majority of students in Year 8, and also in Year 10, said they would report the bullying of a friend to a teacher. This result is consistent with results from previous years' surveys and suggests that students are willing to see that they have a role in stamping out bullying, even if they are just bystanders or onlookers.



CHILD SAFETY
STANDARDS



As a College, we take the issue of bullying very seriously and we need to continue to be vigilant to any forms of bullying that occur. We must have zero tolerance of bullying at Thomas Carr College as we respect the right of everyone to be able to come to school and feel safe.

If you are interested in finding out more about the College's Positive Relations Policy and/or the results of the 2016 Safety Survey, or if you would like to receive our Positive Relations brochure, please feel to contact me on 8734 2414. Information about the College's Child Safe Standards is also available on the College website.



From the Head of Middle School

Mr le Roux

Welcome back

A warm welcome back to the Advent Term. We hope that all students had an enjoyable break and that you have come back well rested in preparation for the final term of the year. The Advent Term is a very busy term, especially for assessments and is important that students are prepared and focused on their academic work. All of the Middle School will be sitting examinations in November and as such it is essential that students equip themselves with the relevant information and study techniques to achieve their best. With such a busy term, please find below important dates for the Middle School.

Important Dates to remember

Year 7	Year 8	Year 9
October 3 Staff PL – Student Free Day 13 A Night To Shine 31 Mid Term Break	October 3 Staff PL – Student Free Day 13 A Night To Shine 31 Mid Term Break	October 3 Staff PL – Student Free Day 9 Silver – GSC (3 x weeks) 10 9 Green/Jade – City Experience (1 x week) 13 A Night To Shine 24 9 White – GSC (3 x weeks) 31 Mid Term Break
November 1 Melbourne Cup Day Public Holiday 14 English Exam 15 Maths Exam 16 Sci Exam 24 End of Term Assembly 25 Student Free Day 28 Headstart	November 1 Melbourne Cup Day Public Holiday 14 English Exam 15 Maths Exam 16 Sci Exam 17 LoTE & Hum Exam 24 End of Term Assembly 25 Student Free Day 28 Headstart	November 1 Melbourne Cup Day Public Holiday 21 Exam 22 Exam 23 Exam 24 Exam End of Term Assembly 25 Student Free Day 28 Headstart
December 2 End of Advent Term (Term 4)	December 2 End of Advent Term (Term 4)	December 2 End of Advent Term (Term 4)

Country Experience

The iD9 curriculum aims to develop students who are independent, confident, and inquisitive about their world, work co-operatively, are socially aware and connected to others. The Good Samaritan Campus Experience aims to provide all students with an exciting and challenging program in an environment that is safe, caring, structured and engaging.

The Country Experience forms part of the compulsory curriculum at Thomas Carr College, therefore it is expected that all students attend the Good Samaritan Campus during their allocated timeframe. Any issues relating to attendance need to be discussed in advance with the Year Level Co-ordinators in consultation with the Head of Middle School and the Manager, Good Samaritan Campus.

Should a student be unable to attend the Good Samaritan Campus due to medical reasons or is taken ill at the Good Samaritan Campus, the parents need to make arrangements for the collection of the student and a medical certificate from the treating doctor explaining clearly the reasons for the inability of the student to return to the Campus or the considerations that need to be accommodated needs to be provided to the College. A generic medical certificate is not acceptable.

Should a student be deemed unfit to return to the Good Samaritan Campus it is the responsibility of the parents to communicate this to the Manager, Good Samaritan Campus and the Year Level Co-ordinators immediately. Students will not be able to return to the Tarneit Campus as all scheduled classes for their particular group are conducted at the Good Samaritan Campus.

From	To	Homerroom
Monday October 3	Friday October 7	9 SILVER
Monday October 10	Friday October 14	9 SILVER
Monday V 17	Friday October 21	9 SILVER
Monday October 24	Friday October 28	9 WHITE
Wednesday November 2	Friday November 4	9 WHITE
Monday November 7	Friday November 11	9 WHITE

Reflections from Year 9 Red Country Experience

The thing I enjoyed most about Country Experience was getting to know all the girls in my class, talking to the girls I wouldn't usually talk to and getting to know them better.

One of the challenges I had to face was sleeping in a tent for a few nights and not having all the resources that I would normally have at home. I overcame this by being tough, forgetting about it and focusing on just enjoying the activities.

The one thing I learnt was that if I push myself, have my mind set on doing something, and my friends are motivating me, I can accomplish anything. Country Experience shouldn't be missed by future Year 9 students because it's not every day you get away from home for 3 weeks or even do the activities that we got to do. Katerina Mandusic

What I enjoyed most about Country Experience was making new friendships with people I'd never talked to despite being in class together all year! It was good to be given the opportunity to bond with my class at the Good Samaritan Campus. Everything we did together, even just having dinner together, were some of the best memories made at the Campus.

The biggest challenge I faced was trying to stay positive in activities I didn't enjoy as much, such as hiking. It was a struggle to find enough energy to continue some of the time. I overcame this challenge by having a laugh with friends and having people support me when I found things difficult, or was lacking energy. Having Mr Camenzuli with us on the hike made it a good experience as there were a lot of laughs involved as we made the trek. It was good to share our Country Experience with him, as our teacher and Co-ordinator.

The one thing I learnt about myself while on Country Experience was that I actually enjoy being out of the city, experiencing new environments and out of my comfort zone. This is an experience not to be missed by all future Year 9 students because you learn about the importance of sustainability, while doing fun outdoor activities. It's a good way to get out of the classroom for a while and just enjoy being outside. You bond well with everyone when you're on the Country Experience and it's a once in a lifetime opportunity that shouldn't be missed. Rachel Micallef

Year 9 City Experience

City Experience allows students to study the cultural, historical and sporting aspects of the City of Melbourne. The program recognises students' increasing independence and requires students to develop their own transport plans in order to complete each of the set activities for each day.

City Experience forms part of the compulsory curriculum at Thomas Carr College, therefore it is expected that all students attend the Experience during their allocated timeframe. Any issues relating to attendance need to be discussed in advance with the Year Level Co-ordinators, in consultation with the Head of Middle School.

Should a student be unable to attend City Experience due to medical reasons or is taken ill during the experience, the parents need to make arrangements for the collection of the student and a medical certificate from the treating doctor explaining clearly the reasons for the inability of the student to return to the program or the considerations that need to be accommodated needs to be provided to the College. A generic medical certificate is not acceptable.

Students will not be able to return to the Tarneit Campus as all scheduled classes for their particular group are conducted in the City. Failure to complete the academic assignments may hinder a student's ability to successfully complete the overall iD9 program, which may result in a student receiving an 'unsatisfactory' grade. Failure to successfully complete a number of assessment tasks over a Semester may result in a student being placed on Academic Tracking.

Please refer to the College website under the 'Middle School' menu for updates and further information.

Homeroom	From	To
9 Green	Monday October 10	Friday October 14
9 Jade	Monday October 10	Friday October 14

From the Head of Senior School

Mrs Knurek

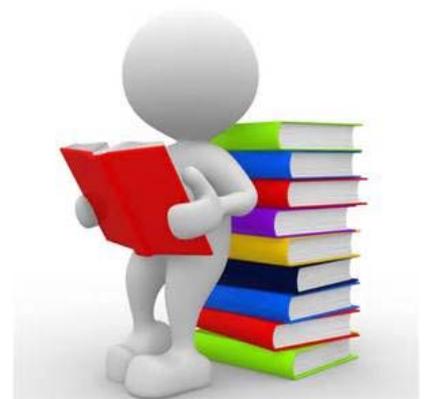
The Advent Term is a relatively short term for Senior School students. All students should now be focusing on their academic studies and on a regular study program at home that includes revision and set homework. Parents can support study at home by discussion of effective habits which include:

- Punctuality to class and to morning Homeroom
- Regular revision of work in class
- Having a quiet work area free from interruption
- Setting goals (short, medium and long term, as they help keep focus and motivation)
- Organisation of time so that nothing is left to the last minute
- If there are large amounts of work to learn, break it up into chunks of information and use highlighters for each section to help them stand out
- Completion of set work by the due dates
- Organisation of materials, books, equipment and uniform the night before

There are a number of staff at the College who are able to assist with study techniques.

Advent Term Important dates

During the holidays, I have again sent families information regarding important dates for the respective year levels for the Advent Term. This also contains important information about the Headstart week and reiterates the information and assistance parents can give to their children with study techniques which I hope will be of use to you all. This information has also been uploaded to PAM.



Year 12 students

Year 12 students will be involved in a number of formal and informal celebratory activities in October and November. Please note that Friday October 14 will be the last day for Year 12 VCE classes. On Monday October 17 there will be a whole school assembly to farewell the Year 12s. Dismissal on this day for the Year 12s will be approximately 11.30am. On Tuesday October 18 the College will host the Year 12 staff and student BBQ Breakfast from 8.00am to 10.15am. Students are not permitted to enter the College grounds prior to 8.00am and are not to remain on the College grounds beyond this time.

At the conclusion of formal classes, we understand students will need to meet with teachers. Due to WH&S issues, it is important that all students sign in at the Main Administration Office; you will need your student ID number to sign in and out. This will not apply when students are attending their scheduled examinations.

**2016 School Leavers Events**

While the end of Year 12 is an important milestone in young people's lives, any celebration requires young people to plan ahead, consider appropriate safety measures and realise the impact their activities may have on the community they visit. I encourage all parents and students to have conversations about safe partying, respect for communities and ensure their registration details for the area they are visiting are up to date. To assist young people intending to travel to Victorian coastal resorts, parents should encourage them to register at the State and Local Government website www.goodtimesgreatbreaks.com for periodic updates and safety tips.



Students intending to visit designated Victorian coastal areas including the Surf Coast Shire, Bass Coast Shire and Mornington Peninsula, should be aware that there is a one week period when safety response teams will be on hand. This is the week commencing November 26 to December 3.

Leadership

The College continues to provide opportunities for students to develop leadership skills and to participate in leadership activities. This remains a focus with our Year 11 students as they undergo the selection process for House Captains and Vice Captains in 2017. The process involves completing an application form and undergoing an interview with the respective Heads of House and Senior Staff members. Contribution to the various co-curricular and House activities offered by the College is also taken into account. Self-discipline, the ability to work effectively in teams and to contribute to the wider College community are skills that will assist students throughout their life journey.

Year 11 Unit 3 & 4 VCAA Exams

These students have received their timetable specifying the date and time of their VCAA Exam. They will not be required to attend classes on the day of the exam and if the exam time is before 12.00pm, they will also receive Periods 5 and 6 off the day before the exam to aid preparation

Final Dates Year 10 & 11

The final day for Year 10, 11 and Year 11 VCAL students will take place on Friday November 11. Students will be dismissed at the normal time of 3.20pm. As examinations commence on Monday November 14, we encourage all students to start their preparations and revision early.

**Year 11 VCAL students**

These students do not have examinations and will not be required at the College during the period Monday November 14 to Thursday November 24, unless they have not completed all assessment tasks or competencies. Should this be the case, parents will be contacted by VCAL Co-ordinator, Ms Le Noel and those students will be required to come to school to complete any outstanding work. All VCAL students are required to participate in the VCAL Headstart Program on Monday November 28, Tuesday November 29 and Friday December 2.

Headstart

Our Headstart program this year will take place from Monday November 28 to Friday December 2. Students are given an insight into the demands required of them in Year 11 and Year 12 and therefore are better prepared for their VCE studies. *The program is compulsory for all Year 11 and 12 2017 students and will operate within normal school hours.* The week enables a whole unit of work to be undertaken in preparation for the following year and it is therefore vital that all students attend each day and homework will be set for the holiday period. Students who are not returning to Thomas Carr College for VCE or VCAL in 2017 are not required at school at this time and are reminded that all books and College equipment must be returned to the appropriate areas by Thursday November 24.

This year our Year 12 VCE students will have the 5 days devoted to Headstart activities, with special presentations and seminars on the Wednesday and Thursday afternoon of Headstart to focus and help prepare them to “kick start” 2017. As ACS will not operate for Senior School in this week, Year 10 and 11 students will be dismissed at lunchtime on Wednesday November 30. All VCAL students are required to participate in the VCAL Headstart Program on Monday November 28, Tuesday November 29 and Friday December 2.

From the Health Centre

Ms King and Ms D’Agostino

Unwell/Injured Students Going Home

Students who are unwell or injured must present to the Health Centre in the first instance. If they are required to be collected from the College, the College Nurse will contact parents/guardians informing them of the nature of the illness/injury. Students are not to contact their parent/guardian directly to organise to be collected.

Parents/guardians will be required to attend the Main Administration Office to collect and sign out the student. We are no longer able to sign students out at the Health Centre due to the new Child Safety Standards. Once the student is signed out, this information will then be inputted to SIMON to ensure class teachers are aware that the student has gone home for the day.

Your co-operation and support of this process is greatly appreciated.

Year 7 Immunisations – October 11

Round 3 of immunisations will take place on Tuesday October 11. Information regarding immunisations can be obtained from this website with an extract below <http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/Content/introduction-ai>

Immunisation is a simple, safe and highly effective way of protecting children and adults from harmful diseases before they come into contact with them. It is estimated that vaccinations currently save up to three million lives worldwide each year.

Immunisation uses the body’s natural defence mechanism – the immune response – to build resistance to specific viral infections. When a person is vaccinated, their body produces an immune response in the same way their body would after exposure to a disease, but without the person suffering symptoms of the disease. When a person comes in contact with that disease in the future, their immune system will respond fast enough to prevent the person developing the disease.

Immunisation protects more than just one child’s health. Vaccinating a child will reduce the opportunity for that child to pass that disease on to another – especially young babies who cannot yet be fully immunised. When levels of immunisation in a community are sufficiently high, the risk of specific diseases can fall so low that even those who are too young or too sick to be given a vaccine will not be exposed to it. This communal or ‘herd immunity’ can save countless lives.



Hay Fever

If your child suffers from hay fever, please administer their anti-histamine medication at home, prior to commencement of school. A daily non drowsy anti-histamine tablet is most effective when taken early in the day to combat the symptoms of hay fever. If you wish to leave your child's anti-histamine medication at school, the College Nurse can dispense a student's own medication when required. All medication need to be provided in their original packaging with the student name attached, dose required and signed by parent/guardian. This will be stored in a locked medication cabinet in the Health Centre.

Information regarding hay fever can be obtained from the below website, with an extract below. <http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Hayfever>

Hay fever is also known as allergic rhinitis. Most people associate hay fever with spring, when airborne pollens from grasses are at their peak. However, hay fever can occur at any time of the year as an allergic reaction to allergens around the home, such as dust mites, moulds or animal hair or fur or occupational allergens.

Symptoms include a running nose, sneezing and itchy, watering eyes. Medication including antihistamines and staying indoors can help symptoms.

Suggestions to prevent or limit symptoms of hay fever include:

- Check the pollen count forecast on television or in the newspaper. Try to stay indoors if it's a high count.
- Stay indoors as much as possible in spring, on windy days or after thunderstorms.
- Splash your eyes often with cold water to flush out any pollen.
- Reduce your exposure to dust and dust mites, animals and animal hair or fur

If hay fever is left untreated it can lead to poor quality of sleep, decreased concentration and daytime tiredness. Some medications may help the symptoms of hay fever. Ask your doctor or pharmacist for advice.

Community News

Uniform Shop

The College Uniform Shop Advent Term trading hours are 8.15am to 4.00pm.

Please note that the Second Hand Uniform Shop will be in operation on Saturday November 26 from 9.00am to 12.00pm.

For all enquiries please contact Michelle on 9749 5969 or via email at thomascarr@midford.com.au

Hoppers Crossing Swimming Club

If you want to swim for fun, fitness, or work towards being a competitive swimmer, then Hoppers Crossing Swimming Club can assist you to achieve your goal.

Who: Are you five years of age or older and can swim 50 metres unassisted?

Why: Have fun, make friends, improve your swimming times, maintain or build your fitness, in a safe and supportive environment

When: Squad training operates all year round with all sessions conducted weekdays (mornings/afternoons) at AquaPulse

How: For further information contact Hoppers Crossing Swimming Club on 0405 221 970, via email at hcswimclubinfo@gmail.com or visit

www.hopperscrossing.swimming.org.au

Want to Learn to Sing?

Did you know anyone can learn to sing at any age?!

Enrol today at Full of Heart Music Studios located at Robina Road in Sydenham 3037. Students from Thomas Carr College can undertake private singing lessons, or learn with a friend in a group and save!

Contact Owner/Teacher Kristen Virag today on 0403 739 211 or via email at fullofheartmusic@gmail.com for your first lesson HALF PRICE!

www.fullofheartsinging.com.au



SINCE 1946
midford



full of heart
MUSIC STUDIOS



St James Parish Community
 336 Derrimut Road, Hoppers Crossing North
 15 October 2016
 10am to 4 pm

Spinning Wheel	Bar-B-Que	Coin Toss	Pick A Box
Face Painting	Devonshire Tea	Rides	Sponge Toss
Cake Stall	Photo Booth	White Elephant	Plants
Books	Donuts	Fairy Floss	Snow Cones
Entertainment	Tattoos	Kids Craft	Toy Stall
Spit Roast	Cold Drinks	Charm Bracelets	Beauty Stall

Entertainment

12:30 pm Taekwondo Demo
 2:00 pm Dance Performance

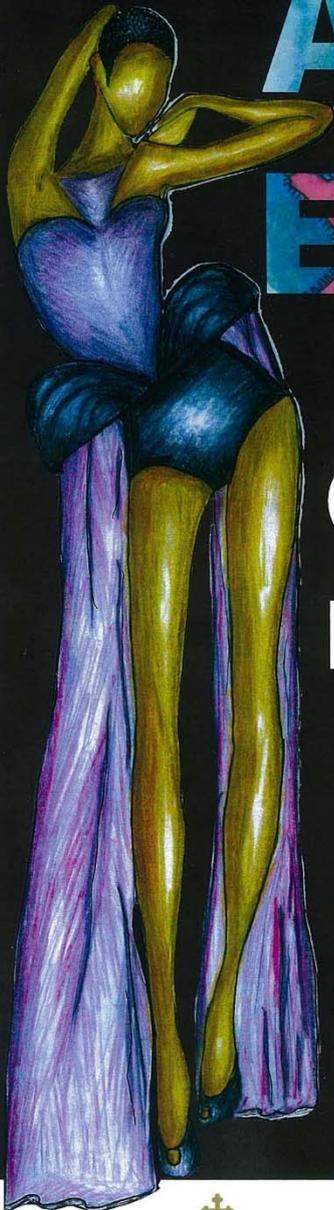
Silent Auction

Laser Printer
 Car Service Voucher
 Massage Gift Pack
 Gym Rowing Machine
 Office Chair
 and More

WVWD

ART & TECH

EXHIBITION



OCTOBER 19 – 23

Bruce Runnalls Centre

OPENING NIGHT

Thursday 20th, 7pm

Open on Sunday for Open Day 1pm-4pm



THOMAS CARR
COLLEGE
TARNEIT EST.1997

Celebrating **20** Years



THOMAS CARR
COLLEGE
TARNEIT EST.1997

OPEN DAY

SUNDAY 23 OCTOBER 2016, 1.00PM – 3.30PM

The day will include: Arts Show, Fashion Parades, College Tours, Musical Items, Sporting Events, Learning Displays and Cultural Tastings.

Refreshments available as well as fun and food for younger guests.

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