From the Principal:

Our P.B.S. Values are:
Respect for Ourselves
Respect for Others
Respect for our Learning

http://MyTerncity.com.au

“It helps now and then to step back and take a long view. The Kingdom is not only beyond our efforts, it is beyond our vision. We accomplish in our lifetime only a fraction of the magnificent enterprise that is God's work. Nothing we do is complete, which is another way of saying that the kingdom always lies beyond us.”

“We cannot do everything, and there is a sense of liberation in realizing this. This enables us to do something. It may be incomplete, but it is a beginning, a step along the way, an opportunity for the Lord's grace to enter and do the rest.

*We may never see the end results, but that is the difference between the master builder and the worker. We are workers, not master builders, ministers, not messiahs. We are prophets of a future not our own.*

Oscar Romero

As announced yesterday, Liz Illingworth will be the new Principal of St. Finn Barr’s School, Invermay from the start of 2017. Liz has been our Assistant Principal now for nearly three years. Liz will provide energy, commitment, integrity and example as a leader to SFB community. For us the emotions are naturally mixed.

Mr. Tony Claessens will also be retiring from full time teaching at the end of 2016. Tony will continue to work at SHCS in a part time role in 2017, yet to be finalised. Tony has been an outstanding servant of Catholic Education as Principal and classroom educator across a variety of schools. He is a man who models the values we aspire our students to have and develop.

We will celebrate and thank them in time, we also must turn our focus towards the needs of our community going forward. If we have an attitude of entitlement then we place ourselves above the community. We should not have a monopoly on our role just because we have done it for a period of time or demand special privileges due to our current or former status. We are part of SHCS community first and foremost. We need to try to move beyond ‘self interest’ and focus on the greater need and good. We are only custodians for a period of time and as a result should expect more of ourselves in preparing the way for those that will follow us; students, teachers, staff and parents. This is not easy, no question, at the same time this is what we are called to do as part of the catholic mission of our school.
From the Principal:

As Oscar Romero beautifully writes “…We cannot do everything, and there is a sense of liberation in realizing this. This enables us to do something…” The ‘something’ has to be about what the community needs and is the right thing to do through the lens of our tradition, lived in the current reality while moving towards the future.

We have to be ok that life will go on once we leave and that we are not getting in the way of what that direction is. We are all only here for a short time and as Romero writes “…It may be incomplete, but it is a beginning, a step along the way, an opportunity for the Lord’s grace to enter and do the rest.”

We will be sad and miss people who have been a major part of our story, however the story continues and the next chapter introduces new characters who may also play a significant or profound part in our narrative.

Uniform Shop Closed

As we shared in a letter to parents today, our Uniform Shop will be closed in the short term future. We will be identifying how we can support families around their uniform needs and share this shortly.

Working with Vulnerable People

We have over a prolonged period tried to communicate as clearly as we can around the expectations around the Working with Vulnerable People registration. To be clear

- You need to register online
- Pay at Service Tasmania
- Receive WWVP card confirming registration and show your card at the school office.

There are challenges around the implementing of this and the realities of what schools are like day to day. We share the frustrations while also being obliged to implement and support the expectation asked of all schools through legislation.

What’s Happening This Term

Key events across the coming term are below. It is also a reminder of how active and diverse the opportunities are within SHCS.

<table>
<thead>
<tr>
<th>Sept 4th</th>
<th>Wk 8</th>
<th>Jane Hills begins long service leave for remainder of the term</th>
</tr>
</thead>
<tbody>
<tr>
<td>5th</td>
<td>Wk 9</td>
<td>SHS ATHLETICS CARNIVAL Grade 3-6</td>
</tr>
<tr>
<td>Begins 12th</td>
<td>Wk 9</td>
<td>School Fire Education - 2 week program</td>
</tr>
<tr>
<td>19th</td>
<td>Wk 10</td>
<td>Matt away last week term /first week holidays - Edmund Rice Pilgrimage - Geneva and Ireland</td>
</tr>
</tbody>
</table>
From the Principal:

School Athletics Carnival

This coming Monday our Grade 3-6 students will be participating in our School Athletics Carnival at St Leonards Athletic Centre. Thanks in advance to Mr. Anderson for his organisation of the event. Without wanting to be over confident, the weather looks ok for the day too!!!!!

SACRED HEART SCHOOL ATHLETICS PROGRAM OF EVENTS – MONDAY 5th SEPTEMBER 2016

<table>
<thead>
<tr>
<th>EVENT</th>
<th>9:30</th>
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<td>Long Jump</td>
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<td>Sack Relay</td>
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<td>Egg &amp; Spoon</td>
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WORKING WITH VULNERABLE PEOPLE REGISTRATION

Government legislation now requires all people working or volunteering with vulnerable people to be registered. It is an expectation placed on our schools that any person who is on an excursion, helping in the classroom, helping out with students getting changed after swimming, attending camps etc must have this registration.

If parents do not have registration or registration is pending you will not be able to volunteer and attend the excursion or school event. This is something that we do not want to have to do but as legislation and system policy we need to adhere to.

How to apply for a WWVP and Number

2. Print the “Application Receipt” which is generated when the application has been completed in full
3. Take the “Application Receipt” to a Service Tasmania shop, pay the fee ($17.60) and have your 100 point check to confirm identity

Once your registration has been approved and you receive your WWVP card, please bring it to the school office so your name, registration number and expiry date can be recorded and verified.
## Sacred Heart School Newsletter

### ~ September 2016

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<th>Sun</th>
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<tr>
<td>Gr 3-6 Athletics Carnival</td>
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<td>5pm for a 5.30pm start - Band Soiree @SHS</td>
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<td>Jane Hills LSL for the remainder of the term</td>
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<td>School Fire Education Program all week</td>
<td>School Fire Education Program all week</td>
<td>School Fire Education Program all week</td>
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<td>5pm for a 5.30pm start - Strings Soiree</td>
<td>5pm for a 5.30pm start - Strings Soiree</td>
<td>5pm for a 5.30pm start - Strings Soiree</td>
<td>5pm for a 5.30pm start - Strings Soiree</td>
<td>5pm for a 5.30pm start - Strings Soiree</td>
<td>5pm for a 5.00pm start - String Soiree</td>
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<td>6.30pm Board Meeting</td>
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<tr>
<td>Transition to Summer Uniform</td>
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<td>Gr 3/4 to Peter Pan @ Princess Theatre</td>
<td>Gr 3/4 to Peter Pan @ Princess Theatre</td>
<td>Gr 3/4 to Peter Pan @ Princess Theatre</td>
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## End of Term 3 Sausage Sizzle

**Friday 23rd September**

Sausage/Hamburger orders along with payment need to be given to the class teachers by Friday 16th September

Hamburgers $2.50

Sausages $2.00

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**Webpage:** [www.sacredheartl.tas.edu.au](http://www.sacredheartl.tas.edu.au)

**Twitter:** @shslton

**Facebook:** [www.facebook.com/sacredheartl](http://www.facebook.com/sacredheartl)

**Pinterest:** Sacred Heart Catholic Primary School

**S.H.S. Parents and Friends email:** shsl.pnf@catholic.tas.edu.au
Infectious Notifiable Diseases in the School Setting

Public Health Services have provided information on best practice in responding to infectious notifiable diseases in the school setting.

Notifiable disease are Measles, Meningococcal disease, Mumps, Pertussis (Whooping Cough), Rubella (German Measles), Tuberculosis and Hepatitis. Except for whooping cough, most of these diseases are now uncommon.

If the school is aware of a potentially infectious illness involving a student or staff member, it is most important to ensure the student or staff member is assessed by a doctor who will manage the illness and often involves the person being excluded from school or work until they are well and no longer infectious to others.

Animals on School Grounds

After we recently advised the below to school staff, it’s timely to also share this with the rest of our community.

Did you know… An extract of relevant Tasmanian legislation (Dog Control Act 2000) states:

(1) A person must not take a dog into –
(a) any grounds of a school, preschool, kinder, creche or other place for the reception of children without the permission of a person in charge of the place.

(2) This section does not apply to –
(a) a guide dog that is accompanying a wholly or partially blind person or is in training for that purpose; There are other exceptions besides just ‘2a’ above.

Your duty… If you wish to bring any animals onsite, prior approval needs to be obtained from the Principal. The Principal may give approval, & may also stipulate reasonable precautions.

The school &/or individuals can be fined up to $650 for any infringement of the Act.
Father's Day

Over the years as we grow old, we remember our father so brave and bold. In my house, showing us how, he would listen to me; I see him now.

He would give advice and understand; he was always there to lend a hand. God made fathers strong and firm, for he knew our lives would have great concerns.

So he gave us fathers to teach us to pray, and guide our lives, and show us the way. So on his day let's take the time to say "Thanks, dad. I'm glad you're mine."

By Ava Jones
Grade 4 Wood
Our Candidates participated this week in Faith Sharing Sessions as part of their Sacramental Preparation Programme. Many thanks to Rosie Caelli and Jodi Campbell for their support of our candidates at the Faith Sharing times.

Welcome Rites will be held at Mass this Saturday and Sunday for all Confirmation and First Eucharist Candidates.

Mass Times:
Saturday Vigil
6pm Sacred Heart, Newstead

Sunday
9 am St Finn Barr's, Invermay
9 am St Patrick's College Chapel, Prospect
10:30 am Church of Apostles, Launceston

Please pray for the encouragement of our candidates and their families.
<table>
<thead>
<tr>
<th>Grade</th>
<th>Student</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep Hills</td>
<td>Ryder Plunkett</td>
<td>For great work in Maths</td>
</tr>
<tr>
<td>Prep Best</td>
<td>Stella Hogarth</td>
<td>For demonstrating great skills of working co-operatively</td>
</tr>
<tr>
<td>Grade 1 Murphy</td>
<td>Tyler Graham</td>
<td>For outstanding handwriting</td>
</tr>
<tr>
<td>Grade 1 Crawford</td>
<td>Kayleb Barker</td>
<td>For excellent work on subtraction</td>
</tr>
<tr>
<td>Grade 2 van Ryn</td>
<td>Geordie Kotynia</td>
<td>For great work on his Gorge brochure</td>
</tr>
<tr>
<td>Grade 2 Reid</td>
<td>Lily Smith</td>
<td>For her positive attitude and conscientious approach to all tasks</td>
</tr>
<tr>
<td>Grade 3 Hood</td>
<td>Maddison Leonard</td>
<td>For always helping out in our classroom</td>
</tr>
<tr>
<td>Grade 3 Symons</td>
<td>Lucy Van Zetten</td>
<td>For an excellent design in “Sketch Up”</td>
</tr>
<tr>
<td>Grade 4 Hegarty</td>
<td>Amalie De Jong</td>
<td>For improved spelling results. Well done!</td>
</tr>
<tr>
<td>Grade 4 Wood</td>
<td>Summer Alexander</td>
<td>For your wonderful participation in Book Week activities</td>
</tr>
<tr>
<td>Grade 5 McLeod</td>
<td>Fletcher Harper</td>
<td>For accepting and achieving the “Premiers reading Challenge”</td>
</tr>
<tr>
<td>Grade 5 Viney/Steven</td>
<td>Barnaby Jones</td>
<td>For excellent work in Literacy this week</td>
</tr>
<tr>
<td>Grade 6 Claessens</td>
<td>William Symons</td>
<td>For showing greater attention to detail and listening to advice</td>
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<tr>
<td>Grade 6 Davie</td>
<td>Emmanuel Lockley</td>
<td>For being a friendly and hardworking member of Grade 6</td>
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<tr>
<td></td>
<td>Ella Viney</td>
<td>For fantastic improvement with reading</td>
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<td>Cooper Reeve</td>
<td>For demonstrating great skills of working co-operatively</td>
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<td></td>
<td>Hannah Madden</td>
<td>For improved concentration</td>
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<td>Cameron Nicholas</td>
<td>For being a massive improver in all areas</td>
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<td>Meg Kotynia-Soley</td>
<td>For great work on 3D shapes</td>
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<td>Hamish Gardner</td>
<td>For extending his thinking in maths this week. Keep up the good work!</td>
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<tr>
<td></td>
<td>Lennox Wood</td>
<td>For very imaginative narrative writing</td>
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<td>Tyler Alexander</td>
<td>For thoughtful behaviour towards others</td>
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<td>Nick Saunders</td>
<td>For always “having a go” during our class discussions</td>
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<td></td>
<td>Will Andrews</td>
<td>For your wonderful participation in Book Week activities</td>
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<td>Evan Periera</td>
<td>For an outstanding writing response to Little Red Riding Hood from the wolf’s perspective</td>
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<td>Marley Pederson</td>
<td>For the respectful and positive way she works with others</td>
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<td></td>
<td>William Fox</td>
<td>For his attention to detail and his fine work ethic</td>
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</table>
Sacred Heart School Newsletter

Book Week
Australian Schools Trout Fishing Championships

Monday 19th September 2016, Brumby’s Creek, Cressy Tasmania.

Do you like fishing? Have you got the skills to represent your school at the Australian Schools Trout Fishing Championships?

Mr van Ryn will be taking 2-3 teams along and we need up to 12 students from grades 3-6 in our team.

If this is something you might be interested in then please submit your application to Mr van Ryn by Friday September 9th 2016.

Your written application will need to address:
- Why you want to, or deserve to be, on the Sacred Heart Team.
- Your fishing experience.
- Anything else you think will help us make our selection.

If you need more information please see Mr van Ryn or ask your parents to email phil.vanryn@catholic.tas.edu.au

The Little Athletics season is commencing SOON!
Sacred Heart have an affiliated Little Athletics Club and we would love you to come and join us.
Our vision is to provide an inclusive and family orientated little athletics club that has a strong and proud reputation for being there to support, nurture and encourage all children.

* Registration day - Wednesday 14th Sept. from 3.30 -7pm at St Leonards Athletics Centre
* COME AND TRY and Regional Coaching Day will be held on the 12th Sept, from 1pm and St Leonards Athletics Centre.
* Sacred Heart Little Athletics Training will commence on Thursday 22nd Sept. 4.30 -5.30 (venue to be advised)
* First competition day is Saturday 24th Sept, 8.30 - 12.30 (approx)

Newcomers are able to compete at two meets before full payment is required. Proof of age must also be cited for newly registered athletes.

COME AND JOIN US. Develop skills for life and have fun doing so.

For further information contact - President – Anna Davie (0437237141)
Find us on Facebook - https://www.facebook.com/SacredHeartAthletics
Or email us at: sacredheart@sllac.org.au

Please join us for our Family Mass
6pm Saturday
Newstead Church
19th March
14th May
18th June
20th August
17th September
22nd October
12th November

If you or your child/ren would like to help with the Mass please contact Jacque Wood 6344 5716 or jacque.wood@catholic.tas.edu.au

1st September 2016 “Open the door to mercy” 1873-2016 Our 143rd Year
Sacred Heart School Newsletter

Term Dates
Catholic Schools

2016
Term 1 Thursday 4.2.16 to Friday 8.4.16
Term 2 Tuesday 26.4.16 to Friday 1.7.16
Term 3 Monday 18.7.16 to Friday 23.9.16
Term 4 Monday 10.10.16 to Thursday 15.12.16
Friday 20th May 2016 Student Free day

2017
Term 1 Thursday 9.2.17 to Thursday 13.4.17
Term 2 Monday 1.5.17 to Friday 7.7.17
Term 3 Monday 24.7.17 to Friday 29.9.17
Term 4 Monday 16.10.17 to Thursday 21.12.17

2018
Term 1 Thursday 8.2.18 to Friday 13.4.18
Term 2 Monday 30.4.18 to Friday 6.7.18
Term 3 Monday 23.7.18 to Friday 28.9.18
Term 4 Monday 15.10.18 to Thursday 20.12.18
Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day. Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties
- Polenta
- Quinoa
- Pasta
- Bread
- Muesli
- Wheat
- Cookies

Vegetables and legumes/beans
- Red kidney beans
- Red lentils
- Chickpeas
- Fettuccine
- Penne

Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans
- Mixed nuts
- Lentils
- Tofu
- Fish

Milk, yoghurt, cheese and/or alternatives, mostly reduced fat
- Soy drink
- Low fat milk

Fruit
- Pineapple
- Apple
- Banana
- Orange

Use small amounts
- Vegetable oil
- Olive oil

Only sometimes and in small amounts
- Savoury snack biscuits
- Candy
- Chips
- Sweets
A Fire Fighter from the Tasmania Fire Service is visiting our school this week to present a Fire Safety Program to our students.

The program is an initiative of the Tasmania Fire Service which aims to deliver appropriate fire safety education to every primary school child in Tasmania. The program is part of the Tasmania Fire Services ongoing commitment to educate the public for a fire safe Tasmania.

Activity Books will be handed out to children from grades 1 to 4. After the conclusion of the program the activity book can be taken home and we encourage other members of your family to participate in the activities to ensure your home is fire safe.

INSTALL AND MAINTAIN SMOKEALARMS (Smoke alarms save lives)

Smoke alarms warn occupants of a fire and ensure safe evacuations. Every home should have photo-electric smoke alarms installed in each bedroom, hallway and at the head of the stairway, connecting levels, if you live in a house with more than one level. They provide an early warning of fire, giving people more time to get out potentially saving lives and thousands of dollars in property damage.

Smoke alarms should be tested weekly with flat batteries being replaced immediately. Batteries should be replaced at least every twelve (12) months; a good time is at the end of daylight savings time. Some alarms have 10 year lithium batteries that do not need replacing every year.

PLAN AND PRACTICE A HOME FIRE ESCAPE PLAN

a) With the family, plan two ways out of every room. In case of fire, one exit may be blocked by flames or smoke. Choose a safe meeting place outside where everyone will meet like the letter box.

b) Enable Doors And Windows To Be Easily Unlocked

Door deadlocks and windows locks are in many homes and can be deadly in a fire. When you are in the home leave keys in any deadlocked door and ensure windows can be easily opened in the event of a fire.

The best fire escape plan is worthless if your escape route is blocked.

CRAWL LOW UNDER SMOKE (Crawl low and go, go, go)

Everyone should know if you get caught in smoke, the cleanest air will be several centimetres off the floor. Get down on your hands and knees and crawl to the nearest safe exit. Shout Fire! Fire! Fire! To warn others.

2 METRES FROM HEATER / FIRE

Always keep clothes, newspapers, kindling and other flammable material at least 2 metres from the heater or 2 big giant steps away from it.
STOP, DROP AND ROCK AND ROLL

Everyone should know this rule. “If your clothes catch fire, don’t run! Stop put your hands over your face, gently drop to the ground, and rock and roll back and forth on the ground until your clothes stop burning. This will smother the flames while protecting your face, mouth and lungs from the flames.

A MATCH/LIGHTER IS A TOOL FOR ADULTS

Matches and lighters are extremely dangerous in the hands of a child. Store them up high where children can’t reach them. Teach children that matches and lighters are tools for adults; they are not toys for children.

COOKING (Turn it off before you turn away)

Never leave cooking unattended. Turn it off before you turn away. Be alert when cooking; keep children out of harms way. Pot handles should be turned inward so they won't be knocked over the edge of the stove.

IF A FIRE STARTS IN YOUR HOME REMEMBER TO:

- GET OUT – CRAWL LOW UNDER SMOKE
- SHOUT FIRE! FIRE! FIRE! TO WARN OTHERS
- GO TO YOUR SAFE MEETING PLACE (e.g. Letterbox)
- CALL THE FIRE BRIGADE ON TRIPLE ZERO “000”
- GET OUT STAY OUT - NEVER GO BACK INSIDE.

REMEMBER: Plan ahead – there’s a lot you can do to prevent a fire

EARLY CHILDHOOD

TFS receives regular requests from kindergartens, preschools and child care centres asking for firefighters to visit and teach children about home fire safety.

TFS does not deliver structured fire safety programs to children below primary school age. This decision was made based on research carried out by the Mental Health Services of the Royal Children’s Hospital and the Metropolitan Fire Brigade in Melbourne. This research indicated that:

- Children under the age of five had low retention of the information they had learned; and
- In some children, the information had actually stimulated their curiosity about fire and they had begun to play with fire.

TFS believes that parents and caregivers are the best people to make sure that very young children are safe from fire. To help with this, TFS has a fire safety website for parents, carers, teachers and students @ www.tfseducation.com.au

TFS has also developed resources for young children that introduce them to the friendly firefighter characters that they will meet when they receive the School Fire Education Program:

- A colouring book;
- A money box shaped like a fire truck; and
- Stickers with home fire safety messages for the whole family.

To order free giveaways for your kindergarten, preschool or child care centre, go to www.tfseducation.com.au/order