If you have information or ads for the newsletter, need to contact the school or want an email forwarded on to a teacher, please email it to northcote.ps@edumail.vic.gov.au

Important School Diary Dates

**2015**

<table>
<thead>
<tr>
<th>Dec</th>
<th>14 Mon</th>
<th>Last School Banking for the year</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>15 Tues</td>
<td>2nd in-school transition 12.30 -1.30pm</td>
</tr>
<tr>
<td></td>
<td>18 Fri</td>
<td>End of Term 4 – <strong>1.30 pm</strong></td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>2016</th>
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<tbody>
<tr>
<td>Jan</td>
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<tr>
<td>Feb</td>
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<td>Mar</td>
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<tr>
<td>Apr</td>
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</tbody>
</table>

Summer Watering Roster

We are in need of families to help keep the plants alive over summer. If you can help out with the watering roster, please contact Karen McWilliam at k.mcwilliam@elenbergfraser.com or the school office. Thank you to the families who have volunteered already

**LAST CHANCE TO COLLECT LOST PROPERTY ITEMS**

<table>
<thead>
<tr>
<th>11th</th>
<th>FRIDAY AFTER SCHOOL: Under the trees on the back turf (or in the hall if raining)</th>
</tr>
</thead>
<tbody>
<tr>
<td>14th</td>
<td>MONDAY AFTER ASSEMBLY: Hanging up in the hall until the afternoon</td>
</tr>
<tr>
<td></td>
<td><strong>MONDAY EVENING:</strong> Items will be donated to a local charity</td>
</tr>
<tr>
<td>15th</td>
<td><strong>ITEMS GONE</strong></td>
</tr>
</tbody>
</table>

2 Days ONLY
Well done ALL students!

Once again it is that time of the year when I read many of the student reports before they go to print, ready for distribution to parents. This year, Ross Bennie (Assistant Principal) and Linda Batten (Acting Leading Teacher) have also read many of the reports as we divide them up between us. We all commented on the learning progress the children have made over the year.

I particularly enjoy reading the student self-reflection comments as to what they enjoyed learning about and their perception of how well they have gone over the year.

We have been very impressed with the effort and achievement of all of them. Children and families are about to receive the student end of year reports and it is a time to sit with your children and discuss their achievements and goals for next year.

I would like to congratulate all students for their great efforts over the school year.

End of Year Picnic tea
After what promised to be lovely weather for our picnic tea at the start of the day, it soon turned to custard by the late afternoon. Nevertheless, we remained optimistic and the true troopers that the Northcote Primary School Community are, we were not to be deterred by a little light refreshing rain. We gathered, mostly under the trees around the yard, chatted and ate and refreshed and reflected on the school year nearly gone by.

Thank you all for coming along, considering the damp weather, it was a very well supported afternoon and evening and I know the children didn’t seem to mind playing in the rain after their picnics.

End of Year Student Reports
Student reports will be sent home in a sealed envelope with the children on Friday. Teachers will be available to meet during normal school day hours should you wish to discuss your child’s progress. Please contact your child’s teacher to make a time to meet if you would like to.

Parent Helpers Morning Tea
On Tuesday 8th December, a number of parents were able to come along to our Parent Helpers Morning Tea. We appreciate that not all parents are able to join us due to other pressing commitments; however, as a school we feel it is still important to run it as a symbolic and representational gesture for all our parent helpers who volunteer their time to our school across the year.
A number of teachers and staff spoke about how grateful they are to receive the support of parent helpers in such a range of ways from: daily changing the children's take home books; helping work with small groups in classroom learning to free teachers up to work in a more focused way with groups; vital assistance with the Junior swimming program (Try putting 40 or so kids undies back on after swimming! Thank you parents!!); coming on school camps to support the safety and enjoyment of the away-from-home experience for the children; helping to transport students to interschool sporting events; excursion support; support in the Library; being speakers to the class; supporting working bees; fundraisers; fete helpers; working groups; School Council and so on and so on.

The staff all work very hard but cannot possibly run the programs to the level they do without the generous volunteer support of parents, and sometimes, grandparents.

But it is more than just that. By coming into the school and helping where you can, you are getting to know your child’s teachers, they have the opportunity to get to know you. Together we build partnerships that make our school the great school community that we are. Your very act of contributing and supporting alongside us, helps build community that supports all of our children so well and gives them that unshakeable sense of belonging.

The staff and I acknowledge you all and express our appreciation for the work you do in partnership with us for the benefit of all our students.

We hope you enjoy the work you do here and gain a sense of satisfaction from your contributions and getting to know your child’s friends too. .... and keep coming back!!

**Year 6 Graduation**

On a warm Tuesday evening, 8th December, families, staff and friends gathered together at a new venue, North Fitzroy Bowling Club to officially celebrate and acknowledge the 2015 Year 6 Graduates. Every Year 6 student was acknowledged and spoken about by their home group teacher/s as they received their Graduation Certificate and Year book.

I would like to thank the 2015 Year 6 Committee: Annabel Thorpe, Kate Axup, Sophie Petrou, Cate Taylor, Megan Marsh, Laura Hayes, Genevieve McMahon, Emily Nance, Marina Henly and Claire Sherwell, year 5/6 teacher, for the time and effort that was put into sourcing the venue and organising the evening. It went so smoothly and was such an enjoyable evening for us all as we looked back on the achievements of the 2015 Graduate group throughout their primary schooling (where did that go?) and shared stories of their time at Northcote Primary School. What a wonderful send off and one for the memories!

**Staff leaving**

Farewell ....

Margaret Barrett

At our School Council meeting last week, we were acknowledging Margaret’s contribution to Northcote Primary School and Margaret mentioned that she first came to NPS when her oldest son was 3 years old ..... Sam is now 24 years old. That represents a commendable commitment to the teaching and learning of students at our school over a period of time. Of course, Margaret had some time off in there, to have her own children. Margaret also chose to have her 3 sons, Sam, Jack and Max, schooled at Northcote Primary School, which is a great vote of confidence for the school over time.

Margaret has taught right across the school from Prep to year 6 and when Margaret’s own sons
Margaret began their secondary school education, Margaret was able to bring the knowledge of secondary school curriculum and transition, into the teaching and learning programs at the year 5/6 level. A few years back, to further her own personal and professional interests in boys and their particular learning styles, Margaret was selected to an Australian wide position of a ‘Boys in Education’ teacher and learning consultant. Margaret travelled around Australia and throughout Victoria, teaching teachers about boys’ developmental stages and how teachers could design learning programs to cater for their particular learning and development needs. When Margaret came back to teach at NPS, we were fortunate to share and learn from Margaret on how to improve our approaches to engaging boys in education.

Margaret has been a team leader and has mentored a number of our graduate teachers. She is known for her calm and caring approach and is often the voice in our staff meetings that, when teachers are faced with a complex problem with many alternative options, Margaret seems to be the one that is first to offer the common sense approach. Margaret is a highly regarded teacher by her colleagues, students and parents. Her experience and professionalism will be missed at Northcote Primary School. We wish her all the best in the next phase of her life and hope to see her back at our school in the casual relief teacher role, here and there.

**Farewell Claire Sherwell ....**

Claire has been teaching at our school for a number of years now, coming to us from teaching remote and rural indigenous schools in South Australia. Claire began with us as a relief teacher and she had a bit of the travel bug at the time. With trips to South America and elsewhere in between her teaching gigs, eventually we were able to attract Claire to a position at our school on a longer term basis. Claire has grown professionally in her time with us, teaching across the school in both Junior, Middle and Senior schools. She has leadership positions this year with the Data Managers team and has been on School Council working on the Community subcommittee and contributed to the successful organization of the 2015 Year 6 Graduation evening celebration.

Claire has a passion for teaching and learning and was selected to visit a neighbouring school to investigate a Prep to 6 Reading comprehension assessment program that we were considering bringing in to our school. Claire’s grasp of our criteria for an evidenced based approach meant that we trusted her judgment on her recommendation that we investigate further with a view to take up. Claire is what we call an ‘early adopter’, with a clear eye on what will make an improvement for children’s learning and a willingness to get on board and do the work to make it a success. Claire is highly regarded by her students and her ex-students, her colleagues, close team members and parents. This was evident in the year 6’s reflections and anecdotal stories that we shared at the year 6 graduation evening.

We will miss Claire’s drive, passion and willingness to do her best for all the children at our school. We wish her all the best in her new position at a country school in the Grampians and in the next phase of her life in country Victoria.

**Farewell Dane Noble....**

We first met Dane as a pre-service teacher at a placement at our school. Dane had had another career in IT and had decided that teaching would bring a welcome change and challenge to his life. We recognized that he had great potential as an emerging teacher and as he developed, he would add to the collective quality of the teaching group at our school.

Dane has never disappointed our initial impressions, teaching across the school from Prep to year 4. He brought his knowledge and passion in technology to improve our whole school IT plan that included hardware and digital teaching and learning. Dane has been on School Council, on the Education Sub Committee, and this year was selected to be the Team Leader of the 3/4 area. Dane also initiated the new Data Manager’s Team and has led the team this year to implement the components of the School Strategic Plan around
assessment and data management. He has contributed much at the Leadership level to the school improvement plan.

He also has another string to his bow, his talents in the Music area. Who can forget the flash mob dance at 3.30pm with all the year 3/4s with a song on sustainability, as they danced through the throngs of parents waiting to pick up children at the end of the day? Dane also volunteered his band to play at every school fete, much to the squealing delight of his adoring students!

Dane is highly regarded by his students, colleagues/team members, and parents. We will miss his enthusiasm, his ‘can-do’ attitude, his willingness to take on and adapt innovative approaches to teaching and learning and his leadership at our school.

We wish him all the best in his new teaching role at a school in the wider Geelong area, as he starts the next phase of life by the coast.

**Final Assembly**

There will be one more Monday morning assembly then our final assembly on Friday afternoon, 18th December, **commencing at 1.10pm – 1.30pm** where we farewell our families who will be leaving us, staff, and of course, our Year 6 graduates. Hope to see you there.

**Warm regards,**

*Kerrie*

---

I would like to take this opportunity to bid my farewell to everyone at Northcote PS.

After a long, but very satisfying career in teaching (more than 30 years!) I have decided to try something new. Coffee shops mid-morning, reading the paper at a leisurely pace, holidaying out of school term breaks……you get the picture!

I have enjoyed my years at Northcote PS and I am so proud of the students I have taught. The passion and dedication of the school community has always been outstanding. As a member of school council I have had the opportunity to see first-hand the commitment parents have in making our school a great place to be.

My 3 sons were fortunate to be educated here and have all turned out quite well! (Although one is currently at schoolies in Byron Bay so maybe it’s too soon to say!). I would also like to thank the leadership team, teachers and support staff for their hard work in providing such a caring, comprehensive and fun educational experience for my boys.

Anyway, goodbye and thanks for the memories.

*Margaret*

---

After three very happy years teaching here I have mixed emotions about saying goodbye to Northcote Primary. I am excited to be starting a new chapter of my life in the Grampians, closer to family but I will miss the staff, students and NPS community greatly. Over my time at NPS I have learnt that it is the people that make a school truly great and I want to say thank you to everybody for their ongoing commitment to making this a safe and happy place for students to thrive. I will look forward to updates about the future successes of NPS from friends, both staff and parents, I have made along the way. I wish everyone happy holidays, best of luck for 2016 and a special mention to the 2016 netball teams, I will be with you in spirit!

*Claire Sherwell*
2016 Parent Payments

Each year your children enjoy an extensive program of educational activities and services at Northcote Primary School. The school's capacity to continue to provide excellent programs relies on us all contributing financially. At the School Council meeting in early December, the Parent Payment schedule for 2016 was approved. School Council develops the budget and plans to meet the budget goals. The school is financially supported by the state government through the Department of Education and Training, by providing direct grants and payment of staff. In anticipation we thank you for your support.

The table below provides an overview of the contributions requested. **Contribution**

<table>
<thead>
<tr>
<th>Essential Education Items</th>
<th>Details</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classroom Materials &amp; Consumables</td>
<td>This covers all classroom stationary; shared requisites used in the classroom such as paper, photocopying, resource sets</td>
<td>$150.00</td>
</tr>
<tr>
<td>Information and Communication Technology</td>
<td>Consumable materials such as cartridge costs, paper and equipment</td>
<td>$50.00</td>
</tr>
<tr>
<td>Excursion Levy</td>
<td>Covers classroom excursions across the year but does not include camps &amp; swimming costs and some special events</td>
<td>$70.00</td>
</tr>
<tr>
<td>Incursion Levy</td>
<td>Covers in-school cultural performances across the year</td>
<td>$30.00</td>
</tr>
<tr>
<td>Tri-Skills Gymnastics Levy</td>
<td>Prep to Year 4 children only</td>
<td>$28.00</td>
</tr>
<tr>
<td>Interschool Sport</td>
<td>Year 6 students only</td>
<td>$80.00</td>
</tr>
<tr>
<td>Interschool Sport</td>
<td>Year 5 students only</td>
<td>$34.00</td>
</tr>
</tbody>
</table>

**Voluntary Levies**

| Curriculum Levy - voluntary | Resources to support other curriculum areas such as Physical Education; Arts; Languages; Student Engagement and Wellbeing; | $70.00 |
| ICT Levy – voluntary | Purchase, updating and maintenance of ICT equipment. | $90.00 |
| Library Fund - voluntary | Purchase of library resources and equipment. Donations to this fund are tax deductible. | $50.00+ |
Wow, what a year! All year levels have worked extremely hard and we have all achieved so much. I thank everyone who has assisted our Italian Program in various ways throughout the year, in particular with our massive Italian Day! We are so lucky to have such a supportive community! You are all NUMERO UNO!!

Congratulations to Tahlia and Flynn in Year 6 who were the recipients of The 2015 Italian Award. Both students were presented with their award during Monday morning’s school assembly. An outstanding achievement! Superbo!

‘Buona Fortuna’- Good Luck to all the Year 6 Students and any other student who is leaving Northcote P.S. You all have been a pleasure to teach and I wish you well for your future and with future language studies as well! 😊

For those families who celebrate this occasion, I would like to take this opportunity to wish you all ‘Un Buon Natale e Felice Anno Nuovo’- A Merry Christmas and a Happy New Year. Take care over ‘le vacanze’- the holidays and I look forward to seeing you all next year!

Until gennaio (January), buone vacanze (Happy Holidays), take care and keep smiling,

Saluti (cheers),

Signorina Rosa.

House sitter wanted from 27th December - 13th January to care for our (house trained) kitten and cats. Renovated, child friendly, 3 bedroom home with 2 bathrooms and secure garden with aircon and off street parking. Ideal for a local family wanting accommodation for visitors over the holiday season. Close to public transport. Please email kerialexander@gmail.com if interested.

If you had ordered Fundraising Portraits, these are now available for collect from the office.

Please collect by

MONDAY 14th DECEMBER
GRADE 6 AWARDS 2016

Community and School Involvement Scholarships (sponsored by the RSL):

RSL award (awarded to one male and one female Year 6 student who have demonstrated outstanding achievement, leadership, community engagement, school contribution and dedication to learning)

Hannah Kelly – Hannah has achieved excellent results in all academic areas this year. She has been an active participant in the whole-school production, with singing and dancing roles. This involved long hours of rehearsal and preparation. Hannah led a student Action Team which was responsible for producing a school yearbook. She has been a member of the Northcote Environmental Action Team (NEAT) for the past two years, assisting to gather data, educate the school community and promote sustainable initiatives across the school. Hannah was part of a small group of students who attended an annual leadership conference early in the year, hearing from inspiring young leaders. Hannah has also been a very caring and friendly buddy to many Prep students this year. She has had a vital role in interschool sports teams as well and has been Red house vice-captain.

Ethan McKenzie – Ethan has shown a strong commitment to improving his academic results all year. He works hard and has a good attitude to learning. Ethan has strong leadership skills and actively seeks to get involved in group projects or collaborative tasks. He had several very important organisational and performance roles in the school production, such as being a stage hand, dancer and all-round assistant. Ethan has also led a sports Action Team, organising games for younger students. He attended an annual leadership conference early in the year, hearing from inspiring young leaders. He has been an energetic and dynamic buddy to Prep students this year. Ethan is heavily involved in sports teams at a community level, has had a vital role in interschool sports teams this year and has been Blue house vice-captain.

Annual Book Prize: donated by David Feeney (for overcoming challenges or showing great improvement). (The Honorary David Feeney is the Senator for Victoria, Federal Labor member for the House of Representatives seat of Batman).

Lachlan Gill – Lachlan has shown an excellent attitude to learning all year. He has demonstrated persistence and hard work to show improvement in all areas. He has particularly applied himself in the areas of spelling and writing. A major milestone for Lachlan was taking on the challenging role of being a narrator in the school production. Lachlan always approaches new challenges with a positive attitude and does his best to succeed. He has been a role model to others in many areas: his personal organisation, sporting attitude and on-field sporting leadership. He motivates others and always sets a good example for them.

Catherine Helen Spence Award – donated by Fiona Richardson (State Labor Member for Northcote).

The Catherine Helen Spence award is presented to a female Grade 6 student each year by Fiona Richardson MP, usually in recognition of a student’s strong leadership skills, role modelling, advocating for the rights of others or ability to interact with a wide range of students.

Mia Ostwald – Mia has demonstrated her ability to care for, lead and be a role model for younger students (especially with many Prep students). She goes out of her way to ensure the wellbeing of junior students at school. She had a crucial role in organising the Craft Club student Action Team, devising a budget and supervising younger students to construct safely with craft materials. Mia has also been a dynamic member of the interschool netball team, accepting any role requested by her coach and leading by example in terms of fairness, respect for opposition and determination to do well. She has been Blue house vice-captain. Mia had a lead role in the school production as an actor, singer and dancer. This required sacrificing many of her lunchtimes for rehearsals. Mia has the ability to work collaboratively with anyone, bringing out the best in herself and others. Furthermore, she has demonstrated the ability to rise above distractions in order to focus and achieve high quality work.
Our school library is a fantastic resource for students and staff. Parent contributions support the Library Fund, and we work very hard to ensure that these funds are spent in ways that support student learning, as well as helping our students develop a life-long love of books!

This year Susi has begun a massive culling of old/multiple copy books in the collection because we have been acquiring enough new books to make the shelves seem full and interesting. We have been working on building up a collection of “short fiction” which is suitable for early readers and that wonderful leap into independent reading. AFL, Lego, Star Wars and computer games books have been particularly popular in this category.

Virtually all the budget has been spent on books that have been resourced through bookshops (both new and second hand) and specialist retailers. Birthday book gifts and parents donating their children’s old books in good condition have also fleshed out the shelves.

Susi has re-catalogued and re-labelled much of the collection. Books can be shelved correctly (and therefore found more easily) and parents have a bit more of a chance to identify library books as such when they come home.

The new updated and more sophisticated Bookmark system allows us to email parents about overdue books and will also link the Premiers Reading Challenge List with our collection very soon.

Next year Susi aims to work on the Teacher’s Resources collection which is housed in the library so that the staff will be able to use it more efficiently, as well as continuing to refine the students’ collection.

We appreciate all the support that we’ve received from families this year, including many generous donations to the Library Fund and lots of practical help, most especially in covering all of our new books in kilometres of protective film!

It's never too late to donate! All donations to the Library Fund are tax-deductable and, as you can see from the above, all funds are put to very good use!

Have a great new year, and we'll see you again in the library in 2016.

- Susi (Library Technician) and Jennifer (Staff Library Liaison)
### 400 ST GEORGES RD MEDIAN TREES WILL GO WITH M40 PIPE REPLACEMENT PROJECT.

**WORK STARTS APRIL 2016.**

Community effort got the green avenue.

It survived drought, neglect and didn’t stress the water mains.

Community effort is needed again!

---

Darebin Council (23 November 2015) voted to ask the Minister for Water to intervene to ensure that trees were retained and reinstated for shade as part of the M40 pipeline replacement.

Please write and support Darebin Councils position and the community campaign:

- The Minister for Environment, Climate Change and Water, Lisa Neville, 8 Nicholson St, East Melbourne Vic 3002 [lisa.neville@parliament.vic.gov.au](mailto:lisa.neville@parliament.vic.gov.au)
- Fiona Richardson MP, 4/404-414 High St Northcote Vic 3070 [fiona.richardson@parliament.vic.gov.au](mailto:fiona.richardson@parliament.vic.gov.au)
- Robin Scott MP, PO Box 166 Preston Vic 3072 [robin.scott@parliament.vic.gov.au](mailto:robin.scott@parliament.vic.gov.au)

For more information: [saveouravenueoftrees@gmail.com](mailto:saveouravenueoftrees@gmail.com).

- Sign the online petition at change.org
- Sign petitions at local traders
- Like and share Facebook

**PROTECT ST GEORGES RD LANDSCAPE GROUP**
Term One 2016 Program
We're thrilled to bits to present our Term 1 classes for 2016.

Don't let more new year's resolutions pile up; get a jump on 2016 and book that project, venture or workshop today. No matter your age, gender, skill level or interest we have something for the young and young at heart.

Inspired? Give Kay a bell and book your possie 9480 0466 or email office@twnh.vic.edu.au

Please note: The TWNH office will be closed from December 18th - January 18th

View Course details here  
TWNH Term 1 2016

songwaves  
a choir for those who love to sing

where  SPAN COMMUNITY HOUSE  Thornbury

when  WEDNESDAY NIGHTS  7.30-9pm

beginning JANUARY 2016

for more details phone 0423 038 189

MAYORS PARK TENNIS CENTRE, CLIFTON HILL SCHOOL HOLIDAY TENNIS COACHING

Clinic 1  Monday, 21 December 2015 - Wednesday, 23 December 2015
9.00am - 12.00pm, $110.00 per week (or $45.00 per day)

Clinic 2  Monday, 21 December 2015 - Wednesday, 23 December 2015
1.00pm - 4.00pm, $110.00 per week (or $45.00 per day)

Clinic 3  Monday, 4 January 2016 - Thursday, 7 January 2016
9.00am - 12.00pm, $140.00 per week (or $45.00 per day)

Clinic 4  Monday, 11 January 2016 - Thursday, 14 January 2016
9.00am - 12.00pm, $140.00 per week (or $45.00 per day)

Clinic 5  Monday, 18 January 2016 - Thursday, 21 January 2016
9.00am - 12.00pm, $140.00 per week (or $45.00 per day)

Refreshments and loads of fun are provided. Places are limited so please call 9482 5200 or email: jeffb@mayorsparktennis.net  Priority will be given to students attending all four days. Term tennis coaching is also available.
ART CLUB
art classes for young artists
Each week explore the work & ideas of an artist and use this as inspiration to experiment with materials & techniques while developing skills & confidence in your own self expression.

Mondays, Tuesdays, Wednesdays & Thursdays 4 - 5:30pm for ages 7-12, Tuesdays 5:30 - 6pm for ages 13+
172 Gladstone Ave, Northcote
Contact Sari at saricrow@gmail.com or 0418773568
(3 per session, includes materials & an art supply pack)
Enrolments for all sessions available.

Check out the Art Club blog to see some images of the kids’ work at
artclubewisweaponon.wix.com
Make sure you look at the product to see all that we’ve done.

Attention all Girls!
Aged 4-14

COME & KICK LIKE A GIRL
Girls AFL and Auskick Launch – 3 part series

DAREBIN WOMEN’S SPORTS CLUB
1st Session Sat 12th Dec | 2nd Session Sat 19th Jan | 3rd Session Sun 14th Feb
10 - 11.30am
A.H.Ceppe Reserve, Halwyn Cres, Preston

- A new taster before the season starts
- A new AUSKICK girls program in 2016
- AFL drills, drills and fun games
- Female AFL players including Falcons
- Enrolments for Melbourne and Bulldogs teams

Make friends and have fun
...TRY FOOTY!

Immerse
Drama
Summer holiday
Drama workshop week
Ages & upwards

Step outside the box and engage in some
Magical drama this summer!
*Come and Play... *Create & Be Inspired
*Meet new people *Learn Drama!

Boost your christmas blues with a burst of
energy, improving confidence, performing
and speaking skills and team work!
Performance of work on final day at 1pm

Classes run from 10am - 2pm
Thornbury High St – $275 for the week
MON - THUR 11th – 14th JAN 2016

Day 1: Drama games and Improvisation
Day 2: Creating characters – bring our own
creations to life!
Day 3: Page to stage – Our characters are
now in a play – lets do it!
Day 4: Performance – Practice and show our
work to friends and family.

New classes coming soon for after school sessions in 2016, so a chance
to continue the work with new friends.

To Book: immersedrama@outlook.com Or call 0420840271

For more information contact
president@falcons.org.au
falcons.org.au
5 Summer Holiday Safety Tips

As we start looking forward to a well deserved break and planning our holiday trips please remember.

Summer holidays bring possible dangers such as heat stroke, dehydration & over indulgence. Here are some simple ways to stay safe.

1. NEVER leave kids or pets in the car

The temperature inside a parked car during an average Australian summer day can be 20 to 30 degrees hotter than the outside temperature. It can take only 10 minutes to reach fatal temperatures, even with all the windows cracked.

2. Hydrate

The body is about 60% water, give or take. We're constantly losing water from our bodies so the average person needs about 2 Litres of fluids per day. That means you may need more if you are planning a day of activity such as sports, hiking, spending a day at the beach or outdoors where you will sweat more of your fluid reserves.

3. Slip, Slop, Slap!

2 in 3 Australians will be diagnosed with skin cancer by the age of 70. Wearing sunscreen, avoiding the peak UV times of day for your outdoor activities and wearing protective clothing are recommended.

4. Stay in control

Excessive and long-term consumption of alcohol result in an average of 430 alcohol related hospitalisations each day. Stay in control of your alcohol consumption to prevent injury to yourself or those around you.

5. Be Prepared

Ensure your first aid skills are up to scratch and that your first aid kits at home and in the car & caravan are stocked and in date.