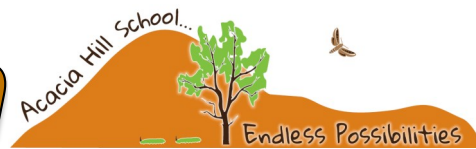


Acacia in Action



Confident

Community

Caring

Connected

DATE: 21st July 2023

Newsletter Week 1 Term 3 2023

Dear Parents and Carers

Welcome to Term 3! I hope everyone was able to have some precious time with their child over the school holidays. We are off to a peaceful and good start this term, in spite of quite a few changes.

We are very happy to welcome our new Business Manager, Mrs Gesheila ('Gigi') Cortez. Gigi is a qualified accountant and has worked for a few years as a Business Manager for some of our remote Central Australian schools, so is very familiar with our systems and processes.

Welcome Chandra, who joins us as Administrative Officer, at this stage, until the end of August. We are very happy that Debbie Imms is able to continue to join us on Reception half time for the remainder of the year.

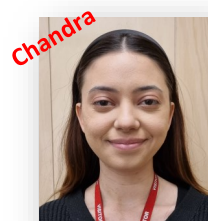
Congratulations, Chenyi (William), who was the successful applicant for a SESO position for Semester 2. Chenyi will continue working with the Bradshaw satellite class.

Sadly, we will farewell Leanne Bull at the end of next week. Leanne has worked at Acacia as since 2006. She is a very knowledgeable and competent SESO. We wish Leanne all the best in her future endeavours.

We also farewell Gail Rankin, an amazing teacher, who has made such a difference in the lives of so many young people and their families. After many years of teaching, Gail has retired. Hopefully, Gail will join us for our 40th Birthday event on Friday 4th August, so people will be able to catch up with her then.

Another farewell is Dave Marriott, who has supported the Acacia hydrotherapy pool since it was built. Dave has now trained up Steve, our Maintenance Officer, who is very ably caring for the pool now.

We have also farewelled long term cleaners, Bawang and Endang and we have moved to a contractor for cleaning.



NAIDOC Week

Our Acacia NAIDOC Event on the last day of Term 2 was a beautiful event! Have a look over the page for some photos from the day. Thank you, Cheryle, for organizing such a great day!

Vaping

This newsletter contains important information for parents and carers about vaping.

Emergency Management Communication Procedures

This newsletter contains some information about how Acacia Hill School would communicate with you in the unlikely event of an emergency. Please familiarize yourself with the procedures, and please always keep the school up to date if you change your contact details.

DATES COMING UP

- | | |
|---|---|
| • Term 3 Tuesday 18/07/2023 – Friday 22/09/2023 | • 10:00am Friday 18 August School Council meeting |
| • 10:00am Friday 27 July School Council meeting | • Term 4 Tuesday 10/10/2023 – Thursday 14/12/2023 |
| • Monday 31 July school photos | (teachers commence 9/10/2023) |
| • 11:30am-2:30pm Friday 4/08/2023 Acacia 40th Birthday Open Day | • Friday 15/12/2023 Staff PD Day for Teachers |

Website: <https://www.acaciahill.nt.edu.au/>

Facebook Page: <https://www.facebook.com/Acacia-Hill-School-101999724805228/>

Allergy Alert: students at Acacia Hill have nut allergies and other serious eating conditions

40th Birthday Event

A reminder that the Acacia Hill School 40th Birthday Event will be held on Friday 4th August from 11:30am-2:30pm. This will commemorate the establishment of Acacia Hill School, originally as an annex of Sadadeen Primary School, at our current location in 1983. The celebration will commence with class activities at 11:30am, followed by a sausage sizzle and fruit platters at 12:30pm, 1:15pm a powerpoint of old photos, speech and big cake, then a disco at 1:45pm. We hope you can join us!

Julie Permezel

Principal

Support for Families and contact details

Autism Advisory Line: 24/7; Run by families of children with autism; 1300 22 777

Autism NT: 8948 4424

FACES: 8:00AM-8:00PM Monday to Friday; parenting support, budgeting support; Referral for services; 1800 999 900

Parentline: Access to counsellors Monday to Friday 8:00am-10:00pm; 1300 301 300

Relationships Australia sometimes sees children if they have the capacity to cater for the individual. There is a phone intake process in which they determine if they have the capacity.

Family must pay for the service. The fee varies according to family income and can be quite low if income is very low. Contact number is 8950 4100.

Dolly's Dream Support Line is now available to families and students 24/7, providing them with access to qualified counsellors for free and without a referral. To access this service, call or text 0488 881 033 or use this webchat.

NAIDOC WEEK PHOTOS



Allergy Alert: students at Acacia Hill have nut allergies and other serious eating conditions

July 2023

Dear Parents and Carers

Re: Emergency management communication procedures

As a Northern Territory government school, Acacia Hill School is reviewing and updating its Emergency Management Plan for 2023. I am providing parents and carers with this letter to inform you of Acacia Hill School's communication procedures under the updated plan.

Under the Emergency Management Plan, Acacia Hill School will communicate with you by

- SMS Broadcast (text to mobile phones)
- Phone call from your child's class teacher.
- Letter / email after the event with information to let families know what happened.

Please be aware that Acacia Hill School will remain the source of truth to the emergency event.

Future updates to the school's Emergency Management Plan

Schools are required to update Emergency Management Plans annually. We will continue to update parents, carers and students of changes throughout subsequent years.

Resources

Enclosed with this letter is an information sheet that outlines how Acacia Hill School will communicate with families if an emergency event occurs and answer any frequently asked questions.

I acknowledge discussions about emergency events may be frightening for some. However, I am confident that working together we will continue to provide a safe environment and proactive response to emergency events. I thank you for your understanding and support in implementing our emergency management protocols.

Yours sincerely



Julie Permezel
Principal

Information for families

Communication procedures during an emergency event

Why is the school updating its Emergency Management Plan?

All Northern Territory (NT) Government schools are required to have a current Emergency Management Plan that outlines the school's response to an emergency situation.

Schools are required to renew their Emergency Management Plan every year. As part of the review, schools will be advising parents and carers of how they will communicate with them about or in an emergency event.

What is classified as an emergency?

In the context of schools in the NT, an emergency includes, but is not restricted to:

- Bomb threats
- Collapse or major damage to building or equipment
- Fire in school buildings or grounds, arson or bushfire
- Flood or windstorm or other natural event, for example, cyclone or earthquake
- Outbreak of disease or pandemic.

For a full list of what could be classified as an emergency, please see Emergency Management: School Preparedness Policy on the Department of Education's website <https://education.nt.gov.au/>.

How will I be alerted of an emergency event?

Acacia Hill School will alert parents, families and carers of the emergency event through

- SMS Broadcast (text to mobile phones)
- Teachers phoning families of their students
- An email or letter after the event to let families know what happened.

Acacia Hill School will remain the one source of truth regarding the emergency event.

How will I know if I need to collect my child?

Not all emergency events will require students to be collected by their parents or carers. However, in the event that students need to be collected, Acacia Hill School will notify through a combination of:

- SMS Broadcast (text)
- Teachers will phone families of their students.

Parents / carers will be notified of the event and will be given information on where and when to collect their child.

Contacting your child in an emergency or generally

If you need to contact your child during school hours, please call the Acacia Hill School front office on 8955 2222. If your child is in a satellite class, please contact that school's front office: Bradshaw Primary 8955 2100; Braitling Primary 8958 5111; Centralian Senior College 8952 2356; Larapinta Primary 8958 5155; Ross Park Primary 8955 2000; Sadadeen Primary 8955 2299.

Resources

The *Emergency Management: School Preparedness Policy and Procedures*, and the *Student Mobile Phones in Government Schools Policy* can be found on the Department of Education's website <https://education.nt.gov.au/>

Questions about the Emergency Management Plan

If you have any questions, please contact the Principal of Acacia Hill School.

THE FACTS ABOUT VAPING

There are many different styles of electronic cigarettes or 'vapes' available.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes.

This is not true. Vapes are not safe. Spotting vapes can be difficult because they often resemble common school items like highlighter pens, markers and USB drives. Knowing the different shapes and types of vapes is a first step to help protect young people from the risks of vaping.

COMMON VAPES



Disposable vapes are the most common vapes used by young people. They can contain between 300 to over 4,000 'puffs' in each device. They often range in price from \$15 to \$50, depending on the number of 'puffs' the device contains. Many of these vapes contain nicotine, despite often not being labelled as containing nicotine.



Vapes can also come in pod-style or refillable devices, where the user refills the device with e-liquids or new pods containing e-liquids.

These devices don't seem to be as popular with young people.



Do you know what they're vaping?

Get the evidence* and facts at nt.gov.au/vaping

*All statements are backed by evidence which can be found on the website

NT Health gratefully acknowledges NSW Health as the authors and owners of the 'Do you know what you're vaping?' campaign.

THE FACTS ABOUT VAPING

Electronic cigarettes or e-cigarettes, often called 'vapes', are electronic devices designed to deliver vapourised liquids into the lungs. There are many different styles of vapes available and they can be difficult to spot.

The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. **Vapes are not safe.**

DO YOU KNOW WHAT THEY'RE VAPING?



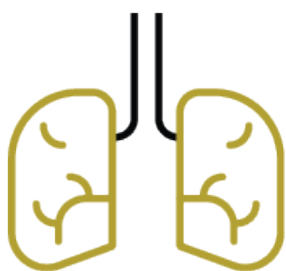
Many vapes contain nicotine making them **very addictive**



The nicotine in 1 vape can
= 50
cigarettes



Young people who vape are **3 times** as likely to take up smoking



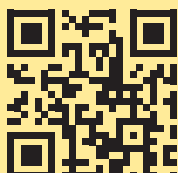
Vaping has been linked to **serious lung disease**



Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray



Vapes come in a variety of designs and styles and can be **easy to conceal**



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VAPES APPEAL TO YOUNG PEOPLE

The flavours (such as watermelon, grape, caramel, bubble-gum, vanilla and mint) and colourful packaging used for vapes make them appealing to young people. **Many vapes also contain nicotine, which young people can become addicted to very quickly.**

Tobacco companies are continuously looking for new customers. Vapes are a new way to get young people addicted to nicotine, which is often difficult to quit.



HOW BIG IS THE PROBLEM?



The take-up of vaping by young people is increasing. Research in NSW shows that **1 in 5 young people have vaped** and nearly **80% of them say it is easy to get a vape illegally** at a shop or online.

In a recent survey across NSW schools, 64% of teachers reported being aware of the sale of vapes at school. The consequences of vaping are starting to emerge, and any uptake of vaping by young people is a concern. Anecdotal reports indicate there has been a similar increase in the NT.

NICOTINE IS HARMFUL FOR YOUNG PEOPLE



Nicotine is a drug that is often in vapes and is highly addictive for young brains.

It can cause long-lasting negative effects on brain development.

Nicotine changes the way brain synapses are formed in young people.

The impacts can include impaired attention, learning, memory, and changes in mood.

RISKS TO PHYSICAL AND MENTAL HEALTH

Vapes may expose young people to chemicals and toxins at levels that have the potential to cause negative health effects. **Vapes can leave a young person at increased risk of depression and anxiety.** Vaping has also been linked to serious lung disease. Importantly, many of the long-term harms of vaping are still unknown. The liquid in vapes and the vapour is not water. Vapes can expose young people to:

- the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
- toxins such as formaldehyde and heavy metals.
- ultrafine particles that can be inhaled deep into the lungs.
- flavouring chemicals such as diacetyl (a chemical linked to serious lung disease).

Vapes have even been known to explode causing serious burns.



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SELLING VAPES TO YOUNG PEOPLE IS ILLEGAL

It is illegal to sell any vape to anyone under 18 years of age. Many young people purchase their vapes at school from friends and contacts using social media.

It is illegal to sell nicotine vapes to anyone, unless they are prescribed by a doctor to someone over 18 years for smoking cessation purposes, and obtained with a prescription from a pharmacy.

There are a number of retailers who sell vapes to young people. This is a crime.

If you suspect someone is selling vapes to minors, you can report it to NT Health via email to tobacco.control@nt.gov.au



IS YOUR CHILD VAPING?

You may not know your child is vaping as vapes are small and resemble common items like highlighters, pens and USB drives. They are also not easy to smell.

Tell-tale **signs that your child might be vaping include the symptoms of nicotine addiction** such as your child feeling irritable or anxious. If your child is vaping, encourage them to stop and let them know that help is available and you are there for them. Stopping vaping can sometimes be hard and your child may need advice from a GP.

It also helps to set a good example by being tobacco and vape-free yourself.



MISLEADING AND DANGEROUS LABELLING

Vaping products are often not labelled or are incorrectly labelled.

The labels may state that vapes are nicotine free, but **many of these products contain nicotine and a lot of other chemicals.**

They just don't put it on the pack.



THE IMPORTANCE OF TALKING TO YOUR CHILD

If you suspect your child is vaping, take the time to talk to them about it and help them understand all of the risks.

As vaping is often common in schools, they may see it as a normal or safe thing to do, but that is not the case.

It is important to let your child know the risks of vaping. Try to start the conversation with your child in a relaxed easy-going way, perhaps taking the cue from around you, such as a note from school, a news story about it, or seeing people vaping on the street. And have your facts ready.



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IDEAS IN NUTRITION

Taste and Try

We know that the more chances children have to see and experience vegetables the more comfortable they will feel eating them.

Did you know it can take more than 10 times for a child to be experience a new food before they are likely to eat it? The first steps might not even be eating the food. They may want to just watch a parent eat it first, or just touch the food.

We want to encourage parents to keep on offering fruits and vegetables. You might feel like you need to waste the vegetables if your child doesn't eat it. We suggest you pack it away in the fridge for later, or eat it yourself!

Maybe there are other ways your child could experience a vegetable, other than eating them? Like gardening, shopping, cooking or presenting.