From the School Nurses:

This year the flu has been rife and if you have dodged being sick then you have done very well. Here are a few helpful tips to avoid getting sick.

- Wash your hands often. You do not know who last handled your money or who last turned a door handle!
- Avoid touching your eyes, nose and mouth. If you blow your nose, wash your hands before touching your mouth or eyes. If you cough, wash your hands before touching your eyes or nose. If you need to rub your eyes wash your hands first. The key here is that you CAN give a cold back to yourself.
- Use tissues and dispose of them immediately into a rubbish bin.
- Vitamin C can help strengthen your immune system.
- Limit contact with people who are sick. If you don't want a cold, don't intentionally expose yourself to people who have a cold.
- Eat healthy, energizing food.
- DRINK WATER! Your body naturally needs 8 glasses a day. When you are sick treat this as a BARE minimum that you must drink, preferably more. An efficient body can fight off disease better.
- Get plenty of sleep. A well rested body is better able to fight infection. Studies have shown that lack of sleep suppresses the immune system function, leaving it more susceptible when exposed to viruses.
- Stay warm and dry. If you get cold and wet in the rain or swimming, dry off promptly. The combination of cold and wet can use energy (while your body tries to warm itself) and this energy may have been all that was keeping that cold virus from defeating your immune system.
- Having the Flu immunisation does help – speak to your doctor about this.

The final Immunisation Day will be held on Wednesday October 11th for all Year 7 students. All Year 7 students are to wear their PE uniforms on that day please, this is a request from the council immunisation staff.

On a brief personal note I would like to say goodbye and wish all the college families and community the very best as I will not be returning in Term 4. With warm regards, Nancy .

Mrs Nancy Davies/Mrs Kerrie Hausler.