



LONG FLAT SCHOOL AND COMMUNITY NEWS

FLAT CHAT

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Principal: Paul Mason

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Week 6 Term 4 Tuesday 19 November 2019

Success through Innovation

Dear Parents and Community Members,

What a difficult past week and a half it has been! It is encouraging to hear of community members helping each other in this time of need. With all the challenges going on in regard to fires at present, we understand if parents need to keep their children home on some days due to fire risk or excessive smoke in the air. Please contact the school if you are keeping your child home due to fire related issues.

If deemed necessary we may make some adjustments to our daily school routine to minimise exposure to smoke .

Attached to our newsletter today are 2 flyers that you may find useful;

- Northern NSW Fire Recovery Information provided by NSW Government Emergency Services, and
- a copy of the advice we have received from the Department of Education on Bushfire Safety and air quality across the region.

Swimming Scheme

Some swimming days may need to be cancelled if the air quality remains poor. North Coast Sport, who fund our program, are making decisions in regard to this as they are overseeing all swimming programs in schools in our area.

Picking Children up from the Pool

Occasionally parents pick their children up from the pool. If you tell us that you will be picking your child up, please check with the school to find out what times we are leaving the pool. These might vary from day to day. If a parent has not arrived by the time we leave, we will

NOT be leaving your child at the pool. You will have to pick them up at school.

Also note that students generally take their swimming gear in a strong plastic or material bag and not in their school bag. This helps to keep swimming gear separate from other items in their bags.

School bags are not normally taken to the pool. So if you are picking your child up from the pool you will need to remind them (and the school) that they will need to take their school bag to the pool on that day.

Kinder Orientation

Our next orientation days is tomorrow, Thursday 21st November.

Remember on the 28th November there will be a parent information session from 9.00—10.00 for all parents of Kinder students who will be starting in 2020.

Year 6 Farewell

This year our Year 6 farewell is on Monday 16th December at Mt Seaview Resort. This event is for school staff, bus drivers, Year 5 and 6 students (and their parents) ONLY.

Please return your RSVP by Friday 29th November if you wish to attend this event as we need to know numbers well in advance of the night.

Year 7 Transition to High School

Full Day Transition is on on Tuesday 3rd December for all students. More information as it comes to hand.

Regards, **Mr P Mason**

P&C News

Next P & C Meeting:

Monday 25th November, starting at 5.30pm.

CANTEEN ROSTER

Mon 25 Nov	Amanda & Elyse
Mon 2 Dec	No Canteen— swimming
Mon 9 Dec	Sharon & Elyse
Mon 16 Dec	Sharon & Jaimee

COMING EVENTS

22 ,29 Nov 2-6 Dec	Swimming Program— Some swimming may be cancelled due to air quality
25 Nov	P&C Meeting at 5.30pm
26 Nov	Library Van
29 Nov	St Josephs Regional High School Band per- formance at school from 9.00am
3 Dec	Full day Yr 7 transition at High School
13 Dec	End of Year Concert
16 Dec	Year 6 Dinner @ Mt Seaview Resort
18 Dec	Last day of school 2019 for students

Long Flat Pre-school Open Day 2019

Friday December 6th

9am -11:30am



Parents/Friends/Grandparents. All welcome
Morning Tea supplied



**Community Centre,
Henry Street, Long
Flat.**



Enrol your Child for 2020



Open: Wednesday & Fridays
8:30am to 4pm.

During the
school term



Maximum weekly fee \$12.00

Long Flat Pre-school provides an educational care service for children from 2-5years by an Early Childhood teacher and qualified educators. It is set in a play based learning environment with a natural landscaped outdoor play area, providing opportunities for children to explore their natural world to learn and develop through play.

Please phone our Director: Michelle Partridge at the centre for more information. 65874370

Bushfire smoke Advice for schools & child care centres

The North Coast Public Health Unit is advising people to take action to protect their health while bushfire smoke continues to affect air quality across the region.

Fine smoke particles are known to affect the human breathing system. The smaller or finer the particles, the deeper they go into the lungs. Bushfire smoke can affect all people and generally causes mild irritation such as itchy or burning eyes, coughing and a runny nose. These symptoms generally disappear in usually healthy people once the smoke disappears.

If your staff members or students have existing heart conditions or lung conditions such as chronic bronchitis, emphysema or asthma, it is important that they have their medications handy at all times. Symptoms can occur for several days after this smoke is inhaled, so anyone with the above conditions needs to be vigilant with their treatment programs.

It is very important to seek immediate medical assistance if staff or students do not respond to their usual medications. In case of emergency always remember to dial triple zero.

The following precautions may help to minimise the adverse effects of the smoke:

- If students have prescribed medications, the medications should be kept near to them.
- During visibly smoky days, it is better for children and staff to stay indoors. Close all windows and doors, and if needed, use an air conditioner set on the recycle air setting.
- Avoid student participation in vigorous activities and try to avoid these activities completely when it is visibly smoky, especially children with asthma, lung conditions or heart conditions.
- Consider postponing outdoor events such as athletic carnivals or sports days when it is visibly smoky.

General information about air quality, health and bushfire smoke can be found on the following NSW Health links:

[Maintaining health during bushfires](https://www.health.nsw.gov.au/emergency_preparedness/weather/Pages/Bushfire.aspx)

https://www.health.nsw.gov.au/emergency_preparedness/weather/Pages/Bushfire.aspx

[Bushfire smoke factsheet](https://www.health.nsw.gov.au/environment/factsheets/Pages/bushfire-smoke.aspx)

<https://www.health.nsw.gov.au/environment/factsheets/Pages/bushfire-smoke.aspx>

Air quality monitoring data for Port Macquarie can currently be found at

<https://www.environment.nsw.gov.au/topics/air/current-air-quality/special-projects-monitoring>.

For more information, please phone the North Coast Public Health Unit on 1300 066 055.



Greg Bell

Acting Director Public Health

19 November 2019

Community Recovery Information #1

This newsletter contains recovery information for people recently impacted by bush fires in NSW.

Health and wellbeing

Looking after yourself and others

Bush fires can be distressing and you might feel things like sadness, frustration, anxiety or have trouble sleeping or remembering things. This is a normal reaction to an abnormal event and is not a sign of weakness.

Having someone to listen and support you at times like this is important.

Some tips on managing your recovery include:

- spend time with family and friends
- try to get back into a routine
- continue a healthy lifestyle (eating, sleeping, exercise)
- take time out but don't isolate yourself
- express your feelings in your own time and way
- accept help when it is offered
- limit the amount of media coverage you are exposed to
- don't expect to have all the answers
- understand you are not alone in your experience.

Keep checking in with your friends and neighbours and looking out for each other.

Free face-to-face support

Free face-to-face or telephone counselling services with a mental health practitioner, such as a psychologist or mental health social worker, to provide people with strategies and techniques to manage mental health.

- **Hunter/New England – Healthwise**
1800 931 540
- **North Coast - Connect to Wellbeing**
1300 160 339

Free telephone support

The following are free services available 24 hours a day, seven days a week:

Mental Health Line	1800 011 511
Lifeline	13 11 14
Mensline	1300 789 978
Kids Helpline	1800 55 1800
Beyond Blue	1300 22 4636

If you or someone you know is in immediate danger always call 000.

Are you insured?

If you are insured you should talk to your insurance company as soon as possible about how to make a claim. If you have clearance, you can start cleaning up immediately - but first take pictures or video of any damage to your property and possessions as evidence for your claim. The Insurance Council of Australia can be contacted with any questions, complaints or concerns about your insurance on

1800 734 621.

Support for Individuals

Disaster Relief Grants

If you are not insured and have limited income, you may be eligible for a disaster relief grant. Please call Disaster Welfare on 1800 018 444.

Grants are available for eligible individuals and families whose homes and essential household contents have been damaged or destroyed by a natural disaster.

To be eligible for this assistance you must:

- be a low-income earner and meet an income assets test
- demonstrate that the affected home is your principal place of residence
- not be covered by insurance
- demonstrate that the damage was caused by the disaster
- lodge the application within four months of the disaster occurring

Contact the Disaster Welfare Assistance Line on **1800 018 444**.

Disaster Recovery Payment

The Australian Government Disaster Recovery Payment has been activated for people severely affected by the NSW Bush Fires.

This provides a one-off payment of \$1000 per adult and \$400 per child if your home has been destroyed or severely damaged – including smoke damage.

Call **180 2266** to apply.

Disaster Recovery Allowance

The Disaster Recovery Allowance has been activated by the Australian Government for people affected by the NSW Bush Fires.

This provides short term support payment to assist those whose income has been affected as a direct result of the bush fires.

Call **180 2266** or visit humanservices.gov.au

Fire Retardant Information

Retardants are dropped from the air to suppress and slow the fires and may have landed on some properties.

This type of retardant is basically a fertiliser (a mix of ammonium and diammonium sulphate and ammonium phosphate). This coloured foam will need to be flushed from roofs and water sources.

For assistance with removing fire retardant from your roof please call the Disaster Welfare Assistance Line on **1800 018 444**

Domestic Water Assistance

If your potable water has been used by a fire fighting agency to fight the fire, you may be eligible to have it replaced. This assistance is for residential properties in rural areas.

Disaster Welfare is working with NSW RFS to identify impacted properties.

Call the Disaster Welfare Assistance Line on **1800 018 444** (Mon–Fri 8.30am-4.30pm) for more information.

Animal Welfare

Local Land Services is assisting with emergency fodder, stock water and assessment of animals impacted by the fire. Landholders are encouraged to call the Agriculture and Animal Hotline to request assistance or report any stock losses.

Animal & Agriculture Hotline: 1800 814 647

Replacing personal documents

Service NSW can help replace many of your personal documents free of charge if they were damaged or destroyed. This includes birth certificates, marriage certificates, licences and number plates.

For assistance please visit your nearest NSW Service centre, or call **13 77 88**

Legal Assistance

Legal Aid NSW lawyers can provide free legal advice and minor assistance to people affected by disasters on a range of issues including insurance, tenancy and credit and debt problems.

Legal Aid NSW: **1800 801 529**
www.legalaid.nsw.gov.au

Local Housing Contacts

Mission Australia

1/39 Gordon Street, Coffs Harbour

1800 269 672

Community Housing Limited

1300 245 468

TAREE

183 - 185 Victoria Street

Taree NSW 2430

PORT MACQUARIE

Level 1, 16 Clarence Street

(PO Box 837)

Port Macquarie NSW 2444

COFFS HARBOUR

1/19 Park Avenue

(PO Box 2523)

Coffs Harbour NSW 2450

KEMPSEY

84 Belgrave Street

Kempsey NSW 2440

Compass

1300 333 73

57 Albert Street

Taree NSW 2430

PO Box 99

1/9 Brown Street

Newcastle NSW 2300

PO Box 2135

Dangar NSW 2309

Shop 3A/11 Molly Morgan Drive

Greenhills NSW 2323

PO Box 597

East Maitland NSW 2323

114 Vincent Street

Cesnock NSW 2325

PO Box 597

East Maitland NSW 2323

1/56-58 Brook Street

Muswellbrook NSW 2333

PO Box 71

Muswellbrook NSW 2333

Housing Assistance

In NSW, social housing providers can provide support and assistance to people who are affected as a direct result of natural disasters such as fires, floods and severe storms.

What types of service are available?

Social housing providers in NSW can assist affected people with access to products such as:

Temporary Accommodation – time limited accommodation for clients who are experiencing immediate homelessness

Emergency Temporary Accommodation – short-term temporary housing for up to 3 months for clients in urgent need of housing because of natural disaster [who would not normally be eligible for social housing]

Rentstart Bond loan – an interest-free loan to assist eligible clients pay a rental bond for a tenancy

Housing Assistance – a range of housing assistance products and services [including the above] that a person may be eligible for.

Where to go for help during business hours

During regular business hours 9am – 5pm Monday to Friday, visit any social housing provider.

A list of social housing providers can be found at

www.facs.nsw.gov.au/about/contact/housing

Where to get help after hours

The Department of Communities and Justice Housing Contact Centre (HCC) operates 24 hours a day, 365 days a year.

The HCC can assist people with

- Temporary accommodation
- General housing enquiries
- Applications for housing assistance

Important numbers

Link2Home - **1800 152 152**

For temporary accommodation – this information and referral service is open 24 hours a day, 7 days a week.

DCJ Housing Contact Centre **1800 422 322**
Available 24/7, 365 days a year.

Starting your clean-up

Houses, sheds and other buildings that have been burnt in a bush fire can leave potential health and safety hazards in the remaining rubble and ash.

Hazardous household materials that may be present after a bush fire include asbestos, ash from burnt treated timbers, like copper chrome arsenate (CCA), medicines, garden or farm chemicals, other household chemicals and cleaning products, damaged gas bottles, metal and other residues from burnt household appliances as well as ash and dusts.

Other hazards may include unsafe building structures, electrical hazards or missing fencing panels around pools.

When returning to your property after a bushfire, consider the following precautions to protect your health:

- Do not enter your property until you are advised that it is safe to do so.
- Electrical hazards could exist such as live power lines that may be down or active solar panels.
- Buildings and other structures may be unstable to enter or walk over.
- Sewerage services may be disrupted causing health risks.
- Be aware that hot, smouldering coals and other potentially hazardous materials may be hidden under the rubble.
- Building rubble should not be buried as it may contain hazardous materials.
- Don't spread ash around your property, particularly if asbestos materials were used in your home or other structures, or CCA-treated timber was burnt.
- Moisten the ash with water to minimise dust and keep damp but do not use high pressure water sprays.
- Wear a P2 face mask and protective clothing.

For more recovery information
and updates:

www.emergency.nsw.gov.au

FB @NSWDisasterRecovery