So you can dance

The key message delivered by Kuda from Student United Way at our end of term two assembly is a good one to take into term three. Kuda reminded you that now is the time of your life where you do have time – the way you use it can set you up for a successful future. There are plenty of things competing for your time – friends, family responsibilities, Facebook, work, sport, hobbies – you can fit them all in to some extent but right now your school work must be a high priority. There was a surprise at the start of Kuda's presentation... a dance-off. It was no surprise when a bunch of volunteers jumped to their feet. Well done to all the dancers. Could they dance? See page two.

Lost bracelet

LOST on campus during the last week of last term was a Tiffany chain bracelet. It belongs to a North Lake student and is very important to her. If you find it could you please bring it to the front office.

Serious about sport?

- Do you live in the City of Melville?
- Are you aged between 12 and 19?
- Do you want to compete at the highest level in your sport?

If you answered yes, yes, yes you might be eligible for a Melville Youth Sports Scholarship. For more information go to www.melvillecity.com.au or call 1300 636 846. Applications close Friday 31 August.
They sure could dance
Congratulations term two award winners

Subject awards

**Sheldon Zhao**: Chemistry 3A/B, EALD 3A, Physics 3AB, Maths MAS 3C, Maths MAT 3C

**Leo Soriano**: Physics 2AB, Chemistry 2AB, Maths MAT 3A, Maths MAS 3A

**Michelle Wong**: EALD 2A, Maths MAT 2A

**Zaw Naing Oo**: Maths MAT 1B, Automotive Engineering, EALD VET

**Prenolan Govender**: Maths MAT 1B, Automotive Engineering

**Riley Omelezuk**: English Literature 2A, Psychology 2A

**Say Wah**: EALD Vet, Automotive Engineering

**Luke Green**: English 3A

**Cooper French**: English 2C

**Andreas Beerli**: Music 1C

**Stephanie Mullan**: English 1C

**Mun Chun Wang**: Workplace Learning

**Courtney Liddell**: Career & Enterprise

**Sheenah Lition**: Maths MAT 1B

**Bella Bullock-Marks**: Maths MAT 1D

**Pouran Tanha**: EALD 1A

**Daly Pongmany**: Food Science Product Development Year 12

**Velten Chang**: Food Science Product Development Year 11

**Niluka Nicholson**: Politics & Law 2A

**Marzeya Karimi**: Geography 1A.

100% attendance

- Karl Ullbricht
- Eric Daniel
- Velten Chang
- Ricky He
- Marzeya Karimi
- Paw Kyi
- Bobae Jung
- Chandrika Vyravanathan
- Lu Zhang.
There are many simple things everyone can do to help prevent you from getting the flu or other infections. These include:

- **Hand hygiene;**
- **Cough and sneeze etiquette;**
- **Standing or sitting away from other people;**
- **Household and workplace hygiene;** and
- **Knowing what to do when you are sick.**

Many infections especially respiratory diseases are easily spread from one person to another. These steps will help you avoid getting sick and passing on infections to others. Here are some tips to remember:

1. **Hand hygiene:**
   - Wash your hands with soap and water.
   - **Tea or any liquid first:**
   - To wash your hands:
     - Use soap and water.
     - Rinse well with soap and water.
     - Dry your hands with a clean towel or air dryer.
   - **If soap and water are not available:**
     - Use alcohol-based hand sanitizer.
   - Wash your hands often:
     - Before eating or preparing food.
     - After using the bathroom.
     - After coughing, sneezing, or blowing your nose.
     - Before touching your face.
     - After touching someone who is sick.
2. **Cough and sneeze etiquette:**
   - Cough or sneeze into a tissue and throw it away.
   - If you don’t have a tissue, cough or sneeze into your elbow.
   - Wash your hands after coughing, sneezing, or blowing your nose.
3. **Standing or sitting away from other people:**
   - Keep a distance of about one metre (arms length) from other people.
   - Keep your home and work spaces clean.
4. **Keep your home and work space clean:**
   - Clean with water and detergent regularly.
   - Avoid using antibacterial cleaners.
5. **If you are sick:**
   - Stay home and away from others.
   - Avoid crowded places.
   - Cover your cough.
   - Wash your hands:
     - After touching your face.
     - After touching someone who is sick.
     - After eating or preparing food.
8. **Prevent spread of colds and infections:**
   - Wash your hands.
   - Cover your cough.
   - Dispose of tissue properly.
9. **Infection prevention:**
   - Avoid close contact with people who are sick.
   - Cover your cough.
   - Wash your hands.
   - Avoid touching your face.
   - Stay home if you are sick.
10. **Household hygiene:**
    - Keep your home clean.
    - Use disinfectants to kill germs.
    - Wash your hands often.
11. **Workplace hygiene:**
    - Keep your workplace clean.
    - Use disinfectants to kill germs.
    - Wash your hands often.
12. **Public health:**
    - Keep public places clean.
    - Use disinfectants to kill germs.
    - Wash your hands often.
13. **Personal hygiene:**
    - Keep your personal hygiene.
    - Use disinfectants to kill germs.
    - Wash your hands often.
14. **Community health:**
    - Keep the community clean.
    - Use disinfectants to kill germs.
    - Wash your hands often.
15. **Social distancing:**
    - Keep a distance of about one metre (arms length) from other people.
    - Avoid crowded places.
16. **Personal responsibility:**
    - Take responsibility for your own health.
    - Take responsibility for others.
    - Take responsibility for the community.
17. **Public health:**
    - Keep public places clean.
    - Use disinfectants to kill germs.
    - Wash your hands often.
18. **Personal hygiene:**
    - Keep your personal hygiene.
    - Use disinfectants to kill germs.
    - Wash your hands often.
19. **Community health:**
    - Keep the community clean.
    - Use disinfectants to kill germs.
    - Wash your hands often.
20. **Social distancing:**
    - Keep a distance of about one metre (arms length) from other people.
    - Avoid crowded places.
21. **Personal responsibility:**
    - Take responsibility for your own health.
    - Take responsibility for others.
    - Take responsibility for the community.

**Hand hygiene:**
- Wash your hands with soap and water.
- Rinse well with soap and water.
- Dry your hands with a clean towel or air dryer.
- **If soap and water are not available:**
  - Use alcohol-based hand sanitizer.
- Wash your hands often:
  - Before eating or preparing food.
  - After using the bathroom.
  - After coughing, sneezing, or blowing your nose.
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**Cough and sneeze etiquette:**
- Cough or sneeze into a tissue and throw it away.
- If you don’t have a tissue, cough or sneeze into your elbow.
- Wash your hands after coughing, sneezing, or blowing your nose.

**Standing or sitting away from other people:**
- Keep a distance of about one metre (arms length) from other people.
- Keep your home and work spaces clean.

**Household and workplace hygiene:**
- Clean with water and detergent regularly.
- Avoid using antibacterial cleaners.

**If you are sick:**
- Stay home and away from others.
- Avoid crowded places.
- Cover your cough.
- Wash your hands:
  - After touching your face.
  - After touching someone who is sick.
  - After eating or preparing food.
- When to wash your hands:
  - Before eating or preparing food.
  - After using the bathroom.
  - After coughing, sneezing, or blowing your nose.
  - Before touching your face.
  - After touching someone who is sick.

**Prevent spread of colds and infections:**
- Wash your hands.
- Cover your cough.
- Dispose of tissue properly.

**Infection prevention:**
- Avoid close contact with people who are sick.
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- Wash your hands:
  - After touching your face.
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**Household hygiene:**
- Keep your home clean.
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- Wash your hands often.

**Workplace hygiene:**
- Keep your workplace clean.
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**Public health:**
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**Personal hygiene:**
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**Community health:**
- Keep the community clean.
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**Social distancing:**
- Keep a distance of about one metre (arms length) from other people.
- Avoid crowded places.

**Personal responsibility:**
- Take responsibility for your own health.
- Take responsibility for others.
- Take responsibility for the community.