

# COMMUNITY UPDATE

www.mthcs.com.au

January 27, 2022

## Preparing for kinder

Our kinder programs will be resuming soon, and there are many ways parents can prepare their children.

Over the summer holidays:

- Talk about what your child will do and read books about kinder.
- Encourage your child to dress themselves so they can manage tasks like taking their jumper on and off.
- Visit the kinder or travel past it on your route home.
- Go shopping with your child a week or two before the first day and let them choose a backpack. Label their belongings.

### On the first day:

- Build their confidence by asking your child about any concerns and work out solutions together. Practice "what-ifs"... "what if I spill my yoghurt?"
- Prepare the night before - lay out clothing you both agree on and pack their bag together.

Our MTHCS facilities are all Kinder Tick approved. Information and support is always available. Call the Early Years Learning team on (03) 5091 0292.



## Kids showing the way

Ben Barbary from Woomelang is ready to head into the 2022 school year with his first vaccination under his belt.

Ben had his first COVID shot at Sea Lake medical clinic. He is in the category of 5 - 11 year olds having their first vaccination.

Although children and young people are less likely to develop severe symptoms, some do get very unwell. Vaccination can protect kids and help prevent them transmitting the virus to family members, particularly older family members. Vaccinating children also means there is less chance of school closures in future...which means more face-to-face learning, play, sport and socialisation.

To book in your child, or to book a booster shot please contact the medical clinic.

## Feeling unwell?

Nurse on Call puts you directly in touch with a registered nurse for caring, professional health advice around the clock.

Nurse on Call is available on **1300 60 60 24** from anywhere in Victoria for free 24 hours a day. In an emergency, always call 000.

## Extreme heat impacts

We have been able to cautiously re-open some services with strict COVID-safe planning in place. However, during extreme heat we may have to cancel some outreach programs, transport and services such as home visits at short notice. We apologise in advance for any inconvenience.

## Employment Opportunities

**MTHCS has a number of non-gender specific roles available. At MTHCS we define our expectations and are accountable for our actions.**

### Mental Health Clinician

(See separate advertisement)

### Endorsed Enrolled Nurse (0.7 EFT Ouyen)

We're looking for an Enrolled Nurse with passion, energy and enthusiasm for aged care to join their dedicated team at their Ouyen campus.

### Registered Nurse (Casual)

We are always searching for Registered Nurses to join our casual bank, even more so in today's climate. If you have connections with any Registered Nurses who are interested in a tree change, even for a short period of time, we would love to hear from you. Registered Nurses provide leadership and support to staff, patients residents and their family and is responsible for providing quality day to day healthcare of patients and consumers.

MTHCS is an equal opportunity employer. Visit [www.mthcs.vic.gov.au/employment](http://www.mthcs.vic.gov.au/employment) for more information and other positions.

**To apply:** provide your resume with cover letter to [payroll@mthcs.vic.gov.au](mailto:payroll@mthcs.vic.gov.au) or People & Culture, PO Box 130, Ouyen 3490.



## Great weather for gardening

Our Aged Care green thumbs have been harvesting the fruits of their labor with beautiful greens making the way to our kitchen. But it's not all veggies and no fun - dessert was on the menu too!



## It's up to all of us...

COVID-19 is our new normal for the time, and keeping our most vulnerable residents safe depends on all of us.

Please keep

- **Wearing masks indoors - properly**
- **Maintaining safe social distance**
- **Handwashing and sanitising - often**
- **And, most importantly, get your booster!**