

### BENEFITS OF IMMUNISATION

#### Some of the facts about immunisation

Immunisation is a simple and effective way of protecting children and adults against certain diseases. They are recommended for people at certain ages or life stages and for those who may be at increased risk.

Immunisation works by triggering the immune system to fight against certain diseases. If a vaccinated person comes in contact with these diseases, their immune system is able to respond more effectively. This either prevents the disease from developing or reduces the severity.

Immunisation not only protects your own family, but also others by helping control serious diseases in our community.

Immunisation is a very safe prevention tool. All vaccines used in Australia undergo extensive research and must be approved for use by the Therapeutic Goods Administration (TGA), who monitor the safety of medicines in Australia. Before a vaccine can be licensed, it is rigorously tested on thousands of people in progressively larger clinical trials over several years to ensure the vaccine is safe and works.

Any concerns about vaccine safety should be raised with your doctor or immunisation provider.

Serious reactions to immunisation are rare. While some people may experience mild side effects such as pain, swelling and redness at the injection site, these usually resolve quickly. If you experience any symptoms that concern you, contact 13 HEALTH or your doctor/immunisation provider.

### ACORN COOK BOOKS

#### Still need to do some last minute Christmas shopping?

Acorn cook books are only \$5 each during December and make an excellent gift idea. Why not grab a few to put under the Christmas tree?

Written by Acorn's very own chefs Kathy and Sarah, the Acorn cook book includes the recipes to all of your kids' favourite Acorn meals.



### REMINDERS

#### Children unattended in cars

On a typical Australian summer day, the temperature inside a parked car can be as much as 30 to 40 degrees hotter than the outside temperature.

Imagine even on day of approximately 20 degrees, the temperature inside a closed car could be up to 60 degrees!

According to health experts, one of the most dangerous factors during excessively hot weather is the addition of humidity. Children do not tolerate the heat as well as adults as their bodies generate more heat relative to their size than adults do. They also lose more fluids because they have a greater proportion of skin surface in relation to their size.

Always ensure that children travelling in cars are not overheating and have adequate fluid intake.

Leaving a child in a car can be extremely dangerous, so never leave children unattended in your car.

#### Driving in our car parks

We remind parents that our car parks at all centres can have children running unexpectedly from behind cars or from the buildings.

Please drive slowly to avoid any possibility of injuring a child.



## ACORN ON BRANYAN

### Christmas party

Thank you to all the wonderful Acorn families and friends who joined us for our amazing Australian Bush Christmas. We hope you enjoyed our marvellous foyer display designed by Kathy and built by the Acorn staff over the last few months. There have been endless hours put into the construction and fine details of the decorations as you would have seen.

The children put on a wonderful concert for you all to see and thank you to all the parents who joined in for our show closer "Jingle Bells". The menu for the evening complimented the foyer displays with a traditional Australian feast consisting of one of the childrens' favourite meals here at Acorn, the Australian Vegetarian Burger! The burgers had all the trimmings including beetroot and pineapple with a side serve of chips and followed up by pudding, pavlova and watermelon – what a feast!

The evening was very festive and social. On behalf of the management and all the staff at Acorn we would like to wish you all a safe and happy Christmas and we look forward to seeing you in the new year.

### National Sunnies for Sight Day

670 million people around the world are blind or vision impaired due to lack of access to eye examinations or glasses. National Sunnies for Sight Day is a day for Australians to learn about how they can join the fight against avoidable blindness and vision impairment. Acorn supported the cause this year with the children wearing some sunnies of their own.

### Lorikeets and volcanoes

This month the children in the Lorikeets room learnt what a volcano was, and then created one!

The children were shown what a volcano looked like, and then we began building one by pushing the sand in the sand pit up into a hill. We made a small hole in the top of the sand and placed a plastic cup with bicarb soda and powder paint in it. Each child then got a turn pouring the vinegar into the bicarb, creating a colourful foaming 'eruption'.

The children were all very excited to have a go. Afterwards the children used crayons and paper to draw a volcano.



**Christmas Party:** Outback Christmas decorations in the Acorn foyer



**Left:** Some groovy shades for National Sunnies for Sight Day  
**Right:** Making colourful volcanoes in the sand pit