Principal’s Page

Trivia Night - The big fund raiser
This promises to be a great evening with many varied auctions and goods available. Craig Irvine, a parent of Rangebank, is running the night and he has many games planned throughout to add to the fun. You do not need to be a wiz at trivia, as most of us are not, you just have to be able to enjoy a fun evening with more than just the trivia.

Our biggest fund raiser for the year is our trivia night! We do not have a twilight market this year, so we need parents to come and support our school at a time when funds for 2015 are in some doubt. Please bring your friends and be prepared for a great time together as part of the Rangebank Community.

Looking forward to meeting you.

Curriculum Day tomorrow
Thursday is a curriculum day for all teachers which means students are not required at school. Teachers will be looking at a problem that confronts a number of children (and adults) called dyslexia. Dyslexia is characterized by difficulty with learning to read fluently and with accurate comprehension despite normal or above-average intelligence. To detect dyslexia in children is a very important tool in helping children to approach their learning in a different way and to provide the teacher with additional strategies to aid learning.

Grandparents Day
This is a special day we have spoken about at Rangebank for a couple of years now and we will celebrate this special family relationship on Tuesday 21st October from 10:00am onwards. So I would invite all grandparents to attend and come to see what your grandchildren are doing at Rangebank. There will be more information to come in our newsletter.

Changes to the Education Maintenance Allowance
The final payment for the 2014 EMA was made in August 2014.
From 1 January 2015, the government will provide extra financial support directly to Victoria’s neediest schools instead of providing the Education Maintenance Allowance directly to parents.
Parents will not be able to apply for the Education Maintenance Allowance in 2015.
The money will be allocated to eligible schools through schools’ core operational funding mechanism, with the neediest schools receiving the most funding. Not all schools will be receiving funding in 2015.
This change to how the money is distributed was required by the funding agreement with Commonwealth government to make sure Victorian schools receive increased funding that will benefit all students and, in particular, those from schools with concentrated disadvantage.
The majority of parents who received the EMA payment already elected to provide the money directly to their school.

School Banking Every Tuesday
Enrolment Packs available For 2015

Sherpa Kids Before & After School Care at Rangebank Primary School
Enrolment Packs available at the office
Phone 0413 137 571
or 0466 366 998

Colin Avery,
Principal of a school that is excited and very busy with the reports coming!
TERM 4 Monday 6th October –Friday 19th December

Wednesday 15th October
Foundation and Grade 3 Swimming program starts. Students leave at 11.15am, swimming from 11.45am until 12.30pm. Students return to school around 12.50-1.00pm. Students will have their recess early on their swimming day.

Thursday 16th October
Curriculum Day

Monday 20th October
Grade 5 to visit and work at Lyndhurst Secondary

Tuesday 21st October
Visit your grandchild’s classroom from 10.00-11.30am and have morning tea in the staffroom from 11.30-12.00pm. An opportunity to purchase laminated photos of the senior concert for $2.50ea

Friday 24th October
Trivia Night-If you would like to volunteer to help on the night or book a table, please do so at the office

Thursday 30th October
Foundation Transition Program Week 1
Meet & Greet, Welcome Morning Tea with our principal in the Staffroom for parents from 9.10am until 10.50am

Tuesday 4th November
Melbourne Cup Day.– Public Holiday

Wednesday 5-7th November
Grade 5 Camp Allembee. Three day fully catered camp. Cost $225.00. Payment due Wednesday 22nd October

Student of the week awards
Foundation A – William Gibbeson, Rhiannon Dowler
Foundation B – Asim Al Shouli, Milly Dines, William Taimerua
1A- Eliza Hamilton, Heidi Luke, Declan Cooper, Jack Ludwig
1B- Iziaia Sutton, Tyler Pearson, Ella Pyshakis
2A- Bailee Prest, Shreyes Suresh
2B- Isabel Clifford, Kaleb Luke, Masuma Hussaini
2C- Tiarna Lawrence, Pleum Chantabut, Rhinoa Robinson, Iniya Gorky
3A- Dylan Visscher, Olivia Russo, Jordan Moimoi
3B- Jaryd Reyes, Thomas O’Halloran
3C- Luca Bridge, Jethro McGavin
4A- Maddy Leadbetter, Nadine Dela Cruz
4B- Tara Goodman, Ben Jeffs
5A- Mara Maalo, Falua Isako Zak Varley
5B- Tara Al Shouli, Caydn Michell, Lee Thomson
6A- Emma Spence-Falzon, Chris Clapton, Lauren Blake
6B- Arashdeep Kaur, Tristan Blake
PE – 2B, 3A
Music – 2C, Foundation B, 5A

Michael Grose—Parenting Advice

Hi Michael,

My son carries on at bedtime when he is asked to do his teeth, and most of the time he says he’s hungry. Sometimes it’s just a ploy, sometimes it’s genuine. I try to gauge when he is and isn’t really hungry. Sometimes he gets really worked up. Are there any genuine signs of know when he’s misbehaving or just hungry?

Regards,

Intrigued

Dear Intrigued,

You’re right! It’s hard to know sometimes when kids are acting up and when they’re not. However, being hungry doesn’t give kids an excuse for behaving poorly.

Having said that we all know that when young children are hungry they tend to be more irritable and more likely to behave poorly.

Make sure kids are well fed and have plenty of sleep!

Eat at mealtimes

Let’s take a look at time when kids probably should be eating – that is, mealtimes. I’m all for regular meals rather than grazing, which often happens during holidays. There is a tendency for grazers to fill up on poor quality food, which stops them eating anything decent at dinner time. For this reason, some grazers never seem full!

Get them into an eating routine

Back to meal-times. I think mealtimes are for eating and holding conversations. Once kids leave the table they are indicating they are full. Meal-time is over. Should they be hungry later, then maybe a healthy snack or a piece of fruit, but that’s about it.

The theory here is that kids get into an eating routine and are less likely to be hungry after meals.

Hollow legs and growth spurts

Some kids have what my mum used to refer to as hollow legs. They seem to be always hungry. More likely to be a boy than a girl and whippet-thin to boot, these kids have metabolisms that process food quickly. It can be hard keeping the food up to these kids. But again there is a time and a place to fill up, and that’s regular mealtimes.

Also kids will invariably eat more when they have growth spurts. Same idea though. They should fill up at mealtimes, and simply top up, if necessary, at other times.

Your son doesn’t like what you cook? If he is really, really hungry, he’ll eat it. Fussy eaters tend to be made not born.

Check your emotions

Lastly, if you are not sure whether your son’s outburst around teeth-time is a ploy (misbehaviour) or due to hunger then simply do an emotional self-check. If you feel annoyed or angry, then I’d suggest his behaviour is a ploy. Annoyance indicates attention (he’s found a great way to keep you busy with him) and anger indicates power (he’s letting you know that he can have his own way).

Yep, it can be tricky sometimes working out when kids’ misbehaviour is genuine or due to extraneous circumstances. It’s great that you are curious and thinking about it. But methinks these behaviours around teeth cleaning time maybe little ploys to keep you busy with him. But only you know for sure.

Good luck.

Michael Grose

SCHOOL PRODUCTION DVD
This is your chance to order the School Production DVD. Please collect an envelope from the school office to place your order. Orders must be in no later than Wednesday 22nd October, 2014.

BREAKFAST CLUB
Breakfast Club starting Monday 21st October from 8.00 –8.45am

Moving House Garage Sale
Everything Must Go!
Saturday 25th & Sunday 26th October 8.30am –4.00pm
5 McMillan Crt Cranbourne North NO EARLY COMERS!
Schools are often looking for organisations who are able to assist us. Stockdale and Leggo Real Estate have very generously offered to assist us in marketing our school in the Cranbourne area. In return, Stockdale and Leggo Real Estate have very generously offered to ‘a great school’ is passed on by Stockdale and Leggo.

Keyboard Kids Music School would like to offer your child the opportunity to learn the GUITAR. Lessons are held during school time and are for 30min. Students perform in assembly in term 2 & 4 and have other recitals during the year! Please email keyboardkids@bigpond.com for an enrolment form or call Shelly for more.

Schools are often looking for organisations who are able to assist us. Stockdale and Leggo Real Estate have very generously offered to assist us in marketing our school in the Cranbourne area. In return, we are very happy to encourage our community to use Stockdale and Leggo Cranbourne as a worthy company to contact if you are wishing to buy, sell or lease your home. Please speak to our fabulous office people who will forward your name onto Stockdale and Leggo. This also applies to family, friends or acquaintances.

The school then profits from a recommendation fee and of course the communication to new families ‘that Rangebank Primary is a great school’ is passed on by Stockdale and Leggo.

THOMPSON ROAD CLINIC

General Practitioners Dental Podiatry
Diabetes Educator Dietician Psychology
Speech Therapy Pathology Physiotherapy
Radiology Now Open

Cranbourne’s Family Friendly Medical Clinic
BULK BILLING
For all Under 16’s & Pensioner & Health card Holders
Ph 5996-9000
Cnr Thompson & Woodbine Road Cranbourne
Visit us at www.thompsonroadclinic.com.au

FREE TRIAL LESSON

LEARN TO PLAY GUITAR

Keyboard Kids Music School would like to offer your child the opportunity to learn the GUITAR. Lessons are held during school time and are for 30min. Students perform in assembly in term 2 & 4 and have other recitals during the year! Please email keyboardkids@bigpond.com for an enrolment form or call Shelly for more.

Keyboard Kids Music School
0417 390 489

keyboardkids@bigpond.com

Learn the Piano Free Trial Lesson

Looking for ways to enhance your child’s learning, then music may strike the right chord.

Keyboard Kids Music School would like to offer your child the opportunity to learn the piano. Lessons are held during school time and also after school hours.

Cost:
30 min private lesson - $28
20 min private lesson - $19
30 min shared lesson (group of 2) - $18

Please email keyboardkids@bigpond.com for an enrolment form or call Shelly for more information on 0417 390 489.

Learning to play a musical instrument has been shown to have great benefits for children.

WE ARE NOW AT RANGEBANK PRIMARY SCHOOL!

Who we are?
A Family Owned Private Tuition Company. We have been servicing the suburbs of Melbourne, Sydney and Brisbane for more than 15 years.

What we do?
Teach English and Mathematics for Prep to Year 10 students who require that extra help, or just wishing to learn in advance.

Where are we?
RANGEBANK Primary School on Saturdays during the School Term.

Class Times?
9.30am to 12.30pm and 1.30pm to 4.30pm

ENQUIRE NOW!

Homemate
Building and Restoration
AEN 31 297 329 314

Affordable • Reliable • Quality
We Specialise in:
- New & Existing Home Modifications
- Full Kitchens & Bathrooms
- Pergolas, Carports & Decks
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All Areas

Call now for a free quote
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Fully Insured
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nqt
education
Get your kids walking to school in October and build healthy habits for life!

Did you know that only one in five Australian primary school children gets the recommended 60 minutes of physical activity every day? Physical activity is vital for children. It helps them achieve and maintain a healthy weight, builds strong bones and muscles and improves balance, movement, coordination and brain development.

A fun, free and easy way for you and your children to get active in October is to join VicHealth’s Walk to School. As well as the health benefits, regularly walking to and from school can help develop children’s social skills and knowledge of road safety, and improve their self-confidence and independence.

Parents will also benefit. More than two-thirds of Australian adults get no, or very little, exercise. So getting active as a family will improve everyone’s health. Walking to and from school also means more time to chat with your kids, and gives you a break from traffic congestion.

Visit the Walk to School website to check if your child’s school is registered, or register your child online. The campaign kicks off on the first day of Term 4, Monday 6 October, and children are encouraged to walk to and from school every school day in October. Your child can join more than 30,000 students across Victoria as they start building healthy habits for life.

www.walktoschool.vic.gov.au

Tips on preparing to let kids walk unsupervised during Walk to School

- Every child is different, but if you feel yours is ready to begin walking independently, there are a range of benefits.
- Travelling without adults helps children develop a sense of control, independence and confidence in making their way around their world.
- Letting go is challenging but can be managed in stages:
  - Teach your children road safety and navigation skills by riding or walking around your neighbourhood.
  - Talk with neighbours about establishing buddy groups of older children who can walk or ride together without adults.

Do you scrapbook? Come and join the fun in Cranbourne at Sit’n’Scrap
Mondays & Wednesdays
$10 9:30-2 includes tea, coffee&nibbles. Bring your own supplies...
Dates are Oct 15,20 &29
Nov 5,12,17&26
December 1,10 & 15
To book your seat call Carolyn 0418304485.

Full Service Electrician
*Full/Partial Rewiring *Power Points, Lights
*Lighting upgrade. Down Lights, LED Lighting
*Energy Management Services *Security/Sensor Lights
*Smoke/Carbon Monoxide Detectors
*Switchboard Upgrades * Breakdown Services, domestic & commercial * Safety Certificates issued for all work
* Written quotes supplied within 48hrs for domestic jobs.

Call us Today
0418 590 371
$25 OFF
Jobs over $200,conditions apply

Supper Soccer Kids
S.S.K is a soccer clinic for boys & girls between the ages of 5-12 to come & learn the skills of the game in a fun & enjoyable environment.

Every session runs for 45 minutes with activities that will develop their skills in dribbling, passing, controlling the ball and working in a team. Every session will also end with a game. S.S.K is run during every school term and all sessions are indoors, so no matter what the weather is like it will always be on.

For clinic locations, session times and fees, please call Greg on 0413 919 727 or email at supersoccerclinic@gmail.com
GRANDPARENTS MORNING

Calling all grandparents - You are invited to attend a special event, ‘Grandparents Morning’ at Rangebank Primary School on Tuesday 21st October from 10am to 12pm.

Visit your grandchildren’s classroom between 10am to 11:30am then come and join us for morning tea in the staffroom from 11:30am to 12pm.

Also on sale will be photos from our Senior production “Shrug” which you will be able to order. These will be printed, laminated and brought home to you by your grandson/granddaughter in the following week. Payment will need to be on the day. Each photo will cost $2.50.

We look forward to seeing you.

TRIVIA NIGHT

Friday 24th October, arrive 6.30pm for a 7pm start in the Multi Purpose Room at Rangebank Primary.


I Knew That!

$15 per person, table max is 10, limited tables available so first in best dressed.

Bookings and Payments to be made by contacting the office staff at Rangebank by 11.00am Tuesday 21st October.

BYO drinks and nibbles.

Light Supper will be provided.

Crazy Games for all to play, so bring your gold coins along.

Raffle 10 tickets for $10
TERM 4 Lunch Order Form
THIS IS A PRE-ORDER AND MUST BE RETURNED BY TUESDAY 21st
NO LATER THAN 9:30AM.
**Date: Friday 24th October**

Name: ........................................  Grade: ..............

**Please tick**

<table>
<thead>
<tr>
<th>Lunch Choices</th>
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<tbody>
<tr>
<td>Crispy Chicken Salad Wrap (lettuce, cheese, cucumber, tomato, carrot)</td>
<td>$4.50</td>
</tr>
<tr>
<td>Toasted Ham and Cheese Sandwich</td>
<td>$2.00</td>
</tr>
<tr>
<td>Toasted Cheese and Tomato Sandwich</td>
<td>$2.00</td>
</tr>
<tr>
<td>Meatball Sub with grated cheese</td>
<td>$4.50</td>
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**Snack Choices**

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<table>
<thead>
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<tbody>
<tr>
<td>Vanilla Custard</td>
<td>$1.00</td>
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<tr>
<td>Banana Pikelet</td>
<td>$1.00</td>
</tr>
<tr>
<td>Jam Tart</td>
<td>$0.60</td>
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**Drink Choices**

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<tbody>
<tr>
<td>Milk $1.50</td>
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<tr>
<td>Chocolate</td>
<td></td>
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<tr>
<td>Strawberry</td>
<td></td>
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<tr>
<td>Honeycomb</td>
<td></td>
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<tr>
<td>Juices $1.00</td>
<td></td>
</tr>
<tr>
<td>Apple</td>
<td></td>
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<tr>
<td>Tropical</td>
<td></td>
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<tr>
<td>Orange Juice</td>
<td></td>
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Please add 20 cents if you do not have your own brown bag to send

**Total:.................................**

Please place order and money in a paper bag. Limited stock is available over the counter.

Please be aware that some items may contain traces of dairy products, eggs and or nuts. If your child has allergies or intolerances please contact the canteen via the office for information on all items available.

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**Window Sales**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lol Razzbri/Mandarin/BlkCurrant</td>
<td>$1.50</td>
</tr>
<tr>
<td>100% Juice Apple/Tropical/Orange</td>
<td>$1.00</td>
</tr>
<tr>
<td>Nippys Milk Choc/Straw/Hcomb</td>
<td>$1.70</td>
</tr>
<tr>
<td>Cup of Soup Chicken Noodle</td>
<td>$1.00</td>
</tr>
<tr>
<td>Fantastic Noodles Beef/Chicken</td>
<td>$2.50</td>
</tr>
<tr>
<td>Steam Dim Sims</td>
<td>3 for $2.00</td>
</tr>
<tr>
<td>Corn on the Cob</td>
<td>$0.80</td>
</tr>
<tr>
<td>Party Pies-Wednesdays Only</td>
<td>3 for $2.00</td>
</tr>
<tr>
<td>Ovalteenies</td>
<td>$1.00</td>
</tr>
<tr>
<td>JJ Snacks Chicken</td>
<td>$1.00</td>
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<tr>
<td>Gingerkids</td>
<td>$1.00</td>
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<tr>
<td>Red Rock Chips Honey &amp; Soy/Plain</td>
<td>$1.00</td>
</tr>
<tr>
<td>Smiths Chips Plain/S&amp;V</td>
<td>$1.00</td>
</tr>
<tr>
<td>Red &amp; Black Licorice 5 pc</td>
<td>$1.00</td>
</tr>
<tr>
<td>Tubes</td>
<td>$0.30</td>
</tr>
<tr>
<td>Raspberry Munchable (like a Calipo)</td>
<td>$1.10</td>
</tr>
<tr>
<td>Milky Mates Choc/Van/Caramel</td>
<td>$0.80</td>
</tr>
<tr>
<td>Water Ice Blocks</td>
<td>$0.50</td>
</tr>
<tr>
<td>Ice Cream Cups Vanilla</td>
<td>$1.20</td>
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<tr>
<td>Frozen Yoghurt</td>
<td>$1.20</td>
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**Parentzone GROWING GREAT KIDS**

**Hot Topics:**

- are the most requested parenting topics. Sessions are suited to parents and carers of primary aged children. Choose to attend any one or more sessions!
  - Technology and Our Kids-When to limit & how?
  - Tired of Yelling? How to get kids to listen, without having to yell
  - Dealing with Anger-helping parents, helping kids deal with anger & frustration
  - Sibling Rivalry-Strategies for when the fighting, squabbling & arguments get too much

Where: Berwick Neighbourhood House  112 High St, Berwick

Who: Parents, grandparents, step parents & carers

Bookings & Enquiries: Sandra Phillips at Parentzone
Ph:1300984011 or 0447500355
Sandra.kelly@anglicarevic.org.au

NO COST BUT BOOKINGS REQUIRED

---

**YEAR 6 UNIFORM 2015**

The uniform for the Year 6 students of 2015 at Rangebank Primary School will be printed and supplied by Primary School Wear (PSW).

There are samples of these garments at the school office for students to try on before placing an order. Parents will need to come in with their child to help with choosing the correct size.

PSW Uniform Lists are available from the notices board located in the school office.

---

**Canteen Roster**

**Friday 17th October**
Janet Adams, Barbara Shoesmith, Loo Lawrence, Shelly Lynch & Nicole May

**Friday 24th October**
Natalie Goodman, Shelly Clapton, Cameron Jeffs, Janet Adams & Linda Goodwin
Education Maintenance Allowance

*Information from the Education Department (DEECD)*

**Changes to the Education Maintenance Allowance**

The final payment for the 2014 EMA was made in August 2014.

From 1 January 2015, the government will provide extra financial support directly to Victoria’s neediest schools instead of providing the Education Maintenance Allowance directly to parents.

Parents will not be able to apply for the Education Maintenance Allowance in 2015.

The money will be allocated to eligible schools through schools’ core operational funding mechanism, with the neediest schools receiving the most funding. Not all schools will be receiving funding in 2015.

This change to how the money is distributed was required by the funding agreement with Commonwealth government to make sure Victorian schools receive increased funding that will benefit all students and, in particular, those from schools with concentrated disadvantage.

The majority of parents who received the EMA payment already elected to provide the money directly to their school.

If you have any questions about this change, please speak to your school principal.

**What support is still being provided directly to parents?**

The end of the EMA direct payments to parents will not affect any other payment you may be receiving such as the Schoolkids Bonus, which is provided directly to eligible parents to assist with education costs. For more information, see: [SchoolKids Bonus](http://www.education.vic.gov.au/school/parents/financial/Pages/ema.aspx)

If you are experiencing financial hardship, you can also speak to your principal about how you can access assistance from the State Schools Relief Committee for clothing and uniforms.

**Why is the EMA changing?**

The reason for the change stems from the 2013 School Funding Reform Agreement, signed between Victoria and the Commonwealth. The Victorian Government committed an additional $5.4 billion school funding, which included a change to the way it helps low-income families with education expenses.

In order to secure Commonwealth funding, Victoria was obliged to shift as much education funding as possible into direct payments to schools. If the Victorian Government failed to adhere to this condition, the entire additional funding agreed to by the Commonwealth would have been at risk for Victoria.

By redirecting EMA payments from parents direct to schools, Victoria was able to secure this increase in education funding which will benefit all students and, in particular, those from disadvantaged backgrounds.

**How will the school use the money they receive in place of the EMA?**

Funding will be used by schools to support students for school based expenses previously covered by the EMA. School principals and councils will be responsible for ensuring that students, who previously attracted the EMA, are supported to participate fully at school. The Education Maintenance Allowance (EMA) helps to cover the costs related to your child’s schooling. The EMA provides families on a low income with financial assistance to support their child's education up to the age of 16.

Taken from the Department of Education and Early Childhood website.
Asthma, Allergy and Spring - Be Prepared

With the onset of spring's warmer weather and longer brighter days, it is tempting to throw open windows and doors, to spring clean the house and to tidy up the garden. However, for people with asthma and allergies, spring can be a time of sneezing, runny noses and asthma attacks.

Asthma can be triggered by many things such as dust mites, mould, pets, exercise, cold air and viral infections as well as pollens. About half of people with asthma who have a skin prick allergy test, will test positive to grasses and pollens. Many people with asthma find that their symptoms are more trouble-some during certain times of the year; in particular, this commonly occurs when pollen from various plants is present in the air.

Seasonal hay fever affects up to two million Australians. Other people can have allergic reactions in the form of rashes, contact dermatitis and hives. It is important to identify the triggers for each person. It is recommended that if you have allergy symptoms, you should consult your doctor.

Common spring triggers
People with asthma have trigger factors. As part of a person’s asthma management plan, it is important  to identify and avoid contact with known trigger factors.

Allergen avoidance in the garden
1. Choose bird or insect pollinated plants rather than wind-pollinated plants;
2. Avoid being in the garden on hot still days and very windy days;
3. Choose a low pollen producing grass such as buffalo grass or ‘Greenless Park’ couch;
4. Reduce weeds by using inorganic mulch such as pebbles and gravel and plant low maintenance ground cover plants;
5. Choose lightly scented plants;
6. Avoid compost heaps. If you do have a compost heap, ensure it has a lid; and
7. See your doctor to discuss allergy testing/nasal sprays.

Allergen avoidance in the home
Creating a low allergen home incorporates features which will reduce those triggers that may cause asthma. This will help reduce the dust mite population and the incidence of other allergens in the home.

Construction
1. Ventilation: it is important to ensure adequate ventilation in the home and this equates to an air change every hour. Unless windows have been completely sealed most homes provide this amount of ventilation.
2. Windows and Doors: large windows and doors that are positioned to allow good cross ventilation when they are opened are preferred. Direct sunlight will increase the surface temperatures of any floor coverings and furnishings which will then reduce the relative humidity and effectively reduce the number of any dust mites.
3. Flooring: choose materials which are easy to wash and clean, reducing the risk of dust mites.
4. Air Conditioning: points to consider include circulation of fresh filtered air rather than re-circulated air within the house and removal of dust, pollen and other foreign matters through effective filters. All systems should be serviced regularly to maintain efficiency.
5. Insulation: insulated areas should be completely sealed to ensure that no airborne particles, which could cause irri-
tation to people with asthma and allergies, get into the house.
6. Vacuum Cleaners: a ducted central vacuum with external dust collection points is ideal, as it does not release the dust into the home.
7. Furnishings: should be selected with the intention of reducing dust and the opportunity for dust mites to live and breed.
8. Floor Coverings: scatter rugs, which can be hung out in the sunlight and beaten to remove dust mites and allergens, are ideal. If carpet is laid, it is preferable to use short pile carpets, as they are easier to clean than the twist or loop pile. Synthetics have lower moisture content than wool making them less conducive to dust mite growth. Steam cleaning is a preferred cleaning method, as the temperature of the steam will help reduce the dust mites. However, rapid drying is vital to minimise any mould growth.
9. Furniture: leather and vinyl coverings are easier to clean and impervious to dust mites as opposed to fabric upholstery. Cane and rattan seats do not provide an environment conducive to mite growth.
10. Window Coverings: external blinds and shutters are preferred to drapes. Vertical and roller blinds are also suita-
ble.
11. Bedding: the warmth and moisture here provide ideal conditions for the dust mite. The nutrients in skin flakes, and proteins such as feathers and wool in pillows, quilts, and blankets also provide conditions for mites to thrive. Encasing the mattress and pillows in protectors will stop the transfer of dust mites.
12. Removing dust mites from bedding: hot wash (greater than 55°C) bedding, sheets, pillow-cases and quilts, in soapy water at least once every two weeks.

Further information on allergies, anaphylaxis, hay fever and eczema can be found at www.allergy.org.au.