

## DATES TO REMEMBER ...

15 March	St Patrick's Parish 55 year Celebration
17 March	St Patrick's School 60 year Celebration
1 April	Sacrament of Reconciliation: 5.00pm
Friday 5 June	Pupil Free Day
Monday 3 August	Pupil Free Day

For any upcoming events please check our [school calendar](#) on our website.



Family Mass  
Children's Liturgy every 9am Mass  
except in school holidays

P & F Meeting  
Once a term  
Next meeting 28 May 7pm in the LARC  
Victoria St Campus  
Other dates are:  
27 August  
12 November

St Patrick's Hall  
Enquires and bookings please call the  
school office

Outside School Hours Care  
E: [eastgosford.oshc@dbb.org.au](mailto:eastgosford.oshc@dbb.org.au)  
or phone 0408 165 671  
or visit the school website

The Uniform Shop  
phone 0412 087 696  
opening hours during school terms  
Tuesday  
8.30am – 10.30am  
Also 1<sup>st</sup> Friday of every month  
2.00pm – 4.00pm

The uniform shop can be contacted  
outside of business hours by email  
[stpatrickprimary@alinta.com.au](mailto:stpatrickprimary@alinta.com.au)  
payments can be made direct to  
Alinta Apparel in the form of cash,  
credit card, or debit credit card  
NO CHEQUES  
uniform price list & online shopping  
available at  
<http://www.alintaapparel.com.au/alinta/>

2nd Hand Uniform Shop  
Open during Assembly Friday 2pm fort-  
nightly or as advised.  
Contact Louise 0407 100 433

Canteen  
Infants: Wednesday & Friday  
Primary: Wednesday & Friday  
Rostered volunteers please give  
24 hours' notice if you are unable to  
attend

## PBL Week 7 & 8 —CARE FOR YOUR APPEARANCE



*Celebrating 60 Years at St Patrick's*



### FROM OUR PRINCIPAL

Dear Parents and students,

This week at the Diocesan Mass we celebrated Miss Michelle Perry our Assistant Principal's 25 Years in Catholic Education, welcomed Lee Sullivan to our School and celebrated Ms Fiona Bolton becoming our Religious Education Co-Ordinator. We are very blessed to have such a wonderful staff at St Pat's.



Our Celebrations for the Church's 55<sup>th</sup> Anniversary and the school's 60<sup>th</sup> Anniversary this weekend and Tuesday of next week. These celebrations are important milestones for our school and parish communities and being present on Sunday for Mass and the following activities is a wonderful way to show your support.

For the students, we are fortunate enough to have a special day planned to celebrate St Patrick's Day with the ObstAcool course and other fun activities. As part of our St Patrick's Day celebrations every child will be given a donut with green icing (purchased from Coles) at recess time and a zooper dooper at lunch time. *If your child has allergies and is unable to eat either of these 2 treats, please email the school [spcg@dbb.catholic.edu.au](mailto:spcg@dbb.catholic.edu.au) so that we can arrange for an alternate treat to be given to your child.*

We are asking the students to get some sponsors for the ObstAcool course. In the past our major fundraising event has been a wonderful way for us to raise some extra funds for significant projects in the school. The Infants Playground Upgrade in 2016 and the air conditioning of all the classrooms in 2017/18 have been two projects in the past that we have

been able to fund. We only have one of these events each year and there wasn't one in 2019.

This year our ObstAcool Course is on St Patrick's Day, it is our major fundraising event for this year. The students are very excited about what changes we might be able to make to the playgrounds with any funds that are raised. Playground Improvements are very expensive as we found with the Infants Playground in 2016 when the cost was nearly \$65,000.

SO, we need your support with this fundraising event and this can be done by getting sponsors for your child. To date we have **\$8,600** in sponsorship money returned. I would like to thank all those families who have returned their sponsor sheets and money, for their support. It is greatly appreciated. It would be wonderful if we could get to \$10,000 by the end of next week. (Please continue to send your forms in).

### **Classroom Upgrades**

Refurbishment work on the Year 4 and Year 5 Classrooms will commence during the upcoming Easter School Holidays. While there will be some disruption for the classes the end results will be definitely worth it. The rooms will be identical to the Year 6 classrooms, with larger rooms, new TVs, new windows, blinds etc. There will eventually be some new furniture items purchased for the rooms as well.

I am hoping that the refurbishment of the last 4 rooms on the Primary side will also commence before the end of the year. The \$20,000 Local Schools Government grant that we received at the end of last year, will be used towards the cost of this work.

### **Church Etiquette**

I wanted to raise with our community a concern that both Father Greg and I have been noticing when we have our big celebrations in the church. We love having so many of our families present for our many celebrations throughout the year but there are a couple of things I would like to remind parents/family members about. One of these is taking your coffee to have in the church during mass. This is not something that we do and so can I ask parents to finish their coffee before joining us in the church for mass. The second thing is the talking by the adults before mass. We are trying to have our students arrive and settle in the church quietly and reverently. At times there has been a lot of noise from the adults who are waiting for mass to begin. Can I ask your assistance with this aspect please, as this will help us as we bring the students into the church.

### **COVID-19 Update**

For parents who may have concerns in regards to the school's procedures in regards to COVID-19, we are following all directions from the Catholic Schools Office (CSO) and CSNSW (Catholic Schools NSW). Any updates that we receive we have been forwarding to the school community. This we will continue to do as new information arises.

Can I please ask parents to remind their children about washing their hands and if your child has signs of a cold that you keep them at home (as advised) until the symptoms subside. We have placed posters about hand washing and covering your mouth when coughing/sneezing, and the teachers have been speaking to students about what to do.

## NAPLAN

For our Year 3 and 5 students and parents NAPLAN will take place from 12<sup>th</sup> May until 15 May. Writing will be the first assessment and students in Year 3 will use a paper test again this year and write their responses. The Language Conventions, Grammar and Numeracy Assessments will be done online.

Year 5 students will complete all of the NAPLAN assessments online again this year including writing. All students will use the school iPads to complete the assessments and all devices will have the browsers locked down for these assessments.

Parents can choose to withdraw their child from any or all of the NAPLAN assessments if they wish. Please contact the school office so that a 'withdrawal form' can be sent home. At St Patrick's we will have Friday 15<sup>th</sup> May as the catchup day.

## Peer Support

Our Year 6 student leaders have been preparing for their Peer Support Groups which started this week. This is a wonderful opportunity for our Year 6 students to lead a small group of students through a variety of activities. This year the activities are focussing on 'Bullying'.

## Resilience Workshops

Last week and last night we were fortunate enough to have Jo Spek from the Catholic Schools Office, here at St Patrick's to run a Resilience Workshop for Parents. I would like to thank the parents who took the time to attend one of the workshops. Jo shared some wonderful information with everyone.

## Cheryl



### KINDERGARTEN 2021 Information Sessions

Find out everything you need to know about Kindergarten 2021. Morning and evening sessions available. School tours can also be arranged by appointment.

**THURSDAY 26 MARCH 2020**  
9am School Tours | 9.30am Information Session

**MONDAY 30 MARCH 2020**  
6.30pm School Tours | 7pm Information Session

#### DISCOVER WHAT A CATHOLIC EDUCATION CAN OFFER YOUR CHILD.

Offering diverse curricula activities initiated by a caring and dedicated team where combined with parent involvement offers excellent learning opportunities.

ST PATRICK'S CATHOLIC PRIMARY SCHOOL Cnr York St & Melbourne St East Gosford NSW 2250  
TEL 02 4325 1159 EMAIL [speg@dbb.catholic.edu.au](mailto:speg@dbb.catholic.edu.au) WEB [spegdbb.catholic.edu.au](http://spegdbb.catholic.edu.au)

<http://happyfamiliesfamilyeducation.activehosted.com/index.php?ac->

Dr JUSTIN COULSON

REAL RESILIENCE | PART 1  
WHAT IS RESILIENCE?

FREE WEBINAR

REAL RESILIENCE | PART 1  
**WHAT IS RESILIENCE?**

## Religious Education News - Ms Fiona Bolton

### SAINT PATRICK

#### St Patrick's Feast Day

This year we celebrate St Patrick's day as a church community on Sunday at 10.30 and as a school community on Tuesday at 9.00. Please join us for both masses as we celebrate the life and legacy of our Patron Saint; the patron saint of Ireland and of our school and parish. Millions of people around the world celebrate the life of this saint whose deep faith brought Christianity to Ireland. He spoke simply of God's beauty and love. His example as a great follower of Jesus continues to burn brightly in the hearts of many people. Saint Patrick's use of the shamrock to teach people about the Blessed Trinity continues to be a powerful tool used today!

#### *An Irish Prayer*

*May God give you...  
For every storm, a rainbow,  
For every tear, a smile,  
For every care, a promise,  
And a blessing in each trial.  
For every problem life sends,  
A faithful friend to share,  
For every sigh, a sweet song,  
And an answer for each prayer.*



As we remember and give thanks for the faith of Patrick, let us give thanks for the rich heritage of all our ancestors in the faith, the many in our families and schools and parishes who lived and spoke the good news of Jesus. May we continue to be the messengers of this Good News so that we too can be a 'light for the nations'.

#### Lent: the journey continues

The season of Lent is underway; time to undertake a Lenten commitment! Perhaps a commitment of prayer, or service, or family time. Perhaps a little extra effort in being patient or playful or generous. Maybe a little sacrifice like giving up chocolate or junk TV viewing. Teach your child the reason why we 'give up' things during Lent. It helps us to be other-centred, to not take life for granted, to be disposed to helping people in need.

At school we focus on different symbols each week, using the image of Lent in a bag and linking to the gospel readings, reminding us to keep our Lenten Practices in the forefront of our minds. Contributing to our Caritas Lenten boxes/Project Compassion remind us of our Lenten promises to reach out to others.

#### Parent Formation :Aboriginal cultural walk

Mini pilgrimage - Bulgandry Aboriginal site

Guided by David Ella - Aboriginal Education Officer

Parents are invited to attend an Aboriginal Spiritual walk at Bulgandry engraving site on Woy Woy Road and then onto Somersby Falls finishing with a BBQ lunch. The walk will be led by Aboriginal Education Officer David Ella. Parents are encouraged to use this day to explore Aboriginal Spirituality and the connections to our own Catholic traditions.

RSVP to me at school

Date: Thursday April 2nd

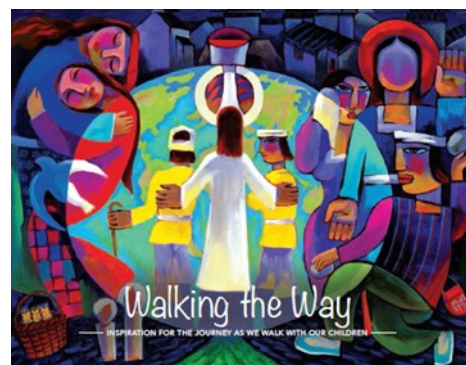
Time: 10am – 2pm

Where to meet: The car park at Bulgandry engraving site on Woy Woy Road, Kariong.

#### What's on:

Week 8 Sunday, 15th March – St Patrick's Day Parish mass 10.30

Week 8 Tuesday, 17<sup>th</sup> March – St Patrick's Day School mass



FROM OUR PARISH.....!

## St Patrick's Day Celebration The School's 60th Anniversary



### MASS TIMES THIS WEEKEND

There will be no 9:00am Mass this Sunday due to the 10.30 am anniversary Mass

### DEACON PAUL

Deacon Paul will be leaving us this coming week to go back to spend time with Family and then on to his ordination in the Philip-pines. We all wish him well for the future.

The Church's 55th Anniversary  
Bishop Anthony to Concelebrate  
Mass at 10:30  
in St Patrick's Church  
Fete After Mass in the School  
grounds

- SAUSAGE SIZZLE BBQ
- SOFT DRINKS
- FACE PAINTING
- JUMPING CASTLE
- ENTERTAINMENT
- POPCORN
- DOUGHNUTS
- BAKED GOODS
- WHITE ELEPHANT STALL
- CRAFTS STALL
- GAMES
- RAFFLE



Learn to play the  
**guitar**  
@ St Patrick's

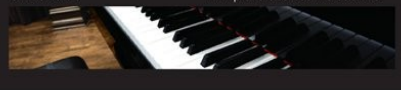
*learn to play | read music | interesting repertoire  
have fun | solo | ensemble groups | performances*

Contact the **Central Coast Conservatorium of Music**  
for group lessons with tutor Steve Smiley:  
<http://centralcoastconservatorium.com.au/contactus>  
or contact Steve Smiley on 0410 039 556

**Piano Lessons  
That Kids Love!**

Now Available At Your School

Piano Place  
041046146 [www.pianolessonscentralcoast.net](http://www.pianolessonscentralcoast.net)



Learn to play the  
**keyboard**  
@ St Patrick's

*learn to play | read music  
interesting repertoire | have fun | solo  
ensemble groups | performances*

Contact the **Central Coast Conservatorium of Music**  
for one-on-one lessons with tutor Sharon Hatton:  
<http://centralcoastconservatorium.com.au/contactus>



FROM THE LADIES OF THE OFFICE...

NO DOGS ON THE PLAYGROUNDS PLEASE



PLEASE CHECK OUT THE FACTS SHEETS ON HAND WASHING LATER IN THE NEWSLETTER AND TALK THROUGH WITH YOUR CHILDREN

## Wellbeing Week – Week 8

Our Wellbeing Week this term is based around Harmony Day. **Harmony Day** occurs on **21 March** each year and coincides with the United Nations' International Day for the Elimination of Racial Discrimination.

**Harmony Day** is a **day** of cultural respect for all.

This term we are focusing on the theme of

***“Everyone has a story - everyone belongs”***

This Harmony Week, we would love to hear the stories of our parents, so each class invites 2 parents to tell their story to the class/grade. It may be the story of your life in another country, or why you came to Australia. It may be the story of your Indigenous heritage, or what you love about being Australian. We all have a story.

Week rundown:

**Monday** – A short questionnaire will be sent home. Please complete and return by Thursday, as we will be completing an activity in class using these.

**Tuesday** - St Patrick's festivities. ObstAcool and rotations.

Children are asked to wear their sports shorts with a **green t-shirt**.

**Please return sponsorship forms as soon as possible for your child participate. We would like a minimum of \$10 from each child to assist our fundraising to upgrade both playgrounds.**



In addition to your child's own recess and lunch, we will supply some special treats for them to celebrate the day. Please advise the school if your child cannot have a donut with green icing or ZOOPEr Dooper.

**Wednesday** - Coffee van for parents on the Infants campus from 8am. Come and have a coffee on us!!



**Friday** - **Harmony Day**. Please have your child wear a touch of orange eg hair ribbon, scrunchie or socks. There will also be a classroom activity to make something for children to wear, so please don't go out of your way.

**Touch of orange**

# Wellbeing Week

# Sport Report from Mr Lee Sullivan



## Broken Bay Swimming Carnival

Congratulations to the swimmers who competed at the recent Broken Bay Twilight Swimming Carnival held at Mingara Pool. There was some excellent performance most notably Eva Faunce (11 Yrs) equal first the 50m Backstroke and Claire Reynall (8 Yrs) 3<sup>rd</sup> in the 50m Freestyle, Bonnie Brown (12 Yrs) 4<sup>th</sup> in 50m Butterfly, Cooper Stark (10 Yrs) 4<sup>th</sup> in 50m Freestyle and Jack Reynell (10 Yrs) 6<sup>th</sup> in 50m Freestyle.

**Moving on to the next level at Homebush are Eva Faunce and Claire Reynall!  
Goodluck girls thanks for representing us!!**

## Soccer & Netball

Good luck to Kai Ribet, Michael Lui, Krishay Jamnadas and Elsie Grogan who are trialling for the Broken Bay Team for Soccer and Netball over the next week. If successful they will be competing at the Polding Carnival later in the year.

## Cross Country

Kindergarten	1 <sup>st</sup> Boys – Soren Patelia	2 <sup>nd</sup> – Antonia Xuereb	3 <sup>rd</sup> – Marcus Scibberas
	1 <sup>st</sup> Girls – Billie Saunderson	2 <sup>nd</sup> – Faith Eager	3 <sup>rd</sup> – Zoey Lin
Year 1	1 <sup>st</sup> Boys – Eddie O’Shea	2 <sup>nd</sup> – Rhythm Doust	3 <sup>rd</sup> – Cooper Mclvor
	1 <sup>st</sup> Girls – Ava Stark	2 <sup>nd</sup> – Layla Fedele	3 <sup>rd</sup> – Phoebe Gottardo

## 8 Years

PLACE	GIRLS	BOYS
1	Kowhai Bell-Jones	Aaditya Gaur
2	Scarlett Vella	Paul McArdle

## 9 Years

PLACE	BOYS	GIRLS
1	Ambrose Plunkett	Carys Donafee
2	Charlie Hughes	Jessica Chavez

## 10 years

PLACE	GIRLS	BOYS
1	Josie Cleary	Robbie Furley
2	Antonia Arango	Cooper Stark

## 11 years

PLACE	GIRLS	BOYS
1	Tahlia Lucas *by a long way	Lorenzo Arango
2	Lacey Weightman	Quinn Burke

## 12 years

PLACE	GIRLS	BOYS
1	Bonnie Brown	Lachlan Donafee
2	Cara Haynes	Harley Boyce



The children are enjoying Gymnastics each week



## CONGATULATIONS EVA!

Congratulations to Eva Faunce on her 3 day competition in the NSW State titles last weekend representing Terrigal SLSC. Over 200 girls her age of U/11s competed in events. Eva entered many events including Ironwoman, board, board relay and she was a finalist in Individual Swim placing 12th, Team Swim placing 7th Here is a photo after one of her final events

## From the Library and LARC (Learning and Resource Centre)

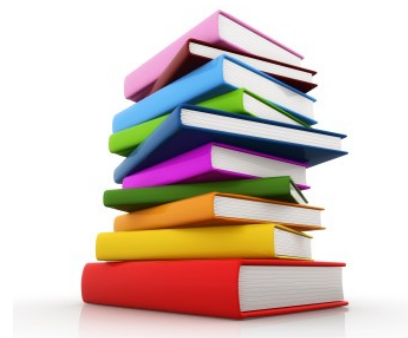
### Mrs Carmen Hartz

Parents and children could you PLEASE remember to return library books and borrowed library bags each week.

We had over 40 spare library bags for children who forgot each week and wanted to borrow. It is only week 7 and we are down to 2 spare bags.

This also means many books are not being returned especially the popular titles and other children are missing out on reading these wonderful books.

Check your bookshelves, bedrooms, cars, etc and return any overdue books and spare library bags.



# PEER SUPPORT

**Peer Support** is lead by Year 6 Students and started on 12th March and will run on Thursdays over the next few weeks.

What is the Peer Support Program? The Peer Support program provides students with a supportive environment where children and young people develop skills, understandings, attitudes and strategies to improve their mental, social and emotional wellbeing. Positive relationships are developed across the school through a series of engaging activities with a range of students of all ages. The program enables participating students to contribute in an environment where all can join in. Year 6 students leading the program also gain leadership skills.

### **The Stronger Together Module**

The module builds on research from health promotion, prevention and positive psychology approaches. The students identify their own strengths and then discuss what is respectful and what are unhealthy behaviours and how strategies, including talking to staff and parents can help. The module reinforces some of our school's key values and our policy and procedures.

This week students discussed where they feel safe at school.

Ms Turnbull



# DEBATING

Congratulations to St Patrick's Debating team who won their first debate today against " Our Lady of the Rosary" Shelly Beach. A fantastic team who have tirelessly given up their lunch times in preparation.

St Patrick's was the affirmative team.

The topic was

" The date for Australia Day should be changed to a different date"



ONE volunteer is required on Wednesdays for each canteen and  
 TWO volunteers are required for each canteen on Fridays.  
**Wednesday** is recess only and shift is approx.: 9:00am – 11:30am  
**Friday** Split shifts or full days are available on Fridays as follows:  
 Full day: 9:00am – 2:00pm **or** Morning shift: 9:00am – 11:30 **or** Afternoon shift: 11:30 – 2:00pm  
 Current roster is posted on our Facebook Page: **“Our Kids Canteen”**  
 Please add a comment below the roster on our Facebook page to fill a shift or you can contact:  
**Primary: Louise Bridekirk Ph: 0407 100 433**  
**TRAINING WILL BE PROVIDED** if required. Thank you.

Week	Date	Infants	Primary
<b>MARCH</b>			
6	Wednesday 11th	Sarah Jiminez & Jacqueline Timary	Christine Leghorn
	Friday 13th		
	9:00am – 11:30am		Amy Whitworth
	11:00am – 2:00pm		
	Or ALL DAY	Lisa Maloney & Annie O’Shea Danielle Williams (in training)	Lou & Lorraine
7	Wednesday 18 <sup>th</sup>	Renee O’Regan	Nan Moffat
	Friday 20 <sup>th</sup>		
	9:00am – 11:30am	Sarah Xuereb	
	11:00am – 2:00pm		
	Or ALL DAY		
8	Wednesday 25th	Karen Philips & Jacqueline Timary	Sarah Jiminez
	Friday 27th		
	9:00am – 11:30am	Sarah Jiminez	
	11:00am – 2:00pm		
	Or ALL DAY		Katie Ercan
Week	Date	Infants	Primary
<b>APRIL</b>			
9	Wednesday 1st		
	Friday 3rd		
	9:00am – 11:30am	Sarah Jiminez	
	11:00am – 2:00pm		
	Or ALL DAY		
10	Wednesday 8 <sup>th</sup>	Jacqueline Timary	
	Friday 10th		
	9:00am – 11:30am		
	11:00am – 2:00pm		
	Or ALL DAY		

New items in the Canteen over the next few weeks - please check on our Canteen Facebook page : **“Our Kids Canteen”** and on our Qkr! Canteen order site.

## NEWS FROM OUR PARENTS & FRIENDS

### P&F News

Next Tuesday we celebrate our feast day with lots of celebrations and activities. Please hand in your donation forms and get your money in ASAP for our fundraiser. Each child will receive a special treat that day from the P&F. Hopefully we'll see as many of you as possible to join in our fun. It's always a great community day.

Easter Raffle Please send in anything Easter themed (chocolates, eggs, bunnies, Easter craft, gift bags, Easter toy, cane baskets, ribbons etc) for our Easter Raffle by Thursday 2<sup>nd</sup> April.

Raffle tickets will be handed out shortly. One book per family.

If you wish to purchase tickets, please send them back with your money into the school office by Monday 6<sup>th</sup> April. Please send in any unsold tickets as well. The draw will take place on Tuesday 7<sup>th</sup> April.

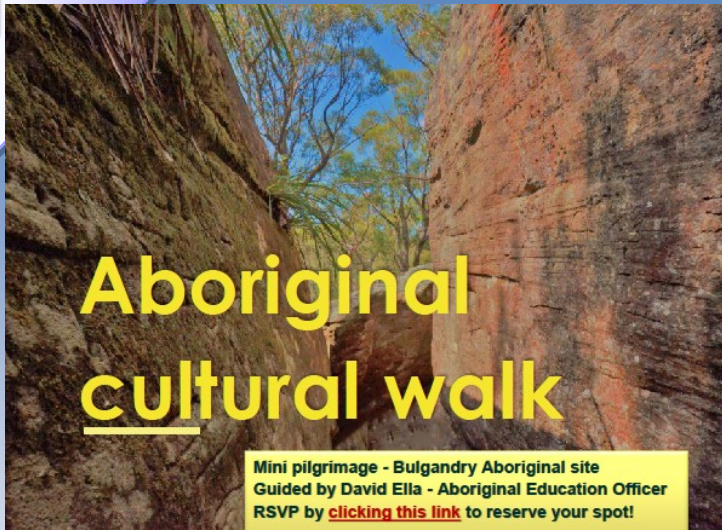
Extra tickets will be available from the front office.

Winners will be published on our school Facebook Page the following day.

We will need some help putting the prizes together. We will be sorting and making prizes up on the Morning of Friday 3<sup>rd</sup> April in the Infants Library just after morning bell.

Please email the school office if you can come along and help. The more the merrier.  
[spg@dbb.catholic.edu.au](mailto:spg@dbb.catholic.edu.au)





# Aboriginal cultural walk

Mini pilgrimage - Bulgandry Aboriginal site  
 Guided by David Ella - Aboriginal Education Officer  
 RSVP by [clicking this link](#) to reserve your spot!

This amazing site is protected by a wooden walkway permitting easy access to the site. Bulgandry is the name given to the ancestral hero depicted at the site. Bulgandry is wearing a ceremonial headdress holding a circular object in one hand. Everyone is welcome to come along and together experience local Aboriginal spirituality and the connection with our Catholic traditions. We will finish with a communal BBQ at Somersby Falls.

**Date:** Thursday April 2<sup>nd</sup>  
**Time:** 10am – 2pm  
**Where we meet:** The car park at Bulgandry engraving site on Woy Woy Road, Kariong.



Health Central Coast Local Health District



3/3 Mitchell Drive  
 Kariong 2250  
 9482 3082  
[reception@bbot.com.au](mailto:reception@bbot.com.au)

We see children experiencing difficulties with:

- \*Gross Motor \*Fine Motor \*Handwriting
- \*School Readiness \*Self Care \*Social Skills
- \*Autism Spectrum Disorder
- \*Sensory Processing Disorder

Let us help your child reach their full potential.

## 2ND HAND UNIFORM SHOP PRICE LIST

### Summer

Girls Dress	\$15
Boys Formal Shirt	\$10
Boys Tailored Shorts	\$10
Sport Short/Skort	\$10
Sport Polo Shirt	\$10



### Winter

Girls Tunic	\$15
Girls Formal Shirt	\$10
Boys Formal Pants	\$15
Boys Formal Shirt	\$10
Ties (Boys & Girls)	\$ 5
Formal Knit Jumper	\$15
Sports Pants	\$10
Jacket	\$15



### Other

Formal Hat	\$10
Sports Hat	\$ 5
School Bag.	\$10
Library Bag.	\$ 5
Socks/Tights	\$ 2
Shoes/Joggers	\$ 5



You can now pay  
 by Qkr! Or Cash  
 at the Second  
 hand Uniform Shop  
 In person only at  
 the shop

# Cough etiquette

## Cover your cough



- When coughing or sneezing, use a tissue to cover your nose and mouth
- Dispose of the tissue afterwards
- If you don't have a tissue, cough or sneeze into your elbow.

## Wash your hands



- After coughing, sneezing or blowing your nose, wash your hands with soap and water
- Use alcohol-based hand cleansers if you do not have access to soap and water

Remember hand washing is the single most effective way to reduce the spread of germs that cause respiratory disease.

Anyone with signs and symptoms of a respiratory infection, regardless of the cause, should be instructed to cover their nose/mouth when coughing or sneezing, use tissues to contain respiratory secretions, dispose of tissues in the nearest waste receptacle after use, and wash their hands afterwards.



# How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

⓪ Duration of the entire procedure: 20-30 seconds

**1a** Apply a palmful of the product in a cupped hand, covering all surfaces;

**1b** Rub hands palm to palm;

**2** Rub hands palm to palm;

**3** Right palm over left dorsum with interlaced fingers and vice versa;

**4** Palm to palm with fingers interlaced;

**5** Backs of fingers to opposing palms with fingers interlocked;

**6** Rotational rubbing of left thumb clasped in right palm and vice versa;

**7** Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

**8** Once dry, your hands are safe.



# How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

⓪ Duration of the handwash (steps 2-7): 15-20 seconds

⓫ Duration of the entire procedure: 40-60 seconds

**0** Wet hands with water;

**1** Apply enough soap to cover all hand surfaces;

**2** Rub hands palm to palm;

**3** Right palm over left dorsum with interlaced fingers and vice versa;

**4** Palm to palm with fingers interlaced;

**5** Backs of fingers to opposing palms with fingers interlocked;

**6** Rotational rubbing of left thumb clasped in right palm and vice versa;

**7** Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

**8** Rinse hands with water;

**9** Dry hands thoroughly with a single use towel;

**10** Use towel to turn off faucet;

**11** Your hands are now safe.