

# Woolomin Public School

## Newsletter Week 1, Term 4

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Monday, 15 October 2018

## Spectacular Finish to Term 3



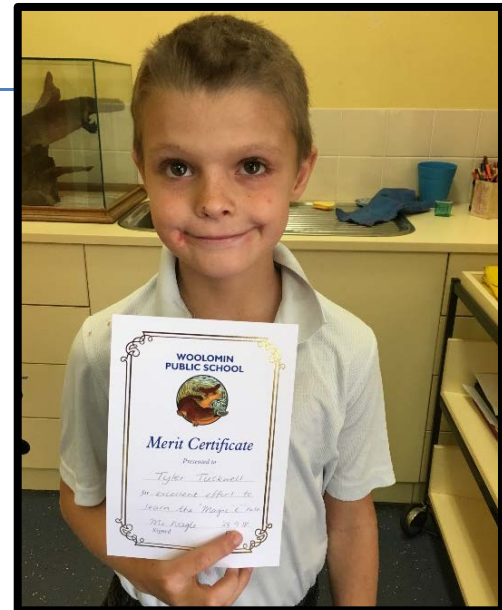
### Ms Nagle's Award

**Luke Leys:** for showing innovation and creativity in the makerspace.



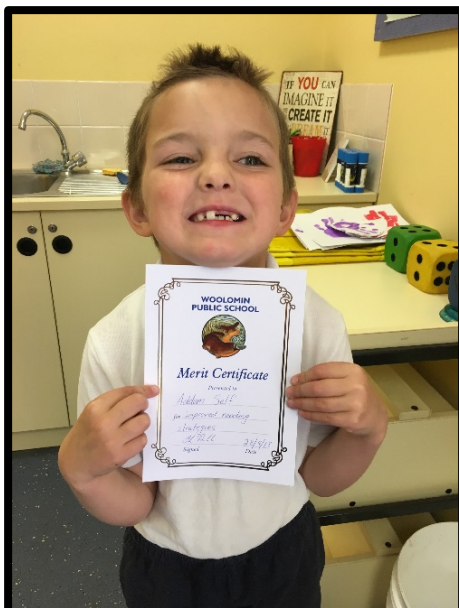
### Principal's Award

**Luke Leys:** for improved quality and increased quantity across all subjects due to focus and on task work.



### Ms Nagle's Award

**Tyler Tuckwell:** for excellent effort to learn the "Magic 'e'" rule.



### Miss Burford's Award

**AJ Self:** for improved reading strategies.



### Mrs McMahon's Award

**Amba Graham:** for focus and attention to detail in the Self Portrait lesson in Visual Art. Good use of water colour pencils.



### Mrs McMahon's Award

**Bladen Steel:** for using Elements of Design to create an impressive portrait of a significant person.





### Mrs McMahon's Award

**Declan Sharkie:** for greeting staff with a friendly 'Good Morning' and being an outstanding role model during morning assembly.



**"Caught you being Good' prize winners:**  
Amba Graham and Grace Hoad



### Merit Cards

Bladen Steel, Tyler Summers, Luke Leys, Maverick Parkinson, Eva Schefe, Lily Parkinson, Tobi Douglas, Tyler Tuckwell, Corbin Steel, Grace Hoad, Tyler Woodard, Maiya Douglas, Jackson Hoad, Emma Adams, Amba Graham, Laylah O'Malley and Ryda Oliver. Absent- Holly Meredith.



### Tingle Factor Awards

**Holly**

**Meredith:** for always trying her best every day.



### Bronze Award:

Maiya Douglas

### Silver Award:

Emma Adams



### Ms Nagle's Award

**Allee Thompson:** For getting on with it and settling into the classroom after being sick.



We hope everyone has had a relaxing holiday and ready for the excitement of term 4. We have a busy term planned with excursions, workshops, intensive swim and end of year activities.

Summer uniforms –All students are expected to be in their Summer Uniforms for Term 4. The Summer Uniform consists of a tunic, white socks and black enclosed shoes for girls and navy shorts, white short sleeved shirt, white socks and black enclosed shoes for boys as displayed in the picture below.



Make sure you keep reading the school calendar to stay informed.

## Big Bad Wolf

This Friday 19<sup>th</sup> October, students in Years K-4 will be travelling into the TREC to see a performance of Big Bad Wolf put on by the Capitol Theatre. This is a wonderful production and a heart-warming tale of inclusivity. Students will be travelling by bus and will be accompanied by Ms Nagle, Miss Burford and Mrs Smith.

# Woolomin PS Kindergarten School Readiness Program

## School Readiness



### Program Two: School Readiness Program

**Aim:** The aim of this program is to provide children who are turning 5 before 31<sup>st</sup> July 2019 and intend on commencing Kindergarten in 2019. Children will spend time in the K-2 classroom learning the routines and expectations of 'big school'.

**Ages:** This program is suitable for children enrolling in Kindergarten in 2019.

**Day:** Wednesday

<b>Dates and Times:</b> 24/10/18	9am-1.15pm
31/10/18	9am-1.15pm
7/11/18	9am-1.15pm
14/11/18	9am-3pm
21/11/18	9am-3pm
28/11/18	9am-3pm

**RSVP to the school ASAP** by phoning the school to inform us that your child will be attending.

School Phone Number- 67642274

Please note when enrolling your child you need to bring their **birth certificate and immunisation details** and any **medical information / health care plans**.

## Mrs McMahon

Mrs McMahon is away on planned leave during weeks 1 and 2 of this Term. During her leave Miss Burford will be acting as relieving Principal.



# Anti-Bullying Program

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This term in Social Skills, students in K-6 will participate in an anti-bullying program where they will learn to identify bullying behaviour and strategies on how to respond and get help if needed. Attached to this newsletter is a feeling safe and valued at WPS brochure. The brochure outlines an action plan for students if they feel bullied or harassed while at school. Also attached is an Anti-bullying Parents and carers tips fact sheet. Please contact the principal or your child's teacher if you have any concerns about student wellbeing.

## Putney Public School

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Towards the end of Term 3, our school received an amazing surprise through a random act of kindness from Putney PS. The school contacted us and said that they were donating the proceeds of fundraising from their Father's Day breakfast. This very generous donation was for \$1422.35. The donation will be used to subsidise the end of year mud run and fun day for our students. Primary students have written thank you letters to Putney PS and we hope to build bridges between our schools through penfriend opportunities and possibly hosting excursions at both rural and city schools. As our school heavily subsidises most school initiatives to ensure all students have the opportunity to participate, the additional support with funds is very appreciated. It was also very inspiring to know that there are many people in the metropolitan areas who are aware of the increased hardships rural communities are experiencing and are willing to offer support in many ways.

# Tamworth Junior Archie Competitions

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In term three, primary students learnt about the Archibald Prize competition. This year, Tamworth Regional Gallery is delighted to bring the Archibald Prize to regional NSW audiences. To view the winners and finalists for 2018, visit Tamworth Regional Art Gallery between the 1st December - 27 January 2018.

As part of the exhibition, the gallery invited students to submit a portrait of a significant person in their life. Eleven students have submitted entries in this competition. We wish them best of luck!

## Extension Programs

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Tuesday and Wednesday early morning sessions are postponed until week 3 where they will resume at the normal time from 8am-8.45am.

## Homework

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Homework programs across classes will recommence this week and continue until week 7. The expectation is that all homework will be completed and returned by Friday unless parents have contacted the school requesting an exemption from the program. Across most classes, homework is set to strengthen key basic skills such as weekly spelling words, number skills and reading. Please contact your child's teacher if you have any questions about homework.

## Head Lice

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Head lice can unfortunately be quite common when large groups gather in regular settings such as schools, and be easily passed along. Attached is an information sheet with some useful information to help families be prepared for, and how to deal with head lice should you encounter them.

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# Mini Canteen

This week we will have toasties available for \$2.50 Monday – Friday while SRC plan this terms Special Lunches. Once a menu has been created for Term 4, Ham and Cheese toasties will be available Monday to Thursday for \$2.50. Toasties will not be available on Friday's due to SRC Special Lunch.

Sipahh straws and a glass of milk, will be available as part of our ongoing lunch menu for \$1.50 Monday - Friday.

## P&C Uniform / Clothing Pool Winter 2018

Just a reminder that we have many new and secondhand items in stock including Winter/ Summer Dresses, Shirts, Ties, Navy Dress Pants.

We also offer The Uniform Exchange, bring in your out-grown Uniform in good condition and exchange for a larger size.

Please ensure ALL items of uniform are CLEARLY marked with students names so they can find their way back home.

## P&C News

P&C will hold their next meeting on November 7th Wednesday night at 7pm. The October meeting has been cancelled while Mrs McMahon is on leave. Everyone is welcome to attend.

- **October (CANCELLED)**
- **Wednesday 7<sup>th</sup> November**
- **Wednesday 5<sup>th</sup> December**

## Term 4 Calendar

### Week 1

Friday 19<sup>th</sup> October

Big Bad Wolf Year K-4

### Week 2

Wednesday 24<sup>th</sup> October

School Readiness Program 9 -1:15

### Week 3

Wednesday 1<sup>st</sup> November

School Readiness Program 9 -1:15

PHS Year 5 Taster

### Week 4

Wednesday 7<sup>th</sup> November

School Readiness Program 9 -1:15

PHS Yr 5 Taster

P&C Meeting 7pm

Friday 9<sup>th</sup> November

Special Remembrance Ceremony

### Week 5

Monday 12<sup>th</sup> November

Selective High Schools Website Closes

Wednesday 14<sup>th</sup> November

School Readiness Program 9 -3

### Week 6

Wednesday 21<sup>st</sup> November

School Readiness Program 9 -3

### Week 7

Wednesday 28<sup>th</sup> November

School Readiness Program 9 -3

Yankee Jack Performance Nundle

### Week 8

Tuesday 4<sup>th</sup> – Friday 7<sup>th</sup> December Intensive Swimming

Tuesday 4<sup>th</sup> December

PHS Year 6 Orientation

Tuesday 4<sup>th</sup> December

QHS Year 6 Orientation

Tuesday 4<sup>th</sup> December

THS Year 6 Orientation

Thursday 6<sup>th</sup> December

Year 6 Farewell Dinner

### Week 9

Tuesday 11<sup>th</sup> – Friday 14<sup>th</sup> December Intensive Swimming

Thursday 13<sup>th</sup> December

Presentation Night

Friday 14<sup>th</sup> December

Lake Keepit Mud Run

### Week 10

Wednesday 19<sup>th</sup> December

Last Day for Students

# Treating and controlling headlice

health

**While children are at school many families will have contact with head lice. The information contained here will help you treat and control head lice.**

## Catching head lice

Head lice have been around for many thousands of years. Anyone can get head lice.

Head lice are small, wingless, blood sucking insects. Their colour varies from whitish-brown to reddish-brown. Head lice only survive on humans. If isolated from the head they die very quickly (usually within 24 hours).

People get head lice from direct hair to hair contact with another person who has head lice. This can happen when people play, cuddle or work closely together.

Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl.

## Finding head lice

Many lice do not cause an itch, so you have to **look carefully to find them**.

Head lice are found on the hair itself and move to the scalp to feed. They have six legs which end in a claw and they rarely fall from the head. Louse eggs (also called nits) are laid within 1.5 cm of the scalp and are firmly attached to the hair. They resemble dandruff, but can't be brushed off.

Lice can crawl and hide. The easiest and most effective way to find them is to follow these steps:

- Step 1** Comb any type of hair conditioner on to dry, brushed (detangled) hair. This stuns the lice and makes it difficult for them to grip the hair or crawl around.
- Step 2** Now comb sections of the hair with a fine tooth, head lice comb.
- Step 3** Wipe the conditioner from the comb onto a paper towel or tissue.
- Step 4** Look on the tissue and on the comb for lice and eggs.
- Step 5** Repeat the combing for every part of the head at least four or five times.

If lice or eggs are found, the hair should be treated.

If the person has been treated recently and you only find empty hatched eggs, you may not have to treat, as the empty eggs could be from a previous episode.

## Treating head lice

Treating head lice involves removing lice and eggs from the hair. There are two ways you can do this:

1. Buying and using a head lice lotion or shampoo, following the instructions on the product
2. Using the conditioner and comb method (described under 'finding head lice') every second day until there have been no live lice found for ten days.

If you choose to use a head lice product always read and follow the instructions provided with the product carefully. The following points may also be helpful:

- Head lice products must be applied to all parts of the hair and scalp.
- No treatment kills all of the eggs so treatment must involve two applications, seven days apart. The first treatment kills all lice; the second treatment kills the lice that may have hatched from eggs not killed by the first treatment.
- Cover the person's eyes while the treatment is being applied. A towel is a good way to do this.
- If you are using a lotion, apply the product to dry hair.
- If you are using a shampoo, wet the hair, but use the least amount of water possible.
- Apply the treatment near the scalp, using an ordinary comb to cover the hair from root to tip. Repeat this several times until all the hair is covered.

There is no need to treat the whole family - unless they also have head lice.

Concentrate on the head - there is no need to clean the house or the classroom.

Only the pillowcase requires washing - either wash it in hot water (at least 60°C) or dry it using a clothes dryer on the hot or warm setting.



## Testing resistance

Head lice products belong in one of the following categories depending on the active compound they contain:

- pyrethrins
- synthetic pyrethroids (permethrin, bioallethrin)
- organophosphates (maldison or malathion)
- herbal with or without natural (non-chemical) pyrethrins.

Insecticide resistance is common, so you should test if lice are dead. If they are, treat again in seven days using the same product. If the lice are not dead, the treatment has not worked and the lice may be resistant to the product and all products containing the same active compound. Wash off the product and treat as soon as possible using a product containing a different active compound. If the insecticide has worked, the lice will be dead within 20 minutes.

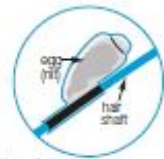
Any head lice product could cause a reaction and should be used with care by women who are pregnant or breastfeeding, children less than 12 months old and people with allergies, asthma or open wounds on the scalp. If you are unsure, please check with your pharmacist or doctor.

## Head lice combs

Combs with long, rounded stainless steel teeth positioned very close together have been shown to be the most effective, however, any head lice comb can be used.

## Head lice eggs

Head lice eggs are small (the size of a pinhead) and oval. A live egg will 'pop' when squashed between fingernails.



Dead eggs have crumpled sides and hatched eggs look like tiny boiled eggs with their tops cut off.

## Regulations

According to the Public Health and Wellbeing Regulations 2009, children with head lice can be readmitted to school or children's service centres after treatment has commenced.

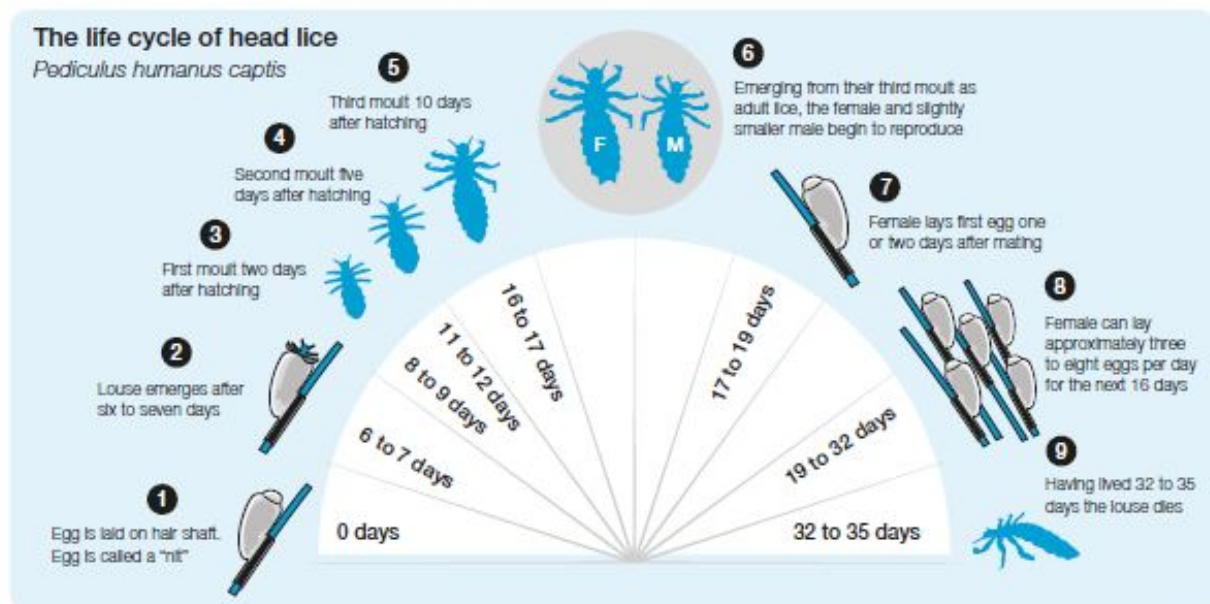
The department recommends a child with head lice can be treated one evening and return to school or children's service centres the next day, even if there are still some eggs present. There is no need to miss school or child care because of head lice.

## Preventing head lice

Check your child's head regularly with comb and conditioner. There is no research to prove that chemical or herbal therapies can prevent head lice.

## Further information

The following website offers further information:  
[www.health.vic.gov.au/headlice](http://www.health.vic.gov.au/headlice)



The information in this pamphlet is based on the research conducted and written by Associate Professor Rick Speare and the team of researchers at, School of Public Health and Tropical Medicine, James Cook University.

Treating and controlling head lice

Cover concept by students from St Patrick's Primary School, West Geelong. Life cycle diagram courtesy of Nitpickers Qld.

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## What is bullying?

**Bullying has three key features. It:**

- involves a misuse of power in a relationship
- is ongoing and repeated, and
- involves behaviours that can cause harm.

**Bullying** can also occur online. This is known as cyberbullying, which is using technology such as the internet or mobile devices to bully someone. It can include sending abusive texts and emails, posting hurtful messages and putting inappropriate comments on pictures of others.

**Bullying** of any kind is not acceptable in NSW schools, whatever the reason. Schools are committed to working with parents, staff and students to prevent bullying and respond quickly and effectively if it does occur.

## What can you do if your child has been bullied?

### **Listen calmly and get the full story**

Your child needs to know that they are being heard. Their feelings matter and their concerns should be taken seriously. Encourage your child to talk about what happened. Explain to your child that reporting the bullying is okay.

After listening to their concerns, ask questions to get more details if needed: who, what, where, when.

### **Reassure your child that they are not to blame**

Children may blame themselves and this can make them feel even worse. Say supportive things like, 'That sounds really hard to deal with', or 'I'm so glad you told me. You should feel safe at school'.

### **Ask your child what they want to do – and what they want you to do**

It is important to help your child to find their own solution as this will help them feel that they have some control over the situation.

If your child is not in any immediate danger and they feel confident, they could try these strategies:

- Ignore the bullying.
- Turn their back and walk away.
- Act unimpressed or pretend they don't care.
- Say "No" or "Just stop!" firmly.

If the bullying happened at school, support your child to tell a teacher. If your child wants to talk to someone other than the school or you think added support would help, you could tell them to go to the Kids Helpline website. They can also call for free on 1800 55 1800.

### **When do I contact the school?**

Your child may be reluctant for you to speak to school staff. Discuss the idea and reassure them that the school would want to know and is able to help.

If needed, make an appointment to meet with your child's teacher. You could also ask to talk with the principal.

Contact the school immediately if you have a concern about your child's safety.

### **Support for parents and carers**

Kids Helpline also has a parent line with trained teams who provide support, information and counselling for parents of children aged 0-18 years. You can call them for the cost of a local call from 9am to 9pm Monday to Friday and 4pm to 9pm on weekends on 1300 1300 52.

### **Telephone interpreter service**

If you would like to contact the school or Parent Line NSW and need assistance with English please call the telephone interpreter service on 131 450, tell them what language you need and ask the operator to make the call. The operator will get an interpreter on the line to assist you with your conversation. You will not be charged for this service.