

Woolomin Public School

Newsletter Week 5, Term 1

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Monday, 26 February 2018

Assembly Week 4



Miss Burford's Award

Matilda Bonner – For an excellent knowledge of sounds.



Principal's Award

Talía Summers – For demonstrating the qualities of a focused student in the classroom and sportsmanship in the pool.



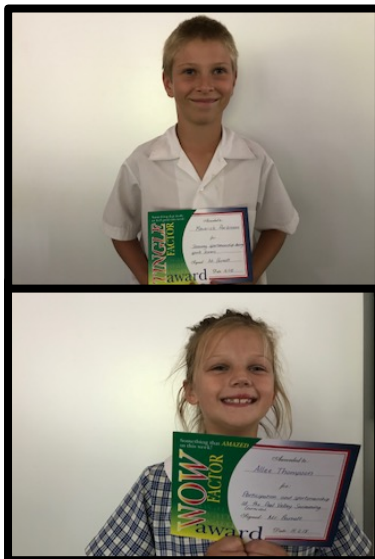
Mrs McMahon's Award

James Sampson – For WOW writing that captivates and engages the reader.



Ms Nagle's Award

Maiya Douglas – For showing determination to improve reading skills.



WOW Factor Award

Allee Thompson – participation and sportsmanship at the PVSC.
Maverick Parkinson – Sportsmanship during sports



Merit Awards

Matildas Bonner, Mayci Oliver, Emma Adams, Laylah O'Malley, Ryda Oliver, Jackson Hoad, Amba Graham.

Didgeridoo and Aboriginal Dance



Students in Years 1-6 will have the opportunity to participate in Aboriginal Culture sessions weekly each Tuesday led by Aboriginal Mentor Mark Atkins. There will be two sessions to choose from consisting of Didgeridoo (Boys only) and Aboriginal Dance Group. Notes will be sent home and need to be returned by Tuesday 27/02/18 if students wish to participate.

Small Schools' Artwork Presentation

Last Friday 23/02/18, Woolomin School hosted a Small Schools' Artwork presentation to the North West Cancer Centre. Last year the school was contacted in regards to the empty walls at the centre and together a project involving 9 other small schools was put together to help brighten the walls. 25 pieces of student artworks from the 10 Small Schools were selected and sent to be professionally framed. The Woolomin SRC raised \$2500 to fund the project and on Friday we finally got to present the amazing artworks to the North West Cancer Centre.



We are lucky enough to share Emma's Grandparents Bev and Col Dawson with our neighbouring school Dungowan. It was fantastic to see them at the presentation supporting grandson Mathew Rushbrook.

Dungowan Cricket

On Friday 2nd March February, Dungowan Public School will be hosting the Small Schools Cricket. Students in years 3-6 will travel by bus to Dungowan PS and participate in a fun, inclusive learning day and will receive information on how they can continue a healthy and active lifestyle. Please ensure your child has returned their permission note.

Clean up Australia Day Activities

This Sunday 4th March. The Woolomin Community will have a Clean Up Australia Day around the Woolomin Village. Meet up will take place at 8.30am outside the Woolomin Hall with gloves and bags provided and will target 3 areas; Woolomin School and surrounds, Camping Grounds and surrounds & Sports Oval and surrounds. There will be a BBQ available afterwards for those involved for a gold coin donation.

Mini Canteen



Ham and Cheese toasties are available Monday to Thursday for \$2.50. Toasties will not be available Friday due to SRC Special Lunch. This Friday the SRC will have Meat Lovers Pizza Slices available for \$1.00 a slice.

Specials for the remainder of this term are:

Week 6: Spaghetti Bolognese

Week 7: Meat Pies

Week 8: Fettuccine with Garlic Bread

Week 9: Mini Sausage Rolls

Week 10: Dumplings

Week 11: Curry Puffs

Please complete the attached catering form and return by Wednesday.

Zone Swimming Carnival

Last Friday, Woolomin School had 11 students invited to participate in the Zone Swimming carnival. The students did a fantastic job in their races and had a great day representing Woolomin School.

Head Lice

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.

Active after Schools Sports

This term's Active After School Sports kicked off on Thursday 22/02/18 and will run over 4 weeks,

improving the students' knowledge and skills in cricket. This will be particularly useful to the Years 3-6 students off to Dungowan Small Schools' Cricket on Friday.

Local Community Event: Song Writing and Performing Arts



Sunday 11th of March Students from Woolomin, Dungowan and Nundle will have the opportunity to participate in a Singing and Musical Workshop supported by the Tamworth Songwriters Association and Woolomin P&C. The workshop will be taught by Sami, who has toured Australia, Canada and New Zealand, and now based in Newcastle about to release her second album "Crazy in Love". More details will be available in a note going home this week. There will be a cost of \$10 per child and will run from 11.00am – 2.30pm. This is a community not school initiated event.

P&C Jumpers

Last call for New School Jumpers!

If you are needing to order a new school jumper please return the form re-sent home last week to ensure we have enough of the needed sizes over the cooler period. No payment will be required until collection, this is just to ensure correct sizes and numbers are ordered in.

Orders will be placed this week.



Term 1 2018

Week 5

Thursday 1 st March	Active After Schools Sports
Friday 2 nd March	Dungowan Small Schools Cricket

Week 6

Tuesday 6 th March	HOME Program Teacher Training – Miss B Mrs Mc
Thursday 8 th March	Active After Schools Sports

Week 7

Thursday 15 th march	Active After School Sports
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Week 9

Friday 30 th March	Good Friday
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Week 10

Monday 2 nd April	Easter Monday
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Good for Kids good for life

DINNER IDEAS FOR SUMMER

Summer is a great time to introduce more salad vegetables into your diet. There are heaps of variations for each of the ideas below:

- Plain beef, chicken, fish or vegetable burgers with loads of salad
- Tacos or burritos with lettuce, tomato, corn, beans, carrot and more
- Kebabs with a combination of meat and vegies such as mushrooms, capsicum and onion
- Pizzas topped with lots of vegies and a side salad
- Salads, salads and more salads and they don't have to be just a garden salad. Try roast pumpkin, cherry tomato, avocado, cucumber and grilled chicken with a honey mustard dressing.



Health
Hunter New England
Local Health District

PHONE 4924 6499

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.

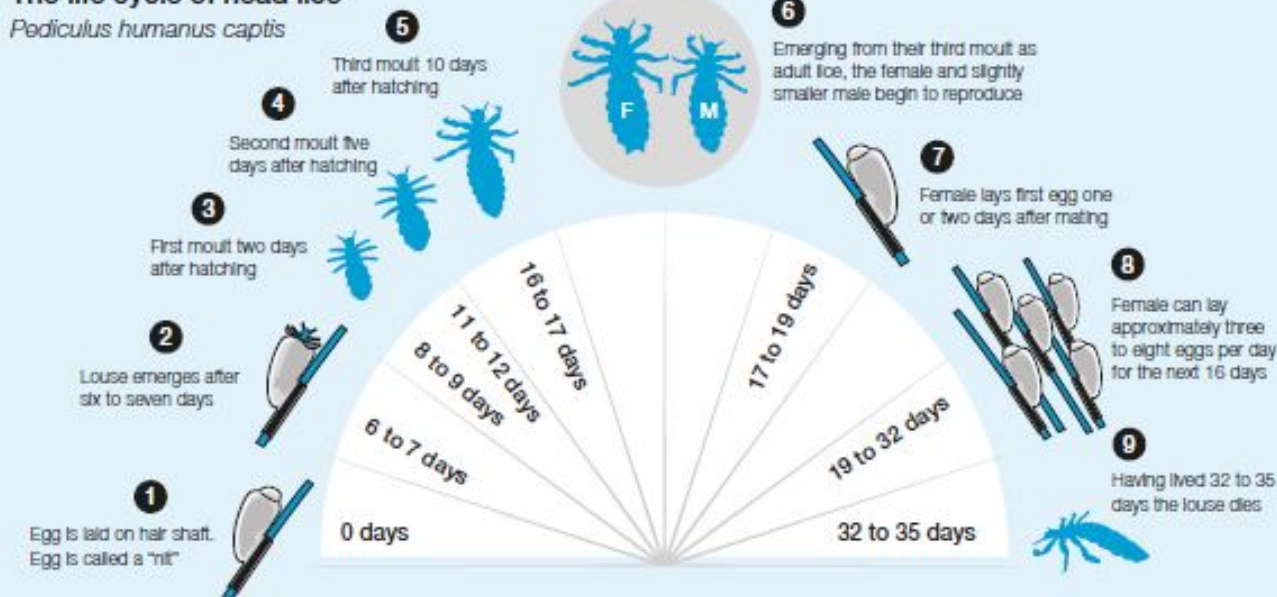
Further information

The following website offers further information:

www.health.vic.gov.au/headlice

The life cycle of head lice

Pediculus humanus capitis



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.

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

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