

Woolomin Public School

Newsletter Week 4, Term 1

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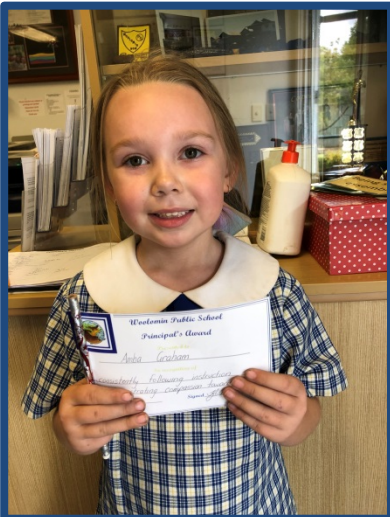
Friday, 22 February 2019

Week 4 Assembly Awards

Principals Award

Amba Graham

For: consistently following instruction and demonstrating compassion towards her peers.



Mr Burnett's Awards

Tyson Olive

For: appreciating the care for all books in the library.

Laylah O'Malley

For: displaying great enthusiasm for working in the library.

Tobias Douglas

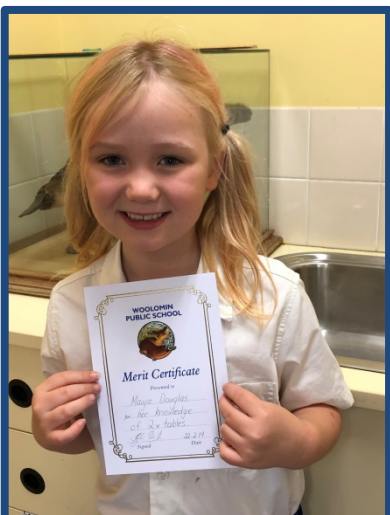
For: accepting the challenge to work "outside his comfort zone" in problem solving.



Miss Burford's Award

Maiya Douglas

For: her knowledge of the 2 times tables.



Merit Cards

Joseph Sampson
Lily Parkinson
Holly Meredith



Caught You Being Good Prize

Emma Adams



Ten Pin Bowling

On Thursday 21 February, all of our lucky students were invited to play ten pin bowling with students from Dungowan Public School. They had a fantastic time as is evident from the photos below.

A big thank you to our parent helpers with the assistance of transport to and from bowling. It is always greatly appreciated.



Leadership Conference

On Tuesday 26 February, Year 3,4, 5 and 6 students will be travelling to Nundle Public School to participate in a Leadership Conference with students from other small schools in the region.

Students will hear from motivational speaker John Coutis before participating in some group activities focused on communication skills, selecting good role models, choosing kindness and leadership skills.

Students will need to wear their sport uniform with joggers for the group activities planned.

Starr's Planetarium

On Friday 1 March, all of our students will be travelling into the Sports Dome in Tamworth to view Starr's Planetarium. This is an amazing giant dome that takes students on a virtual tour to the edge of our Galaxy, around the solar system and back to earth.

Notes have been sent home today and must be returned by Tuesday 26 February to organise transport help. We will need parents to assist with transport to and from the event to ensure all of our students get to participate in this amazing excursion.

Zone Swimming

Good luck to our Zone Swimming carnival participants Tyler Woodard, Tobias Douglas, Allee Thompson, Talia Summers, James Sampson and Bryce Thompson, who are racing today at Scully Park Pool.

We look forward to hearing their results!

Peel Valley Small Schools Swimming Carnival

Last Friday 15 February Tyler W, Tobi, Allee, Talia, James, Bryce and Bladen participated in the Peel Valley small schools Swimming Carnival at Nundle Pool. All of our students had fantastic runs, with a special mention to James and Bryce who did amazingly in their Championships.

Clean Up Australia Day



On Thursday 28 February students will be participating in a 'Clean up Australia Day' at the school, around the school block and riverside park with teachers.

Notes will go home today with details and must be returned by Wednesday 27 February.

Halogen EOI



A reminder that the Halogen excursion EOI's for years 5 & 6 were due back Thursday 21 February. If you have not returned your note please see attached and return on Monday 25 February to assist with finalising details.

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 prepare for, and how to deal with head lice should you encounter them.

The school keeps a supply of KP24 and combs for the treatment of head lice that have been subsidised by the school to provide at no cost to families in need of supplies. Please contact the school office to organise.

Mini Canteen



Mini Canteen is available each Monday to Friday with prices listed as below.

Ham & Cheese Toasties (Mon-Thur)	\$3.00
Ice Blocks	\$1.00
Chocolate Yowie Cups	\$2.00
Rainbow Billabong Icecreams	\$2.00
Sippah Straws (Choc, Caramel, Strawb)	\$1.50
Frozen Orange Quarters	\$0.10 each
Friday Special	\$TBA wkly

Friday Specials

Week 5	Homemade sausage rolls	\$1.50 ea
Week 6	Tacos	\$3.00 ea
Week 7	Fried Rice	\$3.00
Week 8	Party Pies	\$0.50 ea
Week 9	Croissants Ham & Cheese	\$3.00
Week 10	Jelly Cups	\$1.50
Week 11	Pancakes	\$2.00

Please complete the attached order form and return by Wednesday each week if you wish to order the Friday special. Late orders may result in an alternate lunch if special has sold out.

Notes



Please ensure you have returned the following applicable notes.

- Scripture Permissions
- Halogen Conference EOI (yrs 5-6)
- Starr's Planetarium
- Clean Up Australia Day

Term 1 2019

Week 5

Tuesday 26 th February	Leadership Conference
Wednesday 27 th February	Responsible Pet Ownership
Thursday 28 th February	Clean Up Australia Day
Friday 1 st March	Starr's Planetarium Visit

Week 6

Monday 4 th March	Healthy Harold Visit
	Regional Swimming
Tuesday 5 th March	QHS taster day Yr 6
	Mrs Hughes WHS training
Wednesday 6 th March	THS Open night 6pm

Week 7

Sunday 10 th March	Halogen Conference Yrs 5&6
Monday 11 th March	Halogen Conference
Wednesday 13 th March	Miss B & Mrs Mc at External Validation Training
Thursday 14 th March	Selective High Schools Exam

Week 8

Monday 18 th March	Zone Football Trials
Wednesday 20 th March	School Photos
Thursday 21 st March	Harmony Day
Friday 22 nd March	Miss B & Mrs Smith at training

Community News: Tamworth Regional Craft Shed

The Tamworth Regional Craft Shed are hosting an Easter Bonnet workshop for children on Saturday 2 March from 10am till 1pm. Decorations for hats will be supplied and there will be members on hand to assist. Each child must be accompanied by an adult. Cost per child is \$5 and they ask that you bring an old hat if you have one.

For further information please contact the Craft Centre on 6761 2779 or workshop coordinator Penny Kasteel on 61613187

Good for Kids good for life

MANAGING SCREEN TIME

Australian guidelines recommend that **kids spend no more than 2 hours each day on small screen entertainment**. Long periods of use should be broken up as often as possible. While computers and TV can be valuable for education and learning, the health benefits, skills and enjoyment that kids and teens get from being physically active are just as important.

**Office of the Children's eSafety Commissioner**


Keeping an eye on screen time

Are your kids constantly glued to a screen? Where do you draw the line to keep screen time in check? This quick guide can help parents manage screen time.



What is screen time?

Screen time is the amount of time spent watching a screen or electronic media for entertainment. It includes:

**Watching TV**

**Watching DVDs & other online shows**

**Using computers or other devices to access online entertainment**

**Playing games on consoles, computers and mobile phones**

**Texting**



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@hnehealth.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

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.

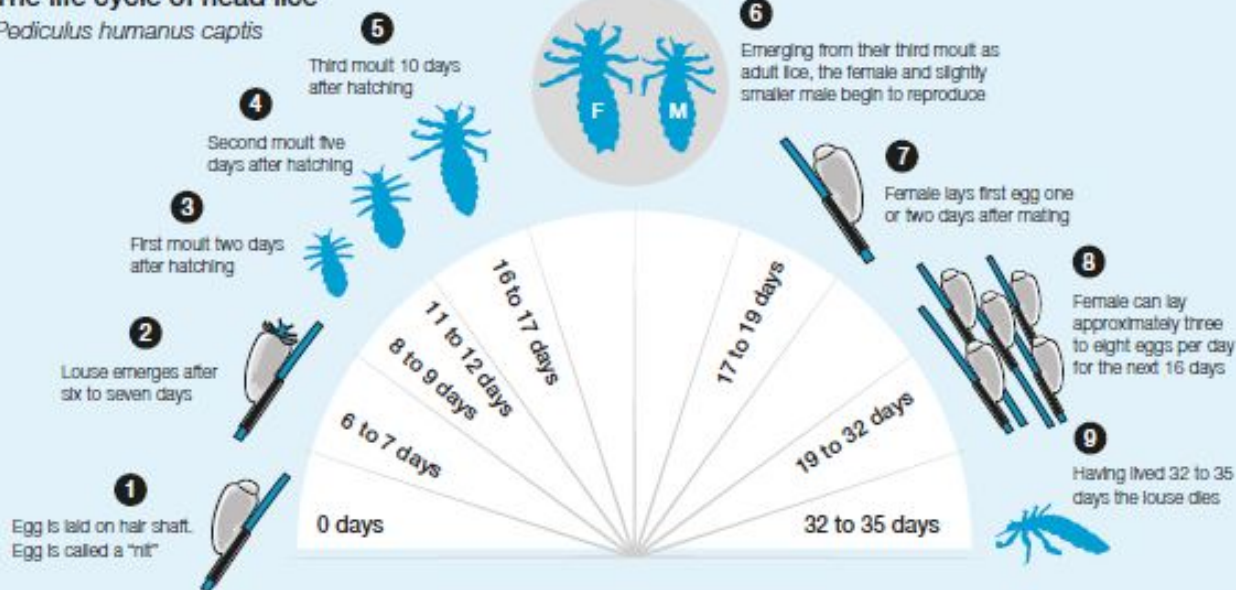
Further information

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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