



Our mission is to provide children with...

- a love of learning
- a pride in achievement
- a respect for themselves and others

...in a safe and happy environment

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Messages from Mr Gadd

Head Lice

Head lice are a very common problem that most parents and teachers are more than familiar with. Unfortunately, the management and treatment of head lice is surrounded by a large amount of misinformation and myth, particularly about their habits and what is and isn't an effective treatment. Much of the misunderstanding, stigma and blame about head lice have come about because many people do not know how head lice reproduce, grow or are spread from head to head.

Head lice is the most commonly reported health complaint from parents and teachers to schools.

It also appears to be on the increase, and this increase is due probably to factors such as:

- Resistance to the common chemicals used in many head lice products
- Inappropriate use of the treatments
- Changing social and school practices

While head lice are not known to carry disease, they do disturb parents and children. The social stigma often handed out to kids with head lice can affect their ability to learn and their comfort in the classroom. The outrage often felt by many parents who are at their wits ends with ineffective treatments can also lead to some very desperate measures. Busy families can often be misled by inaccurate and often outrageous claims made by some products.

Please find attached to today's newsletter some information regarding the treatment of head lice.

Read With Me

All parents / grandparents are invited to attend Read With Me to be held on Wednesday 9 March at 9.20am in their child's classroom. Please come along and support your children's reading at school and encourage reading at home. Looking forward to seeing you there!

Harmony Day

On Monday 21 March our school will be celebrating Harmony Day. This will be an out of uniform day with students asked to come to school wearing orange. A gold coin donation will be collected to raise money for World Vision.

There will be a Harmony Day Poster Competition with the theme "Making a Difference". We will also be holding a special assembly at 9.20am which will feature the aboriginal dance group as well as class items. All parents are invited to attend.

Earth Hour

Telarah Public School students will be participating in Earth Hour on Friday 25 March. All classrooms will be turning off all electrical appliances in the school for one hour.

Expression of Interest – Year 7 2012

A reminder to all Year 6 parents that Expression of Interest Forms for High School next year, need to be returned to the office by Friday 18 March.

2011 Calendar

Tuesday 8 March	P&C AGM
Wednesday 9 March	Read With Me
Friday 18 March	Slice Drive Delivery
Monday 21 March	Harmony Day – Out of Uniform & Assembly
Friday 1 April	School Photos
Monday 4 April	School Photos
Friday 8 April	Last Day of Term
Thursday 28 April	Students Return Term 2

Maitland Zone Tennis Trials

Congratulations to Bryce Pratt in a first for Telarah. We are well known for our sporting team successes but on Thursday 24 February Bryce capped an undefeated day of singles play in becoming Maitland's boy champion tennis player. Well done Pratty!

Bryce then went on to represent Maitland Zone at regional trials on Friday 4 March. Bryce is now a member of the Hunter Boys Tennis Team. A truly wonderful achievement. Well done to an unassuming young man.



Year 5 Camp

Notes for the Year 5 Camp were given to students last week. Please see the office if your child did not receive a note. All medical, consent and participation forms need to be returned to Mrs Dorrian as soon as possible. A deposit of \$50 needs to be paid by Friday 25 March. Please do not hesitate to contact Mr Gadd or Mrs Dorrian if you have any concerns regarding the camp.

Music Lessons

Guitar and drumming lessons started this week. Guitar lessons are held on a Monday and drumming lessons are held on Wednesday. If your child is interested in having music lessons, please see Mrs Keith for guitar or Mrs Barnes for drumming permission notes. Brass lessons will be starting shortly as the music tutor has been sick.

Interrelate

Year 6 students will commence Interrelate next week. Can parents please ensure their child has returned their permission note if they want their child to attend these lessons.

Clean Up Australia Day

On Friday 5 March Telarah students from Kindergarten to Year 6 made a difference to our community by participating in Clean Up Australia Day. Students cleaned up the school surrounds.



Newsletter on the School Website

Have you missed a school newsletter? Parents are able to log on to the schools website to access current and old newsletters.

Please go to www.telarah-p.schools.nsw.edu.au

Hats and Water Bottles

Please remind your children to bring their hat and water bottle to school every day. Remember, No Hat No Play.

Head Lice – Monday Night is Nit Night!

Remember Monday night is nit night where we ask parents to check your child's hair for head lice. If you find any lice please treat your child's hair immediately before they return to school.

Student Emergency Contacts

All students should have received their new Emergency contact sheet last week (orange). It would be appreciated if parents could complete the form (double sided) and return as soon as possible. Thank you for your assistance in this matter.

Student Absences

A friendly reminder that all student absences must be explained. Parents are able to phone the school or send a note to the class teacher explaining why their child was absent from school. Thank you for your assistance in this matter.

Early Intervention Visit to the Canteen

The Early Intervention classes visit the canteen as part of our program to familiarise the children with the school environment. Jacob, Harrison, Jessie-Lee and Colby practiced using full sentences to ask for what they wanted eg “I want chips please”. The children also visit the library, office, bubblers, hall and infants play equipment. The canteen is a big hit, Colby said “I love that shop”!



P&C AGM

Our Annual General Meeting (AGM) will be held on Tuesday 8 March at 7.00pm in the old school library. All parents are invited to attend.

P&C Supa Slice Drive

All Supa Slice orders will be delivered on Friday 18 March.

Red Food Day

All students should have received their order form for the Red Food Day which is being held on Friday 25 March. Please return order forms and money to the canteen before Thursday 24 March. The canteen will also be selling lollies at lunch and recess.

P&C Subscription

Each family should have received a P&C Subscription Card last week. The annual subscription fee is \$1.00 and this enables you to become a financial member for the P&C. This entitles you to attend all meetings and to have an input into how the Association is conducted and how funds are raised and utilised. You are invited to become an active member and to take part in all the activities for the year. Please return your P&C Subscription Card to the front office.

School Banking - The Mutual

Each family has received with today's newsletter information regarding student banking with The Mutual. Each child who opens a new account receives a \$10 voucher. If your child already has an account with The Mutual, the \$10 voucher can be deposited into their current account. Please see the office for extra

membership forms or vouchers. Bank books are collected and returned every Thursday.

Hunter Valley Busco Pty Ltd
Glenwood Farm
Durban NSW 2322

Telephone: (02) 4915 5200
Facsimile: (02) 4966 8200

A.C.N. 116 170 432
A.B.N. 58 116 171 632

BUS PASSES

REMINDER THAT ALL DRIVERS ARE NOW CHECKING BUS PASSES

If a student does not have a bus pass, please direct them to
their school office.

Fares will be charged to ineligible students, those
without their \$1.00 fare may be refused travel.

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The logo of the New South Wales Aboriginal Land Council (NSWALC) is positioned at the top center. It features a black silhouette of the state of New South Wales. Inside the silhouette, there is a traditional Aboriginal design consisting of a yellow sunburst or tree-like symbol on a red background.

**New South Wales
Aboriginal Land Council**

NETWORK MESSAGE

23 February, 2010

Connecting with your past

Are you hoping to re-connect with a lost relative or friend?

The New South Wales Aboriginal Land Council is launching a new publication next month, which features a section aiming to help people find their lost loved ones.

The publication wants to give you the space to place a call-out to anyone who may be able to help you re-connect with your lost relative or friend.

If you would like to place a short, free message in this publication, please do not hesitate to contact Amy McQuire at amy.mcquire@alc.org.au or by calling 0428 924 069.

Message should be submitted by March 11, 2011.

Treatment

Head lice are only found on the human head. They are not found on any other part of the human body, although there are other types of lice that do infest other parts of the human body. Nor are they found on any other animal. Head lice do not live on furniture, hats, bedding, carpet or anywhere else in the environment. Treating anything other than the human head does not eradicate head lice.

Before you choose a treatment for head lice, consider the following:

- Make sure that the heads you treat actually do have head lice and do not treat unless they do!
- Do not treat babies or a scalp that is irritated or inflamed.
- Do not let product into eyes.
- There is no preventative treatment available. While it is tempting to "do" the whole family, unless they actually have head lice you may be contributing to the problem of resistance.
- Any product applied to the head should be used with caution, particularly on young heads. **READ THE LABEL.**
- Use your common sense when selecting a head lice treatment. There is nothing natural about pouring a product on a head!
- Some essential oils, including tea tree oil, can trigger a reaction in some people. Tea tree oil is a proven antiseptic, however, its efficacy as a head lice treatment has not been demonstrated.
- Many products have a very strong smell. A strong smelling substance left on the hair for any length of time may trigger a reaction.
- Certainly try a commercial head lice preparation, but read the label first and apply strictly as directed. Again, in desperation it can be tempting to change the dose in an effort to kill the lice. However, increasing the dosage does not enhance efficacy of treatment products.
- Apply product to every strand of hair and work through, leave for 20 minutes, and comb out with a good quality lice comb.
- If dead lice are found, the product has worked. But you must re-treat in seven days to catch nymphs that have emerged from unhatched eggs.
- If you find live lice, the treatment probably hasn't worked. Either use another product with a different active ingredient (read the label) OR try the [comb and conditioner](#) method.
- Reduce transmission by tying hair back and braiding. We now it's hard for young girls to consider this cool, but try it!
- Regularly check your children's hair. Young girls growing up often become very independent about their hair care and it can become difficult to convince them that it's important for you to continue checking their hair. Try to persist or show them how they can check their own hair when they wash it in the shower or bath.
- Keep a good quality head lice comb in the shower so that every time anyone washes their hair they use the comb. The more folk know about simple management methods the easier it will be to reduce the problem. But it takes time!
- **Do not use insecticides, methyated spirits or kerosene on your child's head.**

What's the comb and conditioner method?



Head lice breathe through small openings along their abdomens called spiracles. By coating the hair and therefore the louse in something thick and slimy, these openings close over, shutting down the louse's breathing for about 20 minutes.

Head lice can move very fast across the scalp. Using a head lice comb on a dry scalp will often miss many lice as they are very clever at avoiding being caught. While unfortunately the louse doesn't die with this method, it does slow it down so that you can catch them.

Any thick and slimy substance applied to the hair will have the same effect. Some parents swear by mayonnaise or olive oil, though it does seem logical to use simple hair conditioner. It can be difficult to wash out oils easily and using mayonnaise does seem a waste! Nevertheless the principle is the same; the lice will be slowed down so that you can comb them out.

Applying conditioner, or any other slimy product, will not kill nor remove eggs, although some good quality lice combs will remove them.

Nitbusting at home

Nitbusting can be a time-consuming task. If Nitbusting at home with your child, do the following:

1. Try sitting the child between your legs on a low stool and putting on a video for an hour while you work.
2. Wrap a towel or kitchen paper around the child's shoulders to catch conditioner spill.
3. Remove any scrunchies, ribbons clasps, etc. from the child's head and comb out plaits and braids.
4. Apply liberal amounts of conditioner to the scalp and massage it through all the hair shafts. You will use a lot of conditioner. Every hair has to be coated to ensure it reaches the lice.
5. Lice live close to the scalp, so make sure that you cover the hair shaft close to the scalp. You don't have to work the conditioner onto the whole length of the hair. Combing will spread it well enough. The idea of the application is to restrict the movement of the head lice long enough for you to catch them with a comb.



6. After you've applied the conditioner, use a large comb to part small sections of the hair starting from the nape and working upwards toward the crown. Eggs are often found behind the ears and toward the back of the head. By using this method, you are more likely to find the head lice on top of and toward the front of the head.
7. When the hair is detangled and manageable, use a fine lice comb to comb out each section several times.
8. After each comb out, wipe the conditioner on the paper towel. If the child has head lice, you will see them on the towel.



9. Keep combing each section of hair until no further lice, nymphs or eggs appear on the paper towel. Often you will see lots of old egg casings that may take awhile to remove.

Once you have combed and recombined each section of hair, either re-plait or tie it back. If it is very short, suggest to the child some interesting styling! Young boys often like their hair spiked up or Mohawk-like!

Treating long hair

Depending on the hair length and type, it is often easier to neatly section long and thick hair before applying conditioner to avoid getting the hair into a terrible tangle.



1. Part long hair once from forehead to scalp, and use hair clips to keep the part in place.
2. Apply conditioner along the part line and massage in with the comb. This is to stop lice from crossing from one side of the head to the other.
3. Part the hair in a straight line from ear around scalp to centre part and clip or pin top section to crown of scalp.
4. Apply conditioner again to the part and massage in.
5. Apply more conditioner to loose hair down to nape of neck.
6. Use the head lice comb to comb out the conditioner. Start at the base of the hair shaft and comb down the length of the hair in one stroke.
7. Wipe the comb on a paper towel and check for lice. Lice are easily identified on the paper towel. Continue combing this section until you are certain you have covered the area several times.
8. Repeat the sectioning on the other side of the part towards the other ear.
9. After you've done these two sections, continue parting horizontally from the centre part sections of hair and apply conditioner and comb out as before.



Other things you should know

Head lice often congregate on the crown of the head, so that it is not until you reach these last sections of hair that you find adult lice. However, heads that are severely infected will have adult lice everywhere.

A good head lice comb should also remove nymphs, the stage between egg and adult louse—teenagers really. These can be difficult to identify with the naked eye, but appear as small insects on the paper towel.



The Mutual
BANK@School
www.mightymutuals.com.au

Every Thursday

Please be reminded that Bank@School continues each Thursday at the school. Students can make their deposits by placing their passbooks in the secured school banking box at the School Office. At the allocated time a Mutual representative will arrive to process transactions. Any students not currently enrolled in Bank@School should see the office for an application.



St Christopher's Chess Club

When: Wednesday Nights
Time: 7.00 pm – 8.30 pm
Where: St Christopher's
Church Hall
92 Gillies Street
Rutherford
Cost: \$3.00
Beginners to experienced...
From 8 - 18 years...
All players welcome!

A group of the Anglican Parish of Telarah-Rutherford
For More Information
Contact Janice Fleming
4932 4336 or 0402 239 813



Junior Craft Club
Monday Nights
4.30 – 6.00 pm
For children 6 – 14 years

St Christopher's Church Hall
92 Gillies St, Rutherford
\$3.00 per night.
All materials supplied.