Wednesday – 2\textsuperscript{nd} March, 2011

Week 6 - Term 1

Dear Parents/Caregivers,

This year our school is very fortunate in enrolling Lauren who is blind. The yellow stripes and bubbles and the new stairs to the oval have been added to support Lauren. Lauren uses a cane to travel around the school and works with Mrs Payne to help her learn to read Braille and have a happy and safe education. I am very proud of our students in their acceptance and understanding of Lauren and their willingness to help and support her. Mrs Samuels with the help of Mrs Brewer are doing an amazing job.

Once again it is the season to scratch. Our nasty pests the head lice are invading schools in the area. Many lice do not cause an itch, so you have to look carefully to find them. They resemble dandruff but can’t be brushed off. Lice can crawl and hide. The easiest and most effective way to find them to follow these steps:-

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

Then: Concentrate on the head – there is no evidence to suggest that you need to clean the house or classroom. No treatment kills all of the eggs so treatment must involve two applications seven days apart. The purpose of the first treatment is to kill all the lice, the second treatment is to kill young lice hatched over the next six days.

If you choose not to use insecticide, the conditioner and comb method can be used every second day until there have been no live lice found for ten days.

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

Only pillowcases require special laundering; either wash in hot water (at least 60 deg C) or dry using a clothes dryer on the hot or warm setting.

There is no product available to prevent head lice. Using the conditioner and comb method once a week will help you detect any head lice early and minimise the problem. Tying back long hair can help prevent the spread of head lice.

Then: Children with head lice are required to be treated. A child with head lice can be treated one evening and return to school the next day.

Please check regularly so we can break the cycle.

Good luck to our cricket team who play Belair in the PSSA knockout Competition today. Mr Britt is hopeful of a win as we have some outstanding students playing.

Mrs Owens and Mr Britt were very impressed with our zone swimming squad last Thursday. Behaviour at the pool was exceptional and all students represented us proudly congratulations to Lucas Borrow and Max Milton who will go to Regional for individual events and to our Senior Boys Relay team of Lucas, Max, Jye Pickin and Joshua Wingrove who will also go to Regional. A great effort!

Enjoy your week

Jo Swadling
Principal

From Andy Baumgantner – Teacher

The biggest kick in teaching comes when I look into the face of a young child and watch confusion turn to concentration, concentration to surprise and finally, surprise into pride of accomplishment.
Dates To Remember

7th March  Cardiff High presentation with Mrs Russell – Library 6pm-7pm
13th March  Dawn Lamberts Retirement Function - $30 – can be paid at school
14th March  P&C Meeting – 6.30pm
16th March  Expo Day – Cardiff High Year 6
18th March  Show Holiday
26th March  Election Day BBQ – Help needed
28th March  Young Leaders Day in Sydney
8th April  Last Day Term 1

CANTEEN ROSTER - Week 6 Term 1

<table>
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<tr>
<th>Day</th>
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<tr>
<td>Thursday 3rd March</td>
<td>T Clark / L. Proudlock</td>
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<td>Friday 4th March</td>
<td>A.Ellevsen/T.Clark/, G.McSeveney</td>
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<td>Mon 7th March</td>
<td>E.Hamilton/N.Campbell</td>
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<td>Tues 8th March</td>
<td>A.Haylock / D.Harrison</td>
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<td>Wed 9th March</td>
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Speech and Drama Classes - Enrol now for 2011

Have fun while building confidence, learning drama, mime, theatrical skills, movement, improving speech & communication skills & public speaking strategies all in small groups. Drama Syllabus coaching, preparation for Eisteddfods and exams and successful school assessment presentations. Private tuition available by arrangement.
Contact Michelle Clipsham, A.T.C.L. 4959 3506 macdrama@optusnet.com.au

Mathletics

This year the P&C again have paid for Yrs 1 – 6 students to access Mathletics – a great, fun maths learning program that students love. All students have passwords. Try it with your kids, they love it.

Hello Lauren

PERSISTENCE IN HOME READING

25 Nights = Teacher sticker / teacher choice
50 Nights = Principal sticker and lolly
100 Nights = Individual photo on “Reading Hall of Fame” in the foyer and a fun rubber
150 Nights = Bookmark / Principal’s pencil
200 Nights = A pick from Mrs Swadling’s treasure box

Happy Reading !!!

8 Good Reasons to have an Apple Each Day

- Low energy density food that are nutrient-dense
- More fibre than leading breakfast cereals (without added salt or sugar)
- Potential health benefits
- Provide a sustained source of energy as they are low in Glycemic Index
- Valuable source of fluid
- Good source of potassium, calcium and Vitamin C
- A tasty and convenient ready-to-go snack
- No fat, cholesterol or salt

AMAZING APPLE FACTS

The highest antioxidant content of Australia’s most popular fruits
More antioxidant power than 1500mg of Vitamin C supplement
Ten times the antioxidant power of goji berry juice
Four times the antioxidant content of brewed tea
Reduce cancer risk
Compounds in apple skin kill cancer cells
Provide asthma protection
Reduce asthma in children when mothers eat apples during pregnancy
Can reduce the risk of developing Type 2 diabetes

ANTIOXIDANTS

Help neutralise free radicals. Free radicals are highly reactive, unstable compounds that are produced naturally within the body as well as obtained from outside sources such as cigarette smoking, environmental pollutants and exposure to sunlight which can accelerate aging and may lead to cancer due to damaged cells.
EASTER RAFFLE DONATIONS

It won’t be long before Easter. So we can start organising the Easter Raffle. We are asking if you could start sending in any donations for the raffle to the office please. 1 egg per child will give us 230 eggs – lots of prizes!

VOLUNTEERS are needed for the Election Day BBQ Saturday 26th March. Please contact the office or Sam Higgins if you are available.