Yes, you can do it!
The ability to remain focused on a task until it is completed even if it may be difficult. To work hard to achieve results.

‘Education is the most powerful weapon which you can use to change the world’ - Nelson Mandela

Principal’s Pen

Welcome back for 2015.

It was wonderful to see so many happy smiling faces back this week– despite the rainy weather most of the parents were having trouble containing their excitement! A very big welcome to all our new families and particularly to our Kindergarten students, as you start your school journey.

Our class organisation for 2015 is as follows: we will run three classes from 9 till 12:30 Monday to Thursday. Ms Jones takes our K-1, Mrs Geres takes Years 2-4 and Mrs Mbonimpa takes Years 4-6. In the afternoon the students go back to K-3 and Years 4-6. Mrs Bridges will be our LAST (Learning and Support Teacher) working 3 days per week. We are very fortunate to be included in the Early Action For Success (EAFS) program supporting K-2 students, Mrs Nobel is in our school as our Instructional Leader, I will be working with K-3 to support these new initiatives.

This year we are selling book packs, these include textbooks, exercise books, stationary and art supplies for $30, thank you to those parents who have already organised these. Teachers are hoping to start work as soon as possible in the text books; however students will not be supplied textbooks until the packs are purchased. We would really appreciate it if parents could organise this as quickly as possible.

Tomorrow is the Small School Swimming carnival held at Toronto pool, please come along and support our students.

Next Thursday, 12th February, we will hold our special assembly for inducting our 2015 Captains and Sport Captains. Everyone is very welcome to attend and some of our students are busy preparing special assembly items for this day.

Louise Wrightson
Principal
Small Schools Swimming Carnival

Students who have returned their permission notes and bus/pool money for this carnival will be heading off to the pool tomorrow morning. Parents are welcome to come and support their children at the carnival and their entry to Toronto Heated Pool will be $2. A big thank you to the Fair Play Café OOSH who are transporting our students on their buses.

Canteen

At the moment our Canteen operates on Mondays and Fridays manned totally by volunteers. With parents undergoing training and gaining employment we need some new helpers to volunteer. If you, or any member of your family, would like to give some time to serve lunch to our children, this would be greatly appreciated. Our existing volunteers are happy to show new people the ropes so let Janet in the office know or speak to parents— Reidenca, Kristy, Tara or Katrina.

Student Notes

Thank you to all parents who have returned notes for their children. Last week we sent home a Permission to Publish, Medical Update and request for the Essentials Book Packs to be paid for. It is extremely important that we update medical and publication permission each year. If you haven’t returned this information for 2015, please do so promptly or ask at the office for a replacement form. It’s a good time to touch base and let us know of any changes with your contacts etc.

Essentials Pack

A big thank you to all parents who have paid (or started to pay off) the School Essentials Pack. As this pack includes the student’s textbook, it is a priority to get this expense paid as soon as possible. There is no problem making an arrangement to pay this off in instalments. Parents can come in and speak to Mrs Wrightson or Mrs Craggs.

P&C Meeting

The P&C Annual General Meeting will be held on Wednesday 25th February at 3.30pm. All new and existing parents as well as interested family members are welcome to attend. It is only 50 cents to join the Boolaroo Public School P&C Association. Information is attached about the different positions within the P&C.

Year 6 Fundraising

Each year the Year 6 students raise funds to purchase a gift for the school. Next week they will resume selling zooper doopers (natural fruit juice variety) for 50c. This will be on non-canteen days only.

Head Lice

We suspect that nits/head lice are present in the hair of some students within our school. Please check your child’s hair for nits/lice tonight using the methods recommended in information from NSW Health (http://www.health.nsw.gov.au/environment/headlice/Pages/treatment.aspx) a copy of which is attached.

If you find any eggs or lice please commence treatment as recommended.

Head Lice infestation is a common problem throughout the world in all socioeconomic groups. Considerable myth and misinformation surrounds head lice and their management. Studies have shown that around one in four primary school aged children in Australia have head lice.

NSW Health does not recommend excluding children with head lice from school due to the following reasons:

• Head lice are not known to transmit diseases.
• Head lice eradication is most effective if the whole school community works together to treat the infestation, for example running the Nitbuster program.

Further information on head lice is available on the NSW Health website (details above) or through the Department’s website at http://www.schools.nsw.edu.au/studentsupport/studenthealth/conditions/headlice/index.php.

Head lice are only found on the human head or hair. 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.

There are two main treatment options to remove head lice:

**Mechanical removal or ‘comb and conditioner’ method**

What you need for this method:

• Normal comb to detangle hair prior to using metal lice comb
• Fine toothed metal lice comb (available from your local chemist or online)
• Conditioner - buy a cheap brand as you will be needing a lot of it, and preferably one that is white to make spotting the lice easier
• White paper towel

Mechanical removal involves applying conditioner to dry hair. Cover all of the hair with conditioner, detangle hair
with normal comb and separate into sections. Then, using a fine long toothed metal lice comb, comb through the hair in sections. The conditioner does not kill lice but stuns them for about 20 minutes enabling easier removal. The long toothed metal comb will remove nits and the stunned head lice. Wipe the comb on a white tissue and check for any lice or nits. Keep combing until no more appear on the tissue. This method should be done every second or third day until no nits and lice remain, usually about 7 to 10 days. Please see the explanation below for more detailed guidance.

This method is the preferred way to detect and treat head lice because it is effective, does not contribute to insecticide resistance in head lice and also presents a low risk of skin irritation. This method also helps manage head lice before they become established on the head. Simply keep a good head lice comb in the shower and every time your family washes their hair use the fine comb through the hair. This will ensure lice are "caught" before they lay too many eggs. If your children are old enough to wash their own hair encourage them to use the comb themselves. Or keep a comb handy to where you wash your children's hair and use it every shampoo.

**Chemical removal**

What you need for this method:
- Normal comb to detangle hair prior to using metal lice comb
- Chemical treatment containing synthetic or natural insecticides that kill head lice (talk to your local pharmacist to identify the treatments containing insecticides)
- Fine toothed metal lice comb (available from your local chemist or online)
- White paper towel

If you choose to use a chemical treatment, remember to follow the instructions carefully. You will also need to comb through the hair to ensure the treatment is working. If you find dead lice it means the product has worked. If you find live lice, the treatment has not worked. Instead switch to another treatment that uses a different chemical compound or use the 'comb and conditioner method' as described under the mechanical removal. It is very important that you repeat the chemical treatment in seven days to kill any newly hatched eggs as most chemical treatments will not kill the eggs (nits).

Once your child is free of lice and nits, remember to regularly check with a fine toothed head lice comb and conditioner as described above. Early detection and treatment will prevent re-infestation.

**Safe School Zone Parking**

We have attached information provided by the Lake Macquarie Council about fines for parking incorrectly around school zones. Please take note as some of the fines are quite hefty for families and the school wants to keep our students as safe as possible.

**Community News**

**Iron Horse Inn**

The Iron Horse Inn have sponsorship cards for all Boolaroo Public School Families. This is a scheme where the school will make 10% commission on all purchases of drinks and meals at the hotel. They currently have a special on lunches for $8 and this is a 7 day a week promotion. Why not take the family for an outing and help the school at the same time? New families will be given their sponsorship cards with this newsletter.

**Lake Macquarie Junior Rugby**

Registration for Joey Rugby will be held on Friday Nights 13th and 20th February from 5.30 to 6.30pm at Walters Park Speers Point. For further information please call Robbie Taylor 0417 309 588

**Tempting your tastebuds**

Some children take time to develop a liking for a range of vegetables. Although at times this can be frustrating and the temptation is to give up, it’s important to continue offering vegetables regularly as they are packed with nutrients that children need 1.

**So how do we tempt children's taste buds?**

- Serve them as finger food as they are easy to pick up
- Serve them in different shapes by using a small biscuit cutter
- Serve vegetables with dips such as cottage cheese, salsa, hummus etc.
- Mix vegetables into pasta and rice dishes
- Involve children in preparing and growing vegetables. This increases their familiarity and willingness to try new vegetables

**Reference:**

Adapted from Munch & Move Healthy eating newsletter snippets
Community News

Light Up Newcastle—Lantern Walk
This exciting event will be held to celebrate the Chinese New Year at Honeysuckle Precinct on Saturday 21st February from 4pm. There will be dragon boat races, lione dancers, dragons, marching bands and choirs and the Newcastle Yacht Club Sail Past. Hear the firing of the Fort Scratchley guns and see fireworks!!!

Lake Macquarie Football Club
The club will hold registrations for the 2015 season at Tredinnick Oval on Sunday 8th February. You can also go to www.lmfc.com.au to register.

Fair Play OOSH & Vacation Care
This centre has been established at our school and some information is attached to this letter with times and contact details. Contact the friendly staff at the centre for further information.