



TOOTGAROOK TELEGRAPH

Weekly newsletter of

TOOTGAROOK PRIMARY SCHOOL

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Vision: Achieving personal excellence, empowering students in a supportive community.

Respect

Integrity

Celebration

Honesty

CALENDAR

Wednesday 26 th June	-	3/4 Swimming NO LUNCH FOR EVERYONE
Thursday 20 th June	-	Student Reports available on Compass
Friday 21st June	-	OUT OF UNIFORM DAY -gold coin donation to Aussie Farmers
Friday 28 th June	-	LAST DAY TERM 2 – 2.30pm dismissal



FRIDAY 21ST JUNE
OUT OF UNIFORM DAY
GOLD COIN DONATION TO
AUSSIE FARMERS DOING IT TOUGH



Facts about head lice

Head lice will be a problem from time to time at Tootgarook Primary School and it is important to work together as a school community to minimise the frustration caused by the problem.

If your child has head lice – tell anyone who has had head to head contact with them. Half the people who have head lice never scratch their head. If you don't know about the head lice then they don't know to look and treat for head lice.

Head lice are **not fussy** about the heads they live on – they make **no** consideration for income, ethnicity or hair colour. They live their entire lives on **human heads** and their entire food and water source is supplied from the scalp.

Head lice have been around for many thousands of years and they will not be eradicated.

Head lice **don't** fly or jump – they crawl from head to head. This often happens when people play or work closely together

Head lice (*Pediculus humanus capitis*) are small (3-4mm) wingless insects, which are common particularly in school aged children. It is estimated that 6 million American primary school aged students, equivalent to 1 in 4 were infested with head lice in 1998. Head lice are a common problem in Australian schools and exact figures on the size of the problem vary.

Eggs can be difficult to see; use a strong light (such as sunlight) and look on the hair shafts. If you are not sure whether an object you find is a head louse egg, try sliding it up the hair shaft using your fingers. Eggs are usually quite difficult to move, whereas dandruff and other items slide easily.

Information pamphlets about treatment and controlling head lice are included in this newsletter.

Semester One Students Reports will be available for viewing and printing on Compass from Thursday 20th June 2019.

Parent / Teacher Discussions are now open on Compass to enable you to book a time to see your child's teacher. Parent Teachers Interviews will be held next Tuesday 25th June - 2.30-6.00pm – 10 minute slots.

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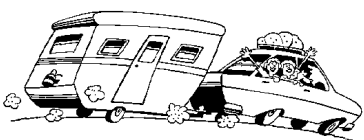
MARKET HELPERS NEEDED FOR THIS COMING SATURDAY 22 JUNE

School Council have developed an incentive program for parents on a trial basis until June

2019. Parents have an opportunity to reduce their booklist cost by 10% if they volunteer at the market for one hour or more. This **SATURDAY 22nd JUNE 2019** grades **2DB AND 2B** are rostered on and have the opportunity to be the first grades to take advantage of this program.



Thank you to Kerrie and Cooper Thomas, Chuyen and Clair Hodgetts, Julie Woulfe, Bec Coghlan and Kellie Butler for your offers of help however we are in urgent need of helpers not only this month but at each market - funds from the market go to improve your child's education via the purchase of I Pads, Sporting Equipment and classroom supplies. Please let the office know if you are able to help this Saturday for an hour or so.



Just a reminder that **Term 2 finishes on Friday 28th June** with students being dismissed from the hall at **2:30pm**. There will be a short assembly in the hall beginning at approximately **2:00pm** to finish off the term by announcing our Personal Excellence Award winners. **There will be NO assembly on Thursday 27th June.** Term 3 resumes on **Monday 15th July @ 9.00am.**

Our school is continuing their support for **Jump Rope for Heart** - a fantastic physical

activity and fundraising program by the Heart Foundation that has been running for over 35 years.

JUMP ROPE FOR HEART



Jump Rope for Heart is a great way for your child to keep fit and learn new skills, but it also helps raise funds for vital heart research and education programs.

To make fundraising fun and easy, you can create your own secure webpage at jumprope.org.au

Sign up to share your child's progress and let the funds roll in. Your child can earn virtual badges along the way and your page will highlight the prizes up for grabs. **Our school will be holding an Open to all age group "Jump Off" on Friday 21st June at 1.30pm.**

Fundraising closes on Friday 28th June. Sign up here today: www.jumprope.org.au Thank you for supporting the Jump Rope for Heart program!

MUSIC CAMP 2019

Wednesday 12th to Friday 14th of June, 16 students from Tootgarook PS attended the annual Southern Peninsula Music Camp at Camp Don Bosco, Safety Beach. Schools involved were: Eastbourne, Boneo, Rye, Rosebud, Pearcedale and of course Tootgarook P.S. We had our usual orchestra but as an addition this year, also offered singers to join.

In total we learnt 11 songs: Pink Panther, Respect, Shallow, the theme from The Incredibles, Never Enough, Havana, the theme from Game of Thrones, Enter Sandman, True Colours, Bohemian Rhapsody and Hey Jude. The vocal group also performed Roar and Fight Song as well as participating in some of the songs above.

The camp culminated in a concert Friday night and Sunday afternoon.

It was a great success and a wonderful joy to be part of.





Calendar of Up Coming Events



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

JUNE

17	18	19 Lunch For Everyone – Fettuccini Pasta 3/4 Swimming	20	21
24	25	26 NO Lunch For Everyone	27 NO ASSEMBLY	28 Last Day Term 2 2.00pm ASSEMBLY 2.30pm Dismissal

School Holidays

JULY

15 1 ST DAY TERM 3	16	17	18	19
22	23	24	25	26
29	30	31		

AUGUST

1

2

Next Week is the last week for Collecting stickers please send them to school

by Thursday 27th June. So far we have collected over 35,000 stickers. Thank you to Kelly Driver for the endless hours she has spent sticking them on the sheets.



Anyone can earn stickers to help local schools

The Woolworths Earn & Learn program gives schools and Early Learning Centres around Australia the chance to earn amazing school equipment. In 2017 we had over 15,000 schools and Early Learning Centres involved, and delivered over 300,000 new pieces of equipment to kids all over Australia. Here's what to do:

- collect** Between 1 May and 25 June 2019, collect as many stickers as you can.
- stick** Stick them on the sticker sheets and give them to your local school or Early Learning Centre. Or drop them into a collection box in store.

Don't forget, you can always download and print extra sticker sheets at woolworths.com.au/earnandlearn

Need more information?
To read our Frequently Asked Questions and Terms & Conditions visit woolworths.com.au/earnandlearn

Sticker Sheet
Let's stick together with Earn & Learn

Start collecting today



Peninsula Gymnastics Winter Break 2019

Themes
Tumble Time (1 July)
Missions Impossible (2 July)
Winter Wonderland (3 July)
Ninja Warrior (4+5 July)

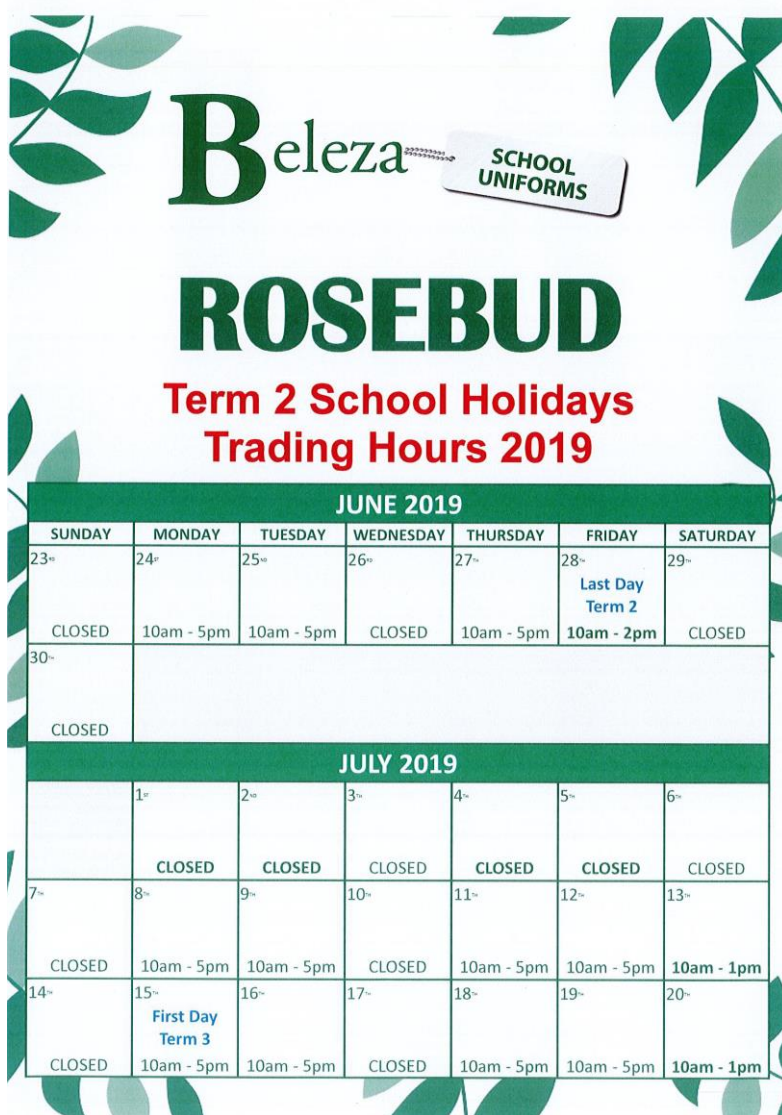
Prices
KinderGym - \$20
Primary Aged - \$45
Discounts apply for current members

Dates & Times
Primary Aged
Monday 1st July (1pm-5pm)
Tuesday 2nd July (9am-1pm)
Wednesday 3rd July (1pm-5pm)
Friday 5th July (9am-1pm)
KinderGym
Thursday 4th July (9:30-10:30am)

The Winter Break Program offers your children a chance to let off some steam over the Winter Break. Activities designed for children as young as walking - 12 years (grouped accordingly). Our programs include:

- Instructional Gymnastics
- Fitness Activities
- Art, Craft & Fruit (primary aged only)
- Games and More!

For more details:
Website: www.peninsulagymnastics.com.au
Email: info@peninsulagymnastics.com.au



Beleza ROSEBUD

Term 2 School Holidays Trading Hours 2019

SCHOOL UNIFORMS

JUNE 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23 rd CLOSED	24 th 10am - 5pm	25 th 10am - 5pm	26 th CLOSED	27 th 10am - 5pm	28 th Last Day Term 2 10am - 2pm	29 th CLOSED
30 th CLOSED						

JULY 2019

	1 st	2 nd	3 rd	4 th	5 th	6 th
	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
7 th	8 th 10am - 5pm	9 th 10am - 5pm	10 th CLOSED	11 th 10am - 5pm	12 th 10am - 5pm	13 th 10am - 1pm
14 th CLOSED	15 th First Day Term 3 10am - 5pm	16 th 10am - 5pm	17 th CLOSED	18 th 10am - 5pm	19 th 10am - 5pm	20 th 10am - 1pm

Treating and controlling headlice

health

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.

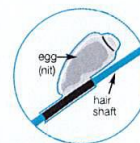
Any head lice product could cause a reaction and should be used with care by women who are pregnant or breastfeeding, children less than 12 months old and people with allergies, asthma or open wounds on the scalp. If you are unsure, please check with your pharmacist or doctor.

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.

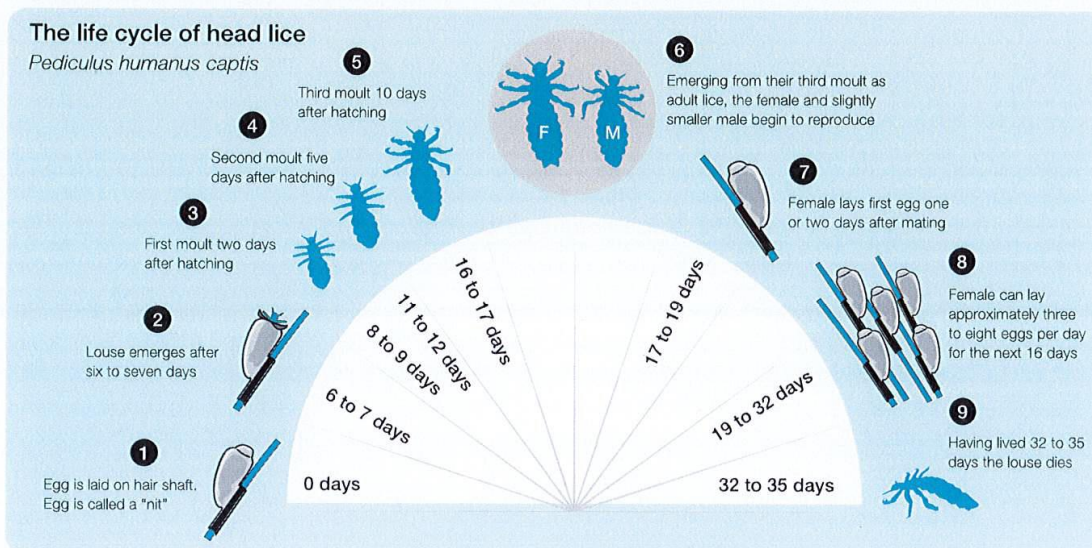
Preventing head lice

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 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.

Treating and controlling head lice

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