Principal’s Message

HARMONY DAY CELEBRATION
Thank you so much to all the parents, relatives and friends who came to the Harmony Day assembly on Friday to view the art displays and to watch the children’s presentations. Thanks to your generous support the P&C managed to raise over $400. The family picnic lunch was a tremendous success.

CANTEEN HELPERS NEEDED
This year the P&C are running the Canteen. We have a group of very dedicated and enthusiastic parents who regularly volunteer their time but helpers are always needed and your support would be very much appreciated. Any time that you could give spare would be of enormous help. Please speak with Mrs Charlesworth, P&C President or Mrs Berze, P&C Secretary for further information.

FRONT PLAYGROUND PLAY EQUIPMENT
A reminder to all that our school students and their younger siblings should not be playing on the play equipment before school and after school. Staff commence supervision duty from 8:30am at which time our students can play hand ball or sit quietly with their friends. After school children should be going straight home as the school’s duty of care ends at 2:30pm and no staff are available for supervision after this time.
Also a general reminder that all students and parents are to enter/exit the school grounds by the front gate please, not the car park gate as it is dangerous due to moving vehicles.

CANTEEN NEWS
This Friday we will be ordering Pizza from Domino’s. It will be $5.00 for a slice of pizza, a juice or play water and a pack of Corntos. If you would like additional slices, it will be $2.50 per extra slice. So come and support this fun Canteen Special.
Thank you to all the community members who contributed to making our Harmony Day celebrations a magical day. The students loved having their family members visit them at school and sight their wonderful art work.

Below: The older students from HB2 helping the younger students in HB3 with their reading on Harmony Day. Great work!
P&C News

Thanks to all who gave up their time and attended the P&C meeting Friday 07/03/2014. Some exciting things were discussed and we have the pleasure of announcing our new Treasurer. For a number of years we had Mr Julian Makin volunteer as our treasurer, but unfortunately Mr Makin stepped down. This left us with a position open. So, please welcome Ms Sharon Brownlow as our new treasurer for 2014. I know Sharon is looking forward to working closely with the P&C and the school.

Our Pie and Lamington Drive has started off well with a number of orders already in. Keep them coming. All money needs to be paid by Wednesday 02/04/2014 and delivery will take place on Wednesday 09/04/2014. You will need to organise to collect these in the afternoon of 09/04/2014 or have someone collect for you. These are a fresh product and we do not have the room to refrigerate for you. Lamingtons are purchased in by the dozen.

Thanks to all who have already handed in their orders for the Pie and Cake Drive. Orders need to be in by Wednesday 2nd of April along with all money and delivery and pick up will be Wednesday 9th April. Please join us in this great fundraiser to help raise much needed funds for the school.

Also, you can now pre-purchase your wrist bands for the rides that will be here for our Fete. If you pre-purchase your wrist bands before the Fete you will save $10. Pre-purchase is only $35 and you can come and talk to us at the P&C about getting a payment plan up and running if you wish to pay it off a bit each week or fortnight.

Pre-Purchase is only available till Friday 17th October so get in to get yours.

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Our next P&C Meeting is Friday 28/03/2014 straight after the assembly in the canteen, so please come and support our school. All are welcome.
### Section 1 $10.00 each

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<thead>
<tr>
<th>BEEF MINCE</th>
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<th>MINI TORTE -MUD</th>
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<tr>
<td>ANGUS CHUNKY STEAK</td>
<td>BLUEBERRY</td>
<td>MINI TORTE-BLK FOREST</td>
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<td>CHICKEN &amp; VEGETABLE</td>
<td>CUSTARD</td>
<td>MINI TORTE -JELLY</td>
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<td>CURRY CHICKEN &amp; VEGIE</td>
<td>APPLE CRUNCH</td>
<td>DOUBLE CHOC MUFFIN</td>
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<td>MUSHROOM &amp; MINCE</td>
<td>BLUEBERRY CRUNCH</td>
<td>CHOC-CHIP MUFFIN</td>
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<td>POTATO &amp; MINCE</td>
<td>CHEESECAKE</td>
<td>BANANA MUFFIN</td>
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<td>PEA/POTATO &amp; MINCE</td>
<td>STRAW CHEESECAKE</td>
<td>BLUEBERRY MUFFIN</td>
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<td>CURRY MINCE &amp; VEGETABLE</td>
<td>LEMON MERINGUE</td>
<td>SLICES - CARAMEL</td>
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<td>PEPPER PIE</td>
<td>QUICHE LORRAINE</td>
<td>SLICES - BROWNIE</td>
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<td>BEEF &amp; BACON</td>
<td>QUICHE FLORENTINE</td>
<td>CUPCAKES PER BOX</td>
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<td>BEEF/BACON &amp; CHEESE</td>
<td>LAMINGTONS</td>
<td>CUPCAKES - VANILLA</td>
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<td>PIZZA PIE</td>
<td>CREAM LAMINGTONS</td>
<td>CUPCAKES - CHOCOLATE</td>
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### Section 2 $8.00 each

<table>
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<tr>
<th>VANILLA SPONGE</th>
<th>JAM &amp; CREAM ROLL</th>
<th>CHOCOLATE BAR</th>
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<tr>
<td>CHOC SPONGE</td>
<td>CHOCOLATE ROLL</td>
<td>MARBLE BAR</td>
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<td>COFFEE SPONGE</td>
<td>HONEY ROLL</td>
<td>BANANA BAR</td>
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<td>PASSIONFRUIT ICED SPONGE</td>
<td>LAMINGTON ROLL</td>
<td>COFFEE BAR</td>
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<td>PINK ICED SPONGE</td>
<td>JELLY ROLL</td>
<td>PASSIONFRUIT ICED BAR</td>
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<td>APPLE SPONGE</td>
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<td>LEMON SPONGE</td>
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<td>WALNUT BAR</td>
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<td>LAMINGTON SPONGE</td>
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<td>CARROT BAR</td>
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<td>PINK LAMINGTON SPONGE</td>
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<td>DATE ROLL</td>
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### Section 3 $5.50 Each

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<th>HOT X BUNS - PER ½ DOZEN</th>
<th>FRUIT</th>
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This week at Preschool the children are learning about colours and the rainbow in the Buroo room. We have been busy singing lots of songs about colours.

In the Wombat room we have been looking at creatures that live under the sea. On Friday 21st March we enjoyed visiting the school and participating in activities with the big kids. We were able to enjoy the rest of our day. We ended our day with a special treat of fairy bread and a movie “The Gruffulo”, some of the children played quietly that did not want to watch the movie.

A big thank you from Jess as this will be her last week with group 2 children in the wombat room; it has been a privilege to spend three weeks here with you. Amanda will be returning on Wednesday.

Joanne (Teacher, Buroo room), Sarina (SLSO Buroo room),

**Up and coming events:**
- Preschool Photos 8th and 10th April 2014
- Easter Hat Parade 11th April
Tips on Student Attendance #2

It is important for parents/caregivers to make attending school a priority.

Allowing children days off for birthdays, to go shopping, to look after younger children or because they were tied from a late night, not only sends the wrong message but is against the law.

Children who get used to having days off school for these kinds of reasons develop the attitude that attendance is not very important. This can become a big issue as the child gets older.

ATTENDANCE CLASS OF THE WEEK!

HB 7 with 97%

SCHOOL ATTENDANCE FOR THE WEEK!

89%

Staff member of the week is...

Narelle

Previous staff of the week:
Week 1- Mr MacLeod
Week 2- Mr Brown
Week 3- Carol
Week 4- Geoff

NAIDOC SHIRTS!
NAIDOC Day T-Shirts will be available to purchase from Ms Schroder. The shirts need to preordered so make sure you come and let Ms Schroder know if you wish to purchase one. If you wish to purchase a shirt the cost is between $11.50-$12.50 and come in kids and adults sizes. They are a great buy and support the awareness of Indigenous Australia.
Primary and High school

2014 Homework Planner
The best homework help you can give your child is to teach them to be organised. Print out the 2014 homework and study calendar, which includes key dates and school holidays. Stick them on the fridge and above their desk. Find out more: http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/2013-homework-planner

Maths A to Z
Brush up on some of the maths terms your child uses in the classroom. The Maths A to Z glossary provides straightforward explanations and illustrated examples.


Primary school

Great Books For Tweens To Read
Favourite books from the Premier's Reading Challenge team that will inspire kids aged between nine and 13 to read read read!


Science Assignment Starters
Not sure where to go to help your child find out about electricity, natural disasters, the solar system or other science projects? Have a look at our project starters.

Excursions
Please make sure camp notes with medical and dietary requirements are returned as soon as possible. This information is vital and all students attending will need to return those notes.

Taronga Zoo Camp
The term is closing in fast and we still have a lot of medical notes that need to be returned for camp. Please make sure camp notes with medical and dietary requirements are returned as soon as possible. This information is vital and all students attending will need to return those notes.

Wild Australia app
Your child can use this terrific app as an interactive educational tool at Taronga Zoo in Sydney or at Taronga Western Plains Zoo, Dubbo. Wild Australia can also be used at home to discover more about the zoos’ amazing animals and interesting keepers. Find out more: http://www.schoolatoz.nsw.edu.au/zh/homework-and-study/educational-games/taronga-zoo-wild-australia

National Assessment Program – Literacy and Numeracy (NAPLAN)
If your child is currently in Year 3, 5, 7 or 9, they'll sit NAPLAN tests this May. And despite what you may have heard, there's no reason to panic or start an intensive study schedule for your child. Find out more: http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/all-about-naplan

Sushi train
Brown rice sushi rolls are a nutritious change to pack for school lunches. Unlike white rice sushi, they can be made the night before, and the filling can be adapted to suit your child’s preferences. Pack in a chiller bag with an icepack and include some little soy sauce fish. Find out more: http://www.schoolatoz.nsw.edu.au/en/wellbeing/food/recipes/meat-and-fish-dishes/brown-rice-sushi-rolls

School A to Z app
Do you struggle to understand your child's homework? Does your child need to practise their spelling and times tables? Are you looking for inspiration for projects and assignments? This free homework helper app provides maths and English glossaries, assignment starters and more. Find out more: http://www.schoolatoz.nsw.edu.au/about/mobile-applications/school-a-to-z
Parenting for Success

If you have ever wondered…..

How can I best help my child to thrive in an increasingly complex and challenging world? Or how can I help them avoid coping strategies that are harmful or which stop them reaching their full potential?…………………………………………then you are not alone.

In this FREE realistic and practical presentation about parenting younger children, Carol will talk about how children learn to cope in times of stress and how parents can use this knowledge to help kids grow into resourceful, confident adults.

Development of effective strategies that build children's self-esteem, confidence, effective problem-solving skills and positive communication between a parent and their child are key protective factors that reduce the likelihood of young people becoming involved in risk taking behaviours, such as substance abuse. These early years lay important foundations for building blocks for later life.

Carol Boland  B.A. (Hons), M.Clin.Psych. MAPS

Carol Boland is a clinical psychologist who has worked with parents, children and adolescents for over twenty-five years. Carol says that many of today's parents face a range of daunting challenges that past generations rarely if ever experienced and that much of the knowledge she has gained about raising successful children has come from the parents with whom she has worked.

A past President of the NSW Family Therapy Association and now in private practice, Carol also specialises in consultation to government and non-government agencies and for private practitioners.

She is also a Senior Lecturer in Child and Family Assessment and Therapy on the postgraduate programs at Macquarie University and has lectured in the UK and in South Africa. She writes and presents on issues relating to helping families thrive.

Monday 7th April 2014

- Ulladulla 9:00am-11:00am: Dunn Lewis Centre, 141 St Vincent’s St, Ulladulla
- Nowra 12:30pm-2:30pm: Shoalhaven Entertainment Centre, Bridge rd, Nowra

Tuesday 8th April 2014

- Albion Park 9:00am-11:00am: Centenary Hall, Tongarra Rd, Albion Park
- Dapto 12:30pm-2:30pm: Dapto Ribbonwood Centre ( Kurrajong Hall 2), 93 Princes Hwy, Dapto

FREE

A donation of $2 per person (at the door) to support local D&A education programs is appreciated
Please arrive early to allow workshops to commence on time.

Bookings Essential: Ph. Tina Camitz: (02) 4254 2700
(Places may be limited) Martina.camitz@sesiahs.health.nsw.gov.au
Head Lice—They’re Back Again!

Head lice is around again. Please follow the information below to check and maintain your child’s hair.

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 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, methylated spirits or kerosene on your child's head.

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.

10. Once you have combed and recombed 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!
Notice Board

- 24th March STEPS Vision Kinders 9.30am
- 26th March Stage 2 & 3 Trampoline excursion
- 8th April Yr. 5-6 Gold Day
- 10th April K-6 Cross Country
- 11th April ANZAC Assembly & Easter Hat Parade (last day of term)
- 9th May School Photos

Safety and Security

Students, staff and school property are protected under the Inclosed Lands Act. It is an offence to verbally and physically assault any student or staff member on school premises.

School grounds are private property. No one is allowed on school grounds out of school hours unless they have permission. If anyone sees anybody they think shouldn’t be on the school grounds please contact School Security or the Police on 4232 559.

BANANA HOTDOGS  BY MRS CHARLESWORTH

Ingredients
200g Australian reduced fat spreadable cream cheese
1 teaspoon vanilla essence
10 long wholemeal or multigrain dinner rolls, split lengthways
5 bananas, cut in half
5 teaspoons of honey, for drizzling

Method
1. Combine the cream cheese and vanilla in a small bowl
2. Spread each roll with cheese mixture and fill with half a banana, like a hotdog
3. Drizzle each banana hotdog with 1/2 teaspoon of honey before serving
4. ENJOY!