

Gosford East Public School

Cnr York & Webb St's East Gosford NSW 2250

Tel: (02) 4325 2178 Fax: (02) 4323 6930 Email: gosfordest-p.school@det.nsw.edu.au



Term 1 – Week 11

Wednesday 6th April 2016

FROM THE PRINCIPAL...

Dear Parents and Carers

Canberra Excursion

As you may be aware our Years 5 and 6 students attended the Biannual Canberra Excursion last week for a three day excursion. Unfortunately as I was off ill last week I did not get to see the students leave or return which I always like to do, especially so I can hear the stories of what happened and see the kids excitement. These excursions take a mammoth amount of organisation and paperwork but from all reports it was all very worthwhile. Our students once again were exceptionally behaved and were a credit to themselves and our school. There were, as usual, a few that struggled to go to sleep early but as we all can remember, this is somewhat the norm! Our 6 staff did not get much sleep and I thank them for their efforts, the support of the kids and making the excursion fun for our students.

Cross Country

We held our annual cross country carnival yesterday which once again was a great success. The whole school came out to watch and support our kids with disabilities participate in the alternate course and it was again heartening to see not only the diversity that is in our school, but the level of support that our kids give each other. The cheers etc were outstanding. Our Stage 1 and Kindy kids tried their hardest in their race and after recess we had the traditional Cross Country on a great course prepared by Mr Terry our amazing General Assistant. I think of all the years this was his best. Our kids pushed themselves to the limit on a very warm day which is uncommon for this time of the year. Thanks to Mr Travica for his organisation, the staff and parents that assisted on the day and the support that we received from families that were able to come and cheer on their kids.

School Canteen

As you may be aware the P & C run school canteen operations have been changed over the last week or so due to some administrative and compliance issues. The school is supporting and working with the P & C to get things back to normal as soon as possible.

Autumn Vacation

The Autumn Vacation begins this Friday. Staff will return on Tuesday the 26th April with students returning on Wednesday 27th of April. I hope your children have a restful break.

Harmony Day / Orange Day

This Friday we are having a guest speaker to help us celebrate Harmony Day. Cassaerea Jesus is an ex student of our school who is now School Captain of Henry Kendall High School. I was most fortunate to hear Cassaerea speak in the Lions Youth of The Year Quest on a topic of "We are Australian". The speech was so good that I asked her to come and speak at our Assembly.

ANZAC Assembly

On Friday at 10:30am we will also be having our ANZAC Day commemoration. It is customary to have this prior to ANZAC Day so we are having it on Friday being the last day of school before the holidays.

Graeme McLeod

PRINCIPAL

DATES FOR YOUR CALENDER

DATES FOR YOUR CALENDER...

REGULAR EVENTS...

| | | |
|----------------------|---|---|
| 8 th Apr | Harmony Day Celebration | Student Banking - Monday |
| 8 th Apr | Operation Art - Winners Announced at Assembly | School Assembly – 1:45pm Friday in hall |
| 25 th Apr | ANZAC Day- Public Holiday | Uniform Shop – see canteen |
| 27 th Apr | Term 2- Students Return | TERM 1 2016 – 28/1/2016 – 8/4/2016 |
| 4 th May | Stage 2 Art Excursion Sydney | TERM 2 2016 – 27/4/2016 – 1/7/2016 |
| 23 rd May | School Photos | |

STUDENT CORNER ASSEMBLY NEWS

CAUGHT BEING GOOD

Aarham and Emily KF; Ashlyn KF; Liam 1H; Tanaka 1T; Roseanna and Syeda 2/3T; Reece 3M

QUALITY WORK

Addison and Kaylem 1H; Chloe, Isabel and Esme 1T; Isabelle, Jack and Ronan 1/2P; Ruby, Cara and Lachlan 2E; Will and Harry 2/3T

MERIT AWARDS

Charlie KF; Ava KM; Shyla KR; Brock 1T; Caitlyn 1/2P; Hazel 2E; Daniel 2/3T; Chloe 3/4S; Troy 3/6S; Evelyn 4/5B; K/6B Emmett

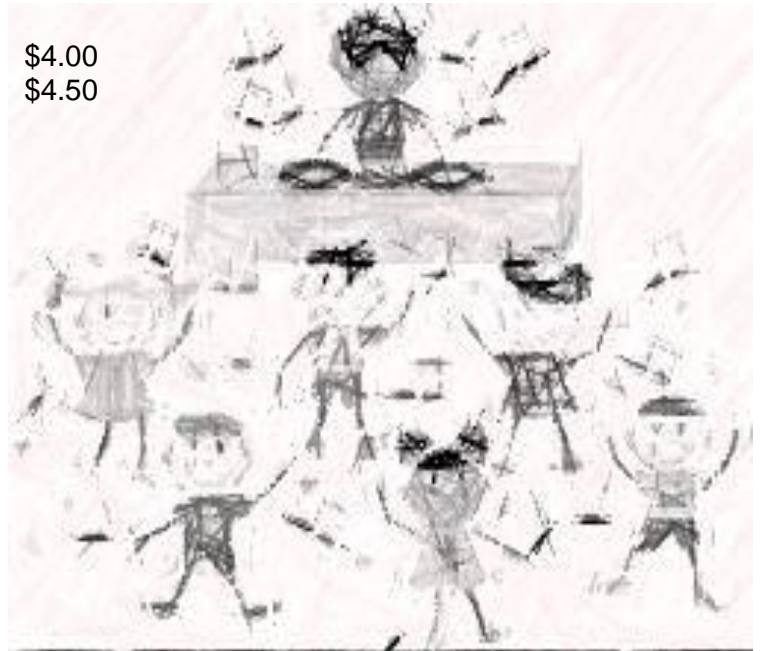
SCHOOL DISCO

This term the school disco will be held on **Wednesday 6th April**.

The theme is **"DRESS UP"**, so we encourage everyone to dress up as whatever character or theme they like as it's all about having fun!

| | | |
|-----------------|---------------|--------|
| Kindy & Stage 1 | 5:00 – 6:00pm | \$4.00 |
| Stage 2 & 3 | 6:15 – 7:30pm | \$4.50 |

Mel Hogston
P & C Committee member



NAIDOC COMMUNITY DAY 2016

CHANGE OF VENUE !!!!

The Central Coast NAIDOC Community Day 2016 will be held on the 5th July at:

GOSFORD RACECOURSE Racecourse Road, Gosford

Time: 10am – 2pm

FUN FOR THE WHOLE FAMILY WITH STALLS, ENTERTAINMENT, HEALTH CHECKS AND MUCH MORE !

HARMONY DAY CELEBRATIONS

'Our Diversity is our strength'

Harmony Day Celebrations 2016

Friday 8th April

Harmony Day promotes inclusiveness, respect and a sense of belonging for everyone. Gosford East Public School has been celebrating this government initiative for the past 16 years.

The theme for **Harmony Day 2016** is **'Our diversity is our strength'**. This year due to a busy school timetable, Gosford East Public School will be celebrating our cohesive and culturally diverse community on Friday 8th April.

There are a number of extra special activities planned for this year's celebration.

During the week before the **Harmony Day assembly** all classes will be reading and discussing stories based on the theme, 'Our diversity is our strength'. Students will also complete craft activities that will be ready to be displayed in the hall.

The week will conclude with a special guest speaking at the **assembly on Friday 8th at 1:45pm**.

Students are encouraged to wear **orange** mufti on this day, as this is the Harmony Day colour for celebration.

Jo Hextall

HARMONY CORNER

15th – 17th April - [Global Youth Service Day](#)

Is an annual campaign that celebrates and mobilizes the millions of children and youth who improve their communities each day of the year through service and learning.

Established in 1988, GYSD is the largest service event in the world and is now celebrated in over 100 countries. On GYSD, children and youth address the world's most critical issues in partnership with families, schools, community and faith-based organizations, businesses and governments.

25th April - [ANZAC Day](#)

On 25th April 1915 members of the Australian Imperial Force landed at Gallipoli, Turkey, together with troops from New Zealand, Britain and France. The Landing signalled the start of one of Australia's most commemorated military campaigns which ended with the evacuation of the remaining troops after 8 months of battle.

27th April – [International Guide Dog Day](#)

The first Guide Dog organisation in Australia started in Perth in 1951.

It costs over \$30,000 to breed, raise and train life changing Guide Dogs. A further \$6000 is spent on follow-up training for the person and dog during its work life.

Newsletter / Letter

Parliament and Civics Education Rebate (PACER)

The Parliament and Civics Education Rebate (PACER) guidelines require schools to report the Australian Government funding in the school newsletter or equivalent, or a letter sent to parents/guardians.

Newsletter: If you place an article in your school newsletter, please provide a copy of the front page of the newsletter with the date and issue reference, as well as the article page.

Letter: If you send a letter to parents/guardians please provide a copy of the signed and dated letter, as well as a note showing how the letter was issued to the parents/guardians e.g. mail out, part of tour information pack, attached to the school newsletter.

Below is an example of the wording you can use in your newsletter or letter.

Students from our school will soon be undertaking (or have recently undertaken), an education tour of the national capital. Students will be given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of <<\$>> per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.

APRIL 2016 SCHOOL HOLIDAY PROGRAM AT THE HUNTER WETLANDS CENTRE

Bush Skills Adventure For 8 to 12 years 9.30am - 12.30pm

Tuesday 12 April 2016 Cost: \$20 per child

Make a damper, build a bush shelter, learn basic first aid and other survival skills.



Digby Fixit Live! For 4 to 7 years 10.00am - 12.30pm

Thursday 14 April 2016 Cost: \$20 per child

Author & performer Renee Price will use storytelling, songs & puppets to bring her character Digby alive. This 30 min. performance will be followed by book signing, craft and a chance to meet some of our wetland reptiles at an interactive talk.

Wriggly Wetlanders For 5 to 8 years 10.00am - 12.30pm

Tuesday 12 April Cost: \$20 per child

Enjoy a wetlands wander, then get creative with craft activities. Enjoy a Tank Talk and get up close and personal with turtles, snakes, and other reptiles.



For all the above activities - Bookings Essential Ph: 4951 6466



Plaster Model Fun Drop in between 10.00am - 12 noon

Wednesday 13 April 2016 & Tuesday 19 April 2016 Cost: \$5 per child

Paint a plaster frog, butterfly or other creature.



Tantrum Theatre Workshop Yr 3 - 6 school students 10am - 3pm

Monday 18 to Thursday 21 April 2016 Cost: \$250. (early bird \$200)

Inclusive & collaborative theatre making workshop - develop characters, stories & create your own costume. Bookings with Tantrum; Ph: 4929 7279

Public Performances Thurs. 21 April at 11am & 1.30pm Free with entry to HWC.

Bring the family to the Hunter Wetlands Centre

A fun, environmentally friendly learning experience!

Open 9am to 4pm

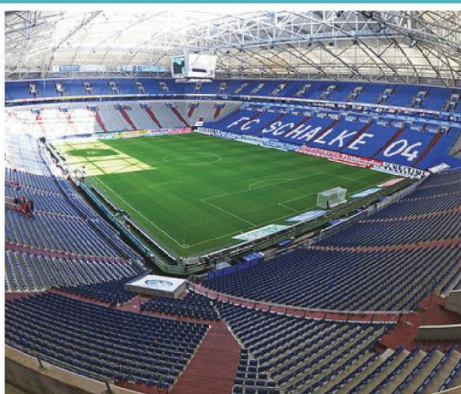
Entry

\$2 per primary-school age child (special school holiday rate). \$5 general entry.

Activities

- Wetlands Explorer (for 4 to 12 years) available any time during school holidays.
- Watch the Magpie Geese Feeding at 10.30 am & 2.30pm.
- Try Dipnetting from the jetty.
- Playtime at Discovery Playground.
- Check out the creatures in the tanks in the Visitor Centre.
- Tank Talk - Children can learn about reptile behaviour and care. They can handle some of the reptiles from the tanks in the Visitor Centre. Check at front desk for times.
- Cafe - meals, snacks, ice creams, drinks.
- Shop - affordable gifts for children & adults.





An opportunity not to be missed these school holidays!

The Sydney Olympic Football Camp.

Want your child to benefit from the architects of one of the world's leading football youth development programs? The Sydney Olympic Football Camp has been inspired by the world renowned German football curriculum and will be led by coaches who have travelled to Australia from FC Schalke04, one of Europe's top ten teams. No matter who your child plays for, the experience gained at the camp will be invaluable. It's an opportunity not to be missed.

WHEN:

Week 1: Monday 11th, Tuesday 12th, Wednesday 13th April

Week 2: Monday 18th, Tuesday 19th, Wednesday 20th April

WHERE:

Peter Moore Field, Tudor Street Campsie NSW 2194

TIME:

9am – 3pm (including lunch break)

COST:

\$195 per player, per camp. Includes lunch each day and a jersey, shorts and socks in recognition of their participation.

Bring a friend: Register and pay for 2 players at the same time and receive a free soccer ball.

Schools or Clubs: 25 or more children registering from the same school or Club, Sydney Olympic FC will make a \$800 donation to the School or Club. For 50 or more registrations from the same School or Club, Sydney Olympic FC will donate \$2000 to the School or Club.

FOR PLAYERS 5 - 15 YEARS.



**OLYMPIC
F.C.**

For further details or to secure your place, please contact:

FEDERICO GUZZO

P. +61 (02) 9787 7890

E. footballcamp@sydneyolympicfc.com



Department
of Industry
Resources & Energy



2015-2016 Family Energy Rebate



\$150*
**TOWARDS
ENERGY
BILLS**

Apply before 11pm
16 June 2016

TWO MINUTES TO FILL IN A FORM
<https://applications.fer.trade.nsw.gov.au/>
* eligibility criteria apply

WHAT IS THE FAMILY ENERGY REBATE?

The Family Energy Rebate helps NSW households with dependent children to cover the costs of their energy bills. In 2015-16 the rebate gives:

- up to \$150 credit on energy bills for eligible applicants who hold an account with an electricity retailer
- up to \$165 direct payment to nominated bank accounts for eligible applicants who live in an on-supplied residential community, retirement village or strata scheme and receive electricity from the on-supplied operator.

AM I ELIGIBLE FOR THE REBATE?

To be eligible you **MUST**:

- be a resident of New South Wales; **and**
- be an account holder of an electricity retailer, **or** a long term resident of an on-supplied residential community, **or** a resident of an on-supplied retirement village, **or** a resident of an on-supplied strata scheme; **and** whose name appears on the electricity account for supply to her or his principal place of residence; **and**
- have been assessed by the Federal Department of Human Services as being eligible for the Family Tax Benefit (FTB) A or B at any time during the 2014-15 financial year, **and** have received a payment in respect of that eligibility.

WHAT DO I NEED TO DO BEFORE I APPLY?

You'll need to have:

- lodged your tax return for 2014-15 with the Australian Taxation Office or informed the Department of Human Services (DHS) if you're not required to lodge a tax return; **and**
- received confirmation from DHS as to your eligibility for Family Tax Benefit A or B for 2014-15.

HOW TO APPLY

- **ONLINE** - it takes just two minutes to submit an application. Processing starts immediately.
- **PAPER** - download a form from the website, complete and submit by email, fax or post. Use this form if you receive your electricity from the operator of the on-supplied residential community, retirement village or strata scheme where you live.

**APPLY
ONLINE
NOW!**

FOR MORE INFORMATION & ASSISTANCE

PHONE Service NSW 13 77 88

EMAIL fer.program@trade.nsw.gov.au

WEB www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate

If you have a DHS Health Care Card, you may also be eligible for the Low Income Household Rebate.
Visit our website for more information.

Head Lice Fact Sheet

How do I treat head lice?

There are two effective head lice treatments on pages 3 and 4 – choose the method that best suits you and your family. For successful removal of head lice, be sure to follow the directions for your preferred treatment exactly.

Household Cleaning

Head lice and eggs do not survive long away from the human scalp, as they are human parasites. It is not necessary to wash all the household linen or clothing, to vacuum, scrub or spray the house with insecticide, or to treat the dog or cat. Pillow slips and towels may be soiled with head lice debris including droppings and moulted lice skins, so they should be washed on the first day of treatment.

Exclusion from School

Under the School Education Act 1999, a principal may exclude a child with head lice from school until treatment has commenced. The Department of Health recommends exclusion at the end of the school day. The child may return to school when all live head lice have been removed. A few remaining eggs are not a reason for continued exclusion. However, the parent must continue treatment over the following 10 days to ensure that all eggs and hatchlings have been removed.

Prevention

Useful activities and ideas to help prevent infestation:

- **check your child's hair regularly** for head lice and eggs ('nits') – use a metal fine tooth 'nit' comb and plenty of hair conditioner applied to the **dry** hair, to make the task easier and more effective. To help children sit still for this, offer distracting activities, e.g. play a favourite video, provide games, encourage reading, offer a head massage.
- **tie long hair back** – braid and/or put it up if possible.
- **consider applying hair gel or mousse** – these do not prevent or repel lice but may help to keep stray hair strands from contact with other heads.
- **avoid sharing combs or brushes.**
- **immerse brushes and combs** in hot water for 10 minutes after use to kill any head lice or eggs trapped in them. An old toothbrush will also help remove any debris.
- **remind your child** to avoid head-to-head contact with other children, e.g. when working at the computer with others, or when playing, or hugging.

Repellents

There are no repellents that have been tested and proven to discourage head lice. Products including head bands and caps impregnated with insecticide may have some insecticidal effect when head lice come in contact with them. However, these products need to be worn all the time and, like all head lice insecticides, do not kill all head lice eggs. Insecticides may also cause skin irritation.

'Trouble-shooting' Checklist

If treatment is unsuccessful, check the following:

- Did the chosen treatment cover the 10 day hatching cycle of the eggs?
- Were the combings examined for adult head lice (indicating reinfestation) over the 10 day period?
- Were as many eggs as possible removed every day?
- Was hair conditioner applied to dry hair, not wet?
- Was sufficient hair conditioner applied to saturate the hair?
- Was insecticide (if used), applied exactly as instructed, particularly for the recommended application time?
- Was a metal fine-tooth 'nit' comb used?

Further Information

Contact your Community (School) Nurse for further assistance – the school office will have a contact phone number.

Head Lice Fact Sheet

10 Day Hair Conditioner Treatment for Head Lice

Head lice can be more easily removed by applying plenty of hair conditioner to dry hair before combing to remove live lice and eggs (nits). Any type of hair conditioner may be used, including generic 'home' brands, together with a metal fine-tooth 'nit' comb. Suitable 'nit' combs can be purchased from most pharmacies.

How does it work?

The hair conditioner works by immobilising the lice so that it is easier to **trap** them in the teeth of the comb. Without hair conditioner to slow them down, lice can be difficult to catch – they can run about 30 cm in 60 seconds. Hair conditioner also reduces friction, making combing easier, especially when using the metal fine-tooth 'nit' comb. Even if only one or two adult lice are missed, they can lay about 6 eggs per day, and the cycle of infestation will continue.

Why the 10 day treatment period?

Generally, eggs ('nits') will hatch 7 to 10 days after being laid on the hair shaft. The 10 day period is therefore recommended as the most effective time needed to break the reproductive cycle of the head lice. The reproductive cycle is broken by combing out the emerging hatchlings every one to two days, before they mature enough to lay further eggs (about a week after hatching).

What to do:

- Apply **plenty** of hair conditioner to the **dry** hair until saturated. Using white hair conditioner may make it easier to see the head lice.
- Comb through with an ordinary comb or brush to remove tangles.
- Section and comb the hair thoroughly with a metal fine-tooth 'nit' comb in 4 directions — forwards, backwards, left, and right.
- Wipe the comb on a white paper towel to check that the dark adult lice or the paler hatchlings are being removed. Hatchlings are young lice which emerge from eggs. You may need to use a magnifying glass and a strong light to see the lice and eggs.
- Continue combing the hair in sections until the whole head has been screened.
- Rinse the hair conditioner out when finished and dry the hair.
- Repeat this process **every one to two days over** a 10 day period, to cover the hatching cycle of the eggs. Combing with conditioner traps and removes the hatchlings as they emerge from the eggs. **To save time during a school week**, consider this combing schedule: "Tuesday, Thursday, Saturday, Sunday, Tuesday, Thursday".
- Examine your findings for **adult** head lice each day after combing. If any are found, this indicates a new infestation. You will need to start again from Day 1, as new eggs may have been laid by the adult lice.
- Check for head lice **reinfestation** once a week for at least 4 weeks after completion of the 10-day treatment. Do this on the weekend when you have more time. Applying plenty of hair conditioner makes inspection by combing easier as well as more effective.
- Check all other household members for head lice infestation using the method described above.

How to remove eggs:

Some eggs will be removed by combing, but others are harder to detach. You may need to use your fingernails to remove as many eggs as possible from the base of the hair shaft near the scalp. Hatchlings that emerge from any 'missed' eggs will be removed by combing with hair conditioner over the 10 day period.

Remember, only those eggs within 1cm of the scalp will hatch. Eggs that have grown further out with the hair shaft will already be hatched or dead.



Head Lice Fact Sheet

Insecticide Treatment for Head Lice

There are three groups of insecticide (i.e. permethrin, pyrethrin and malathion) that have been shown to be effective and safe for the treatment of head lice. Some other treatments may not have been properly tested and may be ineffective, expensive or even unsafe. Check the product labels for active ingredients.

WARNING – to avoid adverse reactions the following people should NOT routinely use insecticide head lice treatments:

- babies under 6 months
- people with asthma, epilepsy, insecticide allergies, scalp conditions or very sensitive skin
- women who are pregnant or breast-feeding.

People who cannot use insecticides should use the 10 Day Hair Conditioner Treatment instead (see previous page).

Some key points to remember about insecticides:

1. **No insecticide is guaranteed to kill all eggs.** Eggs which are not killed or removed manually will hatch 7 to 10 days after being laid. The hatchlings should be combed out daily using hair conditioner as they may be transferred to other children. Hatchlings will mature after about one week and start laying more eggs, continuing the cycle.
2. **Following insecticide treatment, remove as many remaining eggs as possible with your fingernails.** Use a magnifying glass in strong light, and concentrate on 'live' eggs, which are found within 1 cm of the scalp.
3. **If insecticide alone is used, treatment should be applied on Day 1, Day 7 and Day 14** to kill any hatchlings before they mature and lay more eggs. However, if the hair is combed daily with hair conditioner for 10 days to remove the hatchlings, then the second and third insecticide treatments can be omitted.
4. **To prevent skin irritation,** do not repeat insecticide treatment more than 3 times, one week apart.
5. **Insecticide resistance.** Head lice that are resistant to an insecticide will still be alive the morning after the insecticide treatment, if the insecticide was properly applied. If this happens, thoroughly wash out the first insecticide and re-treat the hair the same day with **another type** of insecticide (i.e. permethrin, pyrethrin or malathion), not a different brand of the same type of insecticide.

Alternatively, change to the 10 Day Hair Conditioner Treatment instead.

How to use insecticide treatment:

- Rinse out any hair conditioner before using the insecticide as it may inactivate the insecticide.
- Lift the hair in sections, and saturate it with insecticide, combing through with an ordinary comb from the scalp to the ends of the hair. Work from the back of the head to the front. Pay particular attention to treating behind the ears, at the nape of the neck and close to the scalp. Leave the insecticide on for the time recommended on the label, then wash out. Section the hair again and comb through with a metal fine tooth 'nit' comb to remove dead lice and eggs.
- Check that the head lice are actually dead. Do this straight after the recommended treatment time and again the next morning. It may take a few hours for all the lice to die. **Remember**, if any head lice are found still alive the **next morning**, re-treat the hair the same day with **another type** of insecticide (i.e. permethrin, pyrethrin or malathion), not a different brand of the same type of insecticide.

Alternatively, change to the 10 Day Hair Conditioner Treatment.

- Check all other household members and close contacts for head lice infestation using the hair conditioner method from page 3. Only continue with treatment if head lice and/or eggs are found.

You can find more information about Head Lice at www.health.wa.gov.au/headlice.

To order more copies of this Fact Sheet call HealthInfo on 1300 135 030 or go to www.population.health.wa.gov.au/ordering.

