NEWSLETTER - Term 1 Week 8

**What's coming up...**

**Friday 21st March**  
Swimming for sport years 3-6

**Friday 21st March**  
Stage 3 Assembly  
56C & 56L - 9.15am

**Tuesday 1st April**  
School Photos.  
Photo envelopes, return on photo day. Packages range from $33 - $29.00, with Portrait or Group only $20  
Family $15-$20

**P&C meeting is**  
Tuesday 7pm

**Thursday 3rd April**  
12M Assembly for K-2 at 9.15am

**Wednesday 9th April**  
Hat Parade K-2  
1.50pm

**P & C Easter Egg Hunt**  
5.30pm-7.30pm

**Friday 11th April**  
Anzac Assembly at School at 9.20am

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**STUDENT WELFARE**

All of us—students, staff, parents and carers—share rights and responsibilities and agree on certain practices which underpin our values at this school. The children are taught about difference and ways of working together in the classroom and playground. Parents share with teachers, the management of children’s welfare. Staff model caring and respectful behavior. All staff, students and parents are encouraged to report unsafe facilities or practices. Each class agrees to a set of rights, responsibilities, rewards and consequences which are shared with parents.

The children are taught to use “FIRM, FRIENDLY and FAIR” words, not ugly words, if they are upset. We also identify specific learning needs and develop flexible support programs. Parents are encouraged to suggest ways of improving the school.

By sharing the responsibility for student welfare and learning programs and by working in partnership, we can continually improve the learning environment and inclusiveness of our school. We look forward to great parent involvement, whether at P and C level or in community events or in feedback sessions or in reinforcing our values, at any time in the future.

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**SCHOOL KITCHEN GARDEN**

We wish to start up a ‘parents and community’ group in our school kitchen garden. This is an opportunity for members of our school community to become involved in all that happens, and can happen, in the garden. From general maintenance, to some special projects, as a member of this community group you can support the learning in the garden, meet new people and have some fun.

If you wish to be involved in this group, please contact Richard Lane at school to indicate your interest. We hope the first group meeting will take place before the end of Term 1.

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Mr Mark Farrell – Relieving Principal  
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• Phone 02 6492 1280 • Fax 02 6492 3965  
Email begavalley-p.school@det.nsw.edu.au
SCHOOL PHOTOS

The School Photo envelopes were sent home on Monday. Envelopes are to be completed and returned with relevant payment ON PHOTO DAY, Tuesday 1st April. If due to family circumstances you require an additional photo envelope, please contact the school office. Anyone wishing to have a family photo taken will need to collect a family photo envelope from the School Office.

Bega High School Year 6-7 Transition Activities

Over the last few weeks of term 1, staff and students from Bega High School will be providing a range of activities to support students in years 5 and 6 as well as their parents. Don Green, year 7 adviser 2015, along with Mark Freedman, Head Teacher Student Welfare and a number of current year 7 students will visit schools to meet students, talk about the transition to High School and answer questions.

There will also be opportunities for parents to meet Don and Mark and learn more about the next 12 months and beyond. Information sessions will be held at Cobargo Public School on Monday March 31, Bega High School on Wednesday April 2 and at Candelo Public School on Thursday April 3. These sessions will begin at 5.30 pm and should last around an hour.

On Tuesday April 8, all students considering coming to Bega High School and their parents are invited to come along for a guided tour of the school. This will commence in the school hall at 4pm and will be completed by 5pm.

Anyone seeking further information about these activities can contact Mark Freedman at Bega High School on 64929000 or at mark.freedman@det.nsw.edu.au.

Daylight Sportswear Pty Ltd
We wish to advise that the new winter items for Bega Valley Public ie fleecy jacket and track pants will not be arriving in our shop until next term, due to manufacturing delays. We apologise for any inconvenience this may cause and we will do our best to supply these items to you as soon as they arrive. Please note: Polo shirts and shorts are still in stock.
"Bega District Netball Association advises club competitions including the very popular Net Set Go program will commence on Saturday 3rd May. The club will be taking registrations for all age groups at the Bega courts between 10am & 12pm Saturday 29th March 2014. In addition our club is pleased to offer a free Come and Try Day for children aged 6 – 12 years to be held in conjunction with our registration day on 29th March from 10am – 12pm. All welcome including existing members. Remember to bring a water bottle and sunscreen and be prepared to have FUN! And Don’t forget your friends.

For further information please contact us on email: beganetball@hotmail.com or phone our registrar Cathy Johnston on 64923987.”

Bandara Vacation Care Program
Let’s have fun, arts and crafts, excursions and more.

Venue: Bega Valley Public School
Commencing: Monday 14th –
Thursday 24th April 2014.
8:00 am – 5:30 pm
(CLOSES at 5.00pm on Thursday 24th April 2014)

Please phone Bandara 6492 4360 for information about bookings and programs.
Hello everyone

Thanks to all those people who got in touch with ideas for fundraising. If you missed last week's newsletter you might not be aware that the P&C is keen to develop a fundraising plan as well as some expenditure priorities for the year ahead.

We currently have three big (and expensive) ideas sitting at the top of the list for expenditure priorities:
- A kitchen to complement our school's vegetable garden
- New playground equipment
- Playground improvements that may involve turning a section of the playground into a sensory garden.

Would these things enhance your child's experience of school? Are these things important to you and your child/ren? Or do you have other ideas?
We'd love to hear your thoughts.

The first fundraising activity for the year is the Easter Egg Hunt on April 9th. We hope you and your family are able to attend. It'll be a really fun evening for the children and a good chance for the school community to come together in fun circumstance. Are you able to help out with this event? We'll need parents/carers to help out on the night and in the lead up. Don't forget donations of solid eggs are gratefully accepted.

The next P&C meeting is Tuesday 1 April, 7pm in the Library. All members of our school community are very welcome.

Thanks

Genevieve

Ph: 0400 979 110
Email: genevieve.derwent@gmail.com
1/20 were lucky enough to have the Year 10 Home Economics students from Bega High, invite them to a children’s party at the High School last Friday. There was a “fantasy” theme and the children loved it. All the food was home-made by the students.
Removing head lice and nits

At a glance:

- Head lice and nits only live on human heads.
- They don't care if the hair is long or short, clean or dirty.
- Head lice are an unavoidable fact of life for all school-aged kids.
- The best and cheapest way to remove them is with inexpensive conditioner and a nit comb.
- You will need to re-treat your child several times before all the eggs will be gone.

Mention head lice and most of us instantly develop an itch. You'll find these little critters at every school across Australia - and probably the world - at some point during the year.

Steps:

1. Sit your child on a chair or stool in front of you. Wrap a towel around their shoulders to catch conditioner spill. (You may want to put a video or TV show on, as this process can take a while.)
2. Apply a cheap, pale coloured conditioner generously to your child's hair. Work it through to coat every strand of hair. For long hair, it may be easier to tie one side of the hair off, and work in sections.
3. Head lice breathe through small openings along their abdomens. By coating the hair and therefore the louse in something thick and slimy, these openings close over, shutting down the louse's breathing for about 20 minutes – long enough for them to stay still and be combed out.
4. 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.
5. When the hair is detangled and manageable, use a fine lice comb and run through each section several times. Eggs are often found behind the ears and toward the back of the head. By combing from the bottom of the back of the head up, towards the top and front of the head, you're more likely to find the head lice.
6. After each comb out, wipe the conditioner on the paper towel. If your child has head lice, you will see them on the towel (they're a little like small, brown, chia or sesame seeds.).
7. Keep combing each section of hair until no further lice or eggs appear on the paper towel. Often you will see lots of old egg casings that may take a while to remove.
8. Once you have combed and re-combed each section of hair, either re-plait or tie it back if it's long enough.
9. Head lice often congregate on the crown of the head, so it's not until you reach these last sections of hair that you’ll find adult lice. However, heads that are severely infected will have adult lice everywhere.
10. Repeat at least twice over the next few days, until you can't find any more in the conditioner. You'll never be able to get all the head lice and eggs out the first time. However, in the days after your first treatment, the eggs will hatch and you'll be able to catch the crawling nymphs (young lice).

Nitbusters' myth busters

- Kids with head lice don't always scratch. The only way to rule out infestation is to look carefully through your child's hair.
- Head lice are only found on the human head.
- Head lice and nits live in long, short, curly, straight, clean or dirty hair.
- They are not found on family pets.
- Shaving your child's head is radical and unnecessary!
- Head lice do not live on furniture, hats, bedding, carpet or anywhere else in the environment.
- Head lice don't leap or jump. They crawl from hair to hair, from one head to another.
- Treating anything other than the human head does not get rid of head lice.
- There is no way to prevent your child from getting head lice.
- You may be able to help reduce transmission by tying girls' hair back and braiding it.
- Never use insecticides, methylated spirits or kerosene on your child's head.
- Some essential oils, including tea tree oil, can trigger a reaction in some people. Tea tree oil is a proven antiseptic, but its effectiveness as a head lice treatment has not been demonstrated.
- You don't need to use an expensive commercial product.
- If you do decide to use a commercial treatment on your child’s head, read the instructions very carefully.

Removing head lice and nits

You'll need:

- a bottle of cheap hair conditioner
- a towel
- a thick tooth comb
- a fine tooth comb
- a roll of paper towels.
Change of address or phone numbers

Student Name/s: ________________________________________________________
Residential Address: _____________________________________________________
Mailing Address:  ________________________________________________________
Contact Name: __________________________________________________________
Relationship to student: ___________________________________________________
Phone (Home):__________________________________________________________
(Work): _________________________________________________________________
(Mobile):_______________________________________________________________
Emergency Contact Name:_________________________________________________
Emergency Contact Phone Number: _________________________________________
FAMILY FUN NIGHT EASTER EGG HUNT

When: Wednesday 9th April 5.30pm – 8.00pm

There will be a range of fun activities and a raffle on the night. Donations of small solid Easter eggs prior to the 9th would be greatly appreciated. Volunteers are invaluable to our school events so if you can donate any time on the night even the smallest amount of time is beneficial to running a successful event.

There will be sausage sandwiches($2.50), rissole sandwich($4) and drinks ($2) available to purchase on the night.
However, for catering purposes if you could please indicate how many adults and children will be attending from your family this will greatly assist us:

SAUSAGE SIZZLE CATERING - (payment on the night)
Number of Adults attending ________________
No of Children attending ________________
Number of drinks____________

RSVP by 7th April 2014

EASTER EGG HUNT

The cost of the Easter Egg Hunt will be $4 per child or $10 per family (3 or more children). Pre payment for the Easter Egg hunt would be appreciated.

Enclosed is $4 per child/$10 per family:-

Child’s name ____________________________ Class ____________