



Coopernook Public School

NEWSLETTER

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Issue 13 Term 2 Week 2

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PRINCIPAL'S MESSAGE

Life is unpredictable

Well as you may have noticed I am not at school this week. I thank everyone for their well wishes and concern. After an excellent first week back this term I unexpectedly last Saturday encountered a problem which meant I had to go straight to Newcastle and back into surgery. Be reassured I am fine just need to now recover. I am expecting to come home from hospital either today or tomorrow and will return to school soon.

It is at times like this we realise how important our support networks are in life. At home I am lucky to have a loving, caring family and friends. Here at work the team has stepped up to enable me to be recovering without worrying about work. Mrs Stewart has been acting principal Monday, Tuesday and Wednesday. Miss Orr is acting principal today and tomorrow.

However, not everyone is as fortunate as I am- many people lack support networks, perhaps they live away from family or sometimes are new to the area. Sometimes they are going through a traumatic or difficult time. As a school community it is reassuring to know that we band together, and offer our support to each other. Sometimes a simple- "Are you OK" can change some one's day; a play date for kids; or offering to have a coffee with a new parent. We are fortunate to live in such a generous, caring community and I feel privileged everyday to be a part of it. I look forward to returning to school soon and seeing you all.

Yours in Education
Tania Gilchrist

Book Fair

Book fair kicked off yesterday with a lot of excited students coming in with their pocket money to purchase some beautiful books, posters, pens and various other school supplies. The Fair will finish tomorrow FRIDAY at Recess



K-1 Frog craft activity Part 1



William Hatch and Lincoln Neal



Gia Lentini and Asha Hunt



Lily Fernandez and Adda Pickford



Tahnee- Jane Cox and Kylah Newell



James Kidd and Larissa Turner from 5-6 lending a hand on Monday to paint the frogs



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| | Term 2 2018 |
| | Week 2 |
| Wed 9th- Frid 11th | BOOKFAIR |
| Frid 11 th | Gymnastics for sport |
| | Week 3 |
| Frid 18th | Gymnastics for sport |
| | Week 4 |
| Thurs 24 th | The Biggest Morning Tea SuperHero theme 10 am |
| Frid 25th | Gymnastics for sport |
| | Week 5 |
| Wed 30th | School Photos |
| JUNE | |
| Frid 1st | Gymnastics for sport |
| | Week 6 |
| Mon 4th | Athletics Carnival |

Athletics Carnival

Save the date- MONDAY JUNE 4th, week 6 is our School Athletics Carnival. Hope to see all families here to support the students. Mr Clare will be on board to run the Novelty events and the P&C will be holding a BBQ for lunch. Tea/coffee also available Shaping up to be a great day



5-6 News stories

Zone Cross Country

Zone Cross Country was a great when we got there Kayleigh got there too. So then we walked to the grandstand and sat down. Nicola, Nace, Karla, Lachlan, Kaios and Colby came Molly was there before us. After a while we went and walked the track the track was 2km long and the 3km people had to do an extra bit. When we finished walking the track we went and sat back down and waited for the races to start. Karla's race started she was in the 8/9 girls. When Karla's race finished the 8/9 boys started and Jack was in it he ended up coming 52nd and then it was time for my race I ended up coming 31st. There were about 70 to 80 kids in each race. We left when Nicola and Molly's race started.

By Matilda

Head Lice

There has been a case of Head lice reported at school, please read the following and check your child's hair and treat accordingly

- head lice are one of the most commonly reported health complaints from parents and teachers
- anyone can catch head lice regardless of their age, sex, or how clean their hair is
- head lice move from one person's head to another via direct contact with the hair
- head lice do not survive long when they are off a human head
- head lice do not live on furniture, hats, bedding or carpet
- head lice have built up some resistance to head lice treatments

There are 2 main treatment methods:

Chemical Removal:- 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. Don't be tempted to re-apply or over-apply the same chemical if it doesn't appear to be working. 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 of other family members and classmates.

P&C NEWS

Mother's Day stall will be held **tomorrow Friday 11th** of May. Gifts valued up to \$5. We are still asking for donations please take them to the front office.

Mother's Day Raffle -

Make sure you get your tickets in by tomorrow Friday the 11th of May- **Next Meeting 12th June 6pm.**
Everyone welcome

Thanks Amanda Ashcroft

Uniforms!

School uniforms are available from the P&C Uniform Co-ordinator on **TUESDAYS** from 8.30am-9am or by appointment. Please see Barbara Kidd for all your uniform needs😊

School Photos

School photos will be taken **this term Week 4 on Wednesday 30th May.**

Envelopes will go out to families prior to this date. If you require a new shirt for photo day please see the Uniform co-ordinator before the 30th