



Coopernook Public School NEWSLETTER

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Issue 16 Term 2 Week 6

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PRINCIPAL'S MESSAGE

The School Athletics Carnival was held on Monday and it was a fantastic day. It takes all of the school community working together to make the day a success. Thank you everyone- parents, students, volunteers and staff. For all the supportive parents who helped out with lunches, events, cheering and having the students ready to participate on the day. To the enthusiastic students who were willing to have a go in all the events. Appreciation goes to the Chatham High School volunteers and Mr Clare for volunteering to oversee the novelty events. Well done Mr Emerton for getting the track and field tidy and marked out for the day. And the staff that had an enjoyable day running events, taking photos and recording. Congratulations Mr Sams for a well organised day.

Now and until the end of term, there will be a couple of new faces getting around our school. We have two student teachers from UNE who will be carrying out their professional experience placements with us. Mrs Deas has already spent a week in the K/1 room and will be here for another 3 weeks. Miss Loretan will be in the 2/3/4 room from next week until the end of term. We welcome them both and trust they will have a fun and rewarding experience here at Coopernook.

Mrs Gilchrist has been away this week and we wish her a speedy recovery.

Mrs Lynelle Stewart

Acting Principal

Shot Put stars:- Nicholas Harper, BJ Rudd and Colby Gill





Musical Chairs proved to be a very popular novelty event 😊



	Term 2 2018
	Week 5
JUNE	
	Week 6
Frid 8th	Gymnastics Assembly 2.10 pm
	Week 7
Mon 11th	Queens Birthday holiday
	Week 8
Frid 22nd	District Athletics carnival Assembly 2.10pm

Remember this weekend is a long weekend so there is **NO school** on Monday 11th June. School Banking will be on **WEDNESDAY** 13th June as Mrs Clare is not in on Tuesday 12th



Striding towards the finish line was Nathan Drury-Erikson, India Robertson and Mya Ngyuen



Ella Kenane crossing the finishing line



Nice running from James Kidd, Lily Fernandez and Tahnee-Jane Cox

P&C News

Athletics Carnival BBQ

On behalf of the P&C I would like to say a massive Thank you to everyone who supported our BBQ, we were able to raise \$222.75 which is a fantastic outcome to help our little school. Also, Thank you to all the P&C members and parents/carers who helped with the BBQ.



Cookie Dough Fundraiser



ONE WEEK LEFT!!!!!!

You have until 15th June to get your Cookie Dough orders in, ask your neighbours, family, friends, parents work colleagues and anyone else you may know if they would like to place an order. (It is the responsibility of each child's family to distribute the orders that have been placed for their child).

Our next P&C Meeting will be held 12th June at 6PM at the school, all welcome.

Thank you

Emma Brown - Secretary

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:

Mechanical 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.

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 Assemblies will be held each fortnight throughout 2018 in the Year 2-4 classroom commencing at 2.15pm. Our next assembly is tomorrow Friday 8th June. Everyone is welcome.

Good for Kids good for life

LUNCHBOX STARS

A child's lunchbox should provide 1/3 of their daily food needs. It is important to pack healthy foods that will help them to grow and learn.

Why not try some of these healthy snack options:

- Vegetable sticks
- Reduced fat yoghurt
- Popcorn (homemade or pre-packaged)
- Wholegrain crispbread with reduced fat cheese slices
- Sultanas
- Cherry tomatoes
- Rice crackers
- Fruit English muffin



Student Emergency Contact Information

It is vitally important that the school be able to contact parents and/or carers in the event of an emergency. If you have changed your address, phone details or emergency contact name/numbers please let the school office know as soon as possible so changes can be made