



# Coopernook Public School

# NEWSLETTER

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Issue 4 Term 1 Week 5

Thursday 28th February 2019

## Principals Message

### The Library

The Library will soon be fenced off to enable the old house to be re-roofed. We expect the area to be fenced off for about 3-4 weeks. The children have selected a number of books which they have placed in the tank and can borrow over the coming weeks.



### Cross Country

The Cross Country is being held next Friday 8<sup>th</sup> March for all students - commencing at 9.30am. Please come along and cheer on your children. Hopefully the weather will remain fine.

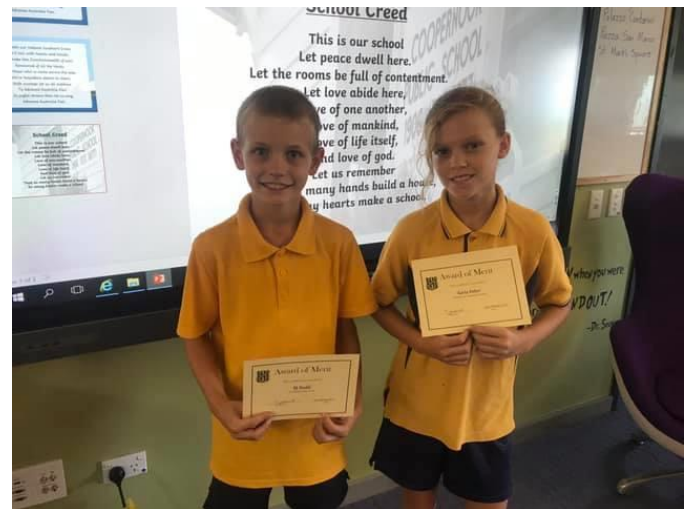
### 3 Way PLP conferences

It was great to see so many parents today for our first PLP conferences of the year. We look forward to seeing more of you tomorrow.

Yours In Education

Tania Gilchrist

## Week 4 Assembly! ☺



Congratulations BJ Rudd and Karla Baker – merit award recipients for Week 4



Welcome to CPS Charlee Smith!


Congratulations Tahnee-Jane Cox for reaching end of year 2 Fast Maths target!

**Assemblies are held every 2<sup>nd</sup> Friday in the 3-6 Classroom.**

**However, our Next Assembly is Week 7 Friday 15<sup>th</sup> March at 2-10pm**

**Please note there will NOT be an assembly Week 6 and the Week 7 Assembly will also include our Leaders Induction with special guest Mrs Leslie Williams MP**

**Everyone welcome!!**

Feb	Term 1 2019
	<b>Week 5</b>
Thurs 28th	3 Way Conferences
Frid 1 <sup>st</sup>	3 Way Conferences
<b>March</b>	<b>Week 6</b>
Mon 4th	Tennis at Kendall 😊
Frid 8th	School Cross Country @9.30am 
	<b>Week 7</b>
Mon 11th	Leaders Conf in Sydney Matilda and Nicola with Mrs G
Frid 15 <sup>th</sup>	Assembly with Induction of Leaders 2-10pm Everyone welcome
	<b>Week 8</b>
Mon 18th	Mrs Clare @ Training in Sydney
Thurs 21st	Harmony Day
Frid 22nd	District Cross Country

### Head Lice

There have been several cases of Head Lice in both the K-2 and 3-6 Classes over the past week. Can you please check your child's hair and treat accordingly. Please see below for treatment options:-

#### Mechanical removal or 'comb and conditioner' method

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.



## Good for Kids good for life



### ACTIVE KIDS VOUCHER

The NSW Government is helping kids get active with the new Active Kids program.

Parents, guardians and carers can apply for a voucher valued up to \$100 per calendar year for each student enrolled in school.

The voucher may be used with a registered activity provider for registration, participation and membership costs for sport, fitness and active recreation activities.

The voucher can be used at any time during the calendar year it was issued.

To use the voucher, find a registered activity provider and present your voucher when you sign up.

The program runs year round, so kids can get active at any time!  
Visit [www.service.nsw.gov.au/active-kids](http://www.service.nsw.gov.au/active-kids) to apply



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Health  
Hunter New England  
Local Health District

HNELHD-GoodForKids@hnehealth.nsw.gov.au  
<http://www.goodforkids.nsw.gov.au/>



## Voting Day FUNDRAISING BBQ

Join us at the Coopernook School of Arts

**on Saturday 23<sup>rd</sup> March**

& help **Coopernook Action Group Inc** raise funds to purchase a Community Defibrillator



**Come along & grab a sausage sanga before or after you vote!**





## Tennis at Kendall

On Monday the whole school will be travelling to Kendall Tennis courts to practice all the skills that they have learnt from Garry over the past 4 weeks! We will be leaving Coopernook at 11.15am and returning at 2pm. The school will be closed during that time and the office and phone will be unattended. Sorry for any inconvenience. We are looking forward to seeing if there are any Australian Open hopefuls amongst us?? Do we have an Ash Barty or Lleyton Hewitt here at CPS?



## P&C NEWS

### ANNUAL GENERAL MEETING

This year's AGM will be 12<sup>th</sup> March at 6PM.

All positions will be open, everyone is welcome.

Please come along and see how things are run and help out our school.

### BUNNINGS BBQ

### VOLUNTEERS DESPERATELY NEEDED!!!!

Bunnings BBQ's are the biggest fundraiser we get to do. Without these events the P&C would not have the funds to help out the school with things like swimming and excursion buses.

We have had little response from parents/carers regarding volunteers to help on the day. IF YOU ARE ABLE TO DONATE SOME TIME PLEASE COME ALONG TO HELP, PLEASE SEE A P&C MEMBER.

Sunday 10<sup>th</sup> March 7am-4pm @ Taree Bunnings.

### Ice Cream Day – Friday



Ice creams will be for sale again this year on **FRIDAYS at lunch time**. Still only \$1 with lots to choose from. Bring your \$1 along and listen out for the ice cream call at the MPR