



30th May 2019

Principal's Message

What's On.....

June

- 3rd Yr6 Incurion
Prep Fire Ed
- 4th Year 4 Excursion
- 4-12th Somers Camp
- 7th Disco
Yr1 RACV Incurion
- 10th Queens Birthday Public
Holiday. No children to
attend school on this
day
- 11th Responsible Pet
Ownership Preps
- 14th Soccer Round Robin
selected Yr5/6 children
- 12th-25th
Life Education Van
- 18th School Council
- 19th Yr5 Sovereign Hill
Excursion
- 19th-20th Prep Excursion Farm
visit
- 25th-26th
Parent Teacher
Interviews
- 28th Term 2 ends. School to
finish at 2.30pm.

July

- 15th Term 3 commences
- 29th Curriculum Day. No
children to attend school
on this day.



Dear Parents

SUNSMART and Vitamin D

The UV levels in Victoria are falling at this time of the year so sunscreen and hats are not needed unless you are up at the snow. From May to August in Victoria UV levels are typically low (below 3), so it is important to get some sun for vitamin D. Vitamin D is essential for healthy bones, muscles and general wellbeing. The best natural source of vitamin D is the sun's UV. More information is provided at <http://www.sunsmart.com.au/downloads/resources/info-sheets/vitamins-uv-radiation-info-sheet.pdf>



HEAD LICE

At the moment we have head lice in the school. In order to eradicate this problem it is essential that all parents take particular precautions in monitoring this situation. I would ask all parents to please check their children's hair for any infestation. The eggs (nits) are usually found at the back of the neck and behind the ears close to the scalp. Eggs are 1mm in length, oval in shape, off white in colour and are cemented to the hair. Children with long hair are advised to wear their hair tied back. Parents must notify the school office if their children become infected. Children who are infected are **EXCLUDED FROM SCHOOL** until they have been treated with a pharmacy approved treatment. Please remember to treat your child's hair again in 7 days to ensure that any remaining eggs are killed. Head lice infestation can be eradicated if we are **ALL** vigilant. I have included information from the Department of Health, about treating and controlling head lice.

PREP ENROLMENTS for 2020

We are currently enrolling prep students for 2020 and we are filling up! If you are a parent at our school and have a younger sibling to enrol for next year, please see Mrs Pip Lewis at our school office and complete an enrolment form as soon as you can. Our transition into Prep program commences in the second half of the year with visits to the school in Term 4 for next year's prep children and a parent information session.

CHILD SAFETY- SCHOOL DROP OFF AND PICK UP TIMES

Our teachers are on yard duty from 8.45am each day. Parents are welcome to arrive earlier and stay with their child/children until 9.00. However students are not to be dropped off at the school and left unattended before that time- as there is no adult supervision provided at the school before 8.45am.

Students are dismissed from their classes at 3.30pm and it is an expectation of the school that students who are to be collected by a parent at the end of the school day will be collected at that time. If for any reason you are going to be late picking up your child/children, please contact the school.

We no longer have the option of placing early arrivals or late collected children into the 'Before School or After School' care program, as the OSHClub is a privately owned company- it is not operated by the school.





PRINCIPALS CORNER

MANAGING YOUR CHILD'S ANXIETY

Article by Michael Grose (Parent zone)

If your child feels anxious, reassure them that these feelings are a normal response to new people, events or potentially challenging situations. Help your child understand that there is a great deal they can do to manage their anxious feelings, so they can get on with the activities they enjoy.

EXPLAIN ANXIETY

If your child is anxious he may struggle to explain how he feels. An important first step in anxiety self-management is explaining to your child how anxiety works.

- Teach your child that the part of the brain that protects them from danger (the amygdala pronounced ahh-mig-dah-la), is always on high alert when they are anxious
- Explain that the amygdala sees danger where there is none, but the body prepares to fight for life or flee from danger as if it's protecting them from a hungry lion
- Discuss that the amygdala can't differentiate between a hungry lion and public speaking or some other task they must face
- Talk about the changes that happen in their body to power them up to fight or flee, including increased heart and breathing rates and the pumping of the blood from the stomach to the arms and legs, which can cause nausea and even vomiting for some

HELP RECOGNISE ANXIETY-INDUCING EVENTS

There are many things that can evoke anxiety in your child, including:

- Stressful events
- Life changes
- Transitions
- Difficult experiences
- New or unfamiliar situations

Help your child to recognise the specific situations and events that make them feel anxious such as meeting new friends, sitting tests and fear of rejection. In this way you can help your child manage and minimise their feelings of anxiety.

RESPOND WITH EMPATHY

When your child feels anxious, the part of the brain that controls rational thinking, decision-making and concentration temporarily goes offline. They can feel easily overwhelmed by simple, everyday events and situations. Rather than protecting your child by allowing them to avoid meeting these challenges, or dismissing them as trivial, validate their feelings with statements such as:

- "I can see you're feeling worried about going to camp without your brother."
- "Thanks for telling me you feel nervous about the test. It's understandable."
- "I see you're really anxious about this right now. I know it's hard for you."

Resist the temptation to rescue or fix a situation. Respond with empathy and understanding to your child's concerns.



MANAGE ANXIOUS MOMENTS

Help your child develop the tools to regulate and push their anxious feelings to the background. Practice these anxiety management tools when your child is feeling calm, and it will be easier for them to practice when they are nervous.

These include:

- Taking some deep breaths: Deep belly breathing from the diaphragm calms the amygdala, reducing feelings of anxiousness
- Bringing their attention back to the present: Use their senses to bring their attention to the present moment and away from their worries – “Tell me five things you see, four things you hear and something you smell.”
- Getting them moving: Physical exercise is not only a great distraction but it releases feel-good endorphins that help children and young people feel better and more optimistic about the future.
- Defusing their thoughts: Anxious thoughts can get stuck, refusing to budge no matter how unwanted they are. Help your child to distance themselves from their thoughts by placing distancing statements in front of their thoughts. Replace “I’m going to fail the test” with “I had a thought that I’m going to fail the test.” Rather than changing their thinking, assist your child distance themselves from unhelpful thoughts.

GET THE FUNDAMENTALS RIGHT

Sufficient sleep, good nutrition and exercise are essential for anxious kids. Support your child to adhere to their optimal bedtime so they wake naturally each morning, reduce sugar, take care of their gut health through good nutrition and encourage regular exercise for optimal mental health.

There is a great deal you can do to help your child manage their anxiety. Start by assisting your child to understand the fundamentals of anxiety, show your genuine understanding of their feelings and be ready to support them emotionally to push their anxiety to the background.

Always seek professional medical assistance for any ongoing anxiety concern you may have with your child.

Karen Jenkin
Principal

French News

Bonjour, Pinewood Primary School community. This week’s word list includes some of the Years 3 -6 new words as the Prep – Year 2 are still working on family members and pets. One minute a day spent revising the vocabulary can make a great difference, contributing to the transfer of it to the long term memory.

Meilleures voeux,
Madame Vinga



French Words of the Week

- veux – want
- donne – give
- prend – take
- garde – keep
- laisse – let go/ drop
- il y a – there is/ there are
- jour – day
- nuit – night





STUDENT OF THE WEEK

Dylan F 3C
For the confidence you showed while presenting to the class about the CFA! Well done!

Eva P 3C
For the excellent research you did about the Red Cross for your oral presentation. Fantastic effort!

Azmeen H 3K
For being a great example of how to use palm cards during an oral presentation!

Moly NS 3K
For showing great confidence during your oral presentation. Well done!

Ronal M 3L
For designing a visually appealing poster that was utilised well in his presentation about Little Athletics Australia. Well done!

Ira R 3L
For delivering an outstanding presentation about the Red Cross. She spoke with confidence and enthusiasm. Well done Ira!

Hendrix M 4F
For his entertaining review of the Lego Story Video. Well done Hendrix and keep up the excellent effort!

Aarchi P 4F
For consistently completing her work to a high standard. Keep up the wonderful effort, Aarchi.

Evan V 4G
For the time and effort you are putting into your handwriting, the improvement has been outstanding to see. Keep it up!

Anahita A 4M
For always presenting her work to a high standard. Congratulations on attaining your pen licence.

Raj S 4M
For his amazing behaviour and You Can Do It attitude at camp! Keep it up!

Katherine Y 4T
For a great start at Pinewood this term, and fitting into 4T! Well done!

Tim G 4T
For showing organisation when getting ready to start new activities! Keep it up!

Lotus L 5A
For her wonderful presentation to 5A. Lotus was prepared with cue cards and presented with a clear voice. Great job for all the effort you put into your presentation.

Nethasa P 5C
For your outstanding literacy presentation. You spoke confidently and displayed a thorough understanding of your topic.

Jasmine K 5H
For the hard working attitude you displayed When completing your Wonka Data Investigation. It was beautifully presented. Well done for working so hard this year so far. Keep it up!

Kaastivi J 5H
For presenting your Literacy Project with passion, and confidence. It was delightful to see you step out of your comfort zone and speak so articulately. Fantastic work, Kaashvi.

Audrey T 6B
For the thought and creativity that goes into her writing. Each piece she writes is well planned and enjoyable to read!

Veronika M 6B
For the enthusiasm she has for all areas of her schooling. She has a bubbly nature and is a pleasure to have in 6B!

Anna Y 6D
For the outstanding effort Anna puts into everything she does. She has achieved fantastic results in the ANZAC Writing competition and at Cross Country. Well done!

Matilda W 6D
For the great organisation and optimism she showed during the Economics Fair. Well done on running a successful stall!

Tanya M 6H
For your strong contributions to class discussions and your willingness to participate so enthusiastically in all tasks.

Tiana R 6H
For all the effort you put into improving in all areas of the curriculum and the positivity you bring to class every day.

Rosha G 6U
For her positive attitude towards school and for her brilliant Shopping Bag Review. Well done Rosha!

Miffy Z 6U
For being a very reliable and efficient library monitor. Thank you Miffy!





Parents Club News



School Disco – Friday 7 June

Juniors (Prep – 2) – 5:30pm – 6:30pm

Seniors (Grade 3 – 6) 7:00pm – 8:30pm

Merchandise will go on sale at 5:15pm

for the Juniors Disco

Ticket Forms Due back 9am

NEXT MONDAY MORNING



Pizza Day!

Junior: Thursday 6th of June

Senior: Thursday 13th of June

Orders due back by 9am NEXT Thursday 30 May

We need Parent Helpers for both days to help take pizzas to classrooms between 12 and 1:15pm If you are able to assist with this this event please contact

Lisa at sunnymountain1@yahoo.com.au



Dear OSHClub Families,

We have some very exciting news to share with you. After a successful trial at 38 Services in Queensland we are now ready to roll out the new **kidsoft** app to our Service. All active and enrolled Guardians will be sent an email and an SMS to let them know about the new kidsoft app and to recommend they download it.

The new app allows Guardians to:

- easily make, view and cancel one off bookings and mark their child as absent
- view transactions, account balances, statements and documents
- send a notification to their Service
- make one off payments

For more information please contact our friendly team.

Easy three steps to download the app-

1. Open App Store or Google Play Store
2. Search kidsoft and download app
3. log in with your iParentPortal email and password



Winter Holiday Bookings now open!

Bookings are now open for the Winter School Holidays at PINEWOOD OSHCLUB.

Please find the brochure online or with us in OSHClub rooms for the exciting activities, incursions and excursions on offer each day.

To place the bookings you require please log into your account or contact us through 0409 906462 pinewood@oshclub.com.au.

Thanks you
Pinewood OSHClub Team





Treating and controlling headlice

health

While children are at school many families will have contact with head lice. The information contained here will help you treat and control head lice.

Catching head lice

Head lice have been around for many thousands of years. Anyone can get head lice.

Head lice are small, wingless, blood sucking insects. Their colour varies from whitish-brown to reddish-brown. Head lice only survive on humans. If isolated from the head they die very quickly (usually within 24 hours).

People get head lice from direct hair to hair contact with another person who has head lice. This can happen when people play, cuddle or work closely together.

Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl.

Finding head lice

Many lice do not cause an itch, so you have to look carefully to find them.

Head lice are found on the hair itself and move to the scalp to feed. They have six legs which end in a claw and they rarely fall from the head. Louse eggs (also called nits) are laid within 1.5 cm of the scalp and are firmly attached to the hair. They resemble dandruff, but can't be brushed off.

Lice can crawl and hide. The easiest and most effective way to find them is to follow these steps:

- Step 1** Comb any type of hair conditioner on to dry, brushed (detangled) hair. This stuns the lice and makes it difficult for them to grip the hair or crawl around.
- Step 2** Now comb sections of the hair with a fine tooth, head lice comb.
- Step 3** Wipe the conditioner from the comb onto a paper towel or tissue.
- Step 4** Look on the tissue and on the comb for lice and eggs.
- Step 5** Repeat the combing for every part of the head at least four or five times.

If lice or eggs are found, the hair should be treated.

If the person has been treated recently and you only find empty hatched eggs, you may not have to treat, as the empty eggs could be from a previous episode.

Treating head lice

Treating head lice involves removing lice and eggs from the hair. There are two ways you can do this:

1. Buying and using a head lice lotion or shampoo, following the instructions on the product
2. Using the conditioner and comb method (described under 'finding head lice') every second day until there have been no live lice found for ten days.

If you choose to use a head lice product always read and follow the instructions provided with the product carefully. The following points may also be helpful:

- Head lice products must be applied to all parts of the hair and scalp.
- No treatment kills all of the eggs so treatment must involve two applications, seven days apart. The first treatment kills all lice; the second treatment kills the lice that may have hatched from eggs not killed by the first treatment.
- Cover the person's eyes while the treatment is being applied. A towel is a good way to do this.
- If you are using a lotion, apply the product to dry hair.
- If you are using a shampoo, wet the hair, but use the least amount of water possible.
- Apply the treatment near the scalp, using an ordinary comb to cover the hair from root to tip. Repeat this several times until all the hair is covered.

There is no need to treat the whole family - unless they also have head lice.

Concentrate on the head - there is no need to clean the house or the classroom.

Only the pillowcase requires washing - either wash it in hot water (at least 60°C) or dry it using a clothes dryer on the hot or warm setting.



Testing resistance

Head lice products belong in one of the following categories depending on the active compound they contain:

- pyrethrins
- synthetic pyrethroids (permethrin, bioallethrin)
- organophosphates (malidison or malathion)
- herbal with or without natural (non-chemical) pyrethrins.

Insecticide resistance is common, so you should test if lice are dead. If they are, treat again in seven days using the same product. If the lice are not dead, the treatment has not worked and the lice may be resistant to the product and all products containing the same active compound. Wash off the product and treat as soon as possible using a product containing a different active compound. If the insecticide has worked, the lice will be dead within 20 minutes.

Any head lice product could cause a reaction and should be used with care by women who are pregnant or breastfeeding, children less than 12 months old and people with allergies, asthma or open wounds on the scalp. If you are unsure, please check with your pharmacist or doctor.

Head lice combs

Combs with long, rounded stainless steel teeth positioned very close together have been shown to be the most effective, however, any head lice comb can be used.

Head lice eggs

Head lice eggs are small (the size of a pinhead) and oval. A live egg will 'pop' when squashed between fingernails.



Dead eggs have crumpled sides and hatched eggs look like tiny boiled eggs with their tops cut off.

Regulations

According to the Public Health and Wellbeing Regulations 2009, children with head lice can be readmitted to school or children's service centres after treatment has commenced.

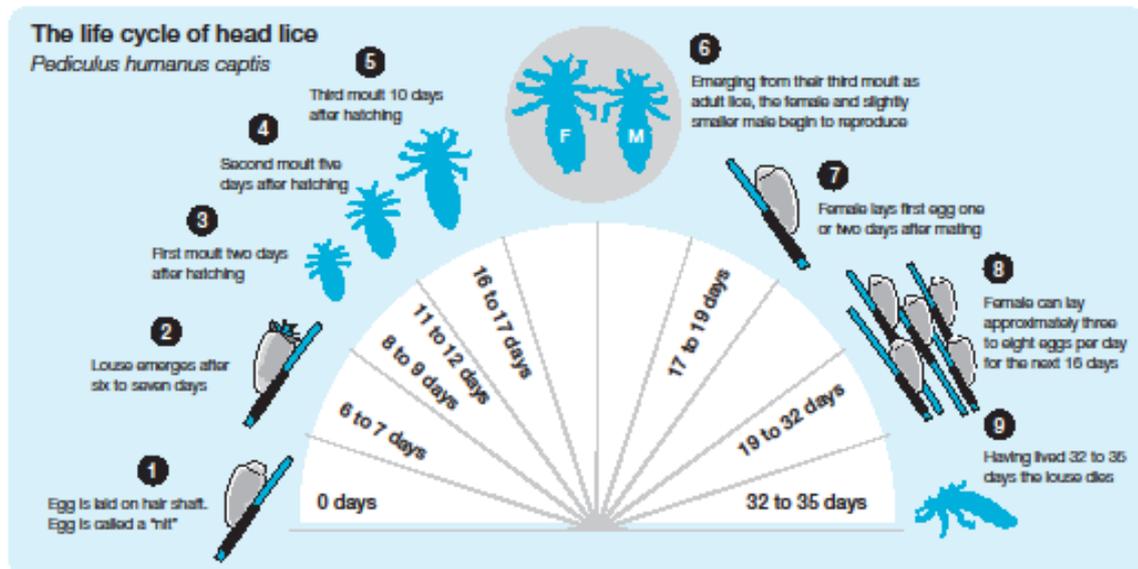
The department recommends a child with head lice can be treated one evening and return to school or children's service centres the next day, even if there are still some eggs present. There is no need to miss school or child care because of head lice.

Preventing head lice

Check your child's head regularly with comb and conditioner. There is no research to prove that chemical or herbal therapies can prevent head lice.

Further information

The following website offers further information:
www.health.vic.gov.au/headlice



The information in this pamphlet is based on the research conducted and written by Associate Professor Rick Speare and the team of researchers at, School of Public Health and Tropical Medicine, James Cook University.

Cover concept by students from St Patrick's Primary School, West Geelong. Life cycle diagram courtesy of Nitpickers Qld. © Copyright Department of Health 2010. Authorised by the State Government of Victoria, 50 Lonsdale Street, Melbourne. November 2010. PH468. (1010013)

Treating and controlling head lice



Confidence

Communication Skills

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Weekly public speaking & drama program for children aged 6 - 15

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communication

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