June 14th 2012

School Review
Many thanks to the staff, students and parents who have been active participants in our school review, conducted by Mr. Graeme Meadows. The purpose of the review is to determine the direction and focus of the school for the next strategic plan period. The review report will be presented in term 3 and I look forward to sharing the outcomes with you.

Lost Property
Please check the Lost Property cupboard if you believe that you are missing any items of uniform. The uniform cupboard is regularly sorted and named items are returned to their owners. Please take the time to check that your child's name is clearly visible on all uniform items. This will ensure that anything that is misplaced will be promptly returned!

Sick Children at School
There are currently lots of bugs around. Unfortunately, we have recently had some obviously sick children sent to school. Remember, the best place for a sick child is at home where they can receive the TLC they need. If they are sent to school they risk the danger of becoming sicker and they also pose a possible health risk to other students with whom they come into contact. Our sick bay is not a place where children can have a rest or lie down until school ends and it cannot cater for long term “holding” of sick students.

Semester 1 Student Reports
The semester 1 student reports and semester 1 attendance certificates will be distributed on Wednesday 27 June 2012.
We have many split families at our school. If you require an additional copy of your child / ren’s school reports due to these circumstances, please contact the school and leave your name and address. A copy of the relevant school report will be forwarded to you.
City of Casey School Holidays Events and Activities
A booklet published by the City of Casey is available from the office if you would like information about activities for families and children that will be available during the winter holidays 2012.

Headlice
Thank you to all of those members of our school community who have continued to be vigilant in regularly checking (and treating when required!) their children’s hair for head lice. Following is some information about headlice.

About head lice

Head lice have been around for many thousands of years. Anyone can get head lice and given the chance head lice move from head to head without discrimination.

- Head lice are small, wingless, blood sucking insects.
- Their colour varies from whitish-brown to reddish-brown.
- People get head lice from direct hair to hair contact with another person who has head lice.
- 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

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 4 or 5 times

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

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

1. Egg is laid on hair shaft. Egg is called a 'nit'.
2. Louse emerges after 6-7 days.
3. First moult 2 days after hatching.
4. Second moult 5 days after hatching.
5. Third moult 10 days after hatching.
6. Emerging from their third moult as adult lice, the female and slightly similar male begin to reproduce.
7. Female lays first egg 1 or 2 days after mating.
8. Female can lay approximately 3 to 8 eggs per day for the next 16 days.
9. Having lived 32 to 35 days the louse dies.

Treating head lice

- Concentrate on the head - there is no evidence to suggest that you need to clean the house or classroom.
- **No treatment kills all of the eggs** so treatment must involve two applications seven days apart.
- If you are using lotions, apply the product to dry hair.
- There is no need to treat the whole family, unless they also have head lice.
- Only the pillowcase requires specific laundering; either wash it in hot water (at least 60 degrees centigrade) or dry it using a clothes dryer on the hot or warm setting.
- There is no product available that prevents head lice. Using the conditioner and comb method once a week will help you detect any head lice early and minimise the problem. Tying back long hair can help prevent the spread of head lice.
- 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 use.
Many people find that adding a few drops of lavender essential oil and/or tea tree essential oil to your normal shampoo and conditioner is an effective preventative measure. Give it a go if you’re having trouble with headlice!

**Research Project**
A postgraduate psychology student from Deakin University is writing a thesis on the development of children’s decision making processes and how this informs the law regarding children and criminality.

Student researchers and their supervisors are investigating the relationship between moral reasoning and decision making amongst children aged 8 – 16 in Victoria. They are recruiting children aged 8, 10, 12, 14, or 16 who speak English as their first language and do not have an intellectual disability for the study. The team is particularly keen in hearing from 8, 10, and 12 year old boys interested in taking part. The interviews will be conducted either at the participant’s home or in an interview room at Deakin University, according to the participant’s preference.

The participants receive a $20 Dymocks book voucher for their time. The interview will take approximately an hour to administer.

If you are interested in obtaining further information, please contact Sandhya Menon directly (Email: smenon@deakin.edu.au Mobile: 0420758437) or obtain a “plain language statement” from Chris at the General Office.”

**SunSmart Update: UV Below Three – Safe to Get Some Vitamin D**
As schools and early childhood services across Victoria prepare for the onset of the cold winter months, SunSmart is encouraging everyone to get some sun exposure during their week to help with vitamin D levels.

Although ultraviolet (UV) radiation from the sun is the main cause of skin cancer, it is also the best natural source of vitamin D, essential for strong bones, muscles and overall health. Whenever UV Index levels reach three and above sun protection is required. At that level, UV radiation is intense enough to damage the skin and contribute to the risk of skin cancer. In Victoria, average UV levels are below three between May and August, making it a great time to get outside for some sun to help with vitamin D levels.

At this low level, the UV is generally not damaging to the skin and sun protection is not required unless in Alpine areas, near highly reflective surfaces such as snow or if you are going to spend extended periods of time outdoors. Children and young people with fair to olive skin should receive two to three hours of sun exposure to face, arms and hands, or equivalent area of skin spread across a week. Children and young people with naturally very dark skin will need approximately three to six times this recommended exposure level.

Given that UV levels vary across the state, SunSmart recommends checking the SunSmart UV Alert for your region each day to make sure UV levels are below three.

UV levels for your area can be found by visiting the SunSmart UV Alert in the weather section of your daily newspaper or at:
End Of Term Dismissal
School concludes for term 2 at 2.30p.m. on Friday 29 June. An end of term assembly will be held in the gym, commencing at 2.15p.m. As always, parents and friends are warmly welcomed.
Term 3 commences at 9.00a.m. sharp on Monday 16 July.

Library News / Book Fair
Thank you to everyone who supported our recent book fair. We received over $570 worth of books for our library. The Book Fair could not run without our volunteers so I’d like to thank Donna Cole, Vicky Furness, Shantelle Porter, Lucy Zeng and Jeta Hebovijo for all your offers of help. Also thanks to Chris Damveld, Corey Pearce and Jess Aziz for your help throughout the Book Fair.
Thank you to the Cooper family who purchased a book from the Book Fair and donated it to our school library and also to the May family who donated a large box of books to our library. Your donations are greatly appreciated.

Dates to Remember:
June 20th          Lightning Prem
June 27th          Reports sent home
June 29th          Term 2 concludes
July 16th          Term 3 commences