13th June 2013

CONGRATULATIONS

Well done to Mikayla and Thien on being selected as our Aussies of the Month for the month of May 2013. Congratulations to two very worthy recipients of this award. You are both great role models for all students at Cranbourne Park Primary School.

Cross-Country Champions

Big congratulations to the students who recently competed at the cross-country competition at Mornington. The course at Mornington Race Course is gruelling and they did a wonderful job.

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 Monday 24 June 2013.

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.

Parent and Teacher Conferences

This year the parent / teacher conferences are being held on Tuesday 25 June. It is really important that as many parents as possible take the opportunity to attend a parent teacher conference. The class teacher will be able to explain the differences in the reports due to the implementation of AusVELS (our new curriculum based on the National Curriculum) and answer any questions that you may have about your child’s progress.

For the first time this year, our bookings are on line. Simply log on to https://cranbournepark.myschoolservices.com.au and make an appointment time that suits you. If you have any problems with booking an appointment on line, please don’t hesitate to contact Chris in the office, or your child’s class teacher. They will be only too happy to make a booking on your behalf.

Head Lice

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 head lice.

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 minimize 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 used.

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 head lice!
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:

For further information, contact SunSmart on 9635 5148 or www.sunsmart.com.au

End of Term Dismissal

School concludes for term 2 at 2.30p.m. on Friday 28 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 15 July.

Education Maintenance Allowance 2013

To be eligible for the 2nd half EMA payment in 2013 you must hold a valid Health Care Card or valid Pension Card as at the first day of Term 3 (15th July 2013).

If you completed an Application Form at the beginning of 2013 you DO NOT need to complete another form. If you did not apply for the first EMA payment, or if you applied for the first payment at another school, you will need to collect an Application Form from the office to complete and return before 31st July 2013.

The Department of Education and Early Childhood Development (DEECD) has set the final date for applications to be submitted. We are unable to accept applications after 31st July 2013.
Dates to Remember
June 18th
June 28th

*Lightning Premiership*
Last day of term – 2.30pm dismissal

Moonlit Sanctuary School Holidays
Young Ranger Program

Environmental Activities, Native Animal Care,
Fun and Games during Winter 2013.

Monday 1st, Wednesday 3rd, Friday 5th July
Monday 8th, Wednesday 10th, Friday 12th July

Cost: $39.00 per day, or $105 for 3 days.
Bookings essential - suitable 7-14 years.
Hours: 10AM – 3PM
Wear closed-toe shoes and long pants and remember your hat.
Lunches: BYO or available for $7.50

Moonlit Sanctuary
550 Tyabb-Tooradin Rd, Pearcedale
Ph. 5978-7935
Web: www.moonlit-sanctuary.com
Open daily between 10am and 5pm

Bumble Bee
Baby & Childrens Market
New, Preloved & Handmade Items

At
Berwick Fields Primary School
Gwendoline Drive
Berwick
Sunday 16th June
9am-12pm

Entry Adults $2, Children Free
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info@thebumblebees.com.au
www.thebumblebees.com.au

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