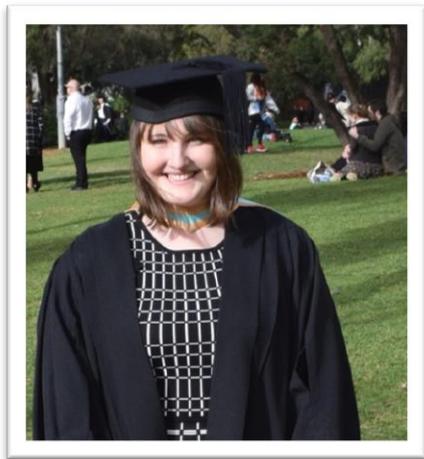




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9 June, 2016



Graduation Congratulations

We are delighted that Miss Alysha Young chose to commence her teaching career at Cranbourne Park Primary School.

Recently Alysha attended her graduation ceremony. We hope you had a wonderful day Alysha!

Education Week

Thank you for coming along to our Education Week Open Night.





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 22 June 2016.

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.

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.



Enlarged image of head louse. Actual size 2-4mm

- 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

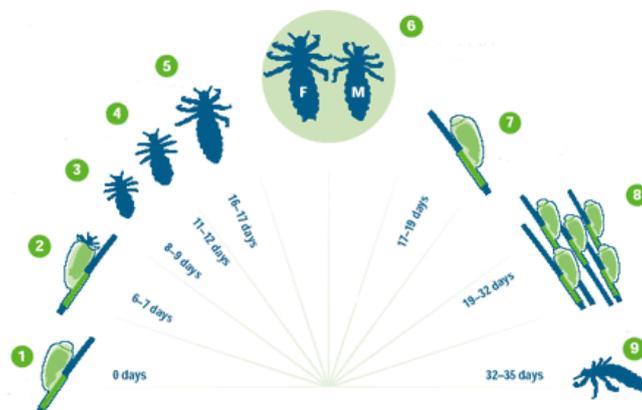
Repeat the combing for every part of the head at least 4 or 5 times

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:

www.sunsmart.com.au/ultraviolet_radiation/sunsmart_uv_alert

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

School Supporter Pack

Our school is filled with amazing teachers, and we'd like your help to say thanks. Nominate them today at adaymadebetter.com.au and we could win a prize pack valued at \$5,000!

Victorian Senior of the Year Awards 2016

Do you know a senior who is making a difference in their community through volunteering? You can have their contribution acknowledged by nominating them for one of several awards:

Premier's Award for Victorian Senior of the Year

Promotion of Multiculturalism Award

Healthy and Active Living Award

Veteran Community Award for an exceptional contribution to the veteran community

Council on the Ageing (COTA)

Organisations are also invited to nominate for the new Age-Friendly Victoria Award that recognises excellence in creating age-friendly communities, promoting active ageing or improving quality of life and inclusion for older people.

Nominations for the Victorian Senior of the Year Awards and the Age-Friendly Victoria Award close on 30 June 2016.

Visit seniorsonline.vic.gov.au

End Of Term Dismissal

School concludes for term 2 at 2.30p.m. on Friday 24 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 11 July.

Good Guys Loyalty Program



We are very proud to be part of the Good Guys Loyalty Program. Any time you make a purchase from The Good Guys at the Cranbourne Home Maker Centre, please mention Cranbourne Park Primary School. By doing this, you assist us in accumulating loyalty points. With the points accrued we are able to purchase things such as toasters and electric fry pans for the breakfast club.

DATES TO REMEMBER:

June 13th

June 14th

June 24th

July 11th

Queen's birthday

Student free day

Last day of term 2 – 2.30pm finish

Term 3 commences

CURRICULUM DAY – TUESDAY

JUNE 14TH

Please note Tuesday 14th is a Curriculum Day. No children are required at school.

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