



ETTALONG
PUBLIC SCHOOL

HOMENOTE

KARINGI ST ETTALONG BEACH NSW 2257

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Term 1 Week 6

3 March 2020

DATES FOR YOUR DIARY	
Tues 10 Mar	Zone swimming carnival
Wed 11 Mar	Discos; P&C AGM 7pm
Thur 12 Mar	Selective HS test for 2021
Fri 13 Mar	Spider Day
Thur 19 Mar	Leaders visit local veterans sub banch
Fri 20 Mar	Harmony Day and Anti Bullying Day

Dear Parents and Carers

Last Friday our Student Representative Council Representatives (SRC) were presented with their badges. These students were elected by their peers to represent their class and attend the fortnightly meetings. SRC reps take ideas and suggestions to the meetings where their topics are discussed, voted upon then presented to myself for consideration. It is an excellent system which allows all children to voice their opinion on school matters and have these ideas respectfully presented.

Thank you for supporting our P&C by sending children to school in mufti last Friday. The P&C provided funds towards the K-2 climbing equipment and is now working towards its next project. Our next meeting is also the Annual General Meeting so it would be lovely to see some new faces. We understand that not everyone has time to volunteer at school but we are still open to new ideas at our meetings. In conjunction with our mufti day, we also held our annual Clean Up the School Day, to complement Clean Up Australia Day last Sunday. Our students take great pride in our school and rarely need reminding to put their rubbish in the bin so it was not a difficult task on Friday.

Maintenance work will continue this week but the old glue that required specialist removal last week has now been removed. The roof on Araluen has been replaced and new sinks are being installed in the wet areas of a number of rooms. I hope to see the footings for the K-2 shade shelter installed within the next two weeks, weather permitting.

Congratulations to Romeo Roberts who has been selected for the Southern Central Coast cricket team. Good luck also to our zone swimmers who will be looking for PB's at the zone carnival next Tuesday 10 March. We certainly have some great talent in our school, be it sporting, academic or the creative and performing arts. I am so proud of you all.

Hand sanitiser has been ordered for use in all classrooms as a precautionary measure, in the hope of 'being on the front foot' in case the dreadful Covid19 virus reaches our area. Without causing alarm, good hygiene will be encouraged and hopefully we will all come through this, unscathed.

Parent /teacher interviews will be held later this term and again, we will invite you to choose your preferred timeslot, online. We will advise as soon as interview times are available for bookings.

Lynn Balfour

Principal

3R's AWARDS

Congratulations to these students who have been consistently demonstrating the 3Rs

Respect, Responsibility, Ready to Learn

Class	Name	Class	Name
3/4R	Jay S	3S	Lila R
	Sarah B		Azealia K
	Phoebe O		Asher T
3J	Indi M	3T	Jake H
	Mason H		Ava B-M
	Haedyn E		Lanietta J
4J	Nate W	4S	Jamie W
	Jackson D		Elina R
	Hayden B-P		Phoenix D
5B	Aoife K	5J	Izaak G
	Elijah W		Ruby Q
	Sharman J		Liam H
5L	Tam J	6H	Zef c
	Mikaelee C		Emily O
	Rei d		Marley B
6D	Kevin W	6R	Nathalie d
	Kloeh H		Shaqkane F
	Jethro L		Brody M
K/6M	Cody D	K/6S	Tom T
			Kaden J

PLAYGROUND POSITIVE WINNER

Byron H-B

5B



P & C NEWS

Disco Afternoon Tea and Dinner

The P&C will be opening the canteen next Wednesday afternoon to sell food and drinks for afternoon tea or dinner for each session of the Disco. We encourage everyone to bring a picnic blanket so they can enjoy some food together. We will release a menu of what will be available next week. If you would like to volunteer to help prepare or sell the items please contact us.

Gardening/Potting Help Needed

Do you have a green thumb?

Do you have plant cuttings available?

Can you assist in potting plants for school fundraising?

If you tick any of these boxes, please contact EPS P&C either via email (epsbandc@gmail.com) or leave your name and number at the office. We are in the process of growing and planting plants to sell at future fundraisers and would love some additional hands.

DONATIONS OF SMALL PLASTIC POTS WOULD BE MUCH APPRECIATED. PLEASE LEAVE AT THE FRONT OFFICE OR THE CANTEEN.

P&C AGM and General Meeting

The AGM will be held next Wednesday at 7pm in the Library. All position are declared vacant and nominations and voting will be conducted on the night. The following positions are available:

Executive

- President
- Vice President
- Secretary
- Treasurer

Non-Executive

- Uniform Shop Co-ordinator

If you would like a position description, please contact us on epsbandc@gmail.com.

All are welcome. Light refreshments are provided. Hope to see you there!

Membership

If you would like to become a voting member of the P&C the cost is \$2.00 per annum. This can be paid to the office or the canteen or during a meeting. New members are always welcome.

CANTEEN NEWS

New menu has started now. You can get a copy from the canteen of the new prices.

New item Cucumber, capsicum, carrot and hommus \$1.00

Juice cups apple \$1.00 lunch time only.

Until further notice there will be NO focus or playwater.

Please be aware that some of our products are short and out of stock.

Headlice checks

There are two treatment options for head lice

Mechanical removal

Mechanical removal involves applying normal hair conditioner to dry hair. After covering all of the hair with the conditioner untangle it using a normal comb and separate the hair into sections. Then use a fine long toothed metal lice comb to comb through the hair in sections. The conditioner doesn't kill the lice but it stuns them for about 20 minutes making it easier to remove them. The lice comb will remove nits (eggs) and the stunned 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 used every second day until none remain (usually about 7 to 10 days).

This method is the preferred way to treat head lice because it is effective, does not contribute to insecticide resistance in head lice and also has a low risk of skin irritation.

The mechanical removal method also helps manage head lice before they become established on the head. Keep a good head lice comb in the shower and every time your family washes their hair comb through with the lice comb. This makes sure the 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 the comb handy to where you wash your children's hair and use it every time you wash their hair.

Chemical removal

If you choose to use a chemical treatment, remember to follow the instructions carefully. Don't be tempted to re-apply the same chemical treatment if it doesn't appear to be working. Instead change to another treatment that uses a different chemical compound or use the comb and conditioner method. You must repeat the treatment in 7 days to kill any newly hatched eggs. You will also need to use a lice comb to make sure the treatment is working.

If you find dead lice the product has worked. If you find live lice, the treatment has not worked.

When your child is free of lice and nits, remember to check regularly with a fine toothed lice comb and conditioner. Early detection and treatment will prevent re-infestation of family members and classmates.

Research suggests that bed linen, hats, clothing and furniture do not harbour or transmit lice or nits and that there is no benefit in washing them as a treatment option. Nits and lice only live on the human head. They quickly dehydrate and die if removed from the head.

*This information is based on information provided on the NSW Health Nitbusters website.