Swimming Carnival – Well done to all 46 competitors at the Swimming Carnival held on Tuesday for their positive efforts and sportsmanship. Our students were very encouraging and supportive of each other and made for an enjoyable event for all. It was also great to see the support from parents and thank you to those parents who assisted with timekeeping. Special thanks go to Mrs Ferguson & Mrs Parrey for their organisation which was so smooth that competitive events concluded early allowing students to have a ‘free swim’ before catching the bus and returning to school by lunchtime.

Parent Information Afternoons – It has been pleasing to hear back from teachers regarding the number of parents who have been able to attend the Parent Information Afternoons this week. The half hour sessions will continue into next week as follows:

<table>
<thead>
<tr>
<th>Date</th>
<th>Class</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 16 February</td>
<td>Kinder at 3:15pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>K/1 at 3:15pm</td>
<td></td>
</tr>
<tr>
<td>Wednesday 17 February</td>
<td>Year 2 at 3:15pm</td>
<td></td>
</tr>
</tbody>
</table>

The Parent Information Afternoons are designed to outline class routines, expectations, excursions and events and an overview of units and topics to be treated. They are also a great opportunity to meet your child’s teacher and begin a connection between home and school which should ultimately be beneficial for your child’s learning.

Learn to Swim Program – Expressions of Interest in the school’s Learn to Swim program need to be returned by tomorrow. I would encourage all parents to seriously consider their child/ren participating in this program which develops water confidence, water survival skills and stroke development. These are all important skills which Australian children should learn considering the abundance of water environments in our country.

Choose Maths – Mrs Ferguson and I have been in preliminary talks with this Federal Government supported initiative which aims to improve the effectiveness of learning for students at Greta Public School in mathematics. It is particularly focused on problem-solving skills acquisition and in encouraging and supporting girls in learning mathematics.

School Entry - Please be aware that the front gate to the school is not locked, just closed, during school hours. This is for reasons of student safety and well-being as we don’t want any of our students, particularly our new Kinder students, wandering off-site.

Regards,
Graeme Oke
Relieving Principal
WEBSITE: www.greta-p.schools.nsw.edu.au

Keep up to Date with Happenings At Our School Via The: Greta Public School App

School Hours
Supervision from: 8.30am
Classes Start: 8.55am
School finishes: 2.55pm

Messages
Greta Play2Learn (Weekly Playgroup)
Term 1 (9.30am - 11.30am)
Every Thursday

Assembly Dates Term 1
16th Feb
1st March
15th March
29th March

Notes to be Returned
Uniform Surveys 12th Feb
Book Club Fri 12th Feb
Swim School Expression of Interest 12th Feb
Book Packs 19th Feb

Important Messages
All Vouchers from Presentation 2015 must be redeemed before the end of Term 1, 2016

Dates to Remember
Mercury Leaders Feature 17th Feb
Swim School Commences 22nd Feb
Zone Swimming 23rd Feb
School Photos Wed 23rd March

P&C Information:
P&C Meeting
17th Feb @ 1.00pm
In the School Library

Canteen 2016 Open
Tuesday - Friday
No Canteen on Mondays

Uniform Shop
Tuesdays Only
9.00 - 11.00am

School Photos
Our school photo day is scheduled for Wednesday 2nd March. All children will receive a photo envelope prior to this day. Please return the envelope with money enclosed on the day of the photos (this envelope goes straight to the photographer not the school office). Please do not send envelope in prior to photo day. Family photo envelopes will be available at the school office. The approximately cost of photo packages is between $35-$40 per child.

Bookpacks
Although tomorrow is officially the last day for the purchase of the bookpacks we have decided to extended the purchase time until the end of next week. So, if you are hoping to still purchase a bookpack please ensure you do so before next Friday, as after this date all unpurchased packs will be returned to supplier.

Absence SMS Messages
Last year our school introduced SMS Absence messaging and it will continue this year commencing next Monday 15th. At approximately 10.00am we will send out an SMS message to your mobile phone if your child is absent from school. All you need to do is reply with a one word reason for your child's absence e.g sick, appt etc. If you know in advance that your child is going to be absent please send a note with your child or contact the school office. If your child is off sick for more than a couple of days we ask that you get a certificate from your doctor for the absence.

Contact/Medical Details
Just a reminder that if your contact details or your child's medical information has changed over the holiday period we urge you to inform us as soon as possible.

Home and School Partnership
Greta Public School values the importance of developing positive partnerships between home and school. Should Parents/Carers need to discuss any aspect of their child’s learning or wellbeing please do not hesitate to contact the school to make an appointment.

Tennis Champ
Congratulations to Farisha on a great effort in making it through to the PSSA Zone Tennis which will be held in Newcastle.
**Community News**

**UNIFORM SHOP OPENING HOURS**
*TUESDAYS ONLY*
9.00AM - 11.00AM
Order Forms are available outside of these hours.

**CANTEEN ROSTER**
12th Feb - Lucy, Rae
16th Feb - Sasha, Renee
17th Feb - Pat, Renee
18th Feb - Pat, Lynette
19th Feb - Lucy, Rae

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**Healthy Snippets**

**The simplest way**
*to bake a healthy lunch box treat.*

Homemade muffins are a great way to add a fruit or veg-filled treat to lunch boxes.

**Apple and date muffins**

**Ingredients:**
3 apples, chopped; 1 cup boiling water; 200g dates, chopped; 50g butter; 2/3 cup brown sugar; 2 tbsps mixed spice; 1 egg; 1 tsp baking soda; 1 tsp baking powder; 2 cups wholemeal flour.

**Method:** Preheat oven (180°C). Chop apples and dates. Add boiling water, butter and sugar. Mix until butter melts and sugar dissolves. Add spice and allow to cool. When fruit mixture is warm, not hot, add spice and egg. Mix well. Add baking soda, baking powder and flour. Mix, but do not overbeat. If mixture is too dry, add a little milk. Spoon into the prepared muffin tin. Bake for about 15 minutes.

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at facebook.com/eatittobeatit

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**The simplest way**
*to serve dinner in a flash.*

A stir fry is a quick and easy dinner, perfect on school nights for busy families.

And it includes a range of colourful, healthy vegetables.

Pick and choose your favourite combination of sliced fresh veg – capsicum, zucchini, sugar snap peas, green beans, bok choy, celery, mushroom, onion, carrot and cabbage work well. Go vegetarian, or add sliced lean chicken, pork or beef.

Mix 2 tbsps reduced salt soy sauce, 1 tbsp honey, 3 tbsp water and 2 tsp cornflour in a jug for the sauce.

Prepare noodles according to packet directions.

Cook veg in a hot pan or wok, add sauce and stir to thicken. Remove from heat and serve over noodles.

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at facebook.com/eatittobeatit

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**Greta Play2Learn**

**TIME:** 9:30am - 11:30am
**WHERE:** Greta Public School Hall
**WHO:** Families with children 0-6 years

**Term 1 - 2016 dates:**
Every Thursday

Shared Morning tea. Meet other families. Art & craft activities, educational toys, books & games.

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Get Involved!

**GRETA PUBLIC SCHOOL**

**Greta Play2Learn**

**REGISTRATION DAYS:**
*SUNDAY 14th February at Max McMahon Oval Rutherford 10:00am - Noon
SUNDAY 21st February at McDonalds Rutherford 10:00am - Noon*

**CONTACT DETAILS**
RING: GREG 0419 333 491
RING: LARISSA 0434 512 836
EMAIL: treasurer@maillandsaints.org.au
VISIT: [www.maillandsaints.org.au](http://www.maillandsaints.org.au)

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**P&C Information**

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USEFUL INFORMATION RE: HEADLICE

Head lice – What parents need to know

Whether your child’s hair is long or short, clean or dirty, many families with school-aged children and teenagers will have contact with head lice. Be prepared and know how to treat and control head lice. If there is an outbreak at your child’s school, be aware of what you can do to prevent lice from spreading to your child.

What are head lice?
Head lice are tiny insect parasites that live in people’s hair and feed on the skin on their head (scalp). They lay eggs (nits) on the hair close to the scalp (hair shaft). Some lice can cause itching.

Head lice are not contagious, do not carry diseases, and are not a sign of poor hygiene (cleanliness).

How do people catch head lice?
Head lice spread by head-to-head contact with another person who has head lice. This kind of contact includes group work at school, playing or hugging.

Head lice can run from one head to another in seconds. They cannot fly, jump or swim, but they can crawl from one head to another.

Choses and combs are unlikely to spread head lice, but they can be used to prevent the spread of head lice because they break the eggs unless they are moved to another person, or when they are dry or dying.

Signs and symptoms
Your scalp may itch as your skin reacts to the saliva of the head lice. This itchiness can take weeks to develop. If you have head lice before, your skin may become less sensitive and there may be little or no itch.

Signs and symptoms may include:
- Adult lice: usually tiny black imprints and about 2 to 3 mm long
- Nits (eggs): flat, oval-shaped, and about 1 to 2 mm long
- Winter lice (young lice): are a lighter brown color and about 1 to 2 mm long
- Eggs will be attached to the hair shaft. They can be very hard and hard to see, especially newly-laid eggs close to the scalp. They are grey-white and about the size of a grain of salt.

How to check for head lice
Head lice can be difficult to find. Start by comparing the hair close to the scalp, especially behind the ears and at the back of the neck. Look for lice and eggs.

If you think you have head lice, you may be able to find:
- Nits (eggs): white, oval-shaped, and about 1 to 2 mm long
- Eggs will be attached to the hair shaft. They can be very hard and hard to see, especially newly-laid eggs close to the scalp. They are grey-white and about the size of a grain of salt.

How to check for head lice
- To treat head lice you must get rid of both eggs and lice. There are two ways to do this:
  1. Try the 10-day hair conditioner and comb method.
  2. Buy and use the 10-day hair conditioner and comb method.

The 10-day hair conditioner and comb method
This method is based on the four steps under how to check for head lice and is repeated every other day over a 10-day period.

This method focuses on removing adult head lice from hair and breaking the egg-laying cycle.

Eggs hatch 7 to 10 days after being laid. If you only do this method once and one or two adult head lice are missed, and the cycle of outbreaks will continue. By repeating the method over a 10-day period you increase the chance of removing all head lice until no eggs are left.

Remember: after Step 3, you may need to use your fingernails to remove any eggs that were missed during combing.

Head lice treatment
To get rid of head lice, you need to get rid of both eggs and lice. There are two ways to do this:

1. Try the 10-day hair conditioner and comb method:
   a. Buy and use the 10-day hair conditioner and comb method.

2. Follow the instructions on the product.

Warning
Any head lice treatment could cause a reaction and should not routinely be used when treating babies under six months, people with asthma, eczema, insecticide allergies, scalp conditions or very sensitive skin, and women who are pregnant or breastfeeding.

People who cannot use insecticides should try the 10-day hair conditioner treatment instead.

Key points about insecticides
- No head lice treatment is guaranteed to kill all eggs. Eggs which are not killed or removed manually will hatch 7 to 10 days after being laid.
- Before using the insecticide, rinse out any hair conditioner as it may stop the insecticide from working.
- If applying the treatment to someone else, cover their eyes to avoid getting the treatment in their person’s eyes.
- A towel is a good way to do this.

Following treatment, remove as many remaining eggs as possible with your fingernails. You may need to use a magnifying glass and a strong light, such as sunlight, to do this.

Concentrate on ‘live’ eggs, which are found within 1 cm of the scalp.

Some head lice may be resistant to an insecticide and will still be alive the morning after the treatment. If this happens, thoroughly wash out the first product and re-treat the hair the same day with a product containing a different insecticide. Alternatively, change to the 10-day hair conditioner treatment instead.

To prevent skin irritation, do not repeat insecticide treatment more than three times, one week apart.

Household cleaning
Head lice and eggs do not survive long away from the scalp as they are human parasites.

Only items that need to be washed and this should be done on the first day of treatment.

Important information for school-aged children
Under the School Education Act 1999, if your child has head lice a principal may keep him or her away from school until treatment has started.

Your child may return to school when all live head lice have been removed.

There is no need to stay away from school if there are only a few remaining eggs, but you must continue treatment over the following two days to ensure that all eggs and hatchlings have been removed.

This document can be made available in alternative formats on request for a person with a disability.

Produced by the Communications Directorate, Department of Health 2015

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