



ETTALONG
PUBLIC SCHOOL

HOMENOTE

KARINGI ST ETTALONG BEACH NSW 2257

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Term 2 Week 8

18 June 2019

DATES FOR YOUR DIARY

Wed 19 June	Woy Woy Cup final; AFL postponed from Monday
Thurs 20 June	AECG at Mingaletta 3.30pm (amended date); Debate vs Umina PS
Fri 21 June	Pyjama Day fundraiser; Chess comp here; Syd North Cross Country carnival
Wed 26 June	St 3 to BWSC 'Grease' performance
Fri 28 Jun	Athletics carnival

Dear Parent and Carers

Thank you to the many students who took the time and effort to enter our Art Show logo competition with the theme Upcycled Down Under. Classroom winners each received a certificate on Friday at assembly along with our major winner, Lily G in 5B whose drawing was voted best by the students. Lily's fabulous logo will be used to promote our Art Show.

We wish Caleb McL of 4T all the very best as he represents our school at the Sydney North Cross Country carnival on Friday. As our only qualifying representative, I'm sure he will do his family and our school, proud. Congratulations also to Zara Tucker who has been selected for the NAISDA dance group in the Central Coast Dance festival.

Mrs Hull received a nice surprise last week when she was advised our school had won fifty books through our registration in participating in the National Storytime Event. Books are windows to the world and I cannot encourage children enough to become avid readers. And with all these new books we have won, this can easily become reality.

Don't forget our SRC fundraiser for Coast Shelter, on Friday. Students are invited to wear appropriate pyjamas and footwear to school in return for a gold coin donation, which will be given to Coast Shelter. Non perishable food will also be collected so please consider those who may be finding life difficult, especially during the winter months, by sending in a packet or tin of food, please. Primary children are reminded that Friday is also sport day so they may wish to wear their sports uniform underneath or have it in their bag.

We are still collecting oral care waste such as empty toothpaste tubes, toothpaste boxes and old toothbrushes in our bid to win a garden kit for our school. Our collection box is conveniently located in the office.

We are also eagerly collecting Woolworths Earn and Learn stickers to further increase our resources. Children can place stickers in the box in the foyer or our wonderful neighbours can pop them into our letterbox in Karingi St.

Student Reward Days are fast approaching for those children who do their best to follow our 3Rs of Respect, Responsibility and Ready To Learn. I want to stress that the reward activities are an extra treat for the vast majority of our students who deserve to be rewarded and recognised for following our 3R's consistently.

ABC of literacy and numeracy cont'd ... Demonstrate expression and fluency when reading stories. Encourage estimating skills e.g. how long a journey will take or how long it takes to complete a task. Family jokes can be written and kept in a book to look back on and also to practise handwriting and spelling skills.

Lynn Balfour
Principal

3R's AWARDS

Class	Name	Class	Name
KA	Matteo B	KM	Ruby L-W
	Azaria R-B		Blake S
KZ	Ivy L	1L	Michael S
	Sawyer S		Nahlia K
1H	Scarlet I	1P	Lily T
	Jacob P		Augie H
2S	Tahlia S	2P	Macklyn R
	Tyler A		Kayleb L-W
2C	Nikita V R	2/3R	Ruby H
	Ethan T	K/6JL	Riley S

PRINCIPAL'S AWARDS

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

Respect, Responsibility, Ready to Learn

Talisha R-K	Tam J
Ashley A	Macklyn R
Lily T	

PLAYGROUND POSITIVE WINNER

Rori McB

GENERAL INFORMATION

Donations

We need donations of clean bottle tops as they are needed for the Art Show. Please give to Mr Boutland thank you.

SRC Fundraiser

On Friday 21 June the SRC is holding a Pyjama Day to collect funds for Coast Shelter. They invite all students to take part in supporting this worthy cause. Students may wear sensible pyjamas to school in return for a gold coin donation. The SRC will also be collecting non-perishable food to donate to help feed the homeless. There will also be hot Milo on sale at recess for a cost of \$2 to complement the theme. Any support of these initiatives would be greatly appreciated.

P & C NEWS

We are pleased to announce a new president was elected on Wednesday. We would like to welcome **Barbara O'Reilly** to the position. Because of this we now have a Vice President's position available. If you would like a description of the role please let us know and we will send you some information.

A special meeting will be held on 19 June 2019 at 2:30pm at the school. This will be to review any nominations and elect a vice president. An agenda will be sent out to members prior to the meeting. If you are not a member but wish for a copy of the agenda please email us at epsandc@gmail.com.

Save the date

A Parent's Winter Social is currently being planned for 3 August 2019. More details to come!!!!

CANTEEN NEWS

I would like to say thank you to all my extra helpers Sue Sayer and Robert, who have made hot oats for the children at Breakfast Club. We still need donations of cereal and spreads as we are open 5 days a week now. Please see Mrs Lynch if you can help.

We need help for the sports carnival down at McEvoy Oval. This year we are going to have something different, instead of sausages, we will have hot dogs.

Please check money when you give it to the children, as there are a lot of foreign coins coming in. Our bank doesn't accept them and our children get disappointed.

When your child goes home sick, if they have a lunch order please advise the canteen.



PIANO LESSONS

Flexible times available
(Monday to Saturday) &
I come to you!

Background in Early Childhood music teaching.

For students from Year 1 to Year 6.

Contact: Kim Begley . 0411 123 129
pianolessonwithkim@gmail.com

COMMUNITY NEWS

2019 ANZTHS Todd Woodbridge Cup

Are you in Year 3 or 4; would you like to play tennis?

Contact Umina Tennis Club on 0418 828 278 for more information.

Kiss and Ride Zones

Kiss and Ride Zones are designed for your convenience and for your child's safety. Designed for quick entry and exit, these zones minimise congestion and risk when used properly by all parents and carers. These zones operate under the same conditions as no parking zones, which means you may stop to drop off or pick up children for a maximum of 2 minutes. You're required to remain in, or within 3 metres of, your vehicle. Days and hours of operation may apply to some zones.

To find out more information about the available Kiss and Ride zones in your area, please contact your local council.

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.

PARENTING TIPS

Technology holiday guide for parents

As holidays approach, the role that screens and devices will play becomes an increasing concern for parents. Days when kids are usually tied up with school and activities make way for many an idle hour and, as such, parents fear those hours will be spent largely engaged with a screen or gaming console. While there is certainly no harm in some well-balanced screen time and developmentally appropriate online activities, we must remember that, as parents, we have an important role in helping our kids manage and balance that screen time. Here are a few things we can do:

Understand the battle

It is important parents know the beast they are dealing with. It is easy to shout from another room to get off a screen or whinge to our friends that 'kids of today' are all addicted to their phones, but we need to recognise the pull that many of these devices have. The social networks are designed to keep us liking, commenting and sharing. The games cajole us into having 'just one more' turn at being the last man standing. These technologies tempt us to reach just one more level, or to scroll for just a few minutes more. Our brains experience a dopamine release and a sense of insufficiency when we use a device. There is always something else to do or something else to scroll through, or one more YouTube video to watch. So our kids are up against it when trying to control their time on a device. We need to help them with that.

Get outside

We can complain that kids never go outside and play anymore, but sometimes we have to physically get out there with them or offer opportunities in which being outside and active play are appealing. We have to work a little harder at this today because we are competing with a device that answers many of our kids' perceived needs. We need them to know that their needs are greater and more varied than what their screens can offer.

Have some rules

Despite their apparent dislike of rules around technology, kids will (one day) appreciate having boundaries to help them manage their screen time. Rules can be established regarding time limits, devices in bedrooms, device-free meal times, etc. Whatever you decide is important, be sure that you have those discussions with your kids. And any discussion around rules or consequences should happen away from the screens so they are clear on the expectations. (Talking about their screen-time habits while they are just about to be the last man standing on Fortnite is probably not going to make for engaging conversation.)

One console on one television...outside the bedroom

Having only one television that is connected to a gaming console or to Netflix is a good way of ensuring that the device gets shared and one child doesn't monopolise the screen. And leave consoles out of bedrooms where the appeal of just one more quick game can very quickly rob them of important sleep time.

Role model

Make sure you are showing your kids how you want them to be. Have times when the devices are put away and you give full attention to the people around you. Don't answer calls or emails at the dinner table. Don't fall asleep with a device landing on your forehead. Take time to get outside and do things active and in nature. Don't ever use a phone while driving. Use the Screen Time feature on iOS products to monitor just how you are using your technology and whether you could be making some changes. Kids learn more from what we do than what we say.

We know the technology isn't going anywhere, and we know there are many wonderful benefits that screens provide. But ensure that holidays and downtime hours can be filled with many different experiences and in ways that leave your kids in control, even if you have to work a little harder to give them that.

Michael Grose Presentations.

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www.parentingideas.com.au