

CPS

Strive to Achieve



Cowper Public School

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SAVE THE DATE!

Wed 29th May

K/1/2 Wooli Mini Athletics/
Traditional Games

*** Amended Date-
Mon 3rd June**

School Photographer

Mon 3rd June

Meet & Greet @ Ulmarra School at 12:30pm for those attending South Grafton High next year

Thursday 6th June

Grip Leadership

Mon 10th June

Queens Birthday



REMINDER: All Current Newsletters are available 24/7 via the School Website www.cowper-p.schools.nsw.edu.au!!

Newsletter Term 2 - Week 4

Thursday 23rd May

A Note from the Principal...

This week NAPLAN testing was completed with only a couple of small hiccups. Well done Year 3 and Year 5 in your patience and confidence with the new online NAPLAN testing.

There are a lot of things happening in the next couple of weeks. Friday is MNC cross country at Nana Glen and Billy, Stone and Pearl will all be representing our school. We wish you the best of luck! I will be at a Principal's meeting that day.

On Tuesday Week 5 the teachers will be attending SCOUT training after school. Scout is the new reporting platform for education. Teachers will be leaving the school shortly after 3pm to attend this training.

Wednesday 29th K 1 2 will be attending the mini athletics day at Wooli. Notes and lunch orders need to be returned ASAP.

Our school photo day is Monday June 3. All students are requested to be in full school uniform. Year 6 students are to wear their normal blue shirts but to also bring their Year 6 shirts for our Year 6 photo.

There have been a couple of cases of head lice at the school. Please check your child's hair and follow the guidelines attached to the newsletter.

Finally, a huge congratulations to our students for their outstanding results in the Maclean Show. If you would like to see the winning artworks you can visit our Facebook page or come into the school where all the artworks are being displayed in the foyer of the office.

Sue Magarry - Principal



Education

Information for parents and carers on Headlice

Head lice are small parasitic insects that only live on the human head. They do not live on any other part of the body or on any other animal. Head lice crawl very fast over the human head, grasping hair shafts to move quickly. Their grasp is very strong which makes them hard to dislodge from the scalp and hair.

Head lice do not burrow into the skin. They feed only on human blood and they need to feed several times a day.

Eggs (nits) are laid by adult females close to the scalp on the hair shaft, usually no more than 1.5 centimetres from the scalp. These eggs are attached to the hair with incredibly strong glue.

Do head lice cause illness or disease?

Head lice do not carry any disease. Constant scratching may lead to sores on the scalp, however this is very rare. Parents should keep cases of head lice in their children in perspective. There are far worse health issues to concern a parent than head lice.

Adults, more than children, suffer from considerable outrage at the presence of these parasites. This outrage usually outweighs any public health significance that head lice may present.

The most likely harm caused by head lice is from the inappropriate use of chemicals in an attempt to treat them. The continued application of chemicals to the scalp can cause severe reactions on some heads.

Parents, in their frustration, can resort to applying products not tested for human use and not shown to have any effect on reducing head lice.

How are head lice spread?

Head lice are spread by contact occurring between one human head and another human head. The head lice move along the hair shaft from the head of an infested person to the hair of another person. Head lice cannot fly or jump and they do not crawl along furniture or hop between car seats. Head lice cannot survive off the human head for more than a few hours.

Thorough cleaning of your home, washing bedding and toys and rigorous vacuum cleaning do not affect the head lice population on a human head.

It is thought that increased human contact, especially among young children, may have contributed to an increase in head lice because of increased opportunities for transmission.

Treatment options

Chemical treatments

Before you choose a chemical treatment for head lice, consider the following:

- Make sure that the heads you treat actually do have head lice and do not treat unless they do. There is no preventative treatment available so treating members of the family who do not have lice has no effect but can contribute to the problem

of lice building up resistance to the chemical treatments.

☐ Babies under twelve months of age, pregnant or breast feeding women or people with irritated or inflamed scalps should not be treated. Consult a health professional for advice.

☐ Do not let the product get into eyes.

☐ Many products have a very strong smell. A strong smelling substance left on the hair for any length of time may irritate your child.

☐ When trying a commercial head lice preparation, make sure you read the label first and apply strictly as directed. In desperation it can be tempting to use more of the product than is recommended in an effort to kill the lice. However, increasing the dose does not have any effect on how well the treatment works.

☐ Do not use insecticides, methylated spirits or kerosene on your child's head.

☐ Do not blow dry the hair after treatment as the heat may inactivate the product.

☐ Do not rewash hair for 1-2 days after treatment.

☐ Apply product to every strand of hair and work through, leave for 20 minutes, and comb out with a good quality lice comb, wiping the product onto paper towel.

☐ If dead lice are found, the product has worked. However it is important to remember that since no product has been shown to kill eggs, any chemical treatment must be reapplied after seven days to kill any lice that may have hatched since the initial treatment.

☐ If you find live lice, the treatment probably hasn't worked. Either use another product with a different active ingredient (read the label) or try the comb and conditioner method.

Comb and conditioner method

Head lice breathe through small openings along their abdomens. By coating the hair and therefore the louse in something thick and slimy, these openings close over, shutting down the breathing of lice for about 20 minutes. While unfortunately the lice don't die using this method, it does slow them down so that you can catch them.

Nitbusting is a method of using a comb and conditioner (or another slimy product) to manage head lice. Using this method will not kill the lice or eggs but some good quality lice combs will remove them.

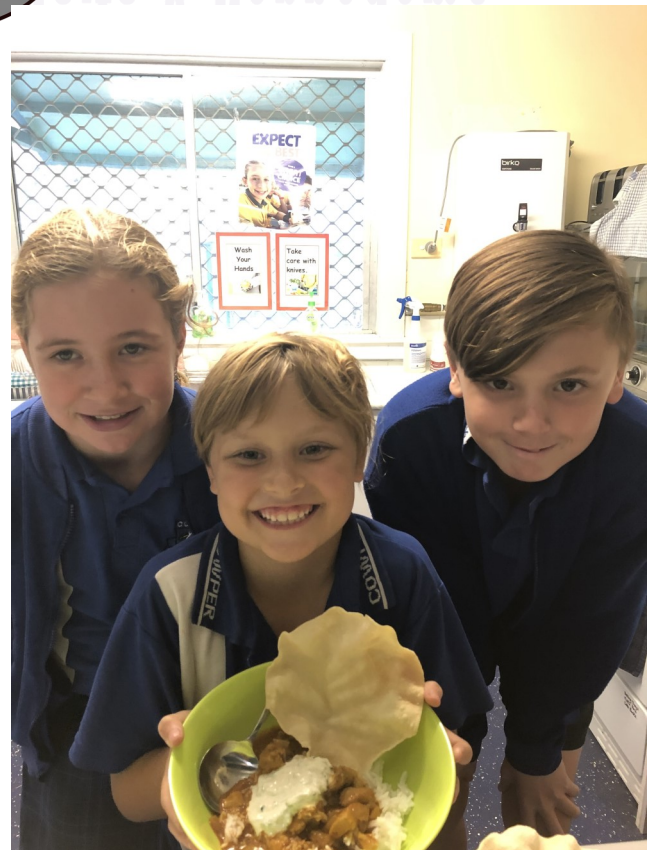
If Nitbusting at home with your child, do the following:

1. Try sitting the child between your legs on a low stool and putting on a video for an hour while you work.
2. Wrap a towel or kitchen paper around the child's shoulders to catch conditioner spill.
3. Remove all items from the hair and comb out plaits and braids.



Kids in the Kitchen

Butter Chicken with Rice, Raita & Poppodoms





Kids in the Kitchen

Fettuccine with Roast Pumpkin Sauce



Parent Advice Regarding Attendance at School.

Legal requirements:

In NSW it is compulsory for children to attend school between the ages of 6 years and 17 years of age. The only exception to this is where students have very unusual and specific circumstances that require an alternative educational program.

For children of primary/infants school age, it is the parents/carers responsibility to ensure the children are attending school. Children should attend school every day that the school is open for instruction – unless there is a satisfactory reason for not attending.

Satisfactory attendance is 85% or above. Anything below this level is regarded as being unsatisfactory. If the school cannot resolve attendance issues then the Home School Liaison Office becomes involved and it becomes a legal matter.

Good attendance:

It is vitally important that good habits are introduced from when students first start school. Students need to understand that attending school is a normal, enjoyable and regular part of their life – ie: attending school needs to become part of their routine and something that always 'just happens'.

Some strategies to achieve this:

- Talk to your child before they start school so that they are well informed, positive and prepared for school. Build the experience up and create a sense of anticipation.
- Help to build the anticipation by making an 'event' of getting the required materials for starting school – backpack, uniform, lunchbox, drink bottle etc.
- Make sure your child is organised of a morning – allow adequate time to have breakfast, get dressed and get to school – try not to make mornings stressful. An established routine is important.
- Make sure your child has adequate sleep each night so that they are well rested and alert of a morning. Avoid television watching before school.
- Make sure your child has adequate food for a day – nutritious and suitable food makes the day enjoyable and sustainable.
- Prepare your child for school again before resuming after weekends and holidays.
- Talk to your child after each day and let them tell you what has happened – show an interest in their day and in their schooling.
- Make home reading/home work a priority by setting aside time each evening – establish a routine.
- Return notes promptly, and read the school newsletter – show interest in your child's school.

- Get to know your child's teacher and mention them when talking to your child about school.
- DO NOT take your child out of school unnecessarily, or for non essential reasons (shopping, outings etc). This not only disrupts the learning, but also devalues their education by showing other things as being more important. Try to make appointments and extra-curricular activities (music, dance lessons, sport coaching etc) outside of school hours.

From time to time there will be things that concern your child. It is important to deal with these issues promptly and effectively. If you are in any doubt, contact your child's teacher and discuss any difficulties or concerns with them. COMMUNICATION is the key to solving potential problems and ensuring smooth running with schooling. If in doubt - talk to someone at your child's school. The class teacher is generally the first person to approach, and they can usually deal with most enquiries.

Schools also are referral agents and have access to some people who can help with specific problems (eg. School Counsellor, Student Services Consultant, Home School Liaison Officer), so if you feel you may need some assistance with anything to do with your child, then speak to someone at school.

At school many of the activities are 'on-going' ie: they are carried over from one day to the next. If your child misses a day, or part of a day, then it can be difficult for them to resume that activity when they return, as they may have missed some of the lead up work. If this happens then children can become disengaged from school as they lose touch with the activities and the people there. This will sometimes create the problem of children not wanting to go to school as they no longer feel comfortable there or part of it. This problem can be avoided by not letting them lose touch with school, by ensuring full attendance.

If your child sees that you value education and take school seriously, then they will too.

By working together, we can make their schooling an enjoyable experience and the place they want to be.

HSLO

Grafton

Students practicing for the upcoming games day at Ulmarra

