

Principal's Report

We hope that many parents will be able to join us next week during **Education Week** especially on our **Open Day** which will be held on **Thursday, 28th May**. A timetable for the day accompanies this newsletter and we hope that many parents, grandparents and other family members take the opportunity to visit classrooms, take a workshop in drumming, or watch the K-2 aerobics. We have a whole day of activities available and we hope you enjoy spending time with us. Join us for the Year 6 Sausage Sizzle at lunch time or have a cup of tea and a cake from the canteen at recess.

UNIFORM POLICY

Following a recent slip in the uniform standards, staff at Padstow Park with the support of the P & C are stressing a return to full uniform so that we continue to show pride in our school.

A whole school **Uniform Challenge** will commence next week with classes earning points for students having the correct uniform, including hats and shoes. A trophy will be presented to the class or classes with the best uniform record each week with the best classes having a movie afternoon as a reward for uniform pride.

A copy of the uniform policy is being sent home with this newsletter and while we do not expect parents to immediately go out and buy black shoes for example we would ask that when it is time for the next pair of new shoes you consult the uniform list.

Black leggings or long black bike shorts are not part of the school uniform and as girls now have the option to wear royal blue trousers there is no need to wear them under uniforms. Girls may wear short bike shorts or scungies under the uniform as long as they can't be seen. **The only caps we expect children to be wearing are the Padstow Park caps.**

Please remember that student assistance funds are available for families struggling to provide the uniform and the clothing pool is also available.

We would like to thank the many parents who send children to school everyday in the correct uniform.

Mrs J. Mollica, Principal

YEAR 6 FUNDRAISING SAUSAGE SIZZLE

Next Thursday, 28th May 2009.

A reminder that individual student orders for a sausage sandwich for \$2.50 (includes sauce) and can of drink \$1.50 are due to the office by this Friday, 22nd May.

Order forms were distributed to all students last Tuesday, spares are available from the office. Parents will be able to buy themselves a sausage, can of drink, tea and coffee at lunch time during Open Day.

P & C NEWS

MOTHER'S DAY STALL REPORT

Thank you very much to the families who supported us this year for Mother's Day. Your donations and assistance are appreciated. We raised **\$1160.40** on the stall.

HEAD LICE WARNING

A guide for parents

Anyone can get head lice and it is common for school children to get head lice at some time.

Head lice can spread when children's hair comes into contact with one another. Although itchy and annoying head lice do not harm your child.

To prevent getting head lice

- Tie your child's hair back
- Tell your child not to share hats or clothes
- Check your child's hair regularly.

If your child has head lice

- Continue to send your child to school
- Inform the school so they can inform others to check their children's hair, your child does not have to be identified
- Do not use household chemicals (such as kerosene or methylated spirits) to treat head lice.

Comb and conditioner method

Head lice breathe through small openings along their abdomens called spiracles. Coating hair in something thick and slimy like a white hair conditioner makes these openings close over, shutting down the louse's breathing for about 20 minutes.

Although the louse will not die with this method, it does slow it down so that you can comb them out.

You can do the following:

- Sit your child in a low position in front of you and put on a video or DVD for your child to watch while you work.
- Wrap a towel or kitchen paper around your child's shoulders to catch conditioner spill.
- Apply lots of conditioner to the scalp and massage it through all hair shafts. Lice live close to the scalp, so make sure that you cover the hair shaft close to the scalp. Combing will spread the conditioner onto the rest of the length of hair. Every hair has to be coated to ensure it reaches the lice.
- When the hair is detangled and manageable, use a fine lice comb to comb out each section several times.
- After each comb out, wipe the conditioner on the paper towel. If the child has head lice, you will see them on the towel.
- Keep combing each section of hair until no further lice, nymphs or eggs appear on the paper towel. Often you will see lots of old egg casings that may take a while to remove.
- Once you have combed and re-combed each section of hair, either re-plait or tie it back.

Commercial lice treatment

A commercial lice treatment (available from your local chemist) can be effective, but you will need to read the label and follow the safety instructions carefully.

Generally, treatment must be applied twice (one week apart) to catch all growth stages of the lice.

When using a lice treatment only treat the heads that actually have head lice or else you are really just contributing to lice resistance of treatment to products.

USEFUL TIPS

Head lice often gather on the crown of the head. A good head lice comb should also remove nymphs, the stage between egg and adult louse - teenagers really.

These can be difficult to identify with the naked eye, but appear as small insects on the paper towel.

For more information www.health.nsw.gov.au/headlice.

PARENT TIPS

DAYS OFF SCHOOL

As the year approaches the mid mark there can be a tendency to let the kids have the occasional day off. Stay strong, especially after the weekend. Monday morning is hard for most of us and kids are no different. Getting a good night's sleep on Sunday is important. Some parents find it easier to do a bit of preparation on Sunday to give a bit of extra time Monday morning. This could be in the form of getting uniforms ready, finding shoes and socks, packing bags, bathing or showering at night instead of in the morning and packing lunches.

Schools are constantly monitoring patterns of poor attendance in order to rectify any problems quickly. Keep in mind that one day a week off equals one year off school by Year 6.

WRITING SCHOOL NOTES

If your child is absent, you need to write a note within seven days:

- It must explain why your child missed school
- Include how many days and dates your child was away
- Include your child's full name and roll class
- If your child is going to be away for more than three days please call the school so that the office can let the teacher know. You will still need to write a note when your child returns to school.
- Include other information, perhaps they have an injury and cannot play sport.
- Your child can return it to the teacher.

More information at: www.schools.nsw.edu.au/media/downloads/gotoschool/ttsy7.pdf

LABEL EVERYTHING!

Your child's belongings can get easily misplaced at school. Please label all of your child's belongings with their name. Don't forget books, pencil cases, clothing (especially hats and jumpers) and school bags.

SCHOOL TIP

Let us know if you have any special family circumstances. Any changes to your child's family situation can impact on their emotional and academic well-being. Inform your child's teacher and principal about any changed circumstances so that the child can be supported if necessary. Examples of special circumstances include the birth of a sibling, divorce or the death of a loved one.

MOBILE PHONES AT SCHOOL

The use of mobile phones and other electronic communication devices during school hours is actively discouraged in our school and phones certainly cannot be used during lesson times. Students are required to drop off their phones to the office on arrival to school and pick them up as they leave.

Any SMS messages sent by parents during school time will not be viewed until the child collects their phone from the office at home time. If necessary, messages can be passed on to students via the school office.

Little Y's Preschool-Kindergarten
Open Day: 23rd of May
10:00am to 12:00pm



YMCA

We build strong **PEOPLE**
strong **FAMILIES**
strong **COMMUNITIES**



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TERM 2 DATES TO REMEMBER

MAY

Thu 21st 12-1pm Tree Trooper Program
Fri 22nd PSSA Season 1 Finals
Canterbury All Schools Knockout
Sausage Sizzle \$\$ due
Year 6 Cake Stall

Mon 25th 3/6M Wildlife World Excursion
25th-29th Education Week

Tue 26th District Cross Country Carnival

Wed 27th Computer Competition

Thu 28th **Education Week Open Day**
Year 6 Sausage Sizzle. \$\$ due 22/5

Fri 29th 10:30am-11am Premiers Debate

JUNE

Mon 1st Table Tennis Tournament
1pm Debate at Georges Hall

Thu 4th K - 2 Menai Vet Excursion

Fri 5th PSSA Season 2 starts

Mon 8th *Queen's Birthday Public Holiday*

Wed 10th Science Competition

Thu 11th Regional Cross Country
Padstow Park Public's 80th Birthday

Tue 16th 9:30am P & C Meeting

Thu 18th Year 6 Kokoda Track Excursion

Tue 23rd Spelling & Writing Competitions

Thu 25th P & C Hot Dog Day

Mon 29th Reports due home to parents

30th June-3rd July Parent/Teacher Interviews

JULY

Fri 10th Last day of School for Term 2, 2009

Mon 27th First day of School for Staff only

Tue 28th First day of School for Students T3, 09

