Principal’s Report

At Barooga Public School we celebrate NSW Public Holidays and follow Victorian School Holidays.

As our school is a NSW school, we must acknowledge NSW dates for public holidays. For example, Labour Day is celebrated in NSW on Monday 6\textsuperscript{th} October this year. Our students will not attend school on this day. Victoria will celebrate Labour Day this Monday 10\textsuperscript{th} March. This is a normal school day for our students and they are expected to attend school on this day.

However, as the closest Secondary School is in Cobram Victoria, and most of our families send older siblings to Victorian secondary schools, Barooga Public School has been given permission by the NSW Department of Education to follow the Victorian School Holiday Calendar.

Public Holidays, end of term and start of term dates are published on the Newsletter in ‘Dates to Remember’ and on our website at www.barooga-p.schools.nsw.edu.au

All of which means we are open as usual next Monday. If your child is absent next Monday, please provide a note outlining the reason for the absence.

John Francis, Principal
THIS WEEK IN THE KITCHEN GARDEN

THIS WEEK’S MENU
The menu for this week includes Savoury Bread and Butter Pudding, Tomato Corn and Bacon Soup, Bread Rolls with Sunflower Seeds and Sweet Corn Salad. We will also be making Fig Jam to sell at the Four Seasons Market on March 22\textsuperscript{nd}.

GARDEN LESSONS
We planted lots of seeds last week and, in the warm soil, they are already bursting out of the ground and their pots. This week we will be focussing on tool safety and the children will be working towards getting their Tool Licences.

As the classroom teachers do not accompany their class in the garden, volunteer help is very important. Volunteers are needed to help keep the children safe as they work and to support the children as they learn. If you are interested in helping, please let me know.

CAN YOU HELP US?
We have a very limited budget in the kitchen garden as we need to raise all of our funds ourselves. The vast majority of our funding is made through the children running a stall at the Barooga Four Seasons Markets. (The next market is coming up on Saturday, March 22\textsuperscript{nd}.) We are also lucky to receive donations from generous families and local businesses, as well as Program Sponsors of the Stephanie Alexander Kitchen Garden Foundation, from time to time. If you have any ideas about ways to help us, please let me know.

We are looking for donations of the following items at the moment:
- Palings from old fences for the children to make bird houses and signs.
- Baby Formula tins, with their lids, for a craft project.
- Bags of good quality potting mix.
- A bag of rapid set cement.
- Bags of chook pellets.
- Old bike wheels to add to our trellis.
- Small, clean jars for jam making. (We always need lots of these for the jam we sell at the markets).

THANK YOU
- Thank you to Roy and Brad Stillard for donating 20kg of tomatoes from their farm for the children to make a large batch of delicious tomato sauce. You can buy our sauce at the upcoming market. Thanks also to Chris and Grace Stillard for picking the tomatoes.
- Thanks to Jodie Brown from Finley High School for arranging for us to share in their donation of breakfast cereals from Kelloggs. The cereals are being used in the Kitchen.

Nikki Bird
SAKG Program Coordinator

Visit our website: www.barooga-p.schools.nsw.edu.au
E-mail: barooga-p.school@det.nsw.edu.au (Staff/General) e-mail: john.francis@det.nsw.edu.au (Principal/Confidential)
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‘Building Partnerships with the Community’ Barooga PS proudly sponsored by the Barooga Sports Club
**Medicine at School**

*Unfortunately over the counter medication ie: Panadol, Nurofen, natural medicines, etc. cannot be administered at school without a letter from a doctor prescribing these medicines.*

Children who have a chronic medical condition such as epilepsy, diabetes, allergies, asthma, should include this information in their enrolment details.

Details about specific medications relating to these medical conditions should be put in writing and given to the office at the beginning of the year or when details of medications alter.

Children who require medication should not be in possession of it whilst at school.

Parents of children who require prescribed medication to be administered at school must complete a written request on the appropriate form which is provided by the Department of Education. Forms are available at the school office.

Parents should deliver the medication to the office in a pharmacy labeled container detailing:

- Name of the child
- Name of the medication
- Time and dosage of the medication

**Please note:**
Medication will not be administered unless the parent contacts the office in person and fills out the appropriate forms and delivers the medication in a suitable container.

Children are able to have asthma puffers in their possession, although if a spacer is required we encourage parents to give this, along with the asthma medication to the teacher, particularly if the child is in Kindergarten.

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**School Banking Day Reminder.**

Don’t forget that **Thursday** is School Banking day and students should bring in their weekly deposit.

For every deposit made at school, no matter how big or small, students will receive a cool Dollarmites token. Once students have individually collected 10 tokens they can redeem them for an exclusive School Banking reward item in recognition of their continued savings behaviour.

Remember our school earns 5% commission on every deposit made (to a maximum of $10 per individual deposit). Thank you for supporting the School Banking program at Barooga Public School.

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E-mail: barooga-p.school@det.nsw.edu.au (Staff/General)  e-mail: john.francis@det.nsw.edu.au (Principal/Confidential)

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‘Building Partnerships with the Community’ Barooga PS proudly sponsored by the Barooga Sports Club
On Tuesday 11th March the SRC will be holding a Bandaged Bear Day.

Bandage your Bear and bring him to school with a Gold Coin Donation.

All proceeds to Westmead Children’s Hospital.

Visit our website: www.barooga-p.schools.nsw.edu.au
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‘Building Partnerships with the Community’ Barooga PS proudly sponsored by the Barooga Sports Club.
Treating and controlling head lice

While children are at school many families will have contact with head lice. The information here will help you treat and control head lice.

Catching head lice
Head lice have been around for many thousands of years. Anyone can get head lice and given the chance head lice move from head to head without discrimination.

Head lice are small, wingless, blood sucking insects. Their colour varies from whitish-brown to reddish-brown. Head lice only survive on humans. If isolated from the head they die very quickly, usually within 24 hours.

People get head lice from direct hair to hair contact with another person who has head lice. This can happen when people play, cuddle or work closely together.

Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl.

Finding head lice
Many lice do not cause an itch, so you have to look carefully to find them.

Head lice are found on hair itself and move to the scalp to feed. They have six legs which end in a claw and they rarely fall from the head. Louse eggs (also called nits) are laid within 1.5cm of the scalp and are firmly attached to the hair. They resemble dandruff but can't be brushed off.

Head lice eggs
Head lice eggs are small (the size of a pinhead) and oval. A live egg will 'pop' when squashed between fingernails. Dead eggs have crumpled sides and hatched eggs look like tiny boiled eggs with their tops cut off.

To optimise treatment remove as many eggs as possible.

Head lice combs
Combs with long, rounded stainless steel teeth positioned very close together have been shown to be the most effective; however, any head lice comb can be used.

Treating head lice
Concentrate on the head—there is no evidence to suggest that you need to clean the house or classroom.

Head lice products must be applied to all parts of the hair and scalp.

No treatment kills all of the eggs so treatment must involve two applications seven days apart. The purpose of the first treatment is to kill all lice, the second treatment is to kill young lice hatched over the next six days.

Cover the person’s eyes, for example with a towel, while the treatment is being applied.

If you are using lotions, apply the product to dry hair.

For shampoos, wet the hair, but use the least amount of water possible.

Apply the treatment near the scalp, using an ordinary comb to cover the hair from root to tip. Repeat this several times until all the hair is covered.

If you choose not to use an insecticide, the conditioner and comb method can be used every second day until there have been no live lice found for ten days.

There is no need to treat the whole family, unless they also have head lice.

Only the pillowcase requires special laundering; either wash it in hot water (at least 60°C) or dry it using a clothes dryer on the hot or warm setting.
**Testing resistance**

Head lice products belong in one of the following categories depending on the active compound they contain:

- Pyrethrins
- Synthetic pyrethroids (permethrin and bioallethrin)
- Organophosphates (malathion or malathion)
- Herbal, with or without natural (non-chemical) pyrethrins.

Insecticide resistance is common so you should test if lice are dead. If they are, treat again in seven days using the same product. If the lice are not dead, the treatment has not worked and the lice are resistant to the product and all products containing the same active compound. Wash off the product and treat as soon as possible using a product containing a different active compound. If the insecticide has worked, the lice will be dead within 20 minutes.

Any head lice product could cause a reaction and should be used with care by women who are pregnant or breastfeeding, children less than 12 months and people with allergies, asthma or open wounds on the scalp. If you are unsure, please check with your pharmacist or doctor.

**Preventing head lice**

There is no product available to prevent head lice. Using the **conditioner and comb method once a week** will help you detect any head lice early and minimise the problem. Tying back long hair can help prevent the spread of head lice.

**Regulations**

Children with head lice are required under the Health (Infectious Diseases) Regulations to be excluded from school, day care or crèche until treatment has commenced. A child with head lice can be treated one evening and return to school the next day, even if there are still some eggs present.

**Further information**


The information in this pamphlet is based on the research conducted and written by Associate Professor Rick Speare and the team of researchers at, School of Public Health and Tropical Medicine, James Cook University.

Life cycle diagram courtesy of Nitpickers.