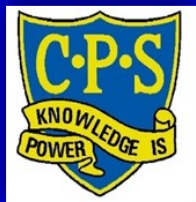


Cowra Public School Newsletter



Term 2 Week 5 2020



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28th May 2020

Principal's Message

Welcome Back!

It's hard to believe we are at the half-way point in the Term! This week we were very excited to welcome all students back to school for full-time face-to-face teaching. Classrooms have been filled with the wonderful sounds of learning and students have enjoyed reconnecting with their teachers and friends. While there are still some restrictions to our in-school activities, such as having parents attend assemblies, and inter-school sporting events, there is a feeling that we are slowly 'getting back to normal'.

Kindergarten 2021!

We are currently in the process of finalising our 2021 Kindergarten Transition Program and have our Pre-school visits and Kinder Orientation dates ready to go! Our Transition Program includes visits by CPS staff to the local pre-schools, visits from the pre-schools to CPS, our very popular Kinder Information Evening and of course Kindergarten Orientation, which will be held in Term 4. If you know of any families with a child looking to start Kinder in 2021, please encourage them to call in to the school and pick up an enrolment pack. We also offer personalised school tours to all prospective families and are happy to answer any questions parents may have about their child starting school at Cowra Public. If you would like to book a school tour, please call the office on 63422400.

School Drop Off and Pick Up

From this week, our school pick up arrangements have changed slightly. This is to ensure we continue to observe the Department of Education's procedures around not having parents on-site, as well as having a safe exit from the school for all students. The new arrangements are:

- All Infants students and Primary students who have a brother or sister in Infants, will exit via the **CANTEEN gate OR BRISBANE Street gate**
- All Primary students without a brother or sister in Infants are to use the **Primary playground DOUBLE GATE**

All bus students or students exiting from the front of the school will follow normal procedures

Thank you to all families for assisting us to keep our school community safe.

Spotlight on...Ganyi!!

Each week in our Newsletters, we shine the spotlight on a particular class in the school. This week we would like to share some of the amazing work from the Stage 2 students in Miss Sullivan's class, Ganyi!

Have a great week.

Jenny Lewis
Principal

What's Happening?

Friday 29 May

Reconciliation Week

Friday 5th June

Salvation Army Red
Shield Appeal
"RED DAY"

Friday 5th June

Mid-term PBL
Whole School
Acknowledgement
"CHALK DRAWINGS"

Monday 8th June

Public Holiday

**Tuesday 9th June-Friday
12th June**

Wellbeing Week!



Every Child ~ Every Opportunity ~ Every Day

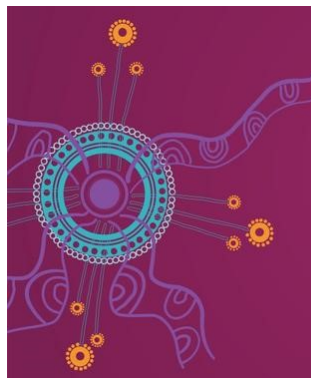
yiradhu marang

This week for our Wiradjuri Language lesson, we are reading the book "Sorry Day" by Coral Vass and Dub Leffler. Aunty Esther and myself had a deep and meaningful discussion with the students about the Stolen Generations and the significance of the apology that was made on the 13th of February 2008. Students are able to reflect on these significant moments in Australian history and build their understanding of the Stolen Generations from Aunty Esther's stories of the past.

This week we are also celebrating National Reconciliation Week from 27th of May to 3rd of June. The theme for 2020 is "In This Together". Students will celebrate National Reconciliation Week within class lessons and activities. The whole school will be putting up a display of hands along the outside of the school fence running along Brisbane St. Each student will decorate their hands with either a message or a decorative display of what Reconciliation Week means to them. Please keep an eye out, over the next week, for the beautiful display as you walk, ride or drive past our school.

mandaang guwu

Mrs Galea



School Hours

Learning commences at 9.10am each morning, Monday to Friday.

Please make sure your child is at school before lessons begin.

Be Prepared

School is back to normal. Please make sure your child comes to school with everything they need for the day, eg recess, lunch, hat etc. And they know how they are getting home at the end of the day.

Head Lice

Head Lice are an ever present problem in schools.

Please check your child's hair regularly for lice or eggs. If any are found, please treat with recommended treatment.

Position Vacant

The Cowra Public School P&C are looking for a Canteen Manager – all details are on the school's Facebook page!



Our Week 5 PBL

Focus is:

PBL Review



RED SHIELD APPEAL

Next Friday, Cowra Public are raising money for the Red Shield Appeal. Students can wear something red next Friday and bring along a gold coin donation. Let's see how much we can raise for the worthy cause.

P.B.L. ACKNOWLEDGEMENT DAY

Whole School

Acknowledgement Day is linked to the Red Shield Appeal this year. Students will have the opportunity to create amazing chalk pieces of art on the playground.

Spotlight on...Ganyi!

GANYI 2S

WE ARE SO EXCITED TO BE BACK IN THE CLASSROOM THIS WEEK. WE HAVE LOVED CATCHING UP WITH EACH OTHER; LAUGHING, SMILING AND LEARNING.



Canteen News!

The Canteen will be open tomorrow **Friday, 29th May** for lunch orders. The menu is:

Friday's menu:	* Lasagna	\$5.00
	* Butter Chicken w rice	\$5.00
	* Curry snags w sweet potato	\$5.00
	* Chicken noodle soup	\$5.00

The Canteen will be open next Wednesday, 3rd June & Friday, 5th June.

Tuesday's menu:	* Mac & cheese	\$5.00	Friday's menu:	Baked Honey Mustard Chicken &	
	* Chicken Burrito Bowl	\$5.00		Veg	\$5.00
	* Beef Stroganoff & Mash	\$5.00		Cheese Burger	\$5.00

Vegemite or Cheese rolls available on both days - \$2.50

Head Lice Information

The facts

- head lice are one of the most commonly reported health complaints from parents and teachers
- anyone can catch head lice regardless of their age or how clean their hair is
- head lice move from one person's head to another via direct contact with the hair
- head lice do not survive long when they are off a human head
- head lice do not live on furniture, hats, bedding or carpet
- head lice have built up some resistance to head lice treatments

Treatment from NSW Department of Health website

Head lice are only found on the human head or hair. **Head lice do not live on furniture, hats, bedding, carpet or anywhere else in the environment.** Treating anything other than the human head does not eradicate head lice.

There are two main treatment options to remove head lice:

- mechanical removal
- chemical removal

Mechanical removal or 'comb and conditioner' method

What you need for this method

- Normal comb to detangle hair prior to using metal lice comb
- Fine toothed metal lice comb (available from your local chemist or online)
- Conditioner - buy a cheap brand as you will be needing a lot of it, and preferably one that is white to make spotting lice easier
- White paper towel

Mechanical removal involves applying conditioner to dry hair. Cover all of the hair with conditioner, detangle hair with normal comb and separate into sections. Then, using a fine long toothed metal lice comb, comb through the hair in sections. The conditioner does not kill lice but stuns them for about 20 minutes enabling easier removal. The long toothed metal comb will remove nits and the stunned head 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 done every second or third day until no nits and lice remain, usually about 7 to 10 days.

This method is the preferred way to detect and treat head lice because it is effective, does not contribute to insecticide resistance in head lice and also presents a low risk of skin irritation.

This method also helps manage head lice before they become established on the head. Simply keep a good head lice comb in the shower and every time your family washes their hair use the fine comb through the hair. This will ensure 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 a comb handy to where you wash your children's hair and use it every shampoo.

Chemical removal

What you need for this method

- Normal comb to detangle hair prior to using metal lice comb
- Chemical treatment containing synthetic or natural insecticides that kill head lice
- Fine toothed metal lice comb (available from your local chemist or online)
- White paper towel

If you choose to use a chemical treatment, remember to follow the instructions carefully. You will also need to comb through the hair to ensure the treatment is working. If you find dead lice it means the product has worked. If you find live lice, the treatment has not worked. Don't be tempted to re-apply or over-apply the same chemical if it doesn't appear to be working. Instead switch to another treatment that uses a different chemical compound or use the 'comb and conditioner method' as described under the mechanical removal. It is very important that you repeat the chemical treatment in seven days to kill any newly hatched eggs as most chemical treatments will not kill the eggs (nits).

Once your child is free of lice and nits, remember to regularly check with a fine toothed head lice comb and conditioner as described above. Early detection and treatment will prevent re-infestation of other family members and classmates.

What to do with bedding and clothing

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.

Some tips for treating long hair

Depending on the hair length and type, it is often easier to neatly section long and thick hair before applying conditioner to avoid getting the hair into a terrible tangle. Some ideas on how to do this are described here:

1. Part long hair once from forehead to scalp, and use hair clips to keep the part in place.
2. Apply conditioner along the part line. This is to stop lice from crossing from one side of the head to the other.
3. Part the hair in a straight line from the ear around the scalp to the centre part and clip or pin the top section to the crown of the scalp. Do this also on the other side until you have four sections. You can part the hair into more sections if needed.
4. Apply conditioner to all the parts and massage in.
5. Work through the sections one by one, starting from the nape. Apply conditioner to each section and comb out several times as described above.



Head lice in schools

Head lice infestation is a common problem throughout the world in all socioeconomic groups. Considerable myth and misinformation surrounds head lice and their management. Studies have shown that around one in four primary school aged children in Australia have head lice.

NSW Health does not recommend excluding children with head lice from school due to the following reasons:

- Head lice are not known to transmit diseases.
- Exclusion from school or childcare is not an effective way of breaking the cycle of head lice infestations.
- Head lice eradication is most effective if the whole school community works together to treat the infestation

