



**ENROL NOW PREP 2022**

If you're in the Hillsmeade zone enrol your 2022 Prep student now! Enrolment forms in the office!

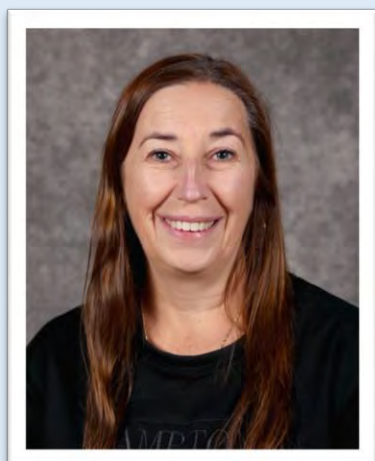
# Hillsmeade Primary School

• Growing and Learning Together •

**The Link • 2021**  
**Issue 23 • Term 3**  
**Week 4**

	MON	TUE	WED	THU	FRI
	Aug 2	3	4	5	6
<b>Week 4</b>					2021 CSEF Applications Close
	Aug 9	10	11	12	13
<b>Week 5</b>	Hillsmeade Athletics Carnival	VSSS Rehearsal	Moonlit Sanctuary		Netball Victoria School Championships
	Aug 16	17	18	19	20
<b>Week 6</b>	STEAM Incursion (4D & 4A)	STEAM Incursion (5A, 5D, 5E) 5pm STEAM EXPO	STEAM Incursion (Y3, 4B, 4C, 4E)	STEAM Incursion (5B & 5C)	VSSS Rehearsal Casey Tech STEAM Fest

**See Compass for the Full Calendar of Events**



**Elaine Lesiuk**

Principal

## Week 4!

Well, here we are – a whole week of onsite learning successfully completed! It has been so lovely to have all the students back on site, interacting with their peers and teachers. I am feeling positive that some restrictions have been lifted and we are working toward a COVID normal. It is of course disappointing that parents/carers cannot be welcomed into the school, and to participate in school events, but I will use the word YET. I am hopeful that time will change this inconvenience, and we will eventually

be able to welcome our families to join us at celebrations and cultural events.

On Monday we have our **School Athletics Carnival** which is very exciting for the Senior School. I am looking forward to attending and assisting. I am sorry families can't be present to cheer their children on but assure you we will be taking plenty of photos to share. Hopefully the children will bring home a ribbon or two and share with you the story behind it.

On Wednesday we have our **Preps attending Moonlit Sanctuary in Pearcedale** and it is hoped a group of our **5/6 basketballers will be participating in Hoop time**. On Friday selected students will be attending **Netball Championships**. I would like to wish our teams well and am sure they will uphold our IRESPECT values. We also have a small group rehearsing for the upcoming **State School Spectacular**. What a busy week, and how great it is to have children participating in such a diverse range of events!

That reminds me – how amazing have the Olympics been? I have been so proud to watch the way the Australian team, but in particular the swimmers have conducted themselves. What a fantastic bunch of athletes. I'm really enjoying watching diverse sports and competitions – surfing, kayaking, BMX riding – and WOW 14 Gold so far!

Enjoy your week,

Elaine Lesiuk





**Dimple Bhardwaj**

Learning Specialist: STEAM

## Earth and Space Science in Year 3

Hi Hillsmeade, do you know why one half of the world experiences night while the other half experiences day?

Well Done to Mrs Ewing and her team for planning a fantastic Science lesson last week.

Our Year 3 students investigated the relative size of the Sun, Earth and the Moon. They can confidently explain how the earth's rotation on its axis causes day and night.

Great Job everyone!!!!





Congratulations to Mashelle Hashimi for her amazing effort during remote learning!

I am sharing some slides from her power point presentation on Climate Zones. She also created a quiz to engage her readers. Great Job Mashelle!



### Polar

Polar climates are almost always covered with snow and have extremely cold temperatures. The sun is so far away from both the North and South Poles. Areas in polar climates never have a chance to melt.




### Subpolar

The subarctic climate (also called subpolar climate, or boreal climate) is a climate characterised by long, usually very cold winters, and short, cool summers.



### Temperate

Temperate climates are generally environments with moderate rainfall spread across the year or portion of the year with drought, mild to warm summers and cool to cold winters.



## What is a tropical climate?

A wet and warm climate	A warm and dry climate
A hot and warm climate	A warm and snowy climate





By Mashelle Hashimi

## FOREST BIOME

There are many types of forests. These groups are tropical, temperate, and boreal forests. Another type of forest is the temperate rain forest. Tropical forests are found near the equator.

Forests have a variety of animals. Some of the small mammals are rabbits, foxes, raccoons, squirrels, chipmunks, and badgers. The large mammals are deer, bears, bobcats, moose, and more, as you know, the forest is filled with large animals.

The forest biome includes habitats that are dominated by trees and other woody plants. Today, forests cover about one-third of the world's land surface and are found in many different regions around the world.

Did you know...  
-forests are home to over 80 percent of land animals and plants and cover 31 percent of the world's total land area?  
-that about 1.6 billion people around the world depend on forests for their livelihoods and daily subsistence needs?  
-just one tree can produce up to 150 kilograms of carbon dioxide per year?



When the yeast mixed with vinegar, that caused the balloon to gradually blow itself up.



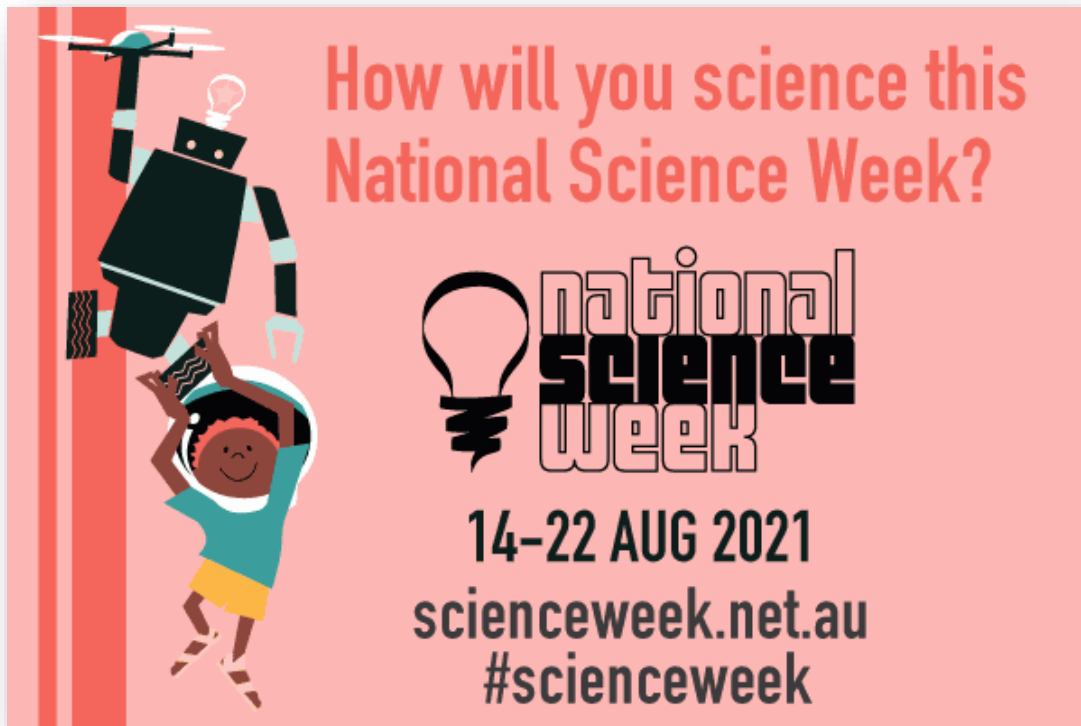
In these photos, they show that the balloon has risen.



## Yeast Experiment

The balloon has started to rise.





Dear Hillsmeade,

National Science Week is Australia's annual celebration of science and technology. To celebrate this week, we will have our STEAM Expo on Tuesday 17<sup>th</sup> August.

**Teachers will set up interactive activities in the main building from 5:00-5:30pm. Parents will enter from the main building. All students and teachers will then be advised to go to the hall at 5:30 pm.**

Families will get an opportunity to facilitate science experiments for our students from 5:30-6:30pm.

If your family would like to participate in facilitating an experiment or a display, please print the family entry form, and send it back to me with your details.

I will make sure tables are set up for you on the night. If you have any question, please do not hesitate to ask. If you cannot print the form, please collect one from the office.

We look forward to going Full STEAM Ahead on our STEAM Expo.

Kind regards,  
Mrs Bhardwaj



**TUESDAY 17<sup>TH</sup> AUGUST 2021**

**5:00 PM-6:30 PM**

**TEACHER EXPERIMENTS IN THE MAIN BUILDING FROM 5:00-5:30 PM**

**FAMILY EXPERIMENTS IN THE HALL FROM 5:30-6:30 PM**

## STEAM Expo 2021-Family Entries

The STEAM Expo is coming up on **Tuesday 17th August 5:00 – 6:30pm**. If your family would like to present a simple science display or demonstration on our open night, please fill in your details below and return this form to school by **Friday the 13<sup>th</sup> of August**.

Family Name:

.....

Student(s): ..... Class(s): .....

Brief description of the science display/demonstration:

.....  
.....  
.....  
.....

Prizes will be awarded to successful entrants, as voted by students and families on the night. All family entries will be recognised for their participation. Please see Mrs Bhardwaj with any questions. Good luck and have fun!

**WE ARE ON THE LOOK OUT!**



Don't forget there are prizes that can be won for those who dress up as a CRAZY SCIENTIST!







# STEAM EXPO



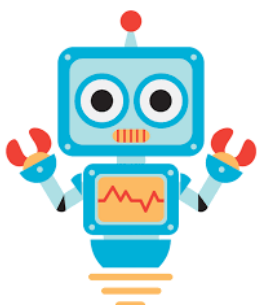
**TUESDAY 17<sup>TH</sup> AUGUST 2021**

**5:00 PM-6:30 PM**

**TEACHER EXPERIMENTS IN THE MAIN BUILDING FROM 5:00-5:30 PM**

**FAMILY EXPERIMENTS IN THE HALL FROM 5:30-6:30 PM**

**DRESS UP AS CRAZY SCIENTIST, ASTRONOMERS, TECHNOLOGISTS, ENGINEERS, CHEMIST, OR ARCHAEOLOGIST!**



*Hillsmeade Primary School*  
• Growing and Learning Together •







## CAMPS, SPORTS AND EXCURSIONS FUND (CSEF) APPLICATION FORM

Do you have a current health care card? You may be eligible for [CSEF -- free funds from the Vic Govt to pay for your child's excursions and sporting events.](#)

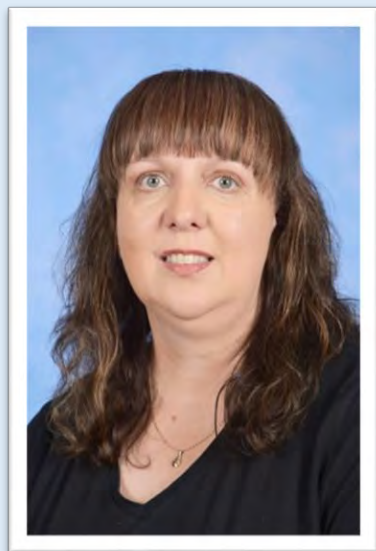
Please contact the office for an application form. To support schools through COVID-19 restrictions, the Department has extended the deadline for schools to submit Camps, Sports and Excursion Fund (CSEF) applications to this Friday 6th August.

## Applications close this Friday August 6





## ‘Let the Games Begin’ Production Update



**Danielle McKelvie**

Performing Arts

The school production ‘Let the Games Begin’ now has a new performance venue. We have been able to secure a booking to hold the school production at **River Gum Performing Arts Centre**. Due to the smaller seating capacity of this venue, our production will now be held over 2 nights to accommodate our large community of families. **The production will be held on Wednesday 13<sup>th</sup> October and Thursday 14<sup>th</sup> October.** Students with a lead role or a chess piece role are requested to attend both performances. Students who only perform with their class will attend on one night.

We have also booked a **rehearsal day on Tuesday 12<sup>th</sup> October at River Gum Performing Arts Centre** where all students in Year 4, 5, 6 will attend the theatre together and rehearse the production. There will be no cost to families for the rehearsal.

The following classes are performing each night. Students are to arrive from 6pm. The classes have all been learning songs for different scenes in the production.

### Wednesday 13<sup>th</sup> October

6A 5A 5B 6C 5C 4A 4C 4D

### Thursday 14<sup>th</sup> October

6B 5E 4B 6D 6E 5D 4E

Information regarding ticket sales will be shared later this term.

We appreciate your ongoing support and understanding.

Danielle McKelvie  
Production Co-ordinator



# Let The **GAMES** Begin

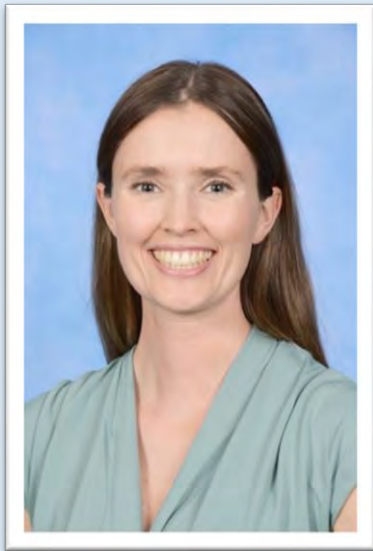


By Mike Smith  
& Steve Titford





# Hollywood comes to Hillsmeade



**Nicole Page**

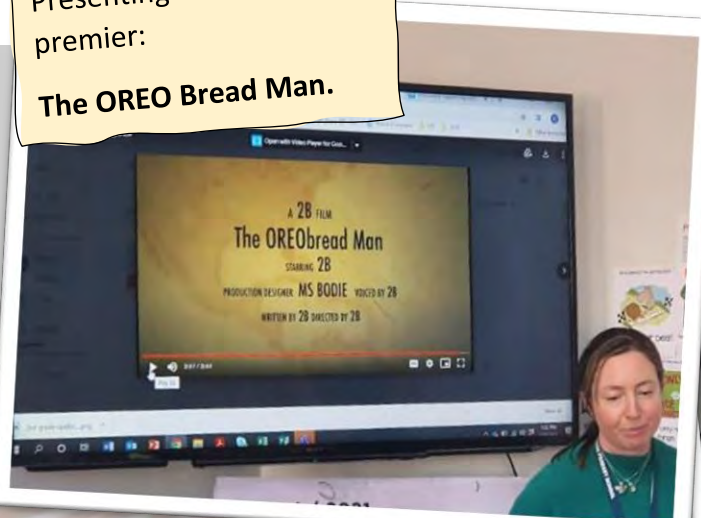
Learning Specialist - Literacy

Students in 2B transformed into celebrity film makers, directors and writers on Monday afternoon. With the support and encouragement of their creative teacher, Ms. Bodie, 2B presented the premier of their film *The Oreo Bread Man*.

This was a celebration of students engaging in a shared writing experience during remote learning. Using their own ideas and knowledge of word choice and text organisation, students worked together to create this narrative.

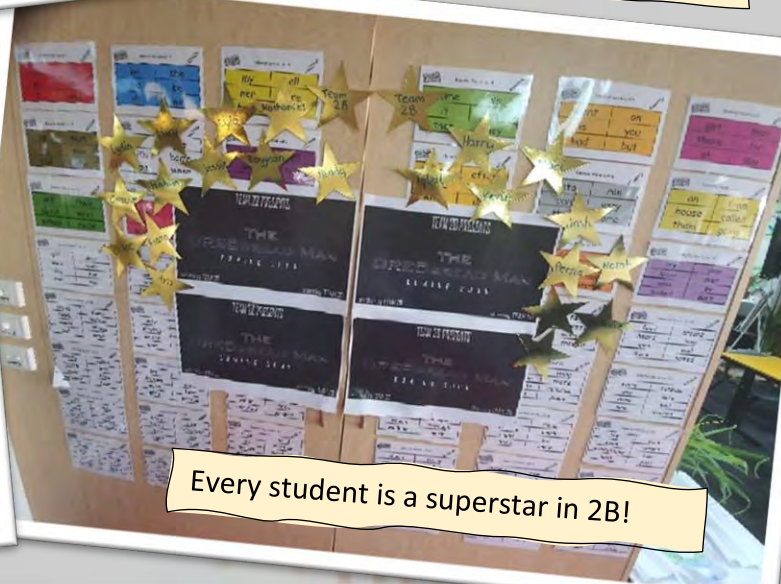
Congratulations to Ms Bodie and all the stars in 2B!

Presenting the 2B movie premier:  
**The OREO Bread Man.**



Each student read a page from the story. Some of the characters look familiar...

The students munched on Oreos during the film.



Every student is a superstar in 2B!





**John Cardamone**

Assistant Principal  
Welfare & Wellbeing

Good afternoon Hillsmeade,

I hope the week has been a positive one and you have been able to get back into a routine since our last lockdown. Below I am sharing an article from Michael Grose, I shared this last year during the lockdowns and thought it was timely to share again given we have had a few lockdowns this year. Michael writes about the importance of maintaining the mental health and wellbeing of children. If you would like to know more you can go to his website

<https://www.parentingideas.com.au>

**Don't forget! Bryan Jeffrey parent workshop on August the 26<sup>th</sup>. To attend this parent workshop you will need to sign up. Please see over the page for further details.**

## Maintaining kids' mental health during the coronavirus pandemic

*While there are concerns about the negative impact of physical isolation is having on children's learning, we should also be concerned about their mental health. Teachers and health professionals report that the strain of physical isolation is starting to show for many children and young people. Any anxiety and fear they experience is heightened by isolation from friends, lack of access to their usual sports and leisure activities and a lack of certainty about the future.*

*In these challenging times kids' mental health needs to be a high priority. The following plan laid out by the experts at Parenting Ideas will show you how to lay a solid foundation for good mental health, and outline key behaviours that will help build the resilience and psychological strength that kids need in these difficult times.*

### **Build the foundations for good health**

*A healthy diet, plenty of exercise and good sleep patterns are basic to good physical and mental health. Get the foundations right and you establish optimum conditions for your child to flourish even in difficult circumstances.*

### **Eat a healthy diet**

*The 'healthy body, healthy mind' mantra that we grew up with needs to be updated to 'healthy gut, healthy brain'. Recent research has revealed the links between a child's gut health and good mental health. Kids who experience anxiety and depression typically have imbalances of adrenaline (which keeps the brain alert) and GABA (which calms the brain down), that can be rectified with good gut health.*

*A framework for healthy eating includes eating real rather than processed foods, consuming small and regular meals, starting*



*each day with protein and complex carbs, drinking plenty of water and keeping kids away from caffeinated drinks.*

### **Get plenty of exercise**

*Exercise not only promotes good mental health. It's also a tool that kids can use to manage their mental states. Exercise and movement send endorphins through their bodies improving mood and relieving tension and stress. Exercise and movement relaxes the muscles and reduces feelings of anxiety that build up over time.*

*A framework for exercise includes starting the day with some movement, taking regular movement and game breaks, finishing the school day with movement that gets their limbs moving and hearts pumping.*

### **Maintain good sleep patterns**

*The benefits of good sleep patterns are immense and far-reaching, impacting kids' learning, memory and emotional stability. Sleep restores the brain to optimum conditions and rejuvenates the body, allowing hormone levels elevated during the day to return to normal. Consequently, sleep-deprived kids experience greater anxiety doing routine tasks and have a propensity for pessimistic thinking, which is associated with anxiety and depression.*

*A framework for good sleep patterns includes finding an optimum bedtime; creating a regular, relaxing routine, eating and exercising at the right time, creating a sleep sanctuary and getting up at regular times each day.*

### **Add the pillars of good mental health**

*Mental health is complex and is impacted by many factors including a child's social and emotional wellbeing. The following four pillars have an insulating effect on your child's mental health, acting as circuit-breakers when life becomes difficult and complex.*

### **Maintain social connection**

*As social beings we long for connection to others and a sense of belonging to groups. While time alone can be restorative, sharing experiences, thoughts and stories with others*

*is absolutely essential to your child's happiness and wellbeing.*

*A framework for social connection includes one-on-one time with family members and other loved ones, having shared family experiences to confirm a sense of belonging, having shared time and experiences with peers from school and the neighbourhood, and a connection with the broader community through shared experience, cause or goal.*

### **Stay in the present**

*The human mind is restless, taking us all over the place. It can make us feel happy recalling memories of loved ones or happy times and it can also drive insecurity connecting us to events in the past or future that fill us with dread, and make us feel anxious. Kids' wandering minds need to take a rest and settle in the present, stopping their mental chatter, giving them the chance to relax. Mindfulness is an essential mental health tool that enables children to keep their minds in the present moment, allowing them to feel safe and secure.*

*A mindfulness framework includes regular mindfulness exercises, doing one thing at a time, using mindfulness during an anxious moment, practising self-kindness and forgiveness.*

### **Enjoy yourself at play**

*The term 'child's play' is demeaning to children and dismissive of the place of play in our lives. Play is absolutely critical to our happiness and wellbeing. Borrowing from the work of Dr. Brene Brown, play is defined as any activity that's fun (therefore highly anticipated), free (that is, self-directed) and involves flow (we don't want it to stop). Play helps kids manage anxiety and depression as it lifts their mood and is therapeutic by nature.*

*A play framework includes space and time for play, child-initiated activities, a mix of lone play and group activity, some social or physical risk may be involved.*

### **Spend time in nature**

*Recent studies highlight what we already knew – that time spent in natural*





*environments benefits our happiness, our sense of wellbeing and reduces stress and tension. The rejuvenating benefits of time spent in the bush or by the sea may be difficult to acquire during times of physical isolation but walks to the park, spending time under a favourite tree or even bringing some green shrubs inside have proven to be just as beneficial to children's mental health.*

*A time in nature framework includes management and reduction of screen time, exposure to natural environments in the neighbourhood, bringing the outdoors inside, and spending some time each day outdoors.*

### **Practise protective behaviours**

*Our daily habits contribute to our wellbeing and mental health. Some habits such as spending too much time in front of a screen may be detrimental. There are a number of behaviours, when practised continuously, build our resilience and resistance to daily difficulties. These include:*

### **Keep foundation behaviours**

*Routine behaviours such as waking at the same time, having breakfast, exercising, showering and dressing get us ready for the day ahead. They underpin productivity, learning and wellbeing. Remove the structure provided by these foundation behaviours and many children and young people struggle, particularly those who are prone to anxiety and depression.*

*A foundation behaviour framework includes morning routines and rituals to prepare for the day, after school and evening wind down routines, and routines that prepare children for sleep.*

### **Practise deep breathing**

*Recognition of the benefits of deep breathing dates back to ancient Roman and Greek times when deep belly breathing was used to rid the*

*body of impurities. Modern science informs us that deep breathing instantly engages our capacity to relax and stay calm. When a child becomes anxious or fearful their breathing becomes shallow. Taking deep, slow breaths when they become overwhelmed by anxiety is the quickest way to return to a calm state. Deep breathing has great preventative powers helping the mind stay in a state of focus and calm.*

*A deep breathing framework includes practising deep breathing spontaneously throughout the day, combining deep breathing with mindfulness practice, using deep breathing to restore energy when tired, and breathing deeply during an anxious moment.*

### **Check in on feelings**

*If children and young people are not tuning into their emotions they are missing a rich vein of information that will assist decision-making, learning and importantly, their wellbeing. It's relatively easy to tune into behaviour and our thoughts, but much harder to detect our emotions. The skill of emotionally checking in, developed by Prof. Marc Brackett from the Yale Centre for Emotional Intelligence, helps children and young people to identify how they are feeling at any given time. It requires kids to stand still, close their eyes, take some deep breaths, identify and give a name to their feeling. This simple habit of checking, once practised and learned is a wonderful life skill to acquire.*

*Looking after your child's mental health may seem like a mystery at times. But there is a great deal we can do. By laying a foundation for good general health and then working at maintaining the pillars of mental health and teaching kids the protective mental health behaviours you provide them with a solid framework for maintenance of good mental health that they can take into adulthood."*

Please let me know if you have any questions. [Hillsmeade.ps@education.vic.gov.au](mailto:Hillsmeade.ps@education.vic.gov.au)

Thank you,

John Cardamone

Wednesday, 4 August 2021





Hillsmeade Primary School is excited to announce our next Parent Workshop. This Parent Workshop will take place on the afternoon of our scheduled curriculum day (Thursday August 26<sup>th</sup>) and will be presented by Bryan Jeffrey.



## ‘Understanding stress and mental health’ presented by Bryan Jeffrey

**What:** This workshop will explore the role parents/families can play in supporting their children during difficult times. It will take a closer look at how stress can play a major part in our children’s lives along with our own. Bryan will talk about strategies that we can use to support our children’s mental health and wellbeing during these difficult and challenging times.

**When:** 26th of August 5pm – 6pm

**Where:** Hillsmeade Staffroom

**Why:** Bryan Jeffrey has presented to the Hillsmeade staff on numerous occasions, showcasing and discussing on a range of topics regarding mental health. This area is a strong passion for Bryan and he has invested his working life in this area. At Hillsmeade, we believe he has lots to offer in the area of mental health and wellbeing of our students, families and the community.

Through these workshops, we hope to not only strengthen our partnership with families but also the connections between the families and Hillsmeade.

**NO COST! There is no cost to families.**

**About Bryan Jeffrey:** *Bryan Jeffrey is a Registered Psychiatric Nurse, and since 1995 has been employed in a range of senior clinical positions in Child & Adolescent Mental Health Services (CAMHS) and Adult Mental Health in Scotland, and latterly in Melbourne, Australia. Throughout his career, Bryan saw gaps in mental health literacy, in people who were hungry for knowledge, and decided to focus the attention of MOAT: Mental Health Services on meeting these needs.*

*Ranging from delivering keynote addresses at national conferences, to providing workshops for small groups of staff and carers – Bryan’s passion is in mental health training. You can find out more about Bryan Jeffrey at his website <http://www.moat.com.au/>*

**Please register for the parent workshop** with your name (please invite other family members/friends if you believe this will support their family) by email [hillsmeade.ps@education.vic.gov.au](mailto:hillsmeade.ps@education.vic.gov.au) by August 25<sup>th</sup>. Thank you.





# 100 Days of Prep!

Congratulations to our amazing Hillsmeade Prep students of 2021 on their 100 days of school! On 30<sup>th</sup> July our Preps and their teachers celebrated this special milestone wearing creative costumes and engaging in fun '100' themed activities.

As part of our celebrations, students enjoyed making collages using the number 100, created crowns using craft materials and playing class games.

Special thanks to Stewart Johnson for using his drone to film our 100 number formation on the oval and Travis Cole for compiling a clip to include in Hillsmeade Happenings.

Thank you to our school community including students, families and staff who all worked hard to make this such a memorable day. Please take time to view our 100 days of Prep display in the Prep corridor.

The Prep Team









Happy 100 Days of prep





# Despicable Me 3

## Review By Mashelle

Despicable Me 3 is an animated comedy film of Illumination Entertainment, produced by Chris Meledandri and Janet Healy that released on 15 June 2017. Although this movie was released 4 years ago, this movie is still being enjoyed today.

The story is set at the headquarters of secret agents, Gru and Lucy, as they were fired from the Anti-Villain League after Balthazer Bratt, an evil super villain still on the loose, attempt to arrest him. As a result, a now depressed and jobless Gru finds himself without a purpose in life.

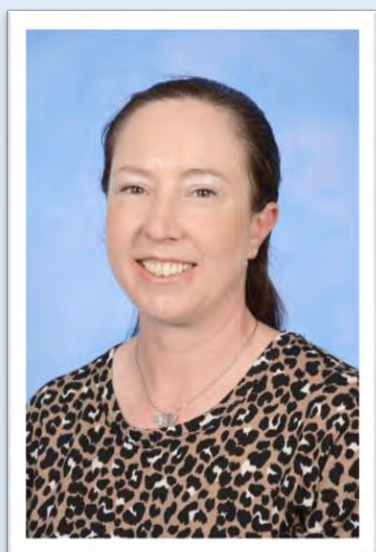
As time passed, he found out that he had a brother, Dru, and he was invited to give him a visit. They both planned to get the diamond together, later finding out that the reason for the diamond that was stolen by Bratt was to be placed into an evil machine for it to work and cause destruction. Gru lied to his brother, to succeed in getting his job back. But when Dru gets to know the truth, he is sorrowful.

There have been many Despicable Me movies including 'Despicable Me 2'. If you enjoyed Despicable Me 2, then you will surely love Despicable Me 3. Both movies have the theme of responsibility and that good can always overcome evil. While Despicable Me 2 is set in a Laboratory in the Arctic Circle, Despicable Me 3 is set in Freedonia, where Robert Gru and Dru Gru were established.

I absolutely enjoyed this movie, and I would recommend it to all animated comedy lovers and children who love a good film. For this movie, I rate it 4/5 stars because it's an interesting movie. The reason it's not a perfect 5 is because the first two movies may have been a bit more interesting. But it may be because I've watched them a couple of times. However, I still enjoyed this movie and would recommend it to anyone you love animated comedy films.







**Casandra Bodie**

2/B



**Lisa Crowe**

2/E

## *Come Join the Running Club Party!*

Every Wednesday and Friday morning from 8.15am there is a Running Club Party happening on the running track AND YOU ARE INVITED!!!

Ms Bodie leads the warm up dance at 8.15am, but you can come any time between 8.15 and 8.45 to join in the fun. You can run, walk, or just dance with Ms Bodie on the side lines! We have a fun play list to keep us energised!

All run club members have their own runners bar code which they scan to record their laps. This helps us celebrate how far we have run and walked!

Run or walk as many laps as you feel you can, or just stay for the dance moves! (Ms Bodie has finally learned how to floss!).

Hope to see you there!

For more information please see Ms Crowe or Ms Bodie

Open to all Year Levels.





# Running Club

Find us at the oval

Wednesday and Friday Morning

Cost: Free

Open: 8.15am to 8.45am

Warm Up Dance at 8.15am.

Cool down stretches at 8.40am.





**While children are at school many families will have contact with head lice. The information contained 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.

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 the 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 1.5 cm of the scalp and are firmly attached to the hair. They resemble dandruff, but can't be brushed off.

Lice can crawl and hide. The easiest and most effective way to find them is to follow these steps:

- Step 1** Comb any type of hair conditioner on to dry, brushed (detangled) hair. This stuns the lice and makes it difficult for them to grip the hair or crawl around.
- Step 2** Now comb sections of the hair with a fine tooth, head lice comb.
- Step 3** Wipe the conditioner from the comb onto a paper towel or tissue.
- Step 4** Look on the tissue and on the comb for lice and eggs.
- Step 5** Repeat the combing for every part of the head at least four or five times.

If lice or eggs are found, the hair should be treated.

If the person has been treated recently and you only find empty hatched eggs, you may not have to treat, as the empty eggs could be from a previous episode.

## Treating head lice

Treating head lice involves removing lice and eggs from the hair. There are two ways you can do this:

1. Buying and using a head lice lotion or shampoo, following the instructions on the product
2. Using the conditioner and comb method (described under 'finding head lice') every second day until there have been no live lice found for ten days.

If you choose to use a head lice product always read and follow the instructions provided with the product carefully. The following points may also be helpful:

- 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 first treatment kills all lice; the second treatment kills the lice that may have hatched from eggs not killed by the first treatment.
- Cover the person's eyes while the treatment is being applied. A towel is a good way to do this.
- If you are using a lotion, apply the product to dry hair.
- If you are using a shampoo, 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.

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

Concentrate on the head - there is no need to clean the house or the classroom.

Only the pillowcase requires washing - 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, bioallethrin)
- organophosphates (maldison 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 may be 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.

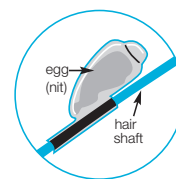
Any head lice product could cause a reaction and should be used with care by women who are pregnant or breastfeeding, children less than 12 months old and people with allergies, asthma or open wounds on the scalp. If you are unsure, please check with your pharmacist or doctor.

## 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.

## 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.

## Regulations

According to the Public Health and Wellbeing Regulations 2009, children with head lice can be readmitted to school or children's service centres after treatment has commenced.

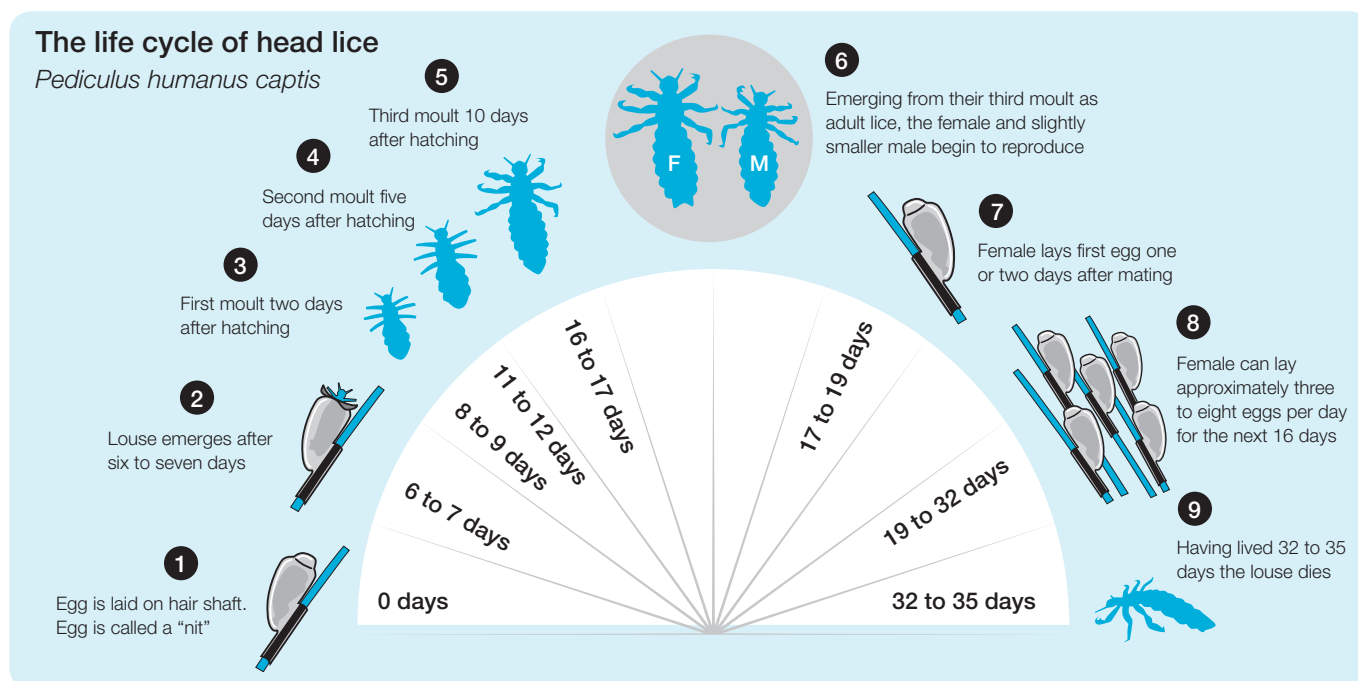
The department recommends a child with head lice can be treated one evening and return to school or children's service centres the next day, even if there are still some eggs present. There is no need to miss school or child care because of head lice.

## Preventing head lice

Check your child's head regularly with comb and conditioner. There is no research to prove that chemical or herbal therapies can prevent head lice.

## Further information

The following website offers further information:  
[www.health.vic.gov.au/headlice](http://www.health.vic.gov.au/headlice)



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.

Cover concept by students from St Patrick's Primary School, West Geelong. Life cycle diagram courtesy of Nitpickers Qld.  
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	Monday	Tuesday	Wednesday	Thursday	Friday
8.15am	<b>Breakfast Club</b> 	<b>Breakfast Club</b> 	<b>Running Club</b> 	<b>Reading Club</b> 	<b>Running Club</b> 
11.10am	<b>Story Time with Lucas</b> 	<b>Gardening Club</b> 	<b>Just Dance Club</b> 	<b>Gardening Club</b> 	<b>Year 6 Student Leader Meeting</b> 
12.45pm	<b>STEAM AGENCY</b>  <b>Year 6 Student Leader Meeting</b> 	<b>MATHS CLUB</b> 	<b>STEM GEMS</b>  <b>SRC Meetings</b>  <b>Squigglers</b> 	<b>SCRIBE TRIBE</b>  <b>Junior Netball (Prep - 3)</b> 	
3.45pm			<b>Academic Afternoons</b> 	<b>Active Afternoons</b> 	





# ATTENDANCE MATTERS!

## Getting to school on time really matters!

In a school year, if your child is late every day by ...



they would have missed approximately  $2\frac{1}{2}$  days from school, which is around **10 lessons.**

they would have missed approximately **5 days** from school, which is around **20 lessons.**



they would have missed approximately  $7\frac{1}{2}$  days from school, which is around **30 lessons.**

they would have missed approximately **10 days** from school, which is around **40 lessons.**



they would have missed approximately **15 days** from school, which is around **60 lessons.**

**PLEASE ENCOURAGE PUNCTUALITY!**





# ENGLISH FOR PARENTS

AT HILLSMEADE EARLY LEARNING CENTRE

Would you like to learn reading, writing, speaking and listening?

These classes will help you to learn these skills which will help with everyday life activities, school activities, preparing for formal training and seeking employment.

## CLASS INFORMATION

Mondays - 2 Options  
9.30 - 11.30am or  
11.45am - 1.45pm

**FREE TUITION!**  
\$10 annual registration

FOR MORE INFORMATION  
OR TO BOOK CALL  
CLEA NICOL ON  
0415 956 310 OR 03 9704 7388

## LOCATION

Hillsmeade Early Learning  
Centre

82 The Promenade, Narre  
Warren South



CHILD MINDING FACILITIES AVAILABLE

