



INGLEBURN NORTH PUBLIC SCHOOL

NEWSLETTER

Macdonald Road
INGLEBURN NSW 2565
9605 2459

'THE BUGLE'



Term 1 – Week 8 – 2014

Message from the Principal

Dear members of the Ingleburn North Public School community,

School Contributions are very important in our delivering the best possible education to your children. These voluntary contributions have been fixed for a number of years now at \$40 for a single child and \$70 for a family. It is the policy of INPS that all money raised through your contributions will go directly to purchasing additional learning resources.

Labelling of student uniforms now available:

Thanks to Mrs White (ordinarily our Student Learning Support Officer – SLSO) we are now able to embroider the students hats' and jackets, etc., with their initials. We will keep a list of students and their initials and, should we need to, we will use a number system. To recoup the cost of the cotton, stabiliser, needles and the servicing and cost of the machine, the maximum cost per item of uniform embroidered will be \$3. Should you wish to have personal items of clothing embroidered the cost will be \$1.50 per letter (gold lettering only). Mrs White has completed some bucket hats and they look great! AT LAST, NO MORE LOST CLOTHING!

Coming Events

March

- Wed 19th Issue 2 Book Club due
- Thur 27th Whole School Assembly
Y6 fundraising – Cake & Spider Day

April

- Tue 8th Term 1 Student Interim Reports
- Fri 11th Last day of Term 1
P&C Easter Raffle Drawn at
Easter Hat Parade

TERM 2

April

- Tue 29th First day of Term 2
- Tue 29th Camp open to Year 4 (if places still available)
- Wed 30th ANZAC Day ceremony

May

- Wed 7th P&C Meeting at 6.15pm
- Wed 7th SCHOOL PHOTOS DAY
- Tue 13th NAPLAN
- Wed 14th NAPLAN
- Thur 15th NAPLAN
- Fri 16th NAPLAN (catch up day)

Disclaimer:

Ingleburn North Public School does not endorse any product or services advertised in this newsletter.

WOW! The biggest and most positive P&C meeting ever held at INPS took place last Wednesday night! Please come along to the next great gathering on Wednesday 7th May at 6.15pm (note this is Week 2 of Term 2).

Please note that one or two siblings of our students have Chicken Pox – watch for symptoms and please take your child to a doctor.

Big moves afoot! The rough time-table for development of the Bardia area for the next three years is as follows: April 2014 100 lots will be developed near Zouch Rd; February 2015 to middle of 2016 an additional 480 lots will be developed east of the school; February 2015 Campbelltown Rd widening will commence and conclude at the end of the year; once the widening is under way the construction of the new section of Macdonald Rd south of the school will commence; the new rail line will open in 2015; a new road connecting Campbelltown Rd and Edmondson Park Station will open sometime in 2015; early 2016 the old section of Macdonald Rd north of the school will close; during 2017 the school population will reach 400 students.

Construction of the new section of the school should not impact greatly on teaching and learning (the construction of our new library had minimal impact). Construction of the new section will commence sometime in 2016 or at the latest 2017. Just prior to the commencement of this construction we will change the school's name to **Bardia Public School**. I know that many of you are eager for the name change to happen sooner rather than later, but it is felt that the start of construction will herald the new era for our great school – the timing must be just right. The biggest challenge facing us all is that we must work together to maintain the fantastic INPS culture – the three pillars: wonderfully well behaved students, keen and curious to learn; amazingly supportive parents and community and a vibrant P&C; and a terrific staff dedicated to achieving the best educational outcomes for your children --- Keep these and all will be well!

Head lice on the hop! I have always found it a little odd that if we happen to be bitten by an ant there is no negative social stigma, but if we are bitten by head lice there is! Please remember that head lice do not look to see where in Sydney you live (Mosman has head lice too!) and they do not care whether your hair is dirty or clean. So what can we do? See below.

Please consider our wonderful canteen volunteers: a number of students have been ordering their lunch AFTER 8.55am. This places a lot of unnecessary stress on our volunteers. Please make sure all lunch orders are in BEFORE 8.55am. Thanks

INPS students in years 4 to 6 to take part in a special survey *Tell Them From Me*. What do our children really think about life, learning and the quality of their education? Only 50 DEC schools across NSW have been asked to take part in this special survey. The combined results (not individual student results) of the survey will be made available to the school so that we can better plan learning experiences for our students. Could you please return the completed survey that went out last week.

Attendance: more than simply showing up! Between the ages of 6 and 16 attendance at school in NSW is compulsory by law. Putting this stick aside for a moment, regular attendance ensures a child is getting the most from his/her education. It is also a legal requirement that the school document and report on all student total and partial absences. The procedure for 2014 will be as follows:

1. If your child arrives to school late he/she must go to the office first. The child should present a note to the office from you explaining why they are late. If you arrive with your child you can simply state to the office staff your reason for being late. So **GO TO THE OFFICE FIRST WHEN LATE**. If there is no reason for being late this is recorded as an "unexplained absence".
2. If you wish to take your child home early, once again, go to the office and simply explain your reason for taking your child home early. No teacher is permitted to allow a student to leave the classroom without a note from the office. So **GO TO THE OFFICE FIRST WHEN GOING HOME EARLY**.
3. Should a student be absent for a whole or partial day without an explanation from you, the following will occur:
 - i) Day 1, student given a verbal reminder
 - ii) Day 2, if no written note or telephone call to school from you, student given a verbal reminder

- iii) Day 3, if no written note or telephone call to school from you, student given a yellow reminder note for you to complete
- iv) The following Thursday following no written note or telephone call to school from you, a formal letter is handed to your child for you to complete
- v) The following Thursday following no written note or telephone call to school from you, a formal letter is posted to your home for you to complete
- vi) Should you fail to provide a reason for the absence after all this, the DEC's Home School Liaison Officer may contact you – especially if there is a history of your child being late or absent.

Chaos in the arvos: For unknown reasons quite a few students are seeing the afternoon bell as a time the school rules no longer apply. It is obvious that a child will be hurt, or worse, if the school rules are not followed. Can you please support our efforts to keep your children safe by reminding them of the following:

1. Any student catching the school bus, or one of the mini-buses, must go straight from class to the line-up area. They should not be playing any games at this time.
2. No student should be on the play equipment without *direct adult supervision*. Also, the equipment is rated for use by infants only.
3. Should a parent be late to collect their child, the child must go straight to the office and wait.

Students caught breaking any of the above rules will face consequences at school the following school day.

Mr Moseley's Question(s) for the week:

Congratulations to Sebastian Risa and Hudson Warren who answered the following: How many cents are there in one dollar? How many legs does a centipede have? *There are 100 cents in a dollar and while most centipedes have 100 legs a few silly ones have between 30 and 100.* No one came up with an answer to: How many times does a single bee have to leave the hive and return with pollen to make one teaspoon of honey? *The answer is 1000 (think about that next time you eat honey!).*

This week's primary school question: Name the 1st, 7th and 14th Prime Ministers of Australia. Are these names familiar?

This week's infant's school task: Try sneezing (must be a real sneeze) with your eyes open.

True or false: we are born with our eyes at full adult size, but our ears and nose never stop growing?

Head lice are only found on the human head. They are not found on any other part of the human body, although there are other types of lice that do infest other parts of the human body. Nor are they found on any other animal. 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.

Before you choose a 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!
- Do not treat babies or a scalp that is irritated or inflamed.
- Do not let product into eyes.
- There is no preventative treatment available. While it is tempting to "do" the whole family, unless they actually have head lice you may be contributing to the problem of resistance.
- Any product applied to the head should be used with caution, particularly on young heads. READ THE LABEL.
- Use your common sense when selecting a head lice treatment. There is nothing natural about pouring a product on a head!
- Some essential oils, including tea tree oil, can trigger a reaction in some people. Tea tree oil is a proven antiseptic, however, its efficacy as a head lice treatment has not been demonstrated.
- Many products have a very strong smell. A strong smelling substance left on the hair for any length of time may trigger a reaction.

- Certainly try a commercial head lice preparation, but read the label first and apply strictly as directed. Again, in desperation it can be tempting to change the dose in an effort to kill the lice. However, increasing the dosage does not enhance efficacy of treatment products.
- Apply product to every strand of hair and work through, leave for 20 minutes, and comb out with a good quality lice comb.
- If dead lice are found, the product has worked. But you must re-treat in seven days to catch nymphs that have emerged from unhatched eggs.
- 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.
- Reduce transmission by tying hair back and braiding. We now it's hard for young girls to consider this cool, but try it!
- Regularly check your children's hair. Young girls growing up often become very independent about their hair care and it can become difficult to convince them that it's important for you to continue checking their hair. Try to persist or show them how they can check their own hair when they wash it in the shower or bath.
- Keep a good quality head lice comb in the shower so that every time anyone washes their hair they use the comb. The more folk know about simple management methods the easier it will be to reduce the problem. But it takes time!
- **Do not use insecticides, methyated spirits or kerosene on your child's head.**

What's the comb and conditioner method?

Head lice breathe through small openings along their abdomens called spiracles. By coating the hair and therefore the louse in something thick and slimy, these openings close over, shutting down the louse's breathing for about 20 minutes.

Head lice can move very fast across the scalp. Using a head lice comb on a dry scalp will often miss many lice as they are very clever at avoiding being caught. While unfortunately the louse doesn't die with this method, it does slow it down so that you can catch them.

Any thick and slimy substance applied to the hair will have the same effect. Some parents swear by mayonnaise or olive oil, though it does seem logical to use simple hair conditioner. It can be difficult to wash out oils easily and using mayonnaise does seem a waste! Nevertheless the principle is the same; the lice will be slowed down so that you can comb them out.

Applying conditioner, or any other slimy product, will not kill nor remove eggs, although some good quality lice combs will remove them.

Representative Sporting Achievements

Ingleburn North is fast becoming a school known for its sporting achievements. Recently we have had a number of students selected to represent the zone and region in various fields. A huge congratulations goes to:

Emilia Nitto selected for the zone basketball and zone soccer

Marko Papak selected for zone soccer

Toby Curry selected for zone tennis

Cyril Tumando selected for zone and regional basketball

Well done to these athletes!

Miss Morgan

P&C NEWS

P&C held their meeting last Wednesday night. It was fantastic to see so many new people attending the meeting.

I personally would like to thank all of you for giving up your time and giving the P&C a go, I hope you find it as rewarding as I have. It is a great opportunity to have your say in what goes on in your child's school.

Casual Helpers

As the school is growing and changing the P&C participate in the planning for events throughout the year such as Easter, Mother's & Father's Day stalls, hot dog day, BBQs and presentation day. If you would like to help, and have an hour or two or more to spare, please don't hesitate to approach me (I'm in the canteen most of the time).

Canteen

A wonderful way to be part of the school community is through volunteering.

We currently have some amazing volunteers in our canteen to ensure we maintain a full-time canteen for our students.

However, through volunteer's children moving on to high school and work commitments, the canteen is in desperate need for some new volunteers.

No experience necessary.

If you are able to donate any of your precious time, please contact the canteen or office staff.

Your children also gain a sense of pride when their parent helps at the school.

Term 2 roster is up so we need volunteers to keep the canteen open every day.

New Autumn & Winter menu will be up soon and starts Term 2.

Note

Thursday 27th March the P&C is hosting the Year 6 fundraiser for spider and cake day. A note will be sent out for donations of cakes, drinks and ice cream.

Many Thanks
Andre Yusuf - P&C President

DONATIONS FOR EASTER RAFFLE

It's that time of year where the P&C ask all parents & carers to assist with donations for our Easter raffles.

A basket has been placed in your child's classroom for your children to bring in their donations.

The class that brings in the most donations will win a prize!

Over the next 2 weeks raffle tickets will be sent home with each student & there will be additional tickets available from the school office.

The raffles will be drawn on Friday 11th April during the Easter Hat Parade.

Thank you!
Kristy & Venessa
Fund Raising Team





Don't forget!
Book Club
orders
are due:
19th March, 2014



STUDIO SESSIONS



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Nutrition Snippet

The simplest way

to make shopping fun

Grocery shopping is an important time for kids to learn about storage, selection and preparation of fruit and veg.

Try these games next shopping trip to challenge your kids' fruit & veg knowledge:

1. **Play fruit & veg 'I spy'** - name a colour and get your kids to find all the fruit and veg they can in that colour.
2. **Fruit or veg of the week** - let your kids select a new fruit or veg to try for that week. Brainstorm together what meals you could create with this new ingredient.
3. **If you're stuck for variety** - set your kids a challenge to pick a furry fruit, an odd coloured veggie or a veggie that grows in the ground.

Try different ways of approaching fruit and veg: you'll be surprised at the difference it makes to your child's eating habits.

For more information visit
www.eatittobeatit.com.au
 or join us at facebook.com/eatittobeatit




Nutrition Snippet

The simplest way

to get kids in the kitchen

Cooking in the kitchen is a great time to catch up with your kids, and get them involved in fruit and veg preparation. Try our top 10 tips for getting kids into the kitchen:

1. Washing vegies
2. Setting the table
3. Mixing the salad
4. Mashing potato
5. Putting toppings on pizzas
6. Choosing and adding fillings to sandwiches
7. Measuring frozen vegies before cooking
8. Picking fruit and veg from the garden
9. Unpacking shopping from the supermarket
10. Get older kids to help peel or chop fruit and vegetables

For more information visit
www.eatittobeatit.com.au
 or join us at facebook.com/eatittobeatit



Commonwealth Student Banking

Student banking at our school is Wednesday mornings **before the bell**. All students with a Commonwealth Bank account are encouraged to bring their banking to the office window. If your child does not have a Dollarmite account new applications can be made online or by visiting your nearest Commonwealth Bank.

This year the Commonwealth Bank have introduced a new range of reward items. These include a moneybox, scented pencils, projector cup, handball, sea streamers pool toy, penguin or shark plush toy keyring and a swimming bag.

Ms Keen - School Banking Co-ordinator



FREE fun program to help kids become fitter, healthier and happier!

**Do you have children 7-13 years old?
Are you worried about their weight?**

The Go4Fun Program is a free healthy lifestyle program to improve health, fitness, self-esteem and confidence in children above their ideal weight.

What happens in the Go4Fun program?

The program runs over one school term. There are 20 sessions (2 sessions/week, 2hrs/session). Sessions include: games, activities and swimming for kids; easy, effective ways to improve your child's self-esteem and confidence; demonstrations, games and tips on healthy foods, label reading and portion sizes; and a fun supermarket tour!

South Western Sydney Local Health District has 15 places on the program in your local area, completely free of charge. Places are offered on a first come, first served basis. Children need to be 7-13 years old and above their ideal weight to attend. A parent or carer must accompany each child to every session.

To find out more contact 1800 780 900 or Leah Choi Tel: (02) 97802811 or visit <http://www.sswahs.nsw.gov.au/populationhealth/Go4Fun.html> where you can also register.