



Stanhope Primary School

Learning • Success • Respect • Citizenship



Principal: Christine Owen

Phone: 03 5857 2514

Mobile: 0419 548 318

Email: Stanhope@education.vic.gov.au

Newsletter

48 Midland Highway

PO Box 19

Stanhope, Victoria 3623

<http://stanhopeps.vic.edu.au>

Inspiring Lifelong Learning

ISSUE 8: March 25th 2021

REMINDERS & THINGS TO DO

COVID Contact Tracing for Visitors & Families

- ◆ All visitors and adults **MUST** enter via the main front door.
- ◆ All visitors and adults **MUST** sign the visitors book for contact tracing.
- ◆ All adults and students **MUST** use hand sanitiser on entry .

DATES TO REMEMBER

Monday 29th March

- ◆ LIBRARY

Tuesday 30th March

- ◆ 'Healthy Me' Day. \$4/student

Thursday 1st April

- ◆ END OF TERM 1 2.15pm Early dismissal

Monday 19th April

- ◆ START OF TERM 2

How to conquer

HEAD LICE

in 6 easy steps

1. Hitting them strong and hitting them hard

There are a number of strong chemical products on the market. These seem to appeal and revolt parents in equal numbers. While some don't like the idea of strong chemicals in such close contact with their child's skin, others find it reassuring for the very same reason - if there's chemicals involved, they must be doing a thorough job.



2. Going the touchy-feely route

Also available are natural products based on essential oils and pyrethrin, which smell a lot better than the chemical-based products. Because these products aren't as strong as the chemical-based ones, they usually need to be left in the hair longer to take effect.



4. Using hair spray/ hair gel

During an infestation of nits, spray your child's hair with hairspray, or comb through hair gel to make it more difficult for the lice to attach to their hair shafts.



3. Cooking up some homebrew

Like all good homebrew recipes, everyone has a different one that they swear by. Mostly though, they are made up of things that you could find in the kitchen or bathroom. Almost all are bulked out with thick conditioner. Popular recipes usually include: tea-tree oil, eucalyptus oil, vinegar, olive oil, orange oil, lavender oil.



5. Trying the white conditioner treatment

Regular combing is the key to keeping lice under control. Apply a thick, white conditioner (it makes it easier to see the nits and lice against white) and using a nit comb, section the hair and carefully comb, wiping each comb-full of conditioner, nits and lice onto a paper towel. Keep combing until you can't see any more eggs or lice in the conditioner. Repeat after seven days.



6. Applying vinegar

Thoroughly douse your child's hair with vinegar and leave for 15 minutes to allow the vinegar to kill the lice. Apply the white conditioner treatment.

From the Principal

Nits!

The school has received reports of active cases of head lice. While not actually harmful, they are extremely annoying! If you discover your child has head lice, please keep your child home and begin treatment. Remind your children to not engage in close contact with other children to avoid the spreading of these annoying little critters. Later in this newsletter is more detailed information.

For more information visit the following websites:-

- <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/head-lice-nits>
- <https://www.kidspot.com.au/health/infections-and-diseases/parasitic/all-about-head-lice/news-story/ded7df0b62d0ecf248db8c5690cab250>
- <https://www2.health.vic.gov.au/public-health/infectious-diseases/head-lice>

Naplan

Students in grade 3 & 5 took part in the online coordinated practice test, today. Between now and April there is opportunity for students to practice Naplan Online at school & home. The scheduled Naplan tests take place in May.

School Crossing

Some of you may have noticed that there have been some beginnings on the improvement of our school crossing upgrade. As previously mentioned, the works should be completed by about the middle of the year.

Final Week of Term 1

Thursday the 1st of April is the final day this term. Dismissal will be at 2.15pm

Volunteers

As part of a recent OH&S audit, we have been advised that it is critical for the safety and wellbeing of our volunteers that we know when someone is in the school or on school grounds whether during regular school hours or out of school hours, for example at weekends.

All students in Prep-2 need a photo of a pet at home. It can be of a pet who is no longer living. Students can bring along a photo, to be copied or the photos can be emailed to Sharon- Sharon.Sheedy@education.vic.gov.au to be printed. These need to be at school (or emailed) by Tuesday 30th March. Any questions, please contact Sharon through Class Dojo.



**Christine
Owen**

FROM THE

**Business
Manager**



Mica will still be in the office on Tuesdays and Thursdays. I am happy to discuss confidential payment options for fees or camps & excursions with you.

Café Lunch Orders

Wednesdays

To be announced

'HEALTHY ME' DAY

Next **Tuesday, 30th March** all students will take part in the **'Healthy Me' Day** to culminate the term's work about being healthy.

Students will participate in active sessions with Michael Maskell. The cost for this part of the day is \$4.00 per student. Permission forms will be available on uEducateUs by the end of today.

Students will also make their own healthy lunches at school. There is no cost for the healthy lunch. So students don't need to bring lunch next Tuesday, only a snack for recess.





BULLYING NO WAY day...

Students discussed the difference between bullying and just being nasty, being a bystander and what they could do if they were being bullied.

After watching the story "Daisy Chain", students went into two cross age groups. Students with Mrs Thrift identified trusted adults, who they could turn to if they were being bullied and made 'helping hands'. Students with Mrs Sheedy made daisy chains, which came from the story. In the story, Buttercup Bree used the daisy chains to reach out to the bullies and they symbolise the message of togetherness.

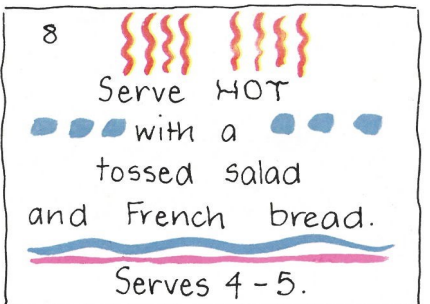
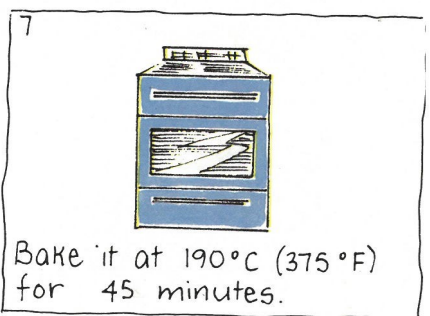
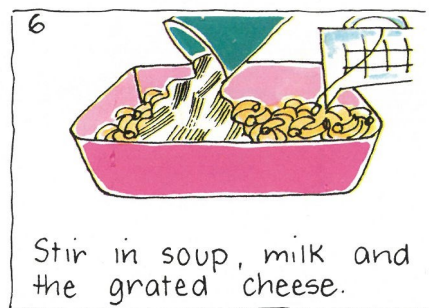
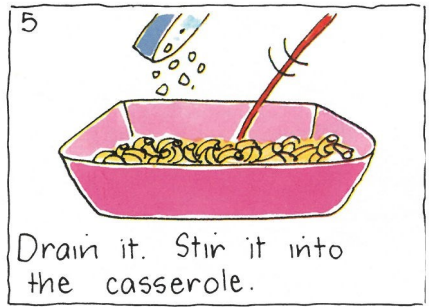
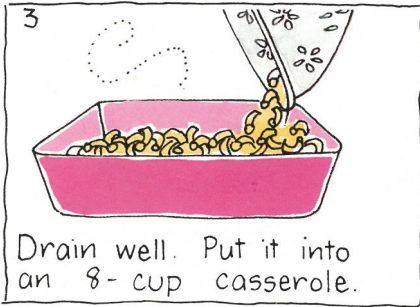
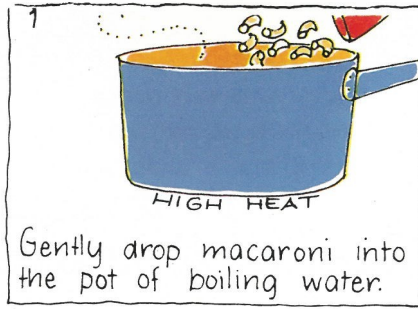


'Healthy' Lunchbox Mania

MACARONI BAKE

Serves 4

- 1½ cups small macaroni
- 1 big pan of boiling water
- 4 rashers of bacon
- 1 onion, peeled and chopped
- 1 x 440 g can tomato soup
- ½ cup milk
- 1 cup grated cheese



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10.00 am Friday May 7th

Masonic Hall

Church Street, Kyabram

Lucky Door prizes

Raffle on the day

Only \$5.00 entry



Stanhope

Fire Brigade



Great News the Good Friday Appeal Door Knock in Stanhope is back on this year.

The Stanhope Fire Brigade are looking for assistance with this year's Good Friday Appeal Door Knock.

The Good Friday Appeal door knock will take place on the 2nd of April 2021. Starting at the fire station at 9.30am and finishes at midday.

If families are able to assist could you please let Belinda Braithwaite know on 0433802533. It will assist us with our planning if we know how many will be assisting.

Cool Kids – Taking Control

AN INTERNET DELIVERED PROGRAM FOR CHILDREN EXPERIENCING BULLYING AND ANXIETY (AGES 7-12 YRS)

Cool Kids - Taking Control is an online self-help program that is designed to help children who have been targets of bullying and who also have high levels of anxiety. It is based on the well-known Cool Kids anxiety program developed at Macquarie University in Sydney. The efficacy of Cool Kids - Taking Control in reducing peer victimisation is currently being investigated by a team at Macquarie University.

WHAT IS THE COOL KIDS - TAKING CONTROL PROGRAM ABOUT?

Cool Kids - Taking Control is designed for parents to work through with their child at home.

The program is delivered over the internet and involves eight lessons delivered over ten weeks. It teaches children:

- About bullying and anxiety,
- How to be confident in social situations,
- How to better manage fears,
- Helpful ways to act if they are bullied, and
- How to cope with bullying.

Cool Kids – Taking Control includes instructions, examples, and videos for parents and their child. There are lots of practice exercises to help children master the skills.



WHO IS THE COOL KIDS - TAKING CONTROL STUDY DESIGNED FOR?

The Cool Kids - Taking Control program is suitable for your child if:

- They are between 7 and 12 years of age,
- They are being victimised by peers at school AND anxiety is significantly affecting your child's day-to-day life,
- They are not accessing other psychological treatment (except medication*), and
- You and your child are proficient in English

*Please note, medication should be stable (same type and dose) before starting and during treatment.

The Cool Kids - Taking Control program is not suitable for your child if he or she is currently experiencing any of the following issues:

- Significant learning delays, developmental or intellectual disorders.
- Autism or related disorders.
- Significant unmanaged behavioural disorder.
- Considered at risk (i.e., due to abuse, neglect, suicidal ideation, self-harm or school refusal).
- Unmanaged psychotic symptoms.

These exclusions are in place to ensure that our treatment program is delivered to children who are most likely to benefit from it and for whom we are best equipped to offer services.

Cool Kids – Taking Control

Does your child experience bullying and anxiety?
Are they aged between 7 and 12?
They could be eligible for our research trial.

For more information, email takingcontrol@mq.edu.au or
visit www.coolkidstakingcontrol.com.au

KINDERGARTEN: DIGITAL CITIZENSHIP FAMILY ACTIVITY

Media Balance Is Important



Good news:

Your kid is learning about media balance! What does that mean? They're learning to ...

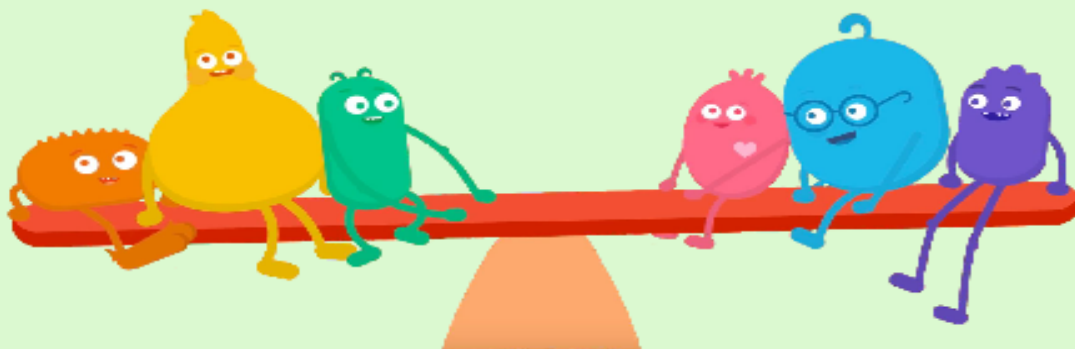
- "Pause for people" and stop using devices when someone wants to talk.
- Know when it's time to move their bodies and go outside to play.
- Turn off screens before bedtime.
- Ask before they use a device, and stay on trusted sites and apps.
- Listen to their feelings and tell an adult if something makes them uncomfortable.



Check out the music video featuring our favorite digital citizenship friends!
Watch it together (turn on captions so you can see the lyrics), and sing along!
<https://www.commonsense.org/education/videos/balance-is-important-video>

Now talk about this together:

1. What was your favorite part of the song and why?
2. How can we work together to have media balance as a family?
3. What would that look like? You can even draw a picture that shows your whole family practicing media balance!



Text the word **kids** to the phone number **21555** to get free weekly tips on healthy media habits.

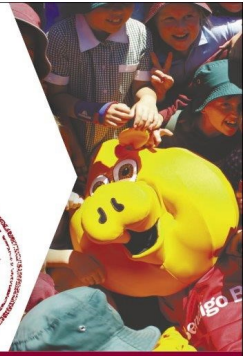
NEWSLETTER ITEMS MUST BE SUBMITTED TO THE SCHOOL OFFICE IN WRITING OR ELECTRONICALLY BY 9AM WEDNESDAY TO GUARANTEE A SPOT IN THAT WEEKS EDITION

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PROTECT



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Thank you to Bovine Inseminations, whose generous sponsorship will cover the replenishment of our sports equipment.

HELP IS BUT A PHONE CALL AWAY

LIFELINE
13 11 14

KID'S HELPLINE
1800 55 1800

BEYOND BLUE
1300 22 4636

AWARDS



LEARNING:

Cooper, Lennon, Valary,
William W.

RESPECT:

Jarred.

<https://www.facebook.com/stanhopeps/>



CONGRATULATIONS!



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They're Back

Dear Parents/Guardians/Carers,

It has come to my attention that some students in the school may have head lice and I seek your cooperation in checking your child's hair this week 25th March 2021.

Head lice do not transmit infectious diseases – they are transmitted by having head to head contact with someone who has head lice. You may be reassured to know that head lice are commonly found in places other than at Stanhope Primary School. Head lice are common in school-aged children and are the most adaptable of creatures. They have survived living solely on humans for 10,000 years!!!!

What can you do?

I seek your cooperation in checking your child's hair and in those instances where head lice or eggs are found, treating your child's hair. Please visit www.betterhealth.vic.gov.au and search for "head lice (nits)" for advice on finding, treating and preventing head lice.

The school also has additional information available regarding treatment and controlling head lice. Please don't hesitate to contact myself or Business Manager Mica Rosenberg on 5857 2514 or text message to 0419 548 318 to obtain this information.

If head lice or eggs are found on your child's hair you need to inform:

- the school and advise when the treatment has started, via the attached *Action Taken Form*.
- parents or carers of your child's friends so they too have the opportunity to detect and treat their children if necessary.

When can my child return to school?

Health regulations requires that where a child has head lice, that child should not return to school until the day after appropriate treatment has started. Please note, this refers only to those children who have live head lice and does not refer to head lice eggs. More information about exclusion requirements can be found by searching for "school exclusion table" at www.health.vic.gov.au.

Stanhope Primary School is aware that head lice can be a sensitive issue and is committed to maintaining your confidentiality.

Kind regards

Christine Owen
Principal
Date: 25/03/2021



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Dear Parent/Guardian/Carer,

Head lice or eggs are suspected to have been detected on your child and it is very important for you to treat your child as soon as possible, using safe treatment practices. Please visit www.betterhealth.vic.gov.au and search for "head lice (nits)" for advice on finding, treating and preventing head lice.

It is very important for you to notify Stanhope Primary School and to advise when appropriate treatment has commenced.

It is important to note, that health regulations require that where a child has head lice, that child should not return to school until the day after appropriate treatment has started. Please note that this refers only to those children who have live head lice and does not refer to head lice eggs. More information about exclusion requirements can be found by searching for "school exclusion table" at www.health.vic.gov.au.

Please complete the below form and provide this to Christine Owen, on the return of your child to school.



.....

Action Taken – Student Head Lice Parent/Guardian/Carer Response Form

To: Christine Owen,

CONFIDENTIAL

Student's Full Name: _____

Year Level: _____

I understand that my child should not attend school with untreated head lice.

I used the following recommended treatment for head lice or eggs for my child (*insert name of treatment*) _____.

Treatment commenced on (*insert date*) ____/____/____

Signature of parent/carers/guardian: Date.....