



Iluka Public School - Newsletter 6

March 7, 2017

21–27 Charles Street Iluka NSW 2466

Phone: 02 6646 6149 Fax: 02 6646 6783

Email: iluka-p.school@det.nsw.edu.au Web: www.ilukapublicschool.com

Dates to Remember

2017

Term 1

Friday March 10
Whole School Assembly
2.15pm

Wednesday March 15
Year 6 Transition Day
Maclean High School

Monday March 20
P&C Meeting
7pm Staff Room

Friday March 31
School Cross
Country

Friday April 7
Last day of term 1

Tuesday April 25
Anzac Day
10.45am all students in
school uniform

Wednesday April 26
School Returns
For Term 2

Wednesday June 21
SCHOOL PHOTOS

Principal's News

Good afternoon parents, carers and the wider community

Bright Pink Forms

Thankyou to all our parents who have returned their bright pink forms. The forms allow us to keep up to date important information should I need to contact you quickly. Our school had over 25% of families respond. This is good. If anything changes through the year please let us know.

School Fees

Just a reminder School text book contributions are payable at either the office or the classroom. Remembering too, the school website has an option for payment facilities. We have capped the contribution this term at \$36 for Years K, 4 and 6 and \$54 for children in Years 1,2,3 and 5. We appreciate your payment of these fees before the price rises in Term 2.

International Competitions and Assessments (ICAS)

Children have been advised on the assemblies that these competitions are available. Students need to complete the attached form on this newsletter if they want to participate.

Subject/Paper	School Years	Official Sitting Date	Entry fee
Computer Skills	3 – 6	23 May	\$9.90
Science	2 – 6	30 May	\$9.90
Writing	3 – 6	12–16 June	\$19.80
Spelling	2 – 6	14 June	\$13.20
English	2 – 6	1 August	\$9.90
Mathematics	2 – 6	15 August	\$9.90

STEM Lesson

STEM stands for Science, Technology, Engineering and Mathematics. Last Thursday, Science University student, Jordan Duncombe started completing science experiment lessons. Those twenty-five students that took up the lunch time option, had to create three designs using the materials that they were provided with. Students worked in pairs and built with what they thought would make the best magnet using copper wire, a nail and a battery. After investigating, Jordan explained to them what a tight magnetic force works best and why it is able to pick up more paper clips. Thanks Jordan. STEM Club now eagerly awaits this Thursday.

General Knowledge Quiz

The General Knowledge Quiz has been working very well. Students (and parents) are motivated and working together to complete the 15 questions. Remember, each correct entry form is a winner. To receive a prize get your forms back into me before next Tuesday.

Clean Up Australia Day

Iluka Public School registered for the school based Clean Up Australia Day and we participated last Friday March 3. Classes in Year 2 - 6 were assigned a small area out in the community to look after for the clean up, while Kindy and Year 1 stayed and tidied up the school grounds. Children wore disposable rubber gloves and were given a plastic bag for rubbish. Clean-Up Australia Day inspires and empowers communities such as Iluka Public School, to clean, fix and conserve our beautiful environment.



Swimming News

Congratulations to our swimming champions who are attending the North Coast Zone swimming Carnival tomorrow. It is encouraging to still see so many of our students competing and doing their best and in this highly competitive event. Well done to every competitor, we are all very proud of you. I will announce the results in next week's newsletter.

Student Jewellery

A reminder to all students that jewellery is not a part of our school uniform. Unfortunately necklaces and dangling colourful hairpieces are starting to creep back in for many children. Safety reasons mean that students are asked to not wear necklaces, bracelets, bangles or dangling earrings. Sleepers or studs are okay. Thank you to parents for supporting this issue by ensuring the children are not wearing jewellery.

Assembly

The next whole school assembly will be held on Friday 10 March at 2.15pm. The class to present an item will be Year 2. All parents and families are invited to attend. A reminder that preschool children are to remain under the supervision of parents.

Kindy Class News

Writing-On Monday our whole class creates a piece of writing together. This term our writing is focussed around the text type of recounts (factual and literary). Following is the recount we wrote together about Clean Up Australia Day for schools

Clean Up On Friday we cleaned up the playground. We put rubbish in plastic bags. It was teamwork.



Sight Words-The sight words we are revising this week are: **I, am, a, the.** Our new word is **in.**

Reminders:

*Please return communication folders and home readers daily.

*Kindergarten will be commencing to work in their text books this week. If you have not yet purchased your child's text books, could you do so soon. Cost is \$36. Thank you.

Lynne

Year 1 Class News

Welcome to Week 7!

Writing - Over the last few weeks, we have spent much time writing recounts. Students have shared lots of information about their weekends. We are commencing information reports this week and students will begin writing about particular animals.

Clean Up - Thank you everyone for participating in Clean Up Australia Day. The outside perimeter of the school is looking fantastic.

Maths - Students are really enjoying our newly structured maths lessons without the use of a maths text book. Students are organised into groups and complete a variety of activities throughout the week. They particularly enjoy the hands on and game-based tasks, where they are learning without even realising it! Thank you Miss Lisa for assisting during some of these activities.

Reminders -

- * Home readers and library bags are due on Tuesdays
- * Homework and bank books are due on Fridays
- * Assembly this Friday at 2.15pm

Kristy

Year 2 Class News

Hello Year 2 Families,

I have returned from my quick dash overseas and am excited to finish off the term with a bang. The students class item is this Friday at 2:15pm if parents would like to come and attend. The use of the Class Dojo system has been a very handy tool to use with our class and I thank all parents support in its use. I currently have 20 students parents of my 23 signed up, which is a great number. The students get a real buzz out of sharing their work with their parents through such an easy platform.

The students began learning about information reports with Miss Edwards. They will be writing information reports about Australian animals as this is our theme for this term. Miss Edwards will be coming into the class on Mondays and Tuesdays for the rest of the term to team teach a writing lesson with myself. This will start next week.

I would also like to thank Miss Edwards for taking my class for the entire week while I was away last week. I hope everyone has a great week. Matt.

Year 3/4 Class News

We are looking at setting up a Science lab. Where the students can tinker and explore. If you have any equipment that may be useful, we would greatly appreciate it. A big thankyou to Reef and his family for the kind donation of their fish tank.

We are beginning to use our Data wall and the students are becoming familiar with "I Can" statements. I believe the "I can" statements empower students, provide a common focus, communicate what is important, build community and engagement and increase motivation and confidence in their learning. The "I Can" statements are worded in a way that encourages students to measure their own learning.

Reminders -

- * Home readers and library bags are due on Tuesdays
- * Homework and bank books are due on Fridays
- * Assembly this Friday at 2.15pm

Have a great week

Bek

Year 4/5 Class News

Good Morning all,

Well done to the children involved in 'Clean Up Australia' last Friday - You did a great job.

Excursion notes need to be returned with a deposit please. This will enable us to lock in bookings.

Homework and Home Readers are due back on Wednesdays. Thank you.

The class have been learning how to play **chess**. This is part of a program of **applied learning** - putting maths into play. And, the students are learning quickly. **Mr Hannagan**, an experienced chess enthusiast, has been coaching the class this week. Thanks.

The **year 3&4** are going to **Cascade** for their **major excursion** this year. Details will follow.

The students are focusing on **imaginative texts** this week - **a mystery story** called the 'Moonlight Dog'. Have a great week.

Cheers John.



Year 5/6 Class News

The class were very keen and productive with their **clean up** last Friday. It is quite amazing what they found! Good job Year 5/6.

Writing: was very productive last week. We worked on a class joint construction as to why homework is not really required. There were some very strong arguments put forward. We looked at what a strong paragraph looks like and how to develop complex sentence structure with the use of interesting phrases.

Maths: included a test on number work that we have been working on this term. Ask your child how they went. We will be completing one on measurement and geometry this week.

Goals: have been set by each member of the class. These include an academic, personal/social goal as well as one to work on from me.

Positive Mindset: to learning is so important to enable these goals to be achieved. We have been talking about what a positive attitude looks like, sounds like and feels like. Positive attitudes directly connect to productive learning as well as a good outlook on life!

Transition to High School: is next Wednesday, 15th March for the Year 6 students. A note with information will be handed out.

What beautiful rain last week.

Di

Library

Personal Development Lessons: The focus for all classes this week is honesty, trustworthiness and integrity. These are three of the values from '*Building Values Across the Whole School*'.

Library Monitors: I would like to thank the newly appointed Library Monitors Jazmyn Adey, Olivia Hinde, Shahla Kane and Imogen Hinde. These four girls have kindly volunteered to assist me in the library. They will be responsible for sorting and returning books to the shelves, tidying up the library and many other important jobs that are essential to keeping the library running smoothly.

Borrowing: Please ensure your child has a library bag in order to borrow.

Library days are-

MONDAY: Year 2 and Kindergarten

TUESDAY: Year 3/4 and Year 1

WEDNESDAY: Year 4/5 and Year 5/6

Have a great week.

Stacey



Music Alive Program - Kindergarten and Year One

The 'Sound of Music' may be heard each week coming from the Kindergarten and Year One classrooms, as we commenced our Music Alive program last Thursday.

Students will have the opportunity to participate in a variety of musical activities throughout the year. This term on offer is percussion with Mrs Gardner and singing with Miss Essery. Composite student groups have been formed, with Kindergarten and Year one students being placed in each of the two groups.



Roster Term 1

Friday - 10/03/17
Sandy, Mark, Leah S

Monday - 13/03/17
Karla, Vanessa D, Aleisha

Friday - 17/03/17
Sandy, Mark, Jodie Page

Monday - 20/03/17
Cass, Peter J, Nikki K

Friday - 24/03/17
Sandy, Mark, Sonia D

Monday - 27/03/17
Kylie, Vicki Van Kray
Trudy D

Friday - 31/03/17
Sany, Mark, Jess E

Monday - 03/04/17
Cass, Leah S, Leonie H

Friday 07/04/17
Sandy, Mark, Karla

This weeks donations
Year 4/5

Karla: 0405 638 768
Cassandra: 0413 044 405



A reminder that our next P&C Meeting will be held on Monday 20th March at 7pm in the Staff Room. Without parents/carers our P&C function so I urge all of you to come along. New members and ideas are always welcome.

If you are unable to make our meetings but would still like to help out, there are plenty of ways for you to get involved. Please contact me for more details.

Lisa Waters
President
0412 77 99 65



Mr Bradmore's General Knowledge Quiz

All correct entries will receive a prize. Please hand your completed quiz to Mr Bradmore by Tuesday 14 March 2017.

1. Who has Donald Trump accused of "wire-tapping" his office phones during the 2016 election campaign?
 - a. Hillary Clinton
 - b. Vladimir Putin
 - c. Barack Obama
2. Why did Bernhard Tomic pull out of a first round tennis match in Acapulco?
 - a. he pulled a hamstring muscle
 - b. he claimed he had an upset stomach
 - c. he claimed the temperatures were too hot
3. What interrupted peak hour traffic in Melbourne last Monday?
 - a. protesting taxi drivers
 - b. a truck caught fire
 - c. a sink hole opened up on a central city street
4. True or false, it is legal for farmers to cull wombats in parts of Australia as long as a permit is issued?
5. On which of the following is President Trump planning to increasing spending by \$75 billion?
 - a. health b. military c. foreign aid
6. What did a grandfather from Newcastle find while cleaning out his car recently?
 - a. a million dollar lotto ticket
 - b. a five-metre-long python
 - c. a wanted criminal that had been hiding in his car
7. A new study has found that elephants ...?
 - a. do not sneeze
 - b. do not have more than one male baby during a mother's lifetime
 - c. do not sleep very much
8. As part of a national health study fifteen-thousand Australians will be randomly chosen to receive a free ...?
 - a. hearing check
 - b. dental check
 - c. blood pressure check
9. Researchers have found that in an average-sized swimming pool there could be up to 75 litres of ...?
 - a. saliva
 - b. sunscreen
 - c. urine
10. Which is the longest river in Australia?
 - a. Murray River
 - b. Flinders River
 - c. Darling River
11. True or false, SpaceX has announced that they will take fifty people on a trip around the moon next year?
12. Which famous singer has just released an album called *Divide*?
 - a. Katy Perry
 - b. Justin Bieber
 - c. Ed Sheeran
13. Recent research suggest that rates of myopia are likely to rise to 50 per cent by 2050. What is myopia?
 - a. a stress related disorder
 - b. short-sightedness
 - c. a hearing problem
14. Western Australian Premier, Colin Barnett, says one of his Liberal candidates did the "wrong thing" while door knocking for the next state election. What did she do wrong?
 - a. handed out free bottles of wine
 - b. handed out free movie tickets
 - c. handed out meal vouchers for local restaurants
15. Presenters accidentally called out the wrong winner for the Best Picture award last week. Which film was the actual winner of the 2017 Oscar for Best Picture?
 - a. *La La Land*
 - b. *Lion*
 - c. *Moonlight*

The Rotary Club of Iluka Woombah MENTAL HEALTH FIRST AID COURSE



Are you interested in learning Mental Health First Aid so you can use your skills to help people in your community?

The Rotary Club of Iluka Woombah is holding a Nationally Accredited Mental Health First Aid training course in Iluka for people over the age of 16 years.

Learn how to provide first aid for people suffering from stress, anger, anxiety, panic attacks, depression, substance abuse, symptoms of dementia, psychotic episodes. And learn something about what makes humans tick and why we behave the way that we do.

This is a two-day course that participants can, if they wish, obtain a national recognised certificate at the Cert III level. A manual is provided

Facilitator: Dr Stewart Hase, Registered Psychologist.

The cost to attend this training is only \$35 per person. RSVPs are essential as spaces are limited. Morning tea and lunch will be provided.

To Register Contact Anne Lockyer at grann1@westnet.com.au

Or on 0417696845

Event Details

Venue:

Iluka Community Centre
Duke St Iluka

Date:

25/26 March 2017

Time:

9.30am - Morning tea and start 10am (sharp) - 4pm

Cost: \$35

Cheque or Bank transfer

BCU YAMBA HOLIDAY SPORTS CAMP 2017



Your region, your money

The 2017 BCU Yamba Holiday Sports Camp is on this April. Sports to be played will include: tennis, (racquets available), basketball, futsal, volleyball, netball, table tennis, and finishing with swim & Sausage sizzle on Thursday & of course the mini gymnastics with Clarence Coastal Gymnastics. Also appearing will be Mel & Vanessa from 24/7 gym with special running races & field games. Canteen facilities available at pool & indoor centre. Venues to be used: Yamba Swimming Pool, Tennis Courts and Raymond Laurie Sports Centre. Lots of prizes including BCU bank accounts to be won!!!

When: Tues 18th, Wed 19th, Thurs 20th APRIL
Where: Pool Tennis Courts Angourie Road, Yamba
Time: 9:30am-1:30 pm
Cost: \$100 (Day rate \$40)

Organised pick-up from 8:45am Iluka ferry, returning 2:30pm ferry Yamba. Any further inquiries please phone Alan on 0416016775.

Return Form

Easter Holiday Camp 2017 BCU

Please circle one of the following categories and if swimming:

- K - Grade 2 2. Grade 3 - 5 3. Grade 6 - 9

Swimming YES or NO Photographs YES or NO

Please note: pool fully supervised with lifeguard.

Complete and return permission slip with payment by Sun 16th April.

Name: _____ DOB: _____

Email: _____

Mob: _____

All cheques and monies payable to Alan Jurd Coaching.

Bank details: NAB Bsb: 084 730 A/C 83 489 1700 Po Box 270 Yamba NSW 2464

Email form back to alan.jurd@bigpond.com / mb: 0416 016 775



**Make the most of
Daylight Savings this term
before the cooler months arrive.**

**Grab a ball, a scooter or a
Frisbee and get outside with
the kids after school.**



Fri 7th, Sat 8th & Sun 9th July

It's time to get
creative
Enter our 2017 Exhibition

Over
\$12,000
worth of
prize money!

Fine Art, Photography
Patchwork & Quilts
Jewellery, Wearable Art
Creative Needlework
Woodwork, Craft
Youth & Junior Art

including
LCACA
**OPEN FINE
ART AWARD**
of \$2000

Open to entries in art quilts,
photography and all sections
of fine art.

Entry Forms are available at Ferry Park Gallery
or www.clarenceriverartsfestival.com.au

Parenting ideas

Help kids change their perspective when things go wrong

By Michael Grose

Parents can help catastrophisers learn to change their perspective when things go wrong.

If your child is a serial catastrophiser, always seeing the worst case in a negative situation, try to change their thinking so they learn to keep things in perspective. Ask them the following questions to challenge your child's catastrophic thinking:

'What's the most likely scenario?' Sometimes it's useful to introduce a dose of old-fashioned rational thinking for those kids who always assume the worst will happen to them. 'Yep, you could break your leg if you go skiing. But the odds are that you won't.'

'You may be right, but does it really matter?' One way to help hard-core catastrophisers is to admit that they could be right, but then ask them to imagine that the worst possible scenario actually happens. Then challenge them to understand that even the worst possible scenario is not so bad after all. This is the type of reality check many kids need.

'Where does this fit on the disaster meter?' Catastrophisers tie themselves in a knot about relatively insignificant things. Okay, making a fool out of themselves when they give a talk at school may not be insignificant to kids, but there are plenty of worse things that could happen. Help them get some perspective by giving their worry a score out of ten on how important the issue really is.

'Is that helpful thinking?' Sometimes kids' thinking is so out of whack with reality that they become anxious about minor things. Thinking things such as, 'Everyone must like me,' 'I must never make a mistake' and 'Bad things always happen to me' are extreme and need to be replaced by more moderate, realistic thoughts, such as, 'It would be nice if everyone liked me but not everyone will. It's important to have some good friends.'

International Competitions and Assessments for Schools

My child _____ would like to complete the ICAS Papers for the following subjects;
(Please circle) Dates indicate when test is conducted.

Digital Technologies \$9.00 - Tuesday 23 May

Science \$9.00 - Tuesday 30 May

Writing \$18.00 - Monday 12 June

Spelling \$12.00 - Wed 14 June

English \$9.00 - Tuesday 1 August

Mathematics \$9.00 Friday 23 June.

I have enclosed \$ _____

Name: _____ Signature _____

Headlice Information

Can Head Lice be prevented?

It may be difficult to prevent head lice from spreading among children, but the following are some steps you can take to help keep lice away:

- * Ask your child not to share combs, brushes or hair decorations
- * Ask your child not to try on hats that belong to other children
- * If your child will be sleeping away from home, be sure to pack his or her own pillow and towel

What are the signs of head lice?

Because lice move very fast, they are not always easy to see. Here's what you can watch for:

- * Frequent scratching
 - * Small red bumps on the scalp, neck and shoulders
 - * Lice eggs, also called nits, which look like tiny, oval shaped, white or clear dots. Nits usually stick at an angle on hair shafts.
- If you think someone in your family has head lice, it's best to check everyone in the family. If you're not sure, your family doctor can help diagnose head lice.

Frequently asked questions

Where do head lice come from?

Head lice have been around for thousands of years. As with any insect, they learn to adapt to their environment in order to survive. We are never going to be completely rid of them, but we can make managing them easier.

Do head lice fly or jump?

Head lice do not have wings so they cannot fly. They can't jump because they do not have 'knees'.

So how do head lice move around?

Head lice CRAWL very fast and require head to head contact for transmission. It is possible that because of the way young children play, head lice are seen more widely amongst primary school children than adolescents or adults.

Can head lice spread disease?

No. A head lice infection is not a life threatening health condition – like similar health conditions such as scabies, and ringworm, it is a parent or guardian's responsibility to treat and care for their child.

Do head lice live in carpets, clothes, hats or sheets?

No. Head lice very rarely fall from the head. They require blood to survive. Head lice feed 3-4 times a day and without blood, will dehydrate in 6 hours in a dry climate and 24 hours in a humid climate. An egg requires warmth to hatch and is the reason why they are laid close to the scalp. The further away from the scalp, the less likely they are to survive.

Is it true that head lice only like clean hair?

No. Head lice are not selective. They don't care if hair is long, short, blonde, brown, washed this morning or last week. As long as they are warm, and have blood to drink, then they are content.

What treatment kills 100% of head lice or eggs?

There is no single treatment that kills 100% of head lice or eggs. Whichever treatment you choose it can take time and persistence to get rid of head lice. Use a method that will not risk the health of your child.

Is there a way to prevent head lice?

No, not that we know of. It's important to check your child's head regularly with conditioner even when you don't think your child has head lice. There is no research to prove that chemical or herbal therapies can prevent head lice.

How does the conditioner and comb method work?

It's a very cheap and effective way of finding head lice. Hair conditioner does not kill lice, but it does stun them for about 20 minutes, meaning they do not move around, and it is difficult for them to hang on. This gives you time to comb through the hair with a lice comb.

How does a chemical treatment work?

Only use products that are licensed or registered for head lice. There are four different active chemicals that target head lice, each works differently and aim to kill lice and/or eggs.

Do some products work better than others?

Over time, head lice may develop resistance to some chemicals. It is important to check if a treatment you used has worked, and if not, treat again with another product that has a different chemical.

Why do you have to treat again in seven days' time?

Head lice eggs take 6-7 days to hatch. And when you treat, it's easy to miss an egg or two. By treating again in seven days, you are aiming to kill and comb out any lice that have since hatched from eggs, which were missed.

Should I treat everyone in the family?

It is important to check each family member, using conditioner and comb, for head lice but only treat those with live lice.

What should I wash or treat at home?

As head lice only live for a short time off the head, the only extra cleaning needed is to wash the pillowslip on the hot cycle or place in clothes dryer. Head lice combs can be cleaned in water hotter than 60 degrees.

Why does my child keep getting re-infected?

Re-infection is the least likely reason for head lice returning in a week's time. If eggs do not die, or were not removed during the original treatment they may hatch and the lifecycle occurs all over again. To break this lifecycle you must re-treat (regardless of treatment method) seven days after the first treatment and continue with weekly checking.

Does my child have to miss school?

No. However, it is expected that parents ensure head lice is immediately treated to prevent the spread to other students. Children do not catch head lice from school, they catch it from other children when they gather together at schools or other places. Head lice are not the fault of schools.

Helpful hints...

Using the conditioner and comb method every week is the best way to detect head lice early and minimise the problem.

Tying back hair can also help prevent the spread of head lice.

Many parents will complain that they are doing the right thing but other parents aren't. Placing the blame will not achieve anything. Instead of pointing the finger, help each other.

Treatment choices

Non-chemical

Use conditioner and comb to remove the head lice and eggs; and repeat every 2 days until no live lice have been found for 10 days.

Chemical

Treat and comb to remove the head lice and eggs; and repeat in 7 days

