School Values

- Care and Compassion – Care for self and others
- Honesty and Trustworthiness – Be honest, sincere and seek the truth
- Respect – Treat others with consideration and regard: respect another person’s point of view
- Responsibility—Be accountable for one’s own actions, resolve differences in constructive, non violent and peaceful ways; contribute to society and civic life, take care of the environment

Principal’s Report

I hope all of our very special mother’s had a wonderful Mother’s Day on Sunday and had the opportunity to spend time with their families and get truly spoilt in the process. We hope you enjoyed the fantastic presents and card the children made for you – lots of time and love were put in to them. Thanks so much to Sue for her inspiration, resources and patience working with all students in the school to get their presents finished – they looked fantastic.

Campaspe Cross Country

What a fantastic afternoon. The event was really well planned and co-ordinated and it was great to meet teachers, students and parents from many different schools in our area. Some of our students had fantastic results and everyone tried hard, did their best and had lots of fun, which is what it is all about. Please see later in the newsletter for winners and place getters from our school.

School Signs

Have you seen the new school and playgroup signs? We have a new sign at the entrance of the school, which looks fantastic with its 3D lettering and new possum graphics. We have also updated the signs at the bottom of the oval and placed a sign on the small gate leading to the Old School Building to advertise and promote our playgroup.

Telstra Grant—We are wondering if any of our families have relatives that work for Telstra? If you do we may be able to apply for a Community Grant through Telstra. Please let us know at the office if this is the case.

Handy Hints to Support Your Child With NAPLAN.

Students in Grades 3 and 5 participated in the first of three NAPLAN Tests today completing the Language Conventions and Writing test. Tomorrow they will complete the Literacy/Reading component and Thursday will see them finish with Numeracy.

How can you help your child?

Ensure your child has a healthy breakfast to start the day, helping them to sustain concentration during the test.

An early night before the next two tests will also ensure he/she is able to concentrate well.

Speak positively about the test – ‘Just do your best’, ‘We know you can do it’.

Pack a special healthy treat in lunchboxes with a little note to remind them that they’ve done well and how proud you are of them, e.g. ‘Well done. I knew you could do it’.

After School Arrangements — To ensure the welfare and safety of all students, commencing next Monday we will introduce an ‘AFTER SCHOOL ARRANGEMENTS SHEET’ with all students listed. This will be kept on the office bench and will take the place of the ‘BUS BOOK’. We ask parents / students to fill the book in each week and staff will follow these instructions. Your co-operation is appreciated.
EDUCATION WEEK
Next week is Education week and we are all looking forward to seeing many of our school community at our Open Morning next Wednesday, 21st May from 10am – 11am. We will be having a Grandparents/Potential Parents Morning Tea at 11.00am, with school tours being conducted throughout the day for new and prospective parents. Don’t forget there will be an information evening next Monday night at the school starting at 6pm for parents of prep students starting school in 2015.
We also have children from Jenny’s Early Learning Centre in Regent St Strathfieldsaye on Thursday 22nd May between 9.30am and 10.30pm to experience life at primary school.

Keep a look out for Eppalock PS in the Bendigo Advertiser and the Bendigo Weekly’s Education Week Feature this Friday.

FOOTBALL PLAYERS—Lachie Hunter and Koby Stevens from the Western Bulldogs Football Club visited us today and conducted a football clinic with the grade 3/4/5/6 students. They shared some of their football experiences, demonstrated their kicking and ball-handling skills as well as promoting the importance of a good education. We do appreciate them visiting and spending time with our students.

SCHOOL ACCOUNTS— For your information current statements will be sent home later this week. Many families take the option to make payments via regular instalments using the School Bank Details below (remember to add your name to the transaction) ...
Commonwealth Bank—Eppalock Primary School Council Official Account
BSB 063-506      Account Number 10152204
If you wish to discuss your account or organise a payment plan, please see myself or Marie.

Please note -After School Care invoices are not included on these statements. A separate invoice will be forward to families shortly.

Wishing everyone a fun filled week ……………..Mrs Ryan

CROSS COUNTRY—CONGRATULATIONS to all our students who participated in the Cross Country event last week at Elmore. Everyone did really well and we were very proud of the way you competed and represented Eppalock Primary School.

Some outstanding results …

5/6 year old Age Group (girls) - Emma 1st
5/6 year old Age Group (boys) - Asher 3rd
               - Hamish 4th
7 year old Age Group (boys) - Levi B 1st
               - Reuben 3rd
9 year old Age Group (girls) - Bella 4th
10 year old Age Group (boys) - Jaiden 3rd
11 year old Age Group (girls) - Abby 2nd

SLIPPERS & EXTRA SOCKS—Students are welcome to bring a pair of slippers and spare socks to keep at school over the winter months. Now the cooler weather is with us we are finding that the outside area and, in particular, the oval, is very wet each morning. Many students are ending up with wet shoes, socks and feet. If you are bringing slippers and/or extra socks, please ensure they are named.
# IMPORTANT DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tr>
<td>Wednesday 14th</td>
<td>Prime Program</td>
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<tr>
<td>Thursday 15th</td>
<td>MARC LIBRARY&lt;br&gt;Active After School—Circus Skills&lt;br&gt;<strong>School Council Meeting—6.00 pm</strong></td>
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<tr>
<td>Friday 16th</td>
<td>Living Green—Gr 3-6 students WATER WATCH / SALT WATCH (see info later in newsletter)&lt;br&gt;Clubs&lt;br&gt;Inter-school Sport (Grade 5 &amp; 6)</td>
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<tr>
<td>Monday 19th</td>
<td>Confucius Classroom</td>
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<tr>
<td>Tuesday 20th</td>
<td>Drama / Music&lt;br&gt;Active After School—Multi-Skills</td>
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<td>Wednesday 21st</td>
<td><strong>Whole School Open Morning followed by Grandparents and Special Friends</strong>&lt;br&gt;morning tea at 11.00 am</td>
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<tr>
<td>Thursday 22nd</td>
<td>Active After School—Circus Skills</td>
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<td>Friday 23rd</td>
<td>Living Green&lt;br&gt;Clubs</td>
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<tr>
<td>Monday 26th</td>
<td>Confucius Classroom</td>
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<tr>
<td>Tuesday 27th</td>
<td>Drama / Music&lt;br&gt;Active After School—Multi-Skills</td>
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<tr>
<td>Thursday 29th</td>
<td>MARC Library&lt;br&gt;Active After School—Circus Skills</td>
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<tr>
<td>Friday 30th</td>
<td>Living Green&lt;br&gt;Clubs</td>
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<tr>
<td>Monday 2nd</td>
<td><strong>PUPIL FREE DAY</strong>—staff attending Michael Ymer PD</td>
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<td>Tuesday 3rd</td>
<td>Drama / Music&lt;br&gt;Excursion—Capital Theatre—Mr McGee and the Biting Flea ($16.00 per student)&lt;br&gt;Active After School—Multi-Skills</td>
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<td>Thursday 5th</td>
<td>Active After School—Circus Skills</td>
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<td>Friday 6th</td>
<td>Living Green&lt;br&gt;Clubs</td>
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<td>Monday 9th</td>
<td>Public Holiday—Queen’s Birthday</td>
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<td>Tuesday 10th</td>
<td>Drama / Music&lt;br&gt;Active After School—Multi-Skills</td>
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<td>Thursday 12th</td>
<td>MARC Library&lt;br&gt;Active After School—Circus Skills</td>
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<td>Friday 27th</td>
<td>LAST DAY TERM 2—1.30 pm dismissal</td>
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<td>July Monday 14th</td>
<td>First Day—Term 3</td>
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Congratulations to the following students who received awards this week …

- Logan L—great work in school
- Banjo—for excellent listening skills
- Jack—for working hard in class and striving to improve

VALUES AWARD FOR BEING HONEST & TRUSTWORTHY was presented to Henry

......

CYBERBULLYING

Children using the internet can be cyberbullied or harassed through internet services like email, chat rooms, instant messaging, social networks or through websites. Bullying through mobile phone technologies such as SMS is also considered cyberbullying.

Advice for parents:
Cyberbullying includes teasing, spreading online rumours and sending unwanted or threatening messages or defamatory material. While it can have a damaging effect on children and young people, parents can encourage them to take control of the situation. This may be done by:

- advising children not to reply to any messages from a bully. Often if bullies don't receive a response they will give up learning how to block a bully, so they can't make contact
- keeping a record of the harassing messages and any replies. This may help parents, or the authorities, if necessary, to find out who is sending them
- keeping usernames and passwords secret. If someone misuses a username and password to post damaging information about a child it can be difficult to remove
- children recognising that if messages are threatening, a parent or carer should be told immediately. Cyberbullying, if threatening, is illegal and can be reported to the police
- contacting the website administrator (often known as the webmaster) to ask for content to be removed, if bullying information has been posted on that website.

Parents can:
- check the privacy settings for your internet services
- visit the Cybersmart website for cyberbullying information
- use support services such as the Kids Helpline or the Bullying No Way website
- talk to the child’s school if cyberbullying involves another student
- report threatening messages to the police
- contact the Cybersafety Contact Centre on 1800 880 176 for advice.

Privacy:
Without considering the consequences, children sometimes post private information about themselves online. This can include their name or address, photographs, a mobile phone number, their school name and details of their friends or families. Providing personal information online can also result in being targeted for spam, advertising material and/or viruses. In some cases, websites prompt users to reveal private information on forms or through pop-ups. Not all these requests are legitimate.
To help guard privacy, children should be encouraged to ask a parent or carer before they give anyone on the internet their personal details. Once information is posted online it is very difficult to remove.

Parents can:
contact the author or the web administrator if a website contains personal details that have been disclosed without authorisation or their children’s personal details. Web administrator details are commonly located on website home pages. A lawyer may also be able to provide assistance contact the Office of the Federal Privacy Commissioner if personal details have been mishandled by a Commonwealth Government agency, or a private sector organisation in Australia contact the Cybersafety Contact Centre for advice.
Major fundraising initiative on behalf of the Eppalock Primary School Parents Club

We are conducting a Billy G’s Gourmet Cookie Dough Fundraiser as a major fundraiser for this term so we do ask for your support. Family support is most appreciated.

Funds raised will provide additional resources for to support our Living Green Program and or for continued upgrades to our playground equipment.

There are new exciting flavours in 2014 which include Gluten Free Choc Chunk, Lower sugar/fat/salt Choc Chunk, Caramel Fudge, Triple and wait for it..... Doggie Dough!!

Students have received a Billy’s Gourmet Cookie Dough order form. An individual prize program has been included for every student/family that sells one or more tubs. The more tubs you sell the better the prize! There is a selection of over 55 prizes to choose from such as Britz ‘n’ Pieces, Wahoo, Kazoom and much, much, more. If you have misplaced your order form, please see Marie in the office.

Please take the order form to your family, friends and work colleagues and even take the order form to your child’s sporting activities. Students who sell one or more tubs will be entitled to a prize of their choice.

WIN A FAMILY HOLIDAY - You also have the chance to win a 7 night family holiday for 2 adults and 2 children, staying at either the Gold Coast or Hamilton Island or Fiji including a Virgin Australia airfare voucher and $1,000 spending money. So don’t forget to enter. For more details on this promotion and how to enter, please view the inside of the order form.

Once the fundraiser is complete, please detach the order form with your orders and don’t forget to select a prize! Please return the order form along with your monies on or before the Wednesday May 21st 2014. The planned delivery date is Monday June 16th. Please ensure that you make arrangements to collect your cookie dough order on the day of delivery as the product is frozen and we do not have enough storage to store your order when the cookie dough arrives.

GRADE 3-6 STUDENTS—Fresh or Salty?

Do you want to know how salty your dam/bore/creek is?
Send along a sample of water this Friday 16th May, in a clean jar (rinse the jar a couple of times in the water first) so that the Living Green 3-6 students can test your water.
Please mark your sample with your name, type of water source (dam, bore, creek etc) and the location of the source (road name and number).
This activity will be run as part of the Waterwatch program Saltwatch, and will be recorded on a statewide data base.
It is a good opportunity to get your water tested and also gives a snapshot of how much salinity is in our catchment.
If you would like further information please email Lydia at: fehring.lydia.r@edumail.vic.gov.au
COMMUNITY NEWS

BENDIGO BANK SCHOOL BANKING

The staff from Bendigo Bank’s Strath Hill branch visit Eppalock Primary School each **TUESDAY MORNING** providing a school banking service for students.

Participants in the program will use a Bendigo Piggy Bank Passbook Account and moneybox to learn about the process and the benefits of saving.

With no account keeping fees, no transaction or government fees, no penalties and no deposit restrictions—plus a lot of fun games and rewards—a Piggy Bank Passbook Account makes saving fun.

**Please note—the school banking program provides a deposit service only, however, withdrawals can be made at the Strath Hill branch.**

Further information is available from the school office or by calling into the Bendigo Bank Strath Hill branch.

Premiers’ Reading Challenge

We encourage all students to participate—enrolment forms were sent home last—if you need any further information or assistance, please see Mrs Lindhe.

AXE CREEK COMMUNITY FRESH PRODUCE SWAP

Do you have excess vegetables, fruit, eggs or herbs from your garden?

Not sure what to do with them?

Bring them to the **Axe Creek Community Fresh Produce Swap** at Eppalock Primary School.

If you have excess vegetables, fresh fruit, eggs, herbs or any other items, please bring them along and be part of our **Fresh Produce Swap** program. There are baskets on the bench in the school foyer and the process is that you can swap your produce for other produce.

If you do not have produce to swap that’s OK, just help yourself to the fresh produce displayed. You do not need to pay for any of the produce, however if you wish to make a monetary donation for anything it will be put towards our Living Green Program.

Are you eligible for public dental care?

All children aged 0-12 years and all Aboriginal and/or Torres Strait Islander people are eligible to access public dental services and are offered the next available appointment.

Treatment is free for people who hold a health care card; a minimal co-payment may be required for people who do not have a health care card.

Call Bendigo Health public dental service - 5454 7994 or Amy Clark, Loddon Mallee Oral Health Network on 0418 983 190.

Welcome to the Premiers’ Reading Challenge

Inspiring children and young people to read more books
**Coughs, Colds and Asthma**

Coughs, colds and the flu are one of the most common triggers of asthma. The common cold is caused by an upper respiratory tract infection and is a common illness for children and adults in Australia. As we approach the colder months, here are some tips to keep in mind to prevent and reduce the spread of coughs, colds and the flu:

Avoid coughing and sneezing on or near others and wash your hands thoroughly to prevent the spread of disease.

If your child is not feeling well, it is recommended that they stay home and rest, to reduce the spread of infections and to speed up their recovery process.

Everyone should have the annual flu vaccination to ensure they are protected from this disease. You or your child may be eligible for the free flu vaccination. Details about who is eligible can be found here and can also be determined by your doctor.

Prior to purchasing any medications or herbal and natural remedies, you should seek the advice of your doctor or pharmacist as some medications can react with asthma medications. Such as Aspirin, Ibuprofen/Naproxen (non-steroidal anti-inflammatory medications), Beta Blockers tablet and eye drops (used for high blood pressure and glaucoma), and ACE inhibitors (used to control blood pressure).

Stay warm this winter!

For more information, please contact The Asthma Foundation of Victoria on 1800 278 462 or [www.asthma.org.au](http://www.asthma.org.au)
Head lice

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.

About 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. 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 60C) 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 (malathion 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 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.

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.

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 childcare 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.
