Supervision of students
Our school offers supervision of students from 9am. If you need to deliver your child before 9am, this needs to be approved by the school principal. Once approved, you will be asked to submit a permission note that indicates WHY you need to drop your child off early and that you understand that your child is required to sit on the silver seats outside the office until 9am. They cannot walk around or participate in any activity. Principal approval to drop children off early will be revoked if your child cannot follow this rule. If you need to drop your child early for just a day, you will need to call the school beforehand. Approval may be given over the phone for one-off early drop offs. Likewise, teachers have a duty of care for all students until children leave the school site in the afternoon. If you are going to be late collecting your child, we would appreciate a call to the office before 3.15pm. Any children seen, without a parent, in the grounds after 3.25 will be directed to the area outside the front office. We would appreciate your help by not asking your children to wait for you anywhere else in the school. These precautions are being taken to ensure the safe supervision of all children while on our site.

K-4 Bravehearts Excursion
Thank you to everyone who has already returned their permission note. A follow up note is included with this newsletter. The buses will leave the school at 9.30 on Wednesday 21st May. We will return to school by lunch time.

Northern Star Hero
Keep an eye on the Northern Star for a story on Leon in the Local Hero section. Well done Leon for being chosen for such a special honour.

Richard Forbes interviewed a very excited Leon on Tuesday.
Growing Up Smiling
The dentist van will be at the school next Tuesday and Wednesday. They will be contacting parents directly with appointment times. Please contact Alstonville Family Dental on 6628 8556 if you need to change or add an appointment.

Science Lesson
Thank you to Mr Byrnes and his Year 8 science class from Ballina High School for hosting a great video conference on Monday. Years 4, 5&6 learnt a lot about energy from Ballina High School students.

Cross Country
Well done to all our brave students who participated in the District Cross Country under extreme weather conditions. Congratulations to Clancy and Charlotte who will be representing the school at the Zone Cross Country.

Health Warning
We have head lice in our school at present. Please treat your child as per the NSW Health Department guidelines which can be found at http://www.health.nsw.gov.au/environment/headlice/Pages/treatment.aspx. A copy of this advice is included with today’s newsletter.

School Uniform
Our P&C have worked hard to create a functional and stylish school uniform. All children are required to wear our school uniform AS IS, and not embellish it in any way. Of course, in the cooler weather, children can add a red, white or blue long sleeve shirt under their school shirt. Girls can add navy or skin tone tights. Please ensure your child has a SCHOOL jumper or jacket.

Canteen Helpers Needed
Please return the slip below if you are able to help with the canteen. The children love to see mum, dad, grandma... in the canteen. It is only for a few hours on a Friday and we would really appreciate your help. A roster is in the front office if you would like to write your name directly onto it.

I can help in the canteen on Friday  
16th May  
23rd May  
30th May  
6th June  
13th June  
20th June

Please circle a day you are able to help and return to office

Name ___________________________________________ Phone __________________________________

NAB AFL Auskick will run after school on Thursdays at Teven-Tintenbar Public School during Term 2 this year, beginning 15th May 3.20pm.

Pay and register online at www.aflauskick.com.au

Please contact Julian Van den driest on 0439 003 721 if you have any further questions in regard to Auskick.

After School Care
Kidz Klub are keen to start after school care on Wednesday, starting in term 3. If interest increases, they will expand to further days. The total cost for the session is $250. Therefore the more children who attend, the less the cost will be. (eg 10 children is $25 each...... but 20 children means its only $12.50 each.

The sessions will run 3.30-5.30pm. There would be a combination of art/craft/sport. Kidzklub Australia Staff are all police checked, qualified and experienced, with all appropriate liability insurances.

They would request payment for the term up front, so we need to confirm numbers. Please complete the EOI and return it ASAP to the office.

Name ___________________________________________ Phone ________________

Names of students you wish to attend _______________________________________________________

I am willing for my child to participate in afterschool care on Wednesday afternoon starting in Term 3 2014
Removing head lice and nits

Mention head lice and most of us instantly develop an itch. You'll find these little critters at every school across Australia - and probably the world - at some point during the year. While head lice and nits, (the eggs of head lice) are certainly annoying and persistent, they're not dangerous. Here's everything you need to know to rid your kids of head lice and nits.

At a glance:
- Head lice and nits only live on human heads.
- They don't care if the hair is long or short, clean or dirty.
- Head lice are an unavoidable fact of life for all school-aged kids.
- The best and cheapest way to remove them is with inexpensive conditioner and a nit comb.
- You will need to re-treat your child several times before all the eggs will be gone.

Nitbusters' myth busters
- Kids with head lice don't always scratch. The only way to rule out infestation is to look carefully through your child's hair.
- Head lice are only found on the human head.
- Head lice and nits live in long, short, curly, straight, clean or dirty hair.
- They are not found on family pets.
- Shaving your child's head is radical and unnecessary!
- Head lice do not live on furniture, hats, bedding, carpet or anywhere else in the environment.
- Head lice don't leap or jump. They crawl from hair to hair, from one head to another.
- Treating anything other than the human head does not get rid of head lice.
- There is no way to prevent your child from getting head lice.
- You may be able to help reduce transmission by tying girls' hair back and braiding it.
- Never use insecticides, methylated spirits or kerosene on your child's head.
- Some essential oils, including tea tree oil, can trigger a reaction in some people. Tea tree oil is a proven antiseptic, but its effectiveness as a head lice treatment has not been demonstrated.
- You don't need to use an expensive commercial product.

Removing head lice and nits
You'll need:
- a bottle of cheap hair conditioner
- a towel
- a thick tooth comb
- a fine tooth comb
- Paper towel

Steps:
1. Sit your child on a chair or stool in front of you. Wrap a towel around their shoulders to catch conditioner spill. (You may want to put a video or TV show on, as this process can take a while.)
2. Apply a cheap, pale coloured conditioner generously to your child's hair. Work it through to coat every strand of hair. For long hair, it may be easier to tie one side of the hair off, and work in sections.
3. Head lice breathe through small openings along their abdomens. 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 – long enough for them to stay still and be combed out.
4. After you've applied the conditioner, use a large comb to part small sections of the hair, starting from the nape and working upwards toward the crown.
5. When the hair is detangled and manageable, use a fine lice comb and run through each section several times. Eggs are often found behind the ears and toward the back of the head. By combing from the bottom of the back of the head, towards the top and front of the head, you're more likely to find the head lice.
6. After each comb out, wipe the conditioner on the paper towel. If your child has head lice, you will see them on the towel (they're a little like small, brown, chia or sesame seeds.)
7. Keep combing each section of hair until no further lice or eggs appear on the paper towel. Often you will see lots of old egg casings that may take a while to remove.
8. Once you have combed and re-combed each section of hair, either re-plait or tie it back if it's long enough.
9. Head lice often congregate on the crown of the head, so it's not until you reach these last sections of hair that you'll find adult lice. However, heads that are severely infested will have adult lice everywhere.
10. Repeat at least twice over the next few days, until you can't find any more in the conditioner. You'll never be able to get all the head lice and eggs out the first time. However, in the days after your first treatment, the eggs will hatch and you'll be able to catch the crawling nymphs (young lice).

The information from this article comes from the NSW Health Department's Nitbuster Program.

Copyright for the School A to Z website is owned by the State of New South Wales through the Department of Education and Communities 2011. This information may be freely reproduced and distributed for non-commercial educational purposes only. Permission must be received from NSW DEC for all other uses.