From the Principal……..

The term is racing away but many of our plans for this year are certainly coming to fruition. Our on-line testing of Literacy and Numeracy in Levels 1 and 2 is now finished and our Level 2 results are excellent, reflecting the program developments in our classrooms. Level 1 results, being Prep in their first weeks at school, provide us with a baseline of where each student is at in their Literacy and Numeracy. This gives us valuable knowledge of the students and we plan our programs according to the needs of these students. All of the Levels are well underway with the CBL (Challenge Based Learning) topic. In the next couple of weeks there will be reports of these programs in the Newsletter but do ask your child what they are doing for CBL.

GOOD BYE TO MAYUMI

Our wonderful Japanese intern, Mayumi, is leaving us on Wednesday. Mayumi has been a terrific addition to our staff and the children and staff have become very fond of her indeed. I sincerely thank Mayumi for all her work at Kalinda and I do wish her all the best for the future.

It is always hard to say goodbye to our interns but we will have a special assembly on Wednesday morning at 9 o’clock, just to say goodbye to Mayumi. Parents are very welcome to attend this assembly on the basketball court.

PREP 2014 INFORMATION EVENING

It does seem strange talking about Prep 2014 but already we have had quite a few people coming in for Prep tours.

Our Prep Information evening will be held earlier than usual on Monday 13th May at 7.00pm. If you know someone who has a child who will be starting school next year, please ask them to put this date in their diary.

OPEN NIGHT

Our Open Night this year will be on Monday 20th May. This day is the first day of Victorian Schools Education Week. During this week schools will be open at various times for parents and the community to visit. There will also be activities in the Melbourne city showcasing state education. Watch out for these advertisements in the papers and online.

Put our Open Night date in your diary and come and enjoy your child’s learning. If you are a family looking for a school for future enrolments then please visit us and enjoy our displays and performances.

GAIL POLLARD
PRINCIPAL
DIARY DATES 2013

March

11th - Labour Day (Public Holiday)
12th - Art Incursion – Level 4 (Cartoonist)
15th - L.4 - Interschool Sport – Great Ryrie PS
19th - School Council Mtg – 7.30pm
20th - Whole School Photo Day
22nd - Harmony Day – whole school
23rd - Easter Raffle winners announced at assembly.
25th - Cyber Safety Presentation for Parents
26th - Grandparents & Special Friends Day –
Level 1 – 2.15 – 3.15pm
28th - L.4 Interschool Sport – Warranwood PS
End Term 1 – 2.30pm Dismissal
29th - Good Friday

April

15th - Beginning Term 2
(Australian Heritage Week)
21st - Working Bee – 10am – 12noon
24th - Cross Country Run
25th - ANZAC Day

May

13th - Prep Information Night for 2014 – 7pm
15th, 22nd - Book Fair - Library
20th - KALINDA OPEN NIGHT
20th – 24th - Education Week
25th - Working Bee – 10am – 12noon

TERM DATES 2013

Term 1 – 29 Jan – 28 March
(Easter –Friday 29 March – Monday 1 April)
Term 2 – 15 April – 28 June
Term 3 – 15 July – 20 September
Term 4 – 7 October – 20 December

CANTEEN ROSTER – 13 – 15 March

13th - Andrea D. & Crissi K.
14th - Leesa S. & Emma X.
15th - Sharon G. & Janet D.

Forms sent home to Families – 28 February – 7 March 2013

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<th>Notice</th>
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<tr>
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<td>Year 6 students</td>
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<td>Hot Diggity Dog Day Order form</td>
<td>All students</td>
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<td>Level 1 Newsletter</td>
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<td>12T Term 1 Roster</td>
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EASTER RAFFLE

Easter Raffle tickets were distributed last week to all families.

If you did not receive a book of raffle tickets, please let us know at the office. We would hate for you to miss out on an Easter Hamper prize. This year, as Good Friday is the day after school breaks up, we have decided to draw the raffle at assembly on Monday 25th March. Further information will be coming home about the draw and the collection of prizes.

Please return your ticket stubs and money before 3.30pm on Friday, 22nd March.
No tickets will be able to go into the draw after this time.

Kelly Woodman &
FUNDRAISING COMMITTEE
Due to the long weekend, there will be no assembly next week. All awards will be held over until Monday 18th March.

P/D  Riley G.  -  For working so hard to learn our letters and sounds.
       James C.  -  For trying hard to learn how to write his name.
12C  Miranda C.  -  For trying really hard with all her tasks.
       Sam F.  -  For being a responsible and trustworthy classroom monitor.  
                  Want a job done? Sam’s your man!
12S  Jake L.  -  For his terrific feedback given on our class play.
       Claire A.  -  For her fantastic five star work in Literacy and Spelling this week.
34B  Eddison E.  -  For having a go at all tasks.  Awesome Attitude!
34E  Lucy W.  -  For her wonderful thinking skills in Maths.  Well done!
       Lauchlann F.  -  For his beautiful handwriting this week.

PHOTO DAY AT KALINDA 
Wednesday, 20th March 2013

On Wednesday, 20th March MSP Photography will be visiting Kalinda and taking photos of all students individually and in their class groups. Photo envelopes were sent home earlier this week. Please choose carefully the photo pack you wish to purchase, enclose the correct money or credit slip and make sure the envelope is sealed before returning to school. You may return the envelope before the photo day, or you can send it in on the day.

Family Group Shots – If you would like your children to have a family photo done, there are Family Envelopes here at the office for you to collect. Don’t miss out!

*Please send children along in full school uniform*
The Uniform Shop is open every Monday afternoon from 3-4pm (except for Monday 11th March, which is a Public Holiday).

If you have any queries, please ring and speak to Annie or Gill.

Level 2 Excursion to Good Shepherd Primary School

On a lovely Friday all 6 grades set out for a walk along the Mullum bike track to Good Shepherd.

Led by Mrs Butler, we arrived safely.

We were welcomed and sat in their gym and performed on their stage some of the songs we had practiced in music.

We were also entertained by their grade’s songs.

We also sang the same song together and learnt some new ones.

We then got to buddy up with another class and visit them and play with them in their playground before walking back to school.

A big thank you to all of Level 2 for their lovely voices and great Kalinda spirit on the day.

Thank you also to Mrs Butler and all the teachers and parents who attended to make this a great day.
NUMERACY TIPS TO HELP YOUR CHILD

Enjoying numbers

Here are some tips for helping your child with numeracy:

- Have a number hunt as you drive. Each child looks for numbers on signs and houses and adds them as you travel. The older children add the numbers as they go and try to be the first to reach 100.
- Try picking up a container of toys onto the floor and ask how many there are of certain toys. For example, there might be 2 cars, 4 yellow blocks, 3 red blocks and 1 little bear.
- On a calendar, write down the weather for each day. Then talk about how many days in each month are sunny, cloudy, wet, cold or hot. It’s fun to compare the months.
- If you give your child the laundry peg bag, your child can put them all into separate colours. He or she can then count how many blue ones there are, how many yellow and so on.
- You could try asking your child to stack pegs one on top of the other in their colours. How many red ones could you build up until the pile falls over? How many orange ones?
- Play games such as Dominoes, Snakes and Ladders, card games or board games involving dice. This will help your child to recognise patterns and to count. To help your child recognise numbers, change the dice to ones showing numbers.
- Help your child to remember your phone number and to press the correct buttons on the phone.

Thinking about time

A parent, you can develop understanding about time by:

- Looking at parking signs and discussing the time restrictions when parking the car.
- Looking at a calendar together and marking important dates. Talk about how many days until each event.
- Using a watch with a second hand, time your child running, skipping or swimming. Count how many steps, skips or strokes one child does in a minute. Discuss how many steps or skips could happen in three minutes.
- Having your child help set a kitchen timer or an alarm clock.
- Asking your child to make a label with the ‘run by’ date for meat or cooked foods that are to be frozen.

Creating with pattern

To encourage your child to understand the meaning of pattern:

- Discuss the numbers on houses in the street and ask your child to describe what is happening to the numbers as you walk along.
- Encourage your child to create simple dances that have repeated steps and movements.
- Have your child use beads, buttons or pegs to make a repeating pattern and then tell you about the pattern. Patterns could be based on colour, size, shape or items, for example, peg, peg, apostrophe, peg, peg. Ask your child to describe the pattern and to tell you how many objects make up each pattern.
- Have your child make wrapping paper that has a repeating pattern stamped on it.
- Have pattern hunts around the house and in the backyard. Search for patterns in clothes, furniture fabric, bathroom tiles and on book covers. In the yard, hunt for patterns in flowers, bark, the fence and paths. Walk to the park and have a pattern hunt there.

Five ways to build your child’s numeracy skills K-4

Measuring and calculating

Here are some ideas about measurement at home:

- If you roll a toy car down a ramp, your child could measure how many car lengths it travelled.
- Record your child’s growth on a height chart. Compare the height of family members and talk about who is taller and who is shorter.
- Talk to your child about how much he or she weighed at birth and what other things have the same weight.
- Put a can of food into each of your child’s hands. Ask which one is heavier.
- Play using household objects, such as a measuring cap and containers of different sizes and shapes. It’s lots of fun doing this at bath time.

Understanding shape

You can develop your child’s understanding of shape by:

- Looking at the shape of objects in the home or in the garden. Look for different sized shapes and shapes in different positions.
- Piling stacking with your child. Stick all sorts of things you find, especially cans, unopened boxes of cereal and toys.
- Reading books with your child and talking about the shapes you can see within the pictures, e.g., The roof on the house is a triangle.
- Drawing shapes in sand, dirt or on paper. Talk to your child about the shapes using words like, edge, corner, line, straight line, square, corners.
- Crossing dots on a page and asking your child to join them. This can be extra fun if you trace over a shape in a magazine by using dots. For example, you could create the outline of a car or a tree.
- Using a small packet of toothpicks to create shapes and make pictures of objects, such as a house, tent, truck or wheelbarrow.

Anita Elliott
Junior School Coordinator.
From the sports desk...

WELCOME TO RINGWOOD NORTH NETBALL CLUB: The North Ringwood Netball Club has commenced training some of its high-school aged teams on Kalinda Primary School's synthetic courts. Training will be held (on the court in front of the stage) each Thursday from 4:30pm until 5:30pm. I am really excited by this 'relationship' for the potential it offers to become a really convenient participation pathway for Kalinda students in the not-too-distant future (hopefully).

LEVEL 4 INTERSCHOOL SPORT: Throughout Term 1, ‘Summer’ Interschool Sport is played during the relative cool of the morning. Allowing for travel-time (for ‘travelling’ teams – see below), game-play is generally from around 9:30am until around 10:30am. There are six rounds to be played prior to the end of a busy Term 1, as follows:

| Round One  | Term 1, Week 3  | Friday, February 15 | Kalinda P.S. vs. Croydon Hills P.S. |
| Round Two  | Term 1, Week 4  | Friday, February 22 | Kalinda P.S. vs. Ringwood North P.S. |
| Round Three | Rescheduled   |                  |                                      |
| Round Four  | Term 1, Week 7  | Friday, March 8    | BYE                                    |
| Round Five  | Term 1, Week 8  | Friday, March 15   | Kalinda P.S. vs. Great Ryrie P.S.    |
| Round Six   | Term 1, Week 9  | Thursday, March 21 | Kalinda P.S. vs. Antonio Park P.S.   |
| Catch-up Seven | Term 1, Week 10 | Thursday, March 28 | Kalinda P.S. vs. Holy Spirit P.S.    |

Each week will see some teams playing at ‘home’, whilst others play ‘away’. The facilities available between the two schools will dictate which teams are required to travel. A bus has been pre-booked for each Friday to cater for the away teams. It will depart (for ‘travelling’ teams) as soon after 9:00am as possible. The bus will return to Kalinda P.S. at approximately 11:00am.

N.B.: During Term 1, students in the Alternative Sports Program will be undertaking a seven lesson sequence in Table Tennis, facilitated by Simon and Jo of HWATT (Health, Wellness and Table Tennis [see: www.tabletennis.net.au]).

We would also love to see as many people as possible at matches to support our teams, so please put the above dates in your diaries.

ACTIVE AFTER-SCHOOL COMMUNITIES: Both the Little Athletics and Fencing programs are fully booked for Term 1.

Tuesday afternoons (3:45pm – 4:45pm): Little Athletics (Kelly Sports).

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Wednesday afternoons (3:45pm – 4:45pm): Fencing (Fencing Victoria).

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Term 2’s activities will be Ultimate Frisbee and Indoor Soccer (Futsal). I will continue to post information in the newsletter as those programs fall into place.

NATIONAL RIDE TO SCHOOL DAY: National Ride2School Day is only 3 short weeks away. It’s a day where students from over 1,500 Australian schools will ride, walk, scoot or skate, many trying it for the first time. There are many benefits to active travel, three great ones being:

- Riding to school will reduce traffic around the school, making the school trip faster
- Students will arrive at school alert and are more attentive in class
- Riding helps develop important life skills, in addition to increasing confidence.

For more Ride2School information, please visit http://www.bicyclenetwork.com.au/general/ride2school/.

Please feel free to see me should you have any questions about anything ‘From the Sports Desk’ this week! Thanks & Regards,

Steve Harvey
P.E. Teacher and Sport & AASC Co-ordinator
(03) 9876 3289
Dear Students and Parents,

The Kalinda Cross Country season has begun!

Students (particularly those in Grades 3, 4, 5 and 6) have commenced regular acclimatisation sessions to start to prepare their minds and bodies for House Carnival day on Wednesday, April 24.

In the weeks to come (and where weather permits), each student in Level 3 and 4 can expect to complete two acclimatisation sessions (i.e.: run, jog or walk the 2013 course) per week under the direct supervision of Kalinda staff:

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<th>Level 3:</th>
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<td>As a whole level following assembly on Monday mornings, and</td>
<td>As a whole level (at a time to be decided) each Thursday.</td>
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<td>As a class to begin each Physical Education session (each Wednesday).</td>
<td>As a class to begin each Physical Education session (each Tuesday), and</td>
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Please note that the idea of these sessions is not primarily to improve your child's cardio-vascular fitness (although that should happen to at least some small degree. Children's physiology does not respond in the same way that an adult body does!). The main idea of these sessions is actually to expose your child to the course often enough that they are not particularly daunted by it, and that they begin to understand 'it' (i.e.: where it is difficult for them and where it is easier for them) as well as their place 'on it' (i.e.: finding out what levels of performance they are capable of).

To maximise your child's opportunity to participate with confidence on the day of our House Cross Country carnival, I encourage all families to supplement these in-school acclimatisation sessions with a third session each week. For those families who have committed to the Premier's Active Families Challenge -- this is a perfect opportunity to rack up your 30 minutes of activity!

To this end, you will find (to right) a map of the 2013 course. It is my hope that, as a school community, we will 'trample' enough foot-traffic over the course in the coming weeks and months for it to become a permanent, community-friendly feature to add to Kalinda's already impressive multi-use grounds.

Please feel free to contact me should you have any questions about anything you have just read.

Thanks & Regards,

Steve Harvey
Physical Education and Sport
39-49 Kalinda Rd Ph: (03) 9876 3289
Ringwood F: (03) 9876 3202
VIC., 3134 ABN: 94 909 179 298

Maroondah & Manningham Division Coordinator
E: Harvey.Steven.J@edumail.vic.gov.au
M: (0417) 392 572
HEALTH NEWS

GASTROENTERITIS

There are currently a number of cases of Gastroenteritis at the school. Gastroenteritis is generally self-limiting and no treatment is recommended, however, this is a decision for the treating doctor. Given the high susceptibility of young children, it is essential that outbreaks of gastroenteritis are contained (keeping the number infected to a minimum) as quickly as possible by implementing the infection control procedures outlined in these guidelines.

Norovirus is transmitted from person-to-person by faecal-oral spread, via aerosolised vomit or by consuming food contaminated by an infected person. It is a very hardy virus and can survive in the environment for weeks and withstand freezing, heating to 60°C and weak chlorine solutions. The incubation period is thought to be 10–50 hours and symptoms, predominantly of vomiting, diarrhoea and abdominal pain, usually last for only 24–48 hours. As the virus passes from one person to the next, onset of illness in cases tends to occur over several days, rather than all at the same time.

Another virus, called rotavirus, also causes gastroenteritis and commonly infects very young children. Again, it is highly infectious and may cause outbreaks where numbers of children gather together. The incubation period for rotavirus is 24–72 hours and symptoms last for an average of 4–6 days.

**It is recommended that any children who have had Gastroenteritis stay at home until 48 hours after symptoms have ceased.**

Further information

For further information about exclusions mentioned in this document, please contact the Department of Health's Communicable Disease Prevention and Control Unit on 1300 651 160 or visit the website at [www.health.vic.gov.au/ideas](http://www.health.vic.gov.au/ideas)

HEAD LICE

There is also an outbreak of head lice across all levels of the school. We ask that all parents please check their child/ren’s hair for eggs and live lice very carefully as soon as possible and, if necessary, treat immediately. If children are found to have live lice at school it is a requirement that parents are phoned to remove their child from school until treatment has been done. A note to school is also required on their return letting us know that they have been treated. Please see the attached brochure on Treating and Controlling Head Lice.

WORKING BEE – SUNDAY 3rd MARCH

What a terrific day for a working bee! The weather was warm, very warm, and we had lots of families attend. Many, many thanks to the Chheang, Harwood/Noonan, Qi, Raftopoulos, Snellecksz/Vermont, Puckey and Norman families, with their mini-helpers, Peliza, Tyrone, Ben, Benjamin, Sebastian, Cody and Nathan.

A lot of work was achieved, including the redistribution of the soft-fall around our playgrounds, weeding and sweeping our beautiful new Japanese Garden, the cleaning and clearing of drain pits, whipper-snipping of the sensory mounds and around the water tanks, dead trees and shrubs were either removed or pruned back, the sandpits were spruced up and cobwebs in storage rooms swept away. The Kalinda road bike rack was repaired along with the bench seat, table shelving in one of the store rooms anchor, and old cyclone fencing and handrail near the vegie garden was removed.

We would like to extend a huge thank you to every family who participates at our working bees, as we simply could not keep our huge grounds looking as well-loved as they are without you.

We would like to say a massive thank you to Bryan Bennett and Ted Dugdale who have taken on another year with the Facilities Committee. Along with Steve Harvey, they are our frontmen for these productive days, organising the jobs that need doing and most importantly, making sure the BBQ is ready for hungry workers!

If you are new to the school or have not yet filled out the working bee slip to indicate your date of preference, please do so through the office. Many hands make light work and it’s always a great opportunity to meet other parents and for your children to get together. They love it.

THE NEXT WORKING BEE IS ON **Saturday, 23rd March**. See you there!! ☺
COMMUNITY NEWS

OFFICE NEWS

2013 Booklist Payments & Curriculum Contributions – A reminder that payment was due on Friday, 8th February, unless other arrangements were made. If you have not yet made payment, please do so as soon as possible.

A reminder to parents to complete and return all the “Beginning of Year” forms, ie walking excursions, DVD, mobile phones, media/photo and Internet Agreement permission forms, as soon as possible. Thank you.

Have your Contact details changed? If your contact details have changed recently, please let us know by note, email or phone call. This is very important in case we need to contact you in an emergency. The ‘Parent A’ mobile number is also used in our SMS text messaging, which is used in evacuations and other emergencies.

THERESA JARVIS
BUSINESS MANAGER

MEDICAL FORMS – Asthma & Anaphylaxis Plans

A reminder to parents of Asthmatic and Anaphylactic children to complete and return all necessary forms to the school as soon as possible. Thank you to those parents who have already done this. It is a legal requirement that these forms are completed and given to the school for processing.

ANNIE KOOPMANS

UNIFORM SHOP

Our Uniform Shop is located next to the Multi-Purpose Room at the front of the school. Opening hours are from 3 – 3.45pm on Monday afternoons. Order forms are available at the office if you cannot make it during these hours. If you have any queries, please contact us through the school on 9876-3289.

SHANNON & JO

STUDENT BANKING

Due to other commitments, we will not be able to start Student Banking until Wednesday 6th March. Our apologies for any inconvenience.

CASSANDRA HAMILTON

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Term 1 is a Sunsmart Term

Have you got your hat?

All students must be wearing a hat when outdoors before and after school, at recess, lunchtimes and during sports classes. If they are not wearing a school-approved Sunsmart hat students will not be able to participate in outdoor activities and will be asked to sit in the shade under a designated area.
“Kalinda Kafé”
Open Every Monday of Term 1

In the Stadium foyer straight after assembly.

Getting the Kalinda community together in a relaxed environment
to chat and catch up with other parents over a cuppa and yummy treat.

Babies, Toddlers and Pre-schoolers all very welcome!!
Toys, books and colouring available. Please note, all children must remain within the foyer area.

Gold coin donation will apply to cover costs only!

See you there…

The Kalinda Community Group

RECIPE OF THE WEEK!

Makes: 10
Preparation: 15 minutes
Freezing Time: 4 hours +

Frozen mini lemon cheesecakes

What you need:
- 10 Granita Biscuits
- 250g Spreadable Cream Cheese, at room temperature
- ½ cup Lemon Butter, plus extra to serve
- 500ml Vanilla Ice Cream
- 2 tablespoons fine chopped pistachios

1. Line 10 large muffin cups with paper cases. Place a biscuit in base of each case. Mix together cream cheese and lemon butter in a large bowl with a wooden spoon.

2. Scoop spoonfuls of ice-cream into a bowl and leave for 5 minutes to soften. Using a metal spoon, combine ice-cream and cream cheese mixture and immediately spoon into paper cases. Freeze for 4 hours or overnight until firm.

3. To serve, sprinkle cheesecakes with pistachios and if you like a good lemon hit, top with a small spoonful of extra lemon butter.

WENDY McLAUGHLAN
KALINDA CHEF
Tour dates
College tours will commence on Monday, 4 March through to mid-May. They will take place on most weekdays commencing at 9.15am. There will be one Saturday morning tour on 4 May, commencing at 9.30am in the College Library.

All tours will last approximately 90 minutes

Bookings are essential
Please contact the College on 9870 2002 to reserve a time
Tours depart from the Link Corridor adjacent to the General Office

2013 Information Night
Thursday, 2 May - 6.45 – 8.30 pm

Information sessions for Grade 6 families will be held in the College Hall at 7.00 pm (repeated at 8.00 pm)

Dindy Vaughan
B.A. (Hons) Sydney, M.A. Flinders
An enthusiastic and dedicated teacher, Dindy is keen to give every opportunity to youngsters to explore music in a friendly and positive environment.

Lessons engage the imagination and encourage learning in every possible direction. Some of Dindy’s past students have progressed to tertiary studies, eventually becoming professional musicians and also teachers, while many more have a lifetime of sharing and enjoying music with others in many different forms.

The love and enjoyment of music is the basis for all lessons. Youngsters are firmly encouraged, but not pressured, and most respond very positively.

Dindy also teaches both adults and young people in her home studio.

9870 3052
Violin, Viola, Cello, Piano
Basketball Clinic for beginners

Ringwood Hawks are running a beginners clinic for boys and girls starting to play basketball. The clinics will be held on Sunday the 17th & 24th March at Eastwood Primary afternoon and will run for 90 minutes.

Cost is $5.00 per session. For further information, please contact Joe Egan on 9879 98959.
School Holiday Fun at the RSPCA!

Calling all animal lovers!
If you go crazy for cats, dote on dogs or want to have some fun with farm animals, then the RSPCA Junior Holiday Program is the place for you!

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Information
2nd April - 12th April 2013
RSPCA Education Centre,
Barwood East

Please read our program information before making any booking.

Enquiries:
Ph: 8392 2284
E: Education department

Maroondah Magic Basketball Club Inc.
Free Training Sessions
Time: 4:30pm till 5:15pm for under 7 to 9
5:30pm till 6:15pm for under 10 upwards.

Where: KALINDA PRIMARY SCHOOL, Kalinda Road Croydon. 15th March
Where DORSET PRIMARY SCHOOL, Croydon 22nd March

Come and check us out and have a go before the start of the summer season. Basketball keeps children fit, enables them to learn valuable skills, make new friends and have fun. Maroondah Magic Basketball Club is a well respected club playing out of Kilsyth Basketball Association with over 600 members. Maroondah Magic prides itself on being a welcoming and friendly club for the whole family. Basketball is played indoors, game times are less than 1 hour, and fees are inexpensive.

We offer separate teams for boys and girls of all abilities, with 12 months played in a boys age group until under 14.

Girls games played on Tuesday or Wednesday nights.

No previous basketball skills necessary, just a willingness to “give it a go”. Learn basic basketball skills from our experienced coaches. For more information please contact the club direct on 9729 4740, visit our website or alternatively just turn up on the date ‘above’.

Remember to bring your basketball!!
SOCCER FOR JUNIORS

Our Soccer for Juniors program is specifically designed for boys and girls aged 3 to 8 trying the sport for the first time. Learn basic skills from experienced coaches using modified equipment. As sessions are held INDOORS places are limited and for the 3 and 4 year olds each child requires a parent helper each week. No uniform or special equipment is required for our programs and each child receives a soccer ball for them to keep.

Visit www.getactivesports.com.au for more information and our other sports and locations

Where
Great Ryrie Primary School Gym, Great Ryrie Street, Heathmont

Starts
Saturday the 20th of April
3 year olds - 9.00am to 9.45am
4 year olds - 9.45am to 10.30am
5 and 6 year olds - 10.30am to 11.15am
7 and 8 year olds - 11.15am to 12.00pm

Cost
$80 for 6 weekly sessions and a soccer ball for you to keep!

To secure your place, you MUST register by one of the following methods:

- Email - rego@getactivesports.com.au
- Phone - 1300 772 106
- Fax - 1300 672 823

When registering, please let us know the sport and location of your chosen program and your child’s name, date of birth and a contact phone number.

Once registered bring the completed, signed consent form and payment to the first session.

HEATHMONT SOCCER FOR JUNIORS CONSENT FORM - TERM 2, 2013

Name: .......................................................... D.O.B: ................................ Male / Female
School/Kindy: .......................................................... Email: ..........................................................
Phone (Home): .......................................................... Phone (Mobile): ..........................................................

Any relevant medical conditions/medication taken? ..........................................................

I acknowledge that I am required to stay with my child for the duration of each session and, if required, will administer any first aid. I hereby release Get Active Sports from any liability for injury incurred by my child at the Get Active Sports program.

Parent/Guardian Name: .......................................................... Parent/Guardian Signature: ..........................................................

Payment Method: Cheque / Credit Card / Cash

CREDIT CARD DETAILS

No: .......................................................... Expiry Date: ..........................................................

Cardholders Name: ..........................................................

Signature: .......................................................... Amount: $ ..........................................................

Please have correct money, make your cheque payable to Get Active Sports or complete card details above.
We missed only one thing last time…
YOU!!!

Messy church is a new fun interactive way of church for the whole family.

The Anglican Parish of Croydon Hills & Wonga Park
Invites you to Messy Church
It’s a once-a-month time of craft with a theme, worship and light dinner (food allergies taken into account if known).
It is a chance for the whole family to come together and explore the deeper things in life.
The next Messy Church is as follows

Date: Sunday 24th March 2013, (Easter Theme).
Time: 5.30pm.
Cost: A donation.
Where: St. James Anglican Church
21 Tecubika Rd
Croydon Hills.

For further details, please contact the Rev. Leroy Cooke on
9725-4043.
Looking forward to seeing at this exciting adventure!

Nth Ringwood Junior Football Club
Are looking for new players in the
U10, 11, & 12’s Age Groups
Come and join our Premiership winning group of boys
Free Footy Bag, Socks and Shorts for every new Registered Player
Coaches have been appointed and Pre-season has started at Croydon Hills Primary

Tues & Thurs 4:30 – 6:00
Contact Leon Hatton 0409951160
Or Peter Chamings 0419 693 097

“GO SAINTS”

Lachlan McLeLLan 5/6B

IS SHAVING IN
THE LEUKAEMIA FOUNDATION’S
WORLD’S GREATEST SHAVE
AND IS AIMING TO RAISE
$250

RECRUITING NOW!
We invite all children aged 5 years and up to audition for the Victorian Boys Choir or Victorian Girls Choir @ Tintern in Ringwood East on:
Saturday 16th March 2013

Choir Victoria Incorporated is a performing choir employing excellent professional music staff to give your child the very best musical tuition in an atmosphere of great fun and friendship.

For an affordable musical and wonderful lifetime experience for your child, contact us to arrange a booking for your child’s audition.
Contact: Sam 0417 531 120 or 805 0417 53 568 100
Website: www.choirvictoria.org.au
Email: admin@choirvictoria.org.au

BOOKINGS ESSENTIAL!
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.

Catching 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. This can happen when people play, cuddle or work closely together.

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 60°C) 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:

- pyrethrin
- synthetic pyrethroids (permethrin, bifenthrin)
- 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 caution 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 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.

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.

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 child care 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.

Further information

The following website offers further information:

The life cycle of head lice

Pediculus humanus capitis

The information in this pamphlet is based on the research conducted and written by Associate Professor Rick Speare and the team of researchers at the School of Public Health and Tropical Medicine, James Cook University.

Cover concept by students from St Patrick’s Primary School, West Geelong. Life cycle diagram courtesy of Nitpickers Qld.

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