Dear Parents and Carers,

Our Parent Information Evenings were extremely well attended last week. Teachers across our school reported that they had had very productive sessions with parents and shared lots of valuable information about how parents and carers can enrich and enhance the learning taking place in our classrooms. The partnership between school and home is extremely important and we want to thank those parents and carers who gave up their time to attend.

Chocolate and Lollies at School

Under the new ACT Public School Food and Drink Policy foods like chocolates and lollies cannot be sold at schools. As such students should not bring chocolate and lolly fundraisers to school to sell to friends and teachers.

This is a new policy and it is being enforced from 2015.

Thanks for your cooperation with the implementation of this Education and Training Directorate Policy.

Student Achievements

Eva, Archie, Tiana and Rebecca from Ms Hall’s Kindergarten class have written great stories and completed a terrific picture. They have taken great pride in producing their best work. It is fabulous to see their learning developing so quickly.

Tommy, Drish and Kai from Ms Boate’s Year 4 class have completed some great group work. They were challenged to survey their peers, develop graphs and present their findings neatly. The boys have critically analysed the data and produced some excellent work.

School Photos

School Photos will be taken next week. Notes will be going home this week. Please send the notes in with your children on photo day to give to their teachers, the front office will not be accepting notes or money as they have to go to the photographers on the day.

Preschool: Tuesday 3 March 2015 and Friday 6 March 2015 at Preschool.

Kindergarten-Year 5: Thursday 5 March 2015 in the Hall.

Year 6-10: Friday 6 March 2015 location to be advised.

Sibling /Family Photos: Thursday 5 March and Friday 6 March at B1 & B2, Thursday in the Hall, Friday location TBA. Details in next page
Sibling Photos

Sibling photos are available to all families, if you would like to have sibling/family photos please collect a siblings photo form from the front office or Fishbowl. Students will have to make their own way to the photographers at B1 or B2 on Thursday or Friday. Please arrange with your children to make a day and time to meet for this photo and to take the form and payment along with them.

Thank you Amaroo School

The Barkhadle family who recently travelled to Somalia & the Hope School in Bursalah would like to pass on their appreciation and gratitude to our students & parents for the generous donations of Soccer shoes.

The shoes were donated to Hope Primary-Middle School which is a school mainly for orphaned children in a town called Bursalah in Somalia.

Below are some photos. Thanks for your generosity.

As always, please contact the Deputy Principals; Benjamin Hall, Rebecca Turner, Sam Beattie, Tiffany Mahon or myself, to clarify any issue of concern to you. The whole school team at Amaroo School are committed to working with our community to ensure our students have the very best opportunities to learn.

Richard Powell

Principal
Amaroo School
Early Childhood

Preschool

We have all really enjoyed getting to know our Preschoolers over the past few weeks. They are settling in to the Preschool routines very well, and are beginning to make great friendships with their peers.

We appreciate all those parents who attended our ‘Preschool Information Night’ last Tuesday. It was wonderful to see lots of new families. We hope that you found this night beneficial and we answered some of the questions you may have had about Preschool. We’d really appreciate any feedback you may have for us.

It is great to see healthy lunches and snacks coming to preschool and thank you for taking the time to separate the lunch from the morning fruit snack. It makes the routine for lunch and snack so much more manageable for your child and we really appreciate your support with this. By now you should have a sense of how much your child is eating at preschool so you can adjust their lunch boxes accordingly. Please also remember to send your child with a water bottle. Water is the drink of choice at Preschool, so please no fruit boxes or milk drinks.

Each room will be hosting a welcome morning tea this week. Please check you class noticeboard for details and times. This is a great chance for you to spend some time in the classroom and to meet other parents in your child’s class. Please bring a plate to share.

Keep an eye out for our first Preschool Incursion. “Pete the Reptile Man” will be visiting Preschool during Week 7. These notes will be going home this week.

Kindergarten

Kindergarten has continued to enjoy learning through Investigations and other areas. A friendly reminder to check your child’s bag for notes which were given out last week. These included the Farm Excursion, Questacon Science Circus and the Kindergarten Term Guide. Please return excursion notes as soon as possible. Thank you to everyone who attended our information night last Tuesday. If you have any further questions, please speak to your child’s class teacher to make an appointment. Please also ensure your child has a hat to wear during B1 and B2. We look forward to a productive term of exciting learning!

Year 1

Term 1 is well underway and all students have settled into their learning routines very well. Thank you to all the parents and carers who attended the information evening last week. We hope it was beneficial.

In Number groups students are developing whole number awareness of numbers up to 100. Students have also started our History unit, Now and Then. Home learning and home reading has started and is an essential part of your child’s education. Thank you for your ongoing support with this at home. Please make sure your child brings a hat and a drink bottle each day as the sun is extremely hot during play times.

Year 2

The Year 2 team has been impressed with how well all the students have settled in to the start of the school year ready for learning. In the classroom, students have been learning about 2D shapes, narrative and different science experiments involving water. Year 2 will be hosting the whole school assembly on Friday of Week 5, feel free to join us. Thank you to all who attended the information sessions this week. It was a great opportunity to communicate our learning goals and answer any questions. As a reminder please continue to remind your children to bring their hat and fruit for their fruit break.
Year 3 Spotlight

3JRO have been practising their computer skills in the computer labs by logging into Mathletics to complete activities and carrying out research on a chosen Australian state or territory. Students were required to write three questions based on their chosen state or territory and through their research they discovered something about their topic they did not previously know. It is great to see such enthusiasm for learning new information relating to Australia.

3MIO have started their Celebrations unit for History by creating a beautiful artwork. In History students will consider different celebrations from Australia and its Asian neighbours and learn how to apply research skills to their learning. This artwork depicts one common way that events are celebrated in Australia and overseas, by using fireworks. Fantastic work, 3MIO!

Year 4 Spotlight

4KWU and 4TRU have been very busy investigating the topic of ‘graphing’ this term. Students have been using tally marks to collect data and presenting this data in a variety of different graphs including pictographs, column graphs and line graphs. After creating our graphs, we have been evaluating the features of graphs and reflecting on the data presented to make conclusions and identify areas for improvement.

Head Lice

There has recently been some cases of head lice in Primary School. Can you please check your child’s head for head lice. A Head Lice information brochure has been inserted into this newsletter for detection and treatment of head lice.
Year 5

Year 5 are currently exploring narratives and elements which make stories engaging to the audience. We have been using the ‘Bump it up!’ wall to strengthen the content of our imaginative stories. So far we have looked at purpose, structure and language features. Next we will investigate the themes, characters and settings which make narratives unique to the author. Please encourage your children to take risks with their vocabulary, we love WOW words! Bradly Karlov from SMRJ replaced the word ‘loud’ in his story with ‘thunderous’. Terryn Catterick from SMRJ replaced the word ‘hungry’ with ‘famished’. These changes have expanded the visual and auditory experience for the reader as well as improve year 5’s vocabulary.

Here are some Year 5’s ‘Bumping Up’ their work.

Primary Home Reading Program

Primary students are expected to borrow and read every evening. Some students select books from our Home Reading Bookshelf located in Unakite. These students are able to change their books every day except Friday. These books are based on the needs of the child so that they are reading books that are not too hard and not too easy. Teachers assess these levels regularly in the classroom. We would love assistance from parents of students in years 3-5 to swap these home readers. The process is very easy and usually only takes 15 minutes each morning. There will be a teacher present to assist you. If you are available to assist for just 15 min Monday to Thursday from 9:00am please join us in Unakite (Year 4 building). It is a great way to get to know others in our school community.

Middle School

We have had a settled start to the year across Middle School, with many positive comments from parents, staff and students. Thank you to those parents who attended our recent information evening. Communication with you is important as we work together to provide the best possible learning outcomes for your children.

Our day starts at 9am and students need to be in class at this time ready to learn. An explanation from parents/guardians is required for late students. We would really appreciate your support in this matter.

You should have received parent guides and assessment grids to keep you informed of what is happening in classes this term. Teachers are also sending home weekly or fortnightly emails (instead of a fortnightly update in the newsletter) to ensure we have regular communication with you. If you have not supplied an email address we would appreciate it if you could let the homeroom teacher know this if you would like to receive the weekly email.

Reminder: no skateboards, scooters and bikes etc are to be ridden on the school premises for safety reasons. Bikes need to be taken to the bike compound as soon as students arrive to school and skateboards and scooters will remain in the homeroom class from 9am – 3pm.

During the school day, if you need to get a message to your child, drop something off to them or have an appointment with a teacher, can you please report to the Fishbowl. We will deliver the messages or items to the students or we will issue a visitors pass for you if necessary. Again, these procedures are in place to guarantee the safety of all our school community.

Our day ends at 3pm and students are required to leave the school grounds unless they are involved in supervised after school activities such as After School Care or Dance classes.

We look forward to a fantastic year ahead.

Sam Beattie
Deputy Principal Middle School
Year 6

The Year 6 students have transitioned well into the Middle School over the past few weeks. The Year 6 teachers have been very impressed with the high quality work being produced in class.

The Senior/Middle School swimming carnival was a great success. Nearly all students participated and wore their house colours with pride.

We would like to thank all the parents that attended the information night on Wednesday. We hope you are now more informed about our learning goals and expectations of our Year 6 students. If you have any enquires or concerns please feel free to contact your child’s homeroom teacher. Additionally, we will now be contacting parents directly via email. Each fortnight we will be sending a newsletter which will include information about upcoming assessment tasks, school events and other general information. For those that could not make the information night, we have sent a form home with your child which requires your contact information (email address). Please return these forms as soon as possible.

Year 6 Languages: We have had a wonderful start to language classes this year. Hopefully your child has brought home their Language Perfect note. We are keen to use this program in our classes this year, so we would appreciate the $30.00 payment as soon as possible. This program is a wonderful way in which students can improve their language skills. Thank you to all the parents who have purchased the workbooks. We know that some are being ordered in and may take a little time – this will be no problem. If you have not purchased a workbook for your child, we ask that you do this as soon as possible. The details are:

French- all students should have already bought Primary French Workbooks 1, 2, and 3 - ISBN 978-1-876028-25-1

Year 7

Students are to be congratulated for such a positive start to the year. In English, students have commenced a unit called ‘The Art of Persuasion’. In this unit students will be learning about how to persuade others and learning about narrative structure. In Geography, students have been exploring maps and understanding what features all maps should have. This will then lead on to our Liveability unit. Students will use geography skills and terms to explore factors that make one place more liveable than another. The first unit of the year in Maths is Number. Students have been studying factors and multiples as well as place values. In Science, students have been excited to get their Bunsen Burner Licence. They are also developing scientific skills to work safely in a laboratory. Please remind students to bring a water bottle to school and to wear their hats outside everyday.

Year 8

The Year 8 team would like to thank all those who attended the Information Evening on Wednesday 18th February. If you were unable to attend and you have any questions about the year ahead please feel free to contact us. In English this week students are continuing to read a biography on Joan of Arc and completing activities around their reading. In History this week students have completed their first in class task on life in the medieval times. The students will then be learning about significant developments including the Bayeux Tapestry and the Battle of Hastings. In Maths students are continuing their study of positive and negative integers and will investigate the rules around index numbers. In Science students will have a progress test late in the week to assess their understanding of states of matter and physical and chemical properties.

Reading Room News

I am pleased to announce the Middle School Reading Room is now open for classes to use. Teachers will be able to book in times for their classes and individual students will be able to come along at B2 on Wednesdays to enjoy a quiet and relaxed space where they can read a good book.

If you would like to donate any second hand books, the students and I would be very grateful.

Alison Simmon

Head Lice

There has recently been some cases of head lice in Middle School. Can you please check your child’s head for head lice. A Head Lice information brochure has been inserted into this newsletter for detection and treatment of head lice.
Several students from the Diamond Gallery attended Berry Sports and Recreation Centre in NSW on February 10-12. Bradley, Ethan, Lachlan and Mitchell participated in activities like archery, swimming, rafting, flying fox and cooking marshmallows and damper during the nightly campfire. The students had a great and valuable camp experience.

Senior School

We are excited to see some of our Google Classrooms up and running and classes engaging in online learning in the Senior School. The delays we have had getting student log on information are being sorted out and more students are being able to access Google classrooms every day. If you have not brought back your child’s purple form to grant them access to Google Apps for Education, please make sure these come back ASAP so that we can continue to use these technologies to support your child’s learning.

Mr. Beecher is running two leadership programs for students wanting to expand their leadership skills and support other students. One will involve refereeing and coaching junior school sports during break times and the other will involve supporting other senior school students and teachers with the new technologies we have. If your child is interested in this, Mr. Beecher will have a sign-up sheet outside his staffroom.

Head Lice

There has recently been some cases of head lice in Senior School. Can you please check your child’s head for head lice. A Head Lice information brochure has been inserted into this newsletter for detection and treatment of head lice.
Language Perfect Years 6-10: Parents and carers should have received a note about their child’s Language Perfect subscription for 2015. We are starting to receive some payments which is great but we need all payments to be finalised by week 5. Language Perfect will be used this year to help students learn vocabulary in both French and Japanese. We will also be setting homework via this program. Your child’s subscription for this year costs $30.00 and includes entry into all competitions and events. Please return the note with payment to the Fish Bowl ASAP.

Japan Trip 2015: We are so excited about our Japan Trip this year. We have 15 students in Years 8-10 participating in this overseas excursion. Our next Information Evening is on Wednesday 25 February at 6.00pm in the Languages Room.

Japanese:

Year 6 Japanese:

Year 6 students have been learning about the different types of writing used in Japan. We also have been examining where Japan is in relation to the world and studying the geography of the country. Students are very keen to use Language Perfect and can practise their hiragana by using the program at home.

The workbook required for Year 6 is Hai 1 Workbook (Nice to meet you) ISBN 978-1-876209-85-8.

Year 7 Japanese:

Year 7 have been learning some Japanese for the classroom as well as revising their hiragana. Students can be practicing what they learn at home using Language Perfect. Please make sure your child has their Obento Deluxe Workbook (ISBN 978-0170181396). This is available from Chalk educational supplies in Philip, Office Max or from various online sources.

Year 8 Japanese:

Year 8 have been reviewing their hiragana script and have now started a unit on food. Students can be practicing their Japanese at home using Language Perfect. Please make sure your child has their Obento Deluxe Workbook (ISBN 978-0170181396). This is available from Chalk educational supplies in Philip, Office Max or from various online sources.

Year 9 Japanese:

Year 9 have been reviewing and practicing their hiragana and katakana script. We have also started revising some verbs from last year and have started unit 11 of the Obento Deluxe book. Students will need the Obento Supreme workbook for term 2.

Year 10 Japanese:

We have been learning to say where specific objects are in a room and all about Japanese houses! We are excited to be using google classroom to share information about our learning. Students will be using Language Perfect to revise the vocabulary for this unit.

French:

Workbook requirements for French are:

Year 4 French: Primary French Workbook 2 ISBN 1-876028-24-6

(all students should have already bought Workbook 1)

Year 5 French: Primary French Workbook 1 ISBN 978-1-876028-23-7

Year 6 French: all students should have already bought Primary French Workbooks 1, 2, and 3 - ISBN 978-1-876028-25-1

Year 7 French: all students should have already bought Primary French Workbooks 1, 2, and 3

Year 8 French: all students should have already bought Primary French Workbooks 1, 2, and 3
Year 9/10 French- nothing required

Year 9/10 French: In March, Year 9 and 10 students are competing in the Alliance Francaise ‘Semaine de la Francophonie’ language competition. They will produce creative responses around a selection of French language concepts. We wish them “Bonne Chance!”

Sport & PE

We had 2 fantastic swimming carnivals recently at our local venue this year, The Gungahlin Leisure Centre. Congratulations to all students who participated in these fulfilled days and to our many competitors who have made it to the next level to represent Amaroo School at the zone carnivals. The Primary Northside swimming carnival (12 years and under) will be on Monday 16 March 2015, Week 7; and the Senior Carnival (13 years and over) will be on 23 March 2015, Week 8. Notes for these will be going out soon.

There will be many sporting opportunities on offer for this semester. At the moment we are calling for expressions of interest for Secondary Schools Tennis. This will be happening on the 2 and 3 March 2015 at the Canberra Tennis Centre in Lyneham.

A message from your PE teachers to please come prepared for practical classes, with correct footwear- enclosed, lace up sneakers ; a hat, water bottle and change of shirt if necessary. With the warmer weather upon us, it’s great to see so many students playing sports at break times! Keep up the great work.

IMP Bands

Year 6 IMP band has now started. We rehearse on Tuesdays and Thursdays in the Onyx at 8:30am. Make sure you come with your instrument and music ready to practice and have fun!

Year 5 band is in the process of being formed. Stay tuned for more information!!

Pastoral care

Meet the Pastoral Care Team

Youth Support Worker- Matthew Taylor
Matthew has been working at Amaroo School since 2012. He is passionate about helping students to build skills to deal with difficult situations both in and out of school. Matthew has worked in variety of roles both in Government and the community sector before coming to Amaroo. Matthew continues to build and update his skills in Pastoral Care with learning new programs and formal study. He loves time-saving ideas, good discussions and eating well.

School Chaplain- Deb Horscroft
Deb has been working at Amaroo School since 2008. She is enthusiastic about providing support and a listening ear to students, staff and families at Amaroo School. Deb has a background in Psychology and Mental Health, and works Mondays and Wednesdays. Deb helps run programs for students to help deal with grief and loss, bullying, anger and anxiety. She is open to discussing spirituality and worldviews or chatting about favourite books and computer games. Deb is keen to promote her favourite charities: Operation Christmas Child and Days for Girls and loves cooking, singing, board games, reading and almost any kind of craft.

Chaplaincy services are available to any person, but students or parents can opt out of this service if they wish. There is more information about Chaplaincy available on the school website.

Continued next page
Defence School Transition Aide (DSTA) - Michelle Nazzari
Michelle offers support and information to students and parents from Defence families, focusing on Preschool to year 5. Michelle enthusiastically interacts with the school population through whole school activities and other events run by the Pastoral Care team. Michelle has experienced the difficulties of moving with her Defence family and has a background in teaching (junior, middle and senior), banking, office administration and law. Michelle runs Tuesday Defence Activities groups during B1 for K to 2 students and B2 for Years 3 to 5 students. Michelle can be found most Wednesdays from 9am until 12 at the Amaroo Angels sessions, where all parents are welcome to join us for a cuppa and help make resources to support the teaching staff.

Defence Transition Mentor (DTM) - Jo Farmer
As DTM, Jo’s role is to offer support and information to Defence students and their families. She also works closely with the Amaroo Angels and Pastoral Care team. Jo joined the Royal Australian Navy in 2004 as a communications sailor. She served on board HMA Ships Melbourne, Sydney and Kanimbla and filled instructor positions at HMAS Watson and HMAS Cerberus during her military career. She transferred to the Naval Reserves in 2012 after the birth of her son Xavier.
Jo will be running Defence Drop-in sessions for Year 6 to 10 Friday B1. These will be held in the Community Room in the library.

Duke of Edinburgh (DofE) Award Manager - Jamie Foster
The DofE International award is a youth achievement award offered in over fifty countries around the world and by a number of schools in Canberra. The Award starts with the Bronze level at 14 and consists of four sections, community service, skill, expedition and physical activity. Jamie is offering the award at Amaroo as both an elective and an extra-curricular activity and current projects include renovating the schools Unakite garden and also learning vehicle mechanics each week.

Pastoral Care Friday Morning Breakfast Club

Friday Morning Breakfast Club- 8:15-8:45am
For the past few years the Pastoral Care Team has been hosting an extremely popular Breakfast Club. This year we have had a change of location to the Junior end of the school, where we are serving up hot toast with butter, jam or vegemite; steaming bowls of porridge; delicious fruit juice and milo - all based in the practical activities room, where students can sit and chat while they enjoy this healthy start to the day - FOR FREE! Our younger students also enjoy meeting our friendly Senior School helpers who do a wonderful job each week!

School Psychologist News

Dear Parents and Students
Welcome back to 2015.
This year at Amaroo School the community has the services of three Psychologists. School Psychology is a separate, and quite unique, discipline within psychology requiring a breadth and depth of knowledge and skills to cover young children up to older adolescents. The role of a School Psychologist is to provide support and intervention on a range of issues that young people in schools experience. Requests for assistance range from mental health issues to educational and cognitive testing, and all the many varied parts in between. We are required to test and assess learning delays and learning difficulties, as well as to identify mental health concerns and refer when necessary.

School Psychologists work with students, parent and carers, and teachers in a variety of ways. Students may be worrying about school work, conflict with friends, being in trouble at school or just feeling "down". Parents or carers may seek advice from school psychologists about their child's school progress, educational options, including access to special education services, behaviour, and for information about help available from other agencies.

Each ‘big’ newsletter we will provide short articles on topics of interest. These articles will generally be written by external experts on different aspects of, for example, child development, behaviour, or parenting. If you have a particular interest and would like more information printed, please let us know and we will source some information for the school community.

If you have concerns about any aspect of your child’s development, or if you have a question to ask that may help you with your understanding of young people, we can be contacted through the front office, directly, or through your child’s teacher. School Psychologists provide a confidential service.
Do not touch, pick or eat any wild mushrooms!

Death Cap mushrooms are one of the world’s deadliest mushrooms and can be found across the Canberra region, usually in late summer and autumn. There have been four deaths and many poisonings in the ACT in the past 15 years due to Death Cap mushrooms.

In Canberra, Death Cap mushrooms often grow near established oak trees in mild, moist weather. Death Cap mushrooms have been found growing on school grounds in the ACT.

Parents and teachers are asked to remind children not to touch, pick or eat any wild mushrooms.

As the Death Cap mushroom can easily be confused with edible varieties, adults are also strongly advised not to touch, pick or eat any wild mushrooms. It is difficult, even for experienced collectors, to tell the difference between the Death Cap mushroom and edible wild mushrooms.

All parts of the Death Cap mushroom are poisonous and eating even a small amount of the mushroom can be fatal. Cooking the Death Cap mushroom does not make it safe.

If you suspect that you or one of your family members might have eaten Death Cap mushrooms, you should seek urgent medical attention at a hospital emergency department.

If you believe you have spotted a Death Cap mushroom, do not touch the mushroom with your bare skin. If it is in your own yard, the best option is to leave it be and make sure others stay away from the area. The mushroom will die in a few days.

If you believe you have spotted a Death Cap mushroom growing in a public area, please contact Canberra Connect on 13 22 81.

For further information on Death Cap mushrooms, download the fact sheet online at http://www.health.act.gov.au/publications/fact-sheets

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Fully equipped ballet studios in Amaroo
Ages 3 and up

Enquiries welcome at admin@gdance.com.au or visit our website for more information
Orientation Day: Saturday 7th February 9:12 pm at the studios, Amaroo School
Director: Jo McKinley RAD RTS 0411 099 040
Head Lice

Head lice are small parasitic insects that live mainly on the scalp and neck of their human host. Only humans get head lice and their presence does not indicate a lack of hygiene or sanitation. If taken away from the human scalp, head lice die within hours. This is because they must feed on human blood every six hours to survive.

What do head lice look like?

There are three stages in the life cycle of lice — the nit, the nymph and the adult.

Nits

Nits are eggs that are hardly visible, are often confused with dandruff, and are firmly attached to the base of the hair shaft. They appear oval and generally yellowish to white in colour. They take about seven to 10 days to hatch.

Nymph

Nymphs are baby lice, and look like adult lice but smaller in size. They mature into adults within seven days after hatching and feed on blood to survive.

Adult

An adult louse is about the size of a sesame seed. A louse has six legs and is light to brown in colour. Females, which are usually larger than males, lay nits. An adult louse lives up to 30 days on a person’s head.
What are the signs and symptoms?

In Australia, head lice are mainly a problem of annoyance and rarely cause any significant medical condition. In fact, many head lice infestations cause no symptoms at all, and probably less than half cause an itch. They are more of a nuisance, and often an embarrassment, to the person or family involved.

You can tell whether your child has head lice by looking closely through the hair and scalp for nits, nymphs and adult lice. The presence of adult lice and evidence of nits confirms positive infestation. The nits are tiny white specks often stuck near the root of a hair. You may also notice fine black powder on pillows. This is lice faeces. Other signs and symptoms that may occur are frequent head scratching, tickling, and itching caused by allergic reaction to bites which can become infected.

How are head lice spread?

Head lice are usually transmitted by close head to head contact with an infected person. Apart from hair, lice have been found on combs, hairbrushes and pillowcases.

However, these objects will only spread lice if they are used immediately after being used by an infected person. Recent scientific research has found that there is no risk of catching head lice from floors, carpet or bed linen.

Children are more susceptible because they are more likely to have close contact in homes, playgrounds, schools, kindergartens and childcare centres. Adults may become infested without being aware of it and can become a source of infestation to others.

Re-infestation of family members commonly occurs mainly because of close head to head contact.

How do I treat head lice?

Treatment options include a non-chemical treatment using the conditioner and combing method, natural treatments and chemical treatments. Treatment should only be considered when eggs or active lice are observed.

The conditioner and combing method is the easiest way to find head lice or eggs and remove them without using chemicals.

It is a safe and cheap alternative to other treatments and head lice cannot develop resistance to being physically removed.

Detection of head lice

To detect head lice you will need pale-coloured hair conditioner, a head lice comb (which is a fine toothed comb), an ordinary comb, hair clips, white paper tissues, an old tooth brush or safety pin. Follow these steps:

1. Apply enough hair conditioner to dry hair to thoroughly cover the whole scalp and all hair.

2. Using an ordinary comb and hair clips, divide the hair into several sections. Combing the hair with an ordinary comb can help evenly distribute hair conditioner and disentangle the hair, making the head lice comb slide through easily.

3. Change to a head lice comb and start combing a section at the back of the head first. Place the teeth of the comb flat against the scalp and comb the hair from the roots through to the tips.

4. Wipe the comb on the white tissue after each stroke and check the tissue and the comb for head lice or eggs. If the comb becomes clogged, use the old tooth brush or safety pin to remove the head lice or eggs.
5. Repeat the combing of every section of the hair at least five times. If any lice or eggs are found, your child’s hair should be treated using either of the two methods described below.

6. Wash hair thoroughly to remove all traces of the conditioner.

**Non-chemical treatment**

Using the conditioner and combing method for treatment – follow the steps outlined in the detection of head lice method described above and repeat the routine every second day until no more live head lice are found for 10 consecutive days.

There are other non-chemical methods which may be used to treat lice. They include herbal treatments such as tea tree oil. For all treatments, the instructions provided with the treatments should always be followed.

**Chemical treatment**

It is important to note that in a small percentage of cases, sensitivity to head lice treatments may occur and cause dermatitis, rashes or other adverse symptoms. Pregnant women and children under the age of six months should receive medical clearance before using any of the head lice treatments.

Always follow the instructions provided with head lice treatment products. You may wish to consult your family GP or your community pharmacist on the use of head lice treatments.

No chemical treatment kills 100% of the lice eggs, so treatment must involve two applications of the solution, seven days apart.

The first treatment is to kill the lice and the second treatment is to kill young lice hatched over the previous six days. It is important that only those family members and friends who have lice are treated with the solution, as unnecessary applications can lead to head lice becoming resistant to the chemicals.

**How do you tell if the chemical treatment worked?**

If the head lice product works, the lice will be dead within 20 minutes after the treatment is completed. Insecticide resistance is common, so you should test to see if the lice are killed by following the steps outlined below.

**Six steps to test resistance**

1. Wait 20 minutes after treatment is completed and use a head lice comb to comb the hair from the roots to the tips. Wipe combings onto a white tissue after each stroke.
2. Repeat this until the whole head has been combed at least twice and little treatment formulation is visible on hair.
3. Examine the tissue to see if lice are alive or dead. Check lice for movement (use a magnifying glass if you need to).
4. If the lice are dead (no movement), the product has worked and the lice are sensitive to the treatment. Re-treat in seven days.
5. If lice are inactive but alive (lice are stationary, but moving legs and antennae), regard them as sensitive and re-treat in seven days.
6. If lice are active (crawling on the tissue), the treatment has been unsuccessful.
Welcome to Canberra!

The Defence Community Organisation is hosting a family day and expo to welcome Defence families to the Canberra region.

Saturday 14th March 2015, 10am - 1pm at the ADFA Gymnasium and AFL Oval.

Info stalls, jumping castles, petting zoo, rock climbing wall, TMC Band, Yellow Brick Road competition, The Lollies Kids' Festival's Greatest Show, sausage sizzle & much more... Come along and enjoy the FREE family fun at the DCO Canberra welcome event! It is a fantastic opportunity to link in with a wide range of Defence and local community groups, sporting groups and to enjoy the variety of entertainment on offer. So mark this day in your calender and we look forward to seeing you there! (No sharp heeled shoes on gum floor will be allowed – please consider wearing flat shoes)

RSVP: info.carlton@defence.gov.au 62 626 8777 (Enter via the Gate 3)
LIKE: Defence Community Organisation on Facebook to receive updates and event info in your newsfeed.

DATE: 15th & 16th April 2015
TIMES: 9:00am - 2:00pm both days
AGES: 5-18 years old
COST: $100 for 2 days
LOCATION: National Hockey Centre, Lyneham ACT

To register please go onto the Hockey ACT website.
Registrations will close 5th April 2015
www.hockeyact.org.au/development/clinics
CREATIVE COMMUNITIES PROJECT

You might be able to assist with bringing more creativity, self-expression, fulfillment, and joy to your child and other children at our school.

In September last year, Majura and North Ainslie Primary Schools established a new, creative partnership with artists within their local communities including writers, musicians, dancers, visual artists, and theatre directors.

This partnership resulted in bringing to those schools new, exciting projects benefiting all involved – the students, the artists, and the broader community (Canberra Times article Bringing Artists to Schools, 22 November 2014, Panorama section)

Do you know any artists in our community, or are you perhaps an artist yourself? If so, please let us know, as we wish to organise a meeting with local artists to talk about all possible creative ideas that our school community might consider.

More detailed information about the project can be obtained by contacting Dr Jolanta Gallagher on 6262 8689 or jolantagallagher26@gmail.com
Archives after dark
Free family fun during Enlighten

Friday 27 and Saturday 28 February
Friday 6 and Saturday 7 March
6–8pm
(Archives open until 11pm)

Face painting | Balloon modelling | Model railways | Crafts

Drop in to the National Archives of Australia with the kids for FREE family fun during Enlighten. Find us on the fringe of the Parliamentary Triangle, corner of Kings Avenue and Queen Victoria Terrace.

Origami message boats | Friday 27 and Saturday 28 February
Make an origami boat with a special message. Then, wander down to the Reflection Pond near Old Parliament House to have your boat included in an illuminated performance by Trade Winds.

Model railways | Friday 27 February, Friday 6 and Saturday 7 March
Cheo choo! See these fantastic model railways in action and perhaps even drive one yourself!

Face Painting | Friday 27 and Saturday 28 February, Friday 6 and Saturday 7 March
Gecko Gang will be in the house with free face painting and balloon modelling.

A Ticket to Paradise? postcard crafts | Friday 6 and Saturday 7 March
Make handcrafted postcards inspired by the current Archives exhibition A Ticket to Paradise?

<table>
<thead>
<tr>
<th>Community News</th>
<th>Amaroo School does not necessarily endorse the products or services advertised.</th>
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<tbody>
<tr>
<td><strong>Please see more after school services for students and families and other items of interest in our Parents biz Directory through our Amaroo School App through your App Store on your mobile device</strong></td>
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<thead>
<tr>
<th>'Antoinette Karsten Art', Art classes and holiday workshops</th>
<th>Email or call Antoinette for more info. <a href="mailto:antoinettekarsten@hotmail.com">antoinettekarsten@hotmail.com</a> Mob: 0422693546</th>
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</thead>
<tbody>
<tr>
<td>Drawing, painting, sculpture, and lots of other fun projects to develop skills and confidence in our young creatives. Ages 10-16.</td>
<td>As a performance dance sport, calisthenics use costumes for stage work, which are extensively supplied through the club wardrobe. An invitation is extended to new participants to attend two obligation free classes. Additional information can be found on <a href="http://www.academycalisheinics.com.au">www.academycalisheinics.com.au</a>, with enquiries to <a href="mailto:info@academycalisheinics.com.au">info@academycalisheinics.com.au</a> or 62882858</td>
</tr>
<tr>
<td>Calisthenics is a dance sport, combining exercises with flexibility, dancing, marching, hand apparatus manipulation while dancing, and artistic/aesthetic dance, suitable for girls and boys. Classes are designed for specific age groups, 13 years and under, 10years and under, 7 years and under.</td>
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<tr>
<td>Gungahlin Dance Academy</td>
<td>Performance Team</td>
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<td>Exceptional dance training for all ages</td>
<td>Ballet examinations</td>
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<td>Fully equipped studios in Amaroo</td>
<td>Annual Performances</td>
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<td>Classical Ballet (RAD)</td>
<td>2014 USA tour</td>
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<tr>
<td>Contemporary</td>
<td>Ages 3 and up For further information and enrolment Details-Web: <a href="http://www.gdance.com.au">www.gdance.com.au</a></td>
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<tr>
<td>Jazz</td>
<td>Email: <a href="mailto:gdance@bigpond.net.au">gdance@bigpond.net.au</a></td>
</tr>
<tr>
<td>Tap</td>
<td>Phone: 6255 5204</td>
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<tr>
<td>Private Tuition</td>
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<tr>
<td>SOUTS = Adventure + Life Skills</td>
<td>Come and try Scouts today and take advantage of our 3 week FREE trial. Visit scoutsact.com.au to find your closest Scout Group or call 1800 SOUTS</td>
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<tr>
<td>Scouting is for boys and girls aged 6-25. Scouts participate in programs that encourage them to grow through adventure by experiencing new challenges, making new friends, building confidence, taking responsibility for themselves, and being provided with opportunities to explore their own abilities and interests.</td>
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<tr>
<td>Bollybody Yoga Classes</td>
<td>Come and experience the free first yoga class with your children on Saturday 7 February 2015 at Amaroo High School (Katherine Ave, School Library right side room) between 10:20 am to 11:30 am. More details Contact Nancy Williams on 0432 683 699 or <a href="mailto:bollybody@gmail.com">mailto:bollybody@gmail.com</a></td>
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<td>Are you looking for building up your bonding with your children, giving your children a lifelong technique of developing discipline, responsibility, self-health, relaxation, self-esteem, stress management, calmness, concentration and assisting them to excel in whatever they are doing? Testimonials can be seen on website: <a href="http://www.bollybody.com.au">www.bollybody.com.au</a></td>
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<tr>
<td>Do You Love Candles? Do You Love Home Decorating?</td>
<td>For more information contact Annette Gleeson Independent Consultant with Partylite on 0418 261 444 or <a href="mailto:lovecandles.annette@gmail.com">lovecandles.annette@gmail.com</a></td>
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<tr>
<td>Choose from a selection of quality candles in a variety of fragrances, shapes, colours and sizes, and beautiful candle accessories in crystal, wrought iron, porcelain, pewter and decorative florals and mosaics!</td>
<td><a href="http://www.anette.partylite.com.au">www.anette.partylite.com.au</a></td>
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<tr>
<td>Action Tae Kwon-Do</td>
<td>After progressing through our children’s program the children will have the required skills to join our adults program. Classes at Amaroo School Call Paul for information 0414 898 888</td>
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<tr>
<td>Action Tae Kwon-Do has children only classes so that your children are taught relevant skills in a safe environment. These children classes are for children aged 5 -12 years of age.</td>
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<tr>
<td>Bollywood Dance Classes for adults &amp; kids by</td>
<td>Special 6 week fee $65 for a term</td>
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<td>Canberra School of Bollywood Dancing</td>
<td>Please email <a href="mailto:canberrabollywood@bigpond.com">canberrabollywood@bigpond.com</a> to secure your spot.</td>
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<tr>
<td>A fun way to keep fit and Active!</td>
<td>More details on our website</td>
</tr>
<tr>
<td>Free trial class at Amaroo School – Monday 9 Feb</td>
<td><a href="http://www.canberrabollywood.com.au">www.canberrabollywood.com.au</a></td>
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<td>Adults &amp; Kids 7+ years - 6.30 to 7.30 pm</td>
<td>Find us on Face book – Canberra School of Bollywood</td>
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<tr>
<td>Venue – Amaroo School dance studio (downstairs)</td>
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| National Taekwondo | Classes at Amaroo School. |
| Our Children’s program offers a professionally designed age-specific curriculum that has been especially developed to teach children in a fun and enriching way. | All enquiries |
| | Phone 0414 898 888 |
| | www.nationaltaekwondo.com.au |

| Wildcats are recruiting for the 2015 ACT season | If you want to be a Wildcat, or would you like to sponsor the Wildcats, then PM us on Facebook or email us at gridiron@gungahlinwildcats.org |
| Is your new year’s resolution to try something new...What about Gridiron... | mailto:gridiron@gungahlinwildcats.org |
| Whether your 14 or 40, male or female, there’s a spot for you on the field... | |
| Don’t want to play, why not coach or officiate... | |
| Don’t know the game, we’ll teach you... | |

| Butterfly Wicks | For sales and orders please contact: |
| is a boutique business supplying candles and candle accessories to the Canberra region through local markets and direct sales. We have beautiful handcrafted quality candles using biodegradable materials. | Butterfly Wicks |
| | Shane Weise |
| | Mobile: 02 6241 9126 |
| | www.facebook.com/butterflywicks |
| | Butterflywicks@iinet.net.au |

| Piano Lessons: | --$31 per half hour |
| -Over 14 years experience in successfully teaching piano playing and theory | Please feel free to reformat/readjust as required or contact me for any questions. |
| -Canberra School of Music (ANU) trained teacher | Thank you and kind regards |
| -All ages welcome, from beginners to experienced | Diane London |
| -Preparation of all levels of practical and theory exams | 0414788380 |
| -Teaching from Classical to Modern styles | |
| -For students wanting to learn for fun, AMEB or other exams, performance or for school are welcome. | |

| JAZZY JUMPERS - Keep Fit, Let’s Skip | Our recreational group trains in the Amaroo School Gym on Monday evenings from 5–6pm (school term only and not on public holidays). |
| We teach boys and girls (up to 18 years) different rope skipping skills and tricks that are combined into routines and performed to music. This is done individually, in pairs and in groups of three or more skippers, either at a recreational or a competitive level. | For a FREE trial lesson or for further information, please email the club at jazzyjumpers@gmail.com |