



Hawkesdale P12 College & Community Newsletter

Telephone: 03 5560 7225

Email: hawkesdale.p12@education.vic.gov.au

No.6 - 8th March 2024

Upcoming Events

Monday 11 th March 2024	Labour Day Holiday
Wednesday 13 th March 2024	Responsible Pet Program P-1/2
Wednesday 13 th March 2024	NAPLAN starts
Thursday 14 th March	VCE Sovereign Hill
Tuesday 19 th March 2024	OPEN NIGHT -COLLEGE LIBRARY 7PM
Tuesday 19 th to 21 st March 2024	Advance Canoe Camp
Wednesday 20 th March 2024	P-6 Athletics Day
Thursday 21 st March 2024	School Council Meeting
Monday 25 th March 2024	Parent Teacher Interviews- Student Free Day
Wednesday 27 th March 2024	Secondary School Athletics
Thursday 28 th March 2024	RIST- Yr 9/10 Ag. - Focus on Wool -Hamilton
Thursday 28 th March 2024	Last Day Term 1 - 2.30pm Finish
For a more extensive list of events, please see the College's website, Facebook or Compass	

Parent Teacher Interviews & Student Work Exhibition

Monday March 25 11am-7pm.



Bookings are now open for Parent Teacher Interviews on March 25!

Families are invited to make a booking via Compass to meet for a chat with teachers about student learning and have a look at fabulous student learning that will be on display around the school! Students are highly encouraged to attend with their families. Coffee and other hot drinks will be available from Coffee with the Girls! ☺☺



BOOK NOW ➡



Principal's Report

08/03/24

What a busy week we have had at Hawkesdale P12 College!



Our annual **Investiture Assembly** on Wednesday morning featured a smoking ceremony and Welcome to Country with Peek-Whurrong elder Robe Lowe Snr, excellent speeches about the importance of leadership from our senior School Captains, the awarding of the new style of leadership badge developed by the Student Voice team in 2023, and a large number of students receiving recognition for taking on leadership roles at our school from Years 5 to

Student Leadership Investiture Ceremony

12. Mrs Butters reported back on the Student Leaders Congress held in Warrnambool earlier in the week, at which our Year 5-6 Congress Leaders began brainstorming and planning possible projects that would be of benefit to our school community. One of the themes of the Leaders Congress was taking the time to appreciate the little moments in our lives – the small things that make us smile and appreciate the people and happenings around us. I certainly took the time to enjoy the different moments of our Investiture Assembly; the kindergarten students waving their way through eucalyptus smoke, the sharing of culture and Country by Uncle Rob Lowe, the words of Ashley and Charlie on stage, and the pride on the faces of students being presented with their badges of leadership. A big thank-you to Leanne for her fantastic catering after the assembly at morning tea, also.



Students in Years 10 and 11 attended a Careers Expo in Warrnambool on Tuesday, organised by the Neil Porter Legacy – a not-for-profit careers foundation dedicated to exposing local students to a variety of careers throughout their schooling. The Expo featured a huge range of industry displays and presentations sourced from all over SW Victoria, and highlighted the variety of apprenticeships, traineeships, employment and training opportunities that exist in our corner of the state. Students were given plenty to think and talk about at the Expo, and these experiences will help to guide work experience preferences later in the year. Thanks to Mr Quinlan, Mrs Dart and Lachie for a great day out with our students.



I was also pleased to be able to invite three members of the ADF to our school on Wednesday to deliver a presentation about **career opportunities in the Australian Army, Navy and Air Force**, and to discuss their first-hand experiences of military life and work roles. This was a very interesting session, and senior students had many questions about enlistment, travel, overseas service, wages, which was the best branch of the ADF to serve in, and what would happen if Australia ever became actively involved in a military conflict. The website <https://www.adfcareers.gov.au/> is a great starting point for finding out more about how to access future careers with the ADF.

I am really pleased with the **displays of student art and design work** that are being created around our school at the moment; these displays highlight the creative skills of our primary and secondary students, and add lots of colour and interest to our corridor walls. A big thanks to Ms Vaughan, Ms Roney, Mrs Russell and Ms Regan for making this happen.

A reminder that **NAPLAN testing for students in Years 3, 5, 7 and 9 will begin on Wednesday of next week**, and will continue on into the following week. NAPLAN results allow teachers and families to see how students are progressing in literacy and numeracy learning over time, and allow schools to celebrate achievement and to plan for future improvement. It is worth remembering, of course, that NAPLAN tests are just one aspect of our school assessment and reporting process, and are not designed to replace the regular and ongoing assessments that are made in-class by teachers about student performance.

A reminder that our term one Parent-Teacher Day will be happening on Monday, March 25, from 11am to 7pm. Interviews will be held at school, and will be very much a conversation about how learning progress and behaviour is happening for each student in primary and secondary school; while this is a School Council designated pupil free day, students are of course very welcome to be part of this conversation. This year there will also be displays of student art and design work around the school, and an on-site coffee van for drinks and snacks as the day goes on. Bookings for our Parent-Teacher day are now open on Compass. To make a booking log into the Parent Portal and follow the prompts via your child/children's photo icon.



I was very pleased last week to observe the many nominations for the **four vacant Parent Member positions on our new 2024 School Council.**

There were actually more nominees than positions available, and as a result an election has been called to fill these positions. I'm aware that we have many new families at our school this year, and that some of the

nominating parents are new to our local community also. To assist and inform the ballot process, I have asked each of our nominating parents to introduce themselves in this newsletter, and to create a brief personal bio about who they are and what they value; please take the time to consider these bio's before casting your Parent Member votes. School Council ballot envelopes for vacant parent positions should have started arriving in family mail boxes this week. Please check through the voting instructions carefully, remember to place an X next to four parent names on the voting slip, and then **return the signed ballot envelope to school before 4pm on Thursday, March 14.**

There were several nominations for the single Student Member vacancy on our 2024 School Council also, and on Tuesday morning of next week John Espinosa, Aden Gilding and Sahara Davey will present speeches about why they would be great representatives for their fellow students; voting for students in Years 7-12 will then happen early next week. Well done to these students for being prepared to take on this leadership role within our school!

A reminder that **Voluntary Parent Payments can be made at any time to the office**, and that parents are very welcome to create payment plans over time to help with this. Voluntary Parent Payments provide much-needed funds to extend the learning and extra-curricular opportunities that we offer to our students, and assist to cover the cost of activities such as swimming programs, sporting events, cooking in the Food Studies Room, library resources, in-school ICT tech support, incursions and classroom supplies. Amanda is always happy to have a conversation about setting up payments and payments plans, and can be contacted via the school office.

Finally, **don't forget that Monday March 11 is the annual Labour Day public holiday**, in recognition of the successful 8-hour working day campaign that occurred in the 1850's; I hope that everyone gets to enjoy this day in their own way – and we'll see everyone back at school on Tuesday, March 12.

Regards,

Mr Ralph
Acting Principal





HAWKESDALE P12
COLLEGE

Parent-Teacher Interviews - Semester 1 Interim Reports
Student Free Day
Monday, 25 March 2024

Dear Parents / Guardians,

Parent-Teacher interviews will be held at school on Monday, 25 March 2024 in order to have conversations about student achievement, effort and behaviour as noted on Semester 1 interim reports, which will be available on Compass prior to the interview day. These interviews are a vital part of the learning partnership between parents, students, and teachers; they provide feedback about how students are progressing in their learning at this early stage of the school year and are a great chance to discuss ways in which this learning can be improved upon or extended as the year continues. We certainly encourage as many families as possible to take part in these interviews, and for students to add their voices to the conversation also.

Interviews will run from 11.00 am to 7.00 pm. Students are absolutely encouraged to attend interviews with their families so that they can play an active part in the conversation about their learning progress, quality of work completed, and strategies for future learning improvement.

Interviews will be held either face to face or by telephone. If you are not present at the allotted time for your interview, then the teacher will contact you by telephone. Please ensure that you are available to take the call and, as the teacher may be ringing you from a private mobile, be aware that it will present as an unknown number.

All parent-teacher interview bookings will be managed within Compass by logging on to the Parent Portal and following the prompts via your child/children's photo/icon to make interview bookings. Please let office staff know if you have misplaced your Compass log in details, or if you have any questions about the interview booking system, and we will quickly help out with getting you online and successfully booked for interviews.

Teaching staff will also be able to request specific interviews using the Compass system, which will appear on-screen when you follow your child/children's photo/icon to make interview bookings. Bookings for interviews using Compass opened this week, and will close at 9.00am on Monday, 25 March 2024. As per usual, interviews will last for 12 minutes, and with a 3 minute crossover time to travel to the next interview.

It is vital that interviews run to time so that the system operates smoothly; if more time is required, staff and parents should arrange another time to have a more in-depth discussion, either in person, over the telephone or via email. Please note the following:

If you would like to speak to a member of teaching staff but are unable to do so on the day of interviews, you are very welcome to make an appointment for a future time via the school as required. If there are any issues or queries regarding the upcoming parent-teacher interviews, please contact the office on 55607225.

Yours sincerely,

John Ralph
Acting Principal

Get to know our 2024 School Council Parent Nominees!



HAWKESDALE
P12 COLLEGE

I was very pleased last week to observe so many nominations for the four vacant Parent Member positions on our new 2024 School Council. There were in fact more nominees than positions available, which always results in a ballot to determine which parents will fill these positions. I'm aware that we have many new families at our school this year, and that some of the nominating parents are new to our local community also. To assist and inform the ballot process, I have asked each of our nominating parents to introduce themselves via the descriptions below, and to create a brief personal bio about who they are and what they value; a big thanks to Kylie, Tara, Alisa, Megan and Emma for being involved in this!

School Council ballot envelopes should have started arriving in family mail boxes this week; please check through the voting instructions carefully, read through the parent bio's below to help you to decide where you would like to cast your ballot, remember to place an X next to four parent names on the voting slip, **and then return the signed ballot envelope to school before 4pm on Thursday, March 14.**

Regards - Mr Ralph

Emma Abblitt:

Hawkesdale P-12 College is a diverse mix of old families and new arrivals. I have heard clearly that the Hawkesdale school community has high expectations of elected school council representatives. Previous members have been well-informed, and hard working.

My name is Emma Abblitt, and I am a 'new arrival'. My family and I moved from rural Tasmania to South West Victoria in early 2023. During my time in Tasmania, I served as a member and chairperson for multiple school associations and parents and friends committees. I am passionate about providing a voice to the aspirations and challenges of the Hawkesdale school community. I am willing to share strong opinions but remain welcoming and engaged, building long term collaborative relationships with staff, students, and the wider Hawkesdale community.

I feel privileged to have been able to serve the school community as an active member of the Hawkesdale P-12 College parents and friends committee and community connections group during 2023. I have the commitment and energy to fulfill the role of council member and intend to give it all my focus. I respectfully ask for your vote.

Regards,
Emma Abblitt

Alisa Renda:

'Alone we can do so little; together we can do so much'
- Helen Keller



**HAWKESDALE
P12 COLLEGE**

Greetings everyone. I am a parent of four children ages 5-12, with three attending the primary level at Hawkesdale P12 College. New to this school in 2023, our family moved from Lara (near Geelong) to expand our farming capability and raise our family in a rural setting. From June 2023, I was an active parent member of the Hawkesdale P12 College school council, drawing on my experience as College Captain in 1998 (showing my age) and bringing ideas to drive positive changes having transitioned from a large and successful primary school of 800 students. When I am not parenting, farming or coaching sport, I work as a public servant with the Department of Agriculture, Fisheries and Forestry, preparing for and responding to biosecurity threats through negotiation with national stakeholders. I strongly value leadership, teamwork and role modelling, striving to improve our way of life, through our children, community and work. I hope to continue parent representation on council, welcoming ideas, to challenge, progress and steer the college towards positive change. Thank you in advance for your consideration.

Regards
Alisa Renda

Tara Schebella:

Hello!

I'm Tara Schebella - mum to Sullivan (grade 1) and Audrey (grade 6). Our family has been warmly welcomed to Hawkesdale P12 College and we are keen to be involved in the community. When I'm not "mumming" I work part-time as a physiotherapist and we're in the process of building our own home. Shared vision, collaboration and hard work make great things possible. I have time and energy to share, I'd like to be of service to this small, but mighty school at the heart of Hawkesdale.

Regards, Tara

Kylie Habel: Dear Hawkesdale School Community,

Allow me to reintroduce myself: I'm Kylie Habel, proud parent and local business owner, and I am honored to stand for re-election to the School Council. With five children attending our school from Prep to Year 12, my dedication to our school community runs deep. For those who may not know me yet, I have been actively involved in various school activities and volunteering efforts over the past term.



As the owner of a home-based business here in Hawkesdale, I bring valuable skills in organization, communication, and problem-solving to the table. I am passionate about advocating for student wellbeing and ensuring that our school uniform reflects our values and fosters a sense of pride among students.

I am excited about the opportunity to continue serving our school community and working alongside fellow council members to make a positive impact on our students' educational journey.

Warm regards, Kylie Habel

Megan Rees:

Hi there my name is Megan Rees and I'm a mum of four children living on our family farm between Hawkesdale and Peshurst. After many years of homeschooling, Hawkesdale P12 welcomed us back with open arms when our oldest decided to do dual enrolment last year, and now full time this year. I am extremely grateful to the school and staff for making this transition back to school so easy on our family and would love to give back to the school by becoming part of the school council.

Regards,

Megan Rees





HAWKESDALE
P12 COLLEGE

Students and families
of students in Grade 5 & 6
are invited to ...

2024 Open Night

Tuesday
March 19th
@ 7pm in the college library

**A country college with a
country heart**

Our school offers...

- ✔ Small class sizes, allowing students to experience individual attention.
- ✔ An inclusive and caring learning community in which student wellbeing is a priority and your child is known and valued as an individual.
- ✔ A full range of subject choices for VCE, VM (Vocational Major) and VPC (Victorian Pathway Certificate) allowing pathways into university, TAFE training, apprenticeships and employment.
- ✔ Targeted numeracy & literacy support through tutoring and Middle Years Literacy and Numeracy support programs.
- ✔ Authentic opportunities for student leadership and voice.
- ✔ An emphasis on active learning in a wide range of programs, including Physical Education and Sport, Art, Product Design Technology and Visual Communications, Food Studies, ADVANCE outdoor education, the Hawkesdale Volunteerism program, Hands on Learning and a biannual school production.
- ✔ An extensive camps program that fosters teamwork, confidence and resilience.

Further information can be obtained by either contacting the school on 55607225, or by emailing to hawkesdale.pl@education.vic.gov.au



**Meet the
year 7
class of
2024!**

Respect

Responsibility

Resilience

HANDS ON LEARNING

A program supported by Save the Children



One down, 2 to go! The HOL group have acquired many skills in the past two weeks to create this new long jump pit. A lot of digging, raking, mixing concrete and a fresh load of sand have contributed to this amazing look.

Thanks again to the McRae family for donating the timber and they will soon have a canvas cover over them, custom made by Clayden Canvas.



HANDS ON LEARNING

A program supported by Save the Children





Grade 5 6 farm themed collages



Exploring the art element of space

Thank you to Ms Whitehead for taking these wonderful
photographs





Yr.9 Science Report

Should have gone to Spec Savers!!

Your eyes are in good hands as the next batch of budding optometrists practised their surgical skills on some bullseyes in science as part of a broader unit on the **Nervous System**.

The task involved cutting the iris from the eye and removing the lens.

Students got a bit of a surprise when the jelly like **vitreous humour** spilled out and revealed the inside of the eye including the **retina**.



Mr. Blackburn. Yr.9 Science

Student Leadership Investiture Ceremony

What a fabulous morning for student leadership at our school! Uncle Rob Lowe Sr and the Koorie Education Support Officers led a beautiful smoking ceremony to begin formal proceedings and Samuel performed an acknowledgment of country. This was followed by our student leaders being awarded with their badges for leadership roles ranging from senior and junior school captains, Student Voice class representatives, Skittles leader, sport and bus captains, student representatives on School Council and Grade 5/6 Leaders. It was great to hear from Charlie and Ash, our senior school captains, about what leadership means to them, and families, student leaders and staff enjoyed a delicious morning tea catered by Leanne!! A big thanks and well done to Mr Ralph and Mrs Butters for organising! Dare to achieve!!



Congratulations





ADF Careers Talk



This week the ADF careers team came to speak with students in years 10-12 about career opportunities in defence. A great opportunity for students to start and continue thinking about their post-school lives. Dare to achieve!



Student Leaders Congress

Six of our primary school leaders attended the Student Leaders Congress today at Deakin University. They heard from some inspiring leaders and were challenged to lead a project to solve a mental health and wellbeing problem in our community. Watch this space to see what they come up with over the next 6 months. 😊



CLOTHES SWAP

Dear parents and kids,
in week-9 term-1 on Wednesday,
our school's Environmental
Captain is hosting a clothes
swap.

Please bring in an old bag of
clothes. They can be too small
or too big but please note they
cannot be ripped.



Year 9/10 Agriculture

It has been a busy start to the year. Our first challenge was to understand what agriculture is. Students discovered that agriculture is way more than producing food and fibre, as important as that is. Agriculture can provide shelter, energy, environmental services and even pharmaceuticals.

We did some gardening, talking about how important organic matter is in holding moisture in the soil. We dug sheep manure and coffee grounds into the garden beds and planted some seeds.

We looked at the weather patterns that influence the weather here in our region and we learnt all about the AgVic climate dogs: Enso, Mojo, Sam, Indy, Ridgy and Eastie. We then researched the Gariwerd six seasons and the students taught each other about each of the seasons: Kooyang, Gwangal Moronn, Chunnup, Larneuk, Petyan and Ballambar. Callum summarised what he learnt really well, when he said, "The six seasons make much more sense because they're based on what actually happens with the weather, the plants and the animals instead of being based on a random (I think he meant arbitrary!) date on the calendar."

A number of the agriculture students went on the RIST Focus on Wool program to learn how to handle and shear sheep at a local sheep farm. They had a great time and were very proud of how many sheep they managed to shear over the two-day program. Chloe showed a real talent for throwing the fleeces – a benefit of having long arms, according to her classmates!

Right now students are writing a report about an experiment where they had to test the strength, the reaction to flame and the water absorption of different types of fabrics. Students were shocked to see that polyester fleece used in babywear melted without even touching the flame, while pure woollen suiting didn't change its structure at all, and simply smelled like it had been under an iron. The natural fibres tested were harder to burn than the synthetic fibres. We discussed why it is recommended that pure wool blankets be kept in cars during fire season and why marketing of synthetic fabrics to parents of young children is such a bad idea.

Ms Singh-Mahil





Get to know our new staff!!

This year we welcome Mr Eccles to our staff. This year he is teaching Year 7 Maths & Science and year 10 Maths, Science and Tutoring.

Join us in welcoming him to the Hawkesdale community!!



"Hi, I'm Nathan Eccles, I am currently teaching Science and Maths and I would like to share some information about myself. I was born and raised in Warrnambool and spent lots of time on weekends in Hawkesdale at my grandparents farm.

After finishing year 12 at Brauer College, I had a gap year and worked at Warrnambool Cheese and Butter before moving to Ballarat to go to university. In 2011 I received my Bachelor's degree in Physical Education and Health.

At the end of 2023 I left Australia and moved to London. During my 4 years there I worked as a teacher and travelled around Europe, visiting about 30 different countries. This is also where I met my wife, an Aussie who was living in London too. In June 2023, we welcomed our first child, Maximus James Eccles.

Outside of school, my passions lie in music and motorcycles. I have been performing as a guitarist and singer for the past 17 years and have recently purchased a motorcycle business that my wife and I run together."



Hawkesdale PS TheirCare wish to acknowledge the Gunditjmara people, the Traditional Owners of the land. We pay our respects to the local people for allowing us to have our gathering on their land, and to Elders past, present, and emerging.



Our day

We are offering breakfast and morning tea. Some stella group games, craft and whole lot of fun.

Pupil Free day

25/03/2024

With no classes because of the parent teacher interviews, we are offering a space for the kids to hang out and have some fun together.



Inquiries

If you are interested in booking for just the day or on going sessions please reach out via email or phone, I would be happy to organise enrolment.



TIMES

Before School: 07:00AM-09:00AM

After School: 03:30PM-06:00PM

CONTACT HEAD OFFICE



1300 072 410



info@theircare.com.au

CONTACT SERVICE



0499551295



Hawkesdale@theircare.com.au

Hawkesdale Hall Fleece Show 2024

The Hawkesdale Hall Fleece Show will be held on Saturday 16th March 2024 from 9am to 12 noon.

Come along and view the prize winners or buy a cake and something special from our stalls.

View the artwork created by students at Hawkesdale P12 College and the Hawkesdale Family Services Centre.

Could all donations of fleece be delivered to the Hall by Friday 15th March-ready to be judged.

We are once again having the Pet Fleece section, so kids be sure to enter for a chance to win a prize.

Hope to see you there.

Hawkesdale Hall Committee

Any enquiries to Cheryl 55607272



 **KOROIT LIONS**
WARRNAMBOOL
& DISTRICT
DRAG RACING ASSOCIATION

SWAP MEET
CAR SHOW

Victoria Park, Koroit, Vic, 3282
Saturday 23rd March, 2024

SWAP SITE ENTRY 6:30AM, PUBLIC ENTRY 7AM - 2PM FINISH

SWAP SITE - \$20.00 includes 1 x free entry

GENERAL ADMISSION \$5.00 PER PERSON

CHILDREN FREE

SITES ALLOCATED ON THE DAY

SHOW VEHICLE & DRIVER FREE

**SHOW FOR CARS/UTES, VINTAGE TRUCKS,
MOTORCYCLES & DRAG VEHICLES**

FULLY CATERED AND NO ALCOHOL

ALL PROCEEDS TO LOCAL COMMUNITY GROUPS

For information contact:
Willy Benter 0419 547 548
Paul Cleaver 0409 935 084
Facebook Messenger: Koroit Lions

HIRE
AUSTRALIA >>>



BOOK
BUNNIES

HOP INTO COLLINS BOOKSELLERS BY
27TH MARCH
TO PURCHASE A BOOK AT 25% OFF
TO PLEDGE TO A LOCAL CHILD IN NEED





They're Back

Dear Parents/Guardians/Carers,

It has come to my attention that some students in the school may have head lice and I seek your cooperation in checking your child's hair this week.

Head lice do not transmit infectious diseases – they are transmitted by having head to head contact with someone who has head lice. You may be reassured to know that head lice are commonly found in places other than at Hawkesdale P12 College. Head lice are common in school-aged children and are the most adaptable of creatures. They have survived living solely on humans for 10,000 years!!!!

What can you do?

I seek your cooperation in checking your child's hair and in those instances where head lice or eggs are found, treating your child's hair.

Please see the attached pamphlet *Treating and Controlling Head Lice*, from the Department of Human Services. This pamphlet has informative guidelines regarding detecting and treating head lice and eggs.

How do I treat my child for head lice?

The attached pamphlet (as noted above) has informative guidelines regarding detecting and treating head lice and eggs. The school also has additional information available regarding treatment and controlling head lice. Please don't hesitate to contact Amanda on 55607225 to obtain this information.

If head lice or eggs are found on your child's hair you need to inform:

- the school and advise when the treatment has started, via the *Action Taken form* on the back of this letter.
- parents or carers of your child's friends so they too have the opportunity to detect and treat their children if necessary.

When can my child return to school?

Health regulations requires that where a child has head lice, that child should not return to school until the day after appropriate treatment has started. Please note, this refers only to those children who have live head lice and does not refer to head lice eggs.

Hawkesdale P12 College is aware that head lice can be a sensitive issue and is committed to maintaining your confidentiality.

Kind regards

John Ralph
ActingPrincipal

Treating and controlling headlice

health

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:

- Buying and using a head lice lotion or shampoo, following the instructions on the product
- 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:

- pyrethrins
- synthetic pyrethroids (permethrin, bioallethrin)
- organophosphates (malidison or malathion)
- herbal with or without natural (non-chemical) pyrethrins.

Insecticide resistance is common, so you should test if lice are dead. If they are, treat again in seven days using the same product. If the lice are not dead, the treatment has not worked and the lice may be resistant to the product and all products containing the same active compound. Wash off the product and treat as soon as possible using a product containing a different active compound. If the insecticide has worked, the lice will be dead within 20 minutes.

Any head lice product could cause a reaction and should be used with care by women who are pregnant or breastfeeding, children less than 12 months old and people with allergies, asthma or open wounds on the scalp. If you are unsure, please check with your pharmacist or doctor.

Head lice 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.

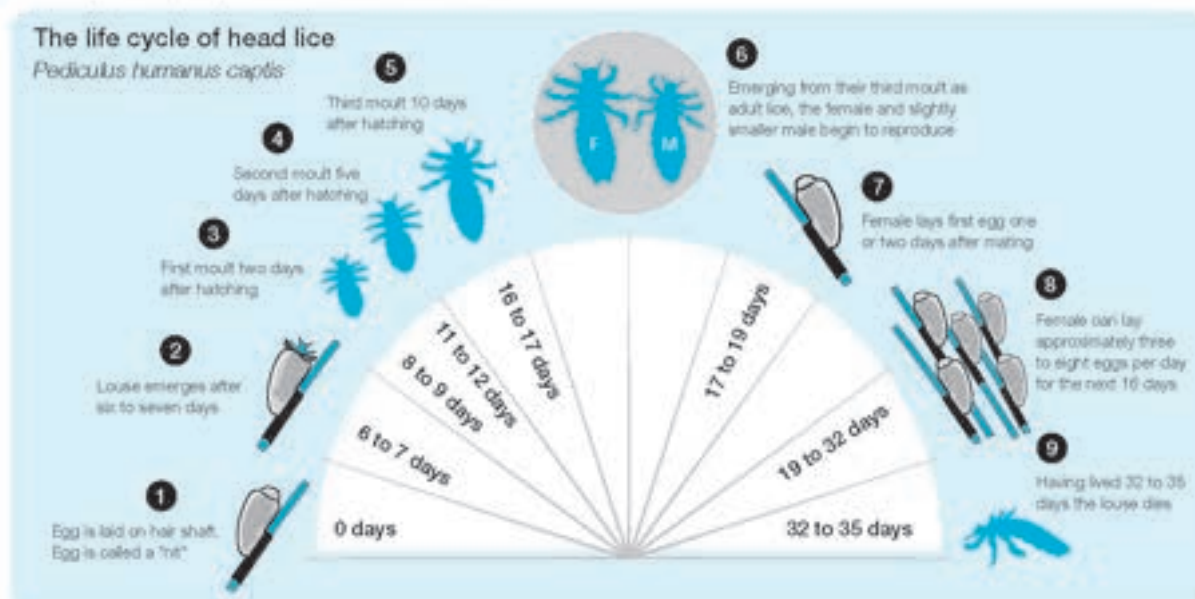
The department recommends a child with head lice can be treated one evening and return to school or children's service centres the next day, even if there are still some eggs present. There is no need to miss school or child care because of head lice.

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:
www.health.vic.gov.au/headlice



The information in this pamphlet is based on the research conducted and written by Associate Professor Rick Speare and the team of researchers at 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 Ltd.
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NEW
HAWKESDALE P12 COLLEGE - 2024 Canteen Menu-Term 1

Recess and Lunch

Mini Chicken Wrap (Chicken breast, lettuce, light cheese in a soft tortilla)	\$2.20
Chicken Mini Muffin Pizza	\$1.80
Ham, Cheese Mini Muffin Pizza	\$1.80
Ham, Cheese and Pineapple Mini Muffin Pizza	\$1.80
Egg and Bacon Muffin	\$3.00
Hash Browns	\$1.00
Sweet Chilli Chicken Tender	\$1.80
Toastie	\$3.00
Party Pies / Sausage Rolls	\$1.80
Homemade Slices / Muffins / Banana Bread	\$1.80
Homemade Biscuits	\$1.20
Truffles	60 cents

Lunch Only

Angel Bay Light Beef Burgers with Salad	\$6.00
85gm Canteen Approved Chicken Burger with Salad	\$6.00
Salad Roll or Sandwich with or without Meat	\$6.00
Salad Tubs with or without Meat	\$6.00
Sandwiches - selected fillings – must be pre ordered	\$3.00
Vegie Burger - with lettuce, tomato ,beetroot, cheese and mayo on a wholemeal roll	\$6.00
Sweet Chilli Chicken Wrap - with lettuce, tomato, mayo and cheese	\$6.00
Chicken Crackles and Wedges	\$4.00
Beef Pies	\$4.50

Drinks

Water – 600 ml	\$2.00
Nippys Flavoured Milk – 250 ml - Strawberry or Honeycomb or Chocolate or Coffee	\$2.20
Fresha Juice – 250 ml Apple or Apple & Blackcurrant or Orange	\$2.20
Nippys Flavoured Milk – 375 ml Strawberry or Honeycomb or Chocolate or Coffee or Banana	\$3.20

Fresha Juice – 500 ml
Apple & Blackcurrant or Orange \$3.20

Frozen Yoghurt or Icy Poles – lunchtime only

Lemonade Icy Poles \$1.30
Zoooper Dooper – Maximum of 2 – Temp must be over 25°C 50 cents
Dixie Cups \$2.30
Frozen Yoghurt \$2.30

Chips

Chips (28 gms) - Honey Soy or Sea Salt or Salt & Vinegar \$1.20
Snaps (28 gms) \$1.20

**fresh
TASTES**
healthy food at school



Monday, Wednesday and Friday at Recess Dim-Sims \$1.00



Monday	Homemade Pizza	\$3.00 per slice
Tuesday	Quiche Lorraine with Salad	\$6.00
Wednesday	Baked Potatoes	\$6.00
Thursday	Chicken Asia Salad	\$6.00
Friday	Roast Chicken & Gravy Rolls	\$6.00

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 ● Closing date for School Council nominations	2
4 ● Candidates and nominators posted for School Council	5 ● Student Leaders Congress - Select students in Year 5/6 ● Careers Expo Years 10 & 11 ● Student Leaders Congress- selected Yr 5&6	6 ● Student Leaders Investiture Ceremony and Morning Tea	7	8 ● P-6 Assembly	9
11 ● Labour Day Public Holiday ● Labor Day holiday	12	13 ● Responsible Pet Program P-1/2	14 ● VCE Sovereign Hill	15	16
18	19 ● Advance Canoe Camp ● College Open Night	20 ● Advance Canoe Camp ● P-6 Athletics	21 ● Advance Canoe Camp ● School Council meeting	22 ● P-6 Assembly	23
25 ● Parent Teacher Interviews- STUDENT FREE DAY	26 ● Hawkesdale Community Book Club	27 ● Secondary athletics day	28 ● Last day of term 1 ● Last school day of term1 ● R2ST- Yr 9/10 Ag class. Focus on Wool - Hamilton	29 ● Good Friday	30