Swimming Carnival
Thanks to everyone for a great day! Congratulations to all of our participants – we have heard stories of very tired children on Friday afternoon due to all the races they entered! It was a very relaxed and happy day, with our qualifying students heading for more serious competition tomorrow at the Peel Valley Carnival in Nundle. It was a very close competition for our champion house of the day ... with Oakvale taking the trophy!

50m Champions...
Senior Girl – Samantha O’Neill, Runner-up Shaynelle Mangan,
Senior boy – Harrison Bracken Junior girl – Shyann Donachiue

25m Champions...
Senior Boy – Lawson Hague, Senior girl – Jessica Waterhouse
Junior boy – Travis Tongue Runner-up Byren Waterhouse
Junior girl – Esther Cooper
Minor girl – Lillian Bracken Runner-up Caitlin Tongue
The Wyatt Mangan Encouragement Award – Miriam Cooper
The Laura Harris Encouragement Award – Lillian Rumbel
A special thanks to Jodie Thompson (as usual) for capturing many special moments with her lens. Some photos are on the back page and many more are on our school website!

Parent Information Evening & P&C meeting
It was great to see the turn out on Monday night – some regular faces and some new ones too! Thanks to Mr Mac for cooking the BBQ. We will put the classroom information presentation on our website for those of you who were unable to come. Everyone is welcome at our next P&C meeting on Monday, 14/3, 6:30pm.

Northern Daily Leader Photos
On Tuesday, our Kindergarten and Year 6 School Leader students were photographed by the Northern Daily Leader photographer. The School Leader photographs will be published in the paper on Tuesday, March 8 and Kindergarten on Thursday, March 10.

Bus Contacts
For any urgent matters regarding transport, you are able to contact Mark Campbell (owner/ driver) on 0427 541225 & John McDonald AKA Mr Mac (driver) on 67642366.
In case of emergency, they can also be contacted on their radio - Channel 23.

Merydyth Raue - Principal
Primary Schools Hockey Development Competition

Term 1 2016

- 100% school based teams - wear school uniform
- 5 week duration commencing 23rd February 2016
- Tuesday afternoons from 4pm at the Hockey Centre
- Modified hockey format for maximum participation and enjoyment
- No charge to students, playing equipment provided.
- Own mouthguard and shinpads recommended.
- Hockey club contacts will assist your school with coaching and organisation
- All students from Year 3-6 welcome, no previous experience required.
- Develop a player base for PSSA State Knockout or National Primary School Games
- Utilise one of Tamworth’s premier sporting facilities.
- Fully supervised and insured by Hockey NSW
- Sporting Schools NSO endorsed coach
- Development, fun and fitness focussed

**Funding opportunities** are available for this competition via Sporting Schools Grants. Click [HERE](#) to apply for a Term 1 Sporting Schools Grant for your school.

For **further information** on the competition or funding please contact Steve Littlejohns (Tamworth Hockey Development Officer) on 0438 627 299.

Your local hockey club contact will be in touch in Term 1 2016 to assist with your school team.
Head Lice in Schools
Head Lice infestation is a common problem throughout the world in all socioeconomic groups. Considerable myth and misinformation surrounds head lice and their management. Studies have shown that around one in four primary school aged children in Australia have head lice.

NSW Health does not recommend excluding children with head lice from school due to the following reasons:
• Head lice are not known to transmit diseases.
• Exclusion from school or childcare is not an effective way of breaking the cycle of head lice infestations.
• Head lice eradication is most effective if the whole school community works together to treat the infestation, for example running the Nitbuster program.

For further information on how to best tackle head lice in schools, please see Nitbusters. (Information sourced from the DoE & NSW Health websites)

Treatment
Daily combing of white hair conditioner using a fine tooth comb is effective in getting rid of head lice and eggs (nits)

School communities may need to hold 'check and treat' or Nitbuster days where everyone learns about and starts treatment on the same day. See the NSW Health website for more information about Nitbusters and for standard forms that schools can download and reproduce for organising a Nitbusters Day. These forms are also available in translation.

Tips for parents in reducing the spread of head lice
As infestations are particularly common in primary schools, it is best to choose a treatment that can be used over time. There is no single solution to eradication, only persistence.
• Regularly check your children’s hair
• Teach older children to check their own hair
• Tie back and braid long hair
• Keep a fine tooth head lice comb in the bathroom and encourage all family members to use it when they wash their hair.

PIANO LESSONS at school on Tuesdays with Mrs Cooper have started for 2016 AND there are places available for new students. So if you have a piano or keyboard at home and your child would like to learn, please let me know either through the school or by phone: 6769 0352

K,1,2 students have a 20 minute lesson at a cost of $10 per lesson and students from years 3-6 have a 30 minute lesson at a cost of $15 per lesson.

SUPA CLUB will start up again next Tuesday at Lunchtime. We hear a Bible story and discuss what we learn from it, sing songs, pray, play games and have loads of FUN! A signed permission form is required for your child to be able to attend and these will be available at SUPA Club next week.

If you have any questions, please don’t hesitate to call me – Kathrine Cooper  67690352

Garden News
Our garden still has a lovely variety of tomatoes to be picked, as well as silverbeet, spinach and eggplant. Thank you to the Cooper family for looking after the chooks over the holidays. The children are excited to have them back at school.

Healthy News

Why reduce television time?

- studies have shown we use less energy watching TV than sitting still
- TV influences the food choice of kids – Australia has a high rate of food advertising during children’s viewing hours
- TV replaces time a child can be active and enjoy physical activity
- there is an association between TV watching and being overweight
- 40% of children 5 – 12 years report watching an average of two hours or more of television or videos a day.