Important dates:

Sept. 8th Prep Excursion – Snugglepot and Cuddlepie
8/9th Grade 1/2 Camp
9th Footy Colours Day (P& 3-6)
9th Grade 3-6 Camp final
9th Premiers Reading Challenge finishes

Sept. 12th Regional Athletics
13-16th Grade 3-6 Camp
16th Last Day of Term -2.30pm
3rd First Day of Term 4
6th PVF Meeting 8.50am
21st Athletics Day
30th Golf Day

Oct.

CLASSROOM AWARD WINNERS

Kaiya – For enjoying her reading time and doing a great job learning and using her colour words
Matthew – For persisting with tasks that may initially be challenging
Ben – For working hard on his handwriting using our new coloured lines
Alex – For showing a great work ethic and completing tasks on time

SCHOOL VALUE AWARD WINNERS

Shania – For being a caring and responsible grade member. Shania is able to work with everyone
Meg – For being a cooperative and organised member of the class
Abigail – For creating games and joining in with others in the yard
Nadia – For showing responsibility by independently completing homework projects

GOLDEN BRUSH
Well done to Grade 2/3/4.

HOUSE TROPHY
Well done Campaspe.

SPELLING AND READING AWARD WINNERS
Well done to our spelling and reading award winners for this week.
SIDELINE BASKETBALL CHALLENGE
Today our Grade 3-6 students participated in the Bendigo Schools Sideline Basketball Challenge.

PRINCIPAL’S REPORT

SCHOOL BUS
The School Bus will be used to transport Gr. 3-6 students to and from camp next week. The School Bus will not be running on Tuesday morning before school. If this causes a difficulty for your family’s travel arrangements next week, please contact the school. The school Bus will run as normal on other days.
*A reminder that the drop off times on Friday afternoon will be an hour earlier than normal because of the 2.30pm dismissal.

FOOTY COLOURS DAY
We will be holding our annual Footy Colours Day and Golden Boot Competition on Friday 9th September. Students are encouraged to wear the colours of their favourite football team to school. Mr. C will be conducting the Golden and Pink Boot kicking competitions for Prep & Gr. 3-6 as well as some matches for each grade level.
Our Grade 1/2 students will be on camp at this time. Grade 1/2 students will be having their own Golden and Pink Boot competition at the camp. They can bring along their favourite footy colours if they would like too.
PREP EXCURSION
Our Preps and their parents are off to a special performance of Snugglepot and Cuddlepie tomorrow at the Ulumburra Theatre.
A reminder that parents are responsible for organising transport for themselves and their child. You may wish to couple up.

Our plan is
9.00 Students come to school as normal
10.30 Students collected from school
11.00 Meet in Rosalind Park for a shared lunch – BYO (Fernery End –in front of Bendigo Senior Secondary)
11.30 Move as a group to Ulumburra Theatre for check in and be seated for a 12.00 start

If transport for your child is a problem - please contact the school.

JUMP ROPE FOR HEART
A big thank you and well done to all the students for their skipping during our Jump Rope For Heart day last Friday. As a school we raised an amazing total of $1642.15 that will go to the National Heart Foundation for research purposes. As a school, we appreciate the efforts of students and families to raise money for a good cause in amongst camp payments, pie orders etc and the normal day to day expenses of school and life!

GOLF DAY
The bi-annual Axedale School and Axedale Kinder Golf Day is on again this year on October 30th.
It would be great to have lots of teams involved from within our school community. Grab a few friends and make up a team. Entry forms will be attached to the Newsletter next week.

HEAD LICE CHECKS
Thank you to our head lice crew who carried a school wide check on Tuesday. Thanks to families for following up.
Please take time to check your child’s hair again before heading off to camp in the next two weeks and before returning to school next term.
Try these options to help:-
Comb conditioner through as per attached sheet
Or
Try this as a prevention:
2-3 drops lavender oil
2-3 drops tea tree oil
Place in a dark coloured spray bottle. Mix with water and spray on hair each morning.

MISSING FROM PREP ROOM
Alize’s birthday crystals that she shared for news have gone missing. Can all Prep families please check that they are not at home.

GRADE 3-6 CAMP
Students will have brought home yellow medical forms. We ask that these be filled out asap and returned to school. Please contact the school with any queries. If you are paying in instalments another payment is due tomorrow Friday 26th August. If paying in full, we ask for the final balance to be paid by tomorrow Friday 9th September.
VICTORIAN PREMIERS’ READING CHALLENGE

The PRC will close this Friday 9th September 2016.

We currently have 33 students who have registered. They have read 520 books so far. If you are still reading don’t forget to hand your completed checklist into Katrina in the office so your books can be verified.

NEW SHOOL APP

Thank you to those families who have already subscribed to our new school app. We are sure you will find it very useful when communicating with school and keeping updated.

Our old school app is no longer being kept up to date.

To download the app just visit the App Store for iPhones or Google Play for Android’s. Search for Updat-ed and from the menu select our school. We’ll receive your registration request and will need to approve you before your app is up and running.

So what will the app do?

The app’s great for us to send out alerts and reminders, and for parents you can use the app to access our school newsletter online, send absence notes and one of its best features being the ability to save events directly into your phone’s calendar.

If you are experiencing difficulty with your app please take a look at our Trouble Shooting Guide. Any further queries should be directed to: helpdesk@sponsor-ed.com.au

Please state the following in your email to helpdesk:

- Your school
- Name and email address
- Model phone/tablet
- Software version

We hope you enjoy being Updat-ed. Please let your extended family know they are also welcome to download this app also – we just need to know what child they are attached to.

BREAKFAST CLUB

Many thanks to those who have volunteered to help with Breakfast Club during Term Three.

Thanks also to our sponsors.

Thursday 8th September – NO BREAKFAST CLUB (Gr 1-2 Camp)
Tuesday 13th September – NO BREAKFAST CLUB (Gr 3-6 Camp)
Thursday 15th September – NO BREAKFAST CLUB (Gr 3-6 Camp)

FRESH FRUIT FRIDAY

Many thanks to those who have volunteered to help cutting up fruit on Fridays.

Friday 9th September – Marli Meerman & Tanya Czuczman
Friday 16th September – Hannelie Schutte & Melinda Pengelly

MICHAEL GROSS PARENTING RESOURCES

Our school is a member of Parenting Ideas. Visit www.parentingideas.com.au

This week’s attached article is “Parenting the family underdog”

JOKE OF THE WEEK

What do cows do on the weekend?
They go to the Mooooovies.

QUOTE OF THE WEEK

To begin… begin!
William Wordsworth

Lex Johnstone
Principal
CLASSROOMS
Last Thursday the Kinder students visited us for the Father’s Day Stall and to do some activities with the Preps. We had a great time and enjoyed working together and renewing friendships. We are looking forward to our Term 4 get togethers.

PARENTS, VOLUNTEERS & FRIENDS (PVF)

NEXT MEETING
Thursday October 6th 8.50am.

FORMS TO BE RETURNED OR ORGANISED AT SCHOOL

GR 3-6 CAMP – Medical forms to be returned ASAP & balance of payment due Friday 9th September.

COMMUNITY

BENDIGO BASKETBALL U/10 SUMMER COMP
Do you have a birth year of 2008 or 2009? Are you looking to play in the Under 10’s Summer competition commencing in October 2016? The Under 8’s competition provides a fun and enjoyable way of understanding the rules, giving children the perfect pathway into the Under 10’s competition.
Running each Wednesday afternoon from 4:00-5:00pm at Bendigo Stadium, at $5 per child per session.
Please contact Kelly Dunn, Junior Development Coordinator on 5440 6246 or at kelly.dunn@bendigostadium.com.au for information
Hi everyone
We have had great numbers in Junior registration to date & thank you to all those who have now registered. It’s not too late if you are looking to register please email through your son/daughter’s interest.

**In2 Cricket – MILO CRICKET** – Thanks to Jenny’s ELC, will commence Sunday 16th Oct 10am-11am finishing December 11th.
Rated in the top 10 programs participated in, come along & enjoy a great morning that will help develop not only their basic skills of cricket but the enjoyment of participating in a sport together with many other children of the local community & similar age. We have many boys & girls participating between the ages of 5-8 years of age.
We welcome previous or new participants where they receive a kit bag that includes a cricket bat, ball, hat, In2 Cricket shirt and drink bottle.
For further details concerning the season ahead please feel free to contact myself as the Jets Junior Co-ordinator - Brent Yates via email at [strathfieldsaye@club.cricketvictoria.com.au](mailto:strathfieldsaye@club.cricketvictoria.com.au) or by phone on 0434 730 711.
Thank you once again & we look forward to an exciting year ahead for everyone as we continue to develop our own great community through our Club.

Live local, play local

Regards
Brent Yates - Junior Co-Ordinator – SJCC
Join Coder Dojo

AGES 7-17

Registration
Bring yourself and a parent to the Discovery Centre between 10-11, Saturday, 8th September to register. First in first placed.

Contact
Twitter: @coderdojobend
Email: bendigo.au@coderdojo.com
Website: https://www.coderdojo.com/au/feature/31

WHERE
Discovery Centre
Bendigo

Learn about: Robotics - Coding - Scratch - Arduino - Raspberry Pi - Programming and much more!

Registration Essential—strictly limited to 24 spaces.

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ByB Fitness

Bookings held at the Arcade Hall.

Mondays (box fit) @ 9.30am & 11.00am
Wednesdays (cardio/weights) @ 9.30am
Fridays (box fit) @ 9.30am,

$10.00 per session with no contracts.
All Welcome.

Any queries, please do not hesitate to contact me.

I will be looking at starting night sessions again once daylight savings begins so if you’re interested in box fit but can’t make it during the day, keep an eye on my FB page or contact me so I can keep you updated on the new sessions.

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A Gymnastics Carnival is coming to town

Discount tickets on sale now!

15 - 25 September, Bendigo

Hi there sports fan!
Bendigo is set to come alive these school holidays with both the National Clubs Gymnastics Carnival and the Australian Aerobic Gymnastics Championships coming to town.

Gymnastics Australia would like to give all local school students and their families the chance to experience the entertainment of Gymnastics by offering a 10% discount on all tickets.

Tickets are available online at www.gymnastics.org.au

Promo Code: School

Where:
Laumbrina Theatre, Bendigo
Stadiums and Parks Victoria
Sports Centre

When:
15-25 September
For more information:
Visit www.gymnastics.org.au
Promo Code: School

Buy now

Enter promo code: School to receive the discount.
Purchase your membership online
WWW.TRYBOOKING.COM/KGXD

Further information available from
gm@bendigospirit.com.au

www.facebook.com/BendigoSpiritBasketball
@bendigospirit

**MEMBERS RECEIVE**
- Entry to all home games
- Invitations to Bendigo Spirit Members Day
- Weekly Spirit ENewsletter
- Priority access to home finals
- Discount on Bendigo Spirit Merchandise
- Kids membership includes discounted entry into games coached by Spirit Players

### Membership

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<tr>
<td>Adult Member</td>
<td>$120</td>
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<tr>
<td>Child Member</td>
<td>$50</td>
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<td>Concession Member</td>
<td>$55</td>
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<td>(full-time student, pensioner, people with a disability)</td>
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<tr>
<td>Family</td>
<td>$200</td>
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<tr>
<td>(two adults, 3 children)</td>
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Upgrade any membership package by another $50 to receive a personal designated seat at every Spirit regular season home game.

### General Admission

<table>
<thead>
<tr>
<th>Category</th>
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<tbody>
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<tr>
<td>Concession</td>
<td>$10</td>
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<td>Family (2 adults, 2 children)</td>
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Parenting the family underdog

Raising talented kids is relatively easy, but parenting children and young people who struggle can be a significant parenting challenge.

One of the unwritten laws of family life is that talent and ability are unevenly distributed between siblings.

In most families there is one child who seems to have more than his or her fair share of ability. Everything this kid turns their hands to – whether schoolwork, sport or socialising – is done successfully and effortlessly.

If you have such a child then there is a fair bet that another of your children struggles in the same areas. For these children, achieving success takes more effort and concentration than it does for their sibling.

Just as it is easy for parents to marvel at the talented child, it’s frustrating and, at times, heart-breaking to watch another child struggle to attain even mediocre levels of success at school, sport or leisure activities.

It’s harder still when you know that no matter how hard this child tries they just can’t be as successful as their sibling, who continues to get all the glory and accolades from relatives and friends.

As a parent it’s important to be realistic about what each child can achieve. Keep your expectations in line with their ability and maturity, and avoid making comparisons between siblings.

Here are some ideas to keep in mind if you are parenting a child for whom success at school, sport and other common childhood activities just doesn’t come naturally.

1. Be your child’s cheerleader
   Kids who have to work really hard to achieve need someone in their lives who is able to boost their self-confidence, particularly when they are struggling. Make a fuss over small successes so they can puff up their chests every now and then.

2. Focus your comments on contribution, improvement and effort
   It’s difficult praising kids when the results aren’t there but you can always focus your comments on their contribution to the team. Focus on things improvements shown in reading or the effort they are making at art.

3. Remember that persistence pays
   Children who persist learn an important life lesson – that is, success in most endeavours takes effort. Those kids who sail through their childhoods without raising a sweat can struggle when eventually they do have to work long and hard to succeed.

4. Help kids identify their strengths
   Kids are like niche marketers – they define themselves by their strengths.

   “I am a good reader” or “I’m sporty” or “I’m really good at art” are some of the labels kids will use. As they move into adolescence the number of options for success opens up, so help them find one or two areas that they enjoy and can easily achieve success in.

5. Don’t put kids on pedestals
   It is difficult living in the shadow of a superstar so avoid making a huge fuss over the achievements of a particular child – it makes life difficult for those who follow. Recognise results but balance that by focusing equally on the efforts of the others as well.

Raising kids who find life a breeze is easy. However, parenting the underdog who takes longer to mature or who must put in 110% effort to achieve is challenging for any parent. It requires parents to focus on kids’ strengths, be liberal with encouragement and have realistic but positive expectations for success.

Michael Grose

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.
Treating and controlling head lice

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 bound 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** Combs any type of hair conditioner on to dry, brushed (detangled) hair. This stuns the lice and makes it difficult for them to grip the hair or crawl around.

**Step 2** Now comb sections of the hair with a fine tooth, head lice comb.

**Step 3** Wipe the conditioner from the comb onto a paper towel or tissue.

**Step 4** Look on the tissue and on the comb for lice and eggs.

**Step 5** Repeat the combing for every part of the head at least four or five times.

If lice or eggs are found, the hair should be treated.

If the person has been treated recently and you only find empty hatched eggs, you may not have to treat, as the empty eggs could be from a previous episode.

Treating head lice

Treating head lice involves removing lice and eggs from the hair. There are two ways you can do this:

1. **Buy and use a head lice lotion or shampoo** following the instructions on the product.

2. **Use 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, bicoalithrin)
- organophosphates (maidison 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 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 crumplid sides and hatched eggs look like tiny boiled eggs with their tops cut off.

Regulations

According to the Public Health and Wellbeing Regulations 2009, children with head lice can be readmitted to school or children’s service centres after treatment has commenced.

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

Preventing head lice

Check your child’s head regularly with comb and conditioner. There is no research to prove that chemical or herbal therapies can prevent head lice.

Further information

The following website offers further information:


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

Cover concept by students from St Patrick’s Primary School, West Geelong. Life cycle diagram courtesy of Nitpickers Old. © Copyright Department of Health 2010. Authorised by the State Government of Victoria, 50 Lonsdale Street, Melbourne. November 2010. PH488. (10100013)