

# CONNECT



Lake Cathie  
Public School

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## CHRISTMAS CONCERT AT SCHOOL – SAVE THE DATE

Thursday 8 December, 6:00 pm

All students from all classes will perform as part of their class item at our very first Christmas Concert to be held in the School's outdoor basketball court area. We would encourage families to bring picnic blankets, camp chairs, nibbles and non-alcoholic drinks to help us celebrate another very successful year here at Lake Cathie Public School.

## STUDENT DROP OFFS AND PICK UPS

Thank you to those parents who when dropping off their children in the mornings wait with them until our morning playground duty teacher starts at 8.20am. This will help to ensure all children are appropriately supervised throughout the day.

A reminder also that the playground equipment is closed in the afternoons to avoid unnecessary congestion and confusion around bus time.

## UNIFORM POLICY AT LCPS

Please read through our Uniform Policy, included in this newsletter, to remind you of our agreed procedures as endorsed by our P&C. We take pride in our students and our school and know that our students will also learn to have pride in themselves and our school by following the simple requirements our uniform policy states. These policy guidelines are currently under review by the staff and P & C.

## YEAR 6 FAREWELL DATE CHANGE

We have changed the original date for our Year 6 Farewell to Monday 12 December as indicated in our term planner. These details have been altered in our calendars on our website and our LCPS Skoolbag App.

## SELECTIVE HIGH SCHOOL APPLICATIONS

Selective high schools cater for highly achieving academically gifted students who may otherwise be without classmates at their own academic and social level. These schools help gifted and talented students to learn by grouping them with other gifted and talented students, teaching them in specialised ways and providing educational materials at the appropriate level. If you would like to have your child considered for Year 7 selective high

## DATES TO REMEMBER

Thursday 27 October	<i>Futsal</i>
Friday 28 October	<i>Hot Dog Meal Deal</i>
Tuesday 1 November	<i>Kinder Orientation Day</i>
Friday 4 November	<i>County Fair Year 6 Fundraiser</i>
Monday 7 November	<i>Intensive Swimming commences</i>

## REMINDER CAMP MONEY DUE BY FRIDAY 11 NOVEMBER

school entry in 2018, you need to do so soon. The Selective High School Placement Test will be held on Thursday 9 March 2017.

Detailed instructions on how to apply online are available now in a printed application booklet and at [www.schools.nsw.edu.au/shsplacement](http://www.schools.nsw.edu.au/shsplacement). The application website opens between 11 October and closes on 14 November. No late applications will be accepted. The closest Selective High Schools are located in Newcastle and Grafton as well as many in Sydney.

## ORIENTATION DAY (KINDERGARTEN 2017)

We welcome our new kindergarten students for 2017 and their families to our Kindergarten Orientation day next Tuesday 1 November starting at 9.00am. We look forward to helping the new children grow and develop throughout their time at Lake Cathie Public School.

## DEFIBRILLATOR AT LCPS

We have finalised all Department of Education processes for installation of our defibrillator. It is located inside the western door of the hall inside a cabinet with an alarm. Students, staff and community users will be instructed as to the appropriate use and maintenance of the device. Many thanks to Miss Jesser for her leadership and organisation of this valuable piece of equipment. Thanks also to the Defib4Life team at Charles Sturt University and the Lake Cathie Medical Centre for their advice and financial support.

## INFORMATION ON THE TREATMENT OF HEADLICE FROM NSW HEALTH

Head lice are only found on the human head or hair. Head lice do not live on furniture, hats, bedding, carpet or anywhere else in the environment. Treating anything other than the human head does not eradicate head lice.

There are two main treatment options to remove head lice:

### Mechanical removal or 'comb and conditioner' method

What you need for this method:

- Normal comb to detangle hair prior to using metal lice comb
- Fine toothed metal lice comb (available from your local chemist or online)
- Conditioner - buy a cheap brand as you will be needing a lot of it, and preferably one that is white to make spotting the lice easier
- White paper towel

Mechanical removal involves applying conditioner to dry hair. Cover all of the hair with conditioner, detangle hair with normal comb and separate into sections. Then, using a fine long toothed metal lice comb, comb through the hair in sections. The conditioner does not kill lice but stuns them for about 20 minutes enabling easier removal. The long toothed metal comb will remove nits and the stunned head lice. Wipe the comb on a white tissue and check for any lice or nits. Keep combing until no more appear on the tissue. This method should be done every second or third day until no nits and lice remain, usually about 7 to 10 days. Please see the explanation below for more detailed guidance.

This method is the preferred way to detect and treat head lice because it is effective, does not contribute to insecticide resistance in head lice and also presents a low risk of skin irritation.

This method also helps manage head lice before they become established on the head. Simply keep a good head lice comb in the shower and every time your family washes their hair use the fine comb through the hair. This will ensure lice are "caught" before they lay too many eggs. If your children are old enough to wash their own hair encourage them to use the comb themselves. Or keep a comb handy to where you wash your children's hair and use it every shampoo.

### Chemical removal

What you need for this method:

- Normal comb to detangle hair prior to using metal lice comb
- Chemical treatment containing synthetic or natural insecticides that kill head lice (talk to your local pharmacist to identify the treatments containing insecticides)
- Fine toothed metal lice comb (available from your local chemist or online)
- White paper towel

If you choose to use a chemical treatment, remember to follow the instructions carefully. You will also need to comb through the hair to ensure the treatment is working. If you find dead lice it means the product has worked. If you find

live lice, the treatment has not worked. Don't be tempted to re-apply or over-apply the same chemical if it doesn't appear to be working. Instead switch to another treatment that uses a different chemical compound or use the 'comb and conditioner method' as described under the mechanical removal. It is very important that you repeat the chemical treatment in seven days to kill any newly hatched eggs as most chemical treatments will not kill the eggs (nits).

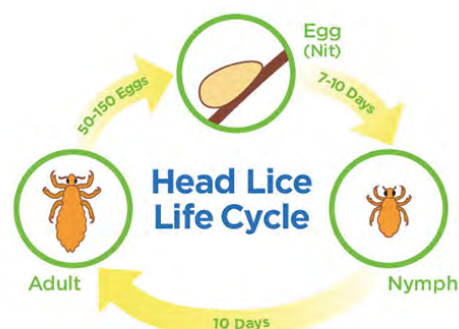
**Once your child is free of lice and nits, remember to regularly check with a fine toothed head lice comb and conditioner as described above. Early detection and treatment will prevent re-infestation of other family members and classmates.**

Choosing the right treatment for you or your child

Before you choose a treatment for head lice, consider the following:

- Mechanical removal is the preferred way to detect and treat head lice because it is effective, does not contribute to insecticide resistance in head lice and also presents a low risk of skin irritation.
- If you prefer to use chemical treatment, make sure that the heads you treat are infested with head lice.
- Registered chemical treatments that contain insecticides to kill lice are usually safe, but excessive use of other substances, such as home remedies and other insecticides, can cause irritation. Speak to your local pharmacist to identify the registered treatments that are safe for you and your child.
- Always read the product label before applying and use as directed.
- Natural products like tea tree oil are not recommended. If you don't want to use chemical treatment, use the mechanical removal described above.
- Do not use methylated spirits or kerosene on your child's head.
- Avoid treating babies with chemical treatment.
- Avoid chemical treatment on any scalp that is irritated or inflamed.
- Protect children's eyes when treating with any product.
- There is no preventative treatment available for head lice. Treating the whole family with chemical treatment as a precaution contributes to head lice becoming resistant to the products used.

Remember that you can help to reduce transmission of head lice by tying hair back or braiding and by checking your children's hair regularly.



## 2017 STUDENT LEADERSHIP TEAM

We will soon be starting the process of preselection, speechwriting and voting for next year's Captains and Prefects. Mrs McCleary has already begun discussions with our Year 5 students in preparation for this exciting process. More details to come in our next newsletter.

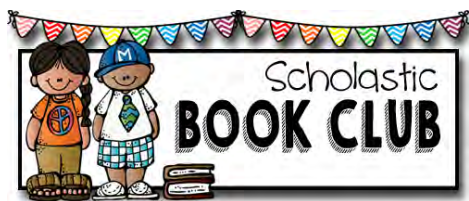
## PASSIVE PLAY AREA

We are trialling a passive play area on the artificial grass area near the playground equipment. For those students who would like a quieter alternative to cricket, soccer and basketball, we have construction, wellbeing colouring, chalk drawing, etc. each second half lunch break. We insist that children continue to wear their hats during this time. We have had three successful days so far. We are also in discussions with our older students to consider their interests in passive play type activities.

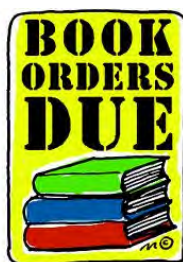
If your family has clean and well-kept items including Mobilo, Duplo, small cars etc. we would be interested in some donations if you could part with them. Nothing too small please. We need setting up and packing up to be efficient.

## P&C SURVEY

Congratulations to 1/2B for having the largest number of parent responses for the recent P&C Survey. A small "treat" will be coming their way soon! Thank you to all of the parents who responded to the P&C Survey. Great information was provided by a large number of our families. Great Spirit!



**FRIDAY 28 OCTOBER**



## CANTEEN ROSTER

Thursday 27 October	Eve Gillbanks	10-2pm
Friday 28 October	Toni Robinson	9-2pm
	Lauren Miller Amanda Crowe	12-2pm
Wednesday 2 November- Free Fruit Wednesday	Pamela Allen	10-11.30am
Thursday 3 November	Christie James	10-2pm
Friday 4 November	Linda Barnett	9-2pm
	Peter Jones	12-2pm

## BUS TRAVEL

YEAR 2 STUDENTS PROGRESSING TO YEAR 3 - 2017

Transport for NSW requires a new application for free travel from students who commence Year 3.

As of May 2016 Transport for NSW require all applications be completed online at

[www.transportnsw.info/school-students](http://www.transportnsw.info/school-students).

When you have completed the application forms for Year 3 2017 ensure all forms are signed and returned to school to be endorsed and sent to Transport NSW.

Do not send applications to Busways.

Parents of students deemed ineligible may apply direct to Transport for NSW stating their reasons.

Term passes will be available to ineligible students; parents may obtain the cost from their local depot during December/January holidays.

# ASSEMBLY AWARD WINNERS

## TERM 3 WEEK 2

Class	Student of Week	Work of Week	Class Award	Sport Award	Citizenship
KG	Lachlan Jones	Brooklyn Northcott	Madeline Morgan Tora Smith	Harley Holden	
KB		Blake Higgins	Talia Kapila Ethan Bouldin	Jake Savage	
1 P	Haidyn Taylor	Marli Carmichael	Caillen Cameron Charli Miller	Liam Henderson	
1/2 B	Mikayla Haste	Freya Briggs	Hayley austin Chloe Kapila	Reid Edmonds	Mikayla Haste
3/4 J	Laine Tougher	Korbin Giles	Xavier Owen Tilly Short	Brooke Instrell	
4/5/6 M	Kristan Arnold	Vincent Miller	Kayden Hill Isabelle Leiper	Hayden Wallace	



On Thursday 3 November at 12.30 pm Lake Cathie Public School will participate in the national 'Count Us In' program.

Count Us In is Australia's biggest schools initiative, where students across the country sing the same song, on the same day, at the same time.

This program aims to encourage young people to become passionate about music and music education.

The program song is written by school students each year and this song is the heart of the initiative.

Students from Lake Cathie Public School have been practising the song, 'Let it play' in music lessons.

The 2016 Count Us In song, 'Let it play' was written by students Stella Kelly (16, WA), Tom Meadows (11, VIC), Bonnie Staude (14, WA) and Breanna Truscott (14, QLD).

The song features a variation on 'Canon in D' by Johann Pachelbel.

Feel free to listen and sing the song at home accessible via the link below.

[https://www.youtube.com/watch?v=FMJgxt\\_kxbo](https://www.youtube.com/watch?v=FMJgxt_kxbo)

I am sure it will be a fun learning experience for our students.

Mrs Bailey







## **Year 6 FUNdraiser**

### **Lake Cathie Public School Fun Fair**

On Friday 4 November Years 5/6 are providing some fun activities to raise money for Year 6 to buy a present as a parting gift for the school.

There will be a variety of activities

Face Painting	=	2 tokens
Sponge Throw	=	2 tokens
Football Target	=	1 token
Wheel of Fortune	=	2 tokens
Soccer Shootout	=	1 token
Bottle Toss	=	2 tokens
Golf Putt	=	1 token



Money can be sent in to buy tokens prior to Friday 4 November. Just place money in an envelope with child's name and class on it.

\$1.00 will get 20 tokens but you can buy as many as you like. Year 5 and Year 6 can also buy tokens to spend at various stalls.

Thank you

Year 6 Fundraisers

Mrs McCleary



## What's News in 3/4J?

In 3/4J we have been learning about writing Alternate Rhyme and Limericks. We have had a great time experimenting with the different rules and features of these texts!

### School by Xaviar Owen

I go to Lake Cathie School,  
I think it's very cool!  
I play soccer at lunch,  
after I've had a munch  
because I am no fool.



### Bats by Noah Ray Cooke

There once was a ginormous bat,  
he was very round and midnight black.  
That bat ate large, oversized rats,  
because those rats were so slow and slack.

### Lamborghini by Ryan May

Red hot Lamborghinis cruising everywhere,  
Super awesome Lamborghinis at the fair  
Red, silver gold and green, Lamborghinis are  
so cool  
I'd ride my Lamborghini over to my pool  
I may not ever own one, but I don't really  
care!





## Trish's Family Day Care

Are you looking for a safe, fun, caring learning environment for your child? I have over 5 years experience as an Early Childhood Educator and I have my own children aged 11 and 15. I am registered with Hastings Family Day Care and I currently have vacancies for children 0-5 years of age between 8:30 am and 5:30 pm Monday to Friday. Call me Trish Joyce on mobile 0421 451 887 or Hastings Family Day Care on 6583 4660 for more information.



## Lake Cathie Children's Cottage

83 Kenwood Drive, Lake Cathie



**6586 3233**

[www.lakecathiechildrenscottage.com.au](http://www.lakecathiechildrenscottage.com.au)

**Long Day Care**

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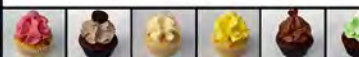
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Call 65812300 or email [lavive@laviveclassique.net](mailto:lavive@laviveclassique.net) for more information. Mention this to receive 10% off 2017 Annual Enrolment fee.



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**Andrew Jones**

m 0422 953 624

e [info@agjplumbing.com.au](mailto:info@agjplumbing.com.au)

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THIRD ANNUAL

# Bravehearts Mid North Coast BREAKFAST

Bravehearts™  
Education. Empowerment. Inspiration.  
Mid North Coast

## THURSDAY 24 NOV 2016

Port Macquarie  
**PANTHERS**

6.45am-8.30am

Tickets \$30

Special Guest  
Speaker

### CAROL RONKEN

(Director of Research & Policy Development  
for Bravehearts)

Previous Breakfasts and  
Other Events/Donations raised enough  
money to have 1400 local school children  
see the Ditto Keep Safe Adventure Show  
free of charge in August 2016.  
A great result of our fundraising.

RSVP: 10 November 2016

- braveheartsmnc@gmail.com - Louise - 0414 485 502  
- Erica - 0418 467 502 - Janette - 0418 837 683

*"make Australia the safest place in the world  
to raise a child"*



*Been working hard at school all  
year? Come in with Mum or Dad,  
show us your report and hand over  
this ad for a free Hot Chocolate*



### MILO CRICKET

**Milo Cricket** - \$75 starting Wednesday 19 Oct  
Come and try for free on the 1st day.

**T20 Blast** - \$100 For up to U11 typically which will be held at  
Laurieton on Monday afternoons starting 24 Oct to 12 Dec.

**U10** - Saturday Morning Cricket  
Final cost to be resolved but most likely \$20 extra for the T20  
cricketers. Training will be Wed nights same as Milo Cricket.  
Have 1 or 2 positions avail. It's a modified form of Junior  
Cricket.

**For parents** interested in Saturday afternoon cricket seniors  
training Tuesday and Thursday afternoons starting this week  
from 4.30 pm.  
Season kicks off 8 October. Part time and Full time player fees  
available.

Scott Moulds Ph / Mob 0427261992

## JUNIOR SPORTS FUNDRAISER

AT LAKE CATHIE BOWLING & REC CLUB  
45 EVANS STREET LAKE CATHIE

**SUNDAY 30<sup>TH</sup> OCTOBER FROM 10AM**

### \$10pp Includes:

Game of Bowls  
Nibbles  
Sausage Sizzle

### ALSO ON THE DAY....

Music on the Greens  
Raffles, Prizes & Giveaways  
Games & Competitions

All Funds raised on the day will be held in a fund to  
help eligible Sporting groups & Individuals with  
financial support

### North Coast Academy of Sport's AFL Trial Thursday 27 October at 4:30pm

We are looking for girls between the age of 12-16 and  
boys 12-14 (they can be turning 15 next year).  
It doesn't matter if they have never played AFL before  
or have played their entire life, they will be tested on  
their skills and physical fitness such as agility, speed and  
jump height.

Log on to [programs@ncas.org.au](mailto:programs@ncas.org.au) to register for the trial.

For any questions, please feel free to give me a call on  
0401 487 480. Scott Dalton Development Coordinator  
- Mid North Coast

### Gingerbread House Workshop Saturday 19 November 2016. 2pm



\$30 per kit - includes lolly bag and refreshments  
Maximum 3 people per kit  
Guest speaker

Tickets essential and available from church office  
Camden Haven Anglican Church, 2 Mission Tce, Lakewood  
6559 5036 // [info@havenanglican.com](mailto:info@havenanglican.com)





# Lake Cathie Public School

## UNIFORM Guidelines - October 2016

### The school uniform

The wearing of school uniforms by students will assist in:

- defining an identity for the school within its community
- developing students' sense of belonging to the school community
- providing an opportunity to build school spirit
- enhancing the health and safety of students when involved in school activities
- promoting a sense of inclusiveness, non- discrimination and equal opportunity
- promoting positive community perceptions of public education
- making school clothing more affordable for families by eliminating the risk of peer pressure to wear transiently fashionable and expensive clothes.

### Guidelines

- The school community expects students to wear the school uniform in a neat and presentable manner.
- Except for special events the sports uniform is only to be worn on our sports day of Friday.
- On formal occasions or excursions students must not wear sports clothes unless on a sports-related activity.
- No jewellery is to be worn, other than:
  - earrings which are (stud gun) studs or sleepers;
  - a watch;
  - plain gold or silver ring.
- The only hats permitted are those school hats that may be purchased from the uniform shop and canteen.
- Black polishable leather shoes with black laces, buckle or Velcro. Sports shoes (joggers) with sports uniform on Fridays.
- A student's appearance should not be a distraction to the learning environment.
- Hair bands, hair clips, ribbons and scrunchies are to be in the school colours of navy blue, sky blue and white or made from the girls' tunic material.
- Hair is to be worn in a neat and tidy manner. Hair dye or streaks are not acceptable. No dread- locks, mohawks, rats-tails, shaved patterns.
- No tattoos
- Make-up or nail polish is not to be worn

### Implementation

- The school uniform is to be neatly presented and in good repair at all times. No items of clothing that are not part of the school uniform are to be worn.
- Students who wear inappropriate clothing will be interviewed and have their parent/s contacted to discover the reasons for their non-compliance.
- Students who are out of uniform will not be permitted to represent the school or attend excursions or functions where a uniform is required.
- Students will be asked to remove inappropriate jewellery.
- Students will be asked to remove any make-up or nail polish.



**Lake Cathie**  
Public School

Child's Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Phone: \_\_\_\_\_

## Uniform Order Form

DESCRIPTION	PRICE	QTY	SIZE	TOTAL
<b>Polo Shirt</b> (girls & boys) <i>embroidered logo</i>	\$30.00			
<b>Shorts</b> - polyester rayon (boys) <i>"LCPS" embroidered</i>	\$26.00			
<b>Box pleat</b> gabardine shorts (girls) <i>"LCPS" embroidered</i>	\$35.00			
<b>Sports shorts</b> - polyester (girls & boys) <i>"LCPS" embroidered</i>	\$19.00			
<b>Jacket</b> - polyester cotton lining (girls & boys) <i>embroidered logo</i>	\$38.00			
<b>Winter Trouser</b> - polyester/rayon (boys) <i>"LCPS" embroidered</i>	\$30.00			
<b>Winter stretch trouser</b> - cotton/spandex (girls) <i>"LCPS" embroidered</i>	\$33.00			
<b>Winter Sports Trouser</b> - polyester/rayon (boys) <i>"LCPS" embroidered</i>	\$32.00			
<b>Girls tunic</b> Size 4, 6, 8	\$47.50			
<b>Girls tunic</b> Size 10, 12, 14, 16	\$50.00			
<b>Socks</b> Size S(6-11), M(11-2), L(2-8) <i>"LCPS" embroidered</i>	\$6.00			
<b>Hat</b> Size Small, Medium, Large <i>embroidered logo</i>	\$14.00			
<b>Backpack</b> <i>embroidered logo</i>	\$30.00			
<i>(Sizes available girls &amp; boys: 4,6,8,10,12,14,16)</i>			<b>TOTAL \$</b>	

### School Shoes

Black soled, black polishable leather upper school shoe

or

Black polishable leather trainer

**SPORTS DAY ONLY** - appropriately supportive sports shoe - any colour.