Acceptance  Respect  Commitment  Honesty

Principal Notes
Next week will be a busy time at school.

**Monday is Labour Day holiday but don’t forget that Family and Friends are hosting the Bingo night at Sale Greyhounds starting at 6:30pm.**

**Biathlon—Wednesday 16th March**

Our annual school biathlon will be held next Wednesday 16th March. All students will participate in a bike riding and a running event. Students are encouraged to bring their bikes to school so that they can be involved in training for this event.

Students will be competing for the Biathlon trophy and are encouraged to wear their house colours and sensible footwear.

**Procedure on day of Biathlon**

- Bring Bikes to school on the day and store in the bike racks.
- Bikes / Trikes to be walked to school oval by students by 9.15am and placed in the transition area with bike helmet.
- Junior program will commence at approximately 9.30am: Year 2 Boys / Year 2 Girls / Year 1 Boys / Year 1 Girls / Prep Boys/ Prep Girls
- Distances covered will be: Grade 2 – run 2 laps and cycle 2 laps. Grade 1 – run 2 laps and cycle 1 lap. Prep – run half a lap and cycle the other half a lap. Students in grades 3 – 6 will commence their Biathlon at 10.15am. They will be competing in the order from grade 3 up to grade 6. They will be running in grade levels with boys first.
- Distances covered will be: Grade 3 – run 3 laps and cycle 3 laps. Grade 4 – run 3 laps and cycle 4 laps. Grade 5 – run 4 laps and cycle 4 laps. Grade 6 – run 4 laps and cycle 5 laps.

Offers of assistance would still be greatly appreciated. Parents who have already offered assistance please arrive at the school five minutes before program commences.

**Wear Purple – Epilepsy Fundraiser**

Next Friday 18 March our student leaders are conducting a fundraiser to raise funds for epilepsy research. As one of our students, Lily, has been a beneficiary of past research this fundraiser is a way of showing support for Lily and her family and a way to help make a difference in the future.

Students are invited to make a gold coin donation to wear purple on the day. (All outfits and shoes must be sunsafe and within the school guidelines so no sleeveless outfits or thongs please).

At our student leaders will be running a cup cake decorating stall. Students may purchase a purple cupcake for $1 and may then ice and decorate their cake from a range of tasty toppings. Please note that students may only purchase one cupcake each.

**Mardi Gras Float**

Unfortunately due to lack of numbers we will not be entering a Mardi Gras float this year.
Family & Friends News

Major Raffle
Family & Friends are running a raffle and the major prize is a holiday to Queensland for 4 nights at Sea World Resort for 2 adults and 2 children, $1000 Virgin Airfares, unlimited entry to Movie World, Sea World & Wet’n’Wild Gold Coast. Tickets are just $2 each and it is drawn on May 20th. We do have a 2nd and 3rd prize which consist of vouchers and prizes. There is also for those families who do sell a compete booklet a chance to win a mini ipod, vouchers and more. All tickets need to be accounted for, so please, if you only want to buy a few and don’t think you can sell the rest of the book then please return to the school office. If you would like extra raffle books then please see the office. Thank you everyone and good luck.
1st prize valued at $2900.
Please see attached letter for more details.

Family & Friends meeting Friday 18th March after assembly in the dining room
Agenda:
Bingo Night Results
QLD Raffle update
Mothers Day
Shakespeare Festival

HDSSA Swim Team News
Congratulations to our team of seven swimmers, Madi, Riley, J, Trista, Teddy, Mathew and Kobi, who competed at Sale in the HDSSA swim carnival last Wednesday 2nd March. Everyone swam really well and were a credit to our school. We had one swimmer – Teddy – who progressed to the Wellington Division swim Carnival on Tuesday 8th March. Teddy swam in the 9/10 boys 50m breaststroke and came a very credible 4th. Congratulations to Teddy – an awesome effort.

The Gippsland Regional Swimming Championships will be held in Sale at the Aqua Energy Outdoor Pool next Thursday 17th March. We have one swimmer selected to compete which is very exciting. Good luck to Teddy Ripper who will be swimming in the Boys 9/10 50m breaststroke event. This is a wonderful opportunity for Teddy to swim against the very best primary school students in Gippsland. He has won his way into this event at school level, then District level, followed by Division level and now he is swimming at Region!! An awesome achievement. Go Teddy!!

Also a very big thank you to the wonderful parents who came along to support the students. We really appreciate your support.

Tri-skills at school
Last Wednesday the whole school was involved in a Tri Skills program. All students participated in a fun and skill based program which catered for all ages and abilities. Some of the skills included balance beams, sliding mats, inflatable jumping castle, parallel bars, mini trampolines.
**Cross Country**

**Advance Notice**

Our annual school cross country event will be held at the Knob Reserve on Friday 15th April, starting at 9.30am. This is the first Friday of term 2. It would be really beneficial if students could spare some time during their holidays to have a few practice runs to ensure that they have a reasonable fitness level prior to our event.

All students will be participating and will run in age groups. Distances will range from 1km to 3km for senior students. Parent assistance will be most welcome! If you would like to help out please let your child’s teacher know, Thank you.

**HDSSA Cross Country.**

The district cross country will be held at Heyfield on Wednesday 20th April. Our school team will be decided after the school cross country event.

**Young Leader’s Day**

On Wednesday the grade six students, Mrs Meredith and Mr Short went on a trip to Melbourne to go to the Melbourne Convention Centre for The National Young Leaders’ Day, also known as Halogen. We listened to four speakers, Nathan Dubsy Want, Dylan Parker, Harry Baker and Kate Austin, they were the main speakers. After the main speakers four panellist tried to convince us how to do the best job. After the 4 hour conference we were on our way to the station where we got Hungry Jacks to eat. We then went on a bus with two extra schools, one from Moe and the other from Traralgon. We got off at Sale train station and went home. By Blair

**Head Lice**

There has been a reported case of head lice at the school. How do you treat head lice effectively?

There are all manner of head lice formulations and shampoos on the market, as well as electric combs, nit combs and so-called “natural” treatments which can still contain chemicals.

The most effective treatment recommended by James Cook University and Westmead Hospital is the “conditioner and comb” treatment, which involves combing conditioner through an infestation and dunking all lice and eggs in hot water to kill them.

Store-bought head lice shampoos must be applied to all parts of the hair, ideally with the same precision with which a hairdresser applies colour to hair, doing it in sections and applying it close to the scalp.

No head lice product or insecticide currently kills all eggs, but is likely to kill the live lice. The problem is that eggs hatch at various stages of the life cycle and reinfestation occurs if re-treatment is not performed.

A complete getting rid of headlice regime consists of two treatments, a week or so apart. The first treatment kills the climbers, and the second kills the juvenile lice hatched from the eggs over the intervening week. In all head lice cases a second treatment is needed as no head lice treatment kills 100% of the eggs. So if the first treatment killed all climbers, at the second treatment one would expect only juveniles, hatched from eggs during the seven day period, and no adults. You must retreat on day 7 with the same product that worked on the first treatment http://www.kidspot.com.au/health/infections-and-diseases/parasitic/top-ways-to-get-rid-of-head-lice

**Clean up Australia Day 2016**

On Friday it was Clean Up Australia Day. The Garden Guru team from 2/3, 4/5 and 5/6 went down to the Apex Park. We had a good walk down to the park. We caught up with Christine and John from the Heritage Rail Trail and St Patrick’s primary school. We split into two groups. Our group went along the rail trail with John and we found lots of interesting things, such as tyres, cans, bottles and cardboard. In the afternoon it was really good that there was not as much rubbish found at school compared with last year. Thanks to everyone for helping. By Taleah and Tyra
Easter Raffle

Once again our school leaders are holding our annual Easter Raffle in support of the Royal Children’s Hospital Good Friday Appeal.

The cost of tickets are $1.00 each or 3 for $2.00.

We are seeking donations of eggs and Easter goodies for the hampers. For every donation your family will receive a free ticket into the draw.

The raffle will be drawn on Thursday 24 March at assembly at 2:00pm. Extra ticket books will be available at the school office.

Stratford Netball Club is looking for under 8 girls to play netball. Training is on Monday nights at the Stratford Football Oval and they play on Saturday mornings at GRSC. Cost is $130 for the season. If you would like to play or need more info please contact the coach: Molly Ross 0428 584 025.