



Quandialla Central School

"Together we provide opportunities to succeed"

Newsletter Tuesday, 19th May, 2014 (Week A No. 15)

Address:
Third Street
Quandialla 2721

Phone:
(02) 6347 1207
Fax:
(02) 6347 1248

Email:
quandialla-
c.school@
det.nsw.edu.au

Website:
[http://www.
quandialla-
c.schools.nsw.edu
.au/sws/view
/home.node](http://www.quandialla-c.schools.nsw.edu.au/sws/view/home.node)

**Relieving
Principal:**
Lisa Varjavandi

**Assistant
Principal:**
Wendy Robinson

**Head Teacher of
Secondary
Studies:**
*Cathy Rowland/
Anne Noble*

**School
Administration
Manager**
Robin Dowsett

**Parents and
Citizens
Association:**

President:
David Dixon

Secretary:
Leanne Penfold

Treasurer:
Catia Nowlan

Diary Dates – Term 2

May:

Thursday	22 nd May	Australia Biggest Morning Tea at QCS
Friday	23 rd May	Science & Engineering Day for Years 5 and 6 (Grenfell) Sydney Puppet Theatre – Kinder.-Year 4 (Grenfell) Lachlan District Cross Country at Forbes Racecourse
Monday	26 th May	QCS Athletics Carnival
Wed.	28 th May	Primary Debate at Forbes
Thursday	29 th May	Lachlan District PSSA Netball – Area Trials, Dubbo Stephanie Alexander Kitchen Garden – Cooking Lessons
Friday	30 th May	School Assembly – 2.30 p.m.

I'm Cooking with Jamie



Left to right: Brendan, Breanna, Hayley and Hayden all enjoyed being part of
Jamie Oliver's - Food Revolution Day.

JAMIE OLIVER

Every year, Jamie Oliver hosts Food Revolution Day, a day of action where thousands of people all over the world make a stand for the right to good food and essential cooking skills – and this year's Food Revolution Day fell on last Friday afternoon. The students, ably assisted by Mrs Rowland and Mr Hofman, created, and then ate, rainbow wraps.

BREAKFAST CLUB

On Wednesday, our school is beginning a daily BC with toast - vegemite or honey and Milo served in the canteen area from 8.35 – 8.50. We believe that breakfast is important in re-fuelling the body with energy and nutrients and kick-starting the day. If breakfast is skipped, the result can be feeling tired and lead to difficulty concentrating as well as behaviour difficulties throughout the day. Please encourage your children to attend.

STEPHANIE ALEXANDER KITCHEN GARDEN

Last Thursday I was invited into the Hospitality Classroom to see (and taste) the wonderful cooking that the Years 3 – 8 students, as well as Mrs Noble, Mrs Robinson, Mrs Rowland, Mrs Pfiecke, Mrs Harvey and Mrs Kessey had prepared. The students should be proud of their food preparation, their eating manners as well as one of the main aims of the program – trying food that they have never tried before. Well done!

AUSTRALIA'S BIGGEST MORNING TEA

This Thursday at 11.00, QCS will be host again for this important cancer research fundraiser. A gold coin donation is all that it takes to enjoy coffee and scones/ sandwiches for the adults and milo for the students.

NAPLAN

This report is not all about food! Congratulations to our students who sat these tests last week! They arrived on time, focussed on their work and worked to the best of their ability.

HEAD LICE - ALL PARENTS PLEASE NOTE:

There are cases of head lice throughout the school at the moment.

Please ensure that you check your children's hair on a regular basis.

If there is any sign of head lice, treat immediately to stop them spreading to other students and staff. For information on treatment please refer to pages 15, 16 and 17 of this week's school newsletter.

Please discuss ways of prevention – (such as not sharing hats, brushes, combs, and hair bands) with your children.

THIS FRIDAY

This day will be a busy day with puppet shows, people building catapults and bridges as well as talented cross country winners with good times going on to their next level. Good luck to all and hope that everybody enjoys their day!

PBL

Our focus for this week is “**Listening Skills**”.

Contacting the school

Please contact the school for further information. I am always available to meet with parents/ guardians.

Thank you,
Lisa Varjavandi
Relieving Principal

Information about Reforms to P&C Federation

The NSW Parliament has introduced legislation to reform the NSW Federation of Parent and Citizens Associations, which has suspended operation pending Supreme Court action. While these reforms will not affect the day-to-day operation of individual school P&Cs, they will introduce a new executive structure which will ensure the Federation operates as a modern and representative body on behalf of school P&C Associations.

Each school's P&C Association will be asked to vote for councillors and delegates who will represent their electorate at the Federation's Annual General Meeting and councillors who will serve on the Federation's Board of Management. More information will be available on the Department's website at

<http://www.schools.nsw.edu.au/gotoschool/a-z/involvement.php>.

ORDERS FOR GIRLS SCHOOL DRESSES

An order will be placed in approximately 2 weeks online for Quandialla girls school uniforms. Please advise of which dress size you need and how many. Sizes go from 4 to 16. Dresses cost \$45 which included postage.

Please send your payment to the school office with name, size and number required. Cheques made payable to Sarah Ryan.

Any enquiries to Sarah Ryan on 62471166 or 0404153765.

Thank you

PARENTS PLEASE NOTE:

New Calendar Dates

Enviro Champions Leadership Program 2014

Friday, 6th June, 2014 (Day 1)
Lake Cowal Conservation Centre, West Wyalong

&

Wednesday, 22nd October, 2014 (Day 3)
Coolamon Central School, Coolamon

K-6 NEWS

Lachlan District PSSA Cross Country

The Lachlan District Cross Country is being held on Friday 23rd May at Forbes Racecourse for students who qualified at the School Cross country. We wish Hayden, Haylee, Bonnie, Billy and Reuben all the best in their races on Friday.

HOME READING

Home Reading is an important part of homework and students are expected to regularly bringing their Journals in for checking. K/1/2 are expected to bring their home readers in every few days to exchange books. 3/4/5/6 should be bringing their journals in each Tuesday for monitoring when they hand in their weekly homework. A number of students are not bringing in their journals. If your child has lost their Home Reading Journal it is important that they see their teacher to get another one.

Reading Awards for Home Reading will be handed out at the School Assembly next week.

Science and Engineering Day for years 5 and 6

Students from Years 5 and 6 will be attending a Science and Engineering Experience at The Henry Lawson High School on Friday 23rd May. Students will be travelling in to Grenfell with Mrs Robinson. Parents are invited in for the presentation and show at 1.30 pm. Students may travel home with parents or return to school with Mrs Robinson. Please note that we will miss school buses so students will need to be picked up from school at around 4.00pm.

Sydney Puppet theatre

The Grenfell Library is hosting the Sydney Puppet Theatre who are presenting "The Emperor's New Beat Box". Kindergarten to Year 4 students are travelling into the Conference Room at the Community Hub for the puppet show of approximately 45 minutes duration for Friday, 23rd May, at 10.00 am. You can check out the company and the show at www.sydneypuppettheatre.iinet.net.au

The Henry Lawson Festival Recitation Day

Recitation Day in Grenfell is coming up again on Thursday June 5th. All students Kindergarten to Year 6 are required to learn an Australian poem to recite on stage. For those who are up to the challenge there is a special Henry Lawson section. Students can dress up to enhance their poetry performance. A few of the Year 3 and Year 5 students are yet to select their poems. Could parents please help by assisting children to learn their poems for homework.

Multicultural perspectives public speaking competition

For students interested in public speaking this is a wonderful experience. Two Year 5 or 6 students will go into the regional competition at Bletchington PS on June 6th. All Years 5 and 6 students were given the information for this competition last week. Only two students have expressed interest to date.

CANTEEN NEWS & ROSTER

Term 2 – 2014

Our School Canteen is open on Wednesday

Time of Arrival is 10.00 a.m.

President: David Dixon – 6347 1271 / Secretary: Leanne Penfold – 6347 2119

Treasurer: Anne Dixon – 6347 1271

Roster:

21 st	May	-	Jodi Atkins
28 th	May	-	Jennifer Kelly
4 th	June	-	Margaret Priestley

Please Note:

If your name is not on the roster and you would like to have a turn on canteen, please contact Leanne Penfold and we will put you on the roster either with somebody this term or next.

Please remember to bring lettuce and tomatoes. Buns and ham are purchased from the Quandialla Café.



SPARE FRIDGE?

Does anyone have a fridge that they can loan to the School Principal's residence for the rest of the year? Any size is most welcome.

Please let the school office know. Telephone – 6347 1207.

QUANDIALLA CENTRAL SCHOOL ATHLETICS CARNIVAL

Monday, 26th May, 2014

Commencing at 9.30 a.m.

Parents, Grandparents, and Community Members
Are welcome to come along and cheer on the students as they compete in
our 2014 carnival.

The Quandialla P.&C. Association will again be catering on the day with
a steak and sausage sizzle.

1500m Race

**The 1500m race will be run at lunchtime tomorrow -
Wednesday, 21st May, 2014, commencing at 1.20 p.m.
on the school oval.**

Parents are most welcome to come and watch their children.
Children must be turning 8 years this year to enter this event.

ATHLETIC CARNIVAL HELPERS REQUIRED:

Please see complete page 7, if you are able to assist at our
Athletics Carnival. Any assistance would be greatly appreciated.

QUANDIALLA CENTRAL SCHOOL

ATHLETICS CARNIVAL

Monday, 26th May, 2014

at Quandialla Central School

ATHLETIC CARNIVAL HELPERS REQUIRED:

It would be appreciated if all interested parents/grandparents helpers could please fill out the form below and return to the school by **FRIDAY, 23rd MAY, 2014**. Either half or full day help would be most appreciated.

All parents and friends are very welcome.

N.B. It is required by the Department that helpers have completed a Prohibited Employment Declaration prior to assisting on the day.

✂ ----- ✂

Q.C.S. - ATHLETICS CARNIVAL

Monday, 26th May, 2014

I am able to help at the Athletics Carnival and would prefer to assist with:
(Please tick)

☐ Timekeeping

☐ Field Events

☐ Novelties

Name: _____

Comment: _____

Contact Telephone Number: _____

4. Why is breakfast important for students?

Why is breakfast the most important meal of the day?

Breakfast means 'break the fast', as the previous meal is typically 8–10 hours before waking up in the morning. Breakfast is important in re-fuelling the body with energy and nutrients, kick-starting the day. If breakfast is skipped, the result can be feeling lethargic and tired and lead to difficulty concentrating and behaviour difficulties in the school environment.

Why is breakfast important for children?

Breakfast provides children with energy and essential nutrients, including iron, calcium and vitamins B and C, which are necessary for growth, development and good health. Children who eat breakfast each day are much more likely to meet their daily nutritional requirements, as a good quality breakfast can provide a child with up to a third of their daily nutrient needs. Children who don't eat breakfast may not make up for the nutrients not consumed within the rest of the day's intake. Eating breakfast can also reduce the risk of overweight and/or obesity, as breakfast is often replaced by mid-morning snacks that tend to be high in fat, sugar and salt. Skipping breakfast can also lead to over eating throughout the rest of the day, increasing the risk of becoming overweight or obese.

How can breakfast affect children while at school?

Children who have eaten breakfast can concentrate better and have a longer attention span, helping them to learn and study better. They can also perform better physically after eating breakfast as there is more energy available to their muscles. Breakfast can improve behaviour and mood, as children have better concentration and aren't tired or hungry.

Benefits of a breakfast program (for students who have not had breakfast at home)

- Providing essential nutrition for children and adolescents
- Better health and learning outcomes
- Socialisation
- Increase participation and engagement at school

References

Dietitians Association of Australia, (2009), Breakfast, viewed 29 November 2010, <http://www.daa.asn.au/index.asp?pageID=2145834395>
SA Health (2009), SA Community Foodies Training Manual, internal document
Start Right Eat Right, (2009), Children's health, mood and behaviour- the important role of breakfast, viewed 17 Jan 2011, <http://www.health.sa.gov.au/pehs/srer-award/breakfast-for-children.pdf>



SCSEEC

Standing Council on School Education and Early Childhood



Nationally Consistent Collection of Data School Students with Disability

Information for Parents/Carers

Schools across Australia are taking part in a new national data collection on school students with disability.

The data collection is being introduced in stages over three years, and started in 2013. From 2015, this information will be collected in every school across Australia, every year.

All Australian governments have agreed to this.

WHAT IS THE BENEFIT FOR MY CHILD?

All Australian governments agree that every child in an Australian school should have a high quality education. It shouldn't matter what the individual child's circumstances are – every child should have the same opportunity to succeed at school.

The aim of this new data collection is to have better information about school students with disability in Australia.

Better information about school students with disability will help teachers, principals and education authorities to support students with disability to take part in school on the same basis as students without disability.

WHY IS THIS DATA BEING COLLECTED?

There is nothing new about schools collecting information about students with disability – in fact, schools have had to do this by law for some time. But the type of information currently collected varies between each state and territory.

With the new data collection, every school in Australia will use the same method to collect this information – that is, a government school in suburban Sydney will collect and report data in the same way as a Catholic school in country Victoria and an independent school in the Northern Territory.

The information provided through this new national data collection will enable all Australian governments to better target support and resources to benefit students with

disability. It will help to put the right supports in place for students with disability so that they have the same opportunities for a high quality education as students without a disability.

WHAT ARE SCHOOLS REQUIRED TO DO?

Every school in Australia is likely to have a student with disability at some point. Schools need to be able to support students with disability by removing any obstacles for them to participate in their education.

By law, schools are required to make reasonable adjustments where needed to assist students with disability. These responsibilities are outlined in the *Disability Discrimination Act 1992* and the *Disability Standards for Education 2005*. This means that schools need to talk to the student and/or their parent/carers about reasonable adjustments. These are things the schools do now and this won't change.

The new data collection will record students who have been identified by a school team as meeting the definition of disability under the *Disability Discrimination Act 1992* and provided with an adjustment.

WHAT IS AN ADJUSTMENT?

An adjustment is a measure or action taken to help a student with disability participate in education on the same basis as other students. Adjustments can be made across the whole school setting (like ramps into classrooms), in the classroom and at an individual student level (like extra tuition for a student with a learning difficulty).



WHAT INFORMATION WILL BE COLLECTED?

Your child's school will collect and report information every year about:

- the level of adjustment provided
- the number of students who receive each level of adjustment
- where known, the student's broad type of disability.

Some students who are not provided with an adjustment at the time of the collection will meet the definition of disability under the *Disability Discrimination Act 1992* and will be eligible to be included in the data collection.

WHO WILL COLLECT MY CHILD'S INFORMATION?

Teachers and other school staff from your child's school will collect the above information based on:

- consultation with parents/carers
- the school team's observations and professional judgements
- any medical diagnosis
- other relevant information.

School principals are responsible for making sure that the information collected about each student is accurate.

HOW WILL MY CHILD'S PRIVACY BE PROTECTED?

Protecting the privacy and confidentiality of all children and their families is very important. With the new data collection, this will be done in the following ways:

- Personal or confidential information will not be given to anyone not authorised to see it.
- When the information is sent by your child's school to the local or federal education authority for combination with information from other schools, it will be by school only – student names will not be recorded as part of the data collection.
- When the information is reported from 2016 onwards, it will be by school only – student names will not be recorded as part of the data collection.

WHEN AND WHERE WILL THE DATA BE AVAILABLE?

When all Australian schools are taking part in the new data collection, the information will be reported on the *My School* website from 2016 onwards. It will be by school only – no student names are recorded as part of the data collection.

CAN I DECIDE WHETHER MY CHILD'S INFORMATION IS INCLUDED IN THE NATIONAL DATA COLLECTION?

It's your decision about whether you want your child's information to be included in the national reporting or not.

Including every school child who is being provided with an adjustment because of disability in this new national data collection each year will help schools, education authorities and governments to better meet students' needs.

Your school will tell you what you need to do if you don't want to have your child's information included in the national data collection.

Even if your child's information is not included in the national data collection, your school is still required to provide support to your child with disability and any adjustments that may be needed to help him/her participate at school.

FURTHER INFORMATION

Contact your child's school if you have further questions about the Nationally Consistent Collection of Data on School Students with Disability and how it may affect your child.

You can also visit www.education.gov.au/nationally-consistent-collection-data-school-students-disability



QUANDIALLA CENTRAL SCHOOL

" Together we provide opportunities to succeed "

Dear Parents

Nationally consistent collection of data on school students with disability – 2014

Our school is participating in the collection of nationally consistent data on school students with disability.

We will be collecting information already available in the school about the support that is being provided to students with disability. Better data will help the Government plan for students with disability.

The data collection will have no direct impact on your child and they will not be involved in any testing process.

The NSW Department of Education and Communities will provide data to the Australian Government from all NSW public schools in such a way that no individual student or school will be able to be identified. In this way, we will ensure the privacy and confidentiality of all students.

All information is protected by privacy laws which regulate the collection, storage and disclosure of personal information. Information about the Australian Government's Privacy Policy can be found here: <http://education.gov.au/condensed-privacy-policy>. Information about the NSW Government's privacy policies can be found here: <http://www.ipc.nsw.gov.au/>

If you do not want your child to be counted in the data collection you must complete the attached form and return it to the school before the end of Term 2, 2014. A decision to exclude your child will not affect the support they currently receive.

Further information about the data collection can be found on the Australian Government Department of Education website:

<http://education.gov.au/nationally-consistent-collection-data-school-students-disability>

If you have any questions about your child being included in the data collection please contact the school.

If you need help with English to make an enquiry contact the Telephone Interpreter Service on 131 450 and ask for an interpreter in your language. The operator will call the number you provide and get an interpreter on the line to assist you with your conversation. You will not be charged for this service.

Kind regards

L. Varjavandi
Relieving Principal

If you **do not** want your child to be counted in the data collection, please complete the attached form and return it to the school before the end of Term 2, 2014.

Nationally Consistent Collection of Data on School Students with Disability – 2014

I/we _____
Name of parent/carer

do not wish my child _____ to be counted
Name of child

for the purposes of the collection of nationally consistent data on school students with disability.

Parent/Carer signature: _____ date: _____

COMMUNITY NEWS

PLEASE NOTE: FOX BAITING – QUANDIALLA DISTRICT:

Fox baiting will be carried out on Maurie Payne's property (on the Western side of Quandialla) between 5th – 30th May, 2014.

C. Dixon

MASSAGE THERAPIST COMING TO QUANDIALLA:

Angela Armstrong, Massage Therapist will be practising in Quandialla on the 26th and 27th May, 2014. 1 Hour = \$50.00, ½ Hour = \$35.00.

Angela has been practising in Orange for over 16 years. **Health fund rebates are available.**

Book early to avoid disappointment. ATMS accredited: 7799

Contact Angela on 0421 170 743 or Ruth Penfold on 6347 2130.

ST. MARK'S ANGLICAN CHURCH NOTICE:

Services held 5.00 pm, fourth Sunday of the month, during winter months.

All welcome.

EXERCISE CLASSES:

Exercise Classes - 9.00 - 10.00 am Friday's at the Quandialla Memorial Hall.

\$7 / class, please bring water bottle, comfy clothing, and appropriate shoes.

Enquiries please phone: Kim 63472152.

ST. BRIGID'S CATHOLIC CHURCH SERVICES – 2014:

Mass 10:00 am 2nd Sunday of the month

Liturgy 10:00 am 4th Sunday of the month

Services held at St Mark's Anglican Church until further notice.

LAND RESTORATION WORKSHOPS:

Join Craig Sponholtz, world-leading expert in land restoration for a series of one-day workshops on passive water harvesting, erosion control and stream restoration practices, using techniques that harness natural hydrology to self-repair riparian zones and watersheds. 9.00 a.m. – 5.00 p.m.

29 th May	- Forbes Community Garden
30 th May	- Grenfell Bowling Club
31 st May	- Rye Park Hall
1 st June	- The Binda War Memorial Hall

Workshop cost: Landcare members attend FREE. Non-members - \$25.00 or join on the day - \$10.00. Includes morning/afternoon tea and lunch.

The workshop will cover: How to recognise the symptoms and causes of degraded land. How to identify regenerative natural processes. Understanding management options for degraded land, how to heal degraded land by harvesting runoff and how to prioritise what should be done first.

Bookings and enquiries: www.RegenAG.com

Proudly supported by: Central West Lachlan Landcare, Weddin Landcare, LachLandcare Inc., Upper Lachlan Landcare and the Boorowa Community Landcare Group.

REUNION



St Brigid's School Quandialla at The Bland Hotel

from 5.00pm
on
Saturday 4 October 2014

RSVP to
Sally Nowlan at portgirl@alphalink.com.au
or
St Brigid's School Quandialla Facebook page

COMMUNITY MEMBERS PLEASE NOTE:

AUSTRALIA'S BIGGEST MORNING TEA – QUANDIALLA CENTRAL SCHOOL

This Thursday at 11.00 a.m., Quandialla Central School will be host again for this important cancer research fundraiser. A gold coin donation is all that it takes to enjoy coffee and scones/ sandwiches for the adults and milo for the students.

All Most Welcome.

HEAD LICE

Information for parents and carers

Head lice are small parasitic insects that only live on the human head. They do not live on any other part of the body or on any other animal. Head lice crawl very fast over the human head, grasping hair shafts to move quickly. Their grasp is very strong which makes them hard to dislodge from the scalp and hair.

Head lice do not burrow into the skin. They feed only on human blood and they need to feed several times a day.

Eggs (nits) are laid by adult females close to the scalp on the hair shaft, usually no more than 1.5 centimetres from the scalp. These eggs are attached to the hair with incredibly strong glue.

Do head lice cause illness or disease?

Head lice do not carry any disease. Constant scratching may lead to sores on the scalp, however this is very rare. Parents should keep cases of head lice in their children in perspective. There are far worse health issues to concern a parent than head lice.

Adults, more than children, suffer from considerable outrage at the presence of these parasites. This outrage usually outweighs any public health significance that head lice may present.

The most likely harm caused by head lice is from the inappropriate use of chemicals in an attempt to treat them. The continued application of chemicals to the scalp can cause severe reactions on some heads.

Parents, in their frustration, can resort to applying products not tested for human use and not shown to have any effect on reducing head lice.

How are head lice spread?

Head lice are spread by contact occurring between one human head and another human head. The head lice move along the hair shaft from the head of an infested person to the hair of another person. Head lice cannot fly or jump and they do not crawl along furniture or hop between car seats. Head lice cannot survive off the human head for more than a few hours.

Thorough cleaning of your home, washing bedding and toys and rigorous vacuum cleaning do not affect the head lice population on a human head.

It is thought that increased human contact, especially among young children, may have contributed to an increase in head lice because of increased opportunities for transmission.

Treatment options

Chemical treatments

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

- ⌚ Make sure that the heads you treat actually do have head lice and do not treat unless they do. There is no preventative treatment available so treating members of the family who do not have lice has no effect but can contribute to the problem of lice building up resistance to the chemical treatments.
- ⌚ Babies under twelve months of age, pregnant or breast feeding women or people with irritated or inflamed scalps should not be treated. Consult a health professional for advice.
- ⌚ Do not let the product get into eyes.
- ⌚ Many products have a very strong smell. A strong smelling substance left on the hair for any length of time may irritate your child.
- ⌚ When trying a commercial head lice preparation, make sure you read the label first and apply strictly as directed. In desperation it can be tempting to use more of the product than is recommended in an effort to kill the lice. However, increasing the dose does not have any effect on how well the treatment works.
- ⌚ Do not use insecticides, methylated spirits or kerosene on your child's head.
- ⌚ Do not blow dry the hair after treatment as the heat may inactivate the product.
- ⌚ Do not rewash hair for 1-2 days after treatment.
- ⌚ Apply product to every strand of hair and work through, leave for 20 minutes, and comb out with a good quality lice comb, wiping the product onto paper towel.
- ⌚ If dead lice are found, the product has worked. However it is important to remember that since no product has been shown to kill eggs, any chemical treatment must be reapplied after seven days to kill any lice that may have hatched since the initial treatment.
- ⌚ If you find live lice, the treatment probably hasn't worked. Either use another product with a different active ingredient (read the label) or try the comb and conditioner method.

Comb and conditioner method

Head lice breathe through small openings along their abdomens. By coating the hair and therefore the louse in something thick and slimy, these openings close over, shutting down the breathing of lice for about 20 minutes. While unfortunately the lice don't die using this method, it does slow them down so that you can catch them.

Nitbusting is a method of using a comb and conditioner (or another slimy product) to manage head lice. Using this method will not kill the lice or eggs but some good quality lice combs will remove them.

If Nitbusting at home with your child, do the following:

1. Try sitting the child between your legs on a low stool and putting on a video for an hour while you work.
2. Wrap a towel or kitchen paper around the child's shoulders to catch conditioner spill.
3. Remove all items from the hair and comb out plaits and braids.

4. Apply liberal amounts of conditioner to the scalp and massage it through all the hair shafts. You will use a lot of conditioner. Every hair has to be coated to ensure it reaches the lice.
5. Lice live close to the scalp, so make sure that you cover the hair shaft close to the scalp. You don't have to work the conditioner onto the whole length of the hair. Combing will spread it well enough. The idea of the application is to restrict the movement of the head lice long enough for you to catch them with a comb.
6. After you've applied the conditioner, use a large comb to part small sections of the hair starting from the nape of the neck and working upwards toward the crown. Eggs are often found behind the ears and toward the back of the head. By using this method, you are more likely to find the head lice on top of and toward the front of the head.
7. When the hair is detangled and manageable, use a fine lice comb to comb out each section several times.
8. After each comb out, wipe the conditioner on the paper towel. If the child has head lice, you will see them on the towel.
9. Keep combing each section of hair until no further lice, nymphs (recently hatched lice) or eggs appear on the paper towel. Often you will see lots of old egg casings that may take some time to remove.
10. Once you have combed and re-combed each section of hair, either re-plait or tie it back. If it is very short, suggest to the child some interesting styling! Young boys often like their hair spiked up.

Other things you should know about the comb and conditioner method

Depending on the hair length and type, it is often easier to neatly section long and thick hair before applying conditioner to avoid getting the hair into a terrible tangle.

Head lice often congregate on the crown of the head, so that it may not be until you reach these last sections of hair that you find adult lice. However, heads that are severely infested will have adult lice everywhere.

A good head lice comb should also remove nymphs. These can be difficult to identify with the naked eye, but appear as small insects on the paper towel.

General advice

- ⌚ Regularly check your children's hair. Young girls growing up often become very independent about their hair care and it can become difficult to convince them that it's important for you to continue checking their hair. Try to persist or show them how they can check their own hair when they wash it.
- ⌚ Tying long hair back or braiding it, may help to reduce the transmission of lice.
- ⌚ Keep a good quality lice comb in the shower so that every time anyone washes their hair they use the comb. The more people know about simple management methods the easier it will be to reduce the problem.
- ⌚ Head lice and detangle combs should be cleaned between treatments in hot soapy water and rinsed in running hot water.
- ⌚ For more information in English on head lice or the Nitbusters Program go to www.health.nsw.gov.au/headlice