



Quandialla Central School

"Together we provide opportunities to succeed"

Newsletter Tuesday, 26th August, 2014 (Week A No. 27)

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:**
Anne Noble,
Cathy Rowland &
Kym Orman

**School
Administration
Managers**
Reggie Ray &
Narelle Gault

**Parents and
Citizens
Association:
President:**
David Dixon

Secretary:
Leanne Penfold
Treasurer:
Catia Nowlan

Diary Dates – Term 3

August/September:

National Literacy & Numeracy Week (25th – 29th August, 2014)

Tuesday	26 th Aug.	Enviro Champions visit to QCS – Years 3/4/5/6
Wed.	27 th Aug.	Life Education Van visit – Primary
Friday	29 th Aug.	Lachlan District PSSA Athletics (Area Trials) at Dubbo
Friday	5 th Sept.	Bland Sports Carnival at Quandialla Central School

LAP Preliminary Yearly Exams (8th – 19th September, 2014)



Celebrating Bookweek

Left to right: Sarah Penfold, Angus Kelly, Zachary Broomby, William Dixon, Hayden Bridger and Jarrod Lahay.

Principal's Report – Week 7

What wonderful Book Week celebrations we had last Wednesday! A very big 'Thank You' to Mrs Dixon for organising the activities, parade and Book Fair. Our preschool students also joined in and had a most enjoyable afternoon.

Four of our 3456 students went to Country Cacklers, a chook farm at Temora, as part of the schools' participation in an Enviro Challenge. Sally, from Lake Cowal, will be visiting the school this Tuesday to work with these students for a few hours in the morning. On Wednesday, the Life Education Van will also be visiting our school.

The school counsellor, Mr Symons, will be at our school this Wednesday for our once/ term visit. If any parent has any questions or concerns about their children, they may wish to speak with him on this day.

With regards to the secondary school, it is Mr Stewart's intention to recommend that our Year 7 - 10 classes will go into recess next year, but that our current Year 11 students will be given the opportunity to complete their HSC at Quandialla next year. If anyone has any queries about this situation, please contact me for information.

Next week, the NAPLAN results will be available to all schools. The results will then be sent to all parents of the students involved. Please ask if you require extra information about these exams and your child's results.

Included in this newsletter is a single page of Parenting Ideas Insights. It stresses that the attitudes and approaches of both teachers and parents working together will determine how successfully children will meet and overcome many of the hurdles they will encounter. Parents and teachers working together is the important theme.

Contacting the school

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

Thank you,
Lisa Varjavandi
Relieving Principal

HEAD LICE

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

Please ensure that you check your child's/ren's hair on a regular basis.

If there is any sign of head lice, please treat immediately to stop them spreading to other students and staff.

Please see attached Information for Parents and Carers on Head Lice.

K-6 NEWS

WESTERN PSSA ATHLETICS

Sarah Penfold, Hayden Bridger, Haylee Bridger and Angus Kelly are all heading to Dubbo on the Friday 29th August to compete in the Western PSSA Athletics. We wish them all the best in the competition.

LIFE EDUCATION VAN VISIT

The Life Education Van will be coming to Quandialla Central School on Wednesday 27th August. All K-6 will be involved. We are fortunate to have Barrick Gold subsidising the cost of this wonderful experience. Notes should have been returned to school.

ENVIRO CHAMPIONS

The Environ Champions are meeting with Sally Russell from the Lake Cowal Conservation Centre on Tuesday morning to workshop their project on the school chickens. Mrs Anne Dixon took the group to Country Cacklers, an organic chicken farm, at Temora last Thursday to conduct some research on the best egg laying varieties and general chicken raising. Mr Smith has built us a second chicken hutch and hopefully the strainer posts will go up this week in readiness for a working bee on fencing the new chookyard.

WESTERN CHALLENGE DEBATE

The students all performed well in Round 3 against Eugowra Public School held via video conference at school on Monday 18th August. The topic was "The internet is the best source of information for students". Quandialla had the negative side of the argument. Unfortunately the debate was awarded to the Eugowra team for their terrific rebuttal. I would like to thank Miss Howard for all her work with all the debaters this year.

BOOK WEEK

We had a great day celebrating Book Week on Wednesday. The students were involved in activities organized by Mrs Dixon right through to lunch time. By all accounts it was lots of fun, especially the treasure hunt. After lunch the preschool students joined us for the Book Character Parade which was, as always, very entertaining. The day finished with a Book Fair. Thank you to all the parents, grandparents and family members who came along to support the afternoon.

BLAND SPORTS 2014

The Bland Sports is coming up on Friday September 5th. This involves all of K-6. As we are hosting Caragabal and Bribbaree Schools we require lots of parent helpers for this day so please keep the date free as there will be lots of jobs. See note for parent helpers in this newsletter. Next Monday, Mrs Meier, the Principal of Caragabal, conducted a second workshop after school on the computer program *Meet Manager* for our SASS and interested teachers. This week I have taken nominations for the 200m and 800m races.

HOMEWORK FOR YEARS 3-6

- Excel English and Mathematics Unit 18(optional)
- Home Reading
- Spelling Words
- Students who have access to the internet can work on Mathletics and Reading Eggs
- Maths sheets on division and multiplication table

Wendy Robinson – Assistant Principal

CANTEEN NEWS & ROSTER

Term 3 – 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:

27 th	August	-	Jennifer Kelly
3 rd	Sept.	-	Tracy Penfold
10 th	Sept.	-	Kim Broomby

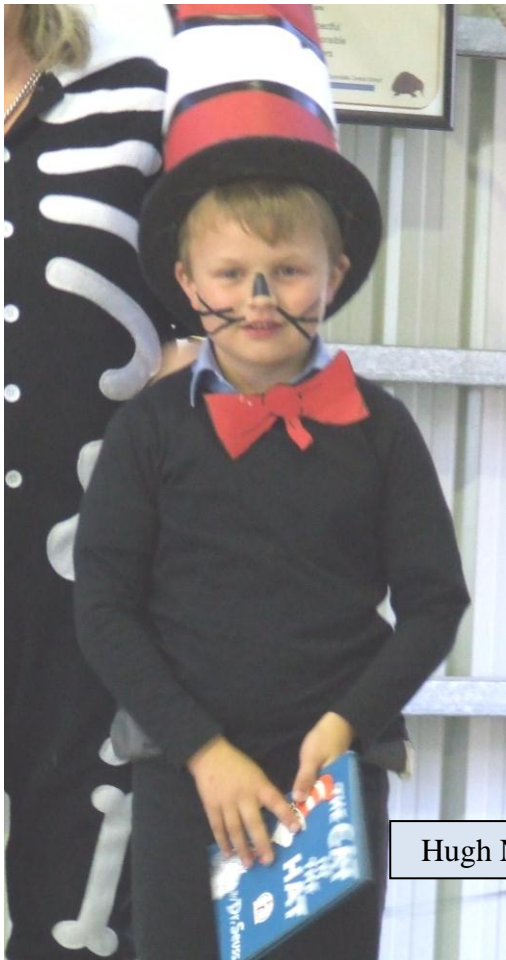
Please Note:

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.

BOOKWEEK PARADE

Wednesday,
20th August, 2014



Hugh Nowlan & Summer Dixon



Billy Bridger

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Helping kids leapfrog their difficulties with these 5 ideas



A parent's attitude to their child's difficulties will determine how successfully they meet and overcome many of the obstacles and hurdles they meet.

Whether it's going to school for the first time, making new friends or even going to school camp, children often experience difficulties that they need to overcome.

When children overcome problems and deal with unpleasant situations they learn they are capable, which is the basis of self-esteem and confidence.

Children's resilience is fostered when they overcome problems and manage unpleasant social situations such as teasing or going into new situations. Protecting kids from challenging experiences robs them of chances to learn, develop and grow.

Resilient kids look back and draw on skills and understandings they have developed in the past to help them deal with present challenges. For instance, a sixteen year old girl recently revealed how her time spent on a twelve-day adventure camp helped her overcome the homesickness she experienced on a six-month student exchange.

She remembered how on the first day of her school camp she didn't think she could make it – but she did. She experienced those same doubts early in her exchange but she knew that just as she had coped before she would do so again, but this time in more difficult circumstances. She was drawing on the same resources.

Here are five great parenting ideas to help your kids leapfrog their difficulties:

1 Frame the problem as a challenge:

Frame the difficulty as a challenge rather than a problem. Kids take their cues from their parents so the frame of 'challenge' gives kids something to rise to rather than be overwhelmed by.

2 Coach kids to do well:

Talk kids through their challenges, give them ideas to cope and manage. Consider rehearsing some skills or language that they may need.

3 Show confidence they will succeed:

Children generally meet their parents' expectations so make sure your expectations are realistic, positive and supportive of their feelings.

4 Give kids a chance:

Allow kids to approach challenges in their own way without constantly checking on them. Your nervousness is definitely catching.

5 Celebrate their success:

Even if they were partially successful, such as they went to school camp for two out of the three days, then praise their efforts. They've got a great building block for next time.

The attitude and approach of parents and teachers will determine how successfully children and young people meet and overcome many of the hurdles they encounter. That attitude needs to be courageous, sensitive and hopeful that your child will meet, and overcome with assistance, all the challenges they encounter.



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's NEW Parentingideas Club today at parentingideasclub.com.au. You'll be so glad you did.



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parentingideas.com.au



BLAND SPORTS CARNIVAL

Friday, 5th September, 2014

PARENTS & COMMUNITY MEMBERS HELPERS REQUIRED FOR THE 2014 CARNIVAL

To be returned by Monday, 1st September, 2014

Please number first 3 preferences ONLY, with 1 being first choice

I am available to help at the Bland Sports Carnival on Friday, 5th September, 2014
My preferences are:

Timekeeping	_____	Longjump	_____
Highjump	_____	Discus	_____
Shotput	_____	Novelties	_____
Ball Games	_____	Starter	_____
Judging	_____	Relay Changes	_____
Infant Novelties	_____		

Name: _____ Date: _____

Contact Phone Number: _____

Thank you for your help

BLAND SPORTS CARNIVAL

Friday, 5th September, 2014

at

Quandialla Central School

CANTEEN MENU

Steak Sandwich	-	\$4.00
Sausage Sandwich	-	\$2.00
Hot Dog	-	\$3.00
Cake/Slice	-	\$1.00
Instant Tea/Coffee	-	\$1.00
Sachet Coffee	-	\$3.00
Poppers/Water	-	\$1.00
Chocolate/Strawberry Milk	-	\$1.50
Chips	-	\$1.00
Lollies/Chocolates	-	Prices as marked

Thank you for supporting Quandialla P.&C.

HEALTHY HAROLD'S VISIT

to

Quandialla Central School

To help celebrate Healthy Harold's visit to our school on Wednesday, 27th August,
The school canteen will be selling



NATURAL JELLY WITH FRUIT CUPS

at a cost of \$2.00.

They will be available at both recess and lunch while stocks last.

COMMUNITY NEWS

ST. MARK'S ANGLICAN CHURCH SERVICES:

St. Mark's services will be held on the first Sunday of the month at 5.00 pm or 6.00 pm daylight saving time.

All Most 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:

Please note: Quandialla and Bribbaree Masses will be held on the Second Sunday of each month alternatively as of July 2014

Mass at Bribbaree	10:00 am	September 14 th and November 9 th
Mass at Quandialla	10:00 am	October 12 th and December 14 th
Liturgy at Quandialla	10:00 am	4 th Sunday of each month

*Quandialla Centenary Weekend: Fr Tony Hennessy will be celebrating Mass at Quandialla on Sunday 5th October 2014 commencing at **8:00 am***

CWA EDUCATIONAL GRANTS and SCHOLARSHIPS 2014:

The following scholarships are available through the CWA. Forms are available from Quandialla Central School front office.

Jopling Education Grant:

Tenable by child or grandchild (boy and girl) of a member at any level of education from Year 3.

The Irene Ashton Memorial Education Grant:

Tenable by a student to assist with secondary or tertiary education.

The Jean Martin Memorial Education Grant:

To be awarded in the area of the Arts, to a boy or girl up to the age of 25 years with demonstrated artistic ability. This grant is available to members and non-members.

Students requiring any of these grant Application forms, please call into Quandialla Central School front office, during school hours. Please return completed applications **no later than 3.00 pm**

Friday, 29th August, 2014, to Quandialla Central School office.

No Late applications accepted. Thank you

TO GIVE AWAY – 1 X 3 SEATER LOUNGE:

Please telephone 6347 1167 and speak to Ruth, if you are interested in a three seater lounge in good condition.

BRIBBAREE SHOW SOCIETY INC. – 88TH ANNUAL SHOW, SATURDAY, 4TH OCTOBER, 2014:
JUNIOR SHOW PAVILION PROGRAM – Craft, Cooking, Photography and a selection of Fun
Sections: For all ages up to and including Year 12. Every exhibitor will receive a gift.

Entries may be made through the following School's (Bribbaree, Quandialla, Caragabal and Maimuru) by **12 noon Friday, 19th September, 2014** (last day of Term 3), or delivered to the Bribbaree Showground Junior Pavilion by **12 noon on Friday, 3rd October, 2014**. All cooking entries are to be delivered to the Bribbaree Showground Junior Pavilion by **12 noon Friday, 3rd October, 2014**.

For further information please contact: The Secretary, Bribbaree Show Society on (02) 6383 2256.

Please Note: Quandialla Central School has a copy of the 'Junior Pavilion' Program, for any interested exhibitors to view, during school hours.



GRENFELL GOLD FEST

FREE ENTRY

SAT. SEPTEMBER 27TH 2014
10am - 2pm • Main St, Grenfell NSW

Bring your friends and family and step back in time to the 1860's when gold was first discovered, at the Grenfell Gold Fest.

**BUSHRANGER RE-ENACTMENTS HAND SPINNING
VINTAGE CAR AND TRUCK DISPLAY LIVE MUSIC
HISTORICAL ARTEFACT DISPLAYS LACE MAKING
LOCAL ART GALLERIES & MUSEUMS OPEN
BLACK SMITH DEMONSTRATIONS
GOLD PANNING & ROCK DISPLAY GUIDED TOUR
BUSH FURNITURE MAKING DEMONSTRATIONS
COSTUME COMP WITH \$500 IN CASH PRIZES**

(02) 6343 2855 • tourism@grenfell.org.au
www.grenfell.org.au/goldfest



2014 Program

Saturday 27th September

10am	Bush furniture making demonstration Live music by "Threefold Arts" Bushranger Artifact Display Millinery Demonstration Hand Spinning Demonstration Lace Making Demonstration Historical Society Museum (Camp Street) Vintage Car and Truck Display Blacksmithing demonstration Free Guided Walk 'Scandal and Seduction' starting at the Albion Hotel Gold Panning Historic Talk "Oral history and the bushrangers" by Peter Bradley in the Library Art Gallery Holtermann Collection Market Stalls
10.30am	Reenactment "How Grenfell got its Name"
10.40am	Live music by "Threefold Arts"
11.00am	Historic talk by Craig Bratby in the Library
11.30am	Rope making display
11.40am	Live music by "Threefold Arts"
12 noon	Historic Talk "There are no absolutes in history" by Peter Bradley in the Library
12.30pm	Judging of the period costume competition
12.40pm	Judging of Gold Fest Damper Bake Off
1.00pm	Live music by "Threefold Arts" Historic Talk by Craig Bratby in the Library
1.50pm	Reenactment "Shootout at Brewer's Shanty"

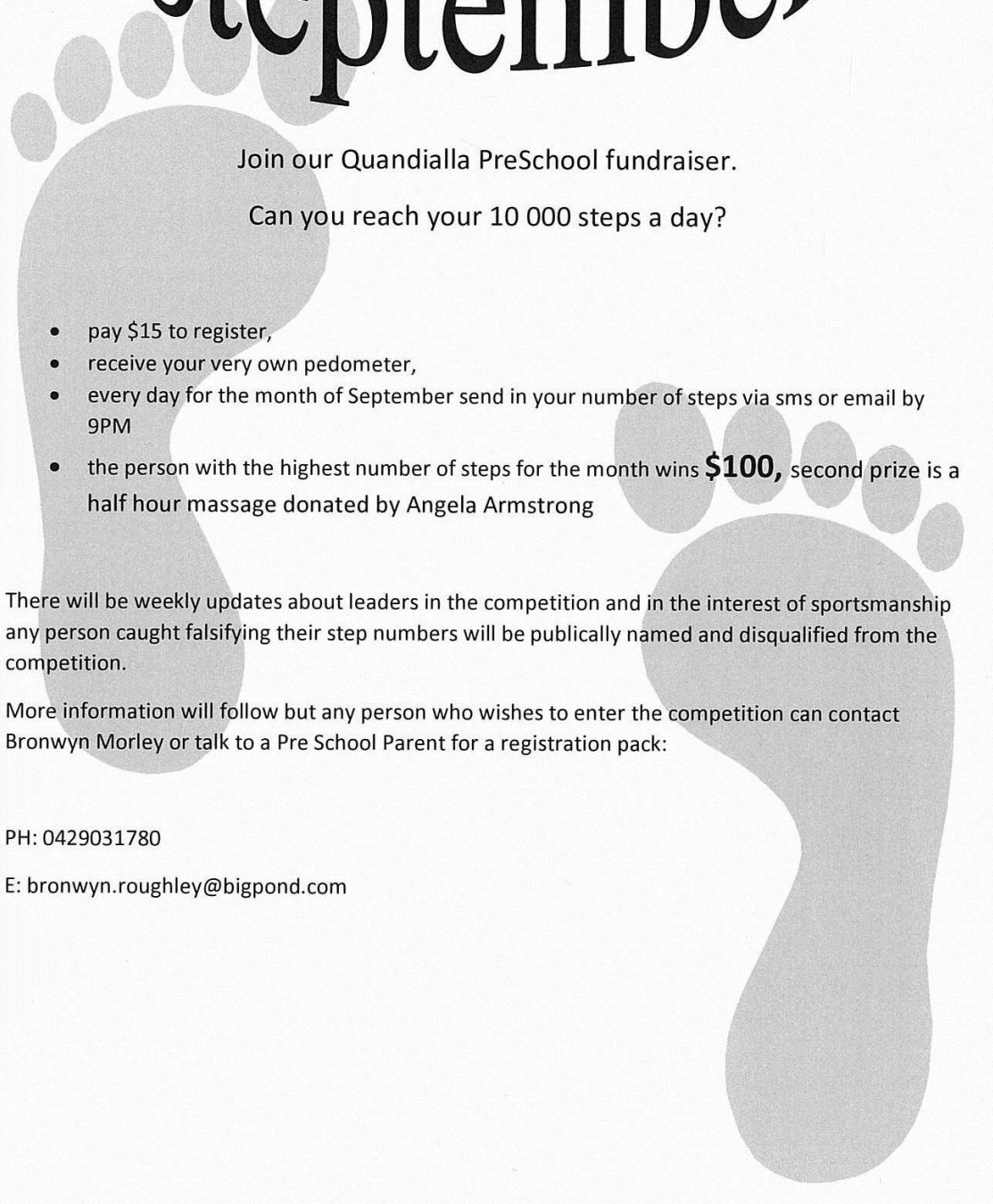
Sunday 28th September

10am-4pm Iandra Castle at Greenethorpe
**Program is subject to change*

www.grenfell.org.au/goldfest

Weddin Mobile PreSchool Service, Quandialla

Steptember

A large, light grey footprint graphic is positioned behind the text. It is oriented vertically, with the heel at the bottom and the toes pointing upwards. The word 'Steptember' is written across the middle of the footprint, with the 'S' starting near the heel and the 'er' ending near the toes.

Join our Quandialla PreSchool fundraiser.

Can you reach your 10 000 steps a day?

- pay \$15 to register,
- receive your very own pedometer,
- every day for the month of September send in your number of steps via sms or email by 9PM
- the person with the highest number of steps for the month wins **\$100**, second prize is a half hour massage donated by Angela Armstrong

There will be weekly updates about leaders in the competition and in the interest of sportsmanship any person caught falsifying their step numbers will be publically named and disqualified from the competition.

More information will follow but any person who wishes to enter the competition can contact Bronwyn Morley or talk to a Pre School Parent for a registration pack:

PH: 0429031780

E: bronwyn.roughley@bigpond.com



CARAGABAL SHEEP RACES

Come and enjoy the Agfarm Caragabal Sheep Races 2014. It's a great family fun day where every child is encouraged to join the 'chasing of the sheep down the racetrack'

- 🐑 Great money prizes available through the days events with the winner of the 'Rams Cox Plate' receiving a whopping \$500
- 🐑 You can buy a sheep on the day in pre-race auctions or enter your own sheep (Form your own Syndicate!!)
- 🐑 Try your luck at having your ticket drawn in the \$2 sweeps held prior to each race

There's something for everyone with the days entertainment including:

- 🐑 Gourmet Lamb Burgers, Spit-Roast Lamb Rolls, Cake stall
- 🐑 Kids entertainment and 'Lolly Drop' from a plane
- 🐑 Local 'Quick Shear' Competition

Evening entertainment: Live band 'Lawson Shire' from 6pm

Caragabal Country Golf Club

Mid Western Highway Caragabal

Gates open: 11:30 am Entry: \$10 per adult
First race: 12.30pm \$5 per child at school

Full bar and canteen available all day.
EFTPOS facilities available throughout the day

Marquees for hire from \$285
For bookings call Daniel: 0404 000 334



For More information please visit www.visitcaragabal.com.au
or like our page at www.facebook.com/CaragabalSheepRaces

SEPT
18
2014

STRICTLY NO BYO ALCOHOL



Quit-tember

Quit Smoking this September!



Health
Western NSW
Local Health District

The Facts & Tips for Quitting

Presentation by
Sally Bembrick

Tobacco Treatment Specialist AASCP

(Australian Association of Smoking Cessation Professionals)

**Nicotine Dependence & Smoking Cessation
Coordinator, WNSWLHD**

FREE

If you have ever tried to quit smoking, and you are still smoking, it may be that you need some help. You may have a specific gene that can influence your smoking rate, your nicotine addiction, and your ability to give up smoking. Don't compare yourself with other smokers because levels of dependence vary greatly, as do responses to treatments. Each time you make a quit attempt you learn a little more about yourself. Don't give up, as each quit attempt gets you one step closer to eventually quitting. Come along and find out more

Date: Wednesday 27th August 2014

Time: 6pm to 8pm

Venue: The Grenfell HUB

- Nicotine Dependence The Physical v The Psychological
- How dependent are you?
- Immediate Benefits of Quitting
- Does cutting down actually work?
- Treatments – using enough and how to use them correctly
- Changing your habits
- Avoiding withdrawals & tips to help prevent a relapse
- Is my treatment working how can carbon monoxide monitoring help?
- Am I on a medication that needs to be adjusted if I quit?
- Smoking & Alcohol
- Tobacco Smoking and Cannabis

Please register your attendance

- Return this registration slip to Jenny Napier at Grenfell Community Health Centre
- Register by phone - Jenny Napier , Grenfell Community Health 6349 1777

Your Name:-

Your contact phone number:-

Registration is required by Monday 25th August 2014

MINUTES OF THE QUANDIALLA P & C GENERAL MEETING
HELD AT THE BLAND HOTEL ON THE 7TH AUGUST, 2014
OPENED AT 7.48PM

Present : David Dixon, Wendy Robinson, David Robinson,
Sarah Ryan, Kim Broomby, Jennifer Kelly, Lisa Varjavandi and
Leanne Penfold.

Apologies : Catia Nowlan, Tracey Penfold, Trevor Ryan, Anne Dixon and
Michelle Kessey.
Moved apologies be accepted Leanne Penfold,
Seconded Wendy Robinson.

Minute : Moved by Leanne Penfold that the minutes of the previous meeting
that have been circulated be accepted. Seconded David Robinson.

Business Arising :

- Centenary Lunch – 300 plates to be made up with an
addition supply to make a further 200 if needed.
Cake will be purchased from Wilders and if anyone would
Like to make anything they are most welcome.
Tea and Coffee will be complementary as well as soft drink
and water for sale. The Pressure Cooker will be raffled and
Drawn at 2pm on the day.
- Bush Dance - we are selling soft drinks
500 Drinks in total with 250 water and the rest soft drink and poppers.
- Glenn Stewart visited the School – negotiations are still going on regarding
Secondary. News will be passed on as soon as a definite decision has been made.
- Chook shed – in the process of being built, equipment is there. A working bee to be
arranged when possible. Plain fencing wire is required.
- Pie drive raffle has been done, profit will be presented next meeting.
- Bland Sports raffle – Mens products for Fathers day.

Principal's Report : Please see attached report.

Treasurer's Report : Nil

Canteen Treasurer's: Nil

Correspondence : Moved by Leanne Penfold that correspondence be dealt with as read.
Seconded David Dixon.

1. Wireless Microphones pamphlet – handed to Lisa Varjavandi.
2. Bland Sports Canteen list – forward a list to other schools.
Home cooking would be greatly appreciated.

General Business : Book Week 20th August, 2014.
We need Soap in the Canteen.
Can we upgrade the sign outside the Canteen before the Centenary.
Breakfast Club is going well.

There being no further business the meeting closed at 8.55pm. Next Meeting 4th September, 2014

Leanne M Penfold Secretary

.....

Principal's Report for the P and C Meeting

17/08/14

The school is most prepared to assist in any way with the Quandialla Centenary. Please let us know if you have any requests. I would also like to take this opportunity to give a huge "Thank you" to Mrs. Narelle Gault who has, on her own, compiled the history of the school, on behalf of our school. This was a massive and time consuming job and a job very well done.

Mr Glenn Stewart and Mrs Melanie Meers spent a very busy and productive day today with a number of meetings – Years 6, 7, 8 and 9 students and parents' group meeting/ Years 11 students and parents' group meeting/ individual Year 11 students and their parents/ individual meetings with interested staff and a community meeting in the afternoon. While some concern was expressed about 'losing' the secondary department, most acknowledged that this was to be expected, as has been demonstrated by the consistent student numbers from Years 7 – 12 over the years. The community meeting in the afternoon had almost 20 in attendance and seemed to agree that while it was sad that the secondary faculty may have to close, it was probably for the best.

This term we have said goodbye to Mrs Robin Dowsett (SAM) and wished her well in her new town and job. She has been replaced by Mrs Narelle Gault and Mrs Regina Ray; both in part time relieving SAM positions.

A successful Education Day was held on the Wednesday of Education Week. Thank you to all organisers and participants. School Awards were presented to Sarah Penfold, Di Piefke and Narelle Gault.

Lisa Varjavandi
Relieving Principal

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.

ENGLISH 3

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