**Principal's Message**

As term three comes to an end we would again like to thank everyone who has contributed to a successful term of learning – students, teachers and parents alike. Term 3 has been cold, wet and seen an unusually high level of illness, however, it has included many extra curricula activities to complement our core curriculum and ‘brighten’ things up. These have included; Australian Ballet workshops, Sovereign Hill Gr 3/4 camp, Gr 1/2 trip to Flagstaff Hill, Hoop Time Basketball, School Performance, Golf, Football and Chess Tournaments, Book Day, Gr 6 Science incursion, Prep Conservation incursion, Gr 2 Sleepover, Gr 1/2 Music incursion, swimming program and Division Athletics in Warrnambool.

Hamilton North is taking part in Vic Health’s Walk to School October – supported by Southern Grampians Shire Council – Victorian primary students are encouraged to walk, ride or scoot to and from school during October to kick-start healthy walking habits that can lead to good health for life. Attached to this newsletter you will find information around this initiative. If your child can’t walk all the way, simply drive part of the way and walk the rest! For those students who travel by bus, a walk around the oval on arrival or participation in Runners Club on Monday and Wednesday mornings will be included in the tallies. Classroom teachers will have Calendars in their rooms for recording.

**REMINDER:** Beginning next term we are trialing a change to our before school arrangements. The reason for this is to ensure that we are exercising our duty of care in line with Education Department guidelines and to ensure that we are optimising learning time. Students will not be entering classrooms until 8.50am when a bell will ring and all students are expected to make their way into class from this time until 9.00am. Teachers will be on duty in classrooms from this time and it is expected that students and teachers use this time to get themselves organised for the day, readers are changed and any administrative tasks such as notes and money is dealt with, ready to begin Learning Session 1 at 9.00am. **Supervision will be provided outside from 8.30-8.50am.** Students at school before 8.50 on Monday and Wednesday will be encouraged to join in Runners Club.
BELL TIMES AND SCHOOL SESSIONS – TERM 4 2015

8.50 am  - Students may enter the classrooms
9.00 am  - Learning Session 1 begins
11.00 am - Recess Eating in Classroom
11.05 am - Recess Play
11.30 am - Learning Session 2 begins
1.30 pm  - Lunch Eating in Classroom
1.45 pm  - Lunch play
2.30 pm  - Learning Session 3 begins
3.25 pm  - School dismisses

We wish all a safe and enjoyable holiday break and look forward to seeing everyone back on Monday, October 5th, refreshed and energised for another exciting term of learning.

This week’s feature page comes from Gr 1/2D – some insights into what went on at the sleepover – enjoy!

Regards Heather

**Term 4 SunSmart Hats Are Back!**
From the start of Term 4 students will be required to wear school uniform hats during all outdoor activities. The navy blue uniform hats are available from the office @ $8.00.

**School Photos**
School photos will be taken on **Thursday 15th October**. Envelopes for each child will be sent home on the first day of Term 4. Envelopes for *family photos* of children enrolled at our school are available for collection from the office. Instructions for ordering and payment are clearly set out on the back of the envelope. Please see flyer on this newsletter showing available packages and pricing.

**Lost Property**
We are near the end of Term 3 and the lost property basket contains:
- 7 rugby jumpers – either unnamed or the names are illegible
- Numerous windcheaters
- A pair of tracksuit pants
- Casual clothing from Book Week Dress Up Day
On Friday 18th September any items in lost property will be donated to local charities.

**Parents’ Club News**

**Sports Supporter’s Lunch**
Thank you to everyone who supported the Sports Supporter’s Lunch, and the parents who helped out on the day. Thank you also to the families who loaned us cooking equipment. It was a very successful day!

**Friday Treats**
Due to the early dismissal there will be no Friday treats this week. Thank you to everyone who has continued to support this.

**Meeting**
Our first meeting for Term 4 will be held on Friday, 9th October at 2.30pm in the staff room. All welcome!
Thanks, Karen
Head lice

**Head lice myth buster**

<table>
<thead>
<tr>
<th>Myth or truth</th>
<th>State of hair</th>
<th>Length of hair</th>
<th>Spread of lice</th>
<th>Itchy scalp?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Myth</td>
<td>Prefer clean hair</td>
<td>Prefer long hair</td>
<td>Jump and can spread via clothes/towels</td>
<td>Always means itchy scalp</td>
</tr>
<tr>
<td>Truth</td>
<td>Infect both clean and dirty hair</td>
<td>Infect all lengths and types of hair</td>
<td>Walk from head to head</td>
<td>Only itches if allergic to bites/faeces</td>
</tr>
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</table>

**Q - What is head lice’s favourite musical?**

**A - HAIR!**

With holidays approaching we ask that all families remain vigilant for head lice. **They do not go on holidays!**

**Is it true that head lice only like clean hair?** No. Head lice are not selective. They don't care if hair is long, short, blonde, brown, washed this morning or last week. As long as they are warm, and have blood to drink, then they are content.

**Do head lice fly or jump?** Head lice do not have wings so they cannot fly. They can't jump because they do not have knees.

**So how do head lice move around?** Head lice CRAWL very fast and require head to head contact for transmission. It is possible that because of the way young children play, head lice are seen more widely amongst primary school children than adolescents or adults.

**Do head lice live in carpets, clothes, hats or sheets?** No. Head lice very rarely fall from the head. They require blood to survive. Head lice feed three to four times a day and without blood will dehydrate in six hours in a dry climate and 24 hours in a humid climate. An egg requires warmth to hatch and is the reason why they are laid close to the scalp. The further away from the scalp, the less likely they are to survive.

**What parents can do:**

- Be aware if your child is scratching their hair, especially around the neck and ears, and regularly check your child's hair for signs of lice and eggs.
- Ensure that long hair is tied back in a ponytail, braid or bun.
- Using the conditioner and comb method every week is the best way to detect head lice early and minimise the problem.
- **Treat** cases of head lice with recommended lotions available at chemists, hair salons and supermarkets.
- Many parents will complain that they are doing the right thing but other parents aren’t. Placing the blame will not achieve anything. Instead of pointing the finger, help each other.
- Children with cases of head lice should not return to school until treatment has begun. Please advise the school of any treated cases of head lice before your child returns to school.
Runners Club has been developed as a general fitness program to help keep our school community fit. It is held on Monday and Wednesday mornings between 8.30am and 8.50am. Children can join in at any time. Parents who would like to help mark the runners passports would be most welcome. Just turn up on the day. **Leanne Willder**

<table>
<thead>
<tr>
<th>100 Lappers</th>
<th>Cooper M, Zac E</th>
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<tbody>
<tr>
<td>250 Lapper</td>
<td>Kareem M,</td>
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<tr>
<td>300 Lapper</td>
<td>Austin M,</td>
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<tr>
<td>350 Lapper</td>
<td>Karatau K</td>
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<tr>
<td>450 Lapper</td>
<td>Levi T,</td>
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<tr>
<td>750 Lapper</td>
<td>Todd D</td>
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<tr>
<td>850 Lapper</td>
<td>Clancy W</td>
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**Swimming Program – Final Day**

<table>
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<th>17-Sep</th>
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<tr>
<td>Start time</td>
<td>Fri</td>
</tr>
<tr>
<td>5/6R &amp; M</td>
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</tr>
<tr>
<td>Group 1</td>
<td>11.15</td>
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<tr>
<td>Group 2</td>
<td>11.45</td>
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<tr>
<td>Grade 5/6F &amp; 3/4M</td>
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<tr>
<td>Group 3</td>
<td>12.15</td>
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<tr>
<td>Group 4</td>
<td>12.45</td>
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**The Spartan Race**

On Saturday 12th September I competed in the Spartan Race. The race was 3.2 kilometres with 14 obstacles in 26 minutes. At 1.30pm I lined up ready to race and we had to do burpes before we started. The starter said to us “It’s not about where you finish, it’s about having fun!” Off we went. I was coming first and was overtaken. There were over 200 people in my age group and I finished in the top 10. In the end I had lots of fun and completed the whole race. The day was hot but worth it. **Bella C**

**WPH Division Athletics**

Well done to all the students who participated in the WPH Division Athletics yesterday. A full report of the day will be included in the newsletter next term.
How can I encourage my child to read?

Talk with your child. Speaking and listening provides your child with different ways to learn and think about the world.

Provide a positive role model. Chat about what you are reading in books, newspapers and magazines, or viewing on screens.

Read to your child every day. This is not always possible but it may be that you point out words when you are travelling, read something aloud from a newspaper, magazine or book, or point out something interesting on screen.

Listen to your child read. All children like to receive positive feedback and listening to your child read is a great opportunity to congratulate him or her on what has been achieved.

Encourage your child to read from a wide range of sources. There is much to learn and enjoy from reading picture books, short stories, poetry, comics, magazines, instruction manuals and so on.
Grade 2 Sleepover

The funniest part of the sleepover was when Mrs McCallum and Miss Delaney danced. My favourite part was the movie because it was funny. **Thomas**

My favourite part of the sleepover was finally going to sleep. If I could change one thing it would be getting to have pancakes for breakfast. **Nikki**

The funniest thing about sleepover was when Ellorah made some funny faces in bed. The best part of the disco was watching and dancing with the teachers at the disco. **Keely**

The best part of the sleepover was at the disco when I got a lolly for the best dancing. My favourite part was when we all got to watch a movie after the disco. The movie was called the Gruffalo. **Ellorah**

The best part of the sleepover was when I got two lollies in one song during the disco. If I could change something about the sleepover I would let us stay up even later. **Jack**

The funniest part of sleepover was when Mrs Crawford went into my bed. The best part of the disco was watching Miss Delaney dance. **Myles**

My favourite part was when we got to eat the jelly. The best part of the disco was winning lollies for best dancing. **Nicholas**.

The funniest thing about the sleepover was the disco because I did the chicken dance. My favourite part was watching the Gruffalo. **Diesel**
The best part of the disco at sleepover was doing the chicken dance. If I could change one thing about the sleepover I would let us stay for two nights. **Emily**

The funniest thing about the sleepover was the teachers dancing. My favourite part was getting to watch a movie. **Jay**

The best part of the sleepover was getting to eat frogs in the pond for supper. The best part of the sleepover was watching the DVD. We watched the Gruffalo. **Hayley**

The best part of the disco at sleepover was when I won a prize. If I could change something about sleepover I would make the disco longer. **Sylvester**

The best part of the disco was when I danced my head off. The funniest part was when everyone did the chicken dance. **Tyson**
Get your smiles ready it’s...
School Photo Day
15th of October 2015

CLASSIC PACKAGE
$40

REMEMBER
You must have your own envelope if you are ordering photos, you cannot use your brothers or sisters.

FAMILY PHOTOS
If you want a family photo you must collect an envelope from the school office.

From $10

ONLINE ORDERING
Online ordering is a simple secure method of ordering. Order online to receive the exclusive family discount for families with 2 or more children and have peace of mind that cash isn’t being sent to school.

(Online ordering does attract an administration and credit card fee totaling $7 which is per order not per order.)

STUDENT JOURNAL
The Student Journal is a book including a student profile, portrait, composite group and a traditional group along with some fun exercises.

Questions? Call Leading Image on 1300 084 586 or visit our website at www.leadingimage.com.au