From the Principal

Spring Has Sprung!

What a wonderful day last Friday as the whole school celebrated our Spring Garden Festival! Our dedicated team of parents along with Grade 3-4 students prepared a wonderfully healthy meal fresh from our garden. Thank you to Miss Saunders and the 5-6 leaders for organising fun and engaging games with a garden theme.

Presently, Mrs Fiona Sanderson is working in the school to update our Move Well Eat Well program. This program promotes the key areas of; drinking water, healthy lunch box choices, limiting occasional foods, being physical, turning off the T.V. and riding or walking as transport. Stay tuned for our progress with this, or ask Mrs Sanderson when she is here Mondays, Wednesdays and Fridays.

In past newsletters I have thanked parents for parking safely in our turning circle and reminded all of our community about parking and road safety for our students. I have verbally reminded parents and sent letters home reminding about our safety rules. After consultation with the Glenorchy Police, I may now record the number plates of any cars not following the parking rules and disrupting the flow of traffic in the turning circle. Keeping our children safe is a priority.

I have been delighted with the number of students back in full school uniform recently after our focus on being part of the team. I have included some photos of some senior students wearing their school colours with pride.

Kind Regards
Bonnie Jeffrey
Principal
HEADLICE

Head lice will be a problem from time to time at Goodwood Primary School so therefore it is important to work together as a school community to minimise the frustration caused by the problem. If your child has head lice please let the school know.

Eggs can be difficult to see; use a strong light (such as sunlight) and look on the hair shafts. If you are not sure whether an object you find is a head louse egg, try sliding it up the hair shaft using your fingers. Eggs are usually quite difficult to move whereas dandruff and other items slide easily.

Included with this newsletter is an information sheet that may be useful for parents/carers.

SCHOOL UNIFORM

Could parents/carers please ensure that your child is at all times in correct full school uniform.

There are a number of items of school clothing in our lost property. Please stop by the office if your child has lost their uniform items.

FOOTY COLOURS DAY

On Friday 27 September the SRC will be holding a Footy Colours Day. Children are asked to please bring a gold coin donation and dress in their favourite footy team colours or free dress.

All money raised will go towards World Hunger.
Head lice have been around for many thousands of years. Anyone can get head lice and given the chance head lice move from head to head without discrimination.

- Head lice are small, wingless, blood sucking insects.
- Their colour varies from whitish-brown to reddish-brown.
- People get head lice from direct hair to hair contact with another person who has head lice.

Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl.

**The Life Cycle of Head Lice**

1. Egg is laid on hair shaft. Egg is called a 'nit'.
2. Louse emerges after 6-7 days.
3. First moult 2 days after hatching.
4. Second moult 5 days after hatching.
5. Third moult 10 days after hatching.
6. Emerging from their third moult as adult lice, the female and slightly similar male begin to reproduce.
7. Female lays first egg 1 or 2 days after mating.
8. Female can lay approximately 3 to 8 eggs per day for the next 16 days.
9. Having lived 32 to 35 days the louse dies.

**Treating head lice**

- **No treatment kills all of the eggs** so treatment must involve two applications seven days apart.
- If you are using lotions, apply the product to dry hair.
- There is no need to treat the whole family, unless they also have head lice.
- Only the pillowcase requires specific laundering; either wash it in hot water (at least 60 degrees centigrade) or dry it using a clothes dryer on the hot or warm setting.
- There is no product available that prevents head lice. Using the conditioner and comb method once a week will help you detect any head lice early and minimise the problem. Tying back long hair can help prevent the spread of head lice.
- Combs with long, rounded stainless steel teeth positioned very close together have been shown to be the most effective, but any head lice comb can be used.
During lunch time on Tuesday’s our Grade 5/6 girls have the opportunity to participate in Hip Hop dancing.

We would like to thank Del Chance for volunteering her time to run the classes.

On Friday 20 September we will be holding our “Jump Off” for Jump Rope for Heart.

Could all students please bring their sponsorship forms together with money collected and return to your class teacher on the day.
The whole school community had a fantastic day on Friday 6 September to celebrate the Spring Festival.

A big thank you to the Goodwood Primary School Association and the Grade 5/6 students who helped on the day.
Coming to the YMCA Glenorchy in Term 4 2013!

🌟 Hobart Gymnastics Academy are pleased to be bringing Gymnastics back to the Glenorchy Community at the YMCA
🌟 Fully qualified Gymnastics Coaches delivering exciting new programs
🌟 Classes for boys and girls for Walkers -12 year olds, on Tuesdays and Thursdays
🌟 **FREE** ‘Come and Try Sessions’ offered.
🌟 Learn basic gymnastics skills, which are the foundations of all sports that provide qualities that are beneficial throughout life. These benefits include:
   - improving listening skills and the ability to follow instruction
   - self-esteem and confidence
   - social interaction skills with peers
   - coordination and balance
   - perseverance and learning to overcome fears

**Class Times:**
- **Kindergym** – Tuesday
  10-10:30 & 10:40 – 11:10
- **GymFun / GymSkills** - Thursday
  3:30 – 4:15 & 4:25 – 5:10

Bookings essential - Limited Spaces Available:
Hobart Gymnastics Academy Inc.
Ph: 6263 3460
Email: admin@hga.org.au
www.hga.gymnastics.org.au

CONTACT DETAILS
Elmsleigh Road Moonah 7009
Phone: 6272 9100   Fax: 6273 2799
Email: goodwood.primary@education.tas.gov.au

Tasmania
Explore the possibilities