



Newsletter

Term 2 AUGUST 2018

PRINCIPAL'S REPORT

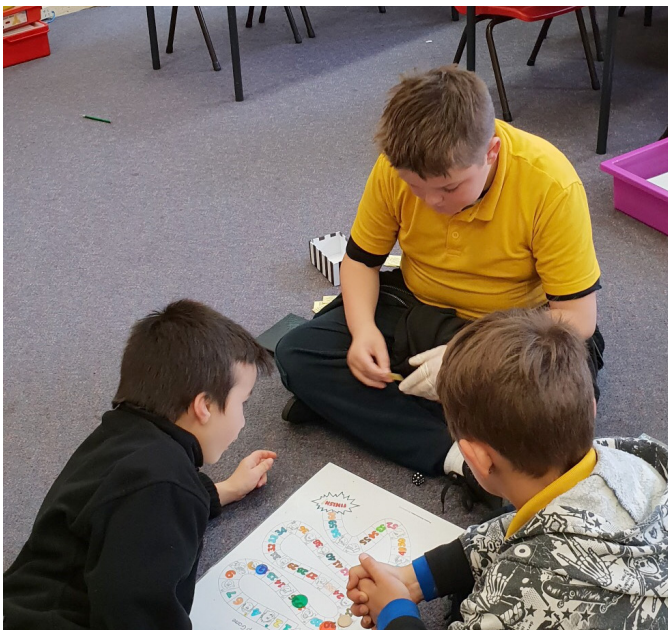
In this month's newsletter I would like to celebrate the incredible programs that we offer here at Zig Zag. I believe that our programs set us apart from large schools because the small nature of Zig Zag means that we can be inclusive and give amazing opportunities to every single student.

In addition to the wonderful learning in the classrooms, over the past month our boys and girls have been taking part in the following programs.

Vicki Gillmore
Principal

Peer support Program

Our Friday Peer Support sessions provide invaluable leadership experience to every single Year 5 and Year 6 student. Watching them lead a group of younger children through activities and discussions builds bonds and connections across our whole school.



Music Program

Not only did I burst with pride seeing our students perform on stage at the Bathurst Eisteddfod, the delight from all of K/1/2 to watch, clap and talk about their pride in 'Our Big kids' was very special.



Junior Landcare

Each Friday and Tuesday we have Big Kids and Little Kids pairing up to water plants and care for grasses and shrubs along community land next to our school. Last month almost every student put their hand up to volunteer after school at Oakey Park spreading mulch and planting trees. We look forward to more after school sessions that our students can participate in.



Sporting

Our Friday sporting program sees every child in our school receive coaching from specially trained sports coaches, use speciality equipment and enjoy sport in sports specific locations! We have our 3/4/5/6 students going to gymnastics at the PCYC Gymnasium and basketball at Lithgow Basketball Stadium. Our K/1/2 students are loving Hockey on our bottom field with NSW Hockey coaches and equipment.



PUFFING BILLIES KINDERGARTEN TRANSITION PROGRAM

Our transition to school program is exceptional... Our future Zig Zag community not only enjoy their transition activities, they love visiting all our classrooms and having a taste of our Zig Zag Programs. Children who feel comfortable, relaxed and valued have good relationships with others and develop a sense of belonging, are more likely to experience a successful start to school.



Stephanie Alexander Master Cooking Challenge

Students were collaborative, creative and clever to apply their cooking knowledge in this fun challenge. Every child 3-6 took part in the challenge as part of our Stephanie Alexander Kitchen Garden Program.



Technology

Dedicated weekly technology lessons for every class means that every student is learning skills such as film making, coding, digital art and advanced word processing skills without the need to join special clubs. Our students have recently had input into their ideas about future learning spaces at our school and they are currently planning and designing a space to set up a 'green



Community spirit

The participation and incredible fundraising for Hay Day(our Fundraising for Farmers Event) demonstrates the love and enthusiasm that our entire Zig Zag Community show to support community events.





Virtue of the Week



VIRTUE
OF THE WEEK

Love



Afternoon Pick Up

Now that the weather is no so cold, could we ask parents to wait and collect your child outside.

CALENDAR

Thursday 20th September

- Internet Safety workshops
- 6pm Parent workshop

Friday 21st September

- Special Lunch Day
- Mufti Day - gold coin donation

Tuesday 25th September

- Wollies Cricket

Friday 28th September

- Last day of Term 3

Monday 15th October

- Students return Term 4

Monday 23rd October

- Year 6 at Canberra

Tuesday 24th October

- Year 6 at Canberra

Wednesday 25th October

- Year 6 at Canberra

iPlay

Screen-time

Many people might think that the inappropriate content on television programs, in video games, and on the Internet is the biggest concern regarding screen-time. Media content does have a part to play but there is a silent and unnoticed problem associated with screen-use - prolonged sitting. Screen-time generally involves long periods of sitting still which requires almost no energy at all to do. This has some pretty serious implications for physical health.

Did you know?

- Sitting contributes to being overweight – Among people watching 3 hours of television per day rates of obesity are the same regardless of how much exercise they do.
- High screen-use during childhood and adolescence is linked to high cholesterol, a risk factor for heart disease.
- Spending 2 or more hours per day on screens doubles the risk of abnormal insulin levels (a risk factor for type II diabetes) compared with those spending less than 2 hours.

Adequate sleep is important for all of us but it is of particular importance to children, as growth and development occurs mostly during sleep. Adequate sleep also ensures that children are well rested for school the following day. Lack of sufficient sleep can cause irritability and can affect concentration and alertness in class. High screen-use has been shown to negatively impact both the amount and quality of sleep among children and adolescents.

Did you know?

- High screen-use is linked to poor sleep.
- Children with a television in their bedroom spend about 1.5 hours a day longer using screens than those without.
- Children and adolescents with a TV, gaming console or computer in their bedroom are less likely to get sufficient sleep than those without.



HEAD LICE TREATMENT OPTIONS

INFORMATION FOR PARENTS AND CARERS

There are two treatment options for head lice.

1. Mechanical removal (removal with a head lice comb)
2. Chemical removal

Mechanical removal

Mechanical removal involves applying normal hair conditioner to dry hair. After covering all of the hair with the conditioner untangle it using a normal comb and separate the hair into sections. Then use a fine long toothed metal lice comb to comb through the hair in sections. The conditioner doesn't kill the lice but it stuns them for about 20 minutes making it easier to remove them. The lice comb will remove nits (eggs) and the stunned lice. Wipe the comb on a white tissue and check for any lice or nits. Keep combing until no more appear on the tissue. This method should be used every second day until none remain (usually about 7 to 10 days).

This method is the preferred way to treat head lice because it is effective, does not contribute to insecticide resistance in head lice and also has a low risk of skin irritation.

The mechanical removal method also helps manage head lice before they become established on the head. Keep a good head lice comb in the shower and every time your family washes their hair comb through with the lice comb. This makes sure the lice are caught before they lay too many eggs.

If your children are old enough to wash their own hair encourage them to use the comb themselves. Or keep the comb handy to where you wash your children's hair and use it every time you wash their hair.

Chemical removal

If you choose to use a chemical treatment, remember to follow the instructions carefully. Don't be tempted to re-apply the same chemical treatment if it doesn't appear to be working. Instead change to another treatment that uses a different chemical compound or use the comb and conditioner method. You must repeat the treatment in 7 days to kill any newly hatched eggs. You will also need to use a lice comb to make sure the treatment is working. If you find dead lice the product has worked. If you find live lice, the treatment has not worked.

When your child is free of lice and nits, remember to check regularly with a fine toothed lice comb and conditioner. Early detection and treatment will prevent re-infestation of family members and classmates.

What to do about bedding and clothing

Research suggests that bed linen, hats, clothing and furniture do not harbour or transmit lice or nits and that there is no benefit in washing them as a treatment option. Nits and lice only live on the human head. They quickly dehydrate and die if removed from the head.

*This information is based on information provided on the NSW Health Nitbusters website.



SCHOOL HOLIDAY FUN!!

Join our great term 3 **school holiday activities at PCYC Lithgow**. We have two weeks of fun activities, from sport to craft there's something for everyone. *Please note food is not provided, pack recess and lunch for you kid/s. All children must be PCYC Members. Membership is \$10.00 for one year.*

OCTOBER 2018

MONDAY 1

Public holiday - club closed.

TUESDAY 2

Archery tournament 12.00pm \$10.00.

WEDNESDAY 3

Come n' try gymnastics 12.00pm FREE.

THURSDAY 4

Table tennis tournament 12.00pm \$5.00.

FRIDAY 5

Laser tag from 6.30pm \$10.00.

MONDAY 8

Soccer skills workshop 12.00pm \$10.00.

TUESDAY 9

Fitness boot camp 12.00pm \$5.00.

WEDNESDAY 10

Come n' try parkour 12.00pm FREE.

THURSDAY 11

Plaster model workshop 12.00pm \$10.00.

FRIDAY 12

60 second challenge 12.00pm \$5.00.

SATURDAY 6

Laser tag from 11.00am \$10.00.

SATURDAY 13

Gymnastics workshop 3 sessions \$25.00.

Hurry spaces are **limited and subject to availability**. Book now to secure your spot!

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