Dear parents and carers,

Over the next few weeks many families will be contacted by school staff to update information that you provided when your child first enrolled in school. From this year all government schools will be partially funded according to the socio-economic needs of the school community. To determine the amount of funding each school will get, data about parent/carer high school education, TAFE or university qualifications and current employment is collected. All family information remains confidential, but it is crucial that we have a complete set of data. If you have any questions about the data collection or school funding please contact either Mrs Polios or myself.

A considerable amount of building and grounds maintenance work is currently under way, so please be patient as the work takes place. The fascia and eaves of the stage 3 building are being repainted, the courtyard toilets are being upgraded and the new computer cabling is now installed. The Stephanie Alexander Garden is also undergoing a facelift, with new walkways and large rocks added to the cultural garden section and a new compost area under construction. The shipping container will be moved close to the greenhouse and used as a storage shed for garden equipment.

I am sure you are aware of the tragic accident that occurred at Pitt Town Public School on 21 February in which a large tree branch fell causing the death of year 4 student, Bridget Wright, and injuring others. As a result of the accident all school principals have been asked to review the safety condition of trees on school grounds, with particular emphasis on tall trees and gum trees that are overhanging school buildings and playgrounds. Fortunately we have been
systematically removing damaged and dangerous trees since last year, and will only now need to remove 2 more gum trees. This should be completed tomorrow morning.

Late yesterday afternoon the school fence was damaged by a stolen car. Thankfully it happened on a Sunday, and no-one was injured. We will have the fence repaired as soon as possible.

On Tuesday 18th March, the P&C Annual General Meeting will be held in the Connected Classroom. Just come to the office if you don’t know where it is and we will take you to the room. Please Note: only financial members are eligible to vote for our 2014 executive.

Good news story…Yesterday Mrs Khan gave birth to a healthy baby girl, Indiannah. Both mother and baby are doing well.

Mrs Lock
Principal

A Message from Mrs Polios

The Brag Wall, which is made up of 9 large noticeboards in our courtyard area, has come to life!

Come and see wonderful work from students Preschool – Year 6. The work on the Brag Wall will be changed every fortnight so don’t limit yourself to only one visit.

We are getting into second gear now as we plan for our Whalan Food Expo on Wednesday 2nd April.

Students in all classes are learning about their staple food. How it’s grown, how it’s processed and how it makes its way to our supermarkets.

Students are also learning about the health benefits of their staple food.
Additionally, classes are cooking with their staple food and will share some of their recipes in our Whalan Food Expo cookbook. The cookbook will be on sale at our Food Expo.

At our Whalan Food Expo, students will be able to share everything that they’ve learnt with all of us.

**DENTAL ASSESSMENTS**
This Thursday, dental staff from Blacktown / Mt Druitt Dental Clinics will be at our school to provide a short ‘oral health and diet’ talk and dental assessments for all students in years 3, 4, 5 & 6.

This is a FREE service.

Consent forms were sent home last Wednesday and need to be returned to the school office by Wednesday afternoon (day before the assessments).

A letter indicating how the parent / carer should follow-up the assessment will be sent home with each child on Thursday. Each child’s details will be entered onto the hospital computer and will remain confidential. Treatment appointments will be offered on a prioritised basis and sent directly to the child’s address.

Students with urgent treatment needs will be offered appointments first.

**CONTACT DETAILS**
*With this newsletter, we have sent home an ‘emergency contact form’ for you to complete and send back to us. In case of an emergency, we need to be able to contact you and to do that, we need your current contact details.*

*Please complete the form and return it to school, if you have changed any of your details.*

*If you prefer, you can use our Whalan Public School app – Parent eForms – Change of Details*

*Mrs Polios*
Deputy Principal
Parents and carers want the best for their children – a good education can be life changing!

Week 4 ‘Best attending’ class results

<table>
<thead>
<tr>
<th>K-2 results</th>
<th>3-6 results</th>
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</thead>
<tbody>
<tr>
<td>2C</td>
<td>97%</td>
</tr>
<tr>
<td>2M</td>
<td>95%</td>
</tr>
<tr>
<td>1K</td>
<td>93%</td>
</tr>
<tr>
<td>K-6K</td>
<td>92%</td>
</tr>
<tr>
<td>KR</td>
<td>90%</td>
</tr>
<tr>
<td>1S</td>
<td>89%</td>
</tr>
<tr>
<td>KH</td>
<td>82%</td>
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<td></td>
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</tbody>
</table>

Congratulations 2C and 5/6K!

Week 5 ‘Best attending’ class results

<table>
<thead>
<tr>
<th>K-2 results</th>
<th>3-6 results</th>
</tr>
</thead>
<tbody>
<tr>
<td>1K</td>
<td>99%</td>
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<tr>
<td>2C</td>
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<tr>
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<tr>
<td>KH</td>
<td>90%</td>
</tr>
<tr>
<td>1S</td>
<td>89%</td>
</tr>
<tr>
<td>K-6K</td>
<td>86%</td>
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<tr>
<td>KR</td>
<td>85%</td>
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</tr>
</tbody>
</table>

Congratulations 1K and 3-6L and 5/6C!
What does our school attendance look like now?

The bar represents 100%. The shading represents what our school percentage for attendance is now, after 23 days of school (97.5%)

**Jargon Buster**

**Expectation** = A standard of behaviour expected by students.
For example,
*To be safe*  *To be respectful*  *To be a learner*

**Rule** = A set of principles to guide behaviours and actions to meet an expectation
For example,
*Use appropriate language*  *Always do your best*

**PARENT SESSIONS**

WHERE: Connected Classroom  
(in courtyard next to Ms Mac’s Room)
Time: **1.45 – 2.45pm**
THIRD SESSION –  
**Tuesday 11th March**  
Home & school expectations and rules
At our school we have a set of expectations that translate into our school rules. We have rules for all areas of the school as well as rules for specific areas in our school.

At the beginning of each year, classes form their class rules based on our expectations of SAFE, RESPECTFUL, LEARNER.

Come along and find out the process we use to come up with the rules and find out how it can work for you at home as well!

**STUDENT ACHIEVEMENT**

Congratulations to Samuel Appleby, who will be representing our region at the Little Athletics Association State Carnival on 22\textsuperscript{nd} March in the 100m event. Good luck Samuel.

**COMING EVENTS**

**March**

**Week 6**

**Tuesday 4\textsuperscript{th}**

Stage 2 After School Sports  
*Please note after school sport finishes at 4.15pm*

**Thursday 6\textsuperscript{th}**

Dental Assessments

**Friday 7\textsuperscript{th}**

Moving into Yr 7 parent information session  
*2 – 3pm and repeated again 3 – 4pm (LIBRARY)*  
PSSA

Stage 3 After School Sports  
*Please note after school sport finishes at 4.15pm*
Week 7

Monday 10\textsuperscript{th} 3-6 assembly 3/4K presenting; performance by 5/6C

Tuesday 11\textsuperscript{th} First Foot Forward visit for Stage 3 Parent session – 1.45 – 2.45pm

*Home and school expectations & rules*

Stage 2 After school sports

*Please note after school sport finishes at 4.15pm*

Wednesday 12\textsuperscript{th} K-2 assembly 1S presenting; performance by 1K

Thursday 13\textsuperscript{th} Selective High Schools Test

Friday 14\textsuperscript{th} TASHI Performance for Stage 1 (years 1 & 2)

PSSA

Stage 3 After school sports

*Please note after school sport finishes at 4.15pm*

PSSA

*There are no results for Friday 21\textsuperscript{st} February as PSSA games were cancelled due to wet weather*

**PSSA RESULTS FOR FRIDAY 28\textsuperscript{th} FEBRUARY:**

<table>
<thead>
<tr>
<th>SPORT</th>
<th>OPPOSITION</th>
<th>SCORE</th>
<th>RESULT</th>
<th>Player of the Match</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior Girls Oz Tag</td>
<td>Tregear</td>
<td>3-1</td>
<td>Win</td>
<td>Aruna Murphy</td>
</tr>
<tr>
<td>Senior Girls Oz Tag</td>
<td>Tregear</td>
<td>2-0</td>
<td>Win</td>
<td>Tyla Eckersley</td>
</tr>
<tr>
<td>Boys Softball</td>
<td>Dawson</td>
<td>6-11</td>
<td>Loss</td>
<td>Paul Ailao</td>
</tr>
<tr>
<td>Girls Softball</td>
<td>Dawson</td>
<td>Forfeit</td>
<td>Win</td>
<td>Stephanie McClenahan</td>
</tr>
</tbody>
</table>
Brag Walls

Come and visit the Brag Walls in the courtyard to see the wonderful work from students in all classes Preschool – Year 6.

New student work will be displayed every fortnight so make sure you visit often.

Library News

*To keep books clean and dry, students need to use a library bag when borrowing books.* This can be one of the black “Books In Homes” bags all students received last year, a plastic shopping bag, a green school library bag which can be bought from the school office for $5 or any other bag that will protect the books.

*Mrs Emmett*
Teacher Librarian
HEAD LICE
Mention head lice and most of us instantly develop an itch. You'll find these little critters at every school across Australia - and probably the world - at some point during the year.

While head lice and nits, (the eggs of head lice) are certainly annoying and persistent, they're not dangerous.

At a glance:
- Head lice and nits only live on human heads.
- They don't care if the hair is long or short, clean or dirty.
- Head lice are an unavoidable fact of life for all school-aged kids.
- The best and cheapest way to remove them is with inexpensive conditioner and a nit comb.
- You will need to re-treat your child several times before all the eggs will be gone.

Nitbusters' myth busters
- Kids with head lice don't always scratch. The only way to rule out infestation is to look carefully through your child's hair.
- Head lice are only found on the human head.
- Head lice and nits live in long, short, curly, straight, clean or dirty hair.
- They are not found on family pets.
- Shaving your child's head is radical and unnecessary!
- Head lice do not live on furniture, hats, bedding, carpet or anywhere else in the environment.
- Head lice don't leap or jump. They crawl from hair to hair, from one head to another.
- Treating anything other than the human head does not get rid of head lice.
- There is no way to prevent your child from getting head lice.
- You may be able to help reduce transmission by tying girls' hair back and braiding it.
Never use insecticides, methylated spirits or kerosene on your child's head.

Some essential oils, including tea tree oil, can trigger a reaction in some people. Tea tree oil is a proven antiseptic, but its effectiveness as a head lice treatment has not been demonstrated.

You don't need to use an expensive commercial product.

If you do decide to use a commercial treatment on your child's head, read the instructions very carefully.

Removing head lice and nits

You'll need:
- a bottle of cheap hair conditioner
- a towel
- a thick tooth comb
- a fine tooth comb
- a roll of paper towels.

Steps:
1. Sit your child on a chair or stool in front of you. Wrap a towel around their shoulders to catch conditioner spill. (You may want to put a video or TV show on, as this process can take a while.)

2. Apply a cheap, pale coloured conditioner generously to your child's hair. Work it through to coat every strand of hair. For long hair, it may be easier to tie one side of the hair off, and work in sections.

3. 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 louse's breathing for about 20 minutes – long enough for them to stay still and be combed out.

4. After you've applied the conditioner, use a large comb to part small sections of the hair, starting from the nape and working upwards toward the crown.

5. When the hair is detangled and manageable, use a fine lice comb and run through each section several times. Eggs are often found
behind the ears and toward the back of the head. By combing from the bottom of the back of the head up, towards the top and front of the head, you're more likely to find the head lice.

6. After each comb out, wipe the conditioner on the paper towel. If your child has head lice, you will see them on the towel (they're a little like small, brown, chia or sesame seeds.)

7. Keep combing each section of hair until no further lice or eggs appear on the paper towel. Often you will see lots of old egg casings that may take a while to remove.

8. Once you have combed and re-combed each section of hair, either re-plait or tie it back if it's long enough.

9. Head lice often congregate on the crown of the head, so it's not until you reach these last sections of hair that you'll find adult lice. However, heads that are severely infected will have adult lice everywhere.

10. Repeat at least twice over the next few days, until you can't find any more in the conditioner. You'll never be able to get all the head lice and eggs out the first time. However, in the days after your first treatment, the eggs will hatch and you'll be able to catch the crawling nymphs (young lice).
Recipe: Eggplant & Shallot Fried Rice

Serves: 25 tastes or 8 serves

Fresh from the garden: Eggplant, Shallots & Carrot

Equipment:
- Electric wok or Electric Frypan
- Wooden spoon
- Rice cooker
- Knife & fork
- Chopping board
- Colander
- Small bowl
- Serving spoon (large plastic)
- Mortar & pestle
- Measuring cups/spoons
- 3 serving bowls and spoons

Ingredients:
- 2 cups of long grain rice
- 1 eggplant (cut into 1 cm pieces)
- Small bunch of shallots (cut very fine)
  (use spring onions if shallots not available)
- 1 carrot (grated)
- 2 eggs
- 2 cloves of garlic (peeled)
- ¼ cup oil (any can be used, you may need a little more)
- 2 tblsp caster sugar
- 2 tblsp of soy sauce
- Pinch of pepper
What to do:

- Place 2 cups of rice and 2 cups of water into the rice cooker, turn to cook, leave until it clicks over to ‘warm’
- When rice is cooked, rinse rice under cold water in a colander in the sink until rice is cool. Drain the rice and leave to sit
- Plug the wok or frypan in and put it on medium heat
- Scramble 2 eggs lightly in the small bowl then place a small amount of oil in wok, pour the eggs in and cook for a few minutes, put it back into the small bowl and break the cooked egg into small pieces
- Cut eggplants and shallots; grate the carrot
- Place peeled garlic into mortar and pestle, pound until smooth, add sugar, pepper, soy sauce and 1-2 tablespoons oil mix gently until combined, set aside
- Place eggplant and a little oil in wok, turn heat to medium high and cook until soft. Turn heat down to low
- Add grated carrot & mix through. Add cooled rice and cooked eggs, mix through
- Add cut shallots (saving a small amount for garnish) mix through
- Add the soy sauce & garlic mixture and mix through gently. Place lid on and leave to stay warm or very low heat until other recipes are ready
- Divide rice evenly into 3 serving bowls, sprinkle a little of the shallots on top, place on the dining tables with a serving spoon
- Make sure everything is washed, dried & put away. Benchtops are clean & floors are swept before eating
Recipe: Spicy Brown rice salad

Serves: 25 tastes or 8 serves

Fresh from the garden: lettuce, herbs, carrot, capsicum, tomatoes, beans

Equipment:
- Large salad bowl
- Salad spinner
- Grater
- Knife
- Chopping board
- Small mixing jug
- Large spoon
- Fork
- 3 serving bowls
- 3 serving spoons

Ingredients:
- ¾ cups of cooked brown rice
- 1-2 carrots (grated)
- 5-6 garden leaves/lettuce leaves (torn into ½ cm pieces)
- Small bunch of mixed herbs (torn or chopped very fine, stems removed)
- 1-2 capsicums (cut into 1cm cubes)
- 2-3 tomatoes or beans (cut into 1cm pieces if available)

Dressing:
- ¼ cup extra virgin olive oil, ½ lemon
- 2 tblsp sweet chilli sauce, ¼ tsp chilli flakes
What to do:

- Wash all lettuce leaves in cold water and spin dry in salad spinner. Tear all leaves into ½ cm pieces, no larger, place into large salad bowl
- Place cooked and cooled brown rice into the large salad bowl also
- Once all vegetables & herbs are chopped very finely add to rice and lettuce, toss very gently
- Place all dressing ingredients into the mixing jug and whisk with a fork until all combined
- Pour over salad and mix very gently to coat all the salad
- Divide the salad evenly into 3 serving bowls and place on dining tables with serving spoons
- Make sure everything is washed, dried and put back in its correct place in the kitchen. Benches must be all wiped down and floors swept before eating. Make sure there is clean washing up water in your sink for after we eat
Recipe: Lemon & Cinnamon rice pudding

Serves: 25 tastes or 6 serves

Fresh from the garden: Lemon

Equipment:
- Medium saucepan
- Wooden spoon
- Measuring spoons/cups
- Grater
- Small bowl (glass)
- 3 serving bowls
- 3 serving spoons

Ingredients:
- 2 litres Milk
- 1 cup Arborio rice
- 3-4 tablespoons brown sugar
- 1 tblsp vanilla essence
- 2 ½ tblsp cornflour
- zest of ¼ lemon
What to do:

- Put ¼ cup of the milk into the small bowl, put aside for later
- Pour the rest of the milk, rice and sugar into the saucepan. Put on medium heat and stir constantly until just on gently boil, lower the heat to middle of low to medium
- Keep stirring every 2 – 3 minutes for 30 – 40 minutes until rice is tender. Add vanilla essence and stir for 1 minute, then turn the heat off
- Add cornflour to the ¼ cup of milk you put aside earlier, stir until dissolved. Then add mixture to rice stir until thickened
- Zest ¼ of the side of a lemon and mix through rice pudding
- Divide evenly into 3 serving bowls, place on dining tables with serving spoons. Can be served hot or cold