

Alexandra Primary School

Our purpose is to build a learning community that challenges and supports young minds to develop as independent and lifelong learners, continually striving for excellence.

RESPECT

CARE

INTEGRITY

ACHIEVE

Welcome Back (again!)

It was such a joy to see all the smiling faces heading into school on Wednesday. It was also a joy to see the smiling faces on the parents as they drove away!

Thank you for all the work do to keep the learning momentum going. We do understand that homes are not set up as schools and this is no easy task!

Fingers crossed that we will not see another lockdown EVER!

miss you

Read, Read, Read!

How is this for a cool fact:

Parents who read 1 picture book with their children every day provide their children with exposure to an estimated 78,000 words each a year. Cumulatively, over the 5 years before kindergarten, researchers estimate that children from literacy-rich homes hear a cumulative 1.4 million more words during storybook reading than children who are never read to.

Source: [When Children Are Not Read to at Home: The Million Word Gap - PubMed \(nih.gov\)](#)

Don't you think that is amazing?

We have some favourite picture books here at Alexandra Primary School. I am sure they are available at most libraries but of course you can always borrow them from us!

- The Story of Frog Belly Rat Bone by Timothy Basil Ering
- The Fate of Fausto by Oliver Jeffers
- Mr Huff by Anna Walker
- Boy by Phil Cummings
- The Wisdom of Ants by Philip Bunting
- Ernie Dances to the Didgeridoo by Alison Lester

Picture books to share with older readers

- ◇ Outstanding in the Rain by Frank Viva
- ◇ Windcatcher by Diane Jackson Hill
- ◇ Cicada by Shaun Tan
- ◇ The Tunnel by Anthony Brown
- ◇ Into the Forest by Anthony Brown
- ◇ Angry Arthur by Satoshi Kitamura

So, take care, snuggle up and read!

Vicky and the team.



August 2021

| | |
|----------------------|---------------------------------------|
| Monday 16th | School Council |
| Wednesday 18th | Athletics Carnival |
| Friday 20th | Footy Colours Day |
| NO BUS TRAVEL | Wednesday 18th August - Term 3 |

Thursday 29 July 2021

Term 3 Week 3

Achievement Awards - P2

School News - P3-5

School & Community News - P6

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STAR OF THE WEEK

Henry Doherty 3/4A

Henry has shown our school values of Care and Respect this week in his support of one of his younger peers. Henry is showing that he is capable of empathy and great kindness. His generosity has really made a difference to others. We are proud to have you in our learning community, Henry. You are a STAR!



ACHIEVEMENT AWARDS

| | |
|-----------------|---|
| Prep | Benji Cavill ~ For his amazing calculator art. Benji made sure he wrote his numbers around the correct way and he included all the buttons. Benji made his calculator neat and presented it with confidence to the class. Well done, Benji! |
| 1/2A | Amber Forden ~ For making tremendous progress in her reading - going up four levels since the start of the year! She has also improved her behaviour while continuing to develop relationships with her classmates. I am proud of you, Amber! |
| 1/2B | Charli Stephens ~ For her positive 'Can Do' attitude towards learning. Charli tries hard in class, asks for assistance when needed and enjoys learning new things. Great work, Charli! |
| 3/4A | Tilly Miljkovic ~ For her super amazing counting by fractions. Tilly was able to show that she could count by quarters, starting from any number. Way to go, Tilly! Sensational counting! |
| 3/4B | Harriet Brady ~ For getting into Term Three with a flying start! You dived into our writing research task with gusto and taught us many interesting facts about marine mammals. Your enthusiasm for learning is contagious, Haz! |
| 5/6A | Emily Rowntree ~ For having an amazingly positive attitude and giving everything a 'go'. Emily has worked really hard in Maths, in particular on equivalent fractions, showing her understanding. Her passion to do well is an obvious asset to her learning. We love Emily's enthusiasm and desire to do her best at all times. She eases into her learning tasks and strives to enrich her knowledge. |
| 5/6B | Jordan Debono ~ For starting this term off with such a positive and enthusiastic attitude. Jordan, you made such a great effort to catch up on the work that you missed at the start of the week and have put your best foot forward for the start of a new term. I can't wait to see what you are able to achieve - keep it up! |
| Art | Lucy Bowdern 5/6B ~ For displaying a consistent passion and interest for The Arts. Lucy, your enthusiasm for creating and discussing your creative thoughts/ideas is so inspiring! You think carefully about the artistic process, planning the techniques and materials you will use with great consideration. Thank you for offering to help set up and clean up in the Art Room. You're an Art Superstar! |
| Japanese | Owen Forden 5/6A ~ Owen has given his best effort on his writing tasks. He has come up to the white board in class to provide correct answers and has positively worked on numbers in Chinese characters. Well done, Owen!! |

Marley is training to be a Goal Keeper!



Olympics at APS!

This week our preps celebrated the Olympics by writing down the sport they wanted to compete in and illustrating it as well.



Hamish wants to compete in the new sport, Skateboarding!



Alexis wants to be a swimmer going for gold!



Crafty Remote Learning!

The grade's 5 and 6 were given a task in their paper pack last week. As a part of their health and PE unit, they were asked to create a skeleton out of anything they could find at home.

Dylan Rule, from Grade 5/6A returned this wonderful skeleton back to school!

What a fantastic and clever way to create a skeleton!

Well done!



Skeleton created by Dylan Rule from 5/6A



Head lice (or as one of my boys called them... 'head licences'!

While they can't jump or fly, head lice can move very quickly across the scalp - in fact, researchers have found that they can move at 23cm per minute, swinging from hair to hair with their six strong claws, which makes seeing these little kamikazes very difficult. Often you only really know they're there by their multiple eggs, known as 'nits'.

Getting rid of head lice is a process - and you'll need a head lice comb (the metal ones are the best) to do a thorough job.

As common as head lice are to the human experience, many myths and misconceptions surround them.

1. Your house as well as your head can be infected with head lice

Head lice spread easily and rapidly from head to head, travelling about one hair-strand at a time. They can't fly or jump but these opportunists hitchhike on loose strands of hair. But take lice away from their life source - the scalp - and they will falter and die very quickly - in fact, within eight-to-24 hours. Which is why they're not interested in lingering on a headrest in wait for a fresh head of hair to come along for them. They'll hold onto hair like their lives depend on it - because it absolutely does.

Head lice leave droppings ... minuscule specks of dark excrement. Yes, you read that right. Lice poo. Who wants to sleep with that on their pillow? That is why it is sometimes recommended that you wash all linen and towels.

2. An itchy head = head lice

An itchy scalp is certainly one of the more common symptoms of a head lice infestation and is at its itchiest behind the ears and at the back of the neck. In actual fact, only one in three people with head lice experience itching, anyway.

Itching is caused by an allergy to the saliva of the louse and it may be several weeks before it occurs. So *if* you start to itch, by the time you start scratching, the infestation has already taken hold and you should check around the ears and at the back of the neck for evidence of nits and if you see those little white larvae egg cases, it is time to treat the problem.

3. Only kids get head lice

Unfortunately, this is not true at all. You see, head lice don't discriminate between children and adults; they're just trying to survive and prosper on whichever head offers them the opportunity to do so. This misconception stems from the fact that school-aged kids are the most likely in our society to have head lice.

4. People with dirty hair or poor personal hygiene attract head lice

This is not true at all. Head lice just want a head full of blood, strands of hair to swing on and a warm place to lay their eggs. They don't care about whether your hair is clean, dirty, crimped, straight or dyed pink. The only difference may be that those who don't wash their hair as often may have more egg casings, shed skin and other debris, which would normally have fallen away with a hair wash.

[Continued on next page...](#)

5. Head lice are disease transmitters

Despite being incredibly annoying, head lice do not spread disease despite their blood-sucking ways. Science says so. But what can prove nasty is when those infected develop a rash from the louse bites, or when their skin becomes infected from endlessly scratching to relieve the itch.

6. Kids with lice should be removed from school

OK, so this is true to some extent ... While head lice do not spread disease they are included on the school exclusion tables in all Australian states and territories. However, they may advise parents if they detect or suspect infestation and send a child home for treatment.

Once the teacher has advised the parent - or the parent has advised the school, that the child is suspected of head lice - the child need only be excluded from school until treatment has commenced. It is the responsibility of the parent to treat their child's infestation with a specialised product, check the child's head daily and treat as necessary to avoid ongoing infestation. In addition, parents and teachers should do everything they can to reduce instances of head-to-head contact between students.

7. Dyed or bleached hair deters head lice

No, there's absolutely no scientific evidence to suggest that treated or coloured hair is not favoured by louse. These little creatures don't discriminate - they're just out to populate or perish. So as long as you have a scalp with a blood supply for them to dine on as well as a warm place to live and breed their eggs, head lice genuinely don't care.

8. You can catch head lice from your pets

Um, no. *Pediculosis capitis* is a uniquely human condition. These nasties can only infect humans - we are their everything and without us they would die. Romantic, eh? Pets have their own pests to contend with and there are also pet specific lice out there, but we don't share those either.

9. Shaving your hair off will assure you don't get head lice

Sure, you can get rid of the hair. But it'd need to be removed ... completely! That's a bit extreme, particularly when you consider the fact that generally, hair grows back. And head lice can live in hair as short as 2mm long!

10. Lice don't develop resistance to head lice products

Head lice are developing resistance to some chemical products and they may not be as effective as they were in the past. Suffocation products have a physical - not a chemical - mode of action and kill lice by suffocating them.

How to help stop the spread of headlice:

- Tie long hair back
- Don't share caps, hair brushes and combs
- Check hair regularly
- Treat hair fully when headlice are found. Remember the day 7 rule...check 7 days after chemical treatment to ensure there are no lice there.

LUNCH ORDERS!

If you put a lunch order in for your child on Wednesday the 14th of July 2021, they will receive this tomorrow, Friday 30th July 2021.

Thanks!



A reminder to all visitors that are on school premises that you must wear a mask and follow QR Code check in procedures.



Are you passionate about health in your local community?

If you are a community-minded person, who can improve consumer, carer and community participation in service planning at Alexandra District Health, we'd love to hear from you.

The Community Engagement Committee is a strategic advisory committee to the Alexandra District Health Board. Our community representatives are an integral part of the Alexandra District Health Volunteer Program.

We are looking for people who...

- Demonstrate understanding of the local community and local health issues.
- Are active members of the local community with strong community networks.
- Are able to consider community issues at a strategic level, with a focus on the benefit of the community as a whole.
- Have strong communication skills.
- Reflect the following qualities: Integrity, honesty, respect of other views, objectivity, strategic thinking, leadership, being inclusive.

As part of the committee, you would...

- Provide advice to the Board on community participation and inclusion of consumer, carer, and community views into all levels of health service operations, planning and policies.
- Advocate to the Board on behalf of the community, consumers and carers.
- Advise the Board on priorities and issues requiring consumer, carer and community participation.
- Assist the Board and Executive in communication and engagement with the consumers and community.
- Assist with the development of information for consumers and the community.

Virtual meetings are held on the second Tuesday of each month at 6pm. For more information about the Community Engagement Committee, please visit adh.org.au or email AlexandraCEC@adh.org.au