



At Epping Secondary College our relationships and behaviours are guided by the values **RESPECT, COMMITMENT, HONESTY, FAIRNESS AND PERSEVERANCE**

Issue 7

# Italian Performing Arts State Winners



On September 9th, our Senior Performing Arts Team competed against other secondary schools from across the state of Victoria at the annual Italian Performing Arts Competition held at Melbourne Museum Theatre. The students performed a scripted play in Italian in front of an audience and a panel of adjudicators. The students delivered their lines with confidence and exceptional Italian pronunciation. I was very proud of them and they were honored with First Prize in the competition. Several members of our team including Adam Bowen, Alexia Kyriakou, Trent Barker and Brandice Ryzkalla have been performing in this competition since Year 7 and this is the first time our school has taken out first prize in the senior category as our junior team has traditionally been the most successful. Despite the students' performance being at 6pm, they remained enthusiastic, positive and were a delight to be with. Well done to our team who were winners on the day for me, even if they hadn't placed! The winning team are; Trent Barker, Adam Bowen, Nihit Naphray, Brandice Ryzkalla, Madison Charles, Chelzia Paulson, Alexia Kyriakou, Nicole Pietrobuono, Angelique Caputo, Isabella Coniglio, Chantelle Cannistraro.

**Antoinette Rehak**



October 2014

## Important Dates

### OCTOBER

**Monday 27– Wed 29**  
Music/LOTE Camp

**Wednesday 29**  
Y12 Exams Start

### NOVEMBER

**Tuesday 4**  
**MELBOURNE CUP DAY**

**Wednesday 12**  
Y11 Exams Start

**Friday 14**  
**Immunisations**  
Y7 & Y10 boys & girls  
Y9 boys only

**Friday 14**  
Valedictory Dinner

**Tuesday 18**  
Music Concert

**Thursday 20-Friday 28**  
Y11 - Y12 Stepping up

**Friday 28**  
Year 10 Formal

### DECEMBER

**Monday 1 - Friday 5**  
Y10-Y11 Stepping Up

**Monday 8 - Friday 12**  
Y7-Y9 Stepping Up

**Monday 15**  
**AWARDS NIGHT 7PM**



# October 2014

## Italian Week



FOOSBALL



CANNOLI



PASTA



PIZZA



BOCCE



SOCCKER



PASTA

During the week of Monday 13th to Friday 17th October, we held Italian Week. Our Italian Film and Culture class was responsible for organising and running events and food stalls. During class time we were split into small groups or pairs and we were assigned different jobs to help to prepare for the week. These involved creating posters and flyers, decorations, sign-up sheets and instructions for the events. Some of us also went around to classes and promoted the events.

During the week we were given an event or a food stall that we were responsible for running at lunchtime. The events included Italian sports such as bocce, soccer and foosball. The food that we sold were pizza, pasta, tiramisu, cannoli and gelato. It was a great opportunity for students to try different foods!

Everything ran smoothly and was very successful. The week was fun to organise and it helped us display initiative and leadership. Everyone involved in Italian Week should be proud of what we all achieved as a team. We all put in the best effort that we could and it showed.

We would like to thank Kaska for assisting us in cooking the pizzas. We would also like to thank our teacher Ms Foresio for helping us organise the week and making it run so smoothly.

Rochelle Hunter & Samantha Ashley



October 2014

# Italian Performing Arts



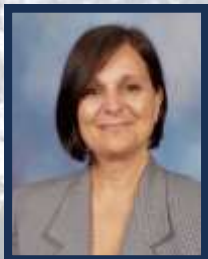
On September 9th at Melbourne Museum Theatre in Carlton our Junior Italian Performing Arts group competed in the annual Italian Performing Arts Competition. They performed a play totally in Italian and memorised their lines off by heart. Despite being the youngest team in the competition, they performed admirably. We didn't place this year but judges comments were very positive about our students. It was a busy day for the students returning home with Ms Girolami to participate in the Night At The Museum. We had a great day performing and sharing lunch at Melbourne Central on our way to the theatre. A big Grazie to all of the students involved. Bravissimi!

**Antoinette Rehak**  
Italian Performing Arts Coordinator





## Principal's Report



The role of schools is to develop the necessary skills, knowledge, qualities and mindsets that best prepare our young people for the many demands they will face in work and life as adults. This is challenging for both the educators and the students as the world continually changes but we work hard as a school to offer the very best programs and curriculum we can and we base this on current research and information. I am very pleased to say that our current year 12 students have taken up the many opportunities we have offered over the years and especially this year with our focus on VCE Excellence, to develop not only their academic skills but also their personal qualities and sense of responsibility as members of the school community. Their behaviours over the celebration period have been exemplary as they finished the academic year with a positive spirit and a strong sense of maturity and responsibility. Furthermore, over the term 3 holidays most year 12 students attended school to sit multiple practice exams and meet with their teachers for feedback on their performance. A large number also attended exam preparation lectures held at various universities so as to be well prepared for the end of year exams. We wish them all the best with their exams and hope that they each achieve their goals, find their passions and move on to fulfilling and meaningful lives.

We are not only proud of our senior students but also many students from across all year levels whose behaviours and achievements are exemplary. Chelzia Paulson is one of our year 10 students who applied along with 150 other students around the state for a special scholarship offered by the Australian Business and Community Network and due to her outstanding application was awarded the scholarship. This prestigious scholarship provides Chelzia with \$7,000 over a 3 year period to support her academic studies and is also appointed a corporate mentor who will work with her during this time as a support and a source of motivation. Chelzia was also one of our debaters last year who helped our team to the state finals and is undertaking two year 12 subjects whilst in year 11 next year. She is a talented young lady with a very promising future ahead of her and we congratulate and wish her all the best.

All 200 of our year 7 students completed a special walk through Richmond over the past week as part of their study of the English novel 'The Runner'. The key characters of this novel were based in Richmond during the 1930's and this walk provided a historical and social context for the thematic study. During this time I received two phone calls from members of the public praising the behaviours of our students. They commented on how well behaved and respectful our students were and how they were impressed with their manners and the relationships that they had with their teachers. They made the effort to contact the school because they felt that this was a credit to the school as well as the students.

Similarly, the bus driver who drove our year 10 students throughout their Tasmanian Tour contacted the school to praise the behaviour and maturity of our students and stated that they were the best students they have had the pleasure of working with in many years.

Our junior debating team won all three of their regional competitions and two of our students also won best speakers of the night. Again a wonderful achievement and we look forward to seeing their progress next year as they enter the Victorian competitions.

Parents should also be very proud as I know how hard you work to raise your children well and the work of parents is the most challenging of all jobs. Together we are a powerful partnership devoted to doing the very best for these wonderful young people we have the privilege of working with.

**Helene Alamidis**  
**PRINCIPAL**

# October 2014

## MUN Competition



Last Tuesday, sixteen students participated in a MUN (Mock United Nations) Human Rights Council. Students from years nine, ten and eleven participated, each student taking on the role of a different country such as India, the Democratic People's Republic of Korea and America. It was a really enjoyable experience. Our assembly focused on the Human Rights abuses occurring in North Korea (DPRK). We were given a resolution; a document with clauses that once put in effect, would help to remedy the problem. We then debated these clauses and made amendments to them that we believed our countries would make or support. The resolution in favour of the DPRK failed to pass by one vote. This was heaps of fun, everyone had a chance to speak and everyone had interesting outlooks on their stances. This taught us a great deal about the workings of the UN but in a fun and engaging way.

**Jazmin Brooks and Ruby Johnson**

## City of Whittlesea Mayoral Award

Our College Captain for 2015, Belvinder Singh, was nominated and awarded a Certificate of Recognition by the City of Whittlesea. This formal event took place at the Plenty Ranges Arts and Convention Centre in the presence of the local community, other local schools, relatives and the Mayor, Cr Mary Lalios. Belvinder was recognised for demonstrating outstanding initiative and leadership in line with the community's values. This is a very prestigious award and all Belvinder's hard work within the school and local community has been suitably recognised.

**CONGRATULATIONS!**





# October 2014

## Junior Debating Program



"Debating this term was an amazing experience. I learnt how to be more confident and I developed new leadership skills. I was surprised when I received "best speaker" twice! It was a really beneficial experience and I learnt so much." **Natali Curukovski 8F**

"I found debating an extremely good way to build up your confidence and give yourself a chance to experience something that will help you in your future." **Tina Atyabi 8E**



"It was a great opportunity to extend ourselves and step out of our comfort zone and try something new." **Casey Kingi 8E**

This year we entered two debating teams in the Junior Secondary Program (JSP). This program is organized by the Debaters Association of Victoria (DAV) and is designed to teach students the basics of debating and to provide students an opportunity to develop their skills. Their training included skills workshops, rebuttal seminars and a demonstration debate.

Students also participated in three debates against other schools. All students, except one, had never debated outside of school before. I am thrilled to announce that both the Year 7 and the Year 8 teams won all three of their debates!

The students who participated were:

Year 7: Jye Barker, Jessica Lord, Cayden Turner and Bailey Goodwin.

Year 8: Aaron Kane, Amber Coade, Natali Curukovski, Tina Atyabi and Casey Kingi.

Over the competition the best speakers were: Natali (twice!!), Aaron Kane, Jye, Bailey and Cayden.

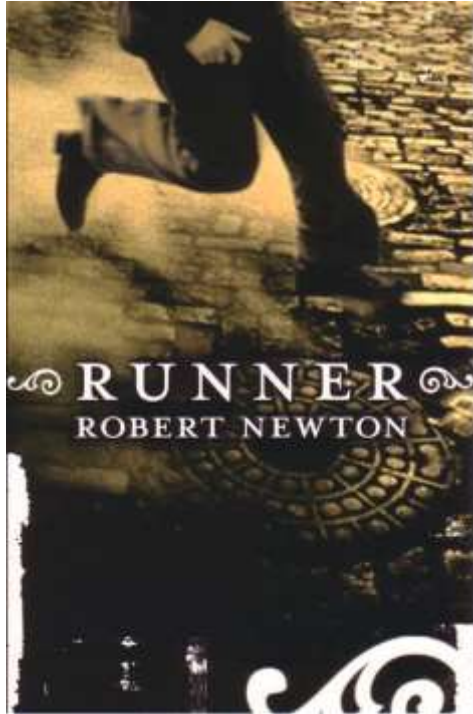
These students showed an outstanding level of commitment and initiative throughout the program and we are hoping they will continue developing their skills next year. We would like to thank their parents for supporting them throughout their experience and for encouraging them to embrace this amazing opportunity.

**Kylie Caton (Year 7 Coordinator) and Melissa Foresio (Year 8 Coordinator)**



# October 2014

## Richmond 'Runner' Walk



The 'Runner' excursion was a very interactive way of revising the story and all of its adventures through the protagonist Charlie Feehan's eyes. The Year 7's roamed around Richmond, viewing the important streets and landmarks in the novel and completing questions in a booklet.

We walked to Epping Train Station and soon arrived at Jolimont Station right outside the MCG where Charlie went rabbiting and training. We also went to significant places in the book such as Fitzroy Gardens: Charlie, Nostrils, Daisy and Squizzy's houses, Charlie's school, St Ignatius Church and the Rosella factory.

This activity was extremely useful for our understanding of the story because we were able to walk in the character's footsteps around where the novel was set. We also had to use our original knowledge of the setting to imagine most of the buildings since some of them have changed or were demolished. Overall, it was a great day out.

**Maddison Medici 7D**





# October 2014



This year, our year 10 students once again had the opportunity to witness a performance of 'Romeo and Juliet' by the Flying Bookworm. As always, the performance was engaging and extremely humorous. The actors invited participants from the audience to help them act out particular scenes. The actors also presented a number of scenes as modern interpretations which really emphasised the transferability of Shakespeare's texts and the universality of his themes. The day gave students a greater awareness that Shakespeare's plays were intended to be performed and enjoyed by a live audience.

Orania Theoharidis (English Coordinator)



# October 2014

## Invigor8



Invigor8 is a program at Year 8 which allows students to complete hands on activities outside of the school every Friday. The Year 8 Leadership Program was created for those students who were not selected for the Invigor8 program but expressed interest in being involved in the community.

### Invigor8 at ONNTC

I think the Invigor8 Program has been a worthwhile part of my education because I work with many different tools and equipment a young teenager has never seen or used before. I have really enjoyed this program because it is really hands on and not like your normal classes. We have made many things such as a cheeseboard, pate knives, a candle holder and a wok stick. We are about to make a dog bed with many hard angles and joints. I have learnt how to use many different tools: a drill, hammer and much more. It is just like working in a factory doing carpentry but you are working with many different students with different working abilities. Along the way, I have made many new friends from other schools and we all work together and help each other when needed.

**Hayden Marshall 8B**

### Invigor8 at the YMCA

In the Invigor8 Program the girls have been doing work experience at the YMCA Mill Park. We have worked in all different sections including the crèche, kinder, café, gym, reception and swimming pool teaching. It gave us a taste of what we have to do in each section. I have enjoyed being part of the Invigor8 Program because it has helped me see if I like any of the career paths we have experienced. I have learnt that working in a crèche isn't as easy as you would think. I have also learnt what work is all about and that you can't just do whatever you want when you feel like it. The highlight of the program were the excursions we went on to the Richmond Football Club and to Bounce. I was also lucky enough to make new friends from different schools.

**Taylah McKernan 8B**

### Leadership Program

The Leadership Program is a program for students who want to extend themselves and is run by the YMCA. As a class, we were asked to separate into groups and organize fundraisers for the YMCA Open Doors Charity. The charity is for disadvantaged families that are unable to pay for the facilities the YMCA provides. The small groups have planned to make tie-dye tops and sell them, run a disco and an out of uniform day across multiple schools. One group has already run a sausage sizzle, which was a great success! We are looking forward to holding the rest of the fundraisers.

**Jasmine Nazir 8B and Chloe Jordan 8D**













October 2014

# Finding my Place



A selected group of Year 9 & 10 students attended the program either at Thomastown Library or another organized venue.

Over the course of the program the students were exposed to the following activities;

Taekwondo, Mushroom Exchange, Life Choices Talk (Drugs), Edlyn Foods, Drama Workshop and Aust Teenage Expo speaker. On completion the students were awarded a certificate by the Mayor of City of Whittlesea Cr Mary Lalios.

The aim of the program is to re-engage students, encourage them to find a career focus and to guide them positively in future choices.

**Kath Scott**

**VASS Administrator/Transition Broker**





# October 2014

## VCAL Business Venture



On September 6th, as part of our VCAL community class we had to choose a fundraiser that we thought would benefit the community. The fundraiser that we chose was to go towards our local RSPCA as they help our injured, sick and lost animals. For this we joined the national cupcake day to raise vital funds for medical equipment, shelters and food. On this day we made home-made assorted cupcakes ranging from vanilla with icing to chocolate cupcakes with chocolate on top. We all worked hard together on the day to prepare and cook the cupcakes. It ran smoothly and with great success. We raised just over \$100 and the RSPCA were very thankful.

Emilia, Natasha, Celine, Shae, Mariah and Sara (Year 11 VCAL students)

**Silvia Mitrevski**  
VCAL Co-ordinator



# October 2014

## Student Leadership Applications 2015

All students from years 7-11 have the opportunity to apply for a Leadership position in 2015. Outlined below is a list of all the positions available. So if you have ever wanted to be a leader and wanted to get involved with the fabulous leadership program on offer at Epping Secondary College make sure you collect an application booklet from the Main Office, fill out the application form and return it to the Main Office by Monday, 10<sup>th</sup> November. Students can apply for more than one leadership position. Remember, there are many privileges with being a student leader at ESC; we have leadership training days, a leadership camp in February 2015 and a formal Induction Evening with parents and friends. Good luck and I look forward to working with you next year.

Home group Captains year 7-10	
Home group Captains Years 7-10	2 x students at each home group from year 7-10
House Captains	
House Captains & Vice House Captains	2 x year 11 or 12 Students for Captain at each House Team 2 x year 10-12 students for Vice Captain at each House Team
Area Captains	
Debating Captains	1 x student per year level 7, 8 and 9
Global Awareness Captain	2x Students year 9-12
Music Captain	2x students year 7-12
Performing Arts Captain	2x students year 7-12
Visual Arts Captains	2x students year 10-12
Library Assistants	5-6 Students year 7-10
College Communication Leader	2x at each year level Years 7-10
Languages Education Captain	2x Students 1x Italian, 1x Macedonian (year 7-12)
Sports Captains	2x Students per year level 7-12
Alternate Unit Captain	2 x Students Year 11 VCAL 2X Students Year 12 VCAL
Student Representative Council	
SRC	4-6x Students at each year level years 7-11



# October 2014

## SRC Report

The SRC has been working relentlessly on many things throughout the entire school. Here are just a few items.

Firstly, we worked on changes to the merit card system that has been put into place in order to increase competitiveness between students and increase engagement in house events. Students will now receive 5 points for every merit card received, 50 points for every merit award received and 100 points when receiving a Principal's award. The points go towards their house team.

We are working hard at continuing to implement Fair Trade Certified resources in our school by proposing that new sports equipment be purchased from fair trade certified manufacturers who pay their employees with an adequate wage and provide ideal working conditions for them. The quality of the equipment is also much better and will last longer than our current equipment, which is currently made by people slaving away in a sweat shop in horrendous conditions and earning a pathetic wage which is impossible to survive on.

The SRC is running events to raise money for Pinktober and Movember. These events raise awareness and money for breast cancer and men's health issues. We have an upcoming out of school uniform day planned with lots of other fundraiser activities being held that day, such as a raffle and a cupcake sale. We will also be having teachers having their heads shaved by students, who sponsor a teacher and donate, as well as coloured hairspray! Students can also have their heads shaved but require parental consent. More details will be released to students very soon.

The SRC representatives have been continuously putting their all into recognition assemblies and school assemblies. They have done a tremendous job organising them. These assemblies were run by students and celebrated student achievements within each year level. Students in years 7-10 have upcoming recognition assemblies that are being run by the SRC and will typically see certificates being handed out and outstanding student work being shown to the year level.

Belvinder Kaur Singh (year 11), one of our SRC Representatives, has been nominated for the City of Whittlesea Mayoral Award! She has worked tirelessly during her time at Epping SC, has had some huge achievements and helped to take our school community a step further in working for the benefit of others. Her selfless and outstanding leadership makes her a very worthy nominee of this award! We wish her all the best for this highly prestigious award!

Finally, SRC and area captain applications are now available for 2015. If anyone is interested please see Ms. Dempster for further information and an application form. Applications close on Monday, November 10.



Josie Podesta 10E



### Study Tour to Italy 2015

**We are excited to announce that we are currently promoting a Study Tour to Italy for December 2015!**

**Positions are still available for students who are interested in participating.**

**Please contact Melissa Foresio for more information.**



# October 2014

## Art News

This term we are proud to unveil a paste up mural by 9B inspired by the Melbourne Street artist Miso. This mural represents an individual sending out their hopes and wishes for their imagined future. The mural is exhibited on the exterior of Junior Unit and will be added to in future by year 7 students who will make small images representing the hopes and dreams they have for their future. We are proud of the efforts of our year 9 students. Well done.

We are also very proud of the mural that year 9 printmaking students have completed. Epping Secondary College is very proud of the way our multi-cultural community connects and celebrates friendships. Students have created cultural prints based on their cultural identity and background. They have researched words in different languages that mean "Hello". The student's faces have been changed in Photoshop to resemble high contrast tonal prints and the result is a fabulously colourful large scale mural that has been very popular with students and teachers across the college community. Here is a sneak peak of the artwork. Well done Year 9 Printmaking!

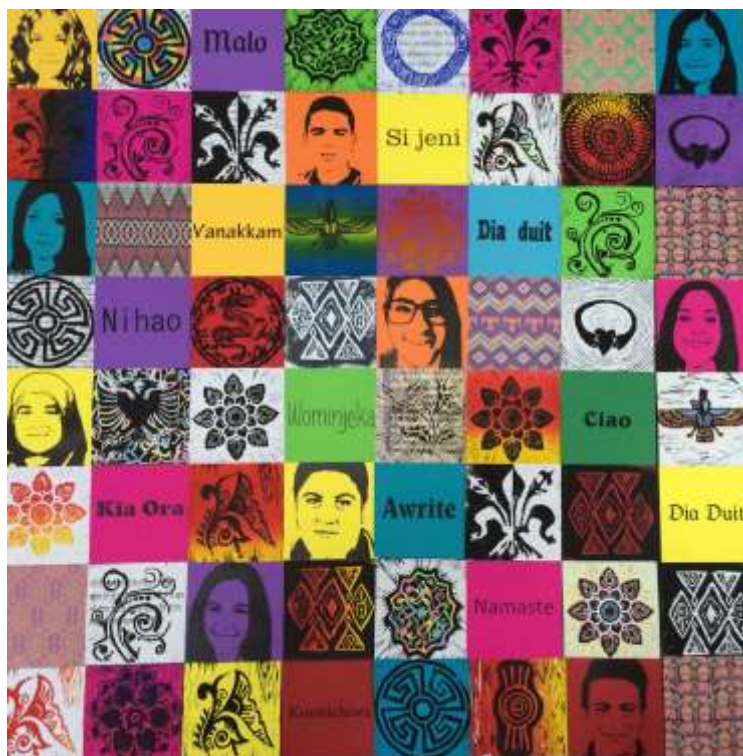
On another note, the artwork of Macy Atanasovski 8F has been selected for the cover of the 2015 Zart Art catalogue. This is a very exciting event for Epping Secondary as Macy represents Epping Secondary College's art program in Australia's leading educational art suppliers publication that will go out to many schools throughout the country. The work is beautiful and we are very proud of Macy.

**Ms Kaskamanidis**  
**Art Department EHS**



### Zart Catalogue 2015

Art & Classroom Materials, Stationery & Educational Resources F-12  
Step-By-Step Techniques • Professional Development Workshops • Expanded Secondary Range



## Epping Secondary College

*Learning for life*





## MACEDONIAN STUDY TOUR 2015



A Macedonian study tour involving students from Epping and Lalor Secondary College will take place from 27th March to 15th April, 2015. The purpose of this tour is to extend the knowledge and language skills of the students studying Macedonian. They will experience the culture of Macedonia through visiting the main cities, historical and tourist attractions, eating the local food and enjoying the spring weather. We hope it will be a great experience for the students participating.

**Gordana Janinska**  
Macedonian Teacher

## Healthy Relationships



## ESC Calendar 2015



### Healthy Relationships Calendar for Sale

Mr Kaskamanidis and his Year 7 Art Classes have produced a Calendar for 2015 to promote the message of healthy relationships and NO VIOLENCE to WOMEN. If you would like to view or purchase a Calendar for \$5 they will be available at the General Office from November 5th. All money raised will go to the White Ribbon Day fundraiser.

**Leanne Halsall & Peter Kaskamanidis**



# October 2014

## Teachers' Games

For the third year in a row Epping Secondary College were well represented at the annual teacher games, this year held in Bendigo.

Teachers and educational support staff participated in numerous sporting activities over the 3 days of competition.

Teams were entered in Hockey 7's, Badminton, Women's Netball, Mt. Bike riding, Mixed Netball, Lawn Bowls and Fun Run.

Success was experienced in the following : Silver Medallists in Hockey 7's, Silver in Men's Badminton Doubles, Bronze & Silver in Men's Badminton Singles, Bronze in Ladies Fun Run.

Well done to all the participants and attendees. A great deal of staff bonding was achieved during this stay and period away, which the school and community will come to appreciate and reap the rewards from.

Looking forward to Bendigo 2015.



## Sports Report



For the first time ever ESC had a team qualify to the state finals in lawn bowls held at Brighton Bowling Club. The team performed extremely well and finished equal 3rd. Congratulations to the following students Blake Ellis, Stephan Freeling, Mikayla and David Long.



# October 2014

## Wellbeing Report



FAMILY PLANNING

Students in year 9 have recently participated in 3 Wellbeing programs: Family Planning Victoria, 'Who Stole the Sole' performance and Party Safe.

The Family Planning Workshop focused on relationships, safer sex, sexually transmitted infections, contraception, sexual attraction and sexual decision making. It is an extension of the Year 8 Health Curriculum and reinforces important messages to ensure students are making informed choices and the workshop promotes safe behaviors.

'Who Stole the Sole' performance explored what can happen in relationships, how people treat each other, repercussions of when individuals mistreat each other and what happens when important traits such as respect, trust and honesty are missing. Students also witnessed what happened when technology was used inappropriately. The performance allowed students to feel the hurt and pain and empathize with the characters.

The Party Safe Workshop was facilitated by Sonya Karrass from Whole New World. It covered topics such as: risk taking behaviours, harm minimization and promoted behaviors that enable students to stay safe. Students evaluated the program and found the workshop was really beneficial in relation to: enjoyment, information and entertainment. Students completed an evaluation sheet after the performance and these are examples of students' comments:

Sonya was a very upbeat, funny and charismatic speaker. She engaged with the audience and taught us important life tips to keep safe when partying.

You can still have a good time without drinking.

You need to care for yourself and your friends. Never leave a drunk person alone.

A host of a party can be fined over \$7,000 if they serve alcohol to underage teenagers without their parent's consent.

Do not get into a car when there is a drunk person behind the steering wheel.

Sonya was funny at times and I really loved her stories, she taught me some amazing things.

You cannot make someone sober. The alcohol remains in the blood stream for over an hour after one standard drink.

**Leanne Halsall**

**Student Wellbeing Coordinator**



WHO STOLE THE SOLE



PARTY SAFE

### Party Safe

On the 14th of October, Rebecca Ellul, Fouad Saleh, Serafi Sale, Lachlan Bibby and Jackson Freebairn took part in the 'Party Safe' program with all the year 9 students. The school hosts this program every year for all year 9 students. It was held in the Library and we had a speaker come in to talk about keeping yourself safe and making the right choices at parties. The presenter, Sonya, made it fun and interesting for the students to be a part of it. She was open and able to talk comfortably in front of the students and could relate to them. She opened up with some of her past experiences and the students were interested to hear about them. The immediate feedback from the students was that the session should have gone for longer. We gave a survey to all the students, which we then used as suggestions on how to improve the program in the future. The VCAL students who took part in the 'Party Safe' program, unanimously thought it was a really interesting and inspiring speech, for all students over the age of 15.

**VCAL Students**





**Epping  
Secondary  
College**  
Learning for Life

## ***They're Back .....***

Dear Parents/Guardians/Carers,

It has come to my attention that some students in the school may have head lice and I seek your cooperation in checking your child's hair this week 03/11/2014 to 10/11/2014.

Head lice do not transmit infectious diseases – they are transmitted by having head to head contact with someone who has head lice. You may be reassured to know that head lice are commonly found in places other than at Epping Secondary College. Head lice are common in school-aged children and are the most adaptable of creatures. They have survived living solely on humans for 10,000 years!!!!

### What can you do?

I seek your cooperation in checking your child's hair and in those instances where head lice or eggs are found, treating your child's hair.

Please see the attached pamphlet *Treating and Controlling Head Lice*, from the Department of Human Services. This pamphlet has informative guidelines regarding detecting and treating head lice and eggs.

### How do I treat my child for head lice?

The attached pamphlet (as noted above) has informative guidelines regarding detecting and treating head lice and eggs. The school also has additional information available regarding treatment and controlling head lice. Please don't hesitate to contact Megan Pizzo on 9401 2599 to obtain this information.

### If head lice or eggs are found on your child's hair you need to inform:

- The school and advise when the treatment has started, via the attached *Action Taken Form*.
- Parents or carers of your child's friends so they too have the opportunity to detect and treat their children if necessary.

### When can my child return to school?

Health regulations requires that where a child has head lice, that child should not return to school until the day after appropriate treatment has started. Please note, this refers only to those children who have live head lice and does not refer to head lice eggs.

Epping Secondary College is aware that head lice can be a sensitive issue and is committed to maintaining your confidentiality

Kind regards

Principal

Helene Alarnidis



## Treating and controlling headlice

## health

While children are at school many families will have contact with head lice. The information contained here will help you treat and control head lice.

### Catching head lice

Head lice have been around for many thousands of years. Anyone can get head lice.

Head lice are small, wingless, blood sucking insects. Their colour varies from whitish-brown to reddish-brown. Head lice only survive on humans. If isolated from the head they die very quickly (usually within 24 hours).

People get head lice from direct hair to hair contact with another person who has head lice. This can happen when people play, cuddle or work closely together.

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

### Finding head lice

Many lice do not cause an itch, so you have to **look carefully to find them**.

Head lice are found on the hair itself and move to the scalp to feed. They have six legs which end in a claw and they rarely fall from the head. Louse eggs (also called nits) are laid within 1.5 cm of the scalp and are firmly attached to the hair. They resemble dandruff, but can't be brushed off.

Lice can crawl and hide. The easiest and most effective way to find them is to follow these steps:

- Step 1** Comb any type of hair conditioner on to dry, brushed (detangled) hair. This stuns the lice and makes it difficult for them to grip the hair or crawl around.
- Step 2** Now comb sections of the hair with a fine tooth, head lice comb.
- Step 3** Wipe the conditioner from the comb onto a paper towel or tissue.
- Step 4** Look on the tissue and on the comb for lice and eggs.
- Step 5** Repeat the combing for every part of the head at least four or five times.

If lice or eggs are found, the hair should be treated.

If the person has been treated recently and you only find empty hatched eggs, you may not have to treat, as the empty eggs could be from a previous episode.

### Treating head lice

Treating head lice involves removing lice and eggs from the hair. There are two ways you can do this:

1. Buying and using a head lice lotion or shampoo, following the instructions on the product
2. Using the conditioner and comb method (described under 'finding head lice') every second day until there have been no live lice found for ten days.

If you choose to use a head lice product always read and follow the instructions provided with the product carefully. The following points may also be helpful:

- Head lice products must be applied to all parts of the hair and scalp.
- No treatment kills all of the eggs so treatment must involve two applications, seven days apart. The first treatment kills all lice; the second treatment kills the lice that may have hatched from eggs not killed by the first treatment.
- Cover the person's eyes while the treatment is being applied. A towel is a good way to do this.
- If you are using a lotion, apply the product to dry hair.
- If you are using a shampoo, wet the hair, but use the least amount of water possible.
- Apply the treatment near the scalp, using an ordinary comb to cover the hair from root to tip. Repeat this several times until all the hair is covered.

There is no need to treat the whole family - unless they also have head lice.

Concentrate on the head - there is no need to clean the house or the classroom.

Only the pillowcase requires washing - either wash it in hot water (at least 60°C) or dry it using a clothes dryer on the hot or warm setting.



A Victorian  
Government  
initiative

Department of Health



## Testing resistance

Head lice products belong in one of the following categories depending on the active compound they contain:

- pyrethrins
- synthetic pyrethroids (permethrin, bioallethrin)
- organophosphates (maldison or malathion)
- herbal with or without natural (non-chemical) pyrethrins.

Insecticide resistance is common, so you should test if lice are dead. If they are, treat again in seven days using the same product. If the lice are not dead, the treatment has not worked and the lice may be resistant to the product and all products containing the same active compound. Wash off the product and treat as soon as possible using a product containing a different active compound. If the insecticide has worked, the lice will be dead within 20 minutes.

Any head lice product could cause a reaction and should be used with care by women who are pregnant or breastfeeding, children less than 12 months old and people with allergies, asthma or open wounds on the scalp. If you are unsure, please check with your pharmacist or doctor.

## Head lice combs

Combs with long, rounded stainless steel teeth positioned very close together have been shown to be the most effective, however, any head lice comb can be used.

## Head lice eggs

Head lice eggs are small (the size of a pinhead) and oval. A live egg will 'pop' when squashed between fingernails.



Dead eggs have crumpled sides and hatched eggs look like tiny boiled eggs with their tops cut off.

## Regulations

According to the Public Health and Wellbeing Regulations 2009, children with head lice can be readmitted to school or children's service centres after treatment has commenced.

The department recommends a child with head lice can be treated one evening and return to school or children's service centres the next day, even if there are still some eggs present. There is no need to miss school or child care because of head lice.

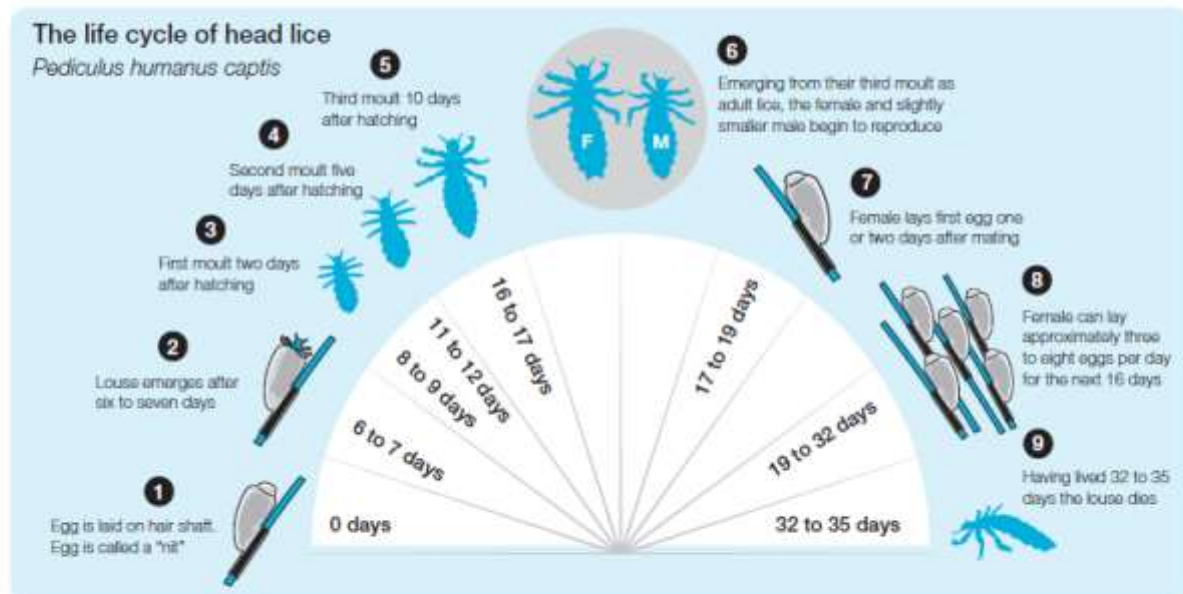
## Preventing head lice

Check your child's head regularly with comb and conditioner. There is no research to prove that chemical or herbal therapies can prevent head lice.

## Further information

The following website offers further information:

[www.health.vic.gov.au/headlice](http://www.health.vic.gov.au/headlice)



The information in this pamphlet is based on the research conducted and written by Associate Professor Rick Speare and the team of researchers at School of Public Health and Tropical Medicine, James Cook University.

Treating and controlling head lice

Cover concept by students from St Patrick's Primary School, West Geelong. Life cycle diagram courtesy of Nitpickers Qld. © Copyright Department of Health 2010. Authorised by the State Government of Victoria, 50 Lonsdale Street, Melbourne. November 2010, PH468. (1010013)



# October 2014

## OUTDOOR RECREATION TRAINEE 2015

**Rubicon Outdoor Centre is a multi-campus Victorian government school delivering outdoor and environmental education programs within the state system. Nayook campus is located 30 min. north of Warra-gul, West Gippsland and Thornton campus near Alexandra and Lake Eildon. Positions are available for both campuses. We are seeking enthusiastic and motivated trainees for 2015. Trainees will work at the centre whilst completing a Certificate IV in Outdoor Recreation.**

**The positions would suit a year 12 graduate wishing to pursue a career in Outdoor Education/Recreation. Must possess a sense of adventure and enjoy working with young people.**

The position details can be obtained by following these links

<http://rubicon.vic.edu.au/trainee/index.html>

**www.rubicon.vic.edu.au**

**<https://www.facebook.com/pages/Rubicon-Outdoor-Centre/109253632438926>**

**Applications close 10/11/2014.**

# Single Parents



# Active kids

## 23rd of November

# Family Fun Day

## Join us!

Sausage Sizzle

Face Painting

Ball Games

Children's Entertainment

Fun Galore!

12pm, Alma Park East

**Melway Reference: 2P J5**

*RSVP for this event by the 21st of November*

**Mouth**  
9430 504 119

[info@singleparentsactivekids.org](mailto:info@singleparentsactivekids.org)  
[www.singleparentsactivekids.org](http://www.singleparentsactivekids.org)

We are a non-profit group run by Single Parents **FOR** Single Parents. We offer coordinated activities all over Melbourne such as: Camps, Picnics, BBQ's, Zoo's, Parks, Movies, Sports, Beaches, Pools, Family Dinners, Parents only nights and so much more!

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THURSDAYS  
OPEN 3–4pm  
FOR TERM 4

- ◆ Uniform to be sold can also be accepted during these times
- ◆ Only current uniform will be accepted
- ◆ CASH ONLY
- ◆ NO REFUNDS





# October 2014

## DnA shades

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KIOSK 023

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## Diamond Creek Netball Club

### 2015 CLUB Registration

Monday 10<sup>th</sup> & 17<sup>th</sup> November 2014

Anytime between 4-6pm Although it is never too late to join!!

Registration forms available from clubroom anytime or

can be downloaded. [diamondcreeknetball.com.au](http://diamondcreeknetball.com.au)

Uniform - \$65 always available from clubrooms

All games played Saturdays at

Diamond Creek Netball Complex

Training Monday after school

4-5pm 9/U & 11/U

5-6pm 13/U, 15/U, 17/19U

Cost to join the club and

register with

Netball Victoria (per annum)

9/U & 11/U \$120\*

13/U & 15/U \$120\*

17/19U \$100 \*

(\*Subject to change depending on Netball Victoria

Membership)

For further details call the clubrooms 9438 6098

or

call Kaye Ralph (Club Coordinator)

9718 2393/0428 898 393 or

LOOK US UP [diamondcreeknetball.com.au](http://diamondcreeknetball.com.au)

**Free  
Netball**

**NETBALL  
VICTORIA**



## AFACET Fitness program

'Active Fathers Active Children Engaging Together'



**FREE**

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12:30pm start

**All Fathers are welcome**

to join us at the Mill Park Leisure for some fun fitness classes ranging from:  
Boxing, SH'Bam (dance class), Circuit Class & Body Combat.

These classes are designed with the abilities of both the fathers and children in mind and are family friendly

Feel free to stay for a BBQ and a Swim

The children can meet new friends and so could you.

For more information on times and dates call  
Tyrell Moore: 03 8418 0753 Or 0481 100 760

For more information please feel free to check out our Events tab on our site  
[www.solefathersunited.org.au](http://www.solefathersunited.org.au)

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Ph: Club President - Derek 0406 477 311



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