



Greenwell Point Public School

NEWSLETTER

'School Motto – Growing and Learning Together'

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PRINCIPAL: Mrs Kate Murphy

20th August, 2012

Term 3 Week 6

DATES TO REMEMBER

AUGUST

- 21 Raffle Tickets Returned
- 27 P&C meeting at 5pm in the school library

SEPTEMBER

- 20 School Assembly
- 21 Last Day of this term

PRINCIPAL'S REPORT:

Very Important Information for all parents this week-please take the time to read it.

School Attendance is a legal requirement for all children. Teachers must complete the class roll every day. They must also indicate the reason for your child's absence. Please follow up all absences within **seven days**, otherwise your child is marked as having an unjustified absence. Your follow up may be in the **form of a note or a phone call**. All calls and verbal messages will be passed onto the teacher in written form. A medical certificate from your doctor is always advisable after a few days absence.

You may have to attend court if your child has a poor record of attendance or unjustified absences. This will never be the case for most parents but there are a few who disregard the requirements of letting the school know. Just as an employer must be notified of an absence so to the school.

The latest research from the UK on **food additives** indicated that children with increased incidence of hyperactive behaviour can be related to the additives such as colouring.

Not all children react to additives, but if you wish to avoid food with colourings and preservatives, there's no reason not to do so, although you'll need to read labels and use more fresh and fewer processed food. Most basic foods are fine for example:

- Fruits fresh or canned
- Vegetables fresh or frozen
- Cereals such as rolled or instant oats, Weetbix or Vita Brits, muesli; and grains such as couscous, cracked wheat, pasta (avoid instant noodles), rice
- Fresh meat or poultry, fresh or canned fish, eggs, legumes, nuts and seeds
- Plain dairy products such as milk, natural yoghurt, cheeses, butter or soy alternatives.

With bread, check the list of ingredients and choose those without added preservatives. With processed food, choose products free of colouring, flavourings and preservatives.

The colourings used in this research were sunset yellow (additive 110), tartrazine (yellow colouring 102), carmoisine (red colouring 122) and ponceau (4R 9 also red 122). The preservative was sodium benzoate (additive 211).

Raring children is hard work. If you are experiencing difficulty with behaviour you may find the above information helpful. It was taken from an article by Dr Rosemary Stanton entitled "Food to Improve Mood and Behaviour." I pass it on in the spirit of offering you help but not as an expert. Happy children learn well, have friends and make your life easier!

Yours in Education
Kate Murphy

ELECTRICAL WORK—NO PARKING

Due to electrical work commencing tomorrow (Tuesday 21st August) until the 30th August there will be **NO PARKING AT ALL, MORNING OR AFTERNOON, ALONG GREENWELL POINT ROAD**. Please remind your child to avoid the Greenwell Point Road entrance during this time. Any students coming from the westerly direction please use the Church Street entrance, all others are to use the Jervis Street entrance. Thank you for your understanding.

BOAT AWARDS

Congratulations to this week's winners:

Chloe Bond K/1
Kaya Morgan 2/3/4
Chad Wilson 5/6



BIRTHDAYS

Congratulations & Happy Birthday to:
Raymond Cocking Peninton who turns 9 today



P&C NEWS

- Just a reminder that the P&C raffle is drawn tomorrow **Tuesday 21st August**. All sold/unsold tickets are to be returned tomorrow.
- Father's Day stall on Friday 31st August.
- The P&C are having a "Working Bee" on the 1st September, 2012 starting at 10am. The old play equipment near the hall needs to be dismantled for the new play equipment. If you have some spare time on this day we would appreciate your help and support.

CANTEEN NEWS

Canteen will be on as usual this week. Don't forget if you wish to help just see the office for more details.

COLES SPORTS FOR SCHOOLS & WOOLWORTHS EARN & LEARN.

A huge thank you to everyone who has contributed to these fundraisers. Check your bags and remember to ask the neighbours if they have any. Woolworths stickers will be sent off on the 1st September and Coles will still be collected. The equipment we can purchase using this promotion is valuable and worthwhile.

HEAD LICE INFORMATION

Head lice infestation occurs worldwide and affects people of all ages and socioeconomic groups. Children between 3 and 10 years of age are more likely to be infested with head lice and more females than males suffer infestations. Head lice are a nuisance, but they do not transmit infectious diseases.

Re-infestation of head lice after treatment is common and is usually due to inadequate application of the treating product, resistance to the topical insecticide used for treatment, failure to retreat at 7-10 days or re-infection.

Head lice cannot jump or fly, and transmission must occur through head-to-head contact where the head lice crawl to their new host. They can survive very briefly outside the child or adult host, but it is not essential to wash bed linen and clothes. All infected members of the host's family should be treated at the same time. Family pets are not vectors; they do not transmit head lice.

Please check your child's hair tonight, just incase.

INCREASED FINES IN SCHOOL ZONES

From the 1st July, 2012 the following fines apply:

• Disobey No Stopping Sign-School Zone	\$298	2 demerit points
• Disobey No Parking Sign-School Zone	\$165	2 demerit points
• Stop On/Near Children's Crossing-School Zone	\$165	2 demerit points
• Stop In Bus Zone-School Zone	\$298	2 demerit points
• Double Park-School Zone	\$298	2 demerit points
• Stop On Path/Strip in Built up Area-School Zone	\$298	2 demerit points

A reminder that the parking rangers do parole our school and they were here 3-4 weeks ago.