Why a quote on money to start off our newsletter?

Well, it’s just a reminder that money for the camp is due by TUESDAY 1st December- which is next Tuesday. Thank you to those who have already paid. We will be discussing our camp itinerary next Monday at the P and C meeting.

Head lice- have been the big topic at the moment. There was an article put on our Facebook page of remedies to help keep nits away.

Head lice have been around for thousands of years and anyone can get them. In fact, they are one of the most commonly reported health complaint from parents and teachers. There is no truth to the myth that head lice only like clean hair. They are not selective.

People get head lice from direct head-to-head contact with another person who has head lice. Head lice very rarely fall from the head, as they require blood to survive, feeding three to four times a day. Without blood, they will dehydrate in six hours in a dry climate and 24 hours in a humid climate. The further that eggs are from the scalp, the less likely they are to survive.

Please note: With lice bites come itching and scratching. This is actually due to a reaction to the saliva of lice. However, the itching may not always start right away — that depends on how sensitive a child's skin is to the lice. It can sometimes take weeks for kids with lice to start scratching. They may complain, though, of things moving around on or tickling their heads.

Please: Check hair every weekend and treat hair straight away if you notice any eggs.

Regards,
Alison
**Great celebrations: Fuel them up with the right kind of energy!**

- Grate carrot & other vegies into lean mince for healthier sausage rolls or burgers.
- Try delicious kebabs made with lean meat, chicken or pork pieces and lots of vegies.
- Simple cheesy vegie muffins packed full of favourite vegies and reduced-fat cheese. Kids love the combination of flavour and colour of corn, capsicum & grated zucchini.
- How about sandwich sushi made with popular vegie fillings? Just cut crusts from wholegrain bread, spread thinly with low-fat cream cheese, add colourful vegie fillings, roll & slice into 2 or 3 pieces.
- Mini pizzas of half a wholemeal muffin topped with a range of fresh chopped veg, a little ham, tomato sauce and some grated reduced-fat cheese, place under grill for 5 minutes.