

FINGAL HEAD PUBLIC SCHOOL

Dates to remember...

Library borrowing

- ♦ K/1/2 - Wednesday
- ♦ 3/4/5/6 - Monday

Monday Sushi Orders Due

- ♦ Thursday

Miimi Lunch Orders

- ♦ Wednesday by 9.30

Story Dog with Meg and Kyah

- ♦ Wednesday

Religious Education

- ♦ Tuesday

Clean Up Australia Day

- ♦ Friday, 1 March

NRL Program

- ♦ Friday, 1 March &
Friday, 8 March

Booning Cultural Day

- ♦ Friday, 15 March

Harmony Day

- ♦ Thursday, 21 March

NAPLAN

- ♦ 13 March to 25 March

School Photos

- ♦ Tuesday, 26 March

Easter Hat Parade

- ♦ Thursday, 28 March

FHPS Cross Country

- ♦ Thursday, 11 April

Last day of Term 1

Friday, 12 April

P & C Meeting and AGM.

Thank you to our parents who nominated for P & C Executive positions at our AGM held on Friday, 16 February 2024.

All positions have been filled and are as follows:

President - Angie
Vice President - Fran
Secretary - Crystal
Treasurer - Shan

Many thanks for taking up these voluntary positions!

Head Lice

We have had a reported case of head lice at school. Please check your child's hair regularly and treat when necessary.

An effective way of checking for lice is using a head lice comb. Comb conditioner through the hair to check for lice and recomb after treating with a Head Lice treatment.

Spray a diluted mix of tea tree or eucalyptus oil on hair each morning. This keeps head lice under control. (Please a Headlice factsheet attached).

Clean Up Australia Day

The school will be participating in Clean-Up Australia Day this Friday, 1 March. Our Junior Class will clean around the school grounds, while the Senior Class will join Kay and Peter from Fingal Coastcare in cleaning up Fingal Foreshore Park.

We have disposable gloves available for the children to use or they can bring their own if they wish.

If you haven't already, please ensure you have returned the attached local excursion consent form prior to Friday to take part in off school ground activities.

NRL Blitz Program

This Friday, 1 March and Friday, 8 March, Jackson and Harvey from National Rugby League will be visiting the school to deliver an NRL Blitz Program.



Reminders.....

Harmony Day

Thursday, 21 March we will be celebrating Harmony Day. Harmony Day is about sharing our cultural respect for all, promoting inclusiveness, and a sense of belonging for everyone.

The ongoing Theme of Harmony Day is, 'Everyone Belongs'. The teachers and students will be discussing this theme in class.

Students are encouraged to come to school dressed in **orange**, as this is the recognised colour of Harmony Day.

Easter Hat Parade

We will be having a Easter Hat Parade for the students on Thursday, 28 March at 2.15pm.

Parents and carers are welcome to attend. Please send in your hats prior to the Thursday.

Looking forward to seeing all the fantastic creations!

FHPS Cross Country

Our School Cross Country will be held on Thursday, 11 April 2024.

Parents are invited to join us at the Fingal Foreshore Park (on Marine Parade), with the Cross Country commencing around 9.30am.

We will need the help of a few parents to monitor the marker points along the cross country circuit. Please contact the school if you would be available to help out.

(Continued on page 2)

Fingal Head Public School

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100 Letitia Road
FINGAL HEAD NSW 2487
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p.school@det.nsw.edu.au

Don't forget to look at our
Website!

<http://www.fingalhead-p.school.nsw.edu.au>



We will be organising fruit and water for the students for when they have completed the run!

The cross country distances are as follows:

- ◆ 5-7 years, 800m
- ◆ 8-9 years, 2 km
- ◆ 10 years, 2km
- ◆ 11 years, 3km
- ◆ 12-13 years, 3km

The age group the children will be running in relates to the age they will turn this year. The focus of the carnival is for every child to participate and give it their best. This might mean that some children will walk part of the course.

Students will need to wear suitable jogging shoes for the cross country carnival.

The students will be chosen based on time to progress to the District Cross Country being held on Friday, 17 May at Bilambil.

Sushi Lunch - Mondays

The students will be able to order Sushi lunches once again this year.

If your child would like to order a Sushi lunch for next Monday please complete and return your order with payment by Friday morning. (see the attached order form)

Miimi's Lunches - Wednesdays

Each Wednesday students will be able to place lunch orders at Miimi's Juice Bar, Fingal.

All orders must be placed and paid for online by 9.30am for our 11.00am lunch break.

Please see the attached Menu and link to the online ordering app below:

<https://bopple.app/10861/menu>

Late Arrivals and Early Departures

It is Department Policy that all students arriving late or leaving early MUST present at the office to be marked in the roll.

We have received a directive from the Department that absences such as sleeping in, traffic conditions etc must be marked as unjustified in the roll.

For other reasons such as sickness, family concerns and appointments, please call, email or pre-

sent a note marked with the date and reason for lateness or early leaving.

If your child presents at the office without a parent or a note we must mark the absence as unjustified.

School Travel

Applications for school travel are available via www.transportnsw.info/school-students

A new application is required if you are applying for a travel pass for the first time; enrolling in Kindergarten or requesting an additional entitlement as a result of a shared parental responsibility situation.

New bus passes will be mailed to the school within the 2 weeks following application.

Payments to the School

Online Payments:

Parents can make online payments to the school for amounts owing for students, via the School Bytes Parent Portal.

You can access the School Bytes Parent Portal from the front page of the schools website by selecting:

\$Make a payment or you can visit:

<https://portal.schoolbytes.education> to register.

(A one-time parent linking code may be required to register, please contact the school to obtain this).

Once registered payments can be made using either a Visa or MasterCard credit or debit card, and can be made via computer, tablet or mobile phone.

For any enquiries regarding the Online Payment process please contact the School Administration Office or visit:

<https://support.schoolbytes.education/hc/en-us/categories/4414087688847-PARENT-GUIDES>

Trivia Night—Save the Date

Our next fundraising Trivia Night will be held on Saturday, 11 May.....Save the Date for a fun night!

Term 2, 2024

The last day of Term 1 will be Friday, 12 April for students and staff.

Staff Development Days are the first day of Term for Terms 2, and 3 and the two last days of Term 4.

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General Permission Form 2024

If you have not already done so this year, please complete, date and sign these permission notes to enable your child/children to participate in the following activities throughout 2024.

I give permission for my child/children _____
(First Name/s) (Last Name)

(First Name/s) (Last Name)

(First Name/s) (Last Name)

- ◆ To participate in school activities supervised by staff, in an area in close proximity to the school grounds but beyond the normal confines of the school enclosure. I understand supervision will be by school staff.

Parent/Guardian signature

Date

- ◆ Be named, photographed or filmed for publication in the:
School Newsletter
School or DoE Website
Local Media or social media.
(Please cross/delete any media you do not want your child's name or photograph to be seen on.)

Parent/Guardian signature

Date

- ◆ Use the Internet under teacher supervision for activities with their own username and password, that is set by the Department of Education.

Parent/Guardian signature

Date

- ◆ Watch PG rated Movies that have been carefully assessed by staff for suitability for student viewing.

Parent/Guardian signature

Date

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FINGAL HEAD PUBLIC SCHOOL – SUSHI ORDER

Order for Monday, 4 March

Form & payment to be returned to school by Friday, 1 March.

Please enter the amount of sushi's you would like in the box next to the sushi & complete the details below

\$3.00 per roll

Chicken Teriyaki Roll

☐

Chicken & Avocado Roll

☐

Tuna Roll G/F

☐

Tuna & Avocado Roll G/F

☐

Salmon & Avocado Roll G/F

☐

Avocado Roll G/F

☐

Popper \$1.00 each

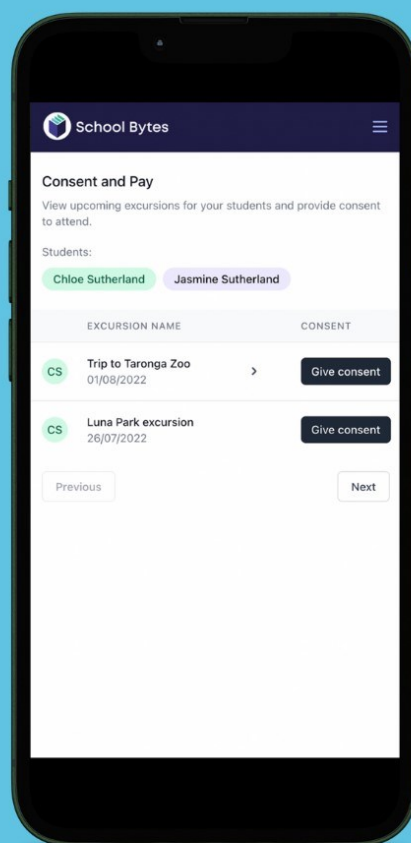
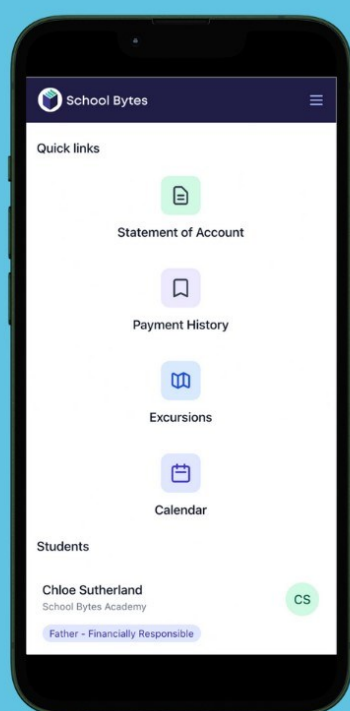
☐

Name of Child: --

Amount Enclosed (CASH ONLY):--

AVAILABLE NOW!

We are excited to announce our school offers a flexible and simplified way parent/carers can make payments



The Parent Portal

- Easily make a payment online
- Download your receipt
- Sign and return permission notes digitally
- Use any credits on your account to make payment
- View your complete payment history



School Bytes

Register for the Parent Portal via the
QR Code or visit

<https://portal.schoolbytes.education>





ACCEPTABLE USE CONTRACT
Rules for Responsible Information Communication Technology Use

The rules for responsible Information Communication Technology (ICT) use, which are as follows, are intended to minimise the likelihood of harm by educating students and setting standards which will serve to protect the school and its students. We would encourage you to use this as an opportunity to have a discussion with your child about your family values and your expectations about how these values should guide your child's activities while he/she is using ICT.

In ticking each rule and signing the contract below you are accepting the rules for responsible Information Communication Technology use.

Using computers, mobile devices, the Internet, email and communication tools:

- ☐ I will only access the computer network system with the login and password I have been given, which I will keep private.
- ☐ I will not access, view, examine, alter, amend, delete, copy or transmit documents, files or data created by another student without their consent.
- ☐ I will use USB sticks for school work only, not music, games or other inappropriate files.
- ☐ I will gain permission before printing or inserting a USB/CD.
- ☐ I will not display, transmit, redistribute or forward confidential information about oneself or another such as, but not limited to, home addresses, phone numbers, email addresses and birthdates without proper authorisation.
- ☐ I will not modify or change computer settings and/or internal or external configurations without permission.
- ☐ I will not harm, disrupt, degrade or destroy DEC or school equipment, data, networks, system performance.
- ☐ I will not use personally owned information communication technology, such as but not limited to, smartphones, smartwatches and tablets, to film, take photographs, connect to the internet and access applications.
- ☐ I will ask permission from a teacher before using the internet.
- ☐ I will report any unpleasant material to my teacher immediately because this will help protect other pupils and myself.
- ☐ I understand that the school may check my computer files and may monitor the internet sites I visit.
- ☐ I will not sign up or subscribe to anything without permission from my teacher.
- ☐ I will respect copyright and will not use Fingal Head Public School's technology resources to copy, download, store or transmit any material authored or owned by another individual.
- ☐ I will ask permission from a teacher before checking e-mail.
- ☐ I will only email and read emails from people my teacher has approved.
- ☐ I will immediately report any unpleasant messages sent to me because this would help protect other pupils and myself.
- ☐ I understand that e-mail messages I receive or send may be read by others.
- ☐ I will only use teacher-permitted blogs, wikis, discussion forums and other communication tools for instructional, school-related activities.
- ☐ I will not access personal, non-DEC email accounts.
- ☐ I will not use disrespectful language in emails, blogs, wikis, or other communication tools.

I have read the Acceptable Use Contract and the rules for responsible Information Communication Technology (ICT) use with my child. I understand that although staff will supervise my child's use of the iPad/mobile device and the Internet, it is my child's responsibility to not access inappropriate material.

Signed (parent/guardian) _____ Date _____

I have read the Acceptable Use Contract and the rules for responsible Information Communication Technology (ICT) use. I agree to observe these rules at all times. I understand that if I do not follow these rules, my access to the ICT will be denied and I may face other disciplinary measures.

Signed (student) _____ Date _____

Miimi's Juice Bar, Fingal Head
Fingal Head Primary School Lunch Menu

Order online Wednesday before 9.30am at:

<https://bopple.app/10861/menu>

Wraps - \$7.00

Chicken & Salad

Ham & Salad

Egg & Salad

Sandwiches - \$6.00

Ham & Cheese

Chicken & Cheese

Chicken & Salad

Ham & Salad

Toasties

Ham & Cheese - \$5.50

Chicken & Cheese - \$5.50

Ham, Cheese & Tomato - \$6.00

Chicken, Cheese & Tomato - \$6.00

Cheese - \$4.00

Cheese & Tomato - \$5.00

Hot Food

Pie - \$5.50

Sausage Roll - \$5.00

Fruit

Fruit Salad Cup - \$5.00

Frozen Fruit Cup - \$5.50

Whole Fruit (Apple or Orange) - \$2.00

Drinks

Juice popper - \$3.50

Milk - (tbc)

Snacks

Banana Bread (GF available) - \$5.00

Protein Ball (GF VF) - \$3.50

Bliss Ball (GF VF) - \$3.50

HEAD LICE

WHAT ARE HEAD LICE?

- **Head lice** are **tiny insects** that live in hair, where they breed and feed on blood from the scalp. They are about the size of a sesame seed, have six legs, and range from tan to greyish-white in colour. They live up to 30 days and cannot survive for more than two days away from the human scalp.
- **Nits** are the **eggs** of the head lice. They look like small whitish specks about the size of a pinhead and are glued to the hair shaft. Nits are first laid very close to the scalp, and then grow out with the hair. Nits hatch within seven to 10 days and mature into adult lice in about seven days.
- **Head lice** crawl; they cannot fly or jump and they do not live on animals. They hang on to the hair with hook-like claws at the end of each leg.
- **Nits** are usually found on the hair shaft at the nape of the neck, under the fringe and behind the ears.

HOW ARE THEY SPREAD?

- Lice are spread by head-to-head contact, or sometimes from sharing hats, headgear, combs or brushes with an infested person.

WHAT ARE THE SYMPTOMS?

Symptoms may be absent, or may include:

- A tickling feeling in the hair
- Itchy scalp from lice bites
- Sores can develop from scratching and these can sometimes become infected
- Fine black powder (lice faeces) or pale grey lice skins may be seen on the pillow.

TO CHECK FOR HEAD LICE AND NITS:

- Look closely through the hair and scalp for nits and lice with a bright light, magnifying glass and fine-tooth comb.
- Nits are usually noticed first and are easier to see. They are glued to the hair shaft, behind the ears and at the back of the neck. Unlike dandruff they cannot be brushed off.

IF YOU FIND HEAD LICE:

Check the rest of the household for head lice, and **only treat if they are detected**.

- *Treat everyone* found to be infested *on the same day*.
- *Treat again* in seven days.
- Tell any possible close contacts, such as friends and work mates.
- After the first treatment, the affected person can return to school or work.

HOW DO YOU TREAT HEAD LICE?

- For a baby under 12 months of age, or if you are pregnant, or breast feeding, or have sensitive skin, consult a health professional for advice. Manual removal may be recommended in preference to chemical disinfection.
- Head lice treatments can be purchased from a chemist without a prescription. Follow the instructions.
- Avoid getting the product into eyes; cover eyes with a towel or washer and wear gloves when applying the product. Wash your hands thoroughly after use.

HELPFUL HINTS

- Do not use a conditioner on hair before (or after) applying the treatment.
- Do not blow dry hair after treatment as the heat may inactivate the product.
- Do not re-wash hair for one to two days after treatment.

AFTER TREATMENT

- Check that the product worked. Comb hair with a fine-tooth comb, wipe contents onto a tissue or cloth, and look for any movement. If lice are still active, the head lice could be resistant to the insecticide. Wash hair and treat again using a product with a **different insecticide** base (ask your pharmacist).
- If the other preparation fails, daily inspection and removal of eggs and lice with a fine-tooth comb or fingernails is the only option left. This procedure is tedious but, if followed strictly, will eventually clear the hair of lice. A magnifying glass may help you to see the eggs and lice more easily.
- Check combs, brushes, headgear and bedding for lice. Combs and brushes may be soaked in hot water (>50°C) and detergent for 10 minutes. Bed linen, clothes, and towels can be washed in the hot cycle in the washing machine or in a hot drier. Items that cannot be washed or dry-cleaned (for example, hats) can be placed in a plastic bag for a minimum of four days.
- Nit removal is not necessary.
- To help minimise levels of head lice within the community, it is a good idea to check your child's hair on a weekly basis.

For more information please contact your local public health unit, community health centre, pharmacist or doctor. ☒

This is the first in a series of fact sheets on public health issues that will appear in the *NSW Public Health Bulletin*.