**Principal’s Message**

It has been another fun, exciting and productive week at Glebe Public School!

Due to the success and enthusiasm of the Onsie and Talk Like a Pirate dress up days, we will be having a dress up day for Halloween on Friday, 31st October. Students are invited to come to school in Halloween appropriate clothes for this day. More information will be provided early next week.

Although Jump Rope for Heart was last term and we raised $1,965, it is wonderful to see so many students still actively participating with skipping activities during lunch times. It was also fantastic to have such enthusiasm from families... “I think the school did an amazing job and such a worthy cause! Go GPS!” Rowena Falzon – Kindergarten Parent

**What’s On this Term...**

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<th>Event</th>
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<td>16 Oct</td>
<td>Centipede Management Committee AGM</td>
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<td>Forest Lodge Fete – Choir performance &amp; 6B stall</td>
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<td>Thank you to supporters MT</td>
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<td>Presentation Assembly</td>
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<td>End of Year Picnic – Clifton Gardens</td>
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<td>17</td>
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<td>Yr 6 Walkout Last day for students</td>
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<td>18 &amp; 19</td>
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<td>School Development Days - Staff</td>
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**Birthdays**

Killian – 24th October

The Assembly this week will be hosted by 1/2E

**Have a Wonderful Week!**

Bryce Walker
Assistant Principal
P and C News

P&C Meeting last Tuesday

Thank you to those parents, carers and staff who took the time to attend this Term’s P&C meeting on Tuesday night. We heard a great deal about what is coming up in Term 4, had some discussions about what to expect in 2015 and made some plans about the P&C’s possible contribution. We will not have a further formal meeting this year, but will organise end of year drinks - likely to be in the Forest Lodge Hotel on Thursday 11 December from 6:30pm but watch this space as we will keep you all informed.

Forest Lodge Fele last Sunday

Glebe Public School did ourselves proud supporting our fellow local public school on Sunday. Thanks to James and Evan for giving our choir the opportunity to perform at the event, they were thrilled to be given the chance to sing their little hearts out. Grace did a wonderful job representing our Year 6 class at the badge making stall, and it was a great chance to see what a school fete can look like, watch out Glebe.

Welcome Headstart-ers

Congratulations to Marcus on a great start to Headstart this week. The P&C extends a warm welcome to all those Headstart families who are new to our wonderful school community. We hope you enjoy being part of this wonderful school community and look forward to seeing you around in the next few weeks. Please feel free to drop us an email if you’d like to find out more about what the P&C is up to.

Cheers

Anna Playford

President Glebe Public School P&C

committee@glebeschool.org.au
As part of our school Physical Education program, during weeks 2-6 of this term each class is participating in a weekly session of Yoga.

KM really enjoy practising Yoga because it improves our balance, posture and natural flexibility.

We are learning traditional Yoga postures like the lotus position and mountain pose which are great for increasing our concentration and coordination.

We enjoy using our imagination to move our bodies to imitate different animals, like turtles, lions and dolphins.

And most of all it's fun! This week our Yoga teacher played a game where she was holding a snake and we were antelopes that had to jump over the snake. We tried very hard not to get caught!

At the end of each session we learn relaxation and mindfulness techniques by closing our eyes and lying very still while our teacher tells us a beautiful story that almost sends us off to sleep.
Another local service that we can refer you to is the Lethendal Multifamily. If you require support or resources, they are available to assist you. Please contact them for more information.

Families living within the Lethendal LGA may be eligible for service.

Eligibility for Service

Referrals

- Self Esteem Issues
- Nutritional Issues
- Mental Health Concerns
- Drug and Alcohol Issues
- Domestic Violence
- Access to Community Services
- Financial and Accommodation Issues
- Stress Management
- Social Isolation
- Parenting and Relationship Issues
- Home and Child Management
- Concerns/Issues of Families who require support and assistance with...
- and Forest Lodge
- Aboriginal/Lithfield, Rozelle, Glebe
- Includes the suburbs of Armadale, Balmain, Lethendal LGA and the suburb of Glebe. This year includes pregnant women who reside in the LGA.
- Families with dependent children aged 0-12

Family Support Workers

Family Support Workers are able to assist families in the following areas:
- Supporting Parents of Children
- Helping Your Child With Primary School
- Bringing Up Great Kids
- Play Power
- Crime or Security
- Magic 123
- Positive Parenting Program (Triple P)

Groups: Work includes:
- Build on personal support networks
- Encourage groups and networks
- Increase the skill at helping others
- Assist in developing local government policies
- Support families and children in community
- Group work is offered on a regular basis to...

Groups

Case Management

Programs

Family Support Services

Lethendal Family Support Service supports families who live within the Lethendal Local Government Area (LGA) and families with children who live outside of the LGA. Lethendal Family Support Service offers a range of services to support families in need. This includes counseling, group work and advocacy.

- Counseling: Group work and advocacy
- Spouses’ referrals to other services
- General services and general group contact information
- This is only by home visits: Outreach
- Within families
- Experience to families who are...
- Under stress and risk
- Intervention to families who are...
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CatholicCare

Leichhardt Family Support

Sydney Program (EIP) and the Catholic Archdiocese

Family and Community Services

Sydney

Leichhardt Family Support Service is a

accessible

experienced

knowledgeable

committed to justice

human dignity and worth

Our Values

people, dignity, equality and participation in societal

family and responsibilities—society is for individuals

CatholicCare's vision is for a society in which

Service delivery

maintaining a child focus model of service

complains/appeals mechanism appropriate

CatholicCare is committed to a formal

Complaints/Appeals Policy

delivered

For further information or to make a referral

please phone and ask for the intake worker.
Head Lice

What are head lice?
Head lice are insects which can only feed and stay healthy on the human head with hair. This is the only place where they can mate and lay their eggs. The eggs are called nits. These eggs are laid and cemented to the hair close to the scalp. The eggs do not move.

It takes 7 -10 days for the eggs to hatch. After they hatch, lice can live 3 weeks.

Adult lice feed from the scalp 4 to 6 times a day. This can lead to head itch and head sores from scratching.

Head Lice move from one person to another through head to head contact. They cannot jump or fly.

Prevention of Head Lice Infection

- Every week wash your hair with shampoo and rinse the hair
- Add conditioner to the head
- Keep the head dripping wet
- Com with a normal comb then
- Comb with a fine-tooth comb for 5 minutes or more

How it works
Dripping wet hair slows down the lice. They cannot run fast enough to escape the comb. Conditioner makes the hair slippery. The lice find it difficult to hold on. So the comb catches any lice and gets them out of the hair before they have time to reproduce.

Using Fine-Tooth Combing and No Medication to Treat Head Lice
- Use the same method as for prevention but
- Do the fine tooth combing of dripping wet hair with conditioner added treatment twice a week for two weeks.
- This means you are combing out baby lice as they hatch from the eggs. This is done because it takes 7-10 days to hatch.

Using Medication (eg. Lotion and Shampoos) against Head Lice:
Medications (eg. lotions and shampoos) should only be used if live lice are found on the head. Different medications have different strengths – ask your chemist and read the instructions. No medication can guarantee to kill all the nits and lice.

So
fine-tooth combing is also needed.
Mr Murat Dizdar
Executive Director Public Schools NSW
requests the pleasure of your company
to attend

COME TOGETHER
a celebration of excellence

Tuesday 4 November 2014
Sydney Town Hall
483 George Street, Sydney | 7pm

RSVP: 28 October 2014
Rita Ciccarelli | 9582 6317 | Rita.Ciccarelli@det.nsw.edu.au
Please advise the number of tickets required
Adults $20, Concession/Students $15, Family (2 adults, up to 3 children) $50

Ticket Sales for *Come Together* open on Monday 20 October at 9am and are only available for purchase from City Recital Hall.

The Box Office is open from 9.00am – 5.00pm Monday to Friday and weekends from 3.5 hours prior to the start of a performance. Online bookings are available 24 hours a day seven days a week.

**HOW TO BOOK**
Online:  [http://www.cityrecitalhall.com](http://www.cityrecitalhall.com)
Telephone:  02 8256 2222
In Person:  Box Office,
City Recital Hall Angel Place,
2 Angel Place, Sydney NSW 2000 Australia

**PAYMENT**
Payment is accepted by cash, cheque, money order and Credit Card (Visa, Mastercard & American Express) and by eftpos at the Box Office counter.

**Merchant Card Fee**
Two percent (2%) of ticket price Visa/ Mastercard/ Bankcard/ Eftpos.
Three percent (3%) of ticket price American Express

**TRANSACTION FEE**
Transaction over the internet and over the phone $5.00 per transaction
Transactions over the counter - no charge
Subject to change at any time without notification by CRH.

**EXCHANGE FEE**
Exchange Fee: $2.50 per ticket.
Once an order is complete, there are no refunds or cancellations.

**OUR CONCERT IS:**  ‘Come Together’ – A Celebration of Excellence

**CONCERT DATE:**  Tuesday 4 November 2014

**BOOKINGS OPEN AT:**  9.00 AM ON  Monday 20 October 2014

**WHEN BOOKING TICKETS PLEASE NOTE** -

* Please note that if your child is performing on the day, they will either be on stage or backstage during the performance. They will NOT require a ticket.
Parent tips

Selective high schools
Online application for Year 7 entry to selective high schools in 2016 is now open. Find out more: http://www.schools.nsw.edu.au/learning/k-6assessments/shsplacement/index.php

Managing your child’s weight
It’s all about family when it comes to influencing children’s waistlines and no number of wonder diets can beat some simple changes at home.


Choosing the right school shoes
Can those school shoes last...one...more...term.....? And are the expensive ones REALLY better for your child’s feet?


Creative reading
If your child is full of great ideas, share these 22 slides to help them tell their stories. Pixar’s 22 rules for great creative writing are brilliant! http://bit.ly/1fxyNK3

Hospitality careers
Young people between 13 and 17 can get a taste of what it’s like to work in the hospitality industry and win prizes as part of the Level Up Careers campaign. Find out more: www.facebook.com/levelupcareers.

Career planning for your child
Experts talk about how you can help your child broaden their ideas about work and career paths.

Find out more: http://www.schoolatoz.nsw.edu.au/wellbeing/development/career-planning-for-your-child

Raising good digital citizens
We’re the first generation of parents responsible for equipping our children with digital citizenship skills. That is, how to use technology safely and responsibly, and how to evaluate, manage and use the information and tools they find online.

2014
BALMAIN
FUN RUN
SUN 7TH DEC
2KM 5KM 10KM
BALMAINFUNRUN.COM.AU