



## Principal's Report

I am sure we have all done it as we have introduced ourselves to someone new; we have shaken hands and said, "Hi, I'm Rebecca's mum" (you can insert a relevant name here –and for me there could be 3!) For dads too, usually in a deeper voice; "Hi, I'm Ben's dad". We all take parenting seriously, at times it can be said it defines who we are. Today, I would like to congratulate our mums and dads, for the terrific work you are doing, and in particular, for the manner in which each child has been able to commence school this year with a learning mindset. Parents are usually the silent achievers, happy for the praise to land on the heads of our children, but without your support, the value you place on education, and the time you take to prepare your child/ren for school, we would have a very different learning community to the one we take such pride in.

I will also share the delight and joy our newest learners are bringing to our community. Their Year 6 buddies dote upon them, and whilst there are still some very normal nerves for some as they are parting from parents in the morning, they are all highly engaged in their new learning environment.

To recognise the leadership role that our eldest students take within our learning community, this year we have introduced badges for all Year 6 students.

This is an important step in recognising their valuable input in to their school as we further develop student voice at Hughesdale Primary School. They are designed to enable easy identification of this cohort for our Foundation to Year 5 students as the Year 6 group fulfil a richer mentoring role. The commencement date for our much anticipated building project is drawing closer, and I hope to be able to share the



anticipated start and end dates with the community by the beginning of March. I would like to thank families who have generously supported the school through Voluntary Contributions this year (of any amount). This money is strategically earmarked for school improvement, in particular we are currently working hard to ensure Air Conditioning is integrated in to this year's building project.

Our target for Air Conditioning is \$140,000 and so far we have raised \$52,476. If you, or a business you are associated with, would like to make an additional tax deductible donation to our Building Fund, I thank you in advance for your support of the school.

### Prep BBQ and Working Bee

On Saturday 3<sup>rd</sup> March, we are trialling a new approach to our first Working Bee for the year. We know that in Term 1, our Working Bee is a fabulous social event for many of our families new to the school, as they get to know one another in an informal setting. To better facilitate this, we are combining a "Getting to Know You" Prep sausage sizzle, with this key event. We warmly welcome all school families from all year levels to join us from 9:00am on Saturday 3<sup>rd</sup> March, as we work side by side (and laugh at Mrs Gough trying to use the blower!), to neaten and maintain our grounds for all students. At 1:00pm, let's "down tools" and share a sausage together. If you are able to attend, please send me a quick email with the number of adults and children attending ([gough.lisa.n@edumail.vic.gov.au](mailto:gough.lisa.n@edumail.vic.gov.au)) so I can cater correctly.

### Learning shared with me this week

Ariana from 1A shared the results of her excellent letter hunting.

Lachlan and Mia from 2A were able to articulate the life cycle of a butterfly while demonstrating a model they had made. Elise from 2B cleverly utilised words of different syllable lengths in silly sentences.

Warmest Regards,  
Lisa Gough



February 15 2018  
Issue 3

## The Week Ahead

### REMINDERS

- **Next Assembly:** Junior School Monday
- Interschol Sports begins Friday
- JAG meeting Friday
- L3 Legoland Excursion Tuesday
- L1 Rippon Lea Excursion Tuesday
- L2 Healesville Sanctuary Wednesday
- L4 Rescheduled Botanical Gardens Cranbourne Excursion Wednesday

### NOTICES DISTRIBUTED

- L6 IMAX Excursion
- L5 Healesville Sanctuary Excursion

### HOW TO CONTACT THE SCHOOL

SCHOOL 9570 4808  
OSHC 0423 940 728  
[www.hughesdaleps.vic.edu.au](http://www.hughesdaleps.vic.edu.au)  
email: [hughesdale.ps@edumail.vic.gov.au](mailto:hughesdale.ps@edumail.vic.gov.au)

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For all enquiries please contact Kylie Sirianni 0402 019 540 or Dean Sirianni 0400 446 186 Barry Plant 31 Atherton Road, Oakleigh 3166

# ASSISTANT PRINCIPAL REPORT

## House Swimming Sports

Students in levels 3-6 enjoyed a cool but fun day participating in the House Swimming Sports at GSAC on Monday. The school was a sea of colour with all the ribbons students achieved in different events. Congratulations to the winning house - **Wattle**.

## Footsteps Dance

Today was our second of four Footstep dance classes. It is wonderful to see all year levels engaging and enjoying this program run by a Footsteps instructor. This program offers a dance component as well as an activity based Social Emotional Learning Program for our students. We are certainly creating active and creative risk takers!



Mr Richards & Sport Captains Chelsea & Elliot announce the winning house



## Happy Lunar New Year

Many of our families have already celebrated New Year on January 1, but for the Chinese, Vietnamese and Korean Australian communities, Lunar New Year falls on Friday February 16, however, festivities take place a couple of weeks either side of that date and have already begun across the state. Each year is marked by one of the 12 animals of the Chinese Zodiac and 2018 marks the year of the dog. The Year of the Dog invokes sentiments of honesty, loyalty and true friends.

You can find out more about the celebrations happening in Melbourne at: <https://www.onlymelbourne.com.au/melbourne-lunar-new-year-festivals#.WoTikOQUmUk>



## School Nurse Visit

Alison Baker is a visiting Primary School Nurse from the Department of Education who will be attending the school to conduct health assessments in May for our Foundation students and also see other children as requested by parents.

The purpose of this visit is to provide all Victorian children with the opportunity to have a health assessment; to link children, families and school communities to services available in the community; and to provide information and advice that promotes health and wellbeing.

All Foundation students have been given a Referral form that needs to be signed and returned to the school by 26<sup>th</sup> February regardless if you would like your child to be seen or not.

Parents are invited to contact the visiting Primary School Nurse if there are any issues they wish to discuss. Our School Nurse is Alison Baker - 0412-161-473

Parents of students (other than Foundation students) that wish their child to be seen by the school nurse need to complete a Referral form that is available from Amanda Breeden-Walton. This completed Referral form needs to be completed and returned to the school by **February 26<sup>th</sup>**.

## Head Lice

Head lice have been detected in level 4 this week. Unfortunately this is an ongoing problem that most schools face. I have included an information sheet for parents on treating and preventing head lice.

**Amanda Breeden-Walton**  
Assistant Principal

# Hughesdale Hero

WEEK  
2

|    |                      |                    |  |
|----|----------------------|--------------------|--|
| 3A | Matilda Bennett      | Resilience         | Matilda has shown an outstanding determination and positivity.   |
| 3B | Belle Washington     | Confidence         | Belle has made a fantastic start to Level 3, attempting all tasks with great confidence.                     |
| 3C | Phoebe Dragovic      | Organisation       | For always being organised and ready for learning. Keep it up!   |
| 3D | Ethan Quigley        | Confidence         | Ethan has confidently begun his learning at Hughesdale in a positive and enthusiastic manner.                |
| 4A | Laura Fernandez      | Attitude & Effort  | For throwing herself back into school life and giving her best in all her tasks.                             |
| 4B | Benjamin Muyemba     | Consideration      | Benji has shown great consideration for his peers while working independently, well done Benji!!             |
| 4C | Jules Goujon-Onno    | Empathy & Kindness | For watching out for younger students on the playground and setting an excellent example                     |
| 4D | Christina Voudouris  | Resilience         | For using the catastrophe scale when working to overcome a challenge in the classroom, well done Christina!! |
| 5A | Jackson Robins       | Engagement         | For the positive, organised and compliant manner in which he has engaged with 5A.                            |
| 5B | Matilda Martin       | Positive attitude  | For her enthusiastic attitude towards learning and her willingness to always help out                        |
| 5C | Isabella Armstrong   | Organisation       | Isabella is always organised and prepared to begin her learning tasks.                                       |
| 6A | Jamie Stone          | Leadership         | Jamie showed amazing leadership when looking after his buddy.  |
| 6B | Elliot Black         | Team Work          | For showing amazing teamwork skills, working cooperatively to solve a variety of problems.                   |
| 6C | Laurence Tsitouridis | Leadership         | Laurence showed fantastic leadership skills when looking after the Foundation students                       |

# Best Work of the Week

WEEK  
2

|    |                   |    |                       |
|----|-------------------|----|-----------------------|
| 3A | Sonia Gheorghiu   | 4C | Seamus O'Driscoll     |
| 3B | James Arvanitis   | 4D | Max Tanner            |
| 3C | Dimitra Ioannidou | 5A | Carlos Cegarra-Fenton |
| 3D | Eliana Zymaris    | 5B | Ashleigh Emerson      |
| 4A | Wan Kim           | 5C | Dimitri Haslam        |
| 4B | Evan Papadopoulos | 6B | Luka Maglio           |



[kidshelpline.com.au](http://kidshelpline.com.au)

FREE CALL  
1800 55 1800





# House Swimming Carnival

|              |   | 10yr Girls                           | 10yr Boys | 11yr Girls | 11yr Boys           | 12yr Girls | 12yr Boys         |
|--------------|---|--------------------------------------|-----------|------------|---------------------|------------|-------------------|
| Freestyle    | 1 | Isabella A                           | Sean D    | Zoe C      | Lachie J            | Ava C      | Alec S            |
|              | 2 | Sonia G                              | Sam B     | Matilda M  | Elliot B            | Rianne D   | George-Harrison M |
|              | 3 | Zoe W                                | Oliver G  | Amelia B   | Fraser M            | Nicky M    | Josh H            |
|              | 4 | Lucy W                               | Ben G     | Gracie W   | Oscar N             | Amy K      | Jack G            |
| Backstroke   | 1 | Chloe K                              | Sam B     | Zoe C      | Elliot B            | Ava C      | Alec S            |
|              | 2 | Sonia G                              | Sean D    | Aimee H    | Lachie J            | Rianne D   | Jamie S           |
|              | 3 | Zoe W                                | Charlie C | Matilda M  | Fraser M            | Amy K      | George-Harrison M |
|              | 4 | Jessica P                            | Hunter H  | Chelsea W  | Lachie A            | Nicky M    | Josh H            |
| Breaststroke | 1 | Leia M                               | Sean D    | Zoe C      | Lachie J            | Rianne D   | Alec S            |
|              | 2 | Chloe K                              | Sam B     | Chelsea W  | Tom W               | Ava C      | George-Harrison M |
|              | 3 | Zoe W<br>Alex G<br>Zoe B<br>Millie B | Jacob K   | Mikayla C  | Fraser M            | Nicky M    | Jack G            |
|              | 4 | Litia P                              | Houben G  | Gracie W   | Oscar N<br>Lachie A | Amy K      | Christian M       |
| Butterfly    | 1 | Eva H                                | Sean D    | Zoe C      | Lachie J            | Ava C      | George-Harrison M |
|              | 2 | Zoe W                                | Sam B     | Chelsea W  | Fraser M            | Rianne D   | Alec S            |
|              | 3 | Litia P                              |           | Mikayla C  | Lachie A            | Nicky M    | Gus P             |
|              | 4 | Siddhi V                             |           | Matilda M  | Christo Z           | Amy K      |                   |

On Monday, Level 3-6 students participated in the House Swimming Carnival. It was great to see so many students dressed in their house colours. The day started with the 50m events and finished with the 20m novelty events. Just about every student participated in an event, with some students surprised by how well they went. The overall competition was extremely close, with Wattle claiming the House shield, for the first time. A massive thankyou to all the parents and teachers who helped out. The amount of parents who volunteered made the day run very smoothly. Above are the place getters in the 50m races. The students who came in 1<sup>st</sup> place will go onto represent the school at the District Carnival on Monday 6<sup>th</sup> March. Congratulations to Ava Close who broke three school records (12yr Girls freestyle, backstroke and butterfly)! Congratulations also to Sean Darvell for breaking the 10yr boys butterfly record.

## District Swimming Team - Tuesday 6th March

|                        | 10yr Girls | 10yr Boys | 11yr Girls | 11yr Boys | 12yr Girls | 12yr Boys       |
|------------------------|------------|-----------|------------|-----------|------------|-----------------|
| Freestyle              | Isabella A | Sean D    | Zoe C      | Lachie J  | Ava C      | Alec S          |
| Backstroke             | Chloe K    | Sam B     | Aimee H    | Elliot B  | Rianne D   | Alec S          |
| Breaststroke           | Leia M     | Sean D    | Zoe C      | Tom W     | Rianne D   | George-Harrison |
| Butterfly              | Eva H      | Sam B     | Chelsea W  | Lachie J  | Ava C      | George-Harrison |
| 4x50m Free-style Relay | Milly B    | Oliver G  | Amelia B   | Oscar N   | Amy K      | Jack G          |
|                        | Zoe W      | Sam B     | Matilda M  | Elliot B  | Rianne D   | George-Harrison |
|                        | Lucy W     | Ben G     | Gracie W   | Fraser M  | Nicky M    | Josh H          |
|                        | Isabella A | Sean D    | Zoe C      | Lachie J  | Ava C      | Alec S          |

## District Swimming Team cont:

| Medley Relay | Girls | Boys              |
|--------------|-------|-------------------|
| Backstroke   | TBA   | Elliot B          |
| Breaststroke | TBA   | Alec S            |
| Butterfly    | TBA   | George-Harrison M |
| Freestyle    | TBA   | Sean D            |

## Hughesdale Primary School Swimming Records

|                 | Freestyle         | Backstroke      | Breaststroke     | Butterfly        |
|-----------------|-------------------|-----------------|------------------|------------------|
| <b>10 Girls</b> | <b>Z.Curry</b>    | <b>M.Nguyen</b> | <b>Z.Curry</b>   | <b>M.Nguyen</b>  |
| <b>Year</b>     | <b>2017</b>       | <b>2005</b>     | <b>2017</b>      | <b>2005</b>      |
| <b>Time</b>     | 39.37sec          | 48.34sec        | 57.27sec         | 53.35sec         |
|                 |                   |                 |                  |                  |
| <b>10 Boys</b>  | <b>L.Nguyen</b>   | <b>L.Nguyen</b> | <b>J.Grooby</b>  | <b>S.Darvell</b> |
| <b>Year</b>     | <b>2007</b>       | <b>2007</b>     | <b>2007</b>      | <b>2018</b>      |
| <b>Time</b>     | 39.19sec          | 46.54sec        | 47.52sec         | 51.14sec         |
|                 |                   |                 |                  |                  |
| <b>11 Girls</b> | <b>M.Nguyen</b>   | <b>M.Nguyen</b> | <b>V.Schnell</b> | <b>M.Nguyen</b>  |
| <b>Year</b>     | <b>2006</b>       | <b>2006</b>     | <b>2007</b>      | <b>2006</b>      |
| <b>Time</b>     | 36.5sec           | 45.87sec        | 52.37sec         | 48.6sec          |
|                 |                   |                 |                  |                  |
| <b>11 Boys</b>  | <b>S.Erharter</b> | <b>J.Grooby</b> | <b>J.Grooby</b>  | <b>J.Grooby</b>  |
| <b>Year</b>     | <b>2012</b>       | <b>2008</b>     | <b>2008</b>      | <b>2008</b>      |
| <b>Time</b>     | 36.08             | 39.47sec        | 42.53sec         | 46.4sec          |
|                 |                   |                 |                  |                  |
| <b>12 Girls</b> | <b>A.Close</b>    | <b>A.Close</b>  | <b>E.Lieng</b>   | <b>A.Close</b>   |
| <b>Year</b>     | <b>2018</b>       | <b>2018</b>     | <b>2010</b>      | <b>2018</b>      |
| <b>Time</b>     | 33.67sec          | 42.78sec        | 46.09sec         | 44.00sec         |
|                 |                   |                 |                  |                  |
| <b>12 Boys</b>  | <b>J.Grooby</b>   | <b>J.Grooby</b> | <b>J.Grooby</b>  | <b>J.Grooby</b>  |
| <b>Year</b>     | <b>2009</b>       | <b>2009</b>     | <b>2009</b>      | <b>2009</b>      |
| <b>Time</b>     | 34.03sec          | 38.33sec        | 43.38sec         | 43.97sec         |
|                 |                   |                 |                  |                  |

Records were started in 2005.

# Parents + Friends News

## Get your beanbag ready - one month until Movie Night!

Our first event for the year is Movie Night on Friday 16 March, a wonderful way for the entire school community to come together under the stars! This year we need a couple of people to join our Coordinator, Jacqui Savic to help coordinate the night. If you have not helped organise an event before, this is great way to get to know our school and meet new people! If you are keen, please contact us at: [hps\\_pf@yahoo.com.au](mailto:hps_pf@yahoo.com.au)

## Will YOU win the Easter Raffle?

Raffle tickets have now been sent home for our 2018 Easter Raffle. If you're new to HPS, this is one of the most eagerly anticipated dates on the school calendar! There are two things to do...

- Send a donation in with your child - a basket, chocolate eggs, bunnies or novelty items – to place in the P&F basket in your classroom. There's also a prize for the class that donates the most goods.
- Return your ticket stubs and money by Tuesday 27 March. The more tickets you buy, the more chances to win!

If you need more tickets, they are available at the office.

**\* All money raised will go towards funding air conditioning in our new school building.**

## We're seeking a super coordinator or team for our Mother's Day Stall

If you've always wanted to try your hand at coordinating an event, we'd love to hear from you! Our Mother's Day Stall is one of the most loved events of the year, when the children get to choose their own present for mum. We are looking for someone who would like to take on the role of Coordinator for the Mother's Day Stall. We can guide you through the process. The stall requires shopping for gifts wrapping and setting up the stall. This can be coordinated by one person or a team of friends. Alternatively be part of the Mother's Day Stall team in the capacity of shopping or requesting donations or wrapping. Please get in touch if you'd like to know more! Email us at: [hps\\_pf@yahoo.com.au](mailto:hps_pf@yahoo.com.au)

## New P&F Coordinators needed

Come and join the P&F Coordinating Team. Most activities for 2018 already have event coordinators in place, so joining the team will mainly involve supporting our wonderful event coordinators and learning the ropes of P&F, meeting new people and having lots of fun along the way. Some activities include:

- supporting selected event coordinators (i.e. not running events)
- helping to run meetings
- brainstorming for activities in future years
- emails and advertising

Interested? Please contact us at: [hps\\_pf@yahoo.com.au](mailto:hps_pf@yahoo.com.au) We look forward to hearing from you!

**Rozelle and Camille**

2018 P&F Coordinating Team

## 2018 EVENT CALENDAR

### TERM 1

|                                |   |
|--------------------------------|---|
| Saturday 3 <sup>rd</sup> March | Foundation BBQ and whole school Working Bee |
|--------------------------------|---|

|                                 |                    |
|---------------------------------|--------------------|
| Friday 16 <sup>th</sup> March   | Movie Night        |
| Thursday 29 <sup>th</sup> March | Easter Raffle Draw |

### TERM 2

|                                 |                          |
|---------------------------------|--------------------------|
| Thursday 26 <sup>th</sup> April | Whole School Walk-a-thon |
|---------------------------------|--------------------------|

|                               |  |
|-------------------------------|--|
| Sunday 29 <sup>th</sup> April | Foundation, Levels 1, 2, 3 Working Bee & Parents vs Children Footy |
| Thursday 10 <sup>th</sup> May | Mother's Day Stall   |

### TERM 3

|                                  |                                 |
|----------------------------------|---------------------------------|
| Friday 20 <sup>th</sup> July     | Junior and Senior School Discos |
| Saturday 11 <sup>th</sup> August | Bi-annual Trivia Night          |
| August TBA                       | Bunnings BBQ                    |

|                                    |  |
|------------------------------------|--|
| Friday 31 <sup>st</sup> August     | Father's Day event                                     |
| Saturday 8 <sup>th</sup> September | Levels 4, 5, 6 Working Bee & Parents vs Children Footy |

### TERM 4

|                                     |                      |
|-------------------------------------|----------------------|
| Wednesday 12 <sup>th</sup> December | Twilight Working Bee |
|-------------------------------------|----------------------|

|                                    |                        |
|------------------------------------|------------------------|
| Thursday 13 <sup>th</sup> December | Annual Community Night |
|------------------------------------|------------------------|

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**coles SPORTS for SCHOOLS 2018**

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# Get ready for a Super Savers adventure with School Banking.

CAN

This year in School Banking, your child will join the Dollarmites on a Super Savers adventure, developing strong savings skills.

School Banking encourages children to learn the value of saving and rewards those who demonstrate a regular savings behaviour.

## New Super Savers reward items.

Introducing an exciting new range of reward items with two released every term.

Available in Term 1:

- Twister Power Handball
- Secret Scratch Notepad.

Your child can redeem one of these rewards, while stocks last, after making 10 School Banking deposits.



**Remember,** with the CommBank Youth app, it's easy for your child to monitor the Dollarmites tokens they earn when making School Banking deposits and track their savings. Available to download from the App Store on any iOS9+ device.



## A chance to win a family trip to Hawaii.



Students who truly are Super Savers will have the chance to win a family trip to Honolulu, Hawaii, staying 7 nights at the Sheraton Waikiki Resort, plus AU\$2,000 spending money.

To enter, students simply make 15 or more School Banking deposits before the end of Term 3 2018, and they will automatically enter the Super Savers Grand Prize Competition.

To find out more about School Banking, or explore fun activity sheets for your child, visit [commbank.com.au/schoolbanking](http://commbank.com.au/schoolbanking)

**Things you should know:** The 'Super Savers Grand Prize Competition' (Promotion) is conducted by the Commonwealth Bank of Australia (ABN 48 123 123 124) of Level 3C, 11 Harbour Street, Sydney NSW 2000. The Promotion starts at 9am AEST on 22/01/18 and closes at 11:59pm AEST on 28/09/18. Entry is open to Australian residents aged 4-13 years only who have made 15 separate School Banking deposits into their CommBank 'Youthsaver' account during the Promotion period. Eligible entrants will be automatically entered into the draw. Maximum 1 entry/person. The first eligible entry randomly drawn will win a trip to Honolulu, Hawaii, USA for two adults and up to three children (aged 17 years and under), including 7 nights accommodation and \$2,000 AUD spending money, valued at \$17,666 AUD. Terms and conditions apply. The draw will take place at 12pm AEST on 10/10/18 at the address above. The winner will be notified by telephone and email, and will be published online at [commbank.com.au/schoolbanking](http://commbank.com.au/schoolbanking) and in The Australian on 17/10/18. Winner must claim the prize by 5pm AEST on 15/01/19 or the prize will be redrawn. The prize will be awarded to the winner's nominated parent or guardian. Conditions apply to accepting the prize. Full terms and conditions available from [commbank.com.au/schoolbanking](http://commbank.com.au/schoolbanking) Authorised under NSW Permit No: LTPS/17/18318, ACT Permit No: ACT TP 17/01989 and SA Permit No: T17/1878.



# 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.



## 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 (malidison 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.

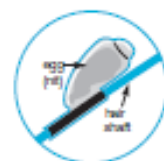
Any head lice product could cause a reaction and should be used with care by women who are pregnant or breastfeeding, children less than 12 months old and people with allergies, asthma or open wounds on the scalp. If you are unsure, please check with your pharmacist or doctor.

## 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.

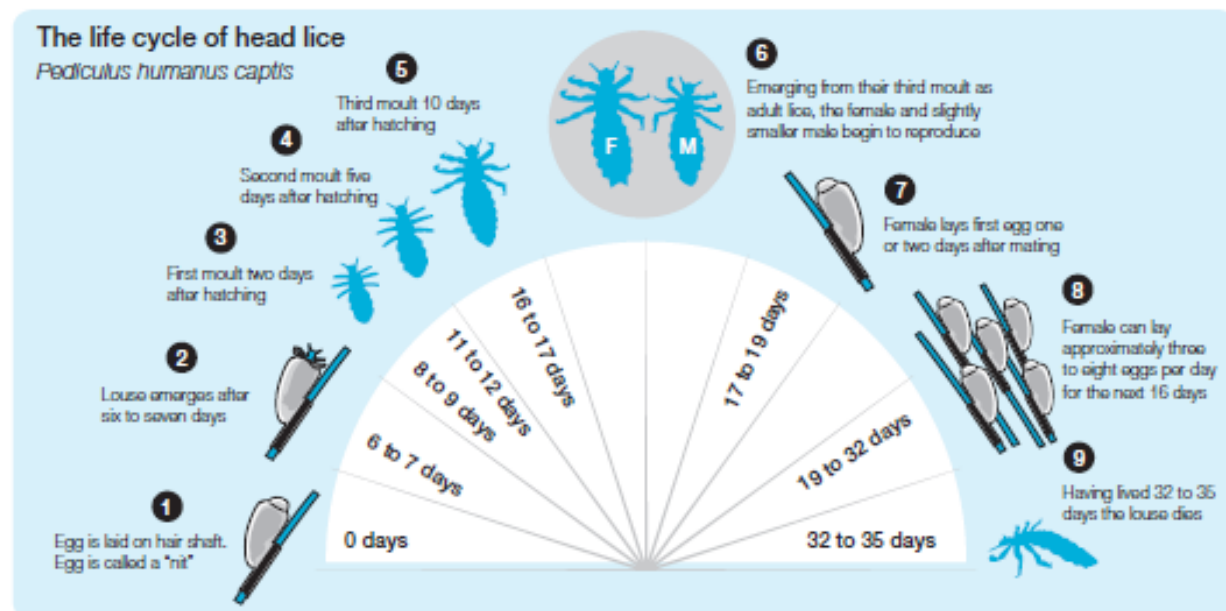
The department recommends a child with head lice can be treated one evening and return to school or children's service centres the next day, even if there are still some eggs present. There is no need to miss school or child care because of head lice.

## 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.

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