

# What's on in the West

Wangaratta West Primary School Newsletter



## IMPORTANT DATES

**Monday 8th March**  
Labour Day Public Holiday

**Wednesday 10th March**  
P&F Meeting, 7pm Staffroom

**Monday 15th - Friday 19th March**  
WOW Week

**Tuesday 16th -  
Wednesday 17th March**  
Grade 3 Camp at  
Nillahcootie

**Friday 19th March**  
Anti Bullying Day

**Monday 22nd March**  
Safe on Social Parent Night

**Friday 26th March**  
Cross Country

**Thursday 1st April**  
Final day of Term 1

## PRINCIPAL'S MESSAGE

### Introducing School Council for 2021

I'd like to sincerely thank members of our departing 2020 School Council: Jacinta Robinson, Ben Hedderman, Xavier Norden and Ana Howard. They each provided invaluable contributions to the team over the past year (or more) and I thank them for their time, dedication and input.

Following our annual call for nominations, I'd like to also thank and congratulate the following newest members of our school council, namely Atalana Carr (Music teacher at WWPS), Danielle Ashmead (Assistant Principal at WWPS) and Craig Twitt (parent of two girls at WWPS) as well as previous members who successfully reapplied for positions this year, Fiona Ormond, Chris Gartside, Jodie Wells and Cameron Meggs. They will join myself, Tania Pool (Business Manager), Andrea Matheson and Ceinwyn Wills. It is great to have everyone on the team!

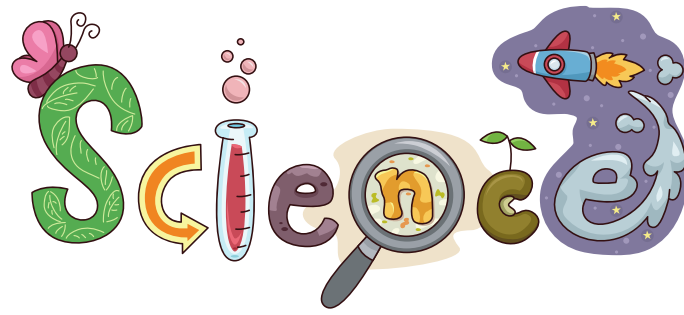
### Early Pickups

Just a reminder that if you need to collect your child from school early, please head to the office and they will call for your child to be sent up rather than going directly to your child's classroom. This helps to minimise disruptions to classrooms and ensures that all students are signed out appropriately. Thank you for helping us with this.

### Parents & Friends

Our first Parents & Friends meeting of the year will be held on Wednesday 19th March at 7pm, beginning with a short Annual General Meeting. It is a lovely group and we have a lot of fun so I encourage you to come along (and bring a friend!).





## Chain Reaction Challenge

What a day! Today as part of the Victorian Challenge and Enrichment series at Wang West, we completed a Chain reaction/Rube Goldberg challenge. Our learning intention was to use our creativity and build skills like perseverance, problem solving, team work, cooperation and critical thinking. The Science behind our challenge was to use our knowledge of gravity, force and momentum, and how they can create a chain reaction.

The environment was electric in the Science lab, with students from 3-6 embracing the challenge. 9/10 attempts aren't successful in completing the domino chain reaction, but that is where the learning happens, boosting resilience, trying again and enjoying the suspense and excitement.

Listening to the children cheering on each other's attempts, designing their own chain reactions and working out angles of incline, how to increase momentum and developing chain reactions with ramps, marbles, cars and dominoes was a brilliant morning and certainly created a buzz around our High Ability Program.

Congratulations to our senior Challenge participants for your persistence today.

*Stacey Hedderman*



Peter opened the box. He coughed as the dust flew into his face. The old rusty and dirty, iron box shook. Peter thought something was in it. He shook his head as he opened the box. Nothing was in it just a photo of his mother and father. A tear dropped from his face. He cried, grabbed the photo, threw the box over his shoulder and ran home with the photo.

- Lesta

Peter had brought the rusty, iron box. It was the only thing he had left that he had of his dad. He opened the box and found a teddy, a note and few dollars to take care of himself in the future. Tears dropped on his cheeks, a smile on his face. The note said, "Peter stay strong. I want you to have all of this before I die. Stay safe. Love Dad".

- Jummobi

## Grade 5 Writing

We have been using the text *The Treasure Box* by Margaret Wild to practice our descriptive narrative writing. Students were given the opening phrase 'Peter opened the box...' for them to base their piece on.

Peter cautiously opened the box toughening up for what seemed to be an empty box. But Peter had hope. Hope that when he opened the box something valuable would be placed inside. He peered into the box but nothing. Then just as he was about to lose all hope he heard a rattle inside. He saw a coin but not just a coin, there was a square piece of paper with "Peter" on the back. He picked up the paper and turned it around. On the back a picture, a picture of Peter's mum and dad. In the hands of his mum lay Peter. A tear rolled down the side of his cheek as he closed the box and held the photo against his cheek.

- Tiahna

It is time, time to open the treasure box after all these years. It is finally safe enough to return to the outskirts of the lifeless village. Peter slowly bent down and brushed the dust off the patient, iron box. Peter vigilantly cracked open the box. Suddenly thousands of memories came rushing back including the day his dad died.

- Zeke

# Westy's Sports Report



## SATURDAY MORNING NETBALL

Saturday morning netball is back! Registrations are now open!

Please go to the Wangaratta Netball Association website at <http://wangerattana.vic.netball.com.au/> and follow the links. You can also register using the MyNetball app. Please make sure you register for the appropriate age group.

Please send all registration receipts to me at [demi.walker@education.vic.gov.au](mailto:demi.walker@education.vic.gov.au) and I will assign you into a team from there.

If any parents are interested in coaching or team managing or if you have any other questions, please let me know.

Registrations are due by Friday 26th of March.

From Miss Walker

# NetSetGO & NET and SET



Wangaratta Netball Association Inc

Registration No: A0004413M

email: [wangnetball@westnet.com.au](mailto:wangnetball@westnet.com.au) PO Box  
830, Schillings Drive

[www.wangarattana.vic.netball.com.au](http://www.wangarattana.vic.netball.com.au) Wangaratta 3677

## NetSetGO – NET and SET – Activity/Skills Program (Boys and Girls 5-7 year olds)

(Born between 1.1.2014 to 31.12.2016)  
(Foundation, Grade 1 and 2)

Friday 4.30pm – 5.30pm

### 2021 NETBALL VICTORIA MEMBERSHIP

#### Online registrations for NetSetGo–Net (Activity/Skills) program open on 30 March 2021

- Register online by **14 April 2021** to assist in program preparation. Registrations can be received after this date. Please ensure you select NetSetGo when registering.
- Players must register themselves online for their Netball Victoria and Wangaratta Netball Association registration via link on Wangaratta Netball Association website / competition / registration page **OR** MyNetball App
- If you have any trouble registering please contact us via email [wangnetball@westnet.com.au](mailto:wangnetball@westnet.com.au) with player full name and date of birth. Email us if you require an email address updated.
- Grade 2 NetSetGo players who turn 8 in the current year are requested to email Wangaratta Netball Association at [wangnetball@westnet.com.au](mailto:wangnetball@westnet.com.au) with player name and date of birth so we can assist you with registration due to age limit. This is a simple fix.
- Participant packs will be distributed by post directly to each participant from the time of their registration. Please allow 21-28 days delivery after registration. Ensure you check your address is correct.
- Include Participant Pack T-shirt size on registration form and ensure address is correct.

#### Fees

NetSetGo player (includes participation pack & postage) **\$102** (NV \$68 + WNA \$34)

Program Dates 2021	
Round 1	23 April
Round 2	30 April
Round 3	7 May
Round 4	14 May
Round 5	21 May
Round 6	28 May
Round 7	4 June
No play (Queens Birthday weekend)	11 June
Round 8	18 June

# Grades 3 & 4



Wangaratta Netball Association Inc

Registration No: A0004413M

E: [wangnetball@westnet.com.au](mailto:wangnetball@westnet.com.au) PO Box 830,

Schillings Drive

W: [wangarattana.vic.netball.com.au](http://wangarattana.vic.netball.com.au) Wangaratta 3677

**NetSetGO – GO – Competition 2021**  
**(Boys and Girls 8-10 year olds) (Grade 3 & 4)**  
 (Born between 1.1.2011 – 31.12.2013)  
**Saturday 11.30am to 12.30pm**

**Team Registration closing date: 30 March 2021 at 7pm** by email to [wangnetball@westnet.com.au](mailto:wangnetball@westnet.com.au) (pdf format only)

**Late entries will not be accepted**

**NetSetGo Competition commences: Saturday 8 May 2021**

- Team Manager/Coach submits Team Registration form with names of all players intending to play by email to [wangnetball@westnet.cpm.au](mailto:wangnetball@westnet.cpm.au) by closing date and time.
- Team names are not to include reference in any form to a school. Team name will only be changed after registration if we have duplicate team names.
- Team Manager and Coach contact name, email and mobile number must be recorded on Team Registration sheet who will be the liaison for all team communication purposes.
- Netball Victoria Regulations require any adult in a position of responsibility including coaches, team managers and umpires to maintain a valid Working with Children Check and must provide evidence to WNA before the first round.

## PLAYER, COACH and UMPIRE NETBALL VICTORIA MEMBERSHIP

- **Online registrations for NetSetGo – Go competition players open on 30 March 2021.**
- Players, coaches and umpires must register themselves online for their Netball Victoria and Wangaratta Netball Association registration via link on Wangaratta Netball Association website / Competitions/Registrations **OR** via MyNetball App.
- If you have any trouble registering please contact us via email [wangnetball@westnet.com.au](mailto:wangnetball@westnet.com.au) with full player/coach/umpire name and date of birth. Email us if you require an email address updated.
- Team Manager responsible for ensuring all players have paid their registration fees before player takes the court.
- Players must complete their registration a fortnight prior to competition commencing. Participant packs will be distributed directly to each participant from the time of their NetSetGO registration. Please allow 21-28 days delivery after registration.
- Include Participant Pack T-shirt size on registration form and ensure address is correct.

## Fees

- NetSetGo player (includes participation pack & postage) \$124 (NV \$68 + WNA \$56)
- Non-playing Junior Umpire or Coach \$67 (NV \$58 + WNA \$9)
- Non-playing Senior Umpire or Coach \$87 (NV \$78 + WNA \$9)

## Additional Information – Team Managers/Coaches

### Conduct of Game

- NetSetGo players cannot play in the Junior competition.
- Coach or Team Manager must report to clubrooms and confirm the number of players available on game day at least 10 minutes prior to scheduled game start time.
- Coach or Team Manager collects the bibs and size 4 game ball for court when reporting.
- No jewellery, earrings or adornment may be worn during the game. Taping of nails or jewellery is not allowed. Please support the umpires in enforcing these rules.
- All players to be in appropriate uniform when taking the court (Girls-skirt; Boys-sport shorts plus polo shirt or t-shirt) in the same colour. Long sleeved tops and leggings permitted during cold weather.
- Only NetSetGo coaches are allowed to coach along sidelines BUT must not interfere with the umpire when providing players with immediate feedback.
- As part of our Umpire Pathway program beginner umpires will be allocated to NetSetGo teams to commence their practical court time.
- Committee request that you assist and encourage them in this extremely challenging role as they learn.
- All players should receive equal court time during the season and have the opportunity/encouraged to play all different positions.
- Only in NetSetGO can players be moved from one team to another to ensure a game can be played. Wangaratta Netball Association's aim is to maximize on court practice as part of learning for NetSetGO players.

### Injury

- In NetSetGo games the umpires should use their own discretion when allowing a player to return to the game. This applies to players arriving late as well as players who have left the game for injury or under the blood policy.
- All injuries to be reported to the Clubrooms and an Injury Incident form completed at the discretion of the injured player or players' guardian.
- Blood rule – any player who is bleeding must be removed from the court immediately to be attended to.

Fixture is available on the MyNetball app.

Further assistance can be provided by sending email to [wangnetball@westnet.com.au](mailto:wangnetball@westnet.com.au)

# Grades 5 & 6



Wangaratta Netball Association Inc

Registration No: A0004413M

E: [wangnetball@westnet.com.au](mailto:wangnetball@westnet.com.au) PO Box 830,  
Schilling Drive

W: [wangarattana.vic.netball.com.au](http://wangarattana.vic.netball.com.au) Wangaratta 3677

## JUNIOR MIXED COMPETITION 2021

(Age: 11 – 17 years)

Team Registration closing date: **30 March 2021 at 7pm** by email to [wangnetball@westnet.com.au](mailto:wangnetball@westnet.com.au) (pdf format only)

Late entries will not be accepted

**Junior Competition commences: Saturday 24 April 2021**

### Team registration form

- Team Manager submits Team Registration Form with names of all players intending to play by email to [wangnetball@westnet.com.au](mailto:wangnetball@westnet.com.au) by closing date and time.
- Team name to be recorded on Team Registration sheet. Team names are not to include reference in any form to a school. Team name will only be changed after registration if we have duplicate team names.
- Team Manager and Coach contact name, email and mobile number must be listed on Team Registration Sheet who will be the liaison for all team communication purposes.
- All teams must have a coach and team manager listed on registration form.
- Netball Victoria Regulations require any coaches, team managers and umpires over 18 years of age to maintain a valid Working with Children Check and evidence must be provide to WNA before the first round.
- To be eligible to play Junior Competition players must be between the ages of 11 and 17 as at the 31st December in the current year.
- Boys must be less than 13 years of age as at the first day of the season to be eligible to play in this competition.
- NetSetGo players cannot play in this competition.

### PLAYER, COACH and UMPIRE NETBALL VICTORIA MEMBERSHIP

- **Online registration for Junior competition will open on 30 March 2021.**
- Players, coaches and umpires must register online for their Netball Victoria and Wangaratta Netball Association registration via the link on the Wangaratta Netball Association website /Competitions/Registration **OR** MyNetball App.
- Players to complete their online registration a fortnight prior to competition commencing.
- If you have any trouble registering contact us at [wangnetball@westnet.com.au](mailto:wangnetball@westnet.com.au) with player full name and date of birth. Email us if you require an email address updated.
- Team Manager responsible for ensuring all players have paid their registration fees before player takes the court.

### Umpires

- Each team must supply at least one (1) to a maximum of three (3) umpires.
- Team umpire for Sections 2, 3 and 4 must be available to umpire each week either the match before or after they play/coach.
- Teams are responsible for sourcing team umpire.
- Teams who are likely to play in either Premier A and B and Section 1 must provide an umpire for their time slot who is competent/experienced, and **MUST** be a non-Junior Competition player or coach.
- Premier A and B and Section 1 teams also need to be aware that their umpires times may change as teams may be regraded at any time during the season.

- Any team who does not supply an umpire shall automatically forfeit that game.
- Umpires must check in 5 to 10 minutes prior to their game.
- Umpires are required to attend umpire training to learn or continue with their umpire training. Dates and times are listed on our website. Please follow process to book a session.

### Fees

Player \$129 (NV \$58 + WNA \$71)

Non-playing Junior Umpire or Coach \$67 (NV \$58 + WNA \$9)

Non-playing Senior Umpire or Coach \$87 (NV \$78 + WNA \$9)

**Senior:** Born on or before 31.12.2003      **Junior:** Born between 01.01.2004 to 31.12.2010

### Single Game Voucher

- A player must purchase a Single Game Voucher online via MyNetball prior to taking the court for a team and this voucher must be used on the same day. Vouchers will not be available in the Clubrooms.  
Single Game Player Not registered with NV (maximum of 4) \$17  
Vouchers: NV registered (maximum of 4) \$7
- Encourage parents to download the MyNetball App for fixture, results and ladders plus registration process.

Further assistance can be provided by sending email to [wangnetball@westnet.com.au](mailto:wangnetball@westnet.com.au)

# Student

## OF THE WEEK

<b>Prep M</b>	Layla	for having such a positive attitude during class, giving everything a go and always having a smile on her face. Great work Layla!
<b>Prep R</b>	Zachary	for always being willing to have a go and share his great ideas with the class. Thanks for being a helpful classmate, Zachary!
<b>Prep S</b>	Lenny	for showing respect for his environment, by picking up rubbish, and for always offering to lend a hand. Good job, Lenny!
<b>1B</b>	Neeve	for always having a positive attitude and trying your hardest in class!
<b>1C</b>	Flynn	for being able to read all 300 Mioow words easily. Wow. Super impressive.
<b>1DC</b>	Zoe	for growing in confidence and being such a kind and caring class member.
<b>1J</b>	Mason	for always having beautiful school manners inside the classroom and out on the yard. Well done Mason!
<b>2C</b>	Jax	for showing empathy to others. When talking about empathy in class, Jax announced that anyone who needs someone to play with can come and find him. He was then overhead offering people to join his game when they were by themselves. Thank you for your kindness, Jax.
<b>2SC</b>	Angus	for making positive and honest choices in the classroom and yard. You are demonstrating the values of a Wangaratta West learner and we are proud.
<b>3S</b>	Shaylee	for her enthusiasm during our reading lessons, your accuracy with your predictions when reading little elephants was fantastic. Keep up the great work!
	Charlie	for sharing his amazing knowledge of the Black Plague and the Spanish Flu during our reading session. Your knowledge helped us all have a greater understanding of what a plague is. Keep up the great work!
<b>3W</b>	Clay	for doing a random act of kindness that made his classmates proud.
<b>4C</b>	Arwen	for displaying determination, resilience and a growth mindset during place value MAB trading. Keep up the great work!
<b>4H</b>	Kaira	for fitting in so well to Wangaratta West Primary School. You are so kind and helpful - we are very lucky to have you!



# Student

## OF THE WEEK

- |               |          |   |
|---------------|----------|---|
| <b>5GR</b>    | Hugh     | for his excellently crafted Big Write Story and the willingness to take on feedback to make his story even better.              |
| <b>5PR</b>    | Remi     | for her growing confidence and persistence during maths sessions. Keep up with the positive mindset, Remi!                      |
| <b>5P</b>     | Charlie  | for your valuable contributions during maths. I love your questions and comments Charlie, showing your enthusiasm and interest! |
| <b>Auslan</b> | Asha     | for being an amazing helper in Auslan and for confidently signing about her favourite colours! You are doing brilliantly Asha!  |
| <b>PE</b>     | Hamish W | for always bringing such a positive attitude to PE every week! You are an absolute delight to have in each lesson!              |

# 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 (maldison 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.

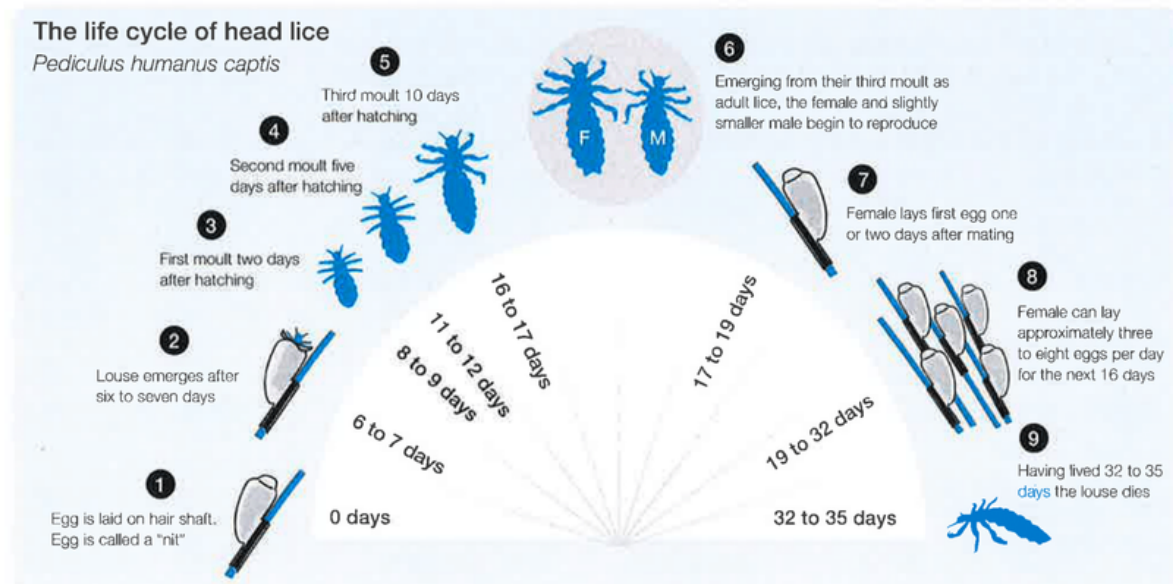
The department recommends a child with head lice can be treated one evening and return to school or children's service centres the next day, even if there are still some eggs present. There is no need to miss school or child care because of head lice.

## 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.

Cover concept by students from St Patrick's Primary School, West Geelong. Life cycle diagram courtesy of Nitpickers Qld. © Copyright Department of Health 2010. Authorised by the State Government of Victoria, 50 Lonsdale Street, Melbourne, November 2010. PH468. (1010013)

[Treating and controlling head lice](#)

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We are grateful for their support and look forward to the Wangaratta West school community supporting them.



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