Coming Events

### Term 1, Week 3
- **Friday, 12/2/16**
  - Assembly – 9.00am – parents welcome
  - Sausage Sizzle – 5/6 parents to assist
  - PSSA Round 1 v Ryde East PS – Meadowbank Park

### Term 1, Week 4
- **Tuesday, 16/2**
  - Parent Information Night
- **Thursday, 18/2**
  - Tuckertime – Red – Class 5/6 to host
- **Friday, 19/2**
  - PSSA – Round 2 v Denistone East PS – Meadowbank Park
- **Sunday, 21/2**
  - PARENTS WORKING BEE

### Term 1, Week 5
- **Friday, 26/2**
  - Assembly – 9.00am – parents welcome
  - Sausage Sizzle – Class 4E to host
  - PSSA – Round 3 v North Ryde PS – Meadowbank Park

Principal’s Report

**Meet the Teacher Evening**

Come along and meet your child’s teacher next Tuesday evening, 16th February. Class programs, homework routines and expectations will be all be explained. Please stay for the school presentation to hear about school programs and projects planned for this year. Session 2 will be a repeat of Session 1 to enable parents to attend both sessions. Student progress interviews will be held later in the term.

<table>
<thead>
<tr>
<th>Session 1</th>
<th>6.15 - 6.55pm</th>
<th>Class information</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>7.00 - 7.25pm</td>
<td>In your child’s classroom</td>
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<tr>
<td></td>
<td>7.30 - 8.15pm</td>
<td>School programs and projects - School Hall</td>
</tr>
</tbody>
</table>

**Congratulations**

Congratulations and Best Wishes are sent to Ms Alex Roberts on the safe arrival of baby Pippa Rose, a beautiful baby girl born 3rd February.

**Working Bee**

Sunday 21st February 8.30am – 12.00pm

Come along and spend a few hours helping make our school grounds look great. Our working bee aims to complete tasks such as adding new softfall under the play equipment, topping up the sandpit, whipping snipping, gardening, mulching, water blasting, painting.

Morning Tea provided
Many hands make light work!
Assembly – Friday
We look forward to coming together this Friday to celebrate our learning over the last fortnight. Our new student leaders will have the opportunity lead the school in their first assembly. Our assembly this week acknowledges our new House Captains and our Student Voice representatives will receive their badges.

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
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<tbody>
<tr>
<td>KP</td>
<td>Addison F</td>
</tr>
<tr>
<td>1/ KE</td>
<td>Amelia O</td>
</tr>
<tr>
<td>1 S</td>
<td>Daria B</td>
</tr>
<tr>
<td>2/1 O</td>
<td>Natasha A</td>
</tr>
<tr>
<td>2 R</td>
<td>Eva P</td>
</tr>
<tr>
<td>3 L</td>
<td>Ellissia V</td>
</tr>
<tr>
<td>4 E</td>
<td>Kamryn B</td>
</tr>
<tr>
<td>5/6 M</td>
<td>Talia R</td>
</tr>
</tbody>
</table>

Student Voice

<table>
<thead>
<tr>
<th>Class</th>
<th>Student Voice</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/6M</td>
<td>Talia R, Anthony S, Cooper R</td>
</tr>
<tr>
<td>4E</td>
<td>Zachariah H, Marium H</td>
</tr>
<tr>
<td>3L</td>
<td>Isabella H, Ned L</td>
</tr>
<tr>
<td>2R</td>
<td>Eva P, Callum S</td>
</tr>
<tr>
<td>2/1 O</td>
<td>Rylie W, William Q</td>
</tr>
<tr>
<td>1S</td>
<td>Hamish B, Elizabeth H</td>
</tr>
<tr>
<td>1K E</td>
<td>Isadora L</td>
</tr>
<tr>
<td>KP</td>
<td>Kinder Representatives to be chosen at a later date</td>
</tr>
</tbody>
</table>

P&C Meeting
Monday 22\textsuperscript{nd} February
7.30pm in the library
Come along and support your parent community
We need our parents to make our school the best ever
Supporting our students

OSHC AGM Thursday 18\textsuperscript{th} February 5.00pm -6.00pm
The Out of School Hours Care (OSHC) is a committee of the P&C. The committee meets once a term and supports the running of the Before and After Care which is a not for profit P&C run service. If you are interested in being part of the Management Committee come along to the AGM or let Lauren know at OSHC.

Clare Kristensen
Principal

Assistant Principal’s Report

Book Covers
In the next week students will bring home their work books to be covered with contact or plastic. Clear contact can be purchased from newsagents and some supermarkets in the stationery section for around $2.50 and you will probably need 2 rolls.

School Captains' Report
You might have seen at Presentation Day last year, the new school leaders being announced. Now all of us: Hannah, Calum, Harry and myself, Tamsin, are ready to be your School Leaders in 2016. We are looking forward to leading by being a good example and having fun doing actions at lines. We will be happy to prepare and lead assemblies and help out wherever we can. On behalf of the leadership team for 2016 – have fun at Mighty Melrose this year!

Tamsin Slender

House Captains
Congratulations to this year’s elected House Captains. House captains nominated themselves and completed an agreement to show the responsibility of their role and uphold the school code of behaviour. Then students from each House elected their captains.

This year’s House Captains and Vice Captains are:
Blaxland Captain: Adam Faithfull  Blaxland Vice Captain: Antonija Batorek
Wentworth Captain: Max Perlstone  Wentworth Vice Captain: Fletcher Sheehy
Lawson Captain: Kieran Bragg  Lawson Vice Captain: Dylan Johnson

Stage Two and Three News
All students in Years 3-6 have now received their school diaries. These will be used to record activities, homework and reminders. Teachers and parents can also use them for increased communication between home and school. Please ask your child to look at their diary each week.

Who are our buddies? was a question of much discussion in the last week and finally on Friday the classes were matched. Year 5/6 are buddies with Year 2, Year 4 with Kindergarten and Year 3 with Year 1. Our first session was a getting to know you session with activities to find out more about our families and interests. Buddies will get together on Fridays when there is no assembly.

Our main event of the last week was the school swimming carnival. After much deliberation about whether to go ahead, the day turned out to be perfect – not too hot, not too wet. Students are to be congratulated on their excellent behaviour, untiring participation and enthusiastic cheering. Thanks also to all the parents who assisted with the carnival management and Mr Clark and Miss Rom for their organisation.

Seed, Harvest Spoon commenced this week. Every fortnight students will participate in this environmental and sustainability program. This week students assisted in planting new vegetables, setting up a new compost bin and spreading compost on to the garden.

Friday Sport begins this Friday with PSSA and school sport. Softball and T-Ball PSSA teams have been chosen and students should return their Player Agreement and bus money as soon as possible.

Students in School Sport this year will have their own competition supervised by Miss Mee and Miss Rom. The students have been divided into 8 teams and
will play against each other with a tally of points kept. Each week they will play two sports which will change every 2 weeks. For the first two weeks they will play T-Ball and OzTag. If there are any parents who would like to come and assist please let Miss Mee or Miss Rom know. School Sport will occur from 12:15 – 1:30. On Friday afternoon students who do not do PSSA will complete a Personal Interest Project with Miss Adams and Miss Mee.

**Miss Mee**

**Special Religious Education (Scripture)**

Special Religious Education (Scripture) is education in the beliefs and practices of an approved religious persuasion by authorised representatives.

Section 32 of the *Education Act 1990* requires that ‘in every government school, time is to be allowed for the religious education of children of any religious persuasion’.

Parents/caregivers:

- have the right to have their children receive instruction in their religious persuasion, where authorised teachers of that persuasion are available.
- may nominate an alternative persuasion, where special religious education cannot be offered for their particular religious persuasion, or for other reasons.
- have the right to choose not to have their children attend special religious education.

Scripture at Melrose Park Public School this year will begin on Tuesday, 17th February, 2016. There are currently Non-Denominational and Catholic Scripture available. Non-Denominational Scripture is attended by students who identify themselves as Christian (eg. Protestant, Anglican, Church of England, Uniting and some Greek Orthodox) and is currently run by the Anglican church.

Where a religious persuasion was nominated on enrolment and it is available in our school, a student is automatically enrolled in that special religious education class. Where a religious persuasion was not identified or it is not available, parents may choose either non-Scripture or another religious persuasion.

Students at Melrose Park Public School who do not attend special religious education, attend non-Scripture. No academic instruction or formal school activities may occur during time set aside for special religious education. Such activities create conflict of choice for some parents and students attending special religious education. During non-Scripture students may read or complete self-imposed study.

A parent/caregiver may at any time notify the school in writing that they do not wish their child to attend special religious education or may alter the religious persuasion selected. **Students will continue in the same arrangement as the previous year, unless a parent/caregiver has requested a change.**

Ms Mee

**P & C Report**

**Facebook**

If you haven’t already done so, like the P&C page on Facebook – Melrose Park P&C PS.

**Sausage Sizzle**

**YEARLY ORDERS**

For the new families, at Melrose Park we hold a sausage sizzle for lunch once every fortnight. This equates to 4-5 times each term. Each class takes a turn to be the ‘host’ and as such we ask that 2 to 3 parents from the host class volunteer their time to help cook and serve the sausages.

The first Sausage Sizzle for this term is **THIS Friday, 12th February** and 5/6 will be the host. Please ensure ALL orders are in by tomorrow **WEDNESDAY 10th February**, as we place our sausage orders on a Wednesday, order form is attached.

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*At Melrose Park Public School we are Respectful Responsible Learners*
If you are able to help on this day, please leave a message in the office for Yasmin Adami or contact Yasmin on 0432 420 628, or our P&C email below.

**Sausage Sizzle Change – Starting Term 1 2016**

With our wonderful school getting bigger each year and the need for sausage sizzle to run more efficiently, our Co-Ordinator needs more time to organise the administration involved each term. With this in mind, we have decided to make the order form yearly. You can choose to pay for the whole year upfront or by term (all monies must be received by the last week of each term for the following terms Sausage Sizzle, except in T1 by due date stated on form). As we have been lucky enough to receive some sausage sizzle subsidies, we have been able to slightly reduce the cost and the orders are now for all fortnightly sausage sizzles regardless of attendance.

<table>
<thead>
<tr>
<th>What’s Changed</th>
<th>How does it affect me</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Order form for whole year</td>
<td>Unless you want to change your order, you can forget about forms each term.</td>
</tr>
<tr>
<td>Price</td>
<td>It’s cheaper per year!!!!</td>
</tr>
<tr>
<td>Option to pay whole year upfront</td>
<td>Pay once then sit back &amp; relax for a year</td>
</tr>
<tr>
<td>All sausage sizzles are covered</td>
<td>Because of the subsidies covering some expenses, there’s no need for you to calculate based on attendance, it’s all the same price.</td>
</tr>
<tr>
<td></td>
<td>The smiles from our friendly volunteers are free :-</td>
</tr>
<tr>
<td></td>
<td>You still have a choice of beef or chicken &amp; of Ice block or lemonade ice block!!!!</td>
</tr>
</tbody>
</table>

**Welcome Afternoon Tea**

Was lovely to meet all the parents at the afternoon tea last week.

**P&C AGM/Meeting**

The first meeting for 2016 will be on **Monday 22nd February @ 7.30pm** in the library. This will also be our Annual AGM. If you are interested in volunteering for a position on the P&C and would like to discuss the roles please call/email me on the details below.

Positions are
- President
- Vice-President
- Secretary
- Treasurer
- Community Support Coordinator
- Sausage Sizzle Coordinator
- Book Club Coordinator
- Market Day Coordinators
- OOSCH Committee Members
- School Banking Coordinators
- Coffee Shop Coordinator

In coming along to the meetings you do not have to put your hand up for a position on the committee. You can help out for certain events, as little or as much as you are available – if you are unable to help out you are still encouraged to attend the meetings to learn more about the school. All help is greatly appreciated – “many hands make light work”.

If you are unable to attend the meeting but would like to put yourself forward for a position please put it in writing to be put forward at the meeting.

**Ten Pin Bowling Afternoon**

We are having a bowling afternoon on **Sunday 28th February from 4pm**. This is a great opportunity for all kids from K – 6 to come and have fun. A note in regards to this is attached. I plan to allocate lanes to all
students prior to the night to make it easier for TenPin City Lidcombe, so once you arrive I will let you know which lane you are bowling in. Kids are usually allocated according to class/year where possible. Please ensure you turn up on time so you don’t hold up your lane from starting. Please arrive at 3.45pm to get shoes sorted to start bowling at 4pm. This is a great opportunity for kids to have fun outside of school and parents to catch up or get to know the new parents in the school. Notes and money are due back by Friday 20th February.

*An adult must be present for the duration of the bowling*

School Banking
We are currently looking for someone to take over school banking, this was previously done on a Wednesday morning and would take approx 1 hour 8.30-9.30am plus depositing money into the bank. The day is flexible. If you are interested please contact me on the details below.

Coffee Shop
If anyone is interested in making coffee in the canteen on any morning, training can be provided. This has been a great fundraiser for the P&C and has become a great social spot on some mornings for the parents.

Yr 6 Shirts
Order forms went home last week. Due back by this Thursday 11th February.

Uniform Shop
The uniform shop is currently open on Mondays and Fridays from 8.40am – 9.15am. Order forms are found on the school website which can be printed and sent in with payment enclosed or Internet transfer to the P&C account. Once payment has been cleared, the Uniform shop will collate the order and deliver to your child’s class on one of these days.

Dates to Remember for Term 1:
20th February – Bowling forms due back
21st February – Working Bee
22nd February @ 7.30pm – P&C Meeting & AGM Library
28th February @ 4pm–Ten Pin Bowling Afternoon (students/siblings/parents welcome)
8th March – Raffle Tickets go home for Easter Raffle

If you would like to contact me, my details are:
Mobile – 0416 130 274
Email – melroseparkpc@hotmail.com
Like us on Facebook: Melrose Park PS P&C

Cathy Lincoln
P&C President

Head Lice
We have been made aware that there are a couple of cases of head lice in the school. Can you please check your child’s hair carefully and treat appropriately if necessary. An information sheet can be found in this newsletter.
Yoga at Melrose Park School

Yoga classes at Melrose Park have recommenced for 2016. Join Courtney for some Japanese Remedial Yoga, which offers dynamic and easy to follow postures, bringing your mind and body into balance. It enhances your vitality, flexibility and strength. Take time out of your busy schedule and enjoy a moment of self-care.

Class timetable
Monday 6pm & 7pm
Thursday 7.30pm
All classes are held in the school hall, mats supplied

Health rebates and seniors discounts available.

Come and try our first class free of charge. Call or email if you are interested in coming along, courtney@yogico.com.au or 0417 156 303.

Courtney

At Melrose Park Public School we are Respectful Responsible Learners
At Melrose Park Public School we are Respectful Responsible Learners
WE NEED YOU ON THE P & C
AGM 22nd FEBRUARY 2016 - 7.30PM
ALL POSITIONS WILL BE AVAILABLE

P&C EXECUTIVE

**President**: This is a great opportunity to meet new people and continuing to foster our relationships within the school and into the community. This requires a little office time with the Principal but is great for knowing what is going on around the school!

**Vice President**: Important support role for the executive. This is a great entry position onto the P&C executive and assist the President in all tasks.

**Treasurer**: Holder of the cheque book and counter of the cash. A great role for someone with a nice autograph (for the cheque book) and who is also good with a calculator.

**Secretary**: Keep all our affairs and records in order and be the letter writing extraordinaire. Keep minutes of the P&C meetings.

**Community Support Co-ordinator**
Sending letters out to companies for all donations to the P&C.

**Sausage Sizzle Coordinators**
Let your inner Master Chef we need someone to cook the sausage sizzle each fortnight. We also need someone to collate the term orders and purchase the food for the fortnightly fundraiser.

**Market Day Coordinators**: Take charge of our incredible parent workforce and guide the event and fundraising agenda. We’re all about working smarter not harder so bring your brilliant ideas to the table....or simply harness direct the existing powerful talent and keep the FUN in fundraising! This is normally held at the end of October each year.

**Uniform Shop**: Versace, Myaki, Dinnigan, Wang - whoever you’re wearing, bring them along to the blue and white paradise of the uniform shop and add your flair. This is for approx 30-45mins once or twice a week. Currently run on Monday and Fridays.

**Book Club**: Get a few friends together once/twice a term to submit then deliver the book orders. All the happy faces are reward enough.

**Banking Co-ordinators**
To collect money from children for banking, to be available on Wednesday mornings from 8.30-9.20am.
SAUSAGE SIZZLE – YEARLY ORDER FORM
FRIDAY, February 12, 2016 (First One)

This order form is yearly. Unless otherwise indicated in writing, children will receive the same order each term once paid. You can choose to pay for the whole year upfront or by term, monies must be received by the last week of each term for the following terms Sausage Sizzle (with the exception of Term one which is due by the below date.) As we have received some sausage sizzle subsidies, we have been able to slightly reduce the cost and the orders are for all fortnightly sausage sizzles regardless of attendance.

Form must be returned by Tuesday, February 9. Please put order form and money in a sealed envelope or indicate paid via EFT.
(Please choose beef or chicken sausage and choose lemonade only or any flavour ice block)

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
<th>Beef</th>
<th>Chicken</th>
<th>Ice Block</th>
<th>Lemonade Ice Block</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child #1</td>
<td></td>
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<tr>
<td>Child #2</td>
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<td>Child #3</td>
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<td>Child #4</td>
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</table>

I would like to pay the following (please tick),

- [ ] x ___ (children) Yearly sausage sizzle with Ice Block ($60 per child)
- [ ] x ___ (children) Yearly Sausage Sizzle without Ice Block ($50 per child)
- [ ] x ___ (children) Yearly Ice Block Only ($10 per child)
- [ ] x ___ (children) Term sausage sizzle with Ice Block ($15 per child)
- [ ] x ___ (children) Term Sausage Sizzle without Ice Block ($12.5 per child)

Direct Deposit Details:
Bank: Commonwealth
Name: Melrose Park Public School P&C
BSB: 062271 Account: 900288
Reference: Use SS followed by Initial & Last name.

Total Payment $ __________
Cash/Cheque Enclosed $ ________
Paid via Direct Deposit □
Receipt number for Direct Deposit ________
Reference used for Direct Deposit ________

At Melrose Park Public School we are Respectful Responsible Learners
School Banking 2016

is set for the outback.

Since 1931, the School Banking program has been introducing interactive and exciting new ways to teach students lifelong money skills. This year’s program invites you and your child to join the Dollarsmites on a wild outback adventure through the Canyon of Savings.

Your school has received parent packs that include all the gear you need to get started. If you haven’t received a parent pack yet, please ask your School Banking Co-ordinator.

Equipping smart savers with eight new reward items in 2016

The School Banking program continues to encourage good savings behaviour by rewarding students with thrilling reward items. For every 10 deposits made through the program, students can redeem a reward from our Outback Savers range. The first two reward items released in Term 1 include Flying Snake Tails and Wildlife Writer Sets.

You could meet Bindi and Robert Irwin at Australia Zoo

This year, we’re giving students the chance to win a family trip for up to two adults and three kids to explore Australia Zoo and meet Bindi and Robert Irwin, plus:

- A full day Platinum Zoo Adventure Tour, where you get to pet wombats, cuddle koalas and feed wallabies, all while your personal photographer captures every incredible moment.
- Domestic return economy airfares to Sunshine Coast, Qld, 4 nights’ accommodation, 5 days’ car hire and $1,000 spending money.

Students who make 15 or more School Banking deposits by the end of Term 3, 2016 will automatically receive an entry into the competition.

For more information, visit commbank.com.au/schoolbanking

Outback Savers

Canyon of Savings

Conditions apply. See commbank.com.au/schoolbanking-promotion. Prize draw closes 3:00pm AEST 25/6/16 and entries 11:59pm AEST 30/9/16. Entry is open to all Youthshare account holders aged 5-10 who participate in Commbank’s School Banking program, have signed parent consent to enter and have at least 15 separate deposits into their Youthshare account through the School Banking program during the promotion period. Limit 1 entry per parent. The draw will take place at 12:30pm AEST on 10/11/16 at the Promoter’s office. The first valid entry drawn will win a 5-day trip for up to 2 adults and 3 children (7 years or under) to the Sunshine Coast, Queensland, with return economy flights departing on winner’s places of residence; 4 nights’ accommodation, 5 days’ car hire, $1,000 spending money and a 1 day VIP family Platinum Zoo Adventure Tour of Australia Zoo, valued at up to $1,569. The winner will be contacted by telephone. The winners will be published in the public notice section of The Australian on 17/7/16. Promoter is Commbank of Australia ABN 49 123 129 344, 3/1 Harbour Street, Sydney NSW 2000. Call 132 231. NAB Permit No 11795/16/T716.

At Melrose Park Public School we are Respectful Responsible Learners
Dear Families,

Bowling Night is a big event at Melrose Park P/S & it’s on again this term!!!
Come & join the FUN!!!

When: Sunday, 28th February 2016
Location: Tenpin City, Lidcombe Power Centre
Top Level (behind Spotlight)
92 Parramatta Rd, Lidcombe
Time: 4.00pm start (arrive 3.45pm for shoes and lane allocation)
Cost: $20 per bowler (for 2 exciting games & shoe hire)

In order to book enough lanes, we require final numbers by Friday, 19th
February 2016.

Please return the slip below along with your money to the school office by
Friday, 19.02.16.

All Welcome from Kindy to Year 6. Hope to see you there. Last year we
filled 20 lanes with over 100 bowlers.

P & C COMMITTEE

______________________________________________________

SCHOOL BOWLING NIGHT
Sunday, 28th February 2016

We would like to attend the school bowling night.

Number of bowlers: _________ Adults ___________ Children

Names of bowlers & Class : ____________________________________________

______________________________________________

Amount Enclosed: ______________________________

Return to School office by Friday, 19.02.16.
Dear Parents,

**WORKING BEE, Sunday 21st February**

As you know from the school newsletter and calendar, our first working bee this year is planned for, **Sunday 21st February**, 8.30am - 12 noon. You are invited to an enjoyable morning helping to maintain our school environment. Children are also welcome under parent supervision. Please come if you can. Tasks to be tackled include:

- Spreading soft fall material under the playground equipment
- Clearing rocks and sticks in playground
- Water blasting playground seats
- Weeding gardens and car park
- Topping up the Kitchen Garden and garden beds with mulch
- Topping up the sand pit with sand
- Pruning and removing branches to make playground safe
- Repainting safety strips (yellow)
- Preparing a new garden bed at the back entrance of the school
- Whipper-snipping / mowing under trees and around school boundaries
- Tidying the Sports Shed and any other job that needs attention.

_Morning tea will be provided._

Please wear old clothes, hat and work gloves. Bring any useful tools you may have, such as spades, buckets, pruners, whipper-snipper and wheelbarrow, water blaster to supplement our school equipment.

Vehicular entry and parking will be available via the Mary St gate.

If doubts arise owing to weather, phone the school, 98744669 on the morning of Sunday 21st February. To assist planning and catering, please return the tear-off slip to your child’s teacher by Friday 19th February. Thank you.

Clare Kristensen
Co-ordinator

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**SCHOOL WORKING BEE - Sunday 21st February 2016**

Family name:______________________________  No. of adults:____ children: ____

Contact phone:______________

Equipment / tasks with which you may help:

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At Melrose Park Public School we are Respectful Responsible Learners
Head Lice

Mention head lice and most of us instantly develop an itch. You'll find these little critters at every school across Australia - and probably the world - at some point during the year.

At a glance:
- Head lice and nits only live on human heads.
- They don't care if the hair is long or short, clean or dirty.
- Head lice are an unavoidable fact of life for all school-aged kids.
- The best and cheapest way to remove them is with inexpensive conditioner and a nit comb.
- You will need to re-treat your child several times before all the eggs will be gone.

While head lice and nits, (the eggs of head lice) are certainly annoying and persistent, they're not dangerous. Here's everything you need to know to rid your kids of head lice and nits.

Nitbusters' myth busters
- Kids with head lice don't always scratch. The only way to rule out infestation is to look carefully through your child's hair.
- Head lice are only found on the human head.
- Head lice and nits live in long, short, curly, straight, clean or dirty hair.
- They are not found on family pets.
- Shaving your child's head is radical and unnecessary!
- Head lice do not live on furniture, hats, bedding, carpet or anywhere else in the environment.
- Head lice don't leap or jump. They crawl from hair to hair, from one head to another.
- Treating anything other than the human head does not get rid of head lice.
- There is no way to prevent your child from getting head lice.
- You may be able to help reduce transmission by tying girls' hair back and braiding it.
- Never use insecticides, methylated spirits or kerosene on your child's head.
- Some essential oils, including tea tree oil, can trigger a reaction in some people. Tea tree oil is a proven antiseptic, but its effectiveness as a head lice treatment has not been demonstrated.
- You don't need to use an expensive commercial product.
- If you do decide to use a commercial treatment on your child's head, read the instructions very carefully.

Removing head lice and nits
You'll need:
- a bottle of cheap hair conditioner
- a towel
- a thick tooth comb
- a fine tooth comb
- a roll of paper towels.

Steps:
1. Sit your child on a chair or stool in front of you. Wrap a towel around their shoulders to catch conditioner spill. (You may want to put a video or TV show on, as this process can take a while.)
2. Apply a cheap, pale coloured conditioner generously to your child's hair. Work it through to coat every strand of hair. For long hair, it may be easier to tie one side of the hair off, and work in sections.
3. Head lice breathe through small openings along their abdomens. By coating the hair and therefore the louse in something thick and slimy, these openings close over, shutting down the louse's breathing for about 20 minutes – long enough for them to stay still and be combed out.
4. After you've applied the conditioner, use a large comb to part small sections of the hair, starting from the nape and working upwards toward the crown.
5. When the hair is detangled and manageable, use a fine lice comb and run through each section several times. Eggs are often found behind the ears and toward the back of the head. By combing from the bottom of the back of the head up, towards the top and front of the head, you're more likely to find the head lice.
6. After each comb out, wipe the conditioner on the paper towel. If your child has head lice, you will see them on the towel (they're a little like small, brown, chia or sesame seeds.)
7. Keep combing each section of hair until no further lice or eggs appear on the paper towel. Often you will see lots of old egg casings that may take a while to remove.
8. Once you have combed and re-combed each section of hair, either re-plait or tie it back if it's long enough.
9. Head lice often congregate on the crown of the head, so it's not until you reach these last sections of hair that you'll find adult lice. However, heads that are severely infected will have adult lice everywhere.
10. Repeat at least twice over the next few days, until you can't find any more in the conditioner. You'll never be able to get all the head lice and eggs out the first time. However, in the days after your first treatment, the eggs will hatch and you'll be able to catch the crawling nymphs (young lice).