



Friday 19 May 2017

# GLENTUNNEL SCHOOL NEWSLETTER

Tena koutou katoa parents and caregivers,

## Dates to remember ...

Thursday 25 May -  
BOT meeting

Monday 29 May -  
Cross Country

Monday 5 June -  
Queen's Birthday

Friday 9 June -  
Malvern Cross Country

Monday 12 June -  
Canterbury Gymnastics

Friday 7 July -  
End of Term 2

## Weekly Jokes!

Q: What is harder to catch the  
faster you run?

A: Your breath!



This week we were lucky to have a visit from Tracey Fleming who works for the Fonterra Milk in Schools Programme. We found out there are 1,400 schools involved in the programme and around 140,000 cartons of milk are consumed each day! The recycling of the cartons is incredibly important as we don't want that many cartons going in the rubbish bin. The cartons are sent overseas to Thailand and Malaysia where they turn them into tiles for walls, desks and roofs, as well as writing books for schools. It's great to know that what we do at our school helps others people in these countries. Remember to 'drink it dry', 'fold it flat' and 'send it back'!

Recently we have had a few students off school with sickness. Here is a reminder of how to wash our hands effectively to help stop the spread of any bugs at school and at home.



1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. ...
3. Scrub your hands for at least 20 seconds. ...
4. Rinse your hands well under clean, running water.



The board and staff are interested in hearing your opinion on whether Glentunnel School should become a water only school, or not. We will still support the Milk in Schools Programme

and see the benefits of plain milk for student's development. What does this mean?

It means we want students to be healthy, focused and learn good habits for life. Hydration is particularly important for children as they have higher water requirements in relation to their body weight than adults. Kids don't always recognise the early stages of thirst, which can make them particularly vulnerable to becoming dehydrated, especially during times that can drive up their body fluid losses, for example when they are playing sport or during warm weather.

Dehydration, even if only mild, can cause tiredness, headaches, lack of concentration, reduced mental performance and dry skin.

How would this look at school?

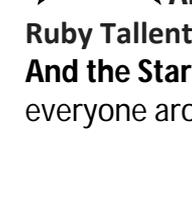
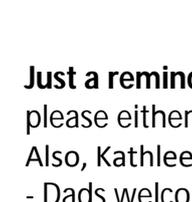
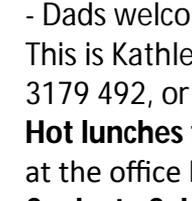
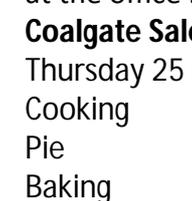
It would mean that apart from the Milk in Schools Programme we would only want students to be drinking water at school. This could be from the school drinking fountains or from personal water bottles. What do we want you to do to?

We would like you to fill out the below form and return it to school. If you receive the newsletter via email then please send your responses to Alison via email at [alison@glentunnel.school.nz](mailto:alison@glentunnel.school.nz)

Do you support Glentunnel School becoming a water (Milk in School) only school?	YES	NO
Please comment if you wish to support your decision.		

Kind regards  
Dion Stechmann

### ***Awards this week***

-  **Sam Hardy** - For wonderful persuasive writing.
-  **Siobhan McNeilly** - For improvements in listening and writing.
-  **Mikayla Eade** - You are always focused on doing as much learning as you can every day - a very admirable mind-set.
-  **Mya McDonnell** - You support and encourage others, and you always produce quality work - you inspire others. Well done.
-  **Caleb Sullivan** - For completing some great cloze reading activities about the Muscular System.
-  **Zak Kershaw** - For stepping outside your comfort zone and auditioning for a part in a group play.
-  **Alexander Wright** - Welcome to Room 2 and Glentunnel School!
-  **Abigail Wilson** - For being an awesome member of our class. We will miss you! We hope you enjoy your new school. Have fun learning!
-  **Alisha Te Waa** - For using your art work to create a puppet pal play.
- Ruby Tallentire** - For being a friend and sharing your equipment.
- And the Star of the Week goes to - Brooke Olds** - For being such a positive and supportive friend to everyone around you.

### ***Home and School news***

**Just a reminder** - to those who have kindly offered to donate stewing steak for the sale yards, could you please either leave it in the school freezer or call Juanita on 3188 122.

Also, Kathleen gets married on Saturday of Queen's Birthday weekend and we are still looking for helpers - Dads welcome too. We need someone who is keen to run a light bar, veg peelers, meat carvers etc. This is Kathleen's big day, let's help make it special. If you can help, call Juanita on 3188 122 or Jade on 3179 492, or check the google doc on our Facebook page.

**Hot lunches from the Glentunnel Store** - Please remember that orders for Friday hot lunches need to be at the office by 9 a.m. on the Wednesday. Order forms for lunches can be picked up from the office.

#### **Coalgate Sale Yard roster -**

Thursday 25 May

Cooking

Juanita McAndrew, Jade Lee

Pie

Jade Lee

Baking

Janine Kirkby, Debbie Schnell, Findabair Joynes

### **Coalgate Tavern meat raffle roster -**

Saturday 20 May Hardy family  
Saturday 27 May Simcox family

## *Community News*

**ALICE IN WONDERLAND AUDITIONS!!!** Sunday May 21st 4 - 6 pm at St Ninians Church Hall, 9 Puriri Street, Riccarton. Catchup auditions on Saturday May 27th 10 - 11 am

Wanted - young performers 7 - 17!

Rehearsals will be weekends May, June. beginning of July!

Show is July 11 - 22 at Elmwood Theatre, Christchurch

Enquiries and registration to Helen at [hellnhighwater@gmail.com](mailto:hellnhighwater@gmail.com)

See the Imagine Youth Theatre Facebook Page.

Further information if people want more detail

### ***New Zealand Guitar Quartet to perform -***

The New Zealand Guitar Quartet (NZGQ) will perform at Trinity Church, Darfield for the first time this July. This exciting guitar quartet plays a diverse range of music from much loved composers like Bach and Rimsky-Korsakov to the Spanish and Latin masters.

NZGQ members Owen Moriarty, John Couch, Christopher Hill, and Jane Curry have not only garnered acclaim as soloists on concert stages around the world, but the quartet has also been praised for its diverse programming, technical brilliance, and polished ensemble skills.

The NZGQ played at the Taranaki Classical Guitar Summer School in 2014, which led to invitations to play in Australia the following year together with the National Capital Orchestra performing Joaquin Rodrigo's *Concerto Andaluz* for four guitars, a work they have also played with the Nelson Symphony. The quartet continues a busy tour schedule this year, including 18 performances scheduled through Arts on Tour NZ and five performances in Beijing.

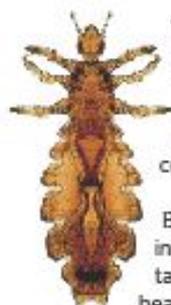
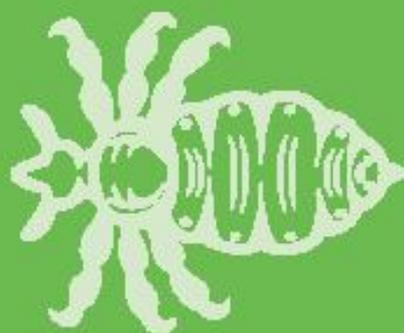
The Darfield concert is scheduled for Sunday, 2 July 2017, 2.30pm at Trinity Church, Darfield. Tickets are \$15 for adults, \$5 for students, and will be available from the beginning of June at the Selwyn Gallery, South Terrace, Darfield, or at the door.



# LICE

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# NICE



## YUCK. HOW DID MY CHILD GET LICE/NITS?

Head lice cannot hop, jump, swim, or fly – they spread strictly through direct contact.

Basically, schoolkids spend a lot of time in close contact with each other, and lice take the opportunity to move from one head to the next. They can also temporarily live on combs, hairbrushes, hats, hair ties, and even cushions or soft furniture. **Getting lice has nothing to do with hygiene** – you could be washing your child's hair every night, and they can still get lice.

Head lice are happy on any head, whether the hair is long, short, young, old, clean, or dirty.

## PREVENTION



Don't share hats, brushes/combs, or other personal items.



Brush hair regularly. Brushing or combing can remove head lice before they have a chance to lay eggs and settle in.



Tie up long hair to help prevent lice from spreading.



Don't hang hats, coats, and scarves too close together at school.



Check your child's hair at least once a week, especially if you know lice have been detected on others in the classroom.



Put pillows, bed linens, and stuffed animals in the dryer on high heat for 30 minutes to kill lice and eggs.



## WHAT ARE LICE?

Head lice are small insects that live on humans' heads and feed on small amounts of blood. Adult head lice lay eggs (often called nits) on the hair, usually within 5 mm of the scalp.



Lice are specialised to live on human heads and can only live for a short time away from one. They don't live anywhere else on the body, or on any other animals.

Head lice are hard to see because they are small, can hide in the hair, and come in various shades of brown and grey. Adult head lice are 1–3 mm long, and the eggs/nits are usually pale in colour and about a millimetre in size.

## TREATMENT



Does your child or someone in your family have lice? Never fear!

The best method for getting rid of lice is **combing**. You must be sure to have a proper comb: fine-toothed, metal, with long teeth is best. **The COMB is KEY!**

### FOLLOW THESE STEPS

- 1 Comb through hair with a regular comb or brush, to remove any tangles.
- 2 Cover the dry hair with conditioner from roots to tips.
- 3 Separate hair into small sections, then comb from root to tip with the metal, fine-toothed lice comb. Deposit any lice or eggs that are dislodged into a bowl of hot, soapy water.
- 4 Comb each section of hair twice.
- 5 Repeat these steps every 2–3 days, until you haven't found any lice or eggs for 10 days.

### TIPS

- Comb under a bright light if you can – it's easier to spot the little creatures!
- Head lice shampoos and lotions are available from your chemist, but you must follow the instructions carefully. Some lice have become resistant to these chemicals due to overuse.
- NEVER use harsh chemicals, such as fly spray, flea spray, or kerosene, on your child's head. It's unnecessary and can cause serious harm!