On behalf of the school community I would like to congratulate the elected members of the 2015 Student Representative Council. We look forward to working with this group of leaders in making decisions to make Waikerie High School a great place of learning for all. At present the Staff Leadership team meet with representatives of this Council every Tuesday to hear their opinions and plans for the future development of the school.

Rob McLaren
Principal

Last Friday, Waikerie High School hosted Renmark High School in the second round of the SSSSA Pool B Country KO competition. Vice-Captain, Stephen Taylor, won the toss and elected to bowl. His decision was a wise one on the Waikerie pitch collecting a wicket in his first over. Captain, Alex Lean, arrived to the field late due to a Maths test.

The SRC have already been hard at work preparing for the year ahead. They have participated in and organised a leadership day, Leaders assembly, raffle for food fair, and also a casual day to fundraise for future events. Stay tuned to find out more about the exciting events and improvements the SRC have planned for 2015.
He rotated the bowlers well and kept his fielders on the move. Mantaj Singh was the standout with the ball collecting 2 wickets for 13 runs off his 6 overs. Taylor picked up two wickets, and Jagdeep Singh one.

Set a target of 148 to win, the Waikerie boys made a fantastic chase falling only 8 runs short. Harvey Dearman showed resistance at 3 making 18. Tristan Geehman was imposing, dominating the bowling hitting 4 sixes and 7 fours in his innings of 69. Alex Lean contributed with 25 and was bowled on the last ball of the innings.

A great effort by the team that consisted of Waikerie-Ramco and Waikerie Gold cricket members. Thank you to both cricket clubs for the use of the facilities, in particular Jon Matthews for preparing a good batting pitch.

Final score; Renmark High School 7/147 off 30 overs, Waikerie High School 8/139 off 30 overs.

Phil Valentine
HPE Coordinator

SUB COMMITTEE NOMINATIONS

If you are interested in being on a Governing Council Sub-Committee please leave your details at the front office.

Sub-committees:
Uniform
Fund Raising
Building and Grounds
Canteen

Elizabeth Golding
Business Manager

UNIFORM SHOP HOURS

The uniform shop is open during the following hours:

TUESDAY AFTERNOONS from 3:00pm-3:45pm
THURSDAY MORNINGS from 8:30am - 9:30am

HEAD LICE INFORMATION

It’s that time of the year when Head Lice become more prevalent in the community. With a number of cases being reported not only at Waikerie High School but also within local primary schools we are sending a reminder to families to check their child/ren regularly and treat as necessary.

Students who are found to have lice need to be treated with an appropriate control hair treatment before returning to school, with the necessary follow-ups indicated in your chosen treatment instructions occurring thereafter. Please notify your student’s school upon any occurrence of head lice. Please note that information provided to the school remains confidential. Further information on Head Lice is included later in this newsletter.

Thank you for assisting. If you are unable to attend please phone Marion on 8541 3097 or 0417 897 295. Times for arrival are 10:45am for recess and 12:50pm for lunch. You are not required to stay between recess and lunch. Approximate finish time is 2:15pm.

Below is a revised roster. As you can see the canteen still needs a lot of volunteers. Please consider volunteering.

If volunteering is not possible, please consider a donation of products (list of required items is attached)

MARCH/APRIL ROSTER

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
<th>Role</th>
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<tbody>
<tr>
<td>10/3</td>
<td>WENDY BELL</td>
<td>HELP</td>
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<tr>
<td>11th</td>
<td>L. MORTIMER</td>
<td>D. REDINGTON</td>
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<tr>
<td>12th</td>
<td>HELP</td>
<td>J HUDSON</td>
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<td>13th</td>
<td>SPORTS DAY</td>
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<tr>
<td>16/3</td>
<td>A HOLLAMBY</td>
<td>HELP</td>
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<td>17/3</td>
<td>S HACKETT</td>
<td>HELP</td>
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<tr>
<td>18/3</td>
<td>HELP</td>
<td>D. REDINGTON</td>
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<td>19/3</td>
<td>K. FOWLER</td>
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<td>20/3</td>
<td>M. FROST</td>
<td>J WOOLLATT</td>
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<td>23/3</td>
<td>J. WOOLLATT</td>
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<td>24/3</td>
<td>V SCHMIDT</td>
<td>R. EBERT</td>
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<td>S. BURGEMEISTER</td>
<td>L. MORTIMER</td>
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<td>27/3</td>
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<td>30/3</td>
<td>HELP</td>
<td>D. REDINGTON</td>
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<tr>
<td>31/3</td>
<td>B. KLEEMANN</td>
<td>K. SCOTT - Lunch</td>
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<tr>
<td>1/4</td>
<td>INTERSCHOOL</td>
<td>SPORTS DAY</td>
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<tr>
<td>2/4</td>
<td>K. FOWLER</td>
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<tr>
<td>3/4</td>
<td>GOOD</td>
<td>FRIDAY</td>
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<td>6/4</td>
<td>EASTER</td>
<td>MONDAY</td>
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<tr>
<td>7/4</td>
<td>J SMITH Lunch</td>
<td>T. TWIGDEN -Lunch</td>
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<tr>
<td>8/4</td>
<td>S. BURGEMEISTER</td>
<td>D. REDINGTON</td>
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<td>9/4</td>
<td>B McLEAN Lunch</td>
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<td>10/4</td>
<td>A HOLLAMBY</td>
<td>M. FROST</td>
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Headlice

Headlice are social pests and rarely pose a threat to health. Outbreaks can be controlled if parents regularly check their children’s hair for headlice and follow the recommended treatment methods if they find active lice.

Headlice facts
- Headlice only live on human heads.
- Headlice can live in clean or dirty hair.
- Headlice are transferred mainly by direct head-to-head contact; rarely by brushes, combs, ribbons, hats etc.
- Headlice do not carry disease, but bacterial infections can occur from scratching the scalp.
- Headlice treatments often don’t kill 100% of the nits (eggs).
- Successful treatment does not protect the person from getting more headlice later.

Headlice - are small insects (2-4 mm long and about 1 mm wide) with a flat body and six clawed legs, and are pale to dark brown in colour.
- Feed on blood, piercing the scalp several times a day.
- Crawl and do not fly, jump or hop.

- Nymphs (young headlice) take about a week to reach maturity, and live for another 2-3 weeks – each mature female can lay up to eight eggs a day (that’s over 150 eggs during a life cycle).

Nits (eggs)
- Are tiny, hard, yellow to white in colour and are attached firmly to the hair shaft close to the scalp.
- Hatch as nymphs after 7-10 days.
- Are probably hatched or dead if more than 1-2 cm from the scalp.
- May have a ‘sandy’ or ‘gritty’ feel when running fingers through the hair.
- Are easier to see than headlice but can be confused with dandruff which is flaky and easy to remove.

Responsibility
It is the responsibility of the parent/guardian to check their child’s hair for headlice and to treat for headlice if they are present. It is not the responsibility of school or child care centre staff to check or treat students for headlice. Parents/guardians may be notified if a staff member believes a child has headlice. The child and other household members should be checked, and if necessary, treatment should begin before the child returns to school. A school may request a note from the doctor stating that the child has been effectively treated before the child returns to school.

Checking for headlice and nits
Check everyone in the household every week. During headlice outbreaks check each day. The wet combing technique (overleaf) has been shown to be more reliable than just checking dry hair.

Symptoms may include excessive itching of the scalp especially at the front, nape of the neck, behind the ears, under the fringe, and at the base of plaits and ponytails.

Note: Not all people with headlice will itch.

Treatment
The two most common headlice treatment methods are ‘wet combing’ and ‘chemical’ treatment:
- ‘wet combing’ involves wetting the hair and scalp liberally with hair conditioner to stun the headlice, then combing the headlice and nits out.
- ‘chemical’ treatment uses ‘pediculicides’ which kill the headlice.

Other treatments such as electric combs, herbal/essential oils and enzyme treatments may also remove headlice, but follow the manufacturer’s instructions for best results.

People who suffer from epilepsy, heart disease or have heart pacemakers or other neurostimulator devices should avoid using or handling electric combs.

If there is any adverse reaction to a treatment, seek medical advice.

Wet combing treatment
Wet combing can be used to both check for and treat headlice. You will need hair conditioner (a cheap product is fine, and white conditioner makes headlice easier to see), and a special headlice comb from a chemist. Fine metal combs are recommended. Work under a bright light or sunlight.

Eight step technique
1. Generously apply conditioner to dry hair to completely cover the scalp and the full length of the hair.
2. Untangle the hair with a wide-toothed comb.
3. Put the headlice comb flat against the scalp and draw the comb through each section of hair from the root of the hair to the ends.
4. Wipe the comb after each stroke onto white tissue or kitchen paper, checking each time for headlice and nits.
5. Repeat for every part of the head at least five times.
6. Dispose of tissues in a bin.
7. Wash the hair with warm water and shampoo; rinse thoroughly.
8. Scrub the comb with an old toothbrush in hot soapy water.
If you find live headlice, repeat steps 1-8, two to three times a week for three weeks.
When no more headlice or nits can be found, follow steps 1-8 once a week to keep everyone headlice-free.

**Chemical treatment**
- Treatment preparations contain chemicals which can kill headlice and nits (eggs), although not all are effective against nits.
- Always follow the manufacturer’s instructions.
- It is possible to catch headlice very soon after treatment.
- Only treat those people who have active headlice but continue to check everyone each day for 7-10 days.
- Headlice treatment preparations are available from pharmacies without a prescription – they may also be available through schools.
- Always re-treat 7-10 days after the first treatment to kill any headlice that may have hatched from nits that survived the first treatment.

**Chemical treatment precautions**
Keep treatment preparations away from eyes, nose and mouth. Seek medical advice before use on pregnant or breast-feeding women, infants under two years old or people with sensitive skin.
The wet combing technique can be used as an alternative treatment.

**Chemical treatment hints**
Do not use hair dryers after applying a treatment preparation. The heat can destroy the active ingredient.
Avoid using hair conditioners (including 2-in-1 shampoo and conditioners, and the wet combing technique) for a day before and after applying chemical treatment preparations. Conditioner can reduce the effectiveness of the treatment.

**Removing nits**
It is not necessary to remove all nits if they are dead (more than 1-2 cm from the scalp). However, a school community may prefer that nits are removed.
Nits stick very firmly to the hair and can be difficult to remove. Wetting hair with vinegar may help to loosen the nits, which can then be combed out with a headlice comb or picked out by hand.

**Treatment failure**
The most common reasons for treatment failure are:
- not following the manufacturer’s instructions.
- the resistance of headlice to the chemical used.
- not repeating the treatment in 7-10 days (to kill headlice that have hatched from eggs that weren’t killed in the first treatment).
- getting headlice from an untreated person.

**If the treatment has not got rid of the headlice**
- if chemical treatment was used, check the instructions and repeat the treatment if they have not been correctly followed (especially the need to repeat in 7-10 days).
- check the heads of all household members using the ‘wet combing’ technique (overleaf) and treat all who have headlice (even if they don’t feel itchy).
- try an alternative treatment (check with your chemist to make sure you are choosing a treatment preparation with a different active chemical, as different brands may contain the same chemicals).
- try the wet combing treatment method.

**Preventing the spread**
- avoid direct head-to-head contact.
- avoid sharing brushes, combs, ribbons, hats, helmets.
- consider cleaning brushes, combs, towels, pillow cases with hot water and detergent (60°C for 30 seconds).
- discourage children from playing with each other’s hair.
- keep long hair firmly plaited, or at least tied back – slick down stray hairs with hairspray or gel.
- brush hair and check for headlice regularly.
- shaving the head is not necessary.

**Further information**
If you are concerned about headlice or want more information contact:
- your community health centre
- chemists and GPs
- the Child and Youth Health Parent Helpline: 1300 364 100 or online at www.cyh.com/Default.aspx?p=1
- your local council Environmental Health Officer
- SA Health on 8226-7100 or go to our website www.health.sa.gov.au/pehs/environ-health-index.htm
COMMUNITY NEWS

BARMERA UNITED SOCCER CLUB

Registration night is Wednesday 11/3/2015 at 4:00pm to 5.30pm at Bruce Oval followed by training.

Registration must be done online at myfootballclub.com

Grades U6 U8 U10 U12 U14 U16 and Seniors.
Fees U6 & U8 $50 Junior’s $85
Call Tania 85881114 for more info

WAIKERIE LUTHERAN CENTRE

Chocolate Hill Water Slide
Thursday 19th March
After School at 2.30pm till 5pm
Gold coin to slide, Drinks for sale.
Don’t forget to slip slop slap.
Please wear bathers without zips or buttons.
Hosted by Waikerie Lutheran Youth
Any Queries please call Tim on 0407600293

Movie night Friday 27th March
7.30pm at Social Centre.
This PG rated animated film was a huge hit last year in the cinemas.
Fun for the whole family.

We can't tell you the title, but we can give you this hint:
This Disney movie might be Plain,
let’s hope we won’t need to call the CFS when the action starts

Hosted by the Waikerie Lutheran MAGS group
Enquiries please call Tim on 0407600293

FREE AUTISM WORKSHOP FOR FAMILIES IN THE RIVERLAND

Like all school-age students, children with autism spectrum disorder benefit from strong, positive relationships between the home and school. Positive Partnerships uses evidence based materials and practical resources to help support these relationships by facilitating workshops for parents and carers in your local community.

Details for the upcoming 1 day workshop
Dates: Wednesday April 1, 2015
Venue: Resort Hotel, Berri SA 5343Berri
Cost: Free - including resources, lunch, morning tea and refreshments

Full details and online registration at www.positivepartnerships.com.au
The workshop is funded as part of an Australian Government Department of Education initiative to support school-age children with ASD across Australia.

Free workshop for parents & carers of children with autism!

Riverland - April 1

Venue: Berri Resort Hotel
Riverview Drive, Berri SA 5343
When: Wednesday April 1 2015
Day 1: 9.00am - 4.30pm (Registration from 8.15 am)

Register your place:
positivepartnerships.com.au

Café ON McCoy
PHONE 85413379

TRIALLING NEW TRADING HOURS
(subject to change)

STARTS MONDAY 2ND MARCH
Monday - Thursday 7.30am - 4.30pm
Friday 7.30am - 7.00pm
Saturday 9.00am - 2.00pm

Open Occasionaly on Sunday’s
Farmers Union Iced Coffee Now Available

Come and try our Delicious NEWs
Breakfast Menu or call us for breakfast on the go!

Like us on Facebook
9 McCoy Street, Waikerie SA
(next to ANZ Bank)
Waikerie Rotary Continental

Food Fair

Come and support Waikerie High School!

14/3/15 5:30pm

~ 5:30pm

At the Waikerie Civic Center Gardens

Activities

Raffles

Entertainment

Food Stalls

Jumping Castle

Games
FIRST PRIZE
Multi-coloured glass plate ♥ recipe journal
♥ 2 bottles of Caudo wine ♥ coffee pot
♥ tealight candles ♥ 2 love hearts ♥ $25 Big W card
♥ Lamp

SECOND PRIZE
♥ Portable Cooker

THIRD PRIZE
♥ Jubilee Almond pack

FOURTH PRIZE
♥ $50 gift voucher for the Morgan Terminus

FIFTH PRIZE
♥ Busybee pack: towels and mugs

SIXTH PRIZE
Box of favourites ♥ 1 bottle of wine
♥ News Agency pen ♥ box of Ferrero Rocher
♥ biscuits ♥ $20 iTunes voucher

SEVENTH PRIZE
♥ Belissimo Hair pack:
shampoo, conditioner & sculpt gel

EIGHTH PRIZE
♥ Evella pack: Beauty products

NINTH PRIZE
♥ Blanчетown Hotel $25 gift voucher

TENTH PRIZE
♥ Kids pack: foam football ♥ foam truck ♥
cupcake notebook ♥ kids books

ELEVENTH PRIZE
♥ Chemist pack: Sugar Baby

TWELFTH PRIZE
♥ Chemist pack: Dove pack

THIRTEENTH PRIZE
♥ Mitre 10 pack

FOURTEENTH PRIZE
♥ Men’s pack

FIFTEENTH PRIZE

BUSINESSES TO THANK
Jubilee Almonds, Blanчетown Hotel, Morgan Terminus Hotel,
Waikerie Pharmacy, Evella Skin & Body, Bellissimo Hair, Mitre 10,
Haese Family, Busy Bee Uniforms and Embroidery, Gepps Cross
Beacon Lighting, News Agency and Waikerie High School SRC
Members.