



## Let's Go Fly a Kite!

The Kite Man came to visit Bridge Road School and brought with him a variety of kites to show everyone. Students enjoyed learning about the history of kite making and flying before heading out to Camperdown Oval to fly their very own kites, which they had decorated and constructed. Check out our Facebook page to see more photos!



## Important Dates



- Monday 25th November - Swim Scheme begins
- Monday 9th December - Books in Homes
- Wednesday 11th December - Bowling Excursion
- Monday 16th December - BRS Showcase Assembly
- Wednesday 18th December - Last day of Term 4

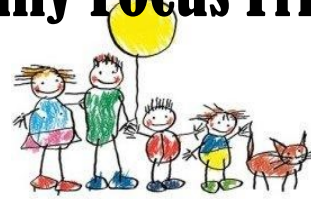
# REMINDER

## Swim Scheme notes and payment are due.



Notes have been sent home with those students who meet the requirements to attend swim scheme. Please return a signed permission note with payment to ensure your child is able to attend. All students are to wear full school uniform. Please ensure that students pack their swimmers and towel in a separate plastic bag inside their school bags.

# Family Focus Friday



Today was our last Family Focus Friday session for 2019. This is a group to meet other families at BRS, share stories in a non-judgmental environment and learn from each other.

Today families shared some of the things their kids are great at: drawing, maths, cooking, acting and reading. Dr Alex Roach from the child behaviour research clinic also joined us to talk about supporting kids with anxiety and behaviour issues. Families discussed how challenging it can be to tell the difference between anxiety and oppositional behaviour and gave each other helpful suggestions.

Thank you to all the families who have attended a Family Focus Friday in 2019. We look forward to seeing you again next year.

# How to conquer HEAD LICE in 6 easy steps



## 2. Going the touchy-feely route

Also available are natural products based on essential oils and pyrethrin, which smell a lot better than the chemical-based products. Because these products aren't as strong as the chemical-based ones, they usually need to be left in the hair longer to take effect.



## 4. Using hair spray/ hair gel

During an infestation of nits, spray your child's hair with hairspray, or comb through hair gel to make it more difficult for the lice to attach to their hair shafts.

## 1. Hitting them strong and hitting them hard

There are a number of strong chemical products on the market. These seem to appeal and revolt parents in equal numbers. While some don't like the idea of strong chemicals in such close contact with their child's skin, others find it reassuring for the very same reason - if there's chemicals involved, they must be doing a thorough job.



## 3. Cooking up some homebrew

Like all good homebrew recipes, everyone has a different one that they swear by. Mostly though, they are made up of things that you could find in the kitchen or bathroom. Almost all are bulked out with thick conditioner. Popular recipes usually include: tea-tree oil, eucalyptus oil, vinegar, olive oil, orange oil, lavender oil.



## 5. Trying the white conditioner treatment

Regular combing is the key to keeping lice under control. Apply a thick, white conditioner (it makes it easier to see the nits and lice against white) and using a nit comb, section the hair and carefully comb, wiping each comb-full of conditioner, nits and lice onto a paper towel. Keep combing until you can't see any more eggs or lice in the conditioner. Repeat after seven days.

## 6. Applying vinegar

Thoroughly douse your child's hair with vinegar and leave for 15 minutes to allow the vinegar to kill the lice. Apply the white conditioner treatment.

