

Michael, Brooke and Holly at the Athletic Centre in Sydney



Central News

Lockhart Central School

Year 12 together at school for the last time singing the school song.



Learning Opportunities in Primary

Primary students have enjoyed a variety of learning experiences during the last few weeks. Thank you everyone who participated in the Healthy Lunchbox Challenge. Congratulations to Ethan Healy and Ruby Driscoll for winning the K-2 section and Syd Brockwell and Kiera Boots the Primary.

We hope everyone has an enjoyable and relaxing holiday and we look forward to some exciting learning this term.

Primary Staff

Students looking at worms as part of Lockhart Shire Council's EnvironMentors workshop.



Fruit and Veggie Sculptures



Brooke and Cindy joining in with Primary students



State Athletics in Sydney

On the 7th, 8th and 9th September four students competed in the NSW Combined High Schools State Athletics championships at Homebush. The students were in a total of eight events in both track and field. Olivia competed in the 17 years 3000m run and 15 years 1500m. Michael ran in the 15 years 100m Hurdles. He did very well at his first State carnival. Holly competed in 15 years high jump and triple jump. Brooke was in 17+ years high jump, discus and shotput. This was Brooke's last school athletics carnival. Well done Brooke.

Thanks to the parents for taking us to Sydney to compete.

Results were Holly Murphy was equal 5th in the high Jump and 11th in the triple jump, Olivia McDonnell was 13th in the 1500m and 12th in the 1200m, Michael Greening was 11th in the 100m and Brooke Peel was equal 11th in the High Jump, 12th in the Discus and 7th in the Shotput.

Holly and Olivia

Tell head lice to nick off!

How to control head lice

- 1 Detect**
Use metal comb and combing solution to detect and remove head lice and their eggs
- 2 Treat**
There are 2 major commonly used head lice treatments; medicated and natural. Use either treatment to kill head lice and break their life cycle
- 3 Prevent**
Use egg remover and a metal comb to kill eggs and remove them from the head
- 4 Repeat**
Repeat the process after 7 days to effectively kill the cycle
- 5 Clean**
Wash bed linen and clothes in warm water with soaking solution to get rid of lice from home



How to identify head lice

- Head lice can be anything from greyish white to white in colour
- They are the size of a sesame seed
- Nits are the eggs, yellowish white in colour and are found on the hair shaft generally at the nape of the neck
- Adult lice may be found anywhere on the head
- Red bite marks or scratch marks are often seen on the back of the neck
- The eggs are sometimes mistaken for dandruff
- It takes several weeks exposure to the lice before itching develops
- Remember:
 - ✓ Head lice has nothing to do with hygiene
 - ✓ Head lice don't like short and plaited hair
 - ✓ The lice don't hop, jump or fly
 - ✓ Don't share hats, head bands or pillows

Principal PBL Awards Positive Behaviour For Learning

Primary: Kiara Reed

Secondary: Tyler Adnum

Upcoming Events

October

27th – Woodhaven visit

Assessment Tasks

Week 5 - Yearly exams for Yrs 7, 8, 9 & 10

Week 6 – 9 & 10 IT Wood, IT Metal



Cindy Bennett with her mother at the Year 12 Assembly



Available for order by parents - School Photo Groups order forms in the office



Lockhart Pool opening on the 7th Nov
Opening hours are:

6am to 8 am Monday to Friday
During School hours Monday to Friday
1pm to 7 pm and Sat / Sun 11am to 7 pm

School holidays - Monday to Friday

6am to 8am and 11am to 7 pm

Sat / sun - 11am to 7 pm

Season tickets

Family \$180

Single \$70

Early bird from 10th October - 28 October

Family \$160

Single \$55.00

Please contact Tammy Lenon for more information on 0419935661



Lockhart Amateur Swimming Club

We invite all members of the community to attend a meeting to decide the future of the Lockhart Amateur Swimming Club

Tuesday 25th October 7pm at Lockhart Ex-Servicemen's Club

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