Hello Windera Families and Community Members

Windera students have been busily finishing a variety of work samples that will be displayed at the Wondai Show this weekend. If you have some free time over the weekend please go along and have a look at the Windera State School display. Thank you to Mrs Michelle Sanewski—we appreciate all of the hard work you have put in to setting up the schools display, your tireless efforts never go unnoticed. Thank you to the families that supported the Windera State School P&C at the pig races in Wondai over the weekend—I heard that it was great fun even though it rained. We have been working extremely hard this term and are all looking forward to the fast approaching holidays.

hambani kahle  (Goodbye in ZULU)

From
Samantha Berlin

TODAY A READER TOMORROW A LEADER

1. Kids who read often and widely get better at it
2. Reading exercises our brains
3. Reading improves concentration
4. Reading teaches children about the world around them
5. Reading improves a child’s vocabulary and leads to more highly-developed language skills
6. Reading develops a child’s imagination
7. Reading helps kids develop empathy
8. Children who read do better at school
9. Reading is a great form of entertainment
10. Reading relaxes the body and calms the mind
PBL School
Tier 2 Targeted Interventions

Tier 2 interventions address students' social-emotional skills through evidence-based programs delivered to small groups of students or individual students. The involvement of the classroom teacher helps the student to use new skills and builds the teacher's capacity to better understand and effectively respond to students with unproductive and challenging behaviours. Students are taught to self-regulate and learn from natural consequences. Small-group targeted interventions includes a skill building and a self-monitoring process. For example, students may check-in and out at a central location with an adult across the day with the aim of increasing productive behaviours such as attendance, work completion and academic engagement.

Windera State School Values

At Windera we continue to follow our four values:
Be Safe  Be Positive
Be Respectful  Be a Learner

As a school we are continuing to be active learners and great role models of the Windera State School values.

Visiting the School

Please remember that if you are visiting the school or are volunteering in the school please sign in at the office and collect a visitors badge to wear.

TELLING JOKES IS GOOD FOR KIDS!
Q: What do you call a cow with no legs?
Ground beef!

Q: What do you call a cow with two legs?
Lean meat!

Q: What do you call a pig that knows karate?
A pork chop

Windera State School’s PLAY GROUP

When: Every Thursday morning from 9am to 10am
Where: Windera State School
What: Hat, morning tea, water

Tongue Twisters!!!

Enjoy these funny tongue twisters and have fun trying to say some of the most difficult sentences in the English language. They appear simple until you actually try saying them out loud. Say the sentences as fast as you can and see how many times you can finish each tongue twister without making a mistake. Good luck!

Pre-shrunk silk shirts (x3)
Ed had edited it. (x3)
We surely shall see the sun shine soon
Which wristwatches are Swiss wristwatches?
Fred fed Ted bread, and Ted fed Fred bread
Listening for Understanding:
A Win-Win for Families

By Marilyn Price-Mitchell, PhD

EMPATHY
Ability to recognize, feel, and respond to the needs and suffering of others.
Listening to one another is one of the most important ways parents and children create close, loving relationships.
When kids feel seen, heard, and understood, they learn the meaning of empathy. They acquire the abilities to emotionally connect with others, make friends, and develop lifelong social skills. Yet listening is often one of the greatest challenges for families.

How can parents and children improve their listening skills and understand each other better?
In her new book, Parenting with Presence: Practices for Raising Conscious, Confident, Caring Kids, marriage and family therapist Susan Stiffelman offers proven, practical strategies that help parents grow more empathetic and connected children. What I love most about her approach is that she not only sees parenting as a process of raising children, but also an opportunity for personal growth.

“Parents are certainly teachers or guides for our children,” says Stiffelman, “but if you step back and see everything in your life—including child-rearing—as opportunities to learn more about yourself and grow as a person, then hardly anyone is as valuable a teacher as your child.”

Active listening is a practice that helps everyone grow in their understanding of others—parents and children alike. Especially for children, listening is the great equalizer—a set of behaviors that helps kids see themselves more “equal with” rather than “less than” others. When families practice good listening skills, they feel heard and understood—a win-win for families, even when no agreement is reached.

Listening for “Three Yeses”

One of Stiffelman’s listening exercises for families drew my interest because of its ease of use and potentially powerful results.
The next time you and your child have difficulty listening, try this simple exercise. Ask your child to talk about the topic in question for two to three minutes while you listen. The person doing the listening is not allowed to interrupt, disagree, roll eyes, or in any way belittle the person speaking.

When your child is finished, you ask questions or summarize what you heard until your child generates “three yeses.” And then, the process is reversed; the child practices listening.

Stiffelman provides a great example of this listening exercise in her book:

Thomas: “Mom, it makes me really mad when you are so cranky in the morning. I don’t like it when you come into my room all mad and yelling at me. You’re a lot nicer to Jen. It’s not fair. I’m tired in the morning and I wish you would let me sleep more. I don’t see why I have to get up at 6:45. We don’t even leave till 7:30, and I don’t need as much time to get ready as she does. I don’t even want to eat breakfast, but you make me and I’m not even hungry. I could just have a breakfast bar in the car. But you still make me get up and sit at the table, and I wish you’d let me stay in bed longer. I’m really tired. That’s all I wanna say.”
Mom: “Thanks, Thomas. So, one thing I heard you say is that you don’t see why you have to get up so early. It seems like you can get ready in less than forty-five minutes.”
Thomas: “Yes.” (Mom has gotten her first yes.)
Mom: “I also heard you say that you really don’t like it when I yell in the morning. That really doesn’t feel good.”
Thomas: “Yep. That’s right.” (Two yeses.)
Mom: “I also heard you say that you really don’t like it when I yell in the morning. That really doesn’t feel good.”
Thomas: “Okay. You wish you could have a breakfast bar in the car. So you could stay in bed longer.”
Thomas: “Yes!” (Three yeses.)
Mom: “Okay—got it. Thank you for sharing all that with me.”

Now it’s mom’s turn. She gets to respond—respectfully—to what Thomas has said, and it is now his turn to get three yeses so she also feels heard.
Mom: “I understand that you’re really tired in the morning, and it’s super hard to get out of bed. But it’s hard for me, too.”
Every morning when I head down the hall to your room, I get tense because I don’t feel up to facing another battle with you. I have to be at work by 8:30, and if I don’t drop you guys off at school right on time, I’ll be late, and then I’ll have to deal with my boss giving me dirty looks all day — maybe even thinking I don’t take my job seriously enough. I wish we could start our mornings off in a friendlier way because I love you and it hurts my heart to fight with you. It hurts both of us. I wish you would go to bed on time so you weren’t so tired, so we could start our day out in a loving way without my feeling so stressed from the very start.”

Thomas: “Okay. Um, one thing I guess you said was that if we’re late for school you get in trouble at work if you’re late.”

Mom: “Yes, that’s about right. I don’t get in trouble — like being sent to a principal’s office or anything — but my boss notices and doesn’t like it at all.” (Thomas has gotten his first yes.)

Thomas: “Okay. And then I heard you say that you get tensed up when you’re coming into my room because you don’t want to have another fight.”

Mom: “Yes.” (Two yeses.)

Thomas: “Hmm. . . I can’t remember what else.” Mom speaks for another minute or so to clarify.

Thomas: “Oh, yeah. You also said that you wish that we could start our day out happier. You said you love me and you don’t like it when we don’t have a good morning.”

Mom: “That is very true. Thank you for listening, Thomas. I really appreciate it.” (Three yeses.)

Three Skills Linked to Good Listening

The three skills most often associated with good listening are:

1) Respect the other person.
2) Listen more than you talk.
3) Always seek understanding.

The “Three Yeses” exercise is a great way to practice these three skills! At first, it may seem awkward. But with practice, it can become a tool for better listening between parents and children, or between siblings.

Listening helps parents and children get beyond surface conversations, and helps parents better understand the interior lives of their children. It challenges us to test and often let go of long-held assumptions about what we think and believe. When families practice active listening, their relationships thrive, they connect emotionally, and everyone grows.

What ways do you practice active listening with your children?

If you want more helpful advice about how to be fully present with your child—to help your family develop healthy, caring relationships—order Stiffelman’s excellent book, Parenting with Presence: Practices for Raising Conscious, Confident, Caring Kids.

Hi All,

I want to tell you about a great opportunity for an amazing cultural experience that is coming to our area in a few weeks. It is the Watoto African Children’s Choir! There will be a free school performance at Wondai Town Hall on wed 7th September at 11 am. There will also be two community performances; at Murgon Town Hall on Tues 6th Sept and Wed 7th at Wondai Town Hall. Both are free concerts and there will be African handicrafts and items for sale afterwards. It will be a night not to miss out on!

Try this easy recipe. It tastes great.

SAVOURY PASTA BAKE

500 g mince 1 onion 1 capsicum
125g pasta 1 can tomato soup 1 can corn
1 cup grated cheese 1tsp chili powder 1 tsp sugar
1 tbsp Worcestershire sauce

Boil pasta in a saucepan 10-15 minutes
Fry mince till browned.
Add soup, spices, sugar and W. sauce.
Place drained pasta in casserole dish
Top with mince and cheese.
Watoto Choir Excursion

This is a reminder to families that the students will be attending this excursion. (Forms were sent home this week).

- Performance at Wondai Town Hall—September 7 at 11.00am
- Bus will transport the students, leaving school at approx. 9.30am
- Students are to wear full school uniform
- No cost to students or school, as the performance is free and bus will be paid for by Chaplaincy.
- Please return signed permission by Friday September 2.

Dates to Remember

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<tr>
<th>Date</th>
<th>Event</th>
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<td>Mon 29</td>
<td>Assembly</td>
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<td>Tues 30</td>
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<td>September</td>
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<td>PJ Day</td>
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<td>Thurs 1,8,15</td>
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<td>Wed 7—14</td>
<td>Book Fair</td>
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<td>Watoto Choir performance, Wondai</td>
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<td>Dress Up Day for Book Fair</td>
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<td>Mon Oct 3</td>
<td>Public Holiday</td>
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<td>Tues Oct 4</td>
<td>First day Term 4</td>
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Birthdays

August
- Kayden 1st

September
- Rory 30th

Book Fair

Date: Wed Sept 7 to Wed Sept 14
Where: Windera SS, Library
Time: Mornings 8.00am to 8.30— Browsing
      Lunch 12.50 to 1.15pm -  Buying
      Afternoon 3.00 to 3.30pm - Buying

Dress-Up Day: Thursday September 8
Come dressed up as your favourite Australian
Celebrity, Australian Book Character, Australian Animal or Australian Icon.
Prizes to be won!!

‘Guess the Minties in a jar’
Colouring-in competition

Lots of books.
AWARD WINNERS

Creative Writer
Nicholas, Lucias

Well done Students !!

Amazing Artists
Kelvyn, Maryann, Connagh, Lucias

Great Progress
Sydney, Lucias

Fabulous Behaviour
Joshua

Remarkable Reading
Rory

Master of Maths
Gabriel

Homework
Connagh

Resposibility
Nicholas

Murgon State High School will be holding an Information Evening for parents for transition of students from year 6 to 7 on Tuesday 25 October at Murgon SHS. Details as follows:

- 4:30pm  BBQ
- 5pm  School Tour
- 5:30pm  Information Session

More details will be sent out to families at a later date.

School Banking

The school has signed up with the Commonwealth Bank to participate in ‘Student Banking’. Friday will be our banking day. Please let us know as soon as possible if you want to sign up your child, - we will then organise with the bank in Murgon to come to the school to sign up the students.

Enjoyment in Reading
Community Notices

Wednesday 7th September 2016 4 - 6 pm

EVERYONE IS WELCOME

Past, present and future Kindy kids, families and community members

Come and visit us at Kindy

Have a wander around our beautiful outdoor environment

Stay and play for a while

Or just pop in for a chat!

C&K Open Week Celebration
C&K = Learn + Play

30th September - 2nd October

Friday Night to Sunday Morning

(HOME BY LUNCHTIME SUN)

$140 FOR 2 FOR THE WEEKEND

Add your little ones to our waiting list on the day to ensure better options in the future (eg. coming as a 3yr old / choice of days / 4 day option). NB: All offers are made by the order of the waiting list.

Who: 4-13 year olds
When: Mon 26th — Fri 30th Sept
Where: Glengarry Centre, Atkinson Dam/Mt Takamaka
Cost: $180 per camper — Bus as numbers permit
Miles — Chinchilla — Dalby — Toowoomba — Maryborough

CAMP IS ABOUT HAVING FUN, MAKING NEW FRIENDS,
CHALLENGING YOURSELF AND LEARNING MORE ABOUT WHO GOD IS!

Are you up for the challenge?

Do you think you can survive a week of fun?

Obstacle Course • Kiddie Pool Kickball • Tomato vs BBQ Sauce Fight • Bucket Ball
Campfire • Hardball Tournament • KA-Boom • Dance Off • Water Relays
Tree Time • Team Building • Colour Run • Amazing Race • Movie Night
Sports • Spotlight • Simplicity Challenge • Communist Church • Team Building • Minute to Win It Challenge

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Cost: $180 per Camper — Bus as Numbers Permit
Miles — Chinchilla — Dalby — Toowoomba — Maryborough

CAMP QUERIES: SHINE474@HOTMAIL.COM
CAMP DIRECTORS — DEB PERKINS — 0412 277 474 OR MATT GEORGE — 0408 304 776

Limited Spots Available
BYO Camping Gear (Tents and Sleeping Bags)

Registrations with a $20 deposit can be made c/o BLI BLI School
See chaplly Tony by 12th August.
Further $50 part payments can be made on 25th August & 2nd Sept with Final payment on 16th September.

More information
Phone Tony: 0404 859 626

BRINGING HOPE TO A YOUNG GENERATION

Advanturous Dads
A weekend designed for Fathers to live, learn, and laugh with their child!

Saturday 3rd – Sunday 4th October
30th September - 2nd October
Friday Night to Sunday Morning

({HOMe BY LUNCHTIME SUN)}

• Connecting with your child
• Deepening your relationship
• Basic coaching on being Intentional Dads

A Camping Adventure
Includes mountains (of food, Camping, Activities, Kayaks, Flying Fox, Train rides, Petting zoo, Bike tracks, Fires, Billabong, Rock pools, Crazy games & heaps more.

COST: $140 FOR 2 FOR THE WEEKEND

Limited Spots Available
BYO Camping Gear (Tents and Sleeping Bags)

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More information
Phone Tony: 0404 859 626

42 Macallister St, Murgon
(Beside the PCYC)
4168 1020
murgon@candk.asn.au
murgon.candk.asn.au

Where children come first!
Windera State School

Book fair

Dress Up Day!!

Thursday 8th September

Prizes to be won!!

Come dressed up as your favourite Australian Celebrity, Australian Book Character, Australian Animal or Australian Icon . . .

Crickey!! So many to choose from!!