Dear Parents and Community Members,

It’s wonderful to see that everyone is settled back into a steady routine in school. Please be on time each day and put in your best effort with a positive attitude. Let’s not wait to get things done at the last minute...be proactive and stay ahead of the game.

This term, being positive is the Windera State School Value that we are focusing on. Ways that the students can demonstrate being positive are:

- Being Confident – trying different activities without fear.
- Being Resilient – staying calm when you’re upset.
- Getting Along – working cooperatively with each other.
- Being Persistent – rising to challenges with your best efforts.
- Being Organised – setting goals for yourself.

Please make the most of each day.

Are your contact details current?
It is urgent that the school has current contact details. If your details change please notify the school immediately.

Windera State School Values
At Windera we continue to follow our four values:
Be Safe
Be Respectful
Be Positive
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.

Every Day Counts
This year our school's attendance target is 97%.
Current Attendance is 95.2%
Children should be encouraged to share time, space and possessions from the earliest possible age. **Sharing is an important element in forming friendships and a prerequisite for living and working effectively with others. It is a vital skill for social and academic success at school.** Parents can stimulate children to share by establishing a co-operative atmosphere at home. There are many situations in family-life that can be used to foster co-operation and sharing.

**BRIGHT IDEAS**

- Allow children to serve themselves from dishes at the meal table rather than put food on the plate for them.
- Use family discussions to teach children to take it in turns speaking and listening to others which is a very important social skill.
- Provide games and toys for the whole family to share. The rules of board and card games provide a good structure to follow. Children need to be able to both win and lose graciously.
- Limit children’s time at solitary activities such as television and computers. Encourage interaction with other children through indoor and outdoor activities.
- Share television time with other members of the family.
- Provide an opportunity for a child who has difficulty sharing to occasionally play with younger children or even toddlers. It is often hard to avoid sharing with younger children.

**TELLING JOKES IS GOOD FOR KIDS!**

Q: What gets wetter the more it dries?
A: A towel.

Q: What stays in the corner and travels all over the world?
A: A stamp.

Q: Why did the computer go to the doctor?
A: Because it had a virus!

Q: Why do fish live in salt water?
A: Because pepper makes them sneeze!

**Tongue Twisters**

Which wristwatches are Swiss wristwatches?
Three free throws.
Mix a box of mixed biscuits with a boxed biscuit mixer.

The instinct of an extinct insect stinks.

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**Playgroup**

Playgroup Thursday morning March 24—9.00 to 10.00am. This will be run by our new Chappy, Janelle Allen. If you have any questions, please see Sam at school or phone on 41686153(phone before 8.30 or after 2.30).

Kindest Regards

Samantha Berlin
Healthy Eating

Healthy eating has a long-lasting and positive impact on a child’s growth, development and health. Foods eaten by your child at school contribute greatly to their daily nutrient intake. These foods considerably influence their eating habits, growth patterns, energy, concentration levels and ability to learn. You have an important role to play in helping to ensure your child eats well and stays active.

Healthy school lunch ideas include:

- sandwiches or pita bread with cheese, lean meat or salad
- cheese slices, crackers with spread and fresh fruit
- washed and cut-up raw vegetables or fresh fruits
- frozen water or milk, particularly in hot weather

Highly processed, sugary, fatty and salty foods should only make up a very small part of your child’s diet. Foods to limit in school lunches include:

- processed meats such as salami and pressed chicken
- chips, sweet biscuits, muesli and breakfast bars
- fruit bars and fruit straps
- cordials, juices containing sugar and soft drinks
- You must let your child’s school principal know if your child is allergic to particular foods.

Travelling Safely in the Car

Choosing the safest seating position

Recommendation:

Children 12 years and under should sit in the rear seat (if there is one).

Why this is important?

Injury risk to children aged 12 and under is nearly double in the front seat compared to the back seat, irrespective of restraint type. It is not recommended that children 12 years of age and under sit in the front seat of vehicles - especially where there is a front passenger airbag.

Children 12 years and under in the front seat are at greater risk of injury than adults due to airbag deployment and, as stated earlier, are at lower risk of serious injury and death in the rear seat than in the front seat with a passenger airbag. Hence the rear seat is the safer option, particularly when there is a front seat passenger airbag.

When choosing where to place a child using a child restraint or booster seat in the rear seat, the safest choice of seating position will have as many of the following as possible:

Choosing the safest position in a motor vehicle for a child is not straightforward, particularly when there is more than one child and all their needs must weighed up to make it as easy as possible for all children to be appropriately and correctly restrained on every trip.

(a) The anchorage points needed for the child restraint (top tether and lower ISOFIX anchorage points if relevant) are available. Rearward facing and forward facing restraints (and some booster seats) need to be installed with a top tether, so the location of these needs to be considered when choosing the seat position for these restraints.

(b) The location of lower ISOFIX anchorages in the car needs to be considered when installing a restraint by attaching to them.

(c) For children in seatbelts or booster seats, the seatbelt buckle is readily accessible. In case of an emergency, it’s important to be able to quickly release a seat belt. It’s also easier to buckle the child correctly if the seat belt buckle is accessible.

(d) If lap-sash belts are not available in all seating positions, lap-sash belts should be prioritised for the children in booster seats or seat belts alone.

For seatbelt and booster users, lap-sash belts are safer than lap-only belts, while forward facing and rearward facing child restraints can be safely installed with lap only belts if there is a suitable top tether anchorage.

(e) There are no potential interactions with other child restraints installed, such as a top tether strap from a child seated in front, or space required for other restraints.

Children can be injured by hitting another child’s restraint or part of another restraint, so try to arrange children so that one child’s restraint does not impinge on another’s space. For example, do not seat a child underneath an overhead tether strap from a restraint in the seat in front, and avoid large side wings overlapping a seat belted child’s space.

(f) Children should preferably be seated in positions that allow entry and exit from the vehicle from the kerb side.

To reduce the risk of either the carer or the child being hit by a passing vehicle, avoid the road-side seating positions if possible, and encourage older children to enter and exit on the kerb side.

(g) If a booster cushion is used, the centre seat is preferred if a lap-sash seatbelt is available in that position.
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On Tuesday March 8 & 15, we will continue to have our Music and PE classes at Murgon State School and then go to PCYC for our Gymnastics. On Tuesday March 22 we will go into Murgon school for PE and music and then come back to school as we don’t have any Gymnastics.

Next term for Sporting Schools our students will be attending PCYC for Indoor Hockey.

Don’t forget—the students need to take morning tea, lunch, water bottle and hat.

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**Bread Making in Science**

This week the whole school made their own loaf of bread. Josh’s and Nick’s dough rose, but all the rest of the dough did not rise. Even though we had to wait patiently for the bread to cook, and we all enjoyed eating it!

Jazmin Lewis

**Classroom Responsibility**

This year classroom jobs have changed so that all students have responsibility in both classrooms. For example Josie and Connagh raise the flag in the mornings, while Gabriel and Rory are in charge of the book shelves.

Jazmin Lewis

**Sporting Schools**

This year every Tuesday the school participates in Gymnastics. Our coach’s name is Pam. She has been teaching us forward rolls, backward rolls, new trampoline techniques and roll over’s on the uneven parallel bars. But remember if you don’t complete your homework you won’t be able to participate. Sadly gymnastics will end in week 8.

Nicholas Beddows
Dear parents and caregivers,

Your child has been invited to participate in the Japanese Speech Contest which will be held at the Goomeri State School on April 28th for Primary School Students. It will be held in the School Library at 4.00pm. Unfortunately transportation to Goomeri cannot be supplied and your child will have to make their own way to Goomeri State School. Entering the competition will be free of charge.

The contest will consist of the students answering a few questions in Japanese that will be asked by Toyah (My wife who is a native Japanese speaker). There will be an award for first, second and third place as well as an encouragement award for each year level. Each winner of an award will receive a certificate and a prize.

If your child would like to participate in the Japanese Speech Contest could you please fill in the details below and return to the office by Monday, April 18th.

Thank you very much for your support in your child’s Japanese studies.

Warm regards

Sonny Pellinkhof
Japanese Teacher

I hereby give permission for my child ______________________________ in Year _________ at __________________________ State School to participate in the Japanese Speech Contest, Held in the Library at Goomeri State School on Thursday 4.00pm on April 21st for Primary School Students on April 28th.

Signed: _________________________________ Date: _________________
Hello to all the Windera school community.

This is my first ‘Chappy’s Chat’ in the school newsletter. I would like to introduce myself. My name is Janelle Allen and I am thrilled to be Chappy at Windera each Thursday. I live outside Murgon on our farm, with my husband Peter. We have 4 grown up children who are working in different parts of the State. I have lived in this area for the past 7 years and have worked at Murgon and Wondai schools as Teacher Aide for nearly 5 years, before completing my Youth Worker studies and becoming Chappy at Wondai and Kilkivan.

My role as described by the Dept. of Education is as follows, “A Chaplain is for the emotional, social and spiritual support of students, staff and parents.” I am looking forward to getting to know the school community at Windera and supporting you through the Brekky Club, classroom support, lunchtime club or by providing information or referral to local Community Services. Feel free to come and talk with me and I look forward to meeting you all. Here is one of my favourite lunch box recipes for you and the family to try.

**TORTILLA PINWHEELS with Chicken filling**

- Finely chop ½ cup cooked chicken, 2 tbsp of red and green capsicum, 2 tsp parsley.
- Mix 125g of Philadelphia Cream cheese with chicken, capsicum, parsley, ½ cup grated cheese, salt and ½ tsp chili powder to taste.
- Spread filling evenly on the tortilla. Roll up tightly. Repeat.
- Wrap the rolls with plastic wrap and chill for 2 hours at least.
- Unwrap and cut each roll into 12mm slices.
- Rewrap together and place in lunch boxes. Enjoy.

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**Awards**

Kaliah, Josh, Jazmin for **Numeracy Improvement**

Rory, Sydney, Imogen for **Literacy Improvement**

Nicholas for **Swan Award—Great Leadership Skills**

Connagh for **Swan Award—Always displaying a positive attitude**

Imogen **Swan Award for being a positive student**

**Congratulations Students!!**
The Windera State School Students will be attending the World Science Festival in Brisbane. Mrs Cross, Miss Berlin and Mrs Morgan and Mrs Sanewski will accompany the students. This excursion will incur no cost to any student. Please fill in the permission form and the medical form and return them to the office by **Monday the 7th of March**.

**When:** Thursday 10th March 2016  
**Where:** Queensland Museum  
**Who:** Prep to Year 6 Windera Students  
**How:** Pursers Coaches  
**Departure times:**  
- Windera State School – 6:00 am (sharp)  
- Cloyna State School - 6:10 am (sharp)  
- Murgon @ Miss Berlins – 6:30 am (sharp)

We will return at approximately:  
- Murgon BP Service Station - 6:30 pm  
- Cloyna State School - 6:50 pm  
- Windera State School - 7:00 pm

**Things to bring:**  
- Morning tea  
- Lunch  
- Afternoon tea  
- Water x 2  
- Windera State School cardigan.  

Students are to wear full school uniform and closed in shoes.

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I give permission for my child/children ............................................................ to attend the World Science Festival in Brisbane on Thursday March 10, 2016, travelling by bus.

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Signed by Parent /Caregiver  
Date
Lady Flo's simple pumpkin scones

The famous scone recipe that's still made on the Bjelke-Petersens' Queensland property. Lady Flo's daughter-in-law Karen has taken over the baking duties.

Serves: 12

Degree of difficulty: Low

Cooking Time: 15min

Ingredients

1 tablespoon butter
1/2 cup sugar
1/4 teaspoon salt
1 egg
1 cup mashed pumpkin (cold)
2 cups self-raising flour

Method

Beat together butter, sugar and salt with electric mixer till light and fluffy.

Add egg, then pumpkin and stir in the flour.

Turn dough onto a floured board and cut into circles.

Place on a tray on the top shelf of a very hot oven (225-250c) for 15-20 minutes.

Remove from oven, allow to cool and serve with butter.

NRL Visit

On Wednesday we had a visit from the QLD NRL. We had Lucy Hoopel and Petro Civonicevia visit to speak about eating healthy, drinking water and getting enough sleep each day. We got to play some trivia games and celebrity heads.