Hello Windera Families and community members,

The mornings have started to become cooler so please have students wear weather appropriate clothing to school. As the day warms up students take their coats and track pants off. To guarantee that the owners of these articles can be easily identified, please ensure that your children’s clothing is labelled with their name. This way everyone’s items of clothing are returned to the rightful owner.

With the colder weather comes the usual winter colds, sniffles and coughs. Should your child/children display any flu like symptoms please keep them at home until they are well. Children can not and will not learn while they are ill. By keeping ill students at home until they have completely recovered it lessens the chance of having illnesses pass through the whole school. Rigorous hygiene practices such as using a tissue, washing of hands, coughing or sneezing into the elbow will help stop the spread of the winter cold and flu.

Over the last week I have had to contact several different families for a variety of reasons. Unfortunately this has created some difficulty as phone numbers and contacts are not current. **It is imperative that the school has the correct contact details for every family.**

Please check the information on the attached Student Card/s correct where necessary, and return to the school as soon as possible. Even if all the information is correct, please sign and return to the office so that we know that all your information is correct on our computer system.

Report cards will be handed out to all students on Thursday the 23rd of June. Please keep Monday the 18th of July free for Parent, Teacher interviews. A note will be sent home in the first week of term three.

**Auf Wiedersehen,**
(German for goodbye)
From
Samantha Berlin
TELLING JOKES IS GOOD FOR KIDS!

Q: What do you call a bear with no teeth.
A: A gummy bear.
Q: Where do you put barking dogs?
A: In a barking lot.
Q: Why didn’t Cinderella make the basketball team?
A: She ran away from the ball.
Q: Why didn’t the skeleton go to the dance?
A: He had no body to go with.
Q: Who can shave six times a day and still have a beard.
A: A Barber.
Q: What stays in the corner but goes around the world?
A: A stamp.

**Key differences between a cold and flu.**

**Cold**
- Symptoms that build over 48 hours
- Runny nose, watery eyes
- Stuffy nose and congestion
- Sneezing and coughing
- Symptoms may last 3-10 days

**Flu**
- Fast onset of symptoms (especially fever and chills)
- Fever and chills
- Body aches and pains
- Weakness and fatigue
- Symptoms may last 7-14 days and may linger for up to 3 weeks

Symptoms can be similar, so keep an eye on what’s bothering you most.

**What are the symptoms of a cold and a flu?**
The symptoms of a common cold vary from person to person. They can include:
- A blocked or runny nose
- A sore throat
- Sneezing
- Coughing
- Watery eyes
- A headache
- More mucus than normal

**The flu is much more hard hitting. Symptoms can include:**
- A cough. Dry and tickly or chesty and full of mucus.
- A sore throat. Similar to a cold, a sore throat can be the first sign of a flu.
- A blocked nose. This may be caused by the membrane lining in your nose swelling up.
- Headaches. They nearly always come with the flu. They are usually caused by an increase in temperature, dehydration and even a blocked nose.
- A fever. Your body fights the flu infection and your temperature rises above 37.2ºC.
- General body aches and pains. This is a sure sign you don’t just have a cold but the flu. Rest up, drink plenty of water.
What causes a cold and a flu?
A cold is an infection which can be caused by a virus known as the “rhinovirus.” ‘Rhino’ comes from the Latin word for nose as it tends to affect the upper respiratory tract including the nose. Strangely it has nothing to do with cold climates! It comes from other people’s germs. It’s just when it’s cold, people tend to be closer together, and more likely to share germs. Flu is a highly contagious virus, called influenza. When an infected person coughs, sneezes or speaks, the virus will travel on droplets through the air where it can be easily picked up by the next person.

How to relieve a cold and the flu?
You will need a lot of rest, plenty of fluids and time to allow your cold or flu to run its course. But there are always some extra things that you can do to help minimise your discomfort.
- Keep the air moist with a humidifier to ease the throat and nose discomfort.
- A soothing, warm liquid such as chicken soup can calm a sore, scratchy throat.
- Wash your hands often to avoid spreading infection. If washing is not possible, keeping a small bottle of hand sanitizer in your handbag can be useful.

How to prepare for the cold and flu season
Summer or winter, a cold or flu can take its hold on you. Although there are a few things you can do to help keep a cold and flu at bay.

Start with some healthy habits
- Get a flu vaccination to reduce the risk of infection.
- Wash your hands and home surfaces regularly.
- Eat foods with lots of vitamins and minerals to boost your immune system.
- Make exercise part of your life to keep your immune system fight fit.

If you do get a cold or flu, you can help prevent others from catching it.
- Cover your mouth when you cough or sneeze. The germs travel through the air.
- Wash your hands regularly to kill any bacteria that may cause infection. Or reach for that bottle of hand sanitizer.
- Throw away used tissues. Keeping bacteria in your pocket is a no-no.

PBL School
Positive Behaviour for Learning is an evidence-based whole school process to improve learning outcomes for all students.

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

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Birthdays
May
Gabriel—14th
Maryann—26th

June
Phoenix—17th
WHAT TO DO WHEN YOUR CHILD HASN'T GOT MANY FRIENDS AT SCHOOL

Is your child a bit of a loner at school?

Perhaps your child prefers his or her own company – or maybe your child has had ‘friendship group’ issues in the past that have been difficult to recover from.

For some kids, especially particularly bright ones, the games that are played by their same-age peers at recess and lunch-time are of little interest.

Some children find the rules too tricky, or the repetitive nature of this month's popular game is simply boring.

For children with sensory sensitivities, the playground may be too overwhelming with its noise, movement and constant changes.

And for kids who just aren't good at ball games, the playground can be a hostile place where they are often chosen last for teams.

It’s hard to watch our kids as they search for friends, but one thing that we parents often forget is that the playground is not the only place in which our children can find like-minded mates.

If you have a child who struggles to connect with other kids at school or pre-school, that doesn't mean they won't ever make friends.

It just might mean that you could have to look past the playground to find them.

Child Psychologists tell us that children's friendships are usually formed when they meet other kids who share their interests, talents and passions.

So why not look for other avenues for your child to meet a mate?

Here's 5 ideas for activities that might help your child find a like-minded friend.

5 ways to find new friends
1. Cubs, Guides or Scout groups
2. Team sports where the children come from a range of schools, not just the one your child attends
3. Individual sports or physical activities where your child can learn and become good at a specific skill – for example, fishing, archery, rock-climbing, tennis, swimming, cross-fit, orienteering, geocaching
4. Creative pursuits like being part of a choir, dance or drama class or club
5. Special interest clubs like model train, chess, computer or photography groups

There are probably many more options in your local area, so perhaps you could have a look around and see what you can find.

Sometimes, when kids are out in the community, they meet kids from their own school who they didn’t even know were there and a connection is made that lasts for years both inside and outside the school gates.

Now wouldn't that be great!

Historic Motorbikes

“Total Loss Motorcycle Tour for Motorcycles Pre 1918” will be passing through the area on Friday June 10 and will be stopping at the school at 12.00. Parents and Community members are invited to come along and have a look at these rare motocycles.

Bring your cameras!!
Nationally Collection of Data on School Students with Disability

Dear parents/carers,

Collecting data on school students with disability helps teachers, principals and education authorities support the participation of students with disability in schooling on the same basis as students without disability.

All Australian Governments have agreed to work together on the annual collection of data on school students with disability.

All Australian schools participate in this annual data collection.

The data provided to the Australian Government is aggregated data only. Please be reassured that the Department will not provide on to another organisation any data that can identify an individual student. The only data being collected at the school level to be reported nationally is the:

- number of students in the school who are provided with an adjustment to address a disability;
- level of adjustments we provide for those students; and
- Broad category of disability

Consultation with parents is important not only for the data collection but also to ensure you are aware of the adjustments being provided to support your child. We will therefore continue to consult with you.

While only data that cannot identify your child will be submitted outside of the Department, if you do not wish for your child’s details to be included, please let me know.

Information and fact sheets are available to help you make a decision from the:


Alternatively, if you have any queries about the collection or use of this data I encourage you to contact me directly.

Samantha Berlin
Principal
Windeira State School

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!

- Mix a box of mixed biscuits with a boxed biscuit mixer.
- A proper copper coffee pot.
- Lovely lemon liniment.
- Six thick thistle sticks. Six thick thistles stick

Chappy's Chat

Recently, the topic of keeping safe online has been continually coming up. I have been having many conversations with students, about whether they are protecting their personal information when using the internet and mobile phones. Parents have an important part to play in educating children in making good decisions. Please take the time to explore the website at [www.oaic.gov.au](http://www.oaic.gov.au) then search for Ten Privacy Tips for Parents and Carers, so you can read the full version. It is vitally important that internet users know how to protect themselves and some great information and advice can be found at [www.esafety.gov.au](http://www.esafety.gov.au). I know that sometimes time can be short, so here is a summarised version to start with. Greetings, CHAPPY
**Sports Report**

Have you ever played Oz Tag? Well, if you haven't you are missing out! In my opinion, Oz tag was one of the best games we played last Friday at the Gala Day.

Other sports we participated in were gymnastics, hockey, soccer and hip hop dancing. We met up at the PCYC in Murgon with other schools from the Barambah Cluster. Everybody had a great day, and thought it was fun.

Alex

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See if you can create your own hanging garden

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**For sale!**

- Jelly cups 50 c
- Icy cups 20c

To raise money for the Year Six Canberra trip.

They will be sold on Friday at the senior building

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**Excursion - Stig Live @ The Library - Kingaroy**

June 13

Bolinda Digital will be recording the show on the day and have asked for all schools attending to sign release form/s. There are still some students who have not returned the permission for the recording and some who have not returned the permission note to attend the excursion. Please send Permission Forms to school on Monday. Thank you.
Children need to have experience of, and explore as many different materials (substances) as possible in order to make sense of their world. Understanding how materials behave in their natural state and under certain conditions will help them to understand why objects are made of specific materials. Some properties are easily observable features, such as transparency, which they explore as younger children, others are less obvious and need to have tests carried out on them. In carrying out comparative tests on different materials, children develop an understanding of suitability for different purposes. They then begin to develop the skills themselves to choose the best materials for certain tasks. When testing materials for properties, precise vocabulary becomes important because children (and adults) sometimes confuse scientific terms, which they use in a general way in their everyday speech. Here are some pictures of one of the experiments we conducted.

Awards

For Week 5
Kelvyn, Alex, Imogen, Gabriel for Numeracy Improvement
Nicholas and Rory for Literacy Improvement in Writing & Spelling
Kayden, Alex, Phoenix for Swan Award

Congratulations Students
Children are increasingly spending more time online to connect with friends, learn and be entertained. Sharing personal information online can be risky and it’s important to educate your children on how to make good decisions and limit those risks.

1. Start the privacy conversation
To help your children protect their personal information, and their privacy, it is essential that you talk to them about what privacy is and why it is important. The key message your children need to understand, is that they can protect their privacy by protecting their personal information, including their name, address, telephone number, school, date of birth or photo.

2. Get involved
It is important you keep yourself up to date with the devices, apps and platforms that your children are using and how they use them. You can better support and advise your children if you are well informed on the technologies they use and can understand the digital environment from their perspective.

3. Read privacy policies and collection notices
Involve your children in checking the privacy policies and collection notices of the websites, games and apps they use. This will help them think about what they’re swapping their personal information for and whether it is worth it.

4. Tailor privacy settings
You need to make sure you and your children control the personal information that webcams, microphones and cookies collect, as well as that collected by websites, apps, and internet based games and software. You and your children could tailor the privacy settings on their social media accounts, so that only their friends can view their photos, updates and information.

5. Develop good password practices
It is important to stress that passwords should not be shared with anyone, especially at school or online. Passwords should use a random combination of numbers, letters and punctuation over eight characters. Avoid using birthdates, your name or the name of a family member or pet.

6. Discuss their digital footprint
Children need to know that their digital footprint can last forever. They also need to understand that every piece of content they consume, share, upload and download leaves a digital trace. Guidelines they can use when interacting online and using social media, could include, that they only interact with people they know personally and that they only share another person’s personal information with that person’s permission.

7. Teach your children to think before they share
It is also important that your children understand that the more personal information they share online, the greater the risk that their privacy will be compromised. Sharing information about their location may allow people to follow them. They also need to understand that posting photos or including hashtags that can be subsequently shared by others, means their personal information may be used without their knowledge.

8. Encourage safe and smart mobile use
As children store a lot of personal information on their phone, it is important they use security measures to protect this information. Ensure your children’s mobile devices have a pin lock or passcode. Make sure they understand how easily someone could gain unauthorised access to everything from their social media accounts to their personal photos, if they don’t have one.

9. Be aware of online advertising
Companies can build a detailed profile of your children just by compiling data of their online behaviour. Controlling cookies and the use of add-ons and ad-blockers are good tools you can use to manage how much personal information is collected. Also look to see if the company gives you a means for opting out of their direct marketing.

10. Emphasise help is always available
Make sure your children know that they can ask for help if they have a problem online, whether from you, from their school or from government services. If your children experience cyberbullying, you can contact the Office of the Children’s eSafety Commissioner (at www.esafety.gov.au) most social media sites also have their own complaints systems. The OeSC also has information on a range of popular games, apps and social networking sites, including instructional advice on how to activate privacy settings.

There is more great e safety information and advice at www.esafety.gov.au