Dear Parents and Community Members,

Not everyone is born with an inbuilt sense of self-confidence. Sometimes it can be hard to develop confidence, either because of personal experiences that have caused you to lose confidence, or if you suffer from low self-esteem.

There are a couple of handy things you can do to build your confidence. Some of them are just little changes to your frame of mind, and others are things you have to work on for a bit longer to make them familiar habits.

1. Look at what you’ve already achieved
   Sometimes it can be easy to focus on what you haven’t done. It’s easy to lose confidence if you feel like you haven’t achieved anything. Focusing on stuff you have done, big or small, can help you gain perspective on all your talents and abilities.

2. Think of things you’re good at
   Everyone has strengths and talents, what are yours? Recognising what you’re good at and trying to build on those things can be a really useful way of building confidence in your own abilities.

3. Set some goals
   By proving to yourself that you can get stuff done, you’ll prove to yourself what you’re capable of achieving. They don’t have to be big goals; they can even be things like baking a cake or planning a night out with friends. Just little things that can be ticked off a list and help you gain self-confidence in your ability to get stuff done.

4. Talk yourself up
   You’re never going to feel confident if you have a negative commentary running through your mind telling you you’re no good. Think about your self-talk and how that might be affecting your self-confidence.

5. Get a hobby
   Try to find something that you’re really passionate about. Do you like playing footy? Like building model trains? Think of some of the stuff you’re really interested in and commit yourself to giving them a go.

**TELLING JOKES IS GOOD FOR KIDS!**

Q. Why did the banana go to the doctor?
A. Because it wasn’t peeling well!

Q. Why did the cat run away from the tree?
A. Because it was afraid of the bark!

Q. Why doesn’t the elephant use a computer?
A. Because it is afraid of the mouse!

Let’s BE RESPECTFUL,
BE SAFE and BE POSITIVE
and BE A LEARNER too!
DIY Fizzy Chalk Paint

Making fizzy chalk paint with your kids is a fun outdoor activity. These fizzing paints add an element of scientific fun that will keep little painters occupied for hours. Best of all, the rain will clean up the paint mess for you!

What you need

- 1/4 cup cornflour
- 250g of baking soda
- 1/2 cup cold water
- a few squirts of dishwashing liquid
- a few drops of food colouring
- white wine vinegar
- paint brushes

Activity

Step 1: Gather your ingredients. Combine the cornflour, baking soda, water and dishwashing liquid in a large bowl.

Step 2: Add the food colouring to your paint mix. You might like to divide your mixture into separate, smaller bowls to make multiple colours. We like using an old muffin tin as a palette for different colours.

Step 3: Take your chalk paint outside and get creative painting your path or driveway!

Step 4: For some extra fizzing fun, fill a spray bottle with vinegar.

Step 5: Spray the vinegar onto your artwork and watch it fizz. Cool!

Step 6: Check out your child’s fizzing chalk art creations. Look at that bubbling leftover paint.

Step 7: The rain will wash away the mess that your fizzy chalk paints have made. Bonus!

ABSENTEE NOTES

During the last week some families have received an unexplained absence letter for their child / children. The school now marks the role electronically so these letters are automatically generated by OneSchool. As I am sure that you will all agree our first priority is to teach the students. Staff will not answer the phones during learning time, but please feel free to leave a message on the school answering machine and your call will be answered as soon as possible. To ensure that your child/children’s absences are documented correctly into the data base, the school will now require you to explain all absences in writing when your child/children returns to school. By ensuring that a letter of explanation accompanies your child / children on returning to school an absentee letter will not be sent home.

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.

Windera State School Uniforms

Uniform Co-ordinator: - Susie Pick-Thompson; 41686069

Please note you will only be able to purchase uniforms on the first Tuesday of each month from 9am to 11am. Susie is more than happy to help you with all of your uniform inquiries and needs. Uniforms must be paid for before the uniforms will be given out.

EVERY CHILD MATTERS AT WINDERA STATE SCHOOL

Make every day count in 2015 – Make 2015 the year when your child doesn’t miss a day of school. Research shows that students who have good patterns of attendance are more likely to achieve at school. If students aren’t at school or don’t stay the whole day, they are missing valuable lessons. Check out the EVERY DAY COUNTS videos live on DETE TV.

http://www.youtube.com/DETEQueensland
**Aliens Have Landed!**

The aliens have landed! It’s distressing, but they’re here. They piloted their flying saucer through our atmosphere. They landed like a meteor engulfed in smoke and flame. Then out they climbed immersed in slime and burbled as they came.

Their hands are greasy tentacles. Their heads are weird machines. Their bodies look like cauliflower and smell like dead sardines. Their blood is liquid helium. Their eyes are made of granite. Their breath exudes the stench of foods from some unearthly planet.

And if you want to see these sickly, unattractive creatures, you’ll find them working in your school; they all got jobs as teachers

by Kenn Nesbitt

---

**Working Bee!**

**When:** Saturday the 21st of November 2015, 8:30am  
**Where:** Windera State School  
**Who:** Everyone!!  
**What to bring:** gardening tools, chain saw, Ute, trailer, hand saws, wheelbarrows, shovels, ladders, hoe, pick, rakes, gloves.  
MANY HANDS MAKE LIGHT WORK.... SEE YOU THERE!

---

I would like to sincerely thank all of the following families and community members who supported the Windera State School at the Combined Cloyna Cent Auction. It was wonderful to see everyone having such a great night!

**Families**
- W & L Beddows
- R & H Beddows
- D & C Beddows
- M & R Cooper
- J & K McUtchen
- J & S Pick
- M Thompson & family
- S Aiton & family
- T White
- D Cross

**Community Members**
- J & R Kratzman
- P & J Curtis
- Glenis Congreve
- Terry Anderson

Have a great week

Samantha Berlin  
Acting Principal
Every Day Counts
Our school’s attendance target is 95%.
P– 3 is 92.98%
4—6 is 93.61%

Our Improvement Agenda
Improving Reading, Comprehension, Spelling and Writing for all students.

Measures: Positive gains for every student
Year 3 & 5 reading and writing results two bands above NMS (National Minimum Standards) in 2015

*Improvement agenda is drawn from 2012, 2013 & 2014 data

What You Can Do To Help!
Read to and listen to your child read.
Encourage writing every day—shopping lists, birthday invites, diary entries, job list, letters

STAR: Sing, Talk, Ask Questions, Read

Camp
Information and forms with regards to the ‘Whole School Camp’ accompanies the newsletter.
This camp has been subsidised by the School and P & C. Please talk to the Principal, Sam, if you have any further questions or payment issues.

Awards
Congratulations
Joshua Brunner & Nicholas Beddows for receiving this week's SWAN AWARDS
Phoenix & Joshua Beddows for Reading/Comprehension/Spelling/Writing Improvement Awards
Birthdays for November
Jazmin L—15th
Sydney—19th
Madison—19th

Under 8's Day

Please see the flyer attached to this newsletter. If you would like to participate in the Sausage Sizzle, please return the slip below by November 25.

× ........................................................................................................................................

Family Name: ...........................................

I would like to order sausage sizzle / popper for ....................

I have enclosed the money □

I will pay on the day □

Dates to Remember

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov 19</td>
<td>Prep Transition Day</td>
</tr>
<tr>
<td>Nov 24</td>
<td>Last Swimming lesson</td>
</tr>
<tr>
<td>Nov 27</td>
<td>Under 8’s (see attached note)</td>
</tr>
<tr>
<td>Nov 30/Dec 1</td>
<td>Camp at Mapleton</td>
</tr>
<tr>
<td>Dec 1</td>
<td>Playgroup</td>
</tr>
<tr>
<td>Dec 2</td>
<td>High School Transition for Yr 6</td>
</tr>
<tr>
<td>Dec 3</td>
<td>Yr 6 Graduation</td>
</tr>
</tbody>
</table>
GALA DAY 4 November

This year the students in Years 5 and 6 went to the PCYC in Murgon for a day filled with a variety of sports that allowed us to experience new skills. It was a busy fun filled day and we enjoyed every minute of it. Windera students joined in with groups of students from a variety of other small schools in our Barambah Cluster. The sports we played were Aus Tag, golf, yoga, cricket, basketball, squash, gymnastics, hockey and soccer. Most of the students liked the game of squash the best.

4-6 SWIMMING CARNIVAL

Ouch! oooh! who just did that bellyflop!!!

On Friday 13th of November the Windera senior students travelled to Wondai to compete in the Barambah Small Schools swimming carnival.

Congratulations!!! To Nicholas Sanewski who achieved his goal of being age champion for 2015, well done Nick!! To everyone else from Windera who participated in their chosen events and did their best, you are all a credit to the Windera School. Great Work EVERYONE! A big thank you to the parents who came along for the day and supported us by cheering everyone on. What a Super Swimming Carnival!

By Maddy Beddows
Playgroup

December 1

Where: Windera State School (In senior classroom)

Time: 9.00 to 11.00am

Who: For 0-5 year olds and their parents/carers

What to bring: Toys that are age-appropriate for your child
Plate of food to share.

(Tea & Coffee-making facilities will be available.)

Share with your neighbors' and friends about Playgroup at Windera School.

If you have any questions, please phone Susie on 41686069 or Sam at school on 41686153(phone before 8.30 or after 2.30)
Invites Prep 2016 students and parents to

Prep Transition Day

November 19

9.00 to 10.30am

(Bring your morning tea and join in with the school community)

Please wear closed-in shoes. Bring hat and water bottle.