Dear Parents and Caregivers,

Week four is already almost over and we’ve had a busy few weeks! Naidoc Week was celebrated at our school in Week 2, with all classes being involved in a range of activities, including contributing to a whole school ‘Rainbow Serpent’, which is now displayed in the library. We also had National Tree Day, Jeans for Genes Day, YWAM visit and began swimming lessons. There are a number of events coming up including a prep excursion, interschool athletics, ‘Life Education’ van visit, Year 5/6/7 camp and the P&C Movie Night. Please see the dates listed at the end of the newsletter for your reference. These events would not take place without the great commitment of our staff, P&C, parents and caregivers. It is important to recognise that we all play a significant role in providing great opportunities for our children.

……………………………………

D. Broadfoot
7th August, 2014

SCHOOL UNIFORM – including blue shorts!

FULL school uniform is vitally important to our school identity and community perceptions about our school. A number of students are not wearing royal blue shorts, which are a part of our school uniform policy. We all take great pride in our school and we all want our students to represent our school to the highest standard. While we appreciate that there are times when children will be out of uniform, it appears we have a small number of students ‘electing’ not to wear their full uniform. If for any reason a child is not able to wear a uniform, under our current Uniform Policy, parents must provide a written explanation. Thank you for assisting us in this matter.

PARKING ISSUES

It has been brought to our attention that some parents are parking two abreast on Anzac Lane, which is blocking other cars from getting through. This is also a safety hazard. In the interests of children’s safety, please adhere to parking laws around our school.

RED TRACK

A number of students will be attending the Interschool Athletics Carnival this Monday. These students have already been provided with the information they need. We wish them all the best of luck and know that they will represent our school to the highest standard.

SWIMMING

A reminder that there will be no swimming lessons next week due to Interschool Athletics.

CHALLENGE GAMES

Congratulations to a number of our special needs students that participated in ‘The Challenge Games’ last week. There were many great stories about the day and a lot of ribbons were won, along with an amazing trophy! It was a fantastic day of sportsmanship, competition, fun, family and unity. Well done to all the students involved!

CAMP

Our Year 5/6/7 students are getting very excited that their school camp to Mungalli Falls is only a little over a week away! It is going to be an absolutely amazing opportunity for all of the children that are going. A reminder to all parents and caregivers that full payment must be made before a child will be allowed to leave for camp.

12 ALTERNATIVES to ‘Losing it’ with your Child

We all know that children, including adolescents, at times, can drive you crazy. They may not listen. They are messy. They don’t think before they act. They don’t consider another’s feelings. Unfortunately these factors are a part of growing up, and it takes a loving family to help them learn to be respectful, responsible, tolerant, caring, loving and self-controlled. When everyday problems pile up, our tolerance as parents may not be as strong. Often our ability to control ourselves will be tested. We may be easily angered but the message here is: DON’T TAKE IT OUT ON YOUR CHILD or CHILDREN or PARTNER.

It’s a matter of mustering your self-control (we all have it). Think of the benefits.

If you show self-control, your child knows what it looks like and can copy it.

Here are some alternatives:

- Stop in your tracks. Step back. Sit down. Talk yourself back to calm.
- Take 5 deep breaths. Inhale. Exhale. Slowly. Slowly
- Count to 10. Better yet, 20 or say the alphabet out loud or backwards
- Phone a friend, or a relative. Even the weather number.
- Still mad? Punch a pillow, a punching bag or munch an apple.
- Thumb through a magazine, newspaper, photo album, work manual.
- Do some sit-ups, kick a ball, jog on the spot
- Pick up a pencil and write down your thoughts/feelings/frustrations
- Take a shower, or better still, a bath
- Lie down on the floor listening to your favourite music
- Talk to your pet – they are good listeners and non-judgemental
- Go to your shed (if you have one) otherwise do something that gardening/mowing you need to do.

By now hopefully you are feeling calm. By now the problem may not have seemed like it deserved the blood pressure, but it’s time to deal with the issue in a calm, peaceful, rational way. You can do it. It’s all a matter of choice.

Adapted from: Qld Centre for Prevention of Child Abuse Information Sheet

HOY –Saturday 16th August under D Block at 2.00pm
The school has been notified that 2 students are currently absent with Hand, Foot and Mouth disease. Below is information on the diagnosis and treatment of this disease.

**HAND, FOOT AND MOUTH DISEASE**

What is hand, foot and mouth disease?
Hand, foot and mouth disease is generally a mild illness caused by a number of enteroviruses, particularly coxsackieviruses. It is usually not a serious illness, and occurs mainly in children under 10 years of age but can also occur in older children and adults. It is not related to the foot-and-mouth disease that affects cattle.

What are the symptoms?
• Enteroviruses such as coxsackieviruses may cause no symptoms at all or only very mild symptoms.
• When symptoms do occur, they include blisters that start as small red dots which later become ulcers. Blisters appear inside the cheeks, gums, and on the sides of the tongue, as well as on the hands and feet. In infants, sometimes blisters can be seen in the nappy area. Blisters usually last for seven to 10 days.
• Children can sometimes have a low fever, irritability, sore throat, tiredness, feel off colour and may be off their food for a day or two.

How is it spread?
• Hand, foot and mouth disease is usually spread from person-to-person through faecal contamination (which can occur when changing a nappy or using the toilet and not properly washing hands afterwards), or spread through respiratory secretions (saliva, sputum, or nasal mucus) of an infected person. It is also spread by secretions from the mouth or respiratory system, and by direct contact with the fluid from blisters.
• With small children, sharing of toys that may have been in another’s mouth can also spread infection.
• It usually takes between three and five days after contact with an infected person before blisters appear. The viruses can remain in faeces for several weeks.
• Outbreaks may occur in child care settings.

How can it be prevented?
• Good hygiene is the best protection. Wash hands with soap and water after going to the toilet, before eating, after wiping noses, and after changing nappies or soiled clothing.
• Avoid sharing cups, eating utensils, items of personal hygiene (for example: towels, washers and toothbrushes), and clothing (especially shoes and socks).
• Thoroughly wash any soiled clothing and any surfaces or toys that may have been contaminated.
• Teach children about cough and sneeze etiquette
• Cough and sneeze into your elbow (rather than your hands) or cover with a tissue.

How is it diagnosed?
The doctor can diagnose hand, foot and mouth disease based on the symptoms.

How is it treated?
• Usually no treatment is needed. Paracetamol will relieve fever and discomfort. Do not give children aspirin.
• Allow blisters to dry out naturally. The blisters should not be deliberately burst because the fluid within them is infectious.

• If the headache is severe, if fever persists, or if you are worried about other symptoms, consult a doctor.

What is the public health response?
Hand, foot and mouth disease is not notifiable. Children with hand, foot and mouth disease should be excluded from school or childcare facilities until their blisters have dried. To help prevent spread, parents should report the illness to the director of the childcare centre or school principal.

Adapted from www.health.gov.au/Infectious/factsheets

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**Citizen of the Week**

<table>
<thead>
<tr>
<th>Week ending</th>
<th>Grade</th>
<th>Week ending</th>
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<tbody>
<tr>
<td>25th July</td>
<td></td>
<td>1st August</td>
</tr>
<tr>
<td>Ruby</td>
<td>PREPM</td>
<td>Terrence</td>
</tr>
<tr>
<td>Mihra</td>
<td>P/1M</td>
<td>Rory</td>
</tr>
<tr>
<td>Declan</td>
<td>1/2E</td>
<td>Kady</td>
</tr>
<tr>
<td>Haylee</td>
<td>1/2M</td>
<td>Tarryn</td>
</tr>
<tr>
<td>Jordan</td>
<td>3M</td>
<td>Aiesha</td>
</tr>
<tr>
<td>Toby</td>
<td>3/4W</td>
<td>Ciana</td>
</tr>
<tr>
<td>Junior</td>
<td>4/5F</td>
<td>Zoe</td>
</tr>
<tr>
<td>Lennon</td>
<td>5/6MJ</td>
<td>Amy</td>
</tr>
<tr>
<td>Tathan</td>
<td>5/6RJ</td>
<td>Dylan</td>
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<tr>
<td>Patrina</td>
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**GUESS WHO IS COMING TO RAILWAY ESTATE**

Harold and the Life Education Van will be at our school from Thursday 28th August to Wednesday 3rd September. Students are invited to participate in the fun, exciting and educational programs below:

- Prep & Prep/1 Harold’s Surprise
- 1/2 Mystery Tour
- 3, 3/4, 4/5 All Systems Go
- 5/6 & 6/7 It’s Your Call

The cost to visit the van is $7.00 and is due and payable at the school office by Monday 25th August.

Please refer to the flyer attached to this Newsletter for further information.

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**UPCOMING DATES**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>11th August</td>
<td>Red Track</td>
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<tr>
<td>15th August</td>
<td>Movie Night</td>
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<tr>
<td>18th – 22nd August</td>
<td>5/6/7 School Camp</td>
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<tr>
<td>28th August – 3rd September</td>
<td>Life Education Van</td>
</tr>
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