

From the Principal

I would like to extend a warm welcome to our new school nurse, Jenna Vandyk. Jenna has taken up the temporary vacancy of the nursing position for this year and will be based within our school 5 days per week. Jenna is a regional nursing resource and will therefore have some of her time allocated to providing support to other schools within our region.

I would also like to extend our congratulations to our teacher Jasmine and her husband Tony Peterson on the safe arrival of their son Matthew Craig born on Monday 18th May, weighing 4lbs 9ozs. Although Matthew was born prematurely following complications with Jasmine's pregnancy both he and Jasmine are doing well.

Work is continuing on the damage caused by the flooding with a number of repairs almost being completed. I would again like to thank the BAS team for the efficient and professional way they have supported our school community, particularly with their consideration for our students (with regard to noise and disruptions) and their commitment to working every weekend since our flooding occurred in their effort to complete the work as quickly as possible, to lessen the impact for students and staff.

P&C News

Thank you to the Narbethong School Community for supporting the Easter Raffle \$650.00 was raised for the P&C.

A report from the Narbethong P&C will be published in the next school Contact.

IMPORTANT DATES

Queen's Birthday	Monday 8th June
Last Day of Term 2	Friday 26th June
First Day of term 3	Monday 13th July

BIRTHDAYS

Congratulations to the following students who are celebrating their birthdays in the next fortnight.

🕯 Ruby 🕯 Emma

🕯 Max 🕯 Nathan



Back Care for families

Long term care of a child with a disability creates ongoing wear and tear on people's backs. It is important that a few simple rules are followed to avoid problems in the future.

1. Get as close to your child as possible
2. Have your feet wide apart
3. Bend your knees and push hips backwards and down in to a semi – squat
4. Tighten your lower abdominal and pelvic floor muscles
5. Take a breath in before lifting
6. Breathe out as you lift – DO NOT HOLD YOUR BREATH
7. Avoid twisting and turn using your feet and not your back
8. If lifting equipment is available it is much safer in the long term for your lower back to use this

Even though lifting your child may seem quicker, the long term risks for your back are great. Taking that little extra time now using equipment will save your back.

State schools update – newsletter item

Influenza (flu) season

Winter is coming, bringing cold and influenza (flu) season with it. Queensland Health's influenza page, www.qld.gov.au/flu, covers the symptoms, how to protect yourself and others from getting sick and treatment.

Our school is helping to prevent the flu from spreading by:

- encouraging children, staff and visitors to cover their mouths and noses when they sneeze or cough
- making tissues readily available and ensuring used tissues are disposed of immediately
- ensuring children and staff wash their hands regularly
- cleaning our facilities and resources regularly
- encouraging staff and children with flu-like symptoms to stay at home
- strongly urging staff and children who arrive with flu-like symptoms to instead stay at home and encouraging them to seek early medical advice.

If your child catches the flu, please seek medical advice and keep them home until they are feeling well again.

Under 8's Day Celebrations

Last Tuesday the students from Miss Trish, Jenny, Michaela and Karen's classes celebrated Under 8's Day. We gathered in the courtyard to share some yummy morning tea with our families and friends. Miss Lee had us all singing and dancing and Miss Lucy painted out faces. We had lots of art and craft too. We had a very special visitor Henie the Seeing Eye dog. Everyone loved giving her a pat. We had so much fun and it was a wonderful celebration. Great effort by the team organising such a successful event!



Rocking Out With Rhythm – Music News

“*Where words fail, music speaks*” Hans Christian Andersen

How true these words are. A picture may paint a thousand words, however Music can be the words for endless conversation. During our percussion group Week 5, students worked in paired teams. One particular pair of musicians who deserve noted credit are Chaeyon Seo from Senior 4 and Jarrod Bergh-Gleenson from Middle 3. These two fine musicians displayed great team work from shaking hands when being introduced to each other, holding the bongo drums while the other had a turn playing, playing a xylophone at the same time and giving each other a 'high five' at the end of their session. These two young musicians not only shared a collaborative musical experience, but also set in place the makings of a lovely friendship!

Rocking Out With Rhythm awards for Week 5 and 6 go to, Luca Hurley from ECDP2, Willow Wilson from Junior 2 and Carl Negus from Middle 1. Luca had a wonderful Music session last week and was very enthusiastic to strum the guitar. Luca independently raised his arms several times to the guitar stings when asked if he wanted to play more guitar. Luca's receptive and expressive communication were well in tune throughout his Music session and he is to be congratulated on his great work!

Willow has consistently engaged well in Music throughout the semester and deserves special recognition. Willow is always ready to hold onto a shaking or rattling instrument and lead music for her class. You are a wonderful musician Willow and should be proud of your fantastic efforts.

Carl was very vocal during Music session Week 5 and responded with vocal 'hello' during our greeting song. He was full of smiles, vocalisations and body movement throughout the music session and particularly enjoyed musical instruments being played to him. Lovely to see your joy for music Carl, keep up the good work!



Anne Nystrom

Principal