



# Rainbow Ramblings

Rainbow Beach State School  
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School Hours: 8.30am to 2.30pm Office Hours: 8.00am to 2:30pm Monday to Friday

12 May 2009

If you would like your newsletter emailed home please send an email to [tlidbl@eq.edu.au](mailto:tlidbl@eq.edu.au)

Dear Parents/Caregivers,

## **Influenza A (Swine Flu) and good hygiene tips**

Queensland Health has advised it is "business as usual" for schools after the confirmation of Australia's first case of the new strain of Influenza A (otherwise referred to as Human Swine Influenza) on Saturday 9 May 2009.

Good hygiene practices while coughing or sneezing, and regular hand-washing, are major factors in preventing the spread of any infection including Influenza A.

However as parents and carers of young children, we all understand how difficult it can be to get kids to wash their hands at the correct times – and to do it properly!

A helpful information sheet about sanitary hand-washing techniques is available at [www.education.qld.gov.au/health/pdfs/healthsafety/hand-wash-solutions.pdf](http://www.education.qld.gov.au/health/pdfs/healthsafety/hand-wash-solutions.pdf)

**Year 3/5/7** tests will be held on Tuesday, Wednesday and Thursday mornings. Please ensure your child has a restful week, has a good breakfast and healthy snacks and lunch for each day. We wish our students well and we encourage them to do their best. The Year 2/4/6 Students will continue with educational programs with Mrs Neumann and Mrs Young.

Dianne Neumann  
(Principal)

## **SPORTS CORNER**

### **Cross Country Trials**

On Friday 8 May a group of students travelled to Gympie for the Gympie Zone Cross Country Trials.

Each and every one of them were a credit to the school presenting their best in both effort and behaviour.

Congratulations to them all and especially to the two students, Eric Lawton and Sarah O'Brien who were selected to participate in the Wide Bay trails.

Good Luck in June.

### **Rugby League Trials**

On the weekend two year 6 boys represented their teams at Hervey Bay.

Unfortunately they were not selected for the Zone teams but enjoyed and benefited from the experience. Well done.

## **INTERSCHOOL RUGBY AND HOCKEY**

Our school will be involved in Interschool sports this term. Students from Years 4 up are eligible to play. The chosen sports are Rugby and Hockey. Interschool sports will be held on Friday afternoons in Gympie starting next Friday 22 May. A separate note will be sent home with the students who are involved.

## **GYMPIE SHOW EXHIBITS**

Prep, Year 1, Year 2 and Year 3 students have entered a "Picture" in the Gympie Show School Work section. The children in each age group had a different topic for their picture but have all painted their response. No you don't have to go to the show to view these works of art as they will be collected and returned to our children here at school. Well done Prep to Year 3 and good luck.

Therese Young

### **Dates to Remember**

<b>Tuesday 12, Wednesday 13 &amp; Thursday 14 May</b>	<b>Years 3,5,7 Test</b>
<b>Friday 15 May</b>	<b>Gympie Show Holiday</b>
<b>Wednesday 20 May</b>	<b>School Photos</b>
<b>Thursday 21 May</b>	<b>School Athletics (to be confirmed)</b>
<b>Friday 22 May</b>	<b>Interschool Rugby and Hockey commences</b>
<b>Tuesday 26 May</b>	<b>School Athletics – field events</b>
<b>Monday 08 June</b>	<b>Queens Birthday Public Holiday</b>
<b>Wednesday 10 June</b>	<b>Interschool Athletics – 10yr +</b>

# P&C NEWS

## P&C MEETING WEDNESDAY 6 MAY 5:30pm

### TUCKSHOP NEWS

Wednesday 13 May, Helper – Carmen Speed, Bakers – Sarah Brantz and Michelle Gilmore.

Wednesday 20 May Helper – Tamara Emms, Bakers – Andrea Hayes and Kylie Betteridge.

### UNIFORM SHOP

The uniform shop is open on Tuesday mornings between 8:00am and 8:30am.

The uniform shop is recalling all LW Reid skorts that have faded (they have a side zip and button). Please return them to the uniform shop and we will exchange them for a new pair. Thank You.

### SCHOOL PHOTOS

Order forms/envelopes were sent home with students last week. Please return the envelope to the school office before photo day – Wednesday 20 May. Please note that orders for photos received after the photo day are subject to a \$20 search fee.

Please contact the office if you have misplaced your order form/envelope or if you would like family photos taken.

### SCHOOL BANKING

School banking is held at the school every Thursday. School banking is a great way to teach young children the importance of regular saving. If you would like to open a school bank account for your child please contact the office. If you already have a school bank account for your child, imagine what they could buy if they saved just \$2 a week, start saving now and bring the bank books into the office on Thursday mornings.

### BRING HOME A BROTHER OR A SISTER

In July 2009, students, aged 15 – 18 years, from over 15 countries will be arriving in Australia to study at local schools for 5 or 10 months. Opportunities exist to act as a host family in a volunteer/unpaid capacity. Hosting can be on a temporary, short or long term basis.

Host families help provide our students with the chance to study and experience life in Australia. This is a great way to learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill. If your family can offer a friendly, supportive and caring home environment, contact us today.

To learn more about this opportunity call Student Exchange Australia on 1300 135 331 or visit our website:

[www.studentexchange.org.au](http://www.studentexchange.org.au)

### HAND WASHING TECHNIQUE

1. Use soap and water
2. Vigorously wash hands for 20 to 30 seconds, using the following pictures as guides
3. Rinse hands with water
4. Dry hands thoroughly



**1. Wash palms**

**2. Wash between fingers**

**3. Wash back of hands**

**4. Wash wrists**