School Based Vaccinations

Information for Parents

Vaccines are funded for adolescents under the National Immunisation Program Schedule to protect against the diseases below. The Year 7 and 8 School Immunisation Program allows parents to have students vaccinated through their school at no cost. If your child is immunised by your doctor, the vaccine will be free but you may be charged a consultation fee.

Immunisation for adolescents is recommended because:

• they need a booster dose for diphtheria, tetanus, whooping cough (pertussis)
• some immunisations need to be given in early adolescence (human papillomavirus)
• they were not routinely given during childhood, such as chickenpox (varicella).

Recommended vaccines for Year 7 and 8 Students in 2016:

<table>
<thead>
<tr>
<th>Disease</th>
<th>Vaccine dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Human papillomavirus</td>
<td>3 doses—0, 2 and 6 months</td>
</tr>
<tr>
<td>Diphtheria, tetanus and whooping cough (pertussis)</td>
<td>1 dose</td>
</tr>
<tr>
<td>Chickenpox (varicella)</td>
<td>2 dose</td>
</tr>
</tbody>
</table>

School Immunisation Program

Queensland’s School Immunisation Program provides parents with the opportunity for their child to receive free scheduled immunisations at their school. In 2016, the program will be offered to all Queensland secondary schools. A child is eligible for vaccines based on their Year level at school rather than their age.

Vaccines are also funded for adolescents being home schooled or attending special school between the ages of 12 and 14 years of age.

Before the immunisation

Before the school visit, your child will be given a consent form that provides details about the disease, benefits of immunisation and any common side effects. Read the information, sign the consent form indicating whether you wish your child to be immunised and return it to the school. The decision to be immunised is one made by the student and/or their parent/guardian. Only students with a completed and signed consent form on the day of the school clinic will be immunised.

On the day

A fully trained and qualified team will visit your child’s school to offer the free immunisations. At the time of immunisation, your child will be asked a series of standard questions to check if the student is medically well, has any severe allergies or is pregnant to ensure immunisation is appropriate. After the immunisation, the child will be observed in an area close to the immunisation team for at least 15 minutes. All students will receive an immunisation record to take home. Keep this with your child’s health records so you know which vaccines they have received.


For further information you can contact Jennifer Sellin (School Based Youth Health Nurse) on a Tuesday or Wednesday alternatively contact Judy at Cunnamulla Hospital 4655 8100

From the Principal’s Desk

A big thank you to the Year 9/10 students and Mrs Vos for publishing the Pelican Newsletter for 2016. The students have this as their class project and are keen to create a newsletter that is professional and informative. The newsletter aims to provide important information about school events as well as celebrate the fabulous work students and staff do at the school. If you would like the newsletter emailed to you please provide the office with your email address and it will be emailed every fortnight.

Everyday Counts

A reminder that ALL students should be at school every day! Every day someone is away they lose an opportunity to learn and build on their knowledge and success at school. As a staff we ask all parents/carers or family members to reinforce the need to be here every day and also just as important ON TIME!

Our attendance rate was 85.4% last year and we aim to improve this rate to 90%. By the end of week 4, 53% of students are above 90% attendance…great job everyone!

School Visitors

All visitors including family members of both staff and students must enter through the front gate and sign in at the office. Please note if community members continue to disregard this request further action will be taken. Which may include:

• An informal discussion to reinforce school procedure with Principal
• Written notification of breach of school procedures
• A 30 day ban from school premises.
Laughter, the best medicine

How is it that the sound of laughter is far more contagious than any cough, sniffle, or yawn.

Laughter is a natural part of life. The part of the brain that connects to and facilitates laughter is among the first parts of the nervous system to come on line after birth. Infants begin smiling during the first weeks of life and laugh out loud within months of being born. Even if you did not grow up in a household where laughter was a common sound, you can learn to laugh at any stage of life. Now is the time.

While humour and laughter can cause a domino effect of joy and amusement for anyone in range, it is well researched that this activity can make us healthier.

Laughter has also been shown to improve pain tolerance, reduce stress, lower blood pressure, and protect the heart. The social effects too are many. They include:

- improving a person's optimism and outlook on life
- connecting you to others – others will want to spend time with you
- fostering instant relaxation
- and most importantly, it makes you feel good!

But humour must be used with care. Children should not be exposed to inappropriate adult humour. Never use humour to offend or shame another person. It’s not about laughing at another person but ensuring everyone enjoys the joke. If you feel a need to laugh at someone make sure that that someone is you.

Try these activities. They will benefit your child and you:

- Watch comedy DVD’s and TV shows
- Visit the circus – do some clowning around yourself
- Listen to comedy while driving – the news these days is very depressing
- Read comic authors/ tell jokes.
- Seek out funny people - spend less time with overly serious people.
- Bring humour into conversations. Tell and invite funny stories
- Just practise smiling and laughing. If you have to - `fake it till you make it`

Let’s see more people laughing, and smiling. Our communities, including schools and workplaces, can only benefit.


Here are some jokes to share with the kids

Q: In which battle did Napoleon die?  A: His last.
Q: What can you never eat for breakfast?  A: Lunch or dinner.
Q: What looks like half an apple? A: the other half.
Q: If you throw a red stone into the blue sea what will it become? A: Wet.
Q: How can a man go 8 days without sleeping? A: No problem, he sleeps at night.
Q: How can you lift an elephant with one hand? A: You will never find an elephant that has one hand!

Did you solve the puzzle? Bring it to Mrs Vos and receive a prize and Smart Card!

Sudoku

Instructions

Solving a sudoku puzzle can be rather tricky, but the rules of the game are quite simple.

A sudoku puzzle is a grid of nine by nine squares or cells, that has been subdivided into nine subgrids or "regions" of three by three cells. The objective of sudoku is to enter a digit from 1 through 9 in each cell, in such a way that:

- Each horizontal row contains each digit exactly once
- Each vertical column contains each digit exactly once
- Each subgrid or region contains each digit exactly once

Solving a sudoku puzzle does not require knowledge of mathematics; simple logic suffices. (Instead of digits, other symbols can be used, e.g. letters, as long as there are nine different symbols.)

In each sudoku puzzle, several digits have already been entered (the "givens"); these may not be changed.

The puzzler's job is to fill the remainder of the grid with digits –respecting, of course, the three constraints mentioned earlier.
Some Fun!
Natasha Hearn and Loren Mitchell-Murphy conducted a poll of all school students, to determine everyone’s favourite sport. The results came back, with Swimming proving a favourite. Could be to do with the 40+ degree weather!

Motivational Quote:
When you feel like quitting, think about why you started.

Spot the difference
There are ten differences to find.

New school leaders elected
Our student investiture was held last Thursday. This ceremony acknowledged our school leaders who have taken on the challenge to be role models at Cunnamulla P—12 State School. Congratulations to the following students:

School Captain: Alison McCormack
School Leaders: Ellie Ferguson, Faith Nelson and Tristan Marshall
Senior Sports Captains, Paroo: Tristan Marshall and Ellie Ferguson
Senior Sports Captains, Warrego: Faith Nelson
Junior Sports Captain, Paroo: Imagen Hooper
Junior Sports Captain, Warrego: Quanika Colliss

School leaders: Tristan Marshall, Alison McCormack (School Captain), Ellie Ferguson and Faith Nelson.
Imagen Hooper and Quanika Colliss.
Mayor Lindsay Godfrey and Alison McCormack.
On the 5th of February, Cunnamulla P – 12 State School held its annual school Swimming Carnival. The day kicked off with a rousing whole school parade, followed by a walk to the pool. The first race was 50 metres freestyle, getting all children quickly involved and excited. The Prep – 3 novelty events were next, with all young students trying their best. Many students participated in races throughout the day, ensuring big scores for both Paroo and Warrego. However, Paroo were the winners of the day with a comfortable margin, securing 442 points to Warrego’s 386. Concluding the event was a brand new novelty race, which saw parents and teachers as well as students trying to secure points in a bid for a currently unveiled and mysterious novelty trophy. In this novelty event, Warrego were the clear winners with 362 points, and Paroo having 210.

Tristan Marshall, Paroo Captain, said, “The swimming carnival was great, everyone got in and had fun, did their best and it was a good day.” Shania McKellar, Year 11 student, said “The swimming carnival was a mad day, good because everyone had a very good day.”

Primary school events

The Primary teachers and students recently held a BBQ in the local park to meet and mingle with parents and families. The afternoon was a success, with students, families and staff enjoying a sausage sizzle, playing with kites the students proudly made themselves, and engaging in some friendly games of cricket with Indigenous Community Sports and Recreational Officer, Scott Pattle. Mr Pattle was impressed with the enthusiasm and participation of all students, “The kids enjoyed it, we played cricket and popular indigenous game ‘fly’. Acting Deputy Principal Miss Lawson commented, “Thank you to everyone for attending. It was great to spend the afternoon with families.”
Senior school happenings

Senior Information Dinners

Over the past fortnight, the secondary school has held information dinners for the 7/8, 9/10 and 11/12 classes. Parents and family members were invited to a delicious buffet dinner at the local Warrego hotel. During the dinner, they were introduced to the staff working with their children, and informed of the school’s main focuses for the year – namely the importance of attendance and a positive learning attitude whilst at school. The senior students were reminded that they had a lot to live up to, with 100% of 2015’s Year 12’s graduating with a Queensland Certificate of Education. The 9/10s were motivated to ensure they were setting a good example for the younger students, and the importance of good work habits before they enter their senior years. The 7/8s listened intently to a discussion of the benefits of having an engaged attitude whilst in class. Another exciting part of the evening was when all students were presented with their school diaries. Mr Bates spoke about the diaries, saying, “These diaries hold a great amount of information pertaining to school life. These diaries are an essential learning tool, and need to be brought to class every day.” School Principal Mrs Campbell was impressed by the dinners, “I was really thrilled about all of the families and carers that attended the information dinners. Important information was shared, and everyone is committed that students have the best opportunity to learn.”

Reminders:
Senior students attendance needs to be 90% or above.

The Assessment Calendar will be sent home shortly.

Age Champions

Congratulations to all of 2016’s age champions!

<table>
<thead>
<tr>
<th>Year</th>
<th>Girl / Boy</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007</td>
<td>Girl</td>
<td>Jody Widgell</td>
</tr>
<tr>
<td>2007</td>
<td>Boy</td>
<td>Travis McCauley</td>
</tr>
<tr>
<td>2006</td>
<td>Girl</td>
<td>Charli Pender</td>
</tr>
<tr>
<td>2006</td>
<td>Boy</td>
<td>Seth Beckmann + Lexton Pender</td>
</tr>
<tr>
<td>2005</td>
<td>Girl</td>
<td>Abby Pender</td>
</tr>
<tr>
<td>2005</td>
<td>Boy</td>
<td>Jarell Hooper</td>
</tr>
<tr>
<td>2004</td>
<td>Girl</td>
<td>Brandy Collins</td>
</tr>
<tr>
<td>2004</td>
<td>Boy</td>
<td>Blake Mills + William Mitchell</td>
</tr>
<tr>
<td>2003</td>
<td>Girl</td>
<td>Gypsy Pender</td>
</tr>
<tr>
<td>2003</td>
<td>Boy</td>
<td>Nathan Widgell</td>
</tr>
<tr>
<td>2002</td>
<td>Girl</td>
<td>Jemma Thomas</td>
</tr>
<tr>
<td>2002</td>
<td>Boy</td>
<td>Koli Tangi-Tangi</td>
</tr>
<tr>
<td>2001</td>
<td>Girl</td>
<td>Tarni Thomas</td>
</tr>
<tr>
<td>2001</td>
<td>Boy</td>
<td>Steven Mitchell</td>
</tr>
<tr>
<td>2000</td>
<td>Girl</td>
<td>Shyann Thomas</td>
</tr>
<tr>
<td>2000</td>
<td>Boy</td>
<td>Jacob Vider</td>
</tr>
<tr>
<td>1999</td>
<td>Girl</td>
<td>Jasmin Anderson</td>
</tr>
<tr>
<td>1999</td>
<td>Boy</td>
<td>Tristan Marshall</td>
</tr>
</tbody>
</table>

The age champions stand proudly with their trophies.
**In other exciting sporting news**

Chelsea Ferguson, Year 9 student, met up with Cunnamulla’s HPE teacher, Miss Bourke, to get the low down on all the current sporting events happening at school.

**District and Regional Swimming**

“We had seven students from districts make it to regionals. Our school had great participation and showed wonderful school spirit.” Principal Mrs Campbell also shared her congratulations. “Well done to all swimmers who participated in the district swimming carnivals. It is fantastic to see seven of our students selected for regionals in Miles. Good luck to them all!”

**Netball**

“In two weeks time, girls in Year 7/8/9 will compete in Toowoomba at the Laura Geitz Netball Cup. The girls have been training really hard at lunch time and I’m really looking forward to it.”

Famous Netball player Laura Geitz.

**Class profile: Year 7s**

The Year 7s have commenced their first year of high school. Natasha Hearn inquired what they were all most excited about for high school, these are their answers...

<table>
<thead>
<tr>
<th>Naomi Roberts: Home Economics</th>
<th>Pippie Collins: To do different things</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kyra Thomas: ITD</td>
<td>Gypsy Pender: Doing new things such as more sports</td>
</tr>
<tr>
<td>Rebecca Widgell: Home Economics</td>
<td>Marlon Munn: Art</td>
</tr>
<tr>
<td>Brandy Collins: Different teachers/classrooms</td>
<td>Gary Brown: ITD</td>
</tr>
<tr>
<td>Blake Mills: ITD</td>
<td>Jarib Branfield: ITD</td>
</tr>
<tr>
<td>Lauren Mitchell: ITD</td>
<td>Felicity Davis-Rach: Having different teachers</td>
</tr>
</tbody>
</table>

In Science, the Year 7 class have been learning about the water cycle. They have been imagining they are a water droplet, and writing about the journey they have been on. Here are Jarib and Felicity’s stories:

**One day my droplet buddies and I were floating around in the air and we decided to make a club, and called it a cloud. Soon after there were too many droplets so we started to precipitate. As we fell faster and faster to the ground we finally reached the ground and floated downstream between the mountains, we were scared. When we reached the ocean, we started to heat up and went up into the sky and made another cloud club.**

Felicity

*Bam, push! My buddies and I were all cramped together and we started to fall.... Earlier it was peaceful and I was doing my own thing and then I started going up. I was not water anymore. I was a gas. I went into a silky white cloud. Later on it was getting hard to see. I got dark. There was a lot of droplets and there was a lot of noise. Bam, push. My buddies and I were all compacted together, and we started to fall. We landed on some sort of hill and we started to go down the hill. My friends and I landed near trees, we ran down into a lake, but not for long.***

Jarib

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**Teacher profile: Miss Karina Paine**

Marion Widgell and Tarni Thomas interviewed Cunnamulla P—12 State School’s Year 2/3 teacher, Miss Karina Paine.

Where did you go to school? Maclean
What’s your favourite TV show? The OC
Have you travelled overseas? Yes
What’s your favourite subject? Dance
Where did you grow up? Maclean
What is your favourite animal? Elephant
What is your favourite ice cream? Chocolate
How many brothers and sisters do you have? 1 big brother
What is your favourite footy team? Canberra Raiders
What sports do you like playing? Netball, Footy NRL, Dance

Photo: Lyall Webb.

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The Year 7s working on their water cycle stories in the computer lab.