I hope that you have all had a relaxing and enjoyable break?

Term 3 has started with a bang and looks to be just as busy as Term 2 was. It was great to see so many students’ dressed up in their states colours for State of Origin today.

We have had a confirmed case of Hand, Foot and Mouth disease at school. Please check your children for any symptoms. Children must be excluded from school until all blisters have dried.

Our next P&C Meeting is on Monday 18th July at 3:15pm. We will be electing a new P&C President at this time. A big thank you to Peta Henders who has been our P&C President for the past 18 months. We are grateful for your dedication and hard work during this time to help improve the learning outcomes for all our children.

Suicide Response Training – Lifeline will be holding this workshop at our school on Monday 15th August from 5-7pm for any interested staff, parents or community members.

Have a great week.

End of Term 2 Assembly

Congratulations to the Year 1 class who hosted our End of Term Parade. They did a fantastic job! Well done to all the classes for presenting a small piece to showcase all that they had learnt during the term. Thank you to all the parents and grandparents that came along to watch and cheer all the students efforts.

Simply The Best Awards - Honesty

Prep - Eathan
Yr 1 - Kayley
Yr 2/3 - Philip
Yr 3/4 - Eli
Yr 4/5/6 - Jessica

On Ya Mate Award - Dylan

Dylan is a friendly student who is always up for a chat. He has a cheeky grin that brightens our classroom and school. This year Dylan has grown in confidence and has stepped up well into being a great leader of our school. He is a delightful member of our classroom and school.

Aussie of the Month - Layla

Layla is a quiet student with a great sense of humour. She always puts 110% into everything she does and is a willing participant in all school activities. She is a kind, caring and mature student who is a friend to all. She displays all the necessary qualities to make a great Australian.

We acknowledge the Gangulu people past and present on whose land we walk, we work and we live.
**P&C NEWS.**

**Air conditioners** - Our next fundraiser (Thangool Fly In) will help upgrade air conditioning units within the classrooms. Attached to your newsletter today is a form asking for donations of cooking and asking for volunteers to help run the food stall. Please note we have at least two more fundraisers this term. The Cree Bull Sale on August 26th and The Thangool Cup on 10th September 2016.

**P&C Meeting** - Our next meeting will be held on Monday 18th July 2016 at 3.15pm in the library. We will be holding elections for a new President as Peta has resigned from this position. We would like to thank Peta for her efforts as President for the last 18 months. If you would like to nominate for the position of President, please come along to the meeting or contact Jonnie for a nomination form.

**Tuckshop** - Fruit Salad Shakers are available for $3.00 each. Meat and Salad Shakers are $4.00 each and Salad Shakers are $3.00. New this term: Mini Fruit Cups for $1.00. I am in need of a worker for next Friday (22nd July) for tuckshop. If you can help please let me know (0407580857)

Workers 15th July - Margaret, Darren, Coralie  
Bakers 15th July - Cathy, Leisa  

Workers 22nd July - Leisa, Karen' ??  
Bakers 22nd July - Tanya, Connie  

**School Banking** - Congratulations to Albie Dowling on winning our School Banking Competition in Term 2. School Banking takes place on a Tuesday. If you wish to join in with School Banking at our school, please pop into the Commonwealth Bank in Biloela and mention School Banking at Thangool School. Our competition winner will be announced next week at the end of term assembly. Please see below the new competition flyer for Term 3.

**Uniforms** - I have received new stock of the black pullover jumpers, so there is a good supply of all sizes. These jumpers are $18.00 each. We also have good supplies of all polo shirts. Uniform Orders will be filled on a Thursday. We are now specialising out the Black Unisex Basketball Shorts for $5.00, orders must be via the red bag.
End of Term 2 Assembly
Thank you!

Thank you to the fantastic parents who came in on the holidays and installed our new sign. This sign will be used to provide reminders about upcoming events that are occurring within the school and also to celebrate the achievements of our school. Look out for regular updates.
Hand, foot and mouth disease (HFMD) is usually a mild illness that occurs mainly in young children, but can also affect older children and adults. It is caused by a number of different enteroviruses, particularly coxsackieviruses. People can be infected with these viruses but not develop symptoms of the disease.

Outbreaks of HFMD can occur among groups of children, for example in child care centres.

It is not related to the foot-and-mouth disease that affects cattle, sheep and pigs.

**Signs and Symptoms:**

Hand, foot and mouth disease usually begins with a mild fever and a runny nose. This is followed by a sore throat and mouth, with the appearance of blisters in the mouth, and on hands and feet. Sometimes blisters may also be seen on knees, elbows or in the nappy area.

The blisters usually last for 3–5 days. Dehydration can sometimes occur as the pain from the blisters may stop the person from eating and drinking.

In rare cases those infected with hand, foot and mouth disease caused by Enterovirus 71 go on to develop neurological disease such as meningitis (inflammation of the lining of the brain), encephalitis (inflammation of the brain itself), or paralysis.

**Treatment:**

No specific treatment is required for mild hand, foot and mouth disease. Paracetamol can be given to relieve fever and discomfort.

If fever persists, or if you are worried about other symptoms, consult a doctor.

**Transmission:**

The virus is spread from an infectious person by contact with

- fluid from the blisters
- their nose and throat secretions (such as saliva, sputum, or nasal mucus)
- ‘faeces’

A person with hand, foot and mouth disease is most infectious in the first week of the illness. Skin blisters are no longer infectious when they have crust over, but the virus can be spread in faeces for several weeks after the person has recovered.

**Prevention:**

The best protection against HFMD is maintaining good hygiene measures that prevent contact with infectious substances from the sick person.

- Wash hands with soap and water for at least 20 seconds and dry thoroughly before handling food; and after going to the toilet, touching soiled linen and articles and changing nappies.
- Clean and disinfect frequently touched surfaces and soiled items, including toys.
- Avoid sharing cups, eating utensils, items of personal hygiene (eg towels, washers and toothbrushes), and clothing (especially shoes and socks).
- Teach children about cough and sneeze etiquette:
  - cough and sneeze into the elbow (rather than hands) or cover with a tissue
  - put used tissues in the bin straight away after use then wash hands.
- Allow blisters to dry naturally. The blisters should not be deliberately pierced because the fluid within the blisters is infectious.
- Children and staff with hand, foot and mouth disease should be excluded from school and childcare facilities until all blisters have dried.

**Health outcome:**

Hand, foot and mouth disease is a viral illness common in children. Symptoms are usually mild, and include high temperature and small blister-like lesions on the inside of the mouth, palms of hands, soles of feet, and the nappy area.

**Pregnant Women**

There is no clear evidence that HFMD causes any problems with pregnancy or the unborn baby. However, pregnant women may pass the virus to the baby if they are infected shortly before delivery or have symptoms at the time of delivery. Newborns infected with the virus can, very rarely, develop serious and sometimes fatal illness.

**Other resources:**