



Barcoo Shire Community Newsletter

Message from the Mayor

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Hello Everyone

Hope all is well. Following the school holidays there has been a steady flow of tourists through our region, caravan parks are full, and the riverbanks have many happy campers. This may not be set to continue with what's happening in the southern states having growing numbers of COVID 19 hotspots and more recently the South East Queensland potential outbreak. It is likely we may see restrictions re-introduced to keep us COVID 19 free but once again being exposed to the economic impacts of not having a tourist season. I hope I am wrong, though we need to do whatever it takes to keep our communities safe.

Windorah Caravan Park

We continue to communicate via teleconference on COVID 19 through our Local Disaster Management Group and as you would be aware, the western region continues to be Coronavirus free.



Councillor Pidgeon and I attended the Inaugural Assembly of the Western Qld Alliance of Councils (WQAC) in Longreach on 27, 28 July 2020. The Assembly represents North West, Central West and South West Councils totalling 21 Councils and covering 60% of Qld and was formed to be a united voice with the three regions working together. The Alliance aims to attract greater public and political attention to the challenges and opportunities facing Western Qld communities. It was a very positive event with support from Australian and Qld Government Ministers, State Government Local Members, State Government Directors General and the Local government Association of Qld.

Message from the Mayor

As a result of the WQAC Inaugural Assembly Council had visits from Lachlan Miller MP Member for Gregory, Hon David Littleproud MP Federal Member for Maranoa, Scott Buchholz MP Assistant Minister for Road Safety and Freight Transport, LNP Senator James McGrath and DG Warwick Agnew Dept. Local Government, Racing and Multicultural Affairs.



Mayors in attendance at the WQAC Inaugural Assembly

In the previous newsletter I gave you an update on Council's digitisation initiative, the cloud server architecture and cloud migration to be fully cloud based is still in progress. The installation of our new Telstra IP Telephony (TIPT) Voice Over IP (VOIP) phone system across all our offices and sites is now complete.

The following is an update of our work crews and their progress on roads around the Shire. Ronnie Rayment's crew have been performing 2019 flood damage on the Jundah Winton Rd between Warbreccan and Mutti. Jason Beilby's crew have completed a resheet at the Westerton Intersection and will continue onto 2019 flood damage between Mt Felix and Warbreccan. The contractor crew have been doing medium formation grading between Jundah and the Barcoo River and will continue onto Tenham. In addition to this we have introduced a maintenance grader to work in with our two construction crews to enable Shire maintenance on roads requiring attention prior to a full construction crew being available. If there are sections of roads requiring immediate attention, please notify the Council.

Construction in progress

Our very dedicated team of volunteer SES members have recently done Road Crash Rescue (RCR) training provided by the Rockhampton SES. They did a mock road crash rescue with a car wreck and dummy out at the Jundah dump using the equipment required to save a life in the event of such a rescue operation.

SES volunteers at the RCR training

I wish you all well and will give you another update next month. Please don't hesitate to contact me on the details below if you have any queries or concerns.

Regards Sally
 Mayor Barcoo shire Council
Sally.oneil@barcoo.qld.gov.au
 0424 791 449



Queensland Health

CLEAN HANDS SAVE LIVES

12 steps to successful everyday handwashing

Duration
of hand-wash



Wet hands with water.



Apply enough soap to cover all hand surfaces.



Lather thoroughly.



Rub hands palm to palm.



Rub hands palm to palm with fingers interlaced.



Rub back of hand using the palm of the other with fingers interlaced.



In a circular motion rub the tips of fingers in the palm of the opposite hand.



Clean thumb by holding it in the other hand and rotating.



Rub wrist with the opposite hand.



Interlock fingers and rub back of fingers on opposite palms.



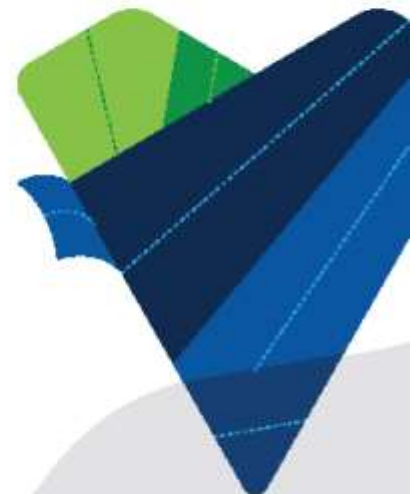
Rinse hands with water.



Dry hands with clean paper towel and use paper towel to turn off tap.

Researchers think that if everyone washed their hands properly, about 1 million lives would be saved every year.¹

When performed correctly, hand hygiene results in a reduction of microorganisms on hands. Poor hand hygiene contributes to the spread of pathogens, which can cause health issues such as gastrointestinal and respiratory infections.



Please note: These guidelines are for social handwashing only, such as after toilet use and before touching food. This poster is not intended for use in clinical settings.

1. Curtis, V 2009. 'Effect of washing hands with soap on disease risk to the community: a systematic review'. *Current Infect Dis, Retrieved 04 March 2009.* www.ncbi.nlm.nih.gov/pubmed/19319199

¹Based on the 'How to Hand Wash Poster' © World Health Organization 2009.



Queensland
Government

Community Notices



Jundah Races 2020!!

Come along to Jundah to enjoy our first 2020 Event. Races will be held on September the 12th. Ladies put your heels on and Gentleman throw on a tie as you enjoy the outback event.

Bush Beats:

Tune in on 4LG every Monday anywhere from 12:15pm to 12:30pm to hear the latest updates and notices of Barcoo Shire.

Community Notices

Pelvic Health



What is a Pelvic Floor?

The Pelvic floor is a group of muscles and tissues that help support the pelvic organs, including the bladder and bowel and, in women the uterus and vagina. The pelvic floor helps to support and keep the pelvic organs in place.



Signs of Pelvic Floor Problems.



Bladder Problems, such as leaking of urine and feeling like you have to urinate too often or urgently.



Bowel control problems, such as leaking of stool with or without awareness, accidentally passing wind.



Pelvic organ prolapse, when the muscles weaken, pelvic organs may bulge. For women this may be felt as a bulge in the vagina or a feeling of heaviness, discomfort, pulling, dragging or dropping. For men, this may be felt as a bulge in the rectum or a feeling of needing to use their bowels but not actually needing to

Seek help

If you experience pelvic floor (or bladder or bowel control) problems it is advisable to see a Health professional to determine the cause of your symptoms and discuss the best treatment and management options to suit your needs.

Contact the Jundah PHC to make a booking with the RFDS Doctor on 07 4658 6500.

Community Notices

Jundah PHC



RFDS Clinics

18th August—Dr Tony Dorr & Midwife/Nurse

1st September—Dr Marco Giuseppin & Midwife/Nurse

15th September—Dr Andrew Cronin & Midwife/Nurse

29th September—Dr Marco Giuseppin & Midwife/Nurse

For bookings please phone JUNDAH PHC on 07 4658 6500 or Charleville RFDS Base on 07 4654 1233.

NWRH—Allied Health Team

17th September—Exercise Physiologist, Podiatrist & Dietician.

For bookings please phone Longreach NWRH on 07 4652 7100.

Exercise Physiologists specialise in designing, delivering and evaluating safe and effective clinical exercise interventions for people with acute, sub-acute or chronic medical conditions, injuries or disabilities. Exercise physiologists assist in restoring one's optimal physical function, health and wellbeing through health and physical education, advice and support for lifestyle modification with a strong focus on achieving behavioural change. Exercise Physiology can benefit people living with cancer, cardiovascular disease, kidney disease, mental health concerns, metabolic disease, and musculoskeletal, neurological, neuromuscular, respiratory and pulmonary concerns.

Dietitians provide general nutrition and dietary advice, assess individual diets and provide practical dietary advice to help manage and treat conditions such as diabetes, heart disease, renal disease, gastrointestinal diseases, food allergies/intolerances and overweight/ obesity.

Podiatrists diagnose and treat a range of conditions and injuries specific to the foot and lower limb. This includes disorders that affect the bones, joints, skin and nails. Podiatrists can also assess, diagnose and treat muscular, neurological and circulatory disorders.

Stonehenge State School News

STONEHENGE STATE SCHOOL NEWSLETTER

Term 3 Week 2



STRONG AND PROUD



**STONEHENGE
STATE SCHOOL**
Newsletter

Term 3 Week 2

Principal's Address

by Corey Kempthorne

G'day,

Thank you for taking the time to read the Stonehenge State School Newsletter.

Welcome to Term 3! I hope you all had a restful and rewarding break with family and friends. We are all set for another fantastic term ahead full of wonderful learning opportunities and plenty of laughter and fun along the way. Staff and student wellbeing will continue to be a focus for us this term.

Curriculum Corner

In this issue the Curriculum Corner will be highlighting Visual Art.

Visual arts includes the fields of art, craft and design. Learning in and through these fields, students create visual representations that communicate, challenge and express their own and others' ideas as artist and audience.

This term we are delighted to be joined by Mrs Campbell who teaches the students every Wednesday and Friday afternoon. It is quickly becoming a highlight of the week.

Birthday Fun

What better way to start the term than with two birthdays! A very happy 8th and 11th birthday to two of our Stonehenge Superstars! A big thank you to the parents for supplying such yummy cakes to help us celebrate here at school! Some photos can be seen on page 4 and more will be shared in our next newsletter edition.

Term 3 Events

We are in the process of finalising preparations for week 6 Camp Fairbairn. At this stage we have arranged for myself and Mrs Campbell to attend camp with the students. Mrs Lyndsay will remain at school with Miss Elaine to ensure kindy can continue on the Monday and Tuesday as planned. Mrs Eggerling will continue the bus run on days that are required. As more information is available it will be shared with you.

The date of the Sir Wally Ray Sports Carnival has been changed to Friday, 21st August. Unfortunately we will be travelling back from camp that day and unable to attend. We will keep you informed if there are further date changes.

The Barcoo Shire Sports Carnival is scheduled for week 9, Friday 11th September 2020. We will work with the P&C to ensure the day is a huge success. Please read page 3 for a full term planner. More information regarding events will be shared when available.

Cold and Flu Season

An important reminder that during the Cold and Flu Season our health should remain our biggest priority. If your child is unwell, keep them home and notify the school as soon as possible.

Stay well 😊

UPCOMING EVENTS

PREMIER'S READING CHALLENGE
Continuing

CAMP FAIRBAIRN
17 - 25 July 2020

STUDENT FREE DAY
Saturday 4 September 2020

FATHER'S DAY
Sunday 6 September 2020

BARCOO SPORTS CARNIVAL
Friday 11 September 2020

TERM 3 CONCLUDES
Friday 18 September 2020



The small and remote outback school making a BIG difference!

Page 1

Stonehenge State School News

STONEHENGE STATE SCHOOL NEWSLETTER

Term 3 Week 2

Curriculum Corner - Visual Art

by Anna Campbell

Why Teach Visual Arts?

Creating a piece of artwork expands a child's ability to interact with the world around them, and provides a new set of skills for self-expression and communication. Not only does art help to develop the right side of the brain, it also cultivates important skills that benefit a child's development. But art goes far beyond the tangible statistics measured by studies - it can become a pivotal mode of uninhibited self-expression and amazement for a child. Art matters the same way language matters or the way breathing matters! It's a fundamental component of what makes us uniquely human.

Children develop life skills through art activities. Such as:

- Communication skills
- Problem-solving skills
- Social and emotional skills
- Fine motor skills
- Self-expression and creativity

It is important to remember that art is a process and NOT a product. The process of creating allows a child to explore, discover and experiment.

Term 3 Key Learning Areas

My goal is create a parallel between the English program this term and the Arts. We will be exploring a range of different natural environments and art mediums to create multilayered pieces of work.

In week one, we examined the environment of bats using a range of different art elements. This week, our art lesson is based around the well known text, 'The Rainbow Fish', by Marcus Pfister where we will discover how to construct a multilayered 'under the oceans', piece of artwork using a combination of wax crayons, bubble blowing and collage.

Throughout the term we will also be looking at a variety of Australian and International artists such as Anna Blatmann and Vincent Van Gogh and learning how art initiates conversations and communicates a message.

I thoroughly look forward to my weekly afternoons of being creative with the Stonehenge Superstars!

UNDER THE OCEANS – Multilayered Artwork

'The Rainbow Fish' by Marcus Pfister is a classic children's story that embodies the simple, yet universal message:



Kindness and sharing makes us happy.



“Painting is poetry that is seen rather than felt, and poetry is painting that is felt rather than seen.”

Leonardo da Vinci

The small and remote outback school making a BIG difference!

Page 2

Stonehenge State School News

STONEHENGE STATE SCHOOL NEWSLETTER

Term 3 Week 2

Integrated Learning

Making learning fun!

Here at Stonehenge State School we endeavour to integrate our key learning subjects to create authentic and enriching learning experiences wherever we can.

This week we combined informative texts (English) and measurement (Mathematics) to outline the length of the largest animal on the planet, the Blue Whale. The students then used a drone (Digital Technology) to capture and record this information. As mentioned on page 2, we also integrated visual arts in the students creation of 'under the oceans' multilayered artwork pieces. The student's then wrote informative texts about Blue Whales including the fact they can grow to 32m in length.



Bits and Bobs

Birthday

We had a great day celebrating one of our Stonehenge Superstar's birthday on Monday, 13th July.

Happy Birthday Ruby! We wish you health and happiness for the year ahead!



Want More? Follow us on Facebook!



“The greatest wealth is health!”



Have any Questions?

If you have any questions or simply want to say hello, please do not hesitate to contact the team at Stonehenge State School.

(07) 4658 5916
principal@stonehenge.ss.eq.edu.au

The small and remote outback school making a BIG difference!

Page 4

Jundah State School News

July

Term 3 has started and there is much happening. Quineen Gilby has started as a part time teacher aide and we welcome Quineen. This term, in English students will be comparing narrative and nonfiction texts, with the assessment being a form of nonfiction text. In Maths, students will be exploring operations and number as well as shape and measurement. Science is different for the groups with the older students doing electricity and the younger students doing forces: push and pull.

We have had visitors to the school. Brendan Smith, the assistant regional director and Katrina Eggerton, the Senior Advisor, Catherine Webb, CQ Director, State Schooling and Julie Wilson, one of the regional Early Years Coaches. All the visitors were very impressed with the school and the students. Steve Cavill flew in to do a religious education lesson with the students. Next week, Outback Futures and the child health nurse will visit the school. Mrs Volker attended a morning in Longreach to work with an assistant regional director and the Outback Advantage group on the school documents: curriculum, assessment and reporting framework for Jundah State School.

The Kindy and Prep students had a very enjoyable morning in the park with the RAFFS playgroup. Some of the students have started a weekly online Maths lesson that is one to one.

The school hosted the BBQ, a very delayed welcome BBQ and leader presentation. The P&C presented the school captain, Lillie Barr-Richards with her senior shirt.

Jundah State School First Aid Training Sunday 13th September 2020 12 noon – 7.00 pm.

Bring your own nibbles and refreshments.

For more information contact: 07 4658 6121

Any public members wishing to participate in the first aid training on the 13th September can register and pay online at www.ambulance.qld.gov.au



Jundah State School News

Congratulations to Bridie Reid who was elected as the P&C president. The positions of secretary and vice-president are now vacant. The next meeting will be on Thursday 17th September 2020.

There is also teacher aide hours available. Please contact the school if you are interested in working with children and would like to work in the school environment.

Yours in education
Chris Volker
Principal



JUNDAH STATE SCHOOL Positions Vacant Teacher Aide –General

Application packages can be collected from Jundah State School office or by phoning (07) 4658 6121, mobile 0472 870 866

Temporary Part-time Teacher Aide TAOO2 30 hrs/week

All pay rates are dependent on skills/abilities, qualifications and prior service. Please note the hourly rates for the position.

Classification **TAOO2 Other Than Public Servants Award**

Teacher Aide TAOO2 \$26.2895 - \$28.1579 per hour

Applicants to write a short response or letter (max. 1 page) on how experience, abilities and knowledge apply to the position including a detailed resume and two current referees. Applications will remain current for a 12 month period and may be used to fill future vacancies.

"The Commission for Children and Young People and Child Guardian Act 2000 requires the preferred applicant to be subject to employment screening."

Any queries or further information, contact the Principal by Phone:

(07) 4658 6121 mobile 0472 870 866

or by email: principal@jundahss.eq.edu.au

Outback Futures

WE ALL NEED TO TAKE CARE OF OUR MENTAL HEALTH AND WELLBEING

Looking after our mental health and wellbeing gives us a much better chance of doing the things that are important to us, like:

- making good choices
- prioritising our family
- having good relationships
- functioning well at work
- being part of our community
- looking forward to the future

AT TIMES WE CAN ALL STRUGGLE WITH STUFF. CHAT WITH US TO GET SOME TOOLS AND TIPS TO HELP GET THROUGH THE TOUGH TIMES.



Free of charge services



No referral required

The Outback Futures team will be in:

Stonehenge - Monday 3 August

Jundah - Tuesday 4 August

Windorah - Wednesday 5 August

Phone 0417 703 729 to find out more or make an appointment.



www.outbackfutures.org.au

Kids' Corner

Color in the Camping Scene



Disney FROZEN

A T Y N W I V B F I Z E X V H
 W R R A L D M F S R Y Y D O Y
 U E U O I P O A O I C Z I O A
 R T S M L T L N G R I A S J N
 X N K E S L Q O H I Z S N I N
 A I R I L E S D L M C N E I A
 A W R E N T G R W A A A Y M M
 A K V G I G O U K M F H C O L
 P S V E N N D N W J R N Y U C
 L J S K H A D O H Y E H V N F
 E F R O Z E N E M Q B U C T P
 L W W O L S C H E E M H A A F
 S F O A E K U D I R I A J I I
 A P N F G D T M D A L L R N J
 W Y S U N E E U Q H C B M O P

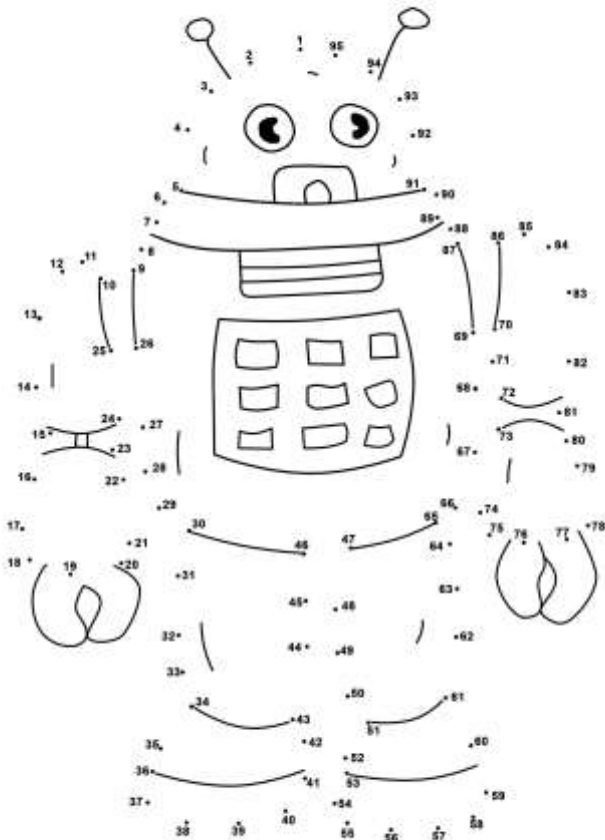
ANNA
 DUKE
 HANS
 KRISTOFF
 OLAF
 SNOW
 TROLLS



CLIMBER
 ELSA
 ICY
 MAGIC
 QUEEN
 SNOWMAN
 WESELTON



DISNEY
 FROZEN
 KINGDOM
 MOUNTAIN
 REINDEER
 SVEN
 WINTER



10 Minute Recipe

Beef recipes can be so boring—time to step it up with this amazing **Asparagus Beef Lo Mein!!!** Amazing recipe which only takes a quick 10 minutes with a few ingredients.



Directions

- Toss beef with 1/2 teaspoon seasoning from a ramen seasoning packet (discard remaining opened packet). In a small bowl, mix hoisin sauce and 1/4 cup water.
- In a saucepan, bring remaining water to a boil. Add noodles and contents of the unopened seasoning packet; cook, uncovered, 3 minutes. Remove from heat; let stand, covered, until noodles are tender.
- Meanwhile, in a large skillet, heat 1 tablespoon oil over medium-high heat; stir-fry beef until browned, 3-4 minutes. Remove from pan.
- In same pan, heat remaining oil over medium-high heat; stir-fry asparagus with garlic until crisp-tender, 1-3 minutes. Stir in hoisin sauce mixture; bring to a boil. Cook until slightly thickened. Stir in beef; heat through. Serve over noodles.

Ingredients

- 1 beef top sirloin steak (1 pound), cut into thin strips
- 2 packages (3 ounces each) beef ramen noodles
- 2/3 cup hoisin sauce
- 2-1/4 cups water, divided
- 2 tablespoons olive oil, divided
- 1 pound fresh asparagus, trimmed and cut into 2-1/2-inch pieces
- 1 small garlic clove, minced

Please ensure any newsletter submissions are sent to:

stonehengeinfo@barcoo.qld.gov.au

by the last Monday of the month at the latest.

Thank you!