Dear Parents and Caregivers,

As the end of the semester draws near we are all very busy, completing assessment tasks and preparing for report cards. If a student has been away, we do what we can to cover the work they have missed. This may mean they have to stay in for five to ten minutes in our first break but this is seen as preferable to sending the work home. Please remember to call the school if your child is away and send an Absentee Note, when they return.

This year we are entering the Hermitage Research Facility Schools Plant Competition. An enormous amount of work goes into this project. Students are making 3D bugs which are created using recycled materials, fabric, layers of masking tape and resin. Some students may have to apply a second layer before going out to play, so that their bug dries and is ready for the next stage the following session. It is fun watching cardboard tubes, yoghurt containers and small tubs changing in shape and character as each layer is applied. I have been told by the Prep students that the bugs are “very scary” and I am looking forward to seeing the addition of several pairs of eyes, feelers and legs.

We are very fortunate to have creative Mrs Cremasco and helpful Mrs Hoffmann leading the project as my bug would have been no more than a number of containers glued together and painted! We will have photographs to share towards the end of the term.

The science investigation, which involved studying weevils, has had a few challenges. Sadly some weevils did not survive, in what seemed ideal conditions, but that happens with experiments and is part of the evaluation process. This year the investigation was quite complex and better aligned to high school science than primary, however we have done our best and Mrs Lane will be submitting our work for judging. The Research Station requires parental permission to display our work. These forms will be sent home just before the end of term.

The Senior Shirts have been ordered and hopefully it won’t be too long before they are delivered. At our P&C Meeting on Wednesday the 11th we will set a date, probably in the second last or last week of term, to hold a special afternoon tea and presentation. The P&C will also look at ways to market the school and outline some of the plans we have already made. If you have any ideas please come along and have a say.

Across the school our new rewards system is working well and we are now able to identify where students are doing well and where they need support. My class, in particular are very happy as on some days in the past I would get so busy I would forget to hand out stamps. Each day all students are awarded stamps which are aligned to our key values: **Strive**, which is effort and organisation, **Teamwork**, which is getting along with and working with others, **Attitude**, which is how we choose to approach a task or deal with challenges, **Respect** for self, others and belongings and **Safety**, in and outside the classroom.
We will update the P&C at the meeting next week on plans we have to create a logo to go with our acronym.

We have also started a weekly draw of “Freestone Stars”. These are students who have been spotted carrying out a “Random Act of Kindness”. These are little things that make a big difference; like helping someone without being asked, being kind and considerate of others and being respectful. Each student who is nominated will receive a certificate and their names all go into the draw for a first prize of a $5 tuckshop voucher and two other prizes from either Mrs Baldwin or myself. Names of the lucky winners will be in the newsletter and we will be putting up a “star wall”. This will most likely be in the foyer. Once it is up we will let you know, so you can pop in and have a look.

Enjoy the long weekend.

Laura Watson
Principal

Warwick State High School
Junior Secondary Update
Transition Activities

On the 20 May, students and staff from primary schools in the region met other primary students and junior secondary students at Warwick SHS to learn more about how Warwick High operates. Students completed some activities and listened as students representatives explained different aspects of day to day school life.

In the evening, it was wonderful to see so many parents and students attend the information session in the school’s Assembly Hall. Many students and parents enjoyed the school tours, where they spoke to some representative school staff about the curriculum requirements in 2015. In the hall, parents were informed about other aspects of Junior Secondary Education at Warwick High School.

We were very impressed with the attitude and enthusiasm of our Year 9 and 10 Student Ambassadors who lead students and parents on school tours and also facilitated activities in the morning for the Year 6s and Year 7s. We trust that students, parents and the community congratulate these students on their presentation and conduct.

Enrolment Interviews

Presently, we are preparing enrolment packages and the Head of Department Junior Secondary and Year Level Co-ordinators will visit all primary schools in Week 9 of this term to deliver enrolment packages. Staff will discuss each part of the enrolment package with students.

Enrolment interviews will take place between 21 & 25 July 2014. Parents/Caregivers can book an enrolment interview from 23 June. Information about how to book an enrolment interview will be included in enrolment packages.

Week 6 Kindness Awards

Won by Jesse Dudman
with runners up Dean Mauch and Jayden Taylor

Freestone Playgroup—Freestone State School

Freestone Playgroup meets from 9 to 11 am with the session involving free play, an organized craft activity and a music session. Please bring a healthy morning tea to share with others. We welcome all our new school families with little ones to come and meet some local mums.

Cost is only $2 per week plus Insurance $35 family for the full year.
If you need more information contact Leesa on 46612739 or 0419741264

Warwick Gymnastic Club

Are holding a Movie Night on Thursday 12th June at the Warwick Twin Cinema.
Tickets are $17 per person and are available from the Cinema, Rollys Lolly Shop and the Westside Snack Bar.

The movie being shown is BLENDED staring Adam Sandler & Drew Barrymore and is rated PG13+

Freestone Hall Announcement

Wellies & Beanies Boot Sale & Boot Art Auction

Will be held on the 20th July as part of the Jumpers & Jazz event
Call John for more info on 0408660654

~Tuckshop~

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<th>Week</th>
<th>Date</th>
<th>What's Cooking</th>
<th>Who's Helping</th>
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<td>7</td>
<td>06/06/14</td>
<td>Chicken chips or Salad roll</td>
<td>Merrill Ryan</td>
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<td>8</td>
<td>13/06/14</td>
<td>Carbonarra</td>
<td>Alica Mauch</td>
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<td>9</td>
<td>20/06/14</td>
<td>Pizza</td>
<td>Anita Robinson</td>
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<td>10</td>
<td>27/06/14</td>
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Healthy Eating for Children

Here are 10 key rules to live by:

1. Parents control the supply lines. You decide which foods to buy and when to serve them. Though kids will pester their parents for less nutritious foods, adults should be in charge when deciding which foods are regularly stocked in the house. Kids won't go hungry. They'll eat what's available in the cupboard and fridge at home. If their favourite snack isn't all that nutritious, you can still buy it once in a while so they don't feel deprived.

2. From the foods you offer, kids get to choose what they will eat or whether to eat at all. Kids need to have some say in the matter. Schedule regular meal and snack times. From the selections you offer, let them choose what to eat and how much of it they want. This may seem like a little too much freedom. But if you follow step 1, your kids will be choosing only from the foods you buy and serve.

3. Quit the "clean-plate club." Let kids stop eating when they feel they've had enough. Lots of parents grew up under the clean-plate rule, but that approach doesn't help kids listen to their own bodies when they feel full. When kids notice and respond to feelings of fullness, they're less likely to overeat.

4. Start them young. Food preferences are developed early in life, so offer variety. Likes and dislikes begin forming even when kids are babies. You may need to serve a new food on several different occasions for a child to accept it. Don't force a child to eat, but offer a few bites. With older kids, ask them to try one bite.

5. Rewrite the kids' menu. Who says kids only want to eat hot dogs, pizza, burgers, and macaroni and cheese? When eating out, let your kids try new foods and they might surprise you with their willingness to experiment. You can start by letting them try a little of whatever you ordered or ordering an appetizer for them to try.

6. Drink calories count. Soda and other sweetened drinks add extra calories and get in the way of good nutrition. Water and milk are the best drinks for kids. Juice is fine when it's 100%, but kids don't need much of it — 4 to 6 ounces a day is enough for pre-schoolers.

7. Put sweets in their place. Occasional sweets are fine, but don't turn dessert into the main reason for eating dinner. When dessert is the prize for eating dinner, kids naturally place more value on the cupcake than the broccoli. Try to stay neutral about foods.

8. Food is not love. Find better ways to say "I love you." When foods are used to reward kids and show affection, they may start using food to cope with stress or other emotions. Offer hugs, praise, and attention instead of food treats.

9. Kids do as you do. Be a role model and eat healthy yourself. When trying to teach good eating habits, try to set the best example possible. Choose nutritious snacks, eat at the table, and don't skip meals.

10. Limit TV and computer time. When you do, you'll avoid mindless snacking and encourage activity. Research has shown that kids who cut down on TV-watching also reduced their percentage of body fat. When TV and computer time are limited, they'll find more active things to do. And limiting "screen time" means you'll have more time to be active together.

Reviewed by: Mary L. Gavin, MD
Date reviewed: February 2012
ART - A WORK IN PROGRESS

The photos on this page are the process used to get the finished piece of art at the bottom of the page. Thanks to Kayleigh for showing us the how and to Tom Sollars for the finished piece.

Finished work of Art/Science