Dear Parents/Caregivers,

Work is scheduled to be done at the school again this weekend. Hopefully it will go a bit more smoothly than last weekend. We are trying to keep the mess and the disruptions to a minimum so please bear with us. The front of the school will look much neater and tidier but we have a long way to go until it is all finalised.

I would like to give a big thank you to Mrs Cremasco, Mrs Lane and all those involved in the Hermitage Science Competition. To be honest, I was sceptical how mouldy bread and plastic zip lock bags could lead to anything more than a foul smell and an impact on landfills for years to come but the ladies have amazed me! The end result is quite incredible but I have to acknowledge the many hours dedicated to finalising the project, long after the end of the school day.

Mrs Cremasco and the students made ants and lady-birds to put finishing touches on the fairy ring which was made out of paper rolls and cardboard cut outs. They collected leaves, twigs and pebbles to add to the mini ecosystems detailing the fantastic range of shapes and colours of the different fungi. The mushrooms were made from a range of materials such as clay, wire and cloth. The logs were made from old pyjamas! Mrs Lane patiently found pictures and diagrams to add to work books and students persisted with what has a difficult task and worked with teachers to produce a standard of work that we can be proud of. The books and art work have been safely delivered to the Research Station and whilst we may be biased we are incredibly proud of all our hard work. At this stage we do not know where the art work will be displayed however as soon as we know we will let you know.

As we get closer to the end of term we have had to remind a few students about the expectations we have around behaviour. We had to follow up on a few issues, however, visiting staff reported a much better attitude and effort with work this week compared to the previous week and we are sure we will be able to maintain this until the end of term.

Tannymorel Sport’s will be held in Term 3, July 26th at Warwick Christian College and Warwick Country Sports on Friday 2nd August. The lines have been marked on the front oval for ball games and the running lanes will be marked shortly. If there are any parents willing to volunteer their time to assist with training for long jump, high jump, relays etc. Please pop a note in
the communication book or diary and we will try and put a timetable together. We may have half an hour before school and 40 minutes at the end of the day on a Monday, Thursday and Friday. Please let me know which days/times suit.

A reminder that Monday 10th June is a Public Holiday. I have a meeting on Tuesday 11th and on Wednesday 12th June Mrs Wenham and I will be attending finance training in Warwick. Mrs Lane and Mrs Devine will be replacing me whilst I am away.

Many thanks.

Laura Watson
Principal

~ School News ~

Woolworths Earn & Learn
Reminder: Stickers and sheets will finish on Sunday 9 June 2013, please drop off your unfinished or finished sheets to either Woolworths or Freestone State School.

~ Community News ~

In The Zone Physical Training
Adult Fitness Class
Come and join the new Adult Fitness Class on Monday 4.00pm at Freestone School. Have fun and get fit.
$10 per person, one hour class.
Good cardio workout through boxing and running exercises, strength training using your own body weight plus free weights, finishing with stretching. This is a great full body workout.

Helena Oloman Personal Trainer 0432 699 022

Freestone Playgroup
Where the kids come first
Come and have a cuppa and some fun. Shared morning tea.

When: Wednesday's
Time: 9am – 11am (9:30am in winter)
Where: Freestone State School
Cost: $2 per week
Organised Activities for 0 – 5 year olds
Plus insurance $35/family or $25/family concession per full year
Enquiries: Leesa 4661 2739 or 0419 741 264
Carlee 4667 3227

Leyburn Village Markets
Sat 13th July 2013 - 8am to 12pm Liberator Park Leyburn
Supporting local charities and offering fresh fruit and vegies, local produce, crafts, all second hand items, antiques and all great things local! Once a month at our Liberator Park in Leyburn QLD, fully fenced playground for the kids, lots of parking, food and drinks. We still have vacancies for stalls so please contact Kathy on 0438 786 448 to book a stall!
You can also find us on Facebook under ‘Leyburn Village Markets’!

~ P&C News ~

P&C Meeting Update
The next Meeting will be held on Tuesday 11th June at 7.30pm.

Homestyle Bake Pie Drive
Orders Forms were due yesterday, Wednesday 5th June together with money. Collection Day for orders will be Friday 14th June from the School.
March 20, 2013

MEDIA RELEASE

Parents of children with a disability under twice as much stress

Queensland parents of children with a disability endure twice as much stress and worry as parents of typically developing children, according to the My Say survey.

The University of Queensland (UQ), The University of Sydney and Monash University survey found 70 per cent of Queensland parents of children with disabilities reported feeling stressed and worried.

This compares to just 32 per cent of parents of typically developing children who reported feeling stressed and worried in a 2011 International Parenting Survey 1.

The My Say survey is part of a pioneering project called Stepping Stones Triple P (SSTP) which aims to improve the health and well-being of children with disabilities across three states by providing free parenting support and free professional training.

A project of this scale – involving an estimated 30,000 parents of children with disabilities in Queensland, Victoria and New South Wales – has never been done before.

UQ’s lead researcher on the project and Triple P founder Professor Matt Sanders said it was no surprise parents of children with special needs were in distress.

“Children with disabilities have three to four times more emotional and behavioural problems than typically developing children, so it can be a very hard and lonely road for the people who love them and care for them,” Professor Sanders said.

“The My Say survey results confirm what most health professionals already know – many parents of children with a disability are struggling to cope.”

Over the next three years, parents of children with special needs in Queensland, Victoria and New South Wales will be offered free parenting support through Triple P’s Stepping Stones program to improve their confidence, resilience and competence.

Professionals such as allied health therapists, teachers, nurses and community workers in these three states can also apply for free Stepping Stones training and resources.

Queensland is the first state to benefit from the SSTP project, with free training available from May this year and free parenting support from June.

Other My Say survey results indicate only 50 per cent of parents of children with a disability reported feeling satisfied with their lives compared to 81 per cent of parents of typically developing children, and 32 per cent of parents of children with a disability felt emotionally distressed compared to nine per cent of other parents.


MEDIA CONTACT:
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Top: Mrs Mitchell’s Retirement Dinner
Bottom: Hermitage Research Station Science Competition