From the Principal’s Desk

Dear Parents and Community Members,

Welcome to the week 6 newsletter.

We have had a great week of swimming, swimming and swimming! It has been very encouraging to see the progress our students have made in such a short time. While the programme is certainly intensive, and undoubtedly tiring, it is very effective in developing the children’s skills in a short space of time.

The older students have been working on their stroke correction, water safety and diving and the youngest group have been building on their water confidence and survival techniques.

Our students’ behaviour, during lessons, has been very good – I have only heard words of praise and encouragement. I must also comment on the high standard of instruction being given. The WIRAC instructors have catered very well to our needs – clear instructions, lots of praise, lots of individual instruction.

Please refer attached note from WIRAC.

Thankyou too, to you, as a group of parents, for the way in which the children have been prepared for their lessons. All our children have had all their required gear each day and plenty of wholesome food to keep them fuelled. This makes our job much easier.

Good luck to our Southern Downs athletes – on Friday they head off to Allora to represent our Warwick Country Schools – Jesse Dudman, Travis Lambert, Abbi Mauch, Dean Mauch, Daniel McVeigh and Tom Ramsey. I am sure they will “do us proud”.

Have a great week.

Regards

Janine Baldwin
(Acting Principal)
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<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>What's Cooking</th>
<th>Who's Helping</th>
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<tr>
<td>6</td>
<td>22 Aug</td>
<td>Bacon &amp; Egg Rolls</td>
<td>Natali</td>
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<td>7</td>
<td>29 Aug</td>
<td>Burgers</td>
<td>Denise</td>
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<tr>
<td>8</td>
<td>05 Sept</td>
<td>Helper needed</td>
<td>?</td>
</tr>
<tr>
<td>9</td>
<td>12 Sept</td>
<td>Helper needed</td>
<td>?</td>
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<tr>
<td>10</td>
<td>19 Sept</td>
<td>Pizza</td>
<td>Anita</td>
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**DATE TO REMEMBER**

**School Photos**
Wednesday 10th September

**Reminders:**
- School photos – please send in orders and payment as soon as possible – in the envelopes provided with the last newsletter.
- Questionnaires – if you have filled in the surveys attached to the last newsletter (regards the Freestone Hall book) please send them along to school tomorrow.

**Father’s Day**
A kind parent has offered to make “Nuts and Bolts” for our Dads as part of a Father’s Day gift. If you have any clean jars which would be suitable eg: Moccona coffee jars, please start sending them in. We only need one per child.


**What should I eat each day?**

Individual children vary a lot in the amount they want and need to eat. And anyone’s appetite can be affected temporarily - especially by illness or “nerves” related to an upcoming event like a big test or a grand final. But to ensure your body is absorbing the essential nutrients it requires each day - including iron, calcium and vitamins, all of which your body needs to work properly - try and include the following foods in your diet each day:

- 2 to 3 serves of dairy - milk, yoghurt and cheese
- 2 to 3 serves of protein - meat, chicken and other poultry, fish, dried beans, eggs and nuts
- 2 to 4 serves of vegetables
- 2 to 4 serves of fruit - not sweetened canned fruit
- 6 serves of cereals - wholegrain bread, breakfast cereals (preferably unsweetened), rice and pasta

**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

~Tuckshop~
Birthday Wishes!
What's the best way to avoid or deal with "cyber-bullies"?

There are things you can do to reduce the chances you'll receive abusive or other bullying messages, and to handle them if you are subjected to them:

- Only give your number to friends, and make it clear they're not to give your number to others without your permission.
- Use caller ID blocking to hide your phone number if you call someone other than a friend or family member.
- Only use your phone when necessary.
- Don't respond to nasty or inappropriate messages.
- If you do want to respond, wait until you've had time to calm down, so you are careful about what you say.
- Keep the message as evidence.
- Tell your parents, teacher or another trusted person that you're being bullied.
- Don't give out personal information about yourself to people you don't know.
- Don't leave your name on your voicemail – leave a message like "thanks for calling – leave a message and I'll call you back".
- If you are being bullied, get your parents to talk to your phone company – they may be able to block calls from certain numbers, or give you a new number.
- Turn your phone off, and when you turn it on, only access messages from the numbers you know belong to friends.