From the Principal’s Desk

Dear Parents and Community Members,

Welcome to the week 7 newsletter and my last.....

Mrs Watson will be back next week (Yay!!!!) and will be back on newsletter duty.

Swimming lessons finished on Monday and it was great watching our students putting all their skills together for their final lesson. The two upper groups had a ton of fun “rescuing” each other, being pushed in by instructors and swimming in their pyjamas.

Our Southern Downs competitors braved the cold last Friday in Allora and represented Warwick Country Schools. All six of our students – Jesse, Travis, Abbi, Dean, Daniel and Tom Ramsey – did their best in their various events.

The school has received our NAPLAN results and the Year 3, 5 and 7 students who participated will bring home their reports today. The children can be very proud of their achievements.

Have a great week.
Regards

Janine Baldwin
Acting Principal

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Calendar of Events:

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Chalk & Parent Direct make great gifts....
Christmas is much closer than you think

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The Freestone Flyer
Weekly Newsletter of FREESTONE STATE

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Reminders:
School photos – 10 Sept
Please send in orders and payment as soon as possible – in the envelopes provided.

Homework - is back in full swing. Please make sure your child/children are completing their homework regularly.

Home reading is so very important – practice makes perfect. Five minutes each night is so much better than none at all.

~Tuckshop~

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>What’s Cooking</th>
<th>Who’s Helping</th>
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<tbody>
<tr>
<td>7</td>
<td>29 August</td>
<td>Steak Burgers &amp; Salad Rolls</td>
<td>Natali</td>
</tr>
<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>
</tr>
<tr>
<td>10</td>
<td>19 Sept</td>
<td>Pizza</td>
<td>Anita</td>
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Term 3 Week 6&7
Random Acts of Kindness

Congratulations to

Jayden—Passing the booklets to students so they didn’t get forgotten at the end of the lesson.

Georgia—Setting up the sink for fruit break for the class.

Jesse—Putting away the tables from tuckshop without being asked.

Maddy and Beth—for helping set up the tuckshop tables without being asked.

Daniel—for allowing his smaller peers to go ahead of him, before serving himself.

Tom & Dean—Offering the hand of friendship when a student was having a bad day.

James—Picking up rubbish without being asked to.

Thank you to these students for making Freestone a nicer place to be.

Father’s Day
A kind parent has offered to make “Nuts and Bolts” for our Dads as part of a Father’s Day gifts. If you have any clean jars which would be suitable eg: Moccona coffee jars, please send them in. We only need one per child. Smaller jars are preferred – approximately 1 cup capacity.

Art Supplies
We are also chasing twist lid plastic sauce bottles. The tomato /BBQ sauce type (empty of course) to use for paint.

Volunteers -
Are needed to help cover library books. If you can spare an hour here and there it will be very much appreciated by the school. The sooner the books are protected the sooner the children can use them.

Behaviour
Our end of term Rewards Day is taking shape. The bus, movie and pool have been booked and plans for pizza in the park are taking shape. Sounds like fun to me!

I had a fruitful discussion with the older students last week, reflecting on the fabulous effort they put in for the Sports Days. We talked about how we applied our STARS motto and how effective that was for us. We then considered how we can apply that same sense of striving, teamwork, attitude, respect and safety to their school life in general. Behaviour, across the school, has been mainly positive and I look forward to it remaining so.

When I thanked the WIRAC staff for their great lessons they told me, “We love it when Freestone comes for lessons. The kids are always so well behaved. They really listen and do as they are told.”

Book Fair
Keep your eyes peeled for our BOOK FAIR from Wednesday 03rd to 10th September. Times will be advised closer to the date.

Quite a rap!
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

Happy Birthday to
Daniel on the 16th August and Travis on the 25th August

Southern Downs Sports Carnival

As mentioned earlier, six of our students competed at Allora last week. Three of those students have made it through to the Darling Downs trials. Quite an impressive success rate – 25% of our eligible students have made it through!

Our three athletes are Abbi Mauch (100m, 200m and long jump), Tom Ramsey (200m) and Travis Lambert (100m and 200m). To top it all off, Abbi was also runner up for Age Champion at Allora.

A big congratulations to all those students for impressive achievements.

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

Remember when you believed in anything and everything?

Researchers from the University of Western Australia are investigating children’s tendencies to being tricked, fooled and misled by their peers. We are looking to see how this develops in children, and when children outgrow this. We are looking for parents of 10 – 11 year old children across Australia to complete an online survey (15 – 20 minutes). Participants will go into a draw to win one of 10 $50 gift certificates to Coles/Myers. To participate go to:

http://tinyurl.com/childsqv2
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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

Swimming Stars—2014