From the Principal’s Desk

Dear Parents and Community Members,

Last Friday we had a fantastic Father’s Day celebration. Many thanks to all the mums who made sandwiches and home bake. It must have been delicious as it was all consumed very quickly. The bird houses were a huge success and we have a lovely photo to share.

Yesterday, Denise boxed up Book Fair and tallied her sales. Once again our small school rose to the occasion and supported this excellent program. Your purchases have added to almost $300 worth of books for our school library. I would like to thank Denise for organising it all and the community for their support. It really is an excellent effort for a small school.

Last night at the P&C Meeting, we discussed the proposed school camp to be held next term. We voted and have agreed to go to Bribie Island for three nights, in week 7. The P&C have very kindly agreed to contribute over $2000 to the overall cost. The school will be contributing a similar amount to cover transport on the island as well as educational programs and the staff have agreed to do the catering in order to make it more affordable for everyone.

I am having a Student Council Meeting tomorrow and they will vote on whether they want to contribute some money raised through your support with tuckshop and the various fun days. We are still finalising costs—however it will not be more than $140 per student. This will include transport, accommodation, food and a variety of fun activities. We would love the whole school to attend and we can arrange payment options with families. If you have any concerns, please come and have a chat, or talk to parents about the camp we went on a few years ago. We will hold an information session for parents early next term.

An expression of interest will be sent home. Please complete and return as soon as possible so we are able to finalise numbers and costs.

Next Thursday we have our Rewards Day. Permission notes will be sent home. Parents may send in money for students to buy a drink and popcorn at the movie theatre. Our tuckshop day will be Thursday and this will be pizza. Those students not having tuckshop will need to bring in their own lunch for the day. All other costs such as the bus, movie ticket and pool entrance will be covered by the school.

Regards  
Laura Watson  
Principal
### Week 9
**Date:** 12 Sept  
**What's Cooking:** Sausage Rolls, Pies and Salad rolls  
**Who's Helping:** Anita

### Week 10
**Date:** 18 Sept  
**What's Cooking:** Pizza  
**Who's Helping:** Anita

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## Chalk & Parent Direct Fundraising

Will continue until the end of term.  
If you need another catalogue let us know.

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## Book Fair

Thanks to Denise, parent helpers and spenders and student spenders our book fair was a great success. Total sales hit $913 with 20% of this going to Freestone State School. That’s a fantastic $292 or 25 books.  
Well done all – happy reading.

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## Term 3 Weeks’ 6,7&8

### Random Acts of Kindness

- **Will Sollars:** For helping Mrs Sinden in the library without being asked.
- **Kayleigh Waugh:** For helping a younger student with computer work.
- **Lilly Oloman:** Giving encouragement to Amy when she fell over and to  
  **Jayden Taylor:** For checking on Lilly’s welfare after she was knocked over.
- **Beth Mauch:** For offering to move seats to accommodate the wishes of others.
- **Thomas Ryan:** For reading with Heidi at lunchtime.

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## Overseas Exchange Students:

Would you like to host an overseas exchange student learn about another culture, learn a new language or perhaps improve your culinary skills?

Hosting an Exchange Student is an Experience for Life

We are looking for host families across the country to welcome overseas students into their home.

Visit [www.studentexchange.org.au/host-a-student](http://www.studentexchange.org.au/host-a-student) or call 1300135331 for more information

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## WIRAC

In order to ensure that WIRAC is consistent with the National Privacy Principals & Guidelines and the Swim Australia Guidelines, we have now implemented a policy for WIRAC regarding Photography and Videoing in the centre

The form attached needs to be completed and given to reception before any photo’s can be taken.

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## 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

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## Warwick Gymnastic Club

Holiday program is up and running this holidays, flyer attached.

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## Warwick Junior Cricket

Are holding a sign on, dates and fees are attached to this newsletter.

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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

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**What should I eat each day?**

Winners are Grinners :- Congratulations to Abbi Mauch for her Long Jump first place in the recent Darling Downs Sports trials. She is now off to Brisbane in October for the next meet.

Dr Andrew Borrell and Kerry Rubie visited the school last week to present certificates to the children. They were presented for the recent Hermitage Research Facility’s Competition.

Congratulations to Daniel, James and Lachlan, winners of the Freestone SS footy tipping competition.
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.

FATHERS DAY—FRIDAY 05TH
What a day… bird houses, bird houses and more bird houses…..