Dear Parents and Community Members,

Well the end of the term is here and it does not seem that long ago we were welcoming everyone back to school. It was an incredibly busy yet very successful term.

Winning both the Tannymorel and Warwick Country District Sports Days were a highlight. Having a number of students go on to represent the small schools at Southern Downs and Darling Downs was a huge achievement as well. It is an achievement those students can be very proud of. We look forward to bringing you news of how Abbigail Mauch fares when she goes to Border Districts next term.

Our Rewards Day held yesterday was great fun. It was a very busy day. We will need at least two weeks to recover!

Attached to this newsletter is a survey concerning school uniforms. The current school shirt will be re-produced in a different fabric, as discussed at prior P&C Meetings over the last year. There will be a sample for all parents to look at, on display in the foyer at school. The P&C is looking at purchasing uniforms for 2015 and would appreciate your help. We need to know approximately how many shirts each family will need so we can decide on an order.

I would like to thank Janine Baldwin for stepping up to the role of principal whilst I was away this term. Without her help and that of Robyn Devine and the other staff, this term would have not ended on such a good note. We are very fortunate to have such a wonderful team.

We would like to wish you all a happy holiday and we look forward to working together to make Term 4 even better.

It will not be long before we are waving goodbye as we go to Bribie Island and start getting ourselves prepared for the end of term concert and awards.

Have a safe and happy holiday

Kind Regards

Laura Watson
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

http://www.childsafetyhandbook.com.au

How can I play in the sun safely?

While overexposure in the sun - especially when the sun is strongest - is damaging, there are benefits to your health of some sunlight and time outdoors. To stay safe in the sun:

- Minimise the time in the sun between 10am and 4pm, the hours when UV radiation is strongest
- Try and stay out of direct sunlight but play in the shade as much as possible - under a verandah or tree, etc
- Wear protective clothing to protect your skin when outdoors, preferably made of cotton or lycra
- Use sunscreen with a high SPF factor - 30+ or above - when outdoors, even in cooler months. That way you're always protected from UV radiation, and it's less likely you'll forget when the risk is greatest. Don't forget ears and the back of your neck - and your toes and the top of your feet if they're visible
- If your skin reacts to strong sunscreen, discuss with a skin specialist what you should use and how often
- Apply the sunscreen 20 minutes before you go outside
- Use an SPF 30+ lip balm on your lips
- Wear a hat with a wide brim to protect your scalp, face, ears and neck
- Wear sunglasses.

~ Community News ~

Warwick State High School will be holding a small schools “Getting to Know You Day” on the 12th of November. We will attach a flyer as the day draws closer.

ART
Students are using Mica-dough (like playdough) as a medium in art this term. The children push the mica-dough onto the paper and use different items to give texture to the picture. It is then outlined in felt pen to make it stand out. Students are using their fine motor skill and knowledge of colour in this art piece.
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