Dear Parents and Caregivers

It is lovely to be back after a short yet refreshing break and we are all looking forward to the busy term ahead. We have lots to fit into the next nine weeks. We have loads of work to get through however we have a number of fun days to look forward to as well. Information will be given once all the details are finalised.

This term we are encouraging all our students to think positively and work on their organisation, persistence and resilience skills when tackling tasks that may be challenging. We realise this term is tough, everyone is busier than normal and the higher than average temperatures and lack of rain doesn’t help! Students will get tired, hot and there will be days when they are frustrated, have a fall out with their friends but that is all part of daily life.

We will be working with all students to develop a few goals to work on between now and the end of term. These will be academic, personal as well as social goals. At the end of each week each group will reflect on the week that has been and identify the positives. We all have a tendency to focus on what hasn’t been so great but when one takes the time to stop and think there are many things that have been positive. Sometimes we don’t even realise good things have happened, it may take someone else to give us a prompt.

If your child tells you nothing happened at school or it was a bad day, be sympathetic but follow it up with questions about what they did at lunch break, what they did in class, there will always be positives. We just have to find them. If your child/children have had a truly terrible day Ms Allen or I would let you know!

Our school has received our Individual Student Naplan Reports and these will be sent home as soon as I have had a chance to go through them with Ms Allen. Overall students have either maintained or improved their performance in comparison to the National Average. Considering the content is based on the recently implemented National Curriculum and there has been a considerable increase in expectations, this is a positive result.

In the note I sent home at the start of the week we mentioned the issue with newsletters not arriving home. Please remember that if you don’t get a newsletter, either a hard-copy or via e-mail, they are posted on our website the day they are sent home. Our website is: www.freestoness.eq.edu.au

Ms Allen’s group will be participating in a Math’s Challenge on Thursday 17th October. Details have been sent home today. We apologise for the short notice, we only heard yesterday that a date had been finalised. On Wednesday 23rd, Student Council will have a Dress-Up Day/Free Dress Day as well as a special tuckshop. There will be prizes and fun challenges with a rodeo theme. The Rodeo Queen’s will be visiting the school at 9am. They will be judging the costumes as well as the colouring in competition and have prizes to hand out. Your support is appreciated.

Laura Watson
Principal
~Tuckshop~ Term 4

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<tr>
<th>Week</th>
<th>Date</th>
<th>What's for Lunch</th>
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<td>Staff to organise</td>
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<td>6 Dec</td>
<td>Student Free Day</td>
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<td>10</td>
<td>13 Dec</td>
<td>End of School Year</td>
<td>P&amp;C Tuckshop</td>
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~ Community News ~

**Adult Fitness Classes**
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.
Helena Oloman Personal Trainer
0432 699 022

**Royal Qld Bush Children’s Health Scheme**
BUSHkids is holding a **Warwick Golf Day**
Sunday 20th October
4 ball Ambrose—4 players per team—lots of prizes—Raffles—Sporting Memorabilia Auction—Live Music

To register your team or as an individual, phone the Warwick Golf Club Pro Shop on 46613664.

**Coaching Clinic—Swimming—WIRAC**
Saturday 19th October from 9:30am to 2:30 pm
Clinic open to Learn to Swim Students from Jellyfish to Dolphin Levels, Squad and Swimming Club.
Cost is $5 per person, this covers pool entry and sausage sizzle.
**Jordan Harrison** will be our special guest for the day. For more information call the centre on 46617955.

**Freestone Playgroup**
The Freestone Playgroup have some exciting things coming up in the following months:

**Term 4 Activities Planned**
Oct 30—Excursion to the Indoor Play Gym in Toowoomba
Nov 20—Excursion to Giraween for a Bushwalk
Dec 11—Last meeting of the year for the Freestone Playgroup
Dec 14—Is our MEGA Christmas Party at Leesa’s

Freestone Playgroup meet every Wednesday at the Freestone State School from 9 to 11 am.
Cost is only $2 per week *plus* Insurance
$35 family for the full year.
If you need more information contact Leesa on 4612739 or 0419741264

**Macca’s Mini Meet**
Our fourth Macca’s Mini Meet will be held at WIRAC on Friday October 18th.
The meet gives children an opportunity to experience the joy of racing in the pool and inspires them to become better swimmers.
The meet will include children of all ages and abilities from Shrimp to Dolphin levels and swimmers with a disability.
Events such as relays, novelty races and competitive stroke races will be held in the Learn to swim and 25 metre pool.
A BBQ and Presentation will be held at the end of the meet.
We ask all students to arrive at 3:30pm for a 4pm start.

For more information contact WIRAC on 46617955

**Cricket**
Warwick Junior Cricket Association are seeking players for all age groups, U10, U12, and U15.
The next sign on day is this Thursday 10th October at the Rose City Shopping Centre outside Bi-Lo from 3:30 to 4:30. If you can’t make it to the sign on feel free to drop into one of the below venues.
Cricket is on every Saturday morning during the school term, U10’s play at Glennie Heights SS, U12’s are at Warwick East SS and the U15’s play at Queens Park.
Players are asked to be at the grounds at 7:45am for an 8 am start. Games are usually finished by 10:30 am to avoid the heat and a long day.

For further information please contact Andrew Bryson after 7pm on 46673749