Dear Parents and Community Members,

Well another particularly busy week draws to an end. Monday we had staff attending a professional development session held at school for a new reading intervention program. Tuesday afternoon saw Robyn Devine and I attend professional development in Toowoomba. Wednesday just flew by exceptionally fast.

Firstly, we would all like to congratulate Abbigail on her excellent efforts in Brisbane. She represented the Darling Downs district in 3 track & field events. We are very proud of her and whilst she thinks she did not do particularly well, to achieve 5th place in her events, is exceptional. Well done Abbigail!

During this last term of the year and with school camp fast approaching, I am stepping up my expectations of our school leaders. On camp we will need them to work as part of our team and help each other get organised for the various activities we have planned. They will need to take on more responsibilities as part of their leadership role. The students are aware of this and have responded favourably to the challenge I have set. We are trying to prepare them as much as possible for high school in 2015. There are some students who need to work on their organisational skills, like remembering to ask for homework if they have been away, or hand in forms without being prompted.

In the first week of November we will be having an audit of our Behaviour Management Policies and procedures. Students, parents and staff will be asked about what our rules and expectations are and what consequences we have when we don't follow these. The auditor will look at ways we communicate with parents to keep them informed about school and student issues. The students all know what the STARS acronym stand for and should be able to tell you what Striving, Teamwork, Attitude, Respect and Safety mean or look like in our school.

At our staff meeting this week we set a date for the Prep Open Day. Finding a day that suited both lots of kindy days was impossible so we have settled on a day that fits in with staffing. Our session will be held on Thursday 13th November from 9am—11am (bring water and a piece of fruit). Please let any other potential families aware of the date.

We also have a date change from Saturday 8th November to Friday 7th November for our family BBQ to farewell the Year 6’s and 7’s. On that evening senior students will make a short speech about their time at Freestone and have a special cake. A reminder that this Monday is a Pupil Free Day. Staff will be attending professional developments sessions.

Enjoy the rest of your week.  

Laura Watson

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**Calendar of Events:**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Details</th>
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<tbody>
<tr>
<td>P&amp;C Association Meetings</td>
<td>Every 2nd Wednesday of the month</td>
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<tr>
<td>Next P&amp;C Meeting</td>
<td>Wednesday 12 November</td>
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<tr>
<td>Rodeo Dress Up Day</td>
<td>Friday 24 October</td>
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<tr>
<td>Count Us In</td>
<td>Thursday 30 October</td>
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<tr>
<td>World Teachers Day</td>
<td>Friday 31 October</td>
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<tr>
<td>School Behaviour Audit</td>
<td>Thursday 06 November</td>
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<tr>
<td>School Community BBQ change date</td>
<td>Friday 07 November</td>
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<tr>
<td>2015 Prep Year Open Day</td>
<td>Thursday 13 November</td>
</tr>
<tr>
<td>School Camp Bribie Island</td>
<td>November 18 to 21</td>
</tr>
<tr>
<td>Speech &amp; Presentation Night</td>
<td>Thursday 04 December</td>
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</tbody>
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The Freestone Flyer

Weekly Newsletter of FREESTONE STATE SCHOOL

From the Principal’s Desk

Freestone State School,
82 School Road, FREESTONE QLD 4370
Phone: 07 4666 1569 Fax: 07 4666 1654 Email: the.principal@freestoness.eq.edu.au
Principal: Mrs Laura Watson  Teachers: Mrs Laura Watson (4-7)  Mrs Janine Baldwin (P-3) Ms Jennifer Lane (General)  Mrs Heidi Thompson (LOTE)  Mr Roy Nott (HPE)  Ms Jayne Shelley (Music)  Teacher Aides: Mrs Annette Sinden  Mrs Lynn-Marie Cremasco  Mrs Marguerite Walsh  Mrs Marie Gould  Cleaner: Mrs Karen Mauch  Administration & Finance Officer: Mrs Judith O’Shea  Grounds care: Mr John Watson  P&C President: Mr Derek Kane  Vice President: Merrill Ryan  Secretaries: Alica Mauch & Majella Roche  Treasurer: Jenny Ramsey  Playgroup Contact: Mrs Leesa Zagata  Phone 46612739
Term 4 Week 2
Random Acts of Kindness

Congratulations
To all the students who achieved STAR awards.

Alex was very helpful packing up sports equipment at the end of play.

Joseph for showing Alex, our newest student where all the sports equipment is kept, and helping him put it away.

Christian helped pack and put away the sports gear as well, even though he was not playing with it.

Jesse was a top team player in class.

Georgia collected the sports equipment left in the sandpit before going home.

Daniel assisted a prep student with his computer log-on.

Lachlan helped a prep student with morning sport’s before school. Showing him what to do.

Well done everyone!

Lost Property
We have a size 10 Sloppy Joe type pullover (uniform) here at the school. Please check if any of your children are missing it.

Needed
Still chasing 400gr Maccona coffee jars for P-3 and small to medium boxes and shoe boxes are needed for a technology unit we are doing.
P-3 children also need a box big enough to stand in. We are going to turn them into horses, busses or cars.
Eg: microwave oven size.

MANGO FUNDRAISING
forms should be returned on the 28th October.

Warwick State High School is holding a
GETTING TO KNOW YOU DAY
On
Wednesday November 12

Watch for flyer closer to the day.

SCHOLASTIC BOOKCLUB DUE BACK

Friday 24th October


What should I do to be healthy?
Nutritionists have devised plans and suggestions that contribute to healthy eating patterns for children. However, you and your parents will probably know if some of the guidelines don't (or can't) apply to you. As a growing child, it's best for your body and brain if you:

- Eat breakfast, lunch and dinner every day
- Eat plenty of vegetables, legumes and fruit
- Drink fat-reduced milk
- Eat plenty of cereals, including wholegrain bread, rice, pasta and noodles
- Include protein sources such as lean red meat, fish, chicken and other poultry, or alternatives, in your diet
- Limit your consumption of chips, cakes and other fatty foods, "junk food" and confectionery so that you only eat them occasionally
- Replace soft drinks and other sweetened drinks with water (and sometimes milk)
- Choose foods low in salt
- Drink plenty of water to keep hydrated - more so in the hot weather

Ask parents to consider food products with minimal preservatives and artificial additives when shopping.
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.