From the Principal’s Desk

Dear Parents and Community Members,

Welcome to Week 3 of Term 4. Can you believe we are already nearing the end of October? Speaking of which – “Yeeha and giddy-up y’all!!” This Friday is Rodeo Dress Up Day – polish your boots and buckles, empty your ten gallon hat and put it on your head.

Monday this week was a Pupil Free Day. Staff spent the day working through our school’s Behaviour Management Policy and procedures. We have modified existing documents to reflect our STARS motto and adjusted some of our classroom procedures to better meet the needs of Freestone students and staff. You will be given a copy of the changes.

Mrs Baldwin and Mrs Watson have put together a booklet for this year’s camp. The booklet contains information for you to keep as well as the permission form, medical form and payment details. The booklet will be sent home this week. Please read it carefully and contact the school if you need to discuss any details.

Have a great week.

Laura Watson
Principal

Count Us In
We are joining other Warwick Schools next Thursday to sing a number of songs in Leslie Park. A permission form has been sent home already. Please return it by next Tuesday.

World Teachers’ Day
Next Friday, the 31st of October is World Teachers’ Day.

P&C Dinner will be held on Friday 28th November, 7:30 at the Warwick Hotel. RSVP by 21st November please.
**Technology Task**

This term we are designing and making a Rodeo Horse, Bull or Clown Car. Although they won’t be finished in time for the Rodeo Dress Up Day, we will use them on Melbourne Cup Day for games. Children will need a box which they can stand inside – the box will be the body of the horse/bull/car. They will attach heads, tails, legs, bridles and so on. Other details will be painted on. The school has some boxes for children to use but if you have a suitable box (about microwave oven size) or handy bits and pieces at home please send them in.

**Stamp Books**

Our students are continuing to earn many stamps for their STARS behaviour and spending their points wisely!!

Well done Daniel for assisting the prep students with their log-on’s while they were waiting for the bus to come.

Thank you Lachlan for your help with prep students and morning sport, showing them what to do etc.

Thanks everyone for making our school a great place to be.

---

**Random Acts of Kindness**

**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.

---

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>What’s Cooking</th>
<th>Who’s Helping</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>24/10/14</td>
<td>Sausage on Bread</td>
<td>School</td>
</tr>
<tr>
<td>4</td>
<td>31/10/14</td>
<td>Pizza</td>
<td>Linda</td>
</tr>
<tr>
<td>5</td>
<td>7/11/14</td>
<td>Egg &amp; Bacon or Salad Roll</td>
<td>Denise</td>
</tr>
<tr>
<td>6</td>
<td>14/11/14</td>
<td>Chicken wrap /Salad wrap</td>
<td>Anita</td>
</tr>
<tr>
<td>7</td>
<td>21/11/14</td>
<td>We will need home made goodies</td>
<td>From all parents please if possible</td>
</tr>
<tr>
<td>8</td>
<td>28/11/14</td>
<td>Beef burgers / Salad Rolls</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>5/12/14</td>
<td>P&amp;C Tuckshop Dessert only</td>
<td>P&amp;C</td>
</tr>
<tr>
<td>10</td>
<td>12/12/2014</td>
<td>Pizza</td>
<td>Linda</td>
</tr>
</tbody>
</table>

Behaviour

Last Friday on parade we enjoyed the first of our STARS presentations. Mrs Watson (aka Beth Mauch) and her students (Tom Ramsey, Jesse Dudman and Dean Mauch) demonstrated the importance of striving to do your best.

All our students watched closely while our actors performed. Firstly they acted out a scenario where one of the students did NOT strive when given a challenging task. We discussed the first scene before the troupe repeated their act when the same student DID strive to achieve.

Congratulations to the group for being our first performers and doing such a good job. We were all entertained and informed.

Last week we congratulated Abbi for her excellent achievement while representing the Darling Downs district (School Sport) in Brisbane at the State Titles. Again, well done Abbi.

More of our students Art Work, using the playdough like medium MICA-DOUGH

Notice the great texture achieved with this medium.

I can do it, I can do it, I can!

Heavy books come in handy, keeping the art flat while the Mica-Dough dries.
WARWICK STATE HIGH SCHOOL

SMALL SCHOOLS “GETTING TO KNOW YOU” DAY

Year 6 and 7 students and staff from Yangan, Tannymorel, Murrays Bridge, Wheatvale, Freestone, Karara and Maryvale are invited to attend a getting to know you day at WSHS.

Date: Wednesday 12th November 2014

Time: 9.00am until 3.10pm

Aim: To provide an exciting opportunity for the students from the small schools to develop friendships and experience a day as part of the Warwick State High School community.

Program: School tour, understanding the timetable, introduction to subjects, fun curriculum activities, meet the teachers and School Leadership and working with others.

Where to meet: Meet Mrs Ferdinand at the main office at 9.00am.

What to wear: Primary School Uniform.

What to Bring: Morning tea, water bottle, biro, hat.

Lunch: Provided by WSHS.

Contact: Joel Casey: (07) 46669222 jcase127@eq.edu.au