Dear Parents and Community Members,

Welcome to Week 5 of Term 4. October has been and gone and November is well under way. Only 2 weeks until camp – woohoo!!

This week’s big ticket item is the Behaviour Audit. Thanks to a big effort by all staff, input from our P&C and suggestions from our students we have refined our Behaviour Management Policy and Procedures and should be in great shape for the audit.

I hope you have all noticed the new STARS sign at the corner by now. Hopefully you did better on the Melbourne Cup than I did – maybe, next year.

Our students did a great job last Thursday in Warwick at Leslie Park. The kids sounded great and we made it into the newspaper again!

Have a great week.

Laura Watson

Behaviours - Parade STARS Presentation

Last week’s STARS focus was ATTITUDE. We were able to draw on something that happened on the bus going into Warwick to help demonstrate the value of being honest. Thanks to Dean, Lachlan and Tom Ramsey for their performance.

Year 6/7 Dinner
The year 6s and 7s and their families are going out to dinner to celebrate the end of their primary school days. Have fun everyone!

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

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Term 4 Week 4
Random Acts of Kindness

Our nominees for Week 4 were:

Kayleigh for helping her younger peers.
Brad for helping the Preps in Art and
Alex for helping a younger classmate look for a lost book.

Thanks for making our school a great place to work, learn and have fun.

Bribie Island Camp

Please complete the relevant forms and return them together with payment by Wednesday the 12th of November so final numbers can be confirmed with the camp.

http://www.childsafetyhandbook.com.au

Diet and Nutrition

Maintaining a healthy diet is very important, especially for children. Recent statistics show many children go to school without breakfast and go through the school day without a proper lunch. At the other end of the scale, increasing numbers of children in Australia and other similar countries are overweight and obese, and these conditions are not only unhealthy in themselves but lead to other serious health problems such as diabetes, high blood pressure and cholesterol.

Children between the ages of five and 11 are in a slow and steady growth period (although if you're having a 'growth spurt' and need new shoes every two months it may not seem so slow!). While physical growth continues, intellectual growth and social development are proceeding very quickly. All in all, you need a lot of energy, provided by the right mix of foods, to get you through your everyday activities and your physical and mental growth.

A balanced diet and regular exercise will give your body its best grounding to help you prevent fatigue, maintain concentration, deal with problems at school and home, and participate in sport and other activities using your body and your brain.

World Teachers’ Day

Last Friday was World Teachers’ Day and Mrs Baldwin and Mrs Lane received lovely surprises on parade.

Tanny Sports Meeting

Thursday 13th November
Yangan State School
7pm
Count Us In

Our students sang very well and although it was a hot day it was well worth the effort. Thanks too, to the family members who came along to share the experience.

End of Year Play (a few words from Mrs Baldwin)

We have started rehearsing our play and it has been very pleasing to see that some students have started learning their lines. This makes the rehearsals move along more smoothly. Please help your child/children learn their lines at home.

The children who are playing larger parts will need to practice at home to learn all their lines. I have burnt a CD of the songs and backing music for each family.

Please let me know if you are keen to help in some way with the play – painting backgrounds, organizing props, putting costumes together, helping children learn their lines.

Prep Open Morning

Prep students for 2015 are invited along next Thursday the 13th of November to spend the morning with us. They will stay from 9 – 11 and eat their lunch with everyone.

Technology Task

Our horses, bulls and cars are looking great. It has been great to see everyone’s ideas come together with such interesting results.
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.

TECHNOLOGY and IMAGINATION!

From this to ..., well just take a look below. Some great ideas and hard work.

Vehicle designers of the future.

Melbourne Cup starters!

Remember, vehicles should always be on the look out for stock on the road.