FROM THE PRINCIPAL’S DESK

Sports Captains – 2017

Last Friday, February 3, our Year 3 to 6 students elected their Sports Captains for 2017. I congratulate all of the nominees, of which there were many, for being prepared to lead their sports house for the year. Great effort! I did not envy the children their very important job. From the speeches I saw it would have been a very difficult job indeed. Well done to all. Please see below the successful applicants.

CROCS
Captains – Olivia Vogler & Jeremy Ward
Vice Captains – Rachel Caldwell & Daniel Doggett-Ford

EAGLES
Captains – Sarah Newman & Charlie Mitchell
Vice Captains – Myles Britton & Amiyah Oliver

MARLINS
Captains – Imogen Loukas & Jonas Brannstrom
Vice Captains – Carol Guerra & Tyler Blakey

TAIPANS
Captains – Isobella Cochran & Max Carpenter
Vice Captains – Lara Jones & Taylah Winters

Congratulations to all. I wish these students all the very best for the year ahead. I am sure they will lead their teams with pride.

Behaviour Expectations:

Freshwater State School’s Responsible Behaviour Plan provides a positive strategy to support students to develop appropriate and accountable behaviours which in turn enhance the learning environment of our school. Our three school rules – Be Safe, Be Respectful and Be Responsible – provide the cornerstone for this strategy.

Each term all classroom teachers explicitly teach the rules, which are then supported by a weekly focus lesson. Each week, visitors to the school office will see the weekly focus clearly displayed. Additionally, during week 5, all children in years 1 – 6 are provided with the opportunity to reflect on their behaviour up until that time of the term with the view to making improvements if necessary. This reflection is the catalyst for teachers to conduct individual discussions with students who may need assistance in displaying more appropriate behaviour.

To ensure our school is consistently well ordered, parents are asked to discuss these rules with your children and to reinforce the need for them to be regularly followed. When the school is well organised and orderly, the classroom teachers are able to focus on instruction thus maximising learning time for all children and in turn improving learning outcomes.

Healthy Lunches:

Healthy lunches and snacks are important for active children. There are limited times for the children to eat during the school day, so it is important the food that is consumed sustains them until the next break. Research shows that children who eat healthy food during the day are better able to concentrate than those children who have poorer choices.

Some of our children are currently coming to school with highly processed lunch box options which often contain lots of sugar. Avoiding sweet options also assists with dental hygiene. Parents are encouraged to revise their child/ren’s lunchbox offerings and make changes if necessary. Some healthy lunchbox suggestions are listed below:

- Fresh fruit
- Crunchy vegetables e.g. carrot, celery etc.
- Meat or protein food e.g. lean meat, hardboiled egg etc.
- Dairy food e.g. cheese stick or slice, milk, yoghurt
- Carbohydrates e.g. bread, bread roll, pita or flat bread, fruit bread or crackers
- Water NB: Only water is permitted in water bottles for classroom use

Also….let’s not forget the 2016 Student Council’s initiative to increase the amount of ‘litter free’ lunches. ‘Litter free’ lunches are those lunches which do not require, or have, wrapping or packaging. Children who come to school with ‘litter free’ lunches help their class to win the Golden Apple Award which is awarded each week on parade to the class with the largest number of children with ‘litter free’ lunches.

Well done to those parents who make a big effort to ensure a highly nutritious and healthy lunch is provided for their children every day. A great effort!
Year 6 Leadership Days
Next week, our year 6 classes, accompanied by their teachers will be attending a leadership day at Holloways Beach Environmental Education Centre. Days such as these are a very important part of the leadership year because we regard all of our year 6 students as school leaders, whether they are wearing a badge or not. The planned activities assist the children in bonding as a cohesive group in order to lead the school with a common set of expectations. I thank their teachers and the staff of Holloways Beach EEC in advance for their assistance in providing a very worthwhile program for our children.

Religious Instruction
Religious Instruction classes are due to recommence next week (Week 4) for the 2017 school year. Please be advised that those children who are not attending RI classes will be engaged in revision activities. If your child is part of the Combined Churches group you will need to purchase a religion workbook from the Office at a cost of $4.00 per book.
I would also like to extend a big thank-you to all of our catechists who give up their time each week to come to our school to deliver the RI program. Their time is greatly appreciated.

School Parade
Next week, Monday February 13, our normal school parade will be held on Monday MORNING, commencing at 9:00am, instead of the regular afternoon time slot. The time change is for WEEK 4 ONLY. During this parade our school leaders will be given their badges and they will make their pledges as the leaders of the school for 2017. Following the parade the parents of the leaders and the leaders themselves will remain behind to cut the Leadership cake.
Request: It is wonderful to see so many parents attending parade each week. Thanks for your commitment to our school and to your children. As some of our youngest children are still quite distracted by things going on around them, I would ask that parents move towards the back of parade so there are no limited distractions within eye shot of our smallest children. Thanks for your assistance with this. Greatly appreciated.

Have a great week!
Susette Birchley, Principal

CONGRATULATIONS MRS KNIGHT
Congratulations to Mrs Knight for recently being awarded Life Membership to the Barron River District Primary Schools Sport Association. This is in recognition of over 15 years of service to Barron River sporting Teams.

NEWS FROM FRESHIE CAFÉ
Hello from Di, Manfred & Tomoyo,
Firstly a reminder the Flexischools website is www.flexischools.com.au to register or you can contact Flexischools on 1300 361 769. There were teething problems to start with but we are happy to say that all classes are now correct.
Thank you for your patience.
Treat of the fortnight:
Ginger Cookies ·················· 3 for $1.00
Have a great week and happy caféing.
Di, Manfred & Tomoyo

NEW FSS UNIFORM SURVEY
We’d love your opinion. Please use the link below to tell us what you think of our new uniform. Thanks in advance.
https://www.surveymonkey.com/r/GZBYJ22

LIFE EDUCATION PROGRAM - Wednesday 15th February – Tuesday 7th March
The Life Education Team will be visiting our school beginning next week. All students from Prep to Year 6 will be participating in the programs offered. Lessons are from 60 to 90 mins duration. Teachers in their teams have chosen a module from the range of programs. Below are the modules that each year level will be completing. If parents do not wish their child to be involved in the program, they need to contact Mrs Birchley, our Principal. Life Education teacher Ms Gemma Ewin will implement the program for our school and will run an information workshop for parents on Wednesday 15th February at 2pm. All parents are most welcome to attend. Any questions please see Mrs Fuller.

WHAT IS LIFE EDUCATION?
Life Education motivates and empowers young people to make smart life choices for a healthy future.

MODULE: ‘MY BODY MATTERS’ – PREP
Harold and his new friends, Boots and Red, want to look their best for photo day at school, but things don’t always go to plan. Students look at the importance of personal hygiene, choosing foods for a healthy balanced diet, the benefits of physical activity, sleep and ways to keep safe at home; school and in the community.

MODULE: ‘READY, STEADY GO’ - YEAR 1
Harold and his friends are ready for their big race at the school athletics carnival. Or are they? When one member of their relay team doesn’t show up, what will they do? They look at the benefits of physical activity, safety strategies in different environments, identifying how our body reacts in new situations and what our body needs to be healthy including nutrition, water and sleep.

MODULE: ‘GROWING GOOD FRIENDS’ – YEAR 2
Harold battles to figure out what to give his grandma for her birthday, until his friends; Boots and Red step in and offer some good ideas. They explore what health messages mean, how to identify safety signs and students also explore how to recognize how physical activity and nutrition contribute to a healthy lifestyle. They also explore how positive relationships benefit our health and wellbeing.
**MODULE: ‘HAROLD’S HEROES’ – YEAR 3**
The children join Harold’s superhero team to make the world a safer, healthier place for everyone. Throughout the mission they discover the importance of clean air, safe use of medicine and safety in the environment.

**MODULE: ‘ALL SYSTEMS GO’ – YEAR 4**
Inside a futuristic machine ‘The Venture’, the Captain and his crew take the class on a tour of the human body. Travelling through the blood we explore the functions of various body parts and how magnificent the human body really is. The students discuss issues and engage in activities centered on peer pressure, second hand smoking, safety with medicines, factors that influence the function of body systems.

**MODULE: ‘bCYBERWISE’ – YEAR 5**
The Children explore ‘netiquette; (Internet etiquette) and Cyber safety issues through discussion and fun interactive activities. They explore how to establish positive respectful relationships and to report negative experiences to a responsible adult that they trust.

**MODULE: ‘ON THE CASE’ - YEARS 5 & 6**
The class identify ways nicotine adversely influences physical and social development. Students also identify high risk situations and develop strategies to deal with the influences and pressures to smoke.

**MODULE: ‘IT’S YOUR CALL’– YEAR 6**
Students clarify the definition of a drug; explore risks associated with the use of legal drugs and the short and long term consequences of misuse. They examine the decision-making process, and develop strategies for dealing with pressure situations including digital media.

**FRESHIE SINGERS**
Freshie Singers will commence on 17th February 2017 from 3pm - 4pm in the Library conference room. If you are Year 2 or above and like to sing, or want to learn to sing, or want to have the chance to sing a wide range of music with a group of cool kids, come along!! There are forms available for parents to pick up from the school office. Please complete the form and return by Tuesday 14th February. Cost is $20 per family for Semester 1 (Terms 1 & 2).

For further information contact Meryl 0405 798 152. See you there!!

**CONGRATULATIONS**
The following students have received a Merit Award (left 2 columns) for Good Behaviour and/or Academic Achievement and Tough Cookie Award (right 2 columns).

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**SCHOOL SORES (Impetigo)**
We have confirmed cases of School Sores in the school. Impetigo is a contagious skin infection usually caused by either Staphylococcus or Streptococcus bacteria. It is most commonly found in children although it may also occur in adults. Impetigo may affect skin anywhere on the body but commonly occurs in the area around the nose and mouth. It first appears as a small itchy, inflamed area of skin which blisters. The blisters rupture, release a yellow fluid and develop honey-coloured crusts and form scabs. New blisters develop in the same area or in different parts of the body and may ooze fluid which is highly contagious.

EQ’s Policy is to exclude the child until appropriate antibiotic treatment has commenced (sores on exposed areas must be covered with a watertight dressing).
FRESHIE GRANFRIENDS PROGRAM
Granfriends will be recommencing Friday, 10th February. Granfriends (a “Granfriend” is a senior volunteer who passes on their skills to primary school aged children), is an opportunity for children to learn new skills such as sewing, knitting, crochet and craft. It is run by a small group of volunteers throughout the year.
Granfriends is open to students in Years 4, 5 and 6 and numbers are limited. The program runs on Fridays, during first lunch break from 11:00-11:30am in the Outside School Hours Care Building (OSHC). All materials for the projects are purchased and supplied by the Freshie P&C.
This year, beginners will be taught how to sew and learn to make scrunchies, mascots, cushion covers and hanging decorations. Experienced children will be learning some more complicated sewing stitches, knitting and needlework, as well as the opportunity to sew items on a sewing machine.
If your child is interested in joining the program, or is continuing from last year please collect a permission slip from the school office and return it to the office by Friday, 10th February.
Enquiries to Karen Frielingsdorf - 0438 748 986

LOTE
February 3rd – Setsubun – Demon Day. On this day, the father or older brother in the family wears a red demon mask while the other family members throw beans at him shouting “Oni wa soto, fuku wa uchi” which means “Demons out and good fortune in.” That evening children eat the same number of roasted soy beans as their age for good luck.

A MESSAGE FROM YOUR ADOPT-A-COP
Welcome back everyone and a warm welcome to new students and parents to Freshwater State School.
In an effort to keep our kids safe and our school zones moving freely here are a few reminders;
There are two Stop Collect and Go Zones at the school, one on Corkill Street and one on Old Smithfield Rd.
• These are two minute zones only. If your child does not present during this time, you will need to do another lap.
• There is strictly no parking in these zones- vehicles must not be left unattended (parking fines will apply). Parking in these zones renders the collection zone unusable, creates traffic congestion and puts children at risk.
• Please continue to move forward in these zones and encourage your children to keep an eye out for you and to get to the car quickly.
• Please do not stop on the crosswalk. If the collection zone on Corkill Street is full, you are required to move on. Crossing supervisors are not permitted to activate the crosswalk when a car is in the crosswalk area.
• If the collection zone on Old Smithfield road is full, you are also required to move on. Please do not double park and/or block traffic flow on Old Smithfield Road whilst waiting to enter the collection zone.
A big thank you is extended to parents and carers using these zones correctly or utilising other permissive parking areas around our school.
Parents please lead by example and use the crosswalk wherever possible and encourage your children to do the same.
The safety of our children is paramount, if everyone does the right we can all collect our children quickly and safely.
I look forward to seeing you all throughout the year.
Senior Constable Heidi Marek
Freshwater State School Adopt-a-Cop
SCHOOL HOOPS @ FRESHIE
Basketball is back at your school for all ages P-6!  Don’t miss out on this exciting, inclusive, and interactive 6 week program in Term 1. All participants receive a show-bag including a drink bottle, toy, poster, and an official School Hoops basketball. (pls note the basketball will be handed out at the last session).

To register collect the form from the school office. No money is to be handed into the school office. Payment can be dropped off to me when you collect your child.

When: Wednesdays 3-4pm Feb 15th, 22nd, Mar 1st, 8th, 15th, and 22nd.
Cost: $80
Contact: Cam 0435 737 847 or cam@schoolhoops.net

JANE’S JOTTINGS
Jane Brentnall – Guidance Officer

Help your child adapt to difficult situations.  Paraphrased from an article by Michael Grose

We are all placed into situations that are not of our liking. This includes children. They may find a new class difficult, play in a sports team that always loses or have to eat new food at a school camp.

Some children are adept at pestering their parents to rescue them or change a situation so that it suits them. This is okay when a child's physical or psychological safety is at risk, or if long-term harm is possible.

If not, then it's better for kids' resilience that they learn to cope with these situations themselves. Kids, when left to their own devices usually develop their own coping mechanisms, and will usually adapt their thinking and behaviour to deal with the situation that's not to their liking.

Help your child to adapt to tricky situations, rather than changing the situations to suit them. Flexibility rather than rigid thinking is required.

While this may cause some discomfort in both you and your child in the short term, it will boost resilience in the long term.

The positive behaviour focus for this week is:

P-6-------‘Be Safe’ Keep hands & feet to ourselves

From the ‘Positive Behaviour for Learning’ team