



FRESHWATER STATE SCHOOL

7th February 2017**A/Principal**

Mrs Susette Birchley

Deputy PrincipalMiss Martina Leiter
Miss Louise Jappe**Business Services Manager**

Mrs Robyn Balchin

Administration OfficersMrs Jean Duncan
Mrs Kathy Smyth
Ms Amanda Glaspy**Guidance Officer**

Jane Brentnall – (Mon, Tues & Fri)

ABSENCES

☎ 4058 9260

EMAILabsences@freshwaterss.eq.edu.au**SCHOOL**

☎ 4058 9222

OFFICE HOURS

8:15am - 3:30pm

SCHOOL WEBSITEwww.freshwaterss.eq.edu.au**GENERIC EMAIL**principal@freshwaterss.eq.edu.au**NEWSLETTER EMAIL**newsletter@freshwaterss.eq.edu.au**UNIFORM SHOP HOURS**Tuesday 8:30 – 9am
Thursday 8:30 – 9am**OUTSIDE SCHOOL HOURS CARE**

☎ 4058 0252

EMAILoshckids@bigpond.net.au**FRESHWATER P&C OFFICE**

☎ 4055 2946

EMAILfreshwaterpandc@bigpond.com**SCHOOL DENTAL CLINIC**

☎ 1300 300 850

SCHOOLWATCH

13 17 88

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 & Tayliah 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 that 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!

DATES TO REMEMBER

14 Feb	6NB Leadership Day
15 Feb	6JP Leadership Day
16 Feb	6JD Leadership Day
17 Feb	6SL Leadership Day
6 Mar	P&C AGM 6:30pm
9 Mar	Ovation
31 Mar	Last day of Term 1
18 April	Tuesday, First day of Term 2
25 April	ANZAC Day holiday

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 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).

Merit Awards

PGW	KATELIN H	PJS	ADAM G
PRD	GEORGIA B	PRO	ABBE P
1CG	SHILOH F	1EB	OSCAR H
1AM	LUCY V	2TED	NINA A
2AY	ELORA S	2MD	TARA P
2KW	GEON B	2/3SW	DEGHAN S
3AM	COOPER M	3RL	ALICE G
3JR	LARISSA M	3NT	SKY P
4SC	TOBIAS B	4NS	ANGUS C
4PG	BRIAN V	4NL	SERGIO D
4/5SW	BLAKE F	5LS	NINA HJ
5LD	ABBY A	5SM	ACE A
5LB	CASEY G	6SL	LEVI R
6JP	JOSH L	PE	XAVIER H 5LB
MUSIC	4PG	LOTE	MILES B – 6NB

Tough Cookie Awards

PGW	ARCHIE H	PJS	JAMIE G
PRD	RICKY L	PRO	OSCAR M
1CG	AVA C	1EB	TAHLIA B
1AM	LAYLA L	2TED	JONAH M
2AY	GRACE C	2MD	LIAM W
2KW	WADE W	3AM	JOSH L
3JR	TAHLIS S	3RL	ETHAN L
3NT	MASON M	4SC	LIANNA K
4NS	BRIAN BP	4PG	PARNIAN E
4NL	MAYA M	4/5SW	SAMAI M
5LS	LACHLAN L	5LD	LUKE N
5SM	RACHAEL H	5LB	JAI I
6SL	ETHAN W	6JP	TYLER B
MUSIC	CONNOR B – 5LS	PE	SHANAE C – 2KW
LOTE	JAKE M – 6JP		

**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



BARRON RIVER

10-12 Years School Sport

For further information, please consult:
 (1) Your school's sport coordinator, or (2) Barron River 10-12 Years School Sport Secretary – jpont8@eq.edu.au

<p>RUGBY LEAGUE <small>* Open only to students born in 2005 and 2006</small> Friday February 17 & 24 4:00-5:00pm Redlynch Razorbacks Ground</p>	<p>AFL Monday March 6 & 13 3:30-4:30pm Redlynch State College</p>	<p>BASKETBALL GIRLS Wednesday March 1 & 8 4:00-5:00pm Freshwater State School</p>	<p>BASKETBALL BOYS Friday March 3 & 10 3:30-4:30pm Peace Lutheran College</p>
<p>NETBALL Monday February 20 & 27 4:00-5:00pm Redlynch State College</p>	<p>HOCKEY GIRLS Thursday March 9 & 16 4:00-5:00pm Cairns Hockey Association</p>	<p>Our Barron River 10-12 Years School Sport Schools: Cairns Hinterland Steiner School - Caravonica SS - Freshwater SS Holy Cross School - Kuranda District College - Machans Beach SS Peace Lutheran College - Redlynch State College - St Andrew's Catholic College - Smithfield SHS - Trinity Beach SS - Yorkey's Knob SS</p>	

Students and Parents are reminded to check with their schools' sport coordinators to ensure correct school, district and paperwork procedures are followed. Remember:

NO FORMS, NO PLAY

06/02/17



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.

GENERAL NOTICES

GIRL GUIDES FOR FUN, FRIENDSHIP & ADVENTURE

Who: Girls between the ages of 5-17yrs

What: Try new & exciting challenges, make new friends & have fun

Guiding is for Adults as well

Who: Women 18yrs & older prepared to make the Guide Promise

Make a difference in the lives of girls & they will make a difference in yours.

Contact: girlguidesenquiry@gmail.com

EDGEHILL UNITED SOCCER SIGN ON

When: Sat 11th February from 9am to 1pm

Where: Tiger Park (behind PCYC) McNamara St Manunda

Contact: Glen 0439 857 655 or www.ehufc.com.au/junior-soccer-club-in-cairns.php

SOUTHS HOCKEY CLUB INVITATION

Who: All Prep to Year 6 Students

What: Register online today for the 2017 hockey season

Where: <https://memberdesq.onesporttechnology.com/933/org>

Come & Meet Your Coach Friday 24th February at CHA from 5pm to 6.30pm

Contact: Karen Fry on 0438 557 380 or jnrcoordinator@southhockey.net.au

CAIRNS JNR RUGBY LEAGUE SIGN ON DAY

When: February 18th from 9am to 12noon

Where: Jones Park

New & existing players welcome

Contact: Kelly cdirl@bigpond.com or Leisha cdwrlpres@hotmail.com

RADARS NETBALL SIGN ON

Who: Players from 8yrs – adult

When: Saturday 4th Feb from 10am to 12noon

Where: JCU Student Lodge, Faculty Cl, Smithfield

Contact: Heather 4057 5869 / 0448 559 269

JUTE THEATRE SCHOOL

Who: Ages 7-18yrs

Classes commence Wednesday February 8th

Contact: www.jute.com.au or 4050 9444

CAIRNS NETBALL SIGN ON DAY

When: Saturday 18th Feb from 9am to 11:30am

Where: Martyn St Courts, Cairns

Who: NSG – 4-10yr old boys/girls, Jnr Netball – 11-17yr old boys/girls

Contact: admin@cairnnetball.net.au or call 4051 7501

RAZORBACKS RUGBY LEAGUE SIGN ON ONLINE

When: Now open online

Contact: www.redlynchrazorbacks.leaguenet.com.au to register or email razorbacks.jrl@gmail.com

BEARS JNR BASEBALL FAMILY FUN/COME & TRY DAY

When: Saturday 25th February from 9am to 12pm

Where: Loridan Dr Reserve, Brinsmead

What: Fun activities, baseball skills, sausage sizzle

GET INTO HOCKEY

Have fun, learn new skills & make friends for life! free come & try sessions

Where: Cairns Hockey Grounds on Fridays from 5pm – 6.30pm

On the following dates 24th February, 3rd March, 10th March, 17th March

Equipment Packs valued at \$80 can be purchased for \$50

Contact: Megan on 4053 2308 or email info@cairnshockey.com.au

CAIRNS CITY LIONS JNR AFL SIGN ON

When: February 19th from 10am to 1pm

Where: Redlynch College Snr Campus

Player registration is \$170 incl. training shirt, insurance

Contact: Craig 0439 390 441 or citylionsjuniors@gmail.com

TENNIS LESSONS @ FRESHWATER TENNIS CLUB

Sign up for tennis lessons. Free trail lesson available with programs held after

school at on Saturday mornings at Freshwater Tennis Club.

Contact: Dana Vincent 0414 856 917 or dana@fusiontenniscairns.com

FLUTE FOR SALE

Yamaha flute \$250 includes 2 flute music books – Book 1 & Book 3. **Contact:** 0407 225 568.

The positive behaviour focus for this week is:

P-6..... 'Be Safe' Keep hands & feet to ourselves

From the 'Positive Behaviour for Learning' team