



# FRESHWATER STATE SCHOOL

7<sup>th</sup> March 2017**A/Principal**

Mrs Susette Birchley

**Deputy Principal**

Miss Martina Leiter

Miss Louise Jappe

**Business Services Manager**

Mrs Robyn Balchin

**Administration Officers**

Mrs Jean Duncan

Mrs Kathy Smyth

Ms Amanda Glaspy

**Guidance Officer**

Jane Brentnall – (Mon, Tues &amp; Fri)

**ABSENCES**

☎ 4058 9260

EMAIL

[absences@freshwaterss.eq.edu.au](mailto:absences@freshwaterss.eq.edu.au)**SCHOOL**

☎ 4058 9222

**OFFICE HOURS**

8:15am - 3:30pm

**SCHOOL WEBSITE**[www.freshwaterss.eq.edu.au](http://www.freshwaterss.eq.edu.au)**GENERIC EMAIL**[principal@freshwaterss.eq.edu.au](mailto:principal@freshwaterss.eq.edu.au)**NEWSLETTER EMAIL**[newsletter@freshwaterss.eq.edu.au](mailto:newsletter@freshwaterss.eq.edu.au)**UNIFORM SHOP HOURS**

Tuesday 8:30 – 9am

Thursday 8:30 – 9am

**OUTSIDE SCHOOL HOURS CARE**

☎ 4058 0252

EMAIL

[oshckids@bigpond.net.au](mailto:oshckids@bigpond.net.au)**FRESHWATER P&C OFFICE**

☎ 4055 2946

EMAIL

[freshwaterpandc@bigpond.com](mailto:freshwaterpandc@bigpond.com)**SCHOOL DENTAL CLINIC**

☎ 1300 300 850

**SCHOOLWATCH**

13 17 88

## FROM THE PRINCIPAL'S DESK

Homework is an important part of school life. It is a time for your child to practise what they have learnt in class so the information can be stored in their memory for later use. At this point in your child's education, homework is habit forming as they will encounter more in later years. It is also a time for parents and caregivers to understand what their child is doing at school.

At Freshwater State School, homework is set for each year level. Research conducted in 2006 comparing students in an average class who were set appropriate homework with those who were not given any homework, found those children undertaking the homework tasks scored 23 percentile points higher on tests of knowledge addressed in that class than the average student in the class to which home work was not assigned.

This research is proven here at Freshwater State School each week. The progress of those children who regularly complete their homework tasks is more rapid than for those who do not.

Typically students in each year level at our school are set spelling and number fact work, reading practice and work relating to key learning areas. The time that a child needs to spend completing homework will vary according to the child's age. The homework that is set is a revision of work previously covered in class. New and unfamiliar work is not included in homework tasks. To ensure every child progresses at a satisfactory rate it is important homework tasks are completed each day and returned to the school for marking.

I thank those parents who consistently supervise their children during homework sessions and who ensure the homework is returned to school for marking. Your diligence is making a difference. I encourage all parents to take an interest in your child's homework tasks. Not only are you making a difference to their outcomes, the homework will provide you with a 'window' to the classroom so you can keep abreast of curriculum offerings.

Please find listed below some positive benefits of completing homework:

1. It improves your child's thinking and memory
2. It helps your child develop positive study skills and habits that will serve him or her well throughout life
3. Homework encourages your child to use time wisely
4. It teaches your child to work independently
5. Homework teaches your child to take responsibility for his or her work
6. It allows your child to review and practice what has been covered in class
7. It helps your child to get ready for the next day's class
8. Homework helps your child learn to use resources, such as libraries, reference materials, and computer Web sites to find information
9. It encourages your child to explore subjects more fully than classroom time permits
10. It allows your child to extend learning by applying skills to new situations
11. It helps your child integrate learning by applying many different skills to a single task, such as book reports or science projects
12. Homework helps parents learn more about what your child is learning in school
13. It allows parents to communicate about what he or she is learning
14. It encourages parents to spark your child's enthusiasm

Please find attached to this newsletter the updated version of the school's Homework Policy. Should you have any questions about the policy, please do not hesitate to contact the school.

### Leadership Camp:

Last Monday and Tuesday our eight school leaders participated in an interschool leadership camp at Holloways Beach Environmental Education Centre. The camp provided a fabulous opportunity for these young leaders to meet and interact with leaders from many other Cairns schools. During the camp the children were challenged, encouraged and inspired and have returned to school with a clear picture of what they would like to achieve personally and for the school this year. I congratulate all of these children for persevering when the going got tough, supporting each other and being wonderful ambassadors for our school. Well done to all.

### Whole School Review:

As mentioned in the last school newsletter, that Freshwater State School will be participating in a full school review in a couple of weeks. The review is conducted by three reviewers; an internal reviewer who is a principal that has been seconded to the School Improvement Unit for a period of a semester; an external reviewer who works in other educational arenas eg. universities, and a peer reviewer who is a principal that is currently serving in a Qld State School. Our school internal reviewer is Mr Phil McLucas and he will be chairing the review.

### DATES TO REMEMBER

|          |                              |
|----------|------------------------------|
| 10 Mar   | Yr 4 & 5 Swimming Day 1      |
| 14 Mar   | Yr 4 & 5 Swimming Day 2      |
| 17 Mar   | Yr 4 & 5 Swimming Day 3      |
| 21 Mar   | Yr 4 & 5 Swimming Day 4      |
| 24 Mar   | Yr 4 & 5 Swimming Day 5      |
| 28 Mar   | Yr 4 & 5 Swimming Day 6      |
| 31 Mar   | Last day of Term 1           |
| 18 April | Tuesday, First day of Term 2 |
| 19 April | P&C Meeting 6:30pm           |
| 25 April | ANZAC Day holiday            |

The purpose of the review is to examine our school's operations and systems and to provide feedback and recommendations of how we can do things better to support the learning for each and every one of our students. The reviewers will be talking to us about our school's improvement agenda and establishing whether there is an alignment between the agenda, the actions the school is taking to support the agenda and the use of school resources to ensure the agenda is fulfilled. These people are most welcome in our school and may spend some time talking to members of the school community on their way in and out of the school. We hope you have the opportunity to talk with them. More information will be posted in our next newsletter.

## FRESHWATER STATE SCHOOL'S IMPROVEMENT AGENDA TO BUILD STAFF CAPACITY IN ORDER TO IMPROVE OUTCOMES FOR ALL

### School Fun Run:

The annual school Fun Run is to be held on Friday, March 31<sup>st</sup>. I thank Mrs Kristen Knight and the P&C Association Admin Officer, Mrs Anita Haug for their coordination of the event. Sponsor sheets will be sent home this week for children to gather sponsors for their run. Parents are asked to carefully read the recommendations on the sponsor sheet regarding the gathering of sponsors. We want to ensure all children are safe and supervised whilst gathering their sponsorship. We hope everyone is able to contribute. I wish all of the children the very best for the run both as individual competitors and as a part of their sporting house. May good sportsmanship be the winner on the day!

Have a great week!  
Susette Birchley, Principal

### RELIGIOUS INSTRUCTION WORKBOOKS AVAILABLE

Parents/Carers, if you have chosen Combined Churches for your child they will require a workbook. These are for sale at the School Office for \$4 each. The office staff appreciate the correct change as no cash is held on the premises overnight.

### NEWS FROM FRESHIE CAFÉ

Hello from Di, Manfred & Tomoyo,  
A Tough Cookie award goes to Ariana Woods 2KW for being honest and handing money to the cafe that was dropped outside. Well done Ariana.  
*Treat of the fortnight:*  
Cheese Sticks ..... 3 for \$1.00  
Have a great week and happy caféing.  
Di, Manfred & Tomoyo

### STUDENT INVOICES & PAYMENTS - IMPORTANT UPDATE

We are gradually moving toward invoices generated from school being sent home via email. This change is an improvement for a number of reasons. It will ensure that the paperwork arrives without delay and reduce printing costs for the school. As well, with the relevant information being provided on the invoice, payment can be made online via BPOINT. If you would like to confirm, change or update your email address please contact the Office as soon as possible.



### YEAR 4 AND 6 SWIMMING

Year 4 and 6 Swimming will commence on Friday 10<sup>th</sup> March.

#### Swimming Dates Term One 2017

- Friday 10<sup>th</sup> March,
- Tuesday 14<sup>th</sup> March, Friday 17<sup>th</sup> March
- Tuesday 21<sup>st</sup> March, Friday 24<sup>th</sup> March
- Tuesday 28<sup>th</sup> March.



| Year Level | Depart from School | Swim            | Return to School |
|------------|--------------------|-----------------|------------------|
| 4SC, 4NS   | 8:55AM             | 9:15AM-10:05AM  | 10:30AM approx   |
| 6SL, 6NB   | 9:45AM             | 10:05AM-10:55AM | 11:20AM approx   |
| 6JP, 6JD   | 10:35AM            | 10:55AM-11:45AM | 12:10PM approx   |
| 4NL, 4PG   | 12:40PM            | 1:00PM-1:50PM   | 2:15PM approx    |

Please return permission notes with payment to the office.

**Any questions, please ask Mrs Knight.**

Year 3, 5, 4/5SW and 2/3SW will participate in our school swimming program in Term Three.

## 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

### Tough Cookie Awards

| WEEK 6 |             |       |                | WEEK 7 |                |       |                      |
|--------|-------------|-------|----------------|--------|----------------|-------|----------------------|
| PGW    | SOPHIE K    | PJS   | MICHAEL W      | PGW    | ELLE M         | PJW   | HONOR O              |
| PRD    | MONIQUE B   | PRO   | RILEY L        | PRD    | FREYA M        | PRO   | JACK P               |
| 1CG    | AMELIE G    | 1EB   | METTA P        | 1CG    | LEVI G         | 1EB   | OSCAR L              |
| 1KAD   | OLIVIA V    | 1AM   | KAYA K         | 1KAD   | SHUNTARO S     | 1AM   | AMELIA T             |
| 2TED   | ELINA L     | 2AY   | ETHAN E        | 2TED   | D'ARCY B       | 2AY   | CHELSEA F            |
| 2KW    | ANANA W     | 2/3SW | SAMUEL A       | 2MD    | TYLER G        | 2KW   | CALLAGHAN B          |
| 3AM    | TOBY G      | 3RL   | MACY B         | 2/3SW  | LEON S         | 3AM   | TALAL K              |
| 3JR    | BEAU V      | 3NT   | JACOB M        | 3RL    | NOAH C         | 3JR   | SIENNA E             |
| 4NS    | KEDEA O     | 4PG   | THOMAS M       | 3NT    | ASHLEN H       | 4SC   | TOBIAS B             |
| 4NL    | KYTE G      | 4/5SW | LAURA L        | 4NS    | ALICE E        | 4PG   | CHARLOTTE D          |
| 5LS    | ZAC B       | 5LD   | ISABELLA B     | 4NL    | KINGSTON O     | 4/5SW | MADELAINE KC         |
| 5SM    | MILIKA K    | 5LB   | JANAYA V       | 5LS    | CURTIS C       | 5LD   | TRINITY S            |
| 6JD    | MEG G       | 6NB   | KIERA C        | 5SM    | LUTHER F       | 6JD   | HADLEY S & LACHLAN E |
| 6SL    | LARA J      | 6JP   | TYLOR R        | 6NB    | JEREMY W       | 6SL   | DARIAN S             |
| MUSIC  | TORIN D     | PE    | ADONA J        | 6JP    | TIANNA H       | MUSIC | JAIDYN G             |
| LOTE   | TOM C - 5LD |       |                | PE     | HAYDEN H - 5LB | LOTE  | LARA P - 5LB         |
| PGW    | ZACHARY W   | PJS   | SAFIYA A       | PGW    | PETER S        | PJS   | JUDY M               |
| PRD    | SAMIT K     | PRO   | TOMMI E        | PRD    | LIAM W         | PRO   | AYIESHA O            |
| 1CG    | SOPHIA A    | 1EB   | OSCAR L        | 1CG    | MAXIM M        | 1EB   | JACK K               |
| 1KAD   | JERSIYAH S  | 1AM   | JIMMY C        | 1KAD   | LIAM P         | 1AM   | SAMUEL C             |
| 2TED   | RYOEI Y     | 2AY   | RILEY C        | 2TED   | LUCA B         | 2AY   | CHARLOTTE B          |
| 2KW    | DOMINIQUE H | 2/3SW | LONDON T       | 2MD    | MADDY K        | 2KW   | ESTELLE E            |
| 3AM    | CRUZ M      | 3RL   | ISABELLE D     | 2/3SW  | ISABELLA W     | 3AM   | JESSICA P            |
| 3JR    | BLAKE DV    | 3NT   | TY N           | 3RL    | ALEXIS C       | 3JR   | HOLLY A              |
| 4NS    | ELLIERA B   | 4PG   | ELIZABETH M    | 3NT    | OLIVIA C       | 4SC   | BAILEY C             |
| 4NL    | NATALIE S   | 4/5SW | AISHA C        | 4NS    | AVA W          | 4PG   | BRIAN V              |
| 5LS    | JORDAN M    | 5LD   | TAMA P         | 4NL    | LANA H         | 4/5SW | KATIE M              |
| 5SM    | KELSEY S    | 5LB   | FINN O         | 5LS    | SAM W          | 5LD   | VALI H               |
| 6JD    | TIFFANY S   | 6NB   | STELLA C       | 5SM    | JOSHUA VDP     | 6JD   | ELLA G               |
| 6SL    | TEHYA R     | 6JP   | KADEE W        | 6NB    | JESSY M        | 6SL   | BLISS N              |
| PE     | AI M - 1AM  | LOTE  | KYAH C - 4/5SW | 6JP    | BRYCE T        | MUSIC | CHASE I - 2KW        |
|        |             |       |                | PE     | MAX B - 4/5SW  | LOTE  | WILLIAM E - 2/3SW    |

## HAND, FOOT & MOUTH DISEASE ALERT

This is to alert families to a confirmed case of Hand, Foot & Mouth Disease in the school.

### Queensland Health's policy is:

To exclude until all blisters have dried.

Thank you for your cooperation.

### What causes it?

Hand, foot and mouth disease is caused by a virus called **Coxsackie A**. It is not acquired from animals and has nothing to do with foot and mouth disease. HFMD is mainly seen in children under the age of 10 or in young adults. It is easily spread from one person to another. Most people have had HFMD by the time they are adults.

### What are the symptoms?

Outbreaks of hand, foot and mouth disease typically occur in summer and autumn. The incubation period is 4-6 days and your child may have a mild fever for a day or two before the typical rash appears.

Small mouth ulcers usually appear first, soon after the fever starts, and your child may complain of a sore mouth or throat, or simply go off their food and refuse fluids. They may also have a headache, aching muscles, or complain of mild stomach pain or nausea.

Small blisters appear on the hands and feet, usually on the palms and soles. Tiny red spots may appear on the bottom, but these usually do not form blisters. The rash usually clears up after 7-10 days. The child remains infectious until the blisters are gone.

### How is treated?

Treatment is symptomatic, and the intake of fluids should be encouraged to avoid dehydration. This may be difficult, as your child's mouth may be sore. Try ice blocks made from cordial and water, icy poles or jelly. It is best to stick to soft foods for several days and avoid tangy foods such as tomatoes, lemons, grapefruit and oranges. [Paracetamol](#) can be given to ease discomfort and lower any fever. Hand, foot and mouth disease is not a serious illness, and most children recover quickly without any complications.

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### How can I prevent it?

Hand, foot and mouth disease cannot be prevented, though attention paid to handwashing, especially in the child care setting, may minimise its spread.

### Transmission

People can spread the virus while there is fluid in the blisters and faeces can remain infectious for several weeks.

### Prevention

There is no vaccination for prevention against hand foot and mouth disease. The best form of protection is good hygiene:

- wash hands with soap and water for at least 15 seconds and dry thoroughly before handling food, after going to the toilet and changing nappies.
- implement good cleaning procedures
- allow blisters to dry naturally and do not deliberately pierce blisters because the fluid within the blisters is infectious.

### Control

Minimum exclusion times are recommended under the Public Health Act 2005.

Some medical conditions require exclusion from school or child care to prevent the spread of infectious diseases among other children and staff.

Following the link below will take you to the "Time Out" poster which provides information on diseases and the recommended minimum exclusion periods for infectious diseases. [https://www.health.qld.gov.au/ph/documents/cdb/timeout\\_poster.pdf](https://www.health.qld.gov.au/ph/documents/cdb/timeout_poster.pdf)

Children with hand, foot and mouth disease should be excluded from child care or school until all blisters have dried.

## CHICKEN POX

This is to alert families to a confirmed case of Chicken Pox in the school.

### Queensland Health's policy is:

To exclude until all blisters have dried. This is usually at least 5 days after the rash first appeared.

Thank you for your cooperation.



## LOTE

March 3<sup>rd</sup> – Hinamatsuri - Doll's Festival. On this day young girls put special dolls on display, have small tea parties and dress in their best clothes. It is a fun day for everyone.

March 3<sup>rd</sup> – Mimi no Hi – Ear Day. This day is held to remind people of the importance of looking after their ears!

This week we welcome our first Japanese Assistant Teacher, Rina Sensei. Please say a friendly "Konnichiwa" to her when you see her around the school this month. She will be staying with us for 3 weeks (until the end of term 1).

The Japanese are great sports lovers. As well as traditional sports like sumo, karate and judo, baseball and soccer are very popular sports. Whole families tend to spend a day out watching a game so the children are familiarised with it from an early age. The nation is excitedly awaiting the 2020 Olympic Games which they are hosting in Tokyo.

## BEFORE SCHOOL CROSS COUNTRY TRAINING

Year 4-6 Before School Cross Country training will begin this Tuesday 7<sup>th</sup> March and continue on Tuesday and Thursday in Week 7, 8, 9 and 10 from 8:25am – 8:45am on the bottom oval.

Students born in 2005 and 2006 run 3km, 2007 run 2km and 2008 run 1km in this year's Cross Country, so training is recommended. Students will need to bring their own water bottle.

## CONGRATULATIONS

Huge congratulations to Amiyah Oliver for being selected in the Barron River School Sport Netball team. She will now represent the district at the Peninsula Netball Championships in Innisfail later this month. Well done and good luck Amiyah.

## BARRON RIVER

| <b>BARRON RIVER</b>   |  |  |   | <b>10-12 Years School Sport</b> |
|---|--|--|---|---------------------------------|
| <b>For further information, please consult:</b>   |  |  |   |                                 |
| (1) Your school's sport coordinator, or (2) Barron River 10-12 Years School Sport Secretary – <a href="mailto:jpont8@eq.edu.au">jpont8@eq.edu.au</a>  |  |  |   |                                 |
| <b>HOCKEY BOYS</b>  | <b>AFL</b>   | <b>BASKETBALL BOYS</b>                                       | <b>BASKETBALL GIRLS</b>   |                                 |
| Thursday March 9 & 16<br>4:00-5:00pm<br>Cairns Hockey Association   | Monday March 6 & 13<br>3:30-4:30pm<br>Redlynch State College   | Friday March 3 & 10<br>3:30-4:30pm<br>Peace Lutheran College | Wednesday March 1 & 8<br>4:00-5:00pm<br>Freshwater State School |                                 |
| <b>HOCKEY GIRLS</b>   | <b>Our Barron River 10-12 Years School Sport Schools:</b>  |  |   |                                 |
| Thursday March 9 & 16<br>4:00-5:00pm<br>Cairns Hockey Association   | Cairns Hinterland Steiner School - Caravonica SS - Freshwater SS<br>Holy Cross School - Kuranda District College - Machans Beach SS<br>Peace Lutheran College - Redlynch State College - St Andrew's Catholic College - Smithfield SHS - Trinity Beach SS - Yorkey's Knob SS |  |   |                                 |
| Students and Parents are reminded to check with their schools' sport coordinators to ensure correct school, district and paperwork procedures are followed. Remember:<br><b>NO FORMS, NO PLAY</b> |  |  |   |                                 |

Please see Mr Pont for the necessary paperwork. All paperwork must be signed by Mrs Birchley and taken to the Barron River trials. Any questions, please ask Mr Pont or Mrs Knight.

## DON'T FORGET FRESHIE IS ON FACEBOOK

Did you know we are on Facebook!

Are you seeing all of our posts on Facebook?

If not, here's what you need to do!

Go to the Freshwater State School Facebook page.

Go to the buttons just below the art work at the top of the page. Click on "Following" and click on "See First".

This will then have the posts at the top of your news feed each time you log on to Facebook. You'll never miss a post again!

Also, make sure you like the posts so that others in your feed see the posts too.



## INVITATION TO WIN \$200 FOR OUR SCHOOL

Here is a great opportunity for our school to make some extra dollars this year simply by students entering the Photography Section (Section 26) at the Cairns Show (Junior Section attached).

There are two prizes of \$200:

- the winning student entry in the Primary School section
- the winning student entry in the Secondary School section

All budding student photographers have to do is enter then nominate our school when they do so.

The Cairns Show is on 19<sup>th</sup>, 20<sup>th</sup> & 21<sup>st</sup> July 2017. Check their website for more information [www.cairnsshow.com.au](http://www.cairnsshow.com.au)

## GENERAL NOTICES

### CERAMIC CLASSES FOR KIDS

*Who:* 5-12yr olds

*When:* Tuesdays 3:30 till 5pm

*Where:* Cairns Potters Club, 28A Grove St, Cairns

*Contact:* 0428 883 121 email [hedy.hurst@hotmail.com](mailto:hedy.hurst@hotmail.com)

### 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 24<sup>th</sup> February at CHA from 5pm to 6.30pm

*Contact:* Karen Fry on 0438 557 380 or [jnrcoordinator@southhockey.net.au](mailto:jnrcoordinator@southhockey.net.au)

### RAZORBACKS RUGBY LEAGUE SIGN ON ONLINE

*When:* Now open online

*Contact:* [www.redlynchrazorbacks.leaguenet.com.au](http://www.redlynchrazorbacks.leaguenet.com.au) to register or email [razorbacks.jrl@gmail.com](mailto:razorbacks.jrl@gmail.com)

### REDLYNCH CYCLONES SOCCER SIGN ON

*When:* Now

*Where:* Online [www.myfootballclub.com.au](http://www.myfootballclub.com.au)

*Further details:* [www.redlynchsoccer.org.au](http://www.redlynchsoccer.org.au)

New players must bring birth certificate

### BOXSCAPE WORKSHOPS FOR CHILDREN

*What:* Art workshops for kids

*When:* Saturday 11<sup>th</sup> March from 9:30am to 11am & 11:30am to 1pm

*Where:* Tanks Arts Centre, Botanic Gardens Visitor Centre

Bookings essential. Limited numbers. \$15 inc.

*Contact:* 0414 697 957 or email [hedyandrosie@gmail.com](mailto:hedyandrosie@gmail.com)

### TYCS EASTER SCHOOL HOLIDAY DRAMA ACTIVITIES 5-12YRS

Step into the spotlight these school holidays with TYC's Autumn Holiday Drama Camps with special Guest Artists, Hayley Gillespie (Design) & Yasmin Lancini (Musical Theatre). Participate in our 1day boot camp program

**Operation Spotlight: It's Time To Shine** (3/4) and take on the role of Producer, Director & Performer & hone your theatrical skills. Dance like no one's watching with our 4-day program **Shake, Rattle & Roar: Return To Buster's Theatre** (4/4 - 7/4) & help Buster's Theatre survive against a new rival or grab your masks & power up for **Legion of Superheroes: Master Builders Assemble** (10/4 - 14/4) & join the ranks of the worlds most heroic Master Builders! So spin along to TYC for our **Autumn Holiday Drama Camps** (5-12yrs) these school holidays. For more info or to book visit our website [www.theyoungcompany.com.au](http://www.theyoungcompany.com.au), phone 4041 4066 or email [admin@theyoungcompany.com.au](mailto:admin@theyoungcompany.com.au). Book early to receive your early bird saving before Fri 25 March!

The positive behaviour focus for this week is:

**P-6 ..... Expectation – be a helpful upstander**

*From the 'Positive Behaviour for Learning' team*



# Ovation 2017 needs you!

**Ovation** is dedicated to the discovery, education and development of talent and at Freshwater we love to showcase this talent. But a show like this cannot happen without some volunteers so if you would like to help with the organisation of this night, please contact Anita in the P&C Office. Date TBA