



Freshwater
STATE SCHOOL

10 Corkill Street

Freshwater QLD 4870

Subscribe: <https://freshwaterss.schoolzineplus.com/subscribe>

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Newsletter 12 February 2021

A MESSAGE FROM PRINCIPAL SHARON JONES

Dear parents and carers,

Thank you for a wonderful fortnight at FSS.

The teaching staff are grateful to those families who were able to attend our Meet and Greet information sessions this week and welcome contact from our community as we progress into the year.

We had a very productive P & C meeting on Monday night and acknowledgment was given to our fantastic group of volunteers who have helped in the Freshie Shop to get us up and running for the year. A reminder that after two years, we have now transitioned to our new sports shirts. Students are encouraged to wear these on PE days in particular. Our music shirt is available for all ensemble, band and choir students and can be worn any day as part of our uniform. I am always impressed at how well our students wear their uniform with such pride.

Farewell to Kelly Tocock who has been part of our Administration Team and welcome to Selena Swanson who has joined us this week.

I am excited to announce that we are due for our four year School Review this year. This will occur early in term two and will give us feedback on what we have achieved during this time and what recommended actions could benefit our students over the next four years. I will be asking for your feedback this term to help make this process as effective and transparent as possible.

We have moved our assembly back to the Canopy at 12.35pm on Friday and will continue to alternate between the P-3 and 4-6 student cohorts. An assembly schedule will be sent home for your planning. Next week's assembly is a special whole

school assembly to induct our school leaders. I look forward to seeing you at one of these occasions.

Kind regards,

Sharon

PE INTRODUCTORY LETTER

Dear Parents / Carers,

My name is Kristen Knight and I am the Physical Education (PE) Specialist Teacher at Freshwater State School. My main role is to teach weekly classroom Physical Education lessons to all students from Prep to year 6. During this time, students engage in units from the Australian Curriculum. To assist with our learning and teaching in Physical Education, it would be greatly appreciated if students wear their sports house coloured shirt on their designated day.

Students are expected to follow the school rules of Be Safe, Be Respectful and Be a Learner, as well as some Physical Education related rules in their lessons. These expectations have been covered thoroughly and will be reinforced throughout the year.

Freshwater SS is a member of the Trinity Coast North (TCN) Sport District. Students born in 2009, 2010 and 2011 will have the opportunity to trial for a variety of district teams throughout the year. Notification of these trials will be made on Facebook, in the school newsletter and via email to classroom teachers.

As part of the Australian Curriculum requirements, each year level will attend swimming lessons throughout the year. Information will be emailed to parents/carers. – Term 3 – Year 3-6. Term 4 – Prep – Year 2.

This year we will also hold our annual Colour Fun Run, Year 3-6 Swimming Carnival, Year 3-6 Athletics Carnival and Prep – Year 2 Athletics Carnival.

If injury or illness is likely to impact your child's participation or you have any queries, please email principal@freshwaterss.eq.edu.au

I am looking forward to teaching your child/ren this year at Freshwater State School.

Yours Sincerely

Kristen Knight

(Physical Teacher)	Education Sharon Jones (Principal)	Specialist
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RELIGIOUS INSTRUCTION

Religious Instruction commences on Thursday 18th February with classes in the Combined Christian group, Catholic group and Bahá'í group. Students will be allocated to the Religion class as specified on their enrolment or subsequent updates from parents or caregivers.

There is no requirement to re-enrol your student in a Religion class group.

Combined Christian and Catholic Group

The Combined Religious Instruction program uses a series of life lessons, known as GodSpace. GodSpace is a Combined Churches curriculum used in Christian Religious Instruction lessons around Australia.

GodSpace provides an opportunity for students;

- to learn what Christians believe through songs, stories, drama and games,
- to discover our nation's Christian heritage – for example, why we celebrate Christmas and Easter,
- to explore Bible truths, Christian values, and ways of coping with difficult issues like self-image and peer pressure,
- to think about and ask questions about spiritual matters,
- to make up their own minds about what they believe.

GodSpace delivers lessons that are Bible based, relational, relevant and engaging. More information is available on: www.godspace.org.au

Bahá'í Education Classes

What is Bahá'í Education in State Schools?

Bahá'í is a religious education program offered in government schools and based on the teachings of Bahá'u'lláh, the founder of the Baha'i Faith. In Baha'i classes, the development of virtues common to all the world's major religions, such as love, kindness, honesty and more are explored. In addition, Baha'i classes attempt to develop within the students the knowledge and skills required to be world citizens and to embrace the equality of all peoples regardless of race, religion, nation, class, or gender. Students participating in the classes explore ways in which they may be able to contribute to society and serve humanity.

Welcome to the Library

Another exciting year has begun! With many new and fascinating places to visit, all from the comfort of one's own chair. Yes, that's right, the school library is now open for borrowing. Encourage your child to visit the library on a regular basis and engage with our vast array of literature. We have something for all reading levels and all interests. From the latest *WeirdDo* by Anh Do to classics like *Black Beauty* by Anna Sewell. Our Non-Fiction is also extensive with information on Unsolved Mysteries to Sara Wheeler's Letters from Antarctica.

Student loans are for two weeks with the ability to extend if required. Each week overdue reminder notices are sent via email to help families keep track of their borrowing.

I look forward to seeing you at the Library.

"A children's story that can only be enjoyed by children
is not a good children's story
in the slightest."

-C.S. Lewis, The Chronicles of Narnia -

LIBRARY TIDINGS



WHY IS READING IMPORTANT?

10 ways reading benefits us and why we should cultivate a reading habit today



SHARPENS YOUR MIND

By concentrating on the words and the story line, it stimulates your brain. This particular stimulation can help sharpen your mind, especially the part of the brain that is responsible for concentration and critical analysis.



INCREASES YOUR VOCABULARY

When reading, you might come across a few words you don't quite understand or even recognise. This confusion can lead you to look up the word and discover the definition.



LOWERS YOUR STRESS

The act of reading and focusing on the written word can help relieve your mind off the pressures of the day. By pulling your mind away from the stress at hand, you can relax and let the stress melt away.



DECREASES YOUR DEPRESSION

Reading, especially self-help books, can help ward off depressive occurrences. Just like with lowering your stress levels, reading stimulates the part of the brain that deals with depression as well.



IMPROVES YOUR MEMORY AND FOCUS

Reading at least a little each day can improve your focus and your memory function. In this instance as well, reading stimulates the brain, particularly the part of the brain that helps with memory and attention.



STRENGTHENS YOUR WRITING ABILITIES

Whether you write things for work or just for fun, heavy reading can improve your writing skills and abilities. There are several ways in which reading can help strengthen your writing skills, and each of these ways happens without you even realising it.



ENHANCES YOUR IMAGINATION

Consider the worlds that you are immersed into and the characters you come across while reading a novel. Because of these worlds and characters, the part of your brain which houses your imagination is stimulated, causing you to imagine what the places and people look

Yours in literary adventures,
Amanda Glaspy, Library Officer

A MESSAGE FROM P&C

The P&C is back in the swing of it for 2021 and looking forward to hosting some great events. Look out for the colour explosion on 1 Apr (last day of term 1), the fete in term 3 and a movie night in term 4. We would love your help so please get amongst the fun!

Thanks to those who made it to the meeting last Monday. It is always a pleasure to hear firsthand from the Principal on her priorities, challenges and achievements. Cr Kristy Vallely also provided a great update on local events (and gossip!) Next meeting is the AGM on Monday 15 March – the more the merrier.

Uniform shop: We always welcome donations of second hand uniforms. They are really appreciated, support the school community and help save the environment!

Tuckshop: A reminder that all students (except those in Prep) must come and collect their second break lunch orders from the tuckshop counter.

The newly fitted out and painted tuckshop is working like clock work! Come and check it out, volunteer, bake some goodies and have a good laugh J

OSHC: The service is at capacity on most days before and after school. Please provide as much notice as possible if you do not require your booking so someone else can take advantage of the vacancy.

Further OSHC Information: Attention All Families, Please ensure you have the Xplor Home App (available for free download via the App Store or Play Store)

This enables you to do the following :

- Sign in and out (QR code easy access no need for passwords)
- Book and see confirmed bookings (Orange dot under selected day)
- Mark absences or late notices (Also add comments for example absent for BSC only)
- Finance (You are able to see and download statements)
- Messages (See and respond to message notification about service events from OSHC)
- Learning (See and comment on observations and photos of your child/rens time at OSHC)

CONGRATULATIONS!

Congratulations to our student Isabella Farrell, Year 4, who was one of only 25 recipients across the state to win a 'NAIDOC Medal of Excellence 2020'. Judging was adjudicated by a panel consisting of Aboriginal Elders, Agency Delegates and other members of the community and Isabella was selected for her incredible short story writing!

We are very proud of her achievement - Well done!



DATES TO REMEMBER

Student Leader Induction Ceremony

Friday 19th of February 2021 - 9:00am to commence at 9:15am.

STUDENT ABSENCES

If your student is going to be absent from school, please leave a message on the [Student Absence Line \(07\) 4058 9260](tel:0740589260) or email absences@freshwaterss.eq.edu.au

These options are 24/7 and are preferable to contacting the school Office, particularly during peak times.

Late Arrivals and Early Departure

If your student will arrive to the classroom after 9:00am, they must obtain a late notice from the Office

Where your student is leaving before the end of the school day, 2.50pm, they must be signed out from the Office.

Please notify the classroom teacher by email in advance.

LIFE EDUCATION

EXCITING NEWS

The Life Education Team and Harold the Giraffe will be visiting our school from Wednesday 3 March to Friday 12 March 2021.

WHAT IS LIFE EDUCATION?

Life Education motivates and empowers young people to make smart life choices for a healthy future. Following are the modules that our students will learn about.

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? Students 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. Students 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 DIARY' – YEAR 3

Harold offers to share with the class his diary entries about one week at school. Students are provided with the opportunity to explore relationships and friendships, influences on food choices, benefits of physical activity and the definition of a drug.

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, students 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

Students 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: 'DECISIONS' – 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.

Teachers will take their classes to the Life Education Van based in the school grounds for a session of approximately 60 – 90 mins.

BEFORE SCHOOL RUNNING

FSS TERM 1 BEFORE SCHOOL RUNNING

Year 4-6 - Tuesdays @ 8.15am Bottom Oval

Year 1-3 - Wednesdays @ 8.15am Top Oval

(Prep students to begin in Term 2)

[Commencing in Week 4](#)

CAIRNS REDS BASEBALL 2021

Cairns Reds Baseball 2021

The baseball season runs over Terms 2 and 3.

Please email cairnssbaseball@gmail.com if you have any questions.

We will be at Mt Sheridan Plaza on the 6th February (10-2pm) if you wish to come and talk to us.

Regards,

Amber Gattera, Acting Secretary, [Eagle Accounting Cairns City Reds Baseball Club](#)

https://freshwaterss.schoolzineplus.com/_file/media/723/newsletter_flyer_1.pdf

JCU STRIKERS FC

Please see the below flyer for the JCU Strikers FC.

Regards,

PLAY WITH US!



Under 4- 16 at Calanna Park - Woree. Seniors - Calanna Park & JCU Smithfield.

Girls only teams in every age group

Fair Play Vouchers Accepted

Qualified coaches

www.jcustrikers.com.au

Come Join The Fun!



Janice Fenech

JCU Strikers FC, Emails Secretary

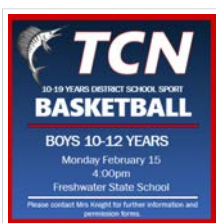
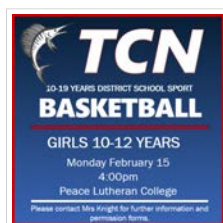
Mob: 0421 017897

JCU Strikers FC

jcustrikers@gmail.com

www.jcustrikers.com.au

TCN BASKETBALL - Please see Mrs Knight for further information



CAIRNS CITY LIONS AFL COME AND TRY INVITE

Sunday 21st February 2021 at two locations:

Redlynch State College, Redlynch Intake Rd, Redlynch

From 10am - 1pm

Holloways Beach Sporting Club, 84 -100 Wistaria Street, Holloways Beach

From 12pm - 2pm

Girls and Boys Age Groups U8's - U18

Sausage sizzle and football activities!

Contact Wayne Featonby: 0429405500
citylionsjuniors@gmail.com

For more information please contact AFL Cairns on 40423000
www.aflcairns.com.au