

Term 3
Week 05

Thursday
15 August
2019

The Freestone Flyer

Newsletter of the Freestone State School



Our school community is working together to ensure that every student is learning and achieving every day.

From the Principal's Desk

Dear Parents

What a busy time we had last week with swimming lessons and an excursion to the solar farm!

Swimming lessons were a huge success. I know the students were exhausted and drying towels and swimming gear at this time of the year is always a challenge, but the lessons are so much better when the pool is not jammed packed. The instructors were delighted with our progress and commended the students on their excellent behaviour. Thank you to those parents who helped us out by picking up from WIRAC, it certainly made it easier for Mr. Senior.

Unfortunately, we still have student and staff absences every day due to the different viral infections that are doing the rounds. Please remember to notify the school if your child is absent.

Our last newsletter went out the same day as the Reader's Cup Challenge at the High School. There were 29 teams and our small school came runner up by ½ a point and there was only one point separating our second team from our third team! Great effort teams, well done!

On Tuesday, we attended the Hermitage Science Awards. The year 4-6 group placed third in the science category and received a highly commended in the Art in Agriculture Award. We are very proud of our results.

In week 8, we have a school review team coming to visit our wonderful school. They would like to meet as many parents as possible and will be in the playground and car-park area around pick up time on Thursday 5th September. They would love to hear your comments about the school. They also want to hear about why you think this is the best school for your child and what we do to support student learning. They would like to know whether you feel part of the school community and if we keep you informed about what we are doing. They may also ask whether you know what our focus is for the year and as you know, that is reading comprehension and we are also working on ways to improve our writing. Any parent who is prepared to meet with them on Thursday and have a chat is very welcome. Please let me know so I can schedule you in. From past experience, they love speaking to parents because that gives them more accurate information about what we do than a piece of paper or a report ever does. Your support with this would be much appreciated.

When these guests are here, we will celebrate all the things that make our school unique. They will be assessing us against a set of standards that all schools have to work by and will give us a report on what we need to do in order to become even better.

On Friday the 6th September, we will have our Father's Day Bash. The Men's Shed will be here to help out and we ask families to please send in a slice, cake or sandwiches to feed our wonderful dads. Our invitation is attached to the newsletter.

On a sad note, we are farewelling the Barnett family. Sadly, they have to move to NSW. Tyler, Blake and Charlotte have just started to settle in and become part of our family and they will be missed. We wish them all the very best for their next adventure.

Have a safe, happy and healthy week. *Laura Watson*



Over the last 6 newsletters we have given tips on :-

How to Maintain a Healthy Brain Step 7 of 7 is the last.

Tip 7

Nurture in Nature

Don't think "Nurture VS Nature", think "Nurture in Nature!" Nurture your body in nature for impactful health benefits. Being in nature has a healing and calming effect on the body. Down regulate the stress response (Fight or Flight) by reconnecting with your healing capacity in nature.

There are so many important sensations in nature that positively stimulate your child's neurology including: nature sounds, fresh smells, looking at nature scenes near and far to engage the fields of gaze, and kinaesthetic touch and energy exchange with the environment.

Research show that even having a view of nature can have a calming effect on the body. If you can, upgrade your view to a nature view while inside too!

Nurture in Nature:

- ⇒ Be mindful of your body in nature, calm your mind and feel the sensations around you
- ⇒ Take deep diaphragmatic breaths, inhaling and exhaling to a count of 4
- ⇒ Your child should spend at least an hour per day outside in a green space
- ⇒ Upgrade your indoor view to show a nature scene (if possible)



Happy Birthday

Birthday wishes go out to Dominic Beh who turned 10 on the 9th August. We hope you had a wonderful day Dom.

Random Acts of Kindness

Thank you Jesse for helping Blake put things away after play break.

Swimming Awards

Jaydon—Great listening & well organised
Jess—Well organised
Lucas—Well organised
Lauren—Organised and listening
Haylie—Great effort & trying hard
Charlotte—Organised
Will Sollars—Very helpful
Amy—Trying hard & listening
Hannah—Good listening
Tyson Prosser—Great effort
Blake—Great effort
Belle—Great attitude

BOOKCLUB—Closes 30th August

Issue 6 magazine is being sent home today. Please have your order and payment done before Friday 30 August. You may send your order and cash to school, or you may use the LOOP online method.

Books make great gifts to keep for that unexpected birthday party your child may be invited to, as well as great stocking fillers for Xmas. (don't laugh, it is fast approaching)

On top of all the above, every time you order, Freestone School gets Scholastic Rewards, which we use to buy new and exciting titles for our library.

Freestone State School
Mobile
0484 333 563
Landline **46661569**

Freestone SS
150th Anniversary
planning meeting
TBA

BushKids Warwick
Golf Day
Annual Dinner

Fathers Day Bash
Friday 6th September

School Review
5th & 6th
September

Freestone State School

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Principal: Mrs Laura Watson **Teachers:** Mrs Laura Watson (4-6) Mrs Janine Baldwin & Mrs Robyn Devine (P-3) 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 Officer:** Mrs Judith O'Shea **Grounds:** Mr John Watson **P&C President:** Karen Mauch **Vice:** Emily Coy **Secretary:** Kristina Christensen **Treasurer:** Natalii Beh

Solar Farm



Hermitage



Swimming

