Dear Parents, Students & Staff

Get out your best school uniforms and practise those smiles, because tomorrow is photo day. Remember full formal school uniform is required and that means no footy shorts and no coloured socks. As a school, we open our grounds for community use. Currently we have Little Athletics, Netball and Dancing groups using our facilities on afternoons and weekends. While we are happy to support these groups, can I ask that parents supervise their non-participating children during this time. Playgrounds and sandpits are out of bounds for all students until 3.15pm. After this time, these facilities can be used, but only with parent supervision.

Thanks to the Keppel Coast Arts Council, our students were treated to a Ukelele workshop by Bosco and Honey. Students enjoyed an hour of toe tapping tunes and entertainment. Meanwhile some of our staff and parents spent an afternoon propagating plants for our plant stall at the Fair. Thanks to these parents and the others who have worked to clean up our orchard.

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I would like to thank my kitchen helpers from last week - Barbara, Nycole, Kathy, Deanna and Rachel. If it weren’t for my order and money counters I wouldn’t know where to begin, so thank you to Amanda, Julia, Melinda, Deanna and Kathy!

Thank you to all the families who have thrown an extra item in their shopping trolley to donate to the tuckshop. Remember the profit made in the tuckshop goes to our P & C who do wonderful things for our school! I would like to do a big shout out to Lilly Pilly Organics, Nycole, Wendy, Christie and Tanya for donating our fruit and vegetables - it is a wonderful thing to use fresh local produce.

Have a fantastic week.
Regards, Amanda

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Once again this year, our Year 5 students were lucky enough to be invited by Yeppoon Land Care to spend a day in the Wetlands, learning about the importance of this area to mitigate flooding and ensure the survival of local bird life. Thank you to Ms Morgan for once again taking up this opportunity, which allows our students to learn so much about our local ecology.

Carol Butler-Mader  Principal

COMMUNITY NOTICES

Please take the time to have a look at the school’s notice board (near the uniform shop) for the latest news on what’s happening around our community.

DATE CLAIMER

JUNE
3rd School Photos — full school uniform (NO footy shorts)
3rd Rugby Union Trials - 10-12Yrs @ Frenchville SS 4:15pm
6th & 7th Yeppoon Show
8th Public Holiday for Queen’s Birthday
10th Interhouse field events (9—12yrs)
10th Pie Drive orders to be collected
11th Rockhampton Show Holiday for Livingstone Shire residents
17th Interhouse Track & Field events — all year levels, prep — yr6
19th School Disco
22nd Report Cards sent home
23rd & 24th Year 4 Camp
26th Last Day for Term 2 - Happy Holidays

Like and Share our Facebook Page
https://www.facebook.com/
About anxiety


This material is also available in a PDF format: About anxiety [31KB]pdf

Some of the traits that may be observed.
Fearful and anxious behaviour is common in children.

Most children learn to cope with a range of normal fears and worries. However, extra help may be needed when:

• children feel anxious more than other children of their age and level
• anxiety stops them participating in activities at school or socially
• anxiety interferes with their ability to do things that other children their age do easily
• the fears and worries seem out of proportion to the issues in their life.

When children become anxious more easily, more often and more intensely than other children, they may be diagnosed with an anxiety disorder.

The most common anxiety disorders in children of primary school age are Phobias, Generalised Anxiety Disorder and Separation Anxiety.

Research estimates that between approximately two and nine per cent of children and adolescents in Australia have anxiety disorders.

STUDENTS WORK

The Wetland Tour

Last Thursday, the Year 5s went to the Capricorn Coast Wetlands with Alby Wooler and Graham. We went to a native bee hive and had a small lunch at a jetty. The jetty felt unsafe but it was safe to walk on. It was very humid and there was a lot of mosquitoes flying around. We learnt that the aboriginals used smoke to get the bees out and get the honey. We drove to a big lake that smelt like eggs and the boys skimmed rocks across the water.

The class spotted all different types of birds flying and standing around at the wetlands.

By Kyden A

The Wetlands Tour with Yr 5 Ms Morgan

Last Thursday, the Year Fives from Ms Morgan’s class went on an excursion to the Capricorn Coast Wetlands. When we got on the bus, we met a man called Alby Wooler. We got to the wetlands. We made a stop in front of some ducks and some people thought they saw a snake. While we were sitting there, we all learned that some people want to get rid of the wetlands. Alby told us that if they get rid of the wetlands most of the town will flood because the wetlands store water so our towns don’t always flood. When we started going, Alby said that we are going to a native bee hive and everyone got excited about it. When we got there, a native bee landed on Kiera’s face and on her hand. When I was walking back to the bus, I saw a hollow tree that could be a habitat for an animal. After we got in the bus and got on the road, we got to a jetty where a lot of birds were sitting on it.

By Kenzie O’B

2015 Farnboro Fair - Sunday 26th July

Entry fee for this year’s Scarecrow Competition is $5 and there will be a great prize for the most colourful and original creation. If you’ve always wanted to have a go at making a scarecrow, please make this your year! You don’t really need much hay at all, so if you would like to bring in a garbage bag to the SAK Garden, there’ll be a couple of bales for you to collect from.

Where Will The Paddy Pool?

Tilly, the calf from last year, is now a half-grown cow, and too big to bring to the Fair, but her little friend Chris is keen to come and see what all the fuss is about. Chris will be in a sectioned off area that will be line-marked into 100 squares. A square costs $20, and if the poddy poos on your square first… you win $1000 cash! Tickets will be available towards the end of term.

Rides

Bill’s Amusements are bringing their rides to the Fair again this year – many thanks to Justine Hodges who has managed to secure six rides at the Fair including the Rock Climbing Wall & Dodgem Cars for the older children, the Merry Go Round and Gilligans Island (like the Worm) for the younger children, and the Giant Super Slide for everyone. Unlimited rides tickets are $25 each and will be sold during the last two weeks of this term. They are cheaper to purchase prior to the day of the Fair.

Kathy King 0400 681 442

COUNTRY FAIR - Plant Stall

We are on our way with all sorts of plants already potted up – many thanks to those families who have begun; however, we still need many, many more donations of plants. You only have about a week or so left of time to pot up your cuttings so that they have begun to ‘take’ in their pots by Fair time… keep them warm and wrap the pots in plastic bags to help beat the cold. If you have empty pots to donate please leave at the greenhouse in the Stephanie Alexandra Kitchen Garden, and please help yourself to pots if you need some more.

You still have time to start planting from seed, so perhaps grab a packet of seeds next time you’re shopping and have a potting working bee with the family. Maybe you have a succulent garden and would like to make some terrariums using some tea cups, glassware, bowls, bottles etc. All efforts are greatly appreciated!

Also now is the time to cut branches off your Frangipani trees. Label them with their colour and allow them to dry out in a nice shady place. We can sell them bare stemmed (without being in soil). Please keep an eye on your Bromelid ‘pups’ that are old enough to be cut off with roots, and Philodendrons also; as we can sell these if you cut them the day before or the morning of the Fair including aerial roots on each long runner.

Please call me with your estimates of plant donations so I can keep a record. Keep them fertilised and watered until just before the Fair when we will make room for them at the school.

Happy Gardening. Maria 0417 380 810
Development Cup Rugby League – Thank you to Rick and Kellie for “running” the rugby league teams last week. Thank you to the parents who supported the boys.

The Suns AFL Interschool Competition – Boys & Girls – Some students have shown an interest in attending this one afternoon carnival (Monday June 15th – commencing 4.15@ R’ton). Once the team is selected an information note will be sent home with those students.

Regional Shield – Rugby League & Netball – The Regional Shield carnival is fast approaching – Term 3. Week 1. Students selected to represent our school at this Rugby League and Netball carnival will take a note home later this week.

Interhouse Track & Field Carnival – Come along and support and cheer on your little ones! A full copy of the program to be run over two dates is included in this newsletter.

Track & Field Training – FSS, along with other schools on the coast are taking advantage of the Little A’s mid-week training afternoon. Track events, the Thows, the Jumps are covered by staff most weeks. The beauty of this is that this is being held on our own school oval from 3.30pm to 5.15pm each Wednesday (unless cancelled due to weather or lack of adult supervisors). Interested students most welcome! Adult support/supervision is also essential for the younger students. Any further queries please see either Mrs Nielsen or myself.

Interschool Sport – Last Friday, I enjoyed working with our Yr 5 & Yr 6 Netball girls at the Interschool Friday Sports competition. Thank you to all parents in supporting this valuable sports program by ensuring payment for this term was finalised. Thank you to our parents who volunteer to wash the jerseys or netball bibs. All sports – Soccer, Rugby League and Netball have 3 more weeks of fixtures/finals. Good Luck to all of our students and ensure you all represent our school in a positive sporting spirit. Thank you to those students who are communicating with reports either in the newsletter or when parade time permits. A new round of sports (and payment) for such will commence in Week 2 of next Term. Students will be selecting their sports in the coming weeks. A new invoice for the costs incurred for this will be sent home to parents next term.

Have an active, healthy week. Margie

Garden Gnome Gossip

PROPAGATION AFTERNOON – Thank you to Maria who came along last Tuesday afternoon and demonstrated different ways of striking plants. Let’s hope we have plenty of plants either already potted or brought in as cuttings ready for our Fair after the hols! We have quite a few spare pots and some potting mix if you would like to pot up at school.

GREEN CLUB AFTERNOON & WORKING BEE – All Welcome – when your busy schedule allows! Can’t make Tuesday afternoon? Then perhaps you might be able to come in over the holidays sometime. The chores and fun jobs are always there! I am here for the first few days (Sat to Wed) but am looking for some volunteers to keep an eye on the chooks and/or water the beds during those next two weeks. Please let me know if you can assist and we will get a roster for the 2 weeks sorted out. Do we have any willing workers/volunteers for a working bee on the first weekend of the hols? If you are interested please place your name on this roster allocating your preference in day and time. We will organise the time around the majority number.

SCARECROWS – I am looking forward to making one myself-watch out kids I might take the title! Don’t forget if you need mulch hay please bring a bag and take some from the bales on the kitchen deck. Alternatively buy your own bale, use what you need and either use the rest in your own garden or donate to our school garden.

A HUGE THANK YOU to the Year 2 students, the 2 Emmas and their wonderful parents who are busy cleaning up the orchard each Friday afternoon. Eventually I am hoping to have all of the fruit trees identified and labelled with an information blurb.

OTHER ONGOING PROJECTS – The raised beds are on the way to being utilised. As soon as these are ready class groups will be planting out some veggie crops! PLEASE FEEL FREE TO VISIT the SAG and have a snack on a crunchy snow pea as you have a wander around! Happy potting up – Margie

Please join us when you can, to support your child/ren in the Interhouse Track & Field Carnival. This year we have split the two areas over two days – a week apart. Assistance by parents on the Field Event rotations would be appreciated. Please let me know if you are available to assist. A full program with approximate times is below. House team colours are not needed on the Field Event afternoon but encouraged for the full day program. Thanks.

FSS – Interhouse T&F – Field Events Afternoon – 9yrs to 12yrs – Wed June 10th

11.45am – A Brief/Reminder about Safety & Procedures for the afternoon.

All students (and entourage) walk out to oval taking with them – HAT, WATERBOTTLE, AFTERNOON SNACK (Lunchbox) – or Schoolbag with such. Sensible sport style sandshoes to be worn. (No scuffs please)

Approx Times

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<th>Event</th>
<th>12-12.45</th>
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5.20 – 5.30 – Come along and support and cheer on your little ones! A full copy of the program to be run over two dates is included in this newsletter.

FSS – Interhouse Track Events; Ball Games & Relays – Prep to Year 7 – Wed June 17th

9.00am – Assemble in House Teams

9.10am – March Past out to school oval behind banners.

9.30am – 200m Heats (where needed) – 12yrs, 11yrs, 10yrs

9.50am – 11.00am – Distance Runs

- 400m – 9yrs , 8yrs, 7yrs, 6yrs, 5yrs (BORN 2006 through to 2010)
- 800m – 10yrs, 11yrs, 12yrs (BORN 2005 through to 2003)
- 400m – Any 10-12 yrs who did not participate in the 800m run.

Students (10-12yrs) gain more points for their team if they participate and complete the 800m run. Only 5 points each for the 400m run even if they finish first.

11.00am – 11.45am – Lunch Break.

12.00-12.20 – 200m Finals – 12yrs through to 10yrs. Boys/Girls

12.20 – 12.55 – Ball Games – 6 per team can be mixed gender & year level.

- 60m through to 80m – All ages.
- 100m through to 12 yrs – All Heats first.
- 200m through to 12 yrs – All Heats first.

1.00 – 2.00 – Sprints – Heats & Finals.

1.00-2.00 – Relays – 6 per team across year levels

- 60m – Prep & Yr 1 – 80m through to 8 yrs – All Heats first.
- 100m – 9yrs through to 12 yrs – All Heats first.
- 200m – Prep & Yr 1 – 80m through to 8 yrs – All Heats first.
- 100m – Yr 4 & 100m – Yr 5 / Yr 6

2.20 – 2.35 – Fun Parents v Yr 6 Students v Staff – Ball Games/Relays (60m)

3.25 – 3.55 – Clean Up of Tent Areas – Lost Property/Litter

- Assemble in Hall for Presentations.

- Pack Up of some Tents/gear – Parents/Some Staff to assist.

Happy potting up - Margie

Home Time – Go QLD!!