This year Geography was introduced into the curriculum. Geography helps us explore and understand our world. It answers our questions about why places have their particular environmental and human characteristics; how and why these characteristics vary from place to place; how places are connected, and how and why they are changing.

The students will study places on all scales from their classroom or backyard to local and nationally and finally on a global scale. They will explore ways of influencing and managing the future of places including environmental, economic and social sustainability.

Geography will nurture students’ curiosity about places and the world they live in. It will develop a greater understanding and knowledge about people and places and to appreciate different cultures and the perspectives of others. Students will see ways in which they can positively influence their world and help them to develop an informed view of the world they live in.

As you can see the introduction of this subject is an exciting time for Australian students. They will be introduced to many new topics and skills that will enrich their education and better prepare them for the world in which they live.

www.acara.edu.au Shape of the Australian Curriculum – Geography

Dear Parents, Students & Staff

Help Needed!! Are you available for a short time on Wednesday 25 June at 2pm to help move items from our C block Prep room to our lovely new Prep room or after our Athletics Carnival (Thursday 26 June) to help us move furniture back into the Hall? Many hands will make light work and in this case we would really appreciate any helpers we can get.

Thanks to a dedicated group of parents we now have a Healthy Food Policy for Farnborough State School. This policy, which links to the Statewide Smart Choices Policy, will guide our choices in the foods we sell and serve at school, including on Sport’s Days, Concert Nights, Fundraisers and the Tuckshop. A copy of the policy is available on our School Website. To complement our new policy, Rachael Belot, who is completing a degree in Science with a major in Nutrition, will be writing a column focusing on aspects of nutrition. Rachael’s first column is in this week’s newsletter. We are also keen to introduce some new menu items to our tuckshop menu. Do you have any healthy recipes that you would be willing to share? If so please drop them into the office.

Student report cards, which will be sent out next Monday, will provide you with a clear indication of how your child/ren are progressing against the year level expectations. If your child receives a C in any area it means that he/she is doing everything required at their Year Level at school. The best description is to say that a “C” means that the student’s academic development is exactly where it needs to be. An ‘A’ or ‘B’ rating identifies the student as independently capable of working beyond the criteria required for their Year Level, while a ‘D’ or ‘E’ rating indicates that the student is experiencing some difficulty. Effort and behaviour comments are also important and tell a lot about attitude to school and learning.

If you have any questions about your child’s report please make an appointment with his/her teacher.

Our Leaders’ parade for Year 6 and 7 students will be held this Wednesday afternoon, starting at 2pm in the Hall. The parade will be followed by coffee/tea and cake cutting and will finish at 3pm. All parents are welcome.

There have been a number of vehicles ‘jumping the gutter’ at the front turnover and parking on the footpath. This is dangerous as children walk around this area. Can I please ask parents not to park in this area?

Carol Butler-Mader (Principal)

---

LEADERSHIP BADGE PRESENTATION

This will be at a special parade for all students THIS WEDNESDAY – June 18th commencing at 2pm in the Hall. Kirra Lee Leo (Capricorn Claws Netball Team Member) will be presenting the Sports Leaders Badges whilst Summa Bibby and Michelle Lehmann (former FSS Students and currently school Captains of St Ursula’s and Yeppoon State High respectively) will present the Senior Leadership Badges. Parents are most welcome to attend.

INTERHOUSE T & F CARNIVAL.

Our Track and Field Carnival for all students is NEXT THURSDAY – JUNE 26th. It is going to be a busy day as the program has been condensed into one day. Please find a copy of the day’s proceedings in this newsletter and also posted on the Sports Noticeboards.

This Wednesday 18th June 2014, the 3 FSS Golf Stars who competed at the CQ Junior Championships, Louis T playing in the 18 Hole competition was Runner Up –Gross, Keelan H also in the 6 Holes(Girls) won the Overall Nett whilst Harry R, William B and Jedd H in the 6 Hole competition was Runner Up –Gross.

GREAT WORK GOLFERS!

Have a busy active and healthy week Margie

---

DATE CLAIMER

JUNE

26th
9yrs—13yrs Track & Field Selections for the Interhouse T & F Championship events. (new this year)
Interhouse Track and Field Carnival—all students

27th
Last day of Term 2

JULY

14th
Term 3 commences

17th & 18th
Rugby League & Netball - school teams to contest the annual Regional Shield in Rockhampton.

27th
Farnborough School – “Country Fair”

---

LEADERSHIP BADGE PRESENTATION

This will be at a special parade for all students THIS WEDNESDAY – June 18th commencing at 2pm in the Hall. Kirra Lee Leo (Capricorn Claws Netball Team Member) will be presenting the Sports Leaders Badges whilst Summa Bibby and Michelle Lehmann (former FSS Students and currently school Captains of St Ursula’s and Yeppoon State High respectively) will present the Senior Leadership Badges. Parents are most welcome to attend.

INTERHOUSE T & F CARNIVAL.

Our Track and Field Carnival for all students is NEXT THURSDAY – JUNE 26th. It is going to be a busy day as the program has been condensed into one day. Please find a copy of the day’s proceedings in this newsletter and also posted on the Sports Noticeboards. The House lists displaying which events each student is participating in will also be displayed on the board.

We would appreciate the help from any parent who can assist in the Field Event Block (10am-12 noon). This always runs smoother and quicker if parents are able to -rake the LJ pits or roll the Shot Puts back, assist with the HJ bar etc. Parents will also be needed to assist with the BBQ being run. Perhaps you may be able to help out here? Hopefully if time permits we will be able to have one of our fun parents v seniors v past students v staff event – it will be either a relay or the traditional Ball Games. (Who said the day was about the kids?)

The parade and presentation of trophies will take place on Friday at 2pm. The names of students (10yrs to 13yrs) who have qualified and hence selected for our school team to participate at the KCD T & F Carnival will be announced on this parade. Paperwork will be given to these students.

CONGRATULATIONS TO:

The 10 under Rugby League Boys for playing with great enthusiasm and commitment against the St Benedict’s boys. The exchange game at ST B will be played next term – TUESDAY 3-JULY 29th. Thank you to all of the parents who came along and supported the boys. A special mention to our Man of The Match awardees-Harry R, William B and Keelan H. We do not keep score for these games.

The FSS AFL boys and girls who travelled to R’ton last Thursday afternoon for the GOLD COAST SUNS INTERSCHOOL Competition. The boys now have to wait for next term for more Interschool matches (Term 3 Rotation 1 of sport) whereas our girls through direct progress through to the next stage. Our girls meet Alligator Creek SS (Mackay) at Rockhampton on MONDAY – JUNE 23RD. GOOD LUCK GIRLS & ENJOY!

The 3 FSS Golf Stars who competed at the CQ Junior Championships, Jayden G competing in the 6 Hole competition was Runner Up –Gross, Table T also in the 6 Holes(Girls) won the Overall Nett whilst Louis T playing in the 18 hole division won 1st day, was runner up 2nd and 3rd day and was awarded with 2nd overall in the 18 holes. GREAT WORK GOLFERS!

Have a busy active and healthy week Margie
The parade and presentation of trophies will take place on Friday at 2pm. The names of students KCD T & F Carnival will be announced on this parade. Paperwork will be given to these students.

**OUR NEWSLETTER SPONSORS**

PiNOUS

www.piinudus.com | 0439 759 874

Graphic & Web Design, Hosting & IT Services

**GREEN CLUB this Wednesday as usual.** Planting weeding and fun. Have you seen our pond lately? It’s looking great.

**ONLY ONE FAMILY HAS PUT THEIR NAME DOWN FOR THE CHOOKS DURING THE HOLIDAYS – THE ROSTER IS IN THE OFFICE – PLEASE HELP. Thanks, Pam**

**END OF SEMESTER CONCERT**

Sadly, I have decided to postpone the end of semester concert. I have had some concerns since the hall only came on line last week that we would not have enough time to practise the whole performance.

Each individual performer and the backstage crew have been enthusiastic in their rehearsals and responsible when called for meetings, but it would be a disservice to them to put the show on without sufficient whole cast rehearsal time. We also have no stage.

Miss Jacinta has kindly said that she will support the cast who will put the performance on at a suitable time next term. Many thanks to her. It will be worth waiting for. SORRY

Pam

**TRACK & FIELD Day - P & C Fundraiser**

Bring your small change as we will be selling sausages on bread, cake, tea & coffee and lucky spots on a 100’s board. (which will be drawn on the day). As the Fair is getting close, we will also be selling Fair raffle tickets.

**STUDENTS of the WEEK**

PREP M
- Mackenzie C for great writing.
- Tahden R for working hard on Magic Words.

Year 2
- Sienna P for having a fantastic attitude towards learning.
- Libby D for being a friendly and helpful member of our school.

**Farnborough Country Fair DONATION CALL OUT**

Please help make our Country Fair a success in 2014. If you are able to donate items for any of these stalls please call the contact number or leave you donations at the office.

**Craft Stall** is looking for your cute handmade items
Please call Kathy King on 0400 681 442

**White Elephant** is looking for second hand goods such as crockery, glasses, vases, bags, toys, baby goods (please no electrical)
Please call Sue Memmott on 0488 397 700

**Second Hand Books** is after pre-loved books in pretty good condition, dvds, cds and board games Please call Justine Hodges on 0419 684 247

**Side Show Alley** needs soft toys and other small kids toys that can be used as prizes Please leave at the office

**CLASS STALLS** are also looking for help and donations. Please see your child’s teacher to find out how you can be of assistance.

**Cent Sale** items of all kinds, These need to be “new”. Some suggestions might be cosmetics, garden products, toys, linen. Please call LeeAnn Lovegrove on 0439 748 803

Have you seen the Farnborough Country Fair event page on Facebook. Please share with all your friends

www.facebook.com/events/394986287309244/
Good nutrition is one of the most important parts of our lives, but can sometimes be very confusing. This regular column will include information on how to understand nutrition information panels and add some easy recipes to try!

Handy information:

Saturated fat: For a food to be considered low in saturated fat it must have 1.5g or less per 100g serving. Saturated fats are considered ‘bad fats’ and too much can increase risk of heart disease, obesity and high cholesterol.

Sugar: For a food to be considered low in sugar it must have no more than 5g per 100g food or 2.5g per 100ml liquid. Added sugars are the main problem contributing to increased risk of diabetes, obesity and dental cavities.

Sodium: For a food to be considered low in sodium it must contain no more than 120mg per 100g serving. A little salt is important to regulate the amount of fluid in the body, but most Australians are consuming 8 to 9 times the recommended daily intake which increases the risk of high blood pressure and other problems.

Some products often in school lunchboxes:

Arnott’s Barbeque Shapes:
Saturated fat: 5.6g per 100g serving (very high).
Sodium: 708g per 100g serving (very high).

Tiny Teddies (pkt):
Saturated fat: 7.4g per 100g serving (extremely high).
Sugar: 27.7g per 100g serving (extremely high). A small packet (25g) still has 6.9g of sugar which is 28% sugar!
Sodium: 278mg per 100g serving (high).

Golden Circle Sunshine Punch 250ml:
Saturated fat: 28g per serving (extremely high – actually approx. 5.5 teaspoons in one drink!) (Information from: Australian Dietary Guidelines, Food standards Australia and New Zealand and Wardlaw’s Nutrition)

Some healthier alternatives:
Fresh fruit.
Water or plain milk.
Nuts.
Vegetable sticks with cream cheese.
Eggs
Cherry tomatoes.
Homemade pikelets (wholegrain flour).

Next time, I will show you how to understand nutrition information panels and add some easy recipes to try!

Happy healthy eating, Rachael.