Dear Parents, Students & Staff

As you drive past the school grounds, you may notice the large Life Education Van parked near the hall. A number of our classes have now visited the van to be part of an interactive health lesson. Feedback from students has been very positive. These sessions motivate and empower young people to make smart life choices for a healthy future. Follow up activities will be conducted by the classroom teacher.

A reminder that the next P&C Meeting will be held tonight. On Sunday, P&C representative Lee-Ann Lovegrove represented the group at the Regional Cabinet Meeting to present the case for a safer pick up area. More details will be shared at tonight’s meeting.

During the week, I received a letter of thanks for the charitable efforts of two of our students. Cassia and Darian R pedalled 35 kilometres as part of the 2014 Chaplaincy Junior Bike Ride Challenge last Saturday. Participating in activities that raise the profile of and funds for organisations is a great bucket filling venture.

The Attendance Trophy was closely contested last week. Year 6/7H achieved 98% attendance recording four consecutive days with no absences. Well done!

Again, it has been a pleasure being back at Farnborough State School. Mr Matt Winter from Keppel Sands SS will be Acting Principal for the first four weeks of Term 4. A reminder that school recommences Tuesday 7th October. I wish everyone a safe and happy holiday.

Lorraine Nielsen (Acting Principal)

HPE, Sport and Garden News

Multi–Sports Day is on this Friday for the whole day. Everybody is welcome to come along!

Lunchtime Handball Competition finals are on this week. Good luck to all players. Presentations will be held on Parade or after Multi–Sports day.

Swimming notes for Term 4 will be distributed by the end of the week. Please check your child’s school bag for this.

Capricornia Aquathon Trials will be held in Term 4. This event involves a 1km run, 200m swim and 1km run. Any interested students (can only be born in 2003 or 2004) please see Margie or Kellie in the office for more information.

A Garden Working Bee will be held on the 1st Tuesday of the holidays (23rd of September). Please phone Margie on 0438 141 618 if you’d like any further information.
**Student of the Week Awards**

**Week 9 — Term 3**

**Prep M**
- Rebecca G for confident, interesting writing
- Taylor T for enthusiastic writing
- Jack J for mastering the first 100 magic words
- Grace S for mastering the first 100 magic words

**Year 1**
- Fletcher M for great reading
- Wyatt H for great reading

**Year 2**
- Shya H for presenting well completed homework.
- Jayden G for always attempting new and challenging work.
- Kathryn C for always putting in a great effort in all our classroom activities

**Year 2/3**
- Nahoya M for great work on her science experiment assessment
- Charlie K for great work in maths when doing addition with trading
- Connor I for hard work on his writing task
- Shyanne B for trying harder with her work
- Riley W for showing great knowledge in his science assessment

**Year 4**
- Ryan M for showing enthusiasm towards his learning
- Emmett P for an improved effort in his learning.

**FREE DRESS DAY**
This Thursday 18th September will be Free Dress Day. To participate, please bring in a gold coin donation. All money raised will go to supporting the work of our Local Capricorn Coast Chaplain. Please remember that the Sunsafe rules still apply. No singlets and covered shoes must still be worn.

**DATE CLAIMER**

**SEPTEMBER**

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>15th—19th</td>
<td>Life Education Visit</td>
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<tr>
<td>18th</td>
<td>Free Dress Day to support School Chaplaincy (Gold Coin donation)</td>
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<tr>
<td>19th</td>
<td>Multi Sports Day - all classes</td>
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<td>19th</td>
<td>Last day for Term 3 - (Happy Holidays: 22nd Sept — 7th Oct)</td>
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**OCTOBER**

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<tr>
<th>Date</th>
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<tr>
<td>7th</td>
<td>Term 4 commences</td>
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<td>15th &amp; 16th</td>
<td>Author “Christine Bongers” Visit</td>
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<td>17th</td>
<td>Yr 6’s — Beach Activities</td>
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<td>Yr 7’s — Swimming &amp; Cooking commences</td>
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*Like and Share our Facebook Page*
https://www.facebook.com/farnboroughstateschool
This Friday the 19th of September the regular items on the menu WILL NOT BE AVAILABLE, however we are offering a special “MEAL DEAL”

1. PIZZA (Your choice of Ham & Pineapple, Tomato & Cheese OR BBQ Chicken)

2. POPPER

3. Your choice of EITHER an Icy Pole or Chocolate Slice

All for only $7.00 !!!

Please make note of the new Tuckshop Menu out now! A copy of the new menu can be found on our website or available from class teachers / office.

P & C NEWS

The Farnborough State School P & C took their concerns regarding the need for safer access to our school to the Regional Cabinet Meeting held in Rockhampton on Sunday 14 September.

This meeting was attended by the Hon. Scott Emerson (Minister for Transport & Main Roads), Hon. Bruce Young (Member for Keppel), Bill Ludwig (Livingstone Shire Mayor), Graham Scott (Livingstone Shire Council Deputy Mayor) and Lee-Ann Lovegrove (FSS P & C Representative). The meeting addressed the P & C’s concerns of the current school access and the need for State funding to assist the Livingstone Shire Council. We are expecting the outcome from this meeting to be announced within the next few weeks.

Yesterday’s Morning Bulletin Newspaper also featured an article on Bill Ludwig expressing his concerns with regards to the Farnborough State School’s pick up area. As the article states the Livingstone Shire Council has committed $100,000 towards a safer pick-up area for our School.

School on Ludwig’s agenda

CONCERNS about Farnborough State School’s growing population and lack of funding for a safer pick-up area at the school was at the top of Bill Ludwig’s agenda yesterday. He met with Transport and Main Roads Minister Scott Emerson to tell him the school urgently needed funding for the $200,000 project. The council has committed $100,000.
On Monday we woke to find it was raining. Oh no! It was the day for our excursion. A check of the weather predicted an eighty-five percent chance of rain for the day. Many phone calls and discussions later and our excursion was postponed. Year 2 made it through Monday a little disappointed but hopeful for the next day when the forecast predicted a 20 percent chance of rain.

Tuesday morning was bright and sunny so 22 excited Year 2 children, 5 mums, Mrs Sheena and Mrs Orgill were happy to set off again for their history excursion to the Yeppoon Beachfront and town area. After our bus ride into town, we began our History excursion to enhance our learning about the past and how significant sites are preserved by communities. We started at Ross Creek where we were able to experience first hand some of the things we had earlier explored at school through a computer program. We saw the bridge over the creek and the site of the old swimming pool. Not much is left on the wall of the creek entrance but we could see where the diving boards and umbrellas once stood. We had used old photographs as a source to show us what had been there.

From the creek we walked to Appleton Park where we played before going on to the Sailing Club. Callum, a sailor was able to use technical language to tell us about sailing. We were searching for any plaques or other items that might give us further information along the way. Our groups made their way along the beachfront observing people riding bikes and walking along the beachfront. We stopped at the Spirit Stone and the telescope and several other places where we were able to read and learn about the past on plaques. We noticed that many of the ways that people used the beachfront in the past are similar to how we might use the beachfront today.

Our lunch break was at the Surf Club, which is quite different to the one we had seen in the old photos at school. Hot chips were enjoyed here as traditional beach fare. We had a play on the beach before embarking on our discovery trip along the main street. Did you know? The tall pine trees were planted to commemorate soldiers who did not return from a war.
Hi Farnborough families.

I hope you are all going well with making improvements towards healthier eating in the schools lunch boxes, at home, at work and at sporting events. The focus today will be on **Dietary Fibre** intake:

Research has recently shown that many adults and children are not consuming enough fibre in their diet. Recommended daily intake for women is 25g and men is 30g. Children aged 4–8 yrs require 18g, boys aged 9–13yrs, 24g and girls aged 9–13yrs, 20g.

If you check the nutrition information panel, a good source of dietary fibre will contain at least 3g per serve. Foods that are high in dietary fibre include: vegetables, fruits, whole grains, beans/lentils and quinoa. It is necessary to also drink plenty of water when increasing fibre consumption. By making this change you will be significantly reducing your risk of colon cancer and cardiovascular disease and helping to control weight. Adequate dietary fibre will also help decrease inflammation (which is a primary cause of many health problems).

I have included a healthy recipe which is great in school lunchboxes:

### Zucchini Slice

**Ingredients:**

- 1 onion chopped
- 1 large carrot grated
- 4 bacon rashers chopped
- 5 eggs
- 1 cup gluten free self raising flour (or normal self raising flour)
- 1-2 cloves garlic crushed
- salt & pepper
- ½ cup rice bran oil or olive oil
- 3 small zucchini grated
- 1 cup cheese grated
- ¼ cup parsley chopped

**Method:**

**Extras if desired** – corn, capsicum, mushrooms.

Preheat oven 180 C. Grease large lasagna dish (or similar). In large bowl combine onion, zucchini, carrot, cheese, bacon, parsley and mix well. In a separate bowl whisk together eggs, flour, oil, garlic, salt & pepper, then add to other ingredients to mix well. Place in dish and bake approx 1hr until well browned. Allow to cool 20mins before slicing or cool completely and have it cold next day. Serve with salad, mayo and sweet chilli sauce.

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**Preps Go To Town**

The Preps are having a lot of fun in Geography this term as they learn about the features of places that are familiar to them. This week they made a model of James Street. We did take a little bit of artistic license as somehow we ended up with three Red Roosters and two Ice Creameries. The children had a lot of fun making their buildings and driving cars up and down the street.