No.13  8 May 2014

Principal's News

A hearty breakfast means a good start to the school day. Breakfast is called the most important meal of the day for a reason. We encourage all parents to fuel up their kids for learning by providing a healthy breakfast even on busy mornings when you need to rush out the door.

When scientists have tested the effects of breakfast, they have found that eating breakfast does make a difference to school and work related performance. These studies have found that eating breakfast can: improve speed in short-term memory tests, assist with problem solving, help children be more creative, and improve alertness, which may help with memory and learning. Children who have eaten a good breakfast are more likely to pay more attention in class.

Eating breakfast also provides children and teenagers with nutrients and energy at an important part of the day for learning. What is the breakfast routine in your house? Do you double check that your child has eaten? Ensure breakfast is followed up with a wholesome lunch, provided in the form of tuckshop or a packed home lunch? Check your child's lunch box at the end of the day and ask what he/she has eaten, and what they enjoyed or would prefer to eat?

Some ideas for a healthy breakfast include:

- Two slices of wholemeal toast and an egg
- Two slices of multigrain toast and two teaspoons of peanut butter
- One cup of fresh fruit salad and 100g low fat yoghurt
- A 45g serve of very high-fibre cereal with half a cup of skim milk.

Simple ways to encourage your child to eat breakfast:

Not all children wake up and feel ready to eat a healthy breakfast, but simple household routines such as these can help your child.

- Make time for breakfast – turn off the TV!
- Eat together and talk positively about the day ahead.
- Set the table the night before.
- Make plenty of fresh fruit available.

Leisa Neaton
Principal

For more details go to: http://www.kidspot.com.au

Teachers have also recently reported a number of late student arrivals in the cooler weather. Just because it's cold doesn't mean we have a reason to be late to school. We need to arrive on time and be up in class to start instruction at 8.40am. Please assist your child to achieve his/her best learning by being on time every day. Late arrival disrupts learning for everyone.

<table>
<thead>
<tr>
<th>May</th>
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<th>June</th>
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<tbody>
<tr>
<td>9</td>
<td>Mothers' Day Stall</td>
<td>19-23</td>
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<tr>
<td>10</td>
<td>Mothers' Day High Tea</td>
<td>23</td>
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<tr>
<td>27</td>
<td>Term 2 last day</td>
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Best wishes to eisteddfod competitors

We wish our choirs, ensembles and orchestra the very best of luck for the eisteddfod competition. We’d also like to wish all of our talented Frenchville students participating in the various sections of the eisteddfod the best of luck. Enjoy yourself, smile and have fun and do your very best. We have been very excited to see our students arriving back from competition events, keen to share their experiences and trophies.

Year 3/57 NAPLAN Timetable 2014

The test timetable for NAPLAN 2014 is below. These are approximate start and finish times which may vary slightly. The duration of the tests will not be altered. Catch up testing will be conducted on the afternoon of the testing days as well as Friday 16 May.

<table>
<thead>
<tr>
<th>DAY</th>
<th>COMPONENT</th>
<th>YEAR 3</th>
<th>YEAR 5</th>
<th>YEAR 7</th>
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<tr>
<td>TUESDAY 13 MAY</td>
<td>Test Introduction</td>
<td>8.45 – 9.00am</td>
<td>9.00 – 9.40am</td>
<td>9.00 – 9.45am</td>
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<tr>
<td></td>
<td>LANGUAGE CONVENTIONS</td>
<td>9.00 – 9.40am</td>
<td>9.40 – 10.40am</td>
<td>9.00 – 9.45am</td>
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<td>BREAK</td>
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<tr>
<td>WEDNESDAY 14 MAY</td>
<td>Test Introduction</td>
<td>10.45 – 11.00am</td>
<td>11.00 – 11.40am</td>
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<td>WRITING TASK</td>
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<tr>
<td></td>
<td>Test Introduction</td>
<td>8.45 – 9.00am</td>
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<tr>
<td>THURSDAY 15 MAY</td>
<td>Test Introduction</td>
<td>8.45 – 9.00am</td>
<td>9.00 – 9.45am</td>
<td>9.45 – 10.05am</td>
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<tr>
<td></td>
<td>READING</td>
<td>9.00 – 9.45am</td>
<td>9.50am</td>
<td>9.00 – 10.05am</td>
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<td></td>
<td>NUMERACY</td>
<td>9.00 – 9.40am</td>
<td>9.00 – 9.50am</td>
<td>10.45 – 11.25</td>
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P&C meeting Thursday 08/05/14 6.30pm

Agenda:
- School patron invitation – Jan Plumb
- Major raffle term two
- P&C purchasing policy
- Replacement secretary position
- Replacement of fridge in SAC

Expectations for Sports Uniforms

We seem to have some confusion amongst older students about uniform requirements on Fridays. The answer is: the same as any other day. The expectation is that you bring your requirements with you or they are distributed to you via the coach before the game. Skins are discouraged for health reasons but if students do choose to wear these compression garments, they are not to be worn in the first session before sport. Similarly sports socks should be put on just before sport. Hats are an obvious requirement, water bottles are expected and any other equipment is spoken about with the coach. Parents, please be assured there is plenty of time for students to change prior to games and if they are travelling to away games we allow them to change at first break. We appreciate parent support in reinforcing these expectations at home before school. This has been the expectation for many years.

SPELLATHON

Incentive Order forms are to be returned to the office by Monday 12 May 2014. The P&C are required to keep these forms for audit purposes. Vouchers will be sent to classes in the next two weeks.

National Walk Safely to School Day 2014

Once again this year our school will be participating in the National Walk to School Day. We will meet at Eichelberger Park on Eichelberger St from 8:00am on FRIDAY 23RD MAY. We will start our journey to school up Frenchville Rd at 8.20am. Students and parents from all year levels are welcome to walk with supervising staff.

Number Plate Stolen from Frenchville SS

On Monday a number plate was removed from a vehicle parked in our grounds. The plate is blue and has a road runner on it. The plate number is ZZ120. The missing plate has been reported to the police. Any information can be passed on at the admin office or the plate can be returned to admin or the police. Thanks.

We have a new phone system

Frenchville has finally had our new phone system installed. What does this mean for you?

- We have the same number 49315333
- We have a new menu when you call – listen to the options and press the button to choose how we can help you
- The student absence line is accessed through pushing ‘1’ – please leave your name, your child’s name, reason for absence and an expected return date. If you do not provide a reason, we are required to phone you back so please provide one to avoid a follow up phone call
- School enrolment accessed by pushing ‘3’ – this provides information about how to enrol at Frenchville. Not useful to anyone who is currently at Frenchville.
- School notifications accessed by pushing ‘4’ – notifications will only be used to communicate a major issue such as school closure due to a natural disaster

Whilst all teachers do now have phones in their own classroom please be aware that you cannot phone directly through to the classroom and that messages will still be passed on through the office.Teaching time should not be interrupted. We appreciate the efforts parents go to in order to avoid interruption to learning time.

Mother’s Day

Parent Club will be running the annual

MOTHERS’ DAY STALL

Friday 9 May
BRING & BUY
PLEASE HAVE ALL GIFTS
(WRAPPED IN CLEAR CELLOPHANE)

- Only children who donate a gift may buy one.
- Children are asked to donate a gift valued at approximately $2.00.
- Please do not send dangerous items such as lighters, razors, pocket/craft knives etc. or unsealed food packets.
- Please wrap gifts in clear (non-coloured) cellophane.
- If your child does not wish to purchase a gift from our stall, you may still wish to donate one in support.
- On Friday 9 May children who have donated a gift need to bring $2 to purchase one.

*** Spare shopping bags needed ***

Thank you for supporting this successful fundraiser and special activity provided for the children.

Senior Camp Major Fundraiser - Mother’s Day High Tea

The seniors of 2014 are still a long way from their fundraising target for their Canberra trip and to assist with this, one of our major fundraisers is our Mother’s Day High Tea. Feel like a great ladies afternoon out? YES!! Then why not grab a group of friends or your family members and come along to our High Tea Fundraiser. Awesome fashion parades, multi draw raffles, stall holders with all the latest and much more.

MOTHER’S DAY HIGH TEA

SENIOR CAMP MAJOR FUNDRAISER
SATURDAY 10 MAY 2014
Commencing 2.00pm
Frenchville School Activity Centre
TICKETS $25.00
TICKETS WILL NOT BE AVAILABLE AFTER 3PM FRIDAY 9/5/14

Please phone Debbie (0408733826) or Sharon (0457995390) for tickets to this event and help support our children.

Happy Mothers’ Day Frenchville Mums and Grandmas

We can’t do what we do without your loving support, nurturing and care, your listening ear, your cuddles and your smiling, reassuring faces. We hope all Frenchville Mums have a great weekend and that you are treated very well by everyone in your families.
Breakfast of Champions Last Friday

It was a beautiful way to end the week last Friday with a cooked breakfast for our Reading Knight Masters, who have read for over 200 nights. Beautiful manners, smiling faces and these students received the next clue to the Reading Knights puzzle. The first two clues were shared last term at the Reading Knights play. The next clue: make as many words from the letters of ‘Firestorm’ as you can. Each letter can only be used once in each word, apart from ‘r’ because there’s two of them in Firestorm. Lists can be dropped into Mrs Driscoll at the TWiST breakfast for our Reading Knight Masters, who have read for the Greater Rocky Boy’s Touch Football.

P&C thanks you for your support.

The Heritage Village Excursion

On Thursday my class went to the Heritage Village. Firstly we met Poppa and he showed us where to put our ports and the toilets. Then Dawn showed us the old cottage and at the back there was a cage with chickens. Next we went to another cottage but this one had a dummy and we also saw a washing boiler. After that, we looked at the carriages and, then we rode on a horse and cart. Next we got to ride on the fire truck, the olden day car and the army jeep. After that, we rode the tram and stopped at the Loggers Camp. Then we went to Sir’s School and we wrote on slates with slate pencils. Finally we had lunch and we saw and ate the fire station and the Printing Works. Then we got on the bus to go back to school. We had a great day and we learnt a lot about the olden days.

By Nataliyah Stevens 2D

Term 2 Major Fundraiser for P&C – Raffle

FRENCHVILLE STATE SCHOOL P&C
2014 MAJOR RAFFLE

1st Prize: LG Floorooking 2 robots/ vacuum cleaner (valued at $480)
2nd Prize: Breville Stand alone juicer and two games (valued at $330)
2nd Prize: GoGo Silver Edition with 3GB microSD card (valued at $490)
2nd Prize: Hooked (valued at $95)

Tickets: $1 each. Tickets to be returned by Friday 9 June 2012.

P&C’s major term two fundraiser is a raffle and parents can expect a book of five tickets to come home next week with the newsletter. Ticket cost $1 each. We appreciate parents requesting more books if you are able to sell more than five tickets. You can request extra books through the office staff. All ticket need to be returned sold/unsold by the due date. Prizes are as shown above. Hopefully there is something for everybody in the prize options. P&C thanks you for your support.

Tuckshop Roster

Roster commencing Monday 12 May

Monday: Help needed please
Tuesday: P Simpson
Wednesday: K Smith
Thursday: S Grayson
Friday: K Boyland, R Grant

C Hills (Convenor)

Rocky River Run–Can you get fit and raise funds for us at the same time?

School Fundraiser!!

We get $2 for every entrant registering online with your school’s name!

(This includes students, parents, siblings, friends, neighbours etc.)

The Frenchville Sports Club Rocky River Run, proudly conducted by the Rotary Club of Rockhampton, raises funds for local charities with a specific focus on the prevention of youth suicide. Events in the Rocky River Run are:
- 2 km Run/Walk/ Wheel**
- 5 km Walk or Wheel**
- 5 km Run / Team Challenge
- 10 km Run
- 21 km Half Marathon

Wheelchair events are for wheelchair and prams/strollers only. No other transport will be permitted for safety reasons. This means no bikes, scooters, skateboards, roller blade etc.

- Online entries close at 5 pm on Friday, 25 May.
- To register, go to the website www.rockyriverrun.com and select our school from the drop-down list. Every online registration entitles Frenchville SS to a $2 refund payment.

Sporting Representative Congratulations

Brodie Gill and Dayne Shadlow were successful in making the team for the Greater Rocky Boy’s Touch Football.

Rugby League

09 May 2014

<table>
<thead>
<tr>
<th>Time</th>
<th>Team 1</th>
<th>Venue</th>
<th>Team 2</th>
<th>Venue</th>
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</thead>
<tbody>
<tr>
<td>1.45pm</td>
<td>FSS 7A</td>
<td>Victoria Park (Top)</td>
<td></td>
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<tr>
<td>1.45pm</td>
<td>FSS 6A</td>
<td>St Pauls Gracemere</td>
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<tr>
<td>12.45pm</td>
<td>FSS 6C</td>
<td>St Joseph’s PA</td>
<td>Colls</td>
<td></td>
</tr>
<tr>
<td>12.45pm</td>
<td>FSS 5C</td>
<td>St Joseph’s PA</td>
<td>Colls</td>
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Soccer

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<tr>
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<th>Venue</th>
<th>Team 2</th>
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</thead>
<tbody>
<tr>
<td>1.35pm</td>
<td>FSS 7A</td>
<td>Mt Archer</td>
<td>Norbridge Park 3</td>
</tr>
<tr>
<td>1.40pm</td>
<td>FSS 6A</td>
<td>Mt Archer</td>
<td>Norbridge Park 3</td>
</tr>
<tr>
<td>1.35pm</td>
<td>FSS Girls v Berserker 1</td>
<td>Norbridge Park 2</td>
<td></td>
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<tr>
<td>1.35pm</td>
<td>FSS Yrs White v Heights College</td>
<td>Norbridge Park 6a</td>
<td></td>
</tr>
<tr>
<td>1.40pm</td>
<td>FSS Yrs Blue v Allenstown</td>
<td>Norbridge Park 6b</td>
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Netball

<table>
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<th>Time</th>
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<th>Venue</th>
<th>Team 2</th>
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</thead>
<tbody>
<tr>
<td>12.30pm</td>
<td>Frenchville Jnr A v Berserker St SS</td>
<td>Court 6</td>
<td></td>
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<tr>
<td>1.10pm</td>
<td>Frenchville Snr A v Berserker St SS</td>
<td>Court 6</td>
<td></td>
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<tr>
<td>1.50pm</td>
<td>Frenchville Junior B v Gracemere</td>
<td>Court 6</td>
<td></td>
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<tr>
<td>1.50pm</td>
<td>Frenchville Senior B v St Peter’s</td>
<td>Court 7</td>
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Midgets Netball

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<thead>
<tr>
<th>Time</th>
<th>Team 1</th>
<th>Venue</th>
<th>Team 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>12.30pm</td>
<td>Frenchville Blue v Allenstown Gold</td>
<td>G21</td>
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<tr>
<td>1.10pm</td>
<td>Frenchville White v Waraburra Gold</td>
<td>G19</td>
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Tennis

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<tr>
<th>Time</th>
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<th>Venue</th>
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<tbody>
<tr>
<td>1.45pm</td>
<td>Frenchville 1 v Mt Archer</td>
<td>Court 24</td>
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<tr>
<td>1.45pm</td>
<td>Frenchville 2 v RGS 1</td>
<td>Court 22</td>
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<td>1.45pm</td>
<td>Frenchville 3 v RGS 3</td>
<td>Court 19</td>
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<td>1.45pm</td>
<td>Frenchville 4 v Frenchville 5</td>
<td>Court 14</td>
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<tr>
<td>1.45pm</td>
<td>Frenchville 6 v RGS 5</td>
<td>Court 21</td>
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Community Notices

WOULD YOU LIKE TO HOST AN OVERSEAS EXCHANGE STUDENT

Learn about another culture, learn a new language or perhaps improve your culinary skills

Hosting - An Experience for Life

Student Exchange is looking for host families across Australia to welcome overseas students into their home

Visit www.studentexchange.org.au/host-a-student or call 1300 135 331 for more information

Domestic and Family Violence Prevention Month

Do you know someone affected by domestic and family violence? This year’s campaign is MAKE THE CALL (Queensland Government–Department of Communities). The campaign encourages the friends, family, colleagues and neighbours of people experiencing abuse in a domestic or family relationship to call the statewide DVConnect Womansite or Mensline to seek confidential advice on safety strategies and available support. The aim of the campaign is to enable people in the community to recognise signs of domestic and family violence and especially non-physical form of violence – such as stalking, threats, verbal abuse or controlling behaviour.

Children’s Festival Mini Expo

Tuesday 20 May 2014 from 10am-12 pm Cost: FREE!

At the Children and Family Centre Cnr Charles and Bawden Streets, Berserker.
Activities: photography, African drumming, making musical instruments, Pots and Pans Symphony, creating with boxes, Let’s Read and... free activities with your kids. Stay for lunch and create your own pizzas. For registration or further details 49232772.

Flood Leave Open Day

Saturday 10 May. Little-Cum-Ingham Park Quay Street Rockhampton from 10am to 2pm. Meet the specialists working on the project. Learn all about flood levees and how they work. Key information stations will be set up offering information. Free sausage sizzle. Free face painting. Free sand art. For more information phone: 49326000 / 1300225577. Email enquiries@rrc.qld.gov.au.

Mother’s Day Family Fun Day

At Yerppool Central Shopping Centre on Sunday 11 May 10.30am-2.00pm. Live entertainment, pony rides, jumping castle, face painting, Johnson Park Petting Zoo, Mobile Animal Farm and more. Proceeds go to Riding for the Disabled.

Rockhampton Sports

1-2-3 MAGIC AND EMOTION COACHING A program for parents and carers to help manage difficult behaviour in children 2—12 years old.

Tuesday 20 May 2014 from 10am-12 pm Cost: FREE!

At the Children and Family Centre Cnr Charles and Bawden Streets, Berserker.
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