Principal’s Message

Kindergarten Enrolments
If you haven’t already made contact with the office regarding your preschool child who is eligible to start school, could you please contact the school. If you have neighbours or friends whose children are intending to start school next year, could you please ask them to be in contact with the school.

Father’s Day Assembly and Relay For Life
Thanks to all the parents, grandparents and carers for their attendance at our assembly last week. It was a great assembly where the following students received a Star Badge Award: Brodie Fermanov, Gabrielle Glass, Lachlan Johnson, Emily Haywood, Axel Wallis, Lilly Cooper, Maeve Patten, Jorja Mainey, Kiralee Dines, Lucy Bruce-Smith, Lachlan Pogoriutischig, Emma Clarke, Lachlan O’Brien and Ben Lane. We are so proud of these students who always follow the 3B’s and are role models to others in our school.

Congratulations to the Runner-up and School Athletics Champions who were presented their medallions and certificates at the assembly.

Thanks to all those who were able to stay and watch and participate in the Relay For Life event Obstacle Course activity.

Sid the Seagull Visits
We were also surprised when Sid Seagull came to visit last Friday as part of the Relay for Life event. Sid helped in the delivering a message about how we can protect ourselves from cancer. Two representatives from the Cancer Council gave a brief message to the students about the work that the Cancer Council does. We raised around $400 for the Cancer Council through this event.

Congratulations
Congratulations to Jarno Dolezal. He has qualified in the North Coast Athletics Carnival. He will now travel to Sydney to compete in the STATE Athletics Carnival in both the 100m and 200m races. Well done Jarno.

Staff on Leave
Mrs Fitzgerald is on leave until the end of term. Mrs Cooper will be in the front office most days. Ann Bulloch is relieving in the office for Helen.

Our sincere condolences are with Mrs Henderson in the loss of her father last week. Mrs Henderson has extended her leave until the end of term. Mrs Barnes will continue to work with 3/4H until the end of term.

WHAT'S HAPPENING

Week 9
6th Sept – Idol – Day 1
9th Sept – Spelling Bee at Sawtell
10th Sept – Idol – Day 2
11th Sept – Chess Tournament
12th Sept – Kinder, Year 1 & Year 2 to Billabong Koala Park

Week 10
17th Sept – The Spectacular
19th Sept – FAIR Day and last day of Term 3

Spring Into Art
If you haven’t been out to the Spring Into Art Exhibition there is still time! The exhibition closes on Saturday 14th September.

MECS Awards
Congratulations to Tracey Ruthven for being awarded the MECS Award at the Spring Into Art Opening last Wednesday evening.

Speak Out 4 Kids
On Thursday of this week the team from Speak Out 4 Kids will visit our school. They will give a brief Child Protection message and then the students will participate in an art activity where children will be painting a small bunting flag with their message about keeping safe and will also hand print on to a Bali flag. The Bali flags will be on display at the river festival during the holidays.

This week will be a busy week with: Spectacular preparations, Idol concerts at lunchtimes on Tuesday and Wednesday, a Chess comp at Kempsey East on Thursday, the Billabong excursion for K-2 on Friday, Speak Out 4 Kids art activity on Thursday and lots of learning in between!

NAPLAN
All year 3 and 5 students received their NAPLAN results on Thursday of last week. If you did not receive your child’s report, please contact the office.

P&C Meeting
There will be a P&C meeting at 6pm next Monday 15th September. All parents are welcome to attend.

Deb Bradshaw
Principal
Health and Wellbeing News

Over the previous two weeks on Catalyst (ABC) there has been a very interesting program which highlights some of the latest scientific research on nutrition and well-being. The program reveals new research about the interplay between food and bacteria deep within our guts and highlights links between low microbiological diversity and common diseases such as heart disease, cancer, asthma, allergies, arthritis, autism, depression, multiple sclerosis, diabetes. Professors Charles Mackay and Bob Knight put forward a convincing argument concerning how we can prevent many common diseases by simply changing our diet. The key appears to be in increasing fibre and probiotics and decreasing processed foods. The research appears to have significant implications for the health and well-being for our children and the program can be viewed on iview or at the ABC website http://www.abc.net.au/catalyst/stories/4067184.htm

MACLEAY EDUCATIONAL COMMUNITY OF SCHOOLS ART EXHIBITION SPRING INTO ART 2014

Thursday 4th September – Sunday 14th September 2014
Macleay Regional Gallery at Gladstone

FPS has supplied a variety of artworks from K-6 to be displayed at the “Spring into Art” Exhibition. It would be wonderful if families had an opportunity to go to visit the exhibition and view our student’s art works but also K-12 students from the Macleay Valley.

News from A and R Class

- Good luck wishes to Zakiyah Winterburn, Alyce Morn and Cooper Hawken for the NSW Premier's Spelling Bee at Sawtell PS tomorrow. Good luck!
- Congratulations to Jarno Dolezal for his outstanding achievement at Lismore athletics and best wishes for your state competition in October.
- Term 3 ‘Democracy and Federation’ Speech is due today. Over the remainder of the term the students will present their speech, ask questions of other presenters and answer questions from their peers, at the conclusion of their speech. This criteria was outlined on the task sheet given to students 5 weeks ago.
- We do hope our fathers and pops had a wonderful day on Sunday and enjoyed time with family.
- Over the next two weeks we will be preparing for our two play presentations for ‘Fredo SPECTACULAR’. Students will be assisting in costuming, making props and in the overall school production. Fun times ahead. We encourage our families to buy a $2, as seats are limited and it is a guaranteed great show.
- This Tuesday and Wednesday is Fredo Idol. M.s Ransom and the SRC students are organising the lunch time performances. It is our 9th year of Fredo Idol and hope to see many supporting parents. Have fun everyone, remember it is not a competition but all about having a go.
- Term 3 Fair Day is Friday 19th September (the last day of term) and is a circus theme.
- Library and P.E day is still Thursday. We encourage weekly homework return and nightly home reading over the remainder of the term. Please keep up reading over the school holidays.
- Good luck to our students attending the Chess competition this week at East Kempsey P.S.

Parliament and Civics Education Rebate (PACER)

Students from Frederickton Public School recently undertook an educational tour of our national capital. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia’s history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australia Government contributed funding of $30 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.

This amount was deducted from the total amount per student.

Fredo Spectacular - Our Australia

Preparations are well underway for this year’s spectacular entitled 'Our Australia'. This year’s event is a celebration of our beautiful and diverse country throughout the ages through song, dance and drama. Doors will open at 6 pm on Wednesday the 17th September and the show will start promptly at 6:45. Tickets are now available at the office and will be priced at $2 a seat. Please be aware that this year all tickets must be purchased prior to the event and that there will be no tickets available on the night.
Canteen News

Tomato & Basil Quiche - $2.00
Spinach & Fetta Quiche - $2.00
Small Salad - $3.00
Baked Potato – Corn & Ham - $2.50
Baked Potato – Bolognese Sauce - $2.50

If you are available to help in the canteen please contact the office and put your name down on a vacant date.

**Canteen Special**

Spaghetti Bolognese with Garlic Bread
Small - $3.50
Large - $5.50
Add $2 for a salad

Banana
Strawberry
Tropical

Fresh Fruit Smoothie - $2.50

As a fundraiser the canteen will be selling a cup of soup with a fresh bread roll for $3.50 before the “Spectacular” on Wednesday 17th September as well as tea, coffee, milo and cakes, slices etc which can be purchased before or at intermission.

Parents are asked to donate cakes and slices etc and these can be dropped off at the canteen or front office on Wednesday 17th September.

If you are able to help in the canteen at intermission your assistance would be greatly appreciated. Please let Bev know in the office.

Spring 2014 Tennis Camp

Our great school holiday tennis camp is back!

AT THE KEMPSEY TENNIS CLUB

We are offering 3 days of games, coaching and match play, AND BBQ lunch each day.

All it costs is $50

It will run for 3 days 9am – 1 pm

Mon 22\textsuperscript{nd}, Tues 23\textsuperscript{rd} and Wed 24\textsuperscript{th} September

(1\textsuperscript{st} week of holidays)

All enquiries:

Contact Geoff on 0414 345 662 or 6562 7866
Road safety around your child's school

Your child's safety depends on you

Drop off and pick up by car

Make sure your children are in an appropriate child car seat that is fitted and used correctly.
Stick to the 40km/h speed limit in a school zone as children are about.
Look for buses pulling out - watch for flashing wig wag lights.
Always park and turn legally around schools.
Avoid dangerous maneuvers such as U-turns and three-point turns.
Always give way to pedestrians particularly when entering and leaving driveways.
Drop your children off and pick them up on the school side of the road in your school's designated drop off and pick up area.
Calling out to them from across the road is dangerous - they may run to you without checking for traffic.

It's safest for children to get out of the car on the kerb side of the road to be away from passing traffic.

Walking together to and from school

Plan your trip to school so you use pedestrian crossings where possible.
Always hold your child's hand. Children need your help to spot dangers such as vehicles coming out of driveways. They can also be easily distracted and wander into traffic.
Drop off and pick up your child near the school gate and avoid calling them from across the road.
Talk with your children about Stop, Look, Listen and Think every time they cross the road.

STOP! one step back from the kerb.
LOOK! for traffic to your right left and right again.
LISTEN! for the sounds of approaching traffic.
THINK! whether it is safe to cross.

Young children can learn these safe pedestrian habits from you and continue them later on when they are old enough to travel alone.