PRINCIPAL’S MESSAGE

Swim School
This week is the second week of our swimming school. I was lucky enough to have the opportunity to attend the Kinder-Year 1 program for 2 days last week. It was lovely to have had the opportunity to be in the pool teaching our beginning swimmers. Congratulations to James for having the loveliest legs when kicking and to Bobbie-Lee for independently floating on her back. I hope I get another opportunity this week to visit the pool again!

Food
I remind all parents that our school has a longstanding rule in place regarding the sharing of food. This rule is that students are not allowed to share food at recess or lunch. This is to ensure that parents are in control of what students eat. Some students have food allergies and may have anaphylaxis and therefore it is not safe for students to share food.

Our school is a Live Life Well school and upholds a healthy eating ethos. It is preferred that parents do not send packets of chips and other less healthy snacks in lunch boxes. Our canteen provides healthy food options and Tracey is very aware of the need to ensure that students known allergies are accommodated.

NUTS are NOT WELCOME at our school! We ask ALL parents to ensure that all forms of nuts do not enter our school via lunchboxes which means NO peanut butter or nutella spreads, and please ensure that muesli bars do not contain nuts of any kind.

As we approach the end of the school year, class celebrations may take the form of a “party”. Please ensure that any food that is sent in does not contain nuts. To assist with ensuring a safe option for children’s birthdays, the canteen offers a birthday cupcake service.

Please be advised that fundraiser chocolates cannot be sold at school, as they may include choices that have nuts, or may have traces of nuts.

Behaviour
Our school upholds the Department of Education Code of Conduct for Students. Our implementation of this is simply stated as the 4 B’s which include Be Safe, Be Respectful, Be Responsible and Be a Learner. As we approach the end of the school year, some students are forgetting to uphold the school rules and are forgetting the importance of being the best they can be. I ask parents to remind students that your child’s ongoing good behaviour is important. Attendance at special school events e.g. Reward Picnic at Trial Bay, Year 6 Pool Party and Farewell are dependent upon students following our school rules. Students who are on Orange or Red Levels are not eligible to attend these events.

2016 Student Representative Council
SRC speeches will occur after assembly in Week 9, 4th December. Parents are welcome to stay for the speeches. We wish our nominees the very best of luck as they prepare to deliver their speeches. We only have 8 elected SRC representatives at our school so unfortunately some who have nominated will miss out. I would like to thank our year 5 students for entering into the nomination process and their preparedness to serve our school and its community.

2016 Senior Excursion
We have booked our senior excursion for 2016. In 2016 we will be holding this excursion in Sydney during the 30th May to 3rd June. This is significantly earlier than in the past, which is why we are providing advanced notice. The excursion will include a Convict overnight stay in Hyde Park Barracks, a ferry ride on the harbour and a trip to the zoo, among other cool activities. The cost is $450 per child, and there are only 45 places available. Some people are already so excited that they have paid a deposit so they don’t miss out! Students in years 5 and 6 are welcome to pay a deposit for this excursion.

Year 6 Farewell
The Year 6 Farewell is fast approaching. Please return the note indicating who will be attending on the night – N.B. the cost is $15 per head – including the Year 6 student. Also the Gladstone pool is $10 per student – please pay these two amounts ASAP.
Upcoming Events
Year 6 Formal and Pool Party: Thursday 10th Dec
Fredowood Idol: Friday 11th Dec starting at 2.10pm.
Gold Coin Donation
School Presentation Assembly: Monday 14th Dec at 9:20am
School Reward Picnic @ Trial Bay: 15th Dec
Final day of Term 4: Wednesday 16th December
Staff Development Day: Thursday 17th December

Infant’s School Swimming Scheme
As part of the Infants School Swimming Scheme children in Kindergarten and Year One have been having a wonderful time learning water safety, swim and survival skills. The children have been thoroughly engaged and are making some impressive progress. To celebrate their success this Friday we will have a play and some hot chips at Gladstone Park. We are requesting that all children bring in $2 to cover the cost of the hot chips. Please also ensure your child has a drink bottle to bring with them as it is important to keep hydrated during physical activities.

Canteen Specials this week
Bolognese Pies $4.00 or with salad $6.50
A HEALTHY BURST OF YUMMY GOODNESS
Beetroot, Orange, Apple, Celery, Ginger and Carrot Juice with a hint of mint $2.50

3/4R Class News
Thank you for those families whom sent in tissue boxes, it is greatly appreciated.

Many thanks for the parents who have been having a conversation with their child about what they have written and reflected about on the Feedback/self-assessment slips. The students are improving in the process of self-assessing their own learning and discussing how they feel about their learning.

It is still not too late to send in the $4 for the Christmas craft and cooking. We begin this next week.

We would like to have our class party, next Monday 7th December, as Rhys Clarke is moving to Queensland and both Rhys and Jeremy Bruce-Smith’s last day for the year will be next Monday.

Families can send in fruit, biscuits, slices and any healthy snacks.

This week is the final week for homework, so please encourage the students to have a BIG FINISH.

“Rock Star Award” in the canteen. Students who order something new and fresh off the blackboard will be in the running to receive a canteen voucher to be used the following week off the blackboard menu. Last week’s winner was CHARLES ROSE. Charles, please see Tracey in the Canteen.

House Ticket Tally
Congratulations to the following students for winning last week’s PBL draw –. The winning class was KD; the winning house was PHILLIP. The winning students were: Bryce C, Leif B, Sophie B, Cassidee F and Rhys C.

P & C Meeting
Tonight 6.00pm in the school library
Everyone welcome
**News from 1/2O**

Congratulations to all of the O Class students who have been swimming especially the Year 1 students who have been attending Gladstone Pool – their behaviour has been excellent.

Swimming has made our days a little disrupted so we will be continuing our spelling list from Week 8. There will be no homework sent home today, however please ensure that your child continues to read at home. Home Readers will still be sent home each day.

A huge thank you to Mrs Donnelly who has worked with O Class all year with our reading and writing groups, we are very grateful.

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**Fredowood Idol**

The excitement is building as our budding stars prepare for the annual extravaganza of Idol. This year in keeping with our Spectacular theme, we will be rebadging the event and calling it Fredowood Idol. Students from the SRC will be taking nominations from performers this week. All performers are required to pay a 20c entry fee to be included in the event, and are responsible for organizing their own costuming, routines and music if needed. The premiere will be held at 2:10 pm on 11th November 2015. Entry will be by gold coin donation and parents are more than welcome to attend. All money raised will be donated to the Corcoran family to assist with the costs related to Mandy Corcoran’s recent operation.

Please contact Ms Ransom if you have any queries.

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**Positive Behaviour for Learning News**

This fortnight our PBL focus is 4B’s whilst eating and class lessons and resources to teach this important concept have been developed by 1/20.

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**SHARE THE DIGNITY #ITSINTHEBAG**

Do you have a spare bag at home?

**YES**

**FILL IT UP FOR HOMELESS WOMEN AND WOMEN IN NEED WITH USEFUL PRODUCTS AND DROP OFF AT THE SCHOOL OFFICE**

Local collections will be given to the Women’s Refuges in Kempsey and Port Macquarie. The Good Samaritans who manage the Kempsey Women’s Refuge and Family case workers from both Kempsey and Port Macquarie Domestic Violence Support Services support this initiative.

Drag that unused bag out of your cupboard and place it in the kitchen or somewhere visible and start filling. You may have unwanted gifts or can purchase an additional item when you’re in the supermarket. When your bag is ready send it in to school. We’d like to get a supply of bags together before Xmas but this can be ongoing throughout 2016.

Jenny Partridge

SCHOOL COUNSELLOR

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**P & C News**

The P & C will once again be holding a Christmas Raffle. Please send in non-perishable goods for our Christmas Hamper Raffle to the front office. Tickets were sent home today – keep an eye out for them and sell as many as you can.

Renee Bubb-Edwards

P & C President.

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**P & C News – Volunteers Dinner**

Due to the lack of response and the busiest time of the year the P & C have decided to postpone the thank you get-together until March next year where we can farewell families and welcome new families to our school.

The P & C apologise for any inconvenience this may have caused.

Renee Bubb-Edwards

President

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**News from 5/6H**

Congratulations must go to the Year 6 in their first endeavour of fundraising for their Year 6 gift. They raised $102. Thank you to all those who helped make this so successful.

Over the next two weeks there will be two other fundraising activities occurring – a 200 Club (50c a go – the prize is a giant Christmas soldier containing goodies) as well as a lollies jar guessing competition (50c a guess).
We are turning 10!!!!
Join during November and get:
• Half price on memberships until the end of summer
• 50% off your joining fee
• You get a birthday present!!
Get fit and healthy with Curves...
65622884
Curves Kempsey

Frederickton Outdoor Fitness
Enjoy the benefits of group exercise.
All levels of fitness welcome to come along and start your day with the sunrise.
Combination of exercise from cardio, weights, circuits, boxing, yoga and stretching

Where: Frederickton Public School (outside hall)
When: Monday & Thursday 6.00am – 7.00am
Cost: $12 - session cards available
Info: www.glovefit.com.au
facebook.com/glovefit
Gaye 0419 041919

Frederickton Hall
Committee is holding the Annual Christmas Tree...

Date: 12th December 2015
Place: Frederickton Hall
Time: 7pm
Cost: $5 for Adults & High School Students
Free for primary school children.
(Supper is included)

Parents are to provide the present (to the value of $20), with name clearly marked and Santa will arrive at around 8pm to hand them out.

Major meat raffle tickets will be available on the night.

Hope to see you all there for a great night of fun and entertainment for the whole family.