**Principal’s Message**

**Cross Country**
We had a successful day on Friday as we were blessed with perfect conditions to run this carnival. Congratulations to all of the students who participated in this event. Thanks to Mrs Henderson for organising the Cross Country Carnival and to her family for the support they also offered.

**Football clinic**
Our football clinics kicked off last Monday. Today’s session was postponed due to the rain.

**P&C Meeting**
We had a good P&C meeting last week. We discussed the 2014 Annual School Report (which is available from the school office and is on the school website and the 2015-2017 School Management Plan which is also on the school website. We also reviewed the Year 6 Farewell Policy as part of business arising from the previous meeting.

**Aboriginal ART Workshops**
Today and tomorrow we will be conducting an art workshop with local Aboriginal Artist, Elwyn Toby.

**ART Competition**
We will soon be launching an ART Competition for all students to participate in. More info soon!!

**Cartooning Workshop**
We will also have Joffa visiting our school again. He will be here on 17th June. We hope all students will participate in this opportunity. The cost is $3 per child. Notes will go home today with the newsletter.

**Plenty of Opportunities**
Last week I forgot to mention the opportunities our students have to learn a musical instrument and to participate in our school band.

Also on Wednesdays at lunch time, we have had the opportunity to offer table tennis coaching, with coaches from our local table tennis association.

Our current focus on football and art also complement the quality curriculum we offer at Frederickton PS.

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**Student Work**
I love the opportunities I have in seeing the work that our students achieve each day. I would like to share some examples of writing from our Senior Class on Friendship.

Well done Indigo & Harry.

Mrs Debbie Bradshaw
Principal

**Bus Safety Visit and Walk Safely to School Day**
This Friday 22nd May is National Walk Safely to school day. Walk Safely to School day is an initiative that encourages all students to walk and commute safely to school and promotes Road Safety, Health, Public Transport and the Environment.

Students learn about the benefits of walking for health and the importance of safe travel through our PDHPE program.

Last week we had a visitor from Busways visit our school and talk to all students about safe travel on the bus. Students were then taken on a bus trip to practice the behaviours they learnt in class.

On Friday we encourage as many students as possible to walk to school so as to enjoy the health benefits that walking offers. We remind parents however that road works may still be underway and to choose the safest method of travel given the circumstances. Teachers will be at the gate with stickers for all students travelling safely to school.

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**News for O Class**
This week we are learning about division as sharing and measuring volume in mathematics. We are reading 'Sam's Bush Journey' and exploring some of the illustrations and Indigenous symbols used throughout the story.

Due to the rain over the weekend, our NRL Skills workshop has been postponed until next week.

Please remember to read each night with your child.

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**STAR BADGE ASSEMBLY**
FRIDAY 22nd MAY – 9.30am start

KD performing an item
MECS Debating Competition
Congratulations to Makayla, Kalinda, Shaetaya and Brooke on their convincing performance in round one of the MECS debating competition against Crescent Head. The topic was that school hours should be longer and they had the very difficult job of convincing the adjudicators that school hours should be increased by two hours each day.

They formulated some fantastic arguments and rebutted each of the opponent’s arguments skilfully. In the end it was very close but on this occasion Crescent Head were declared the winners. Nevertheless they spoke eloquently and articulately and we are all looking forward to the next round of debates.

Ms Ransom

Junior Dance
The Southern Network Dance Festival is approaching and we need all outstanding notes returned to the office please. Junior dancers also need to bring in any denim shorts, skirts, vests or jackets they may have and a white t-shirt or singlet. We have purchased fluorescent material to make accessories for the girl’s costumes, however we are still seeking any fluoro vests, gloves, jackets etc that you may have or be able to purchase.

Miss Oram and Ms Ransom

Cross Country
The next round of cross country will be the Lower North Coast Cross Country which will be held at the Kempsey Race Course on Friday 29th May. Notes to those students who will be competing will be sent home this week.

KD News
This week we will continue to learn the green sounds and I will send the booklets home early this week. Today, you will receive the words to the song we will be singing on assembly this week, so that your child can practise them at home. We look forward to seeing you at the assembly on Friday. The next step in your child’s learning; after they can read a word the next step is for them to be able to write it from memory rather than copying; so if you have the time and keen to do so they can be doing this at home as well as at school. Thank you for your continued participation in your child’s homework and learning.

House Ticket Tally
Congratulations to the following students for winning last week’s PBL draw – The winning class was KD, the winning house was HUNT. The five winning students were: Harry J, Jordan C, Danielle B-E, Khiarn A-G, Sophie B.

Playgroup
Fredo playgroup is run every Monday morning at Frederickton School in the school hall. NO COST. Time: 9.30am – 11.00am
What to bring: just something for morning tea
We would love to see you

Class Library Days are:
Monday: 2/3W
Wednesday: 3/4R and 1/2O
Thursday: 5/6H and Kinder
Friday: 4/5A

WHAT’S HAPPENING AT FREDERICKTON PUBLIC SCHOOL

Week 5
18th May – Football Clinic – Day 2 – whole school
19th May – “Kids in the Kitchen”
22nd May – Assembly
22nd May – Frederickton Cross Country (back up date)

Week 6
27th May – “Kids in the Garden”
29th May – Lower North Coast Cross Country

Week 7
1st June – P & C Meeting
2nd June – “Kids in the Kitchen”
5th June – Assembly

Week 8
8th June – Queens Birthday Holiday
9th June – Students return to school
10th June - “Kids in the Garden”
What Friendship Means To Me

By Indigo Kassel

Friendship has ingredients. Friendship has to be carefully crafted to perfection, with trust honesty, love and a few nuts. It has to be felt with the deepest compassion and gratefulness. In this world we are lucky to have friends who understand and back us up for whatever we choose to do. Friendship is everything.

I love having friends. Having friends is so much fun: telling secrets, giggling, shopping and just having fun. If you have a true friend you will know how it feels to be loved by a true friend. It feels good.

Friendship can be hard. It can make you want to tear your hair out but at other times you want to be with them forever. I guess things just change between you and your bestie.

What Friendship Means To Me

By Harry Jennings

Friendship has a very tasty savor. It tastes like a marshmallow. I feel all gooey and squishy inside my body. Friendship has a taste like a chocolate bar. They are sweet, rich and delicious. It will have some tasty ingredients that you will savor for.

Friendship has a special look. It looks as if people can trust each other. Trust is a very important thing. If no one can trust you, no one can rely on you. Friendship looks like people don’t yell or be mean to each other. Friends always stick up for each other. But if you don’t, then you’re not really a friend. Friendship has a sound. It sounds like people laughing with people. Not at them. Did you know laughing is good for you? Well I did. Friendship sounds like people having fun by playing games, talking, playing sport and all the rest of that stuff.

Friendship has a smell like a chocolate mud cake. It smells so delicious; you’ll never want to reject it. Friendship smells like a daffodil. Many flowers smell good but to me, a daffodil is my favourite flower smell.

Friendship has a touch like a person who touches you in tag. It could hurt, but not that much.

Canteen Special this week is: Meatball & Cheese Sub $4.00

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New Canteen Menu - Look out for the new canteen menu and price rises which will be out in the next couple of week.

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 NICOLE BISNAR

NICOLE, please see Tracey in the Canteen.

Canteen Roster

We would like to take this opportunity to thank our parents who volunteer to help in the canteen.

It has been at times difficult to find parents to fill a day when help is needed. A roster was sent home with students to the parents who are on the canteen roster – please look at the roster and know when you are rostered on. We realise that things happen and you might not be able to do the day that you are down for but we ask that if you are unable to come in and help on the canteen that day you give us some notice (not the day of) so that we might be able to swap or get someone else in.

If there are any parents out there who would like to help in the canteen please contact the office and your name can be added to the roster.

Remember to read the newsletter to check when you are on.

OOSH News

Fredo OOSH has vacancies for both morning (7.00am – 9.30am) and after school care (3.00pm – 6.00pm) if you would like to book your child/ren into OOSH or make an enquiry please feel free to contact Kate on 0447626387.
**LUNCHTIME ACTIVITIES AT FREDERICKTON PUBLIC**

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<tr>
<th>MONDAY</th>
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<td>TUESDAY</td>
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<td>Boys Drumbeat</td>
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<td>Boys Dance Group</td>
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<td>K-6 Choir</td>
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<td>WEDNESDAY</td>
<td>Even Weeks: Kids in the Garden</td>
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<td>Table tennis</td>
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<td>Senior Dance Group</td>
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<td>Boys Dance Group</td>
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<td>THURSDAY</td>
<td>Senior Dance</td>
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<td>FRIDAY</td>
<td>Junior Dance Group</td>
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<td>Girls Drumbeat</td>
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**Book Week 2015 Saturday 22 August - Friday 28 August (Term 3 Week 7)**
It’s never too early to start thinking about how your child/children will celebrate Book Week! The 2015 Book Week theme will be *Books light up our world*.

At our Book Week Parade this year we have decided that students will parade with their book of choice and dress up to represent a character or idea in the book. There are some great ideas on-line at *Pinterest*. Just do a search for Book Week costumes and you will have access to some great ideas (often very simple). There are even photos of suggested books and corresponding dress-up ideas.

**Anniversaries: Alice in Wonderland and Children’s Book Council of Australia**
It will also be the Children’s Book Council of Australia’s 70th Anniversary this year. They play a very important role in supporting Australian authors and illustrators through the annual book awards. They also promote the importance and pleasure of reading to children. Another important anniversary —the story of *Alice in Wonderland* by Lewis Carrol is 150 years old. Isn’t it amazing that a book so old can still be appreciated by children and adults today.

**OVERDUE BOOKS**
I hate to ‘nag’ but there are still a disappointing number of books overdue at the library. Some are way overdue (12 MONTHS)! PLEASE check at home for books and return them as soon as possible to Mrs Evans.

**Premier’s Reading Challenge**
I am extremely pleased with the enthusiasm and responsibility being displayed by many of our students involved in the Premier’s Reading Challenge. A number of students are very close to completing their challenge and they actually have until August 21st. Congratulations to Aaliyah Hurley who has already read 28 of the required PRC books for her grade. Only two more to go Aaliyah!!

**Premier’s Reading Challenge Stars for last week are:**
- **2/3W**: Aaliyah Hurley, Ebony Haywood, Courtney Minns, Zahkayla Lane, Danielle Bubb-Edwards, Sophie Brandolini, Grace Clarke, Laycee Cooper, Montana Thompson & Rylan Mottee.
- **3/4R**: Oishiarna Madden, Keira Morn, Emily Bevan, Byron Cooper, Peter McElroy, Fiona Saul, Kimberleigh Lane, Eden Bennett, Nicole Bisnar & Jazmin Collins.
- **4/5A**: Claire Haywood, Khayl Doherty, Maeve Patten, Shi-Anne Dornan & Lucy Bruce-Smith
- **5/6H**: Shaetaya Allen, Mitchell White, Hayley Andrews, Demi Perrin,
Kids Love to Cook!

Preparing healthy food with your children is a great way to teach them good nutrition PLUS they will enjoy eating what they helped to prepare!

A simple recipe to prepare with kids:

Mini Vegetable Pizza
1. Halve an English muffin
2. Spread on tomato paste and oregano
3. Throw on vegetables like sliced capsicum, sliced mushrooms, grated sweet potato etc.
4. Sprinkle with low fat grated cheese and grill

For more recipe ideas go to: www.healthykids.nsw.gov.au
K-6 students will be working with local Aboriginal Artist Uncle Elwyn Toby over Monday and Tuesday in workshops to explore local Aboriginal culture and artistic techniques used in many Aboriginal Artworks. The classes that participated today had a great time and asked many questions.

Students will soon have the opportunity to participate in another workshop with a different local artist - watch out for details over the coming weeks.

Today the Frederickton Australian Artwork Competition was launched. Students will receive an entry form from their classroom teacher, however can get more details from Miss Oram. Each entry will cost $1 and prizes include art materials and supplies and also the opportunity for their artwork to become displayed within our school.