



Frenchville Focus

Celebrating
125 YEARS
1900-2025



Issue 05 - 04 April 2025

Frenchville State School acknowledges the Darumbal people as the traditional custodians of the place we now call our school. We pay our respects to the Elders past and present and are proud to be supporting and encouraging emerging Indigenous leaders every day.

Principal's News

The end of term has come around very quickly and the wet weather has played havoc with some of our events. The Cross Country has been rescheduled to the first Wednesday back of Term 2. Thursday 24 April is our school ANZAC ceremony with Friday the Public Holiday and ANZAC commemorative march in Rockhampton city centre.

Thank you to the parents and caregivers who made themselves available this week to engage in the parent teacher meetings. We have deliberately scheduled these at the end of term 1 so that parents are very aware of where their child is at and next steps in their learning and how they can support their child. It is important that we are partners in the education of our students. We only have the students in our care for 5 hours a day for 40 weeks of the year. Learning and education cannot rest solely with us. In particular the learning behaviours and engagement of our students is a core ingredient in positive steps forward. We all want the best for our students and we need to work together so our students can embrace the opportunities open to them.

As a school we constantly analyse data sets – student results, attendance, behaviour and many other areas. One area of behaviour that is concerning is the amount of defiance with our students particularly in the early years. This is where they refuse to follow adult directions in the class, at play, for learning and for safety reasons.

After the holidays the school is running a parent workshop and in the newsletter our support team will run parenting tips and information. It is vital we work as a team to help support our students to become caring, curious, confident citizens.

Last week our P & C held their AGM and general meeting. Thank you to Emma Newman Treasurer and Zahra Betteridge Secretary for their work over the past 2 years. It has been much appreciated. Congratulations to Yasmine Jozeljic and Nadia Hassan for continuing in the President and Vice President roles. Welcome to Rebecca Salmond who has stepped into the treasurer's role. The secretary role is still vacant. If interested please contact the school.

Thank you also to our P & C employees – Laura Ridley and Yolande Schultz for their continued great work in the tuckshop. I know a lot of our staff would not be fed during term time without our tuckshop, let alone the students.

It is important to remember that without a functioning P & C, all fundraising activities and events cease including the tuckshop and uniform operations. We are celebrating our 125th year and it would be disappointing if we did not have a vibrant P & C at Frenchville SS.

Have a safe holiday break. The school site is closed over the break for the removal of an old asbestos demountable. Contact Police Link on 13 17 88 if you notice any unwarranted activity and behaviour on our site.

Katrina Jones
Principal



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Dr Michael Carr-Gregg is a child and adolescent psychologist, a well-respected speaker and one of Australia's leading authorities on parenting and young people who presents sessions to parents and educators. Michael believes it is no coincidence that with the rise of social media and technology, mental health challenges in children are increasing. Parents are urged to set limits and boundaries on technology use.

RAISING HAPPY AND RESILIENT CHILDREN



WITH DR MICHAEL CARR-GREGG

The following '5 challenges of parenting' come from Dr Carr-Gregg:

1. Give your child vitamin N: be prepared to say 'no'.
 - Hearing no helps build your child's resilience.
 - A parent's job is not to be their child's friend; it's to be their prefrontal cortex.
 - If you're not upsetting your child at least once a week, you're doing it wrong.
2. Set limits and boundaries on the things that matter – make it really clear what your family values are. Be clear and be prepared to have the difficult conversations.
3. Be the expert on your child.
4. Have family rituals and traditions. What would your child say to their own children many years from now about what it was like growing up in their family home? What were the little things that made it 'home'?
5. Communicate properly. Don't let your kids build a perception that you don't care or don't listen.

What can parents do to help improve their child's behaviour?

- Set a rule and give only one warning offering an opportunity for your child to change their behaviour.
- Use clever and creative ways to enforce consequences if your child has not changed their behaviour. These are more effective alternatives to shouting. For example, give your child's pocket money to their sibling.
- Do not tolerate disrespect from your child. Respond by saying, 'That is really disrespectful,' and walk away. Do not shout back. Offer them the chance to have a final say before you discuss it later.

Any other tips?

- Be present with your children: one-on-one time is priceless.
- Ditch the digital devices.
- Listen to your child's teachers – they have objectivity.
- Try for quality time with children. Ten minutes of one-on-one time every day builds a sense of security.
- As you are putting your child into bed, ask them to tell you 3 good things that happened that day and why.
- Great life advice for your child: *If you can't change something, you can change the way you think about it.*

What is important when communicating with young people?

- Keep calm.
- Don't talk too much and listen more: speak only two sentences at a time and keep it short.
- Use humour.
- Set very clear boundaries.
- Avoid confrontations or ultimatums.
- Regularly give positive feedback, but don't overdo it – praise needs to be proportionate with the achievement.
- Don't constantly remind them of their mistakes.
- Talk while doing something together.
- Don't comment on everything – let some things go by you.

What are the building blocks of a child's wellbeing?

- Diet – food affects mood. Include lots of eggs, yoghurt, nuts, blueberries and fish oil.
- Exercise – regular exercise not only keeps children physically healthy but mentally alert.
- Sleep – the big issue – ten hours in primary. Ensure there is no technology in the bedroom.

Fortnightly Date Claimers

	Year 1 Swimming
03 Apr	Religious Instruction 1, 2 & 3 1:45pm – 2:15pm 4, 5 & 6 2:15pm – 2:45pm
04 Apr	Friday Sport – Final round for Teeball and AFL only (pending weather)



TUCKSHOP NEWS

CLOSED

Friday 04/04/2025

for stocktake.

TERM 2

Fortnightly Date Claimers

22 Apr	First day Term 2
	Senior Assembly, 2:15pm SAC
23 Apr	Cross Country – details further in Newsletter
24 Apr	Anzac Day ceremony, SAC 9am Religious Instruction 1, 2 & 3 1:45pm – 2:15pm 4, 5 & 6 2:15pm – 2:45pm
25 Apr	Anzac Day – Public Holiday
29 Apr	Junior Assembly, 2:15pm SAC
30 Apr	Regional Readers' Cup - Twist Year 1 Park Excursion
01 May	Religious Instruction 1, 2 & 3 1:45pm – 2:15pm 4, 5 & 6 2:15pm – 2:45pm
02 May	Instrumental Music – SRS payments due Sprint trials (Sports Day lead up event)
05 May	Labour Day – Public Holiday
06 May	District Cross Country Senior Assembly, 2:15pm SAC
08 May	Maths Team Challenge

SPORTS DAY

WEDNESDAY

11 JUNE

2025 Cross Country

Our annual Cross Country will be held on Wednesday 23 April in the morning session. Students will have a choice to enter a non-competitive fun run or the competitive Cross Country race. The non-competitive fun run is for students in Year 3 through to Year 6 wanting to participate without the expectation of being competitive. Cross Country races will be held for 9, 10, 11 and 12 year olds. The 9 and 10 year olds will run 2km and the 11 and 12 year olds will run 3km. Every student must participate in either the fun race or the Cross Country unless a note is received for medical reasons.

Students who have nominated to compete in the Cross Country should be using their PE lessons to demonstrate their effective long distance running ability and attending before school training or training outside of school.

Parents are reminded that this event is part of our Health and Physical Education Curriculum for this term. **Please ensure your child wears a hat, sunscreen and brings a water bottle.**

SPECTATORS

Spectators of competitors are welcome. Come along to support our students who have been training hard during their PE lessons. We hope to see you there.

The race times are as follows:

8:55am	9 and 10 year olds move to marshalling area
9:10am	9 and 10 year old girls race
9:13am	9 and 10 year old boys race
9:25am	11 and 12 year olds move to marshalling area
9:40am	11 and 12 year old girls race
9:43am	11 and 12 year old boys race
10:10am	Non-competitive fun run
10:30am	Presentations then return to class

Due to time constraints, we will sound the air horn four minutes prior to the next race starting. With two minutes to go, we will sound the air horn twice. Any students who are still on the first half of the track will need to move off the track and go back to their tent. Anyone on the last half of the track is able to complete the lap then head back to their tent.

Season B Sport – Trials notice

Trials for Season B sport will commence in week 2, with the season beginning in week 4. The sports on offer this season are Netball and Rugby League.

All Season A sport invoices will need to be paid for students to participate in Season B. Refer to Finance News, Payment Options for more information.



Frenchville SS P&C Association

Our P&C meets on the 2nd Thursday of each month. All parents are welcome.

P&C Email: pandc@frenchvilless.eq.edu.au

Year 5 Camp – Konomie Island

Our year 5 cohort will be participating in an **overnight stay at Konomie Island (North Keppel Island)**. This excursion enriches our curriculum programs, particularly supporting the Science unit taught in Term Two. Our overnight stay is also an excellent stepping stone in preparation for the year 6 camp.

Payment is due Wednesday 23 April - \$175.00

The following table indicates which classes will attend on which days, departure times and approximate return times.

Tuesday	Wednesday	Thursday
5K, *5C & *5S Depart school 6:30am Return Wednesday 5:30pm	5B, *5C & *5S Depart school 6:30am Return Thursday 5:30pm	5M, *5C & *5S Depart school 6:30am Return Friday 4:30pm

**5C & 5S notes have been highlighted with which students are attending each day.*

Anzac Day Ceremony 2025

The ANZAC Day Ceremony for **Prep – Year 6** will be held on **Thursday 24 April at 9:00am** in the School Activity Centre. The Senior Choir will be performing in the ceremony. Choir members are required to wear their performance uniform for this event. Parents and carers are welcome to attend the ceremony.



Dawn Service & Anzac Day March 2025

This year our School Captains, Maya Fadaei and Griff Hamilton will attend the Dawn Service and lay a wreath on behalf of Frenchville State School. Following the Dawn Service, students are encouraged to represent our school and attend the Anzac Day March.

The students will march behind the Frenchville banner in **full school uniform, including blue broad-brimmed hat or the school bucket hat**. It is advisable for students to wear sunscreen and bring a water bottle.

The children need to assemble in Alma Street alongside OZCare between 9:30am and 9:40am (no earlier please). The march commences at 10:00am via Archer Street, Victoria Parade and continue along Quay Street. Staff members will be in attendance to assemble and march with the children.

We look forward to marching with a contingent of students to represent Frenchville State School.

Invoices & due dates

Invoice Description	Due date
Season A Sport	Friday 04 April 2025
2025 Instrumental Music (emailed)	Friday 02 May 2025
Year 5 Camp	Wednesday 23 April 2025

Upcoming performances & excursions

When	What
30 April	Year 1 Park excursion
06/05-09/05	Year 5 Camp - Konomie
12/05-16/05	Life Education

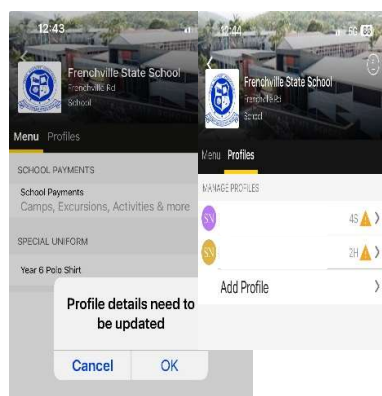
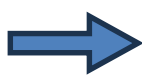
Finance News

Payment Options

If you are experiencing difficulties paying for school invoices, you may be eligible for a Frenchville SS Payment Plan. For more information, [click here to email Tanya Champion](#).

Qkr! app

If you use the Qkr! app for school payments, you will be prompted to update your child/rens profiles when you first login in.



QParents app

All invoices are available for payment using QParents. Invoices may take 24hrs after receiving the email to show on the app.



Student Absence Line

It's important to notify us if your child will be absent from school for the day.

Please call: 4931 5366

Friday Sport Season A 04/04

Due to the current weather conditions a decision about grand finals will be made as soon as practicably possible. We apologise for any inconvenience.

Queensland Engagement and Wellbeing Survey

Early next term, **Year 4, 5 & 6 students** will be asked to take part in the Queensland Engagement and Wellbeing (QEW) Survey. We know that wellbeing and engagement are important parts of your child's life at school. The department and our school are looking at ways to collect information on these important areas so we can support our students in the best way possible. The QEW Survey is designed to measure how students view their wellbeing and engagement.

In 2025, the QEW Survey will take place between these dates: **Tuesday 22nd April to Friday 16 May, 2025.**

Further information has been emailed to Year 4, Year 5 & Year 6 parents and carers. If you have any questions, please contact Lisa Driscoll, Deputy Principal ldris1@eq.edu.au

Interschool Sport

Season A Sport Payment is now due. Invoices were emailed to parents. For students to participate in school sport for 2025, payment of sports invoices need to be up-to-date to participate in the next season. For example, Season A needs to be paid in full before Season B commences.

Camp Australia

Due to asbestos removal taking place over the Easter School holidays, Camp Australia will not be operating at Frenchville SS.

Camp Australia can be contacted to arrange vacation care at Crescent Lagoon SS or Parkhurst SS.

Lost Property

Please take time over the coming days, to check lost property. Any unnamed items will be collected and disposed of. It is important to remember to name all items that are brought to school.

Community Notices



ROCKHAMPTON PANTHERS AFC

AUCKICK U7 MIXED - \$60 PLAY

JUNIORS U9 MIXED, U11 BOYS, U12 GIRLS - \$180

YOUTH U13 MIXED, U15 BOYS, U16 GIRLS, U17 BOYS - \$220

SENIORS MEN, WOMEN & RESERVES - \$350

ALL PLAYERS RECEIVE A MERCH PACK - CLUB POLO, SHORTS & SOCKS

PRE-SEASON TRAINING
 JUNIOR - TUESDAY @ 4:30PM (COMMENCES 4/03)
 YOUTH - TUESDAY & THURSDAY @ 5PM
 SENIOR WOMEN - MONDAY & THURSDAY @ 5PM
 SENIOR MEN - TUESDAY & THURSDAY @ 6PM

SAM GUDGEON
 PRESIDENT
 0439 333 057

VISIT OUR WEBSITE
WWW.ROCKHAMPTONPANTHERS.COM.AU







GIRLS EMPOWERMENT WORKSHOP

MON 7TH APRIL 2025
9-12PM **\$45**

REGISTER NOW!

text: 0408 440 515 to register



SCHOOL WATCH

LOOK • LISTEN • REPORT

PHONE
13 17 88



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