



# Heights of Excellence FIGTREE HEIGHTS PUBLIC SCHOOL

PRINCIPAL: MR WAYNE THOMAS



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Printed August 2012

information - news and views - coming events

## Term 4 - Week 4 Monday 29<sup>th</sup> October, 2012

### Coming Events This Week

**Tues 30**

OOSH meeting in staffroom 6.15pm

**Wed 31**

P&C Meeting in the hall 7pm all welcome

**Thur 1 Nov**

Kindy Orientation

Session 4: 9.15am -10.15am students in  
Kindy classroom & parents in the staffroom

Music Count Us In 12.15pm in the school  
hall

**Fri 2**

PSSA Sport

### Next Week

**Wed 7**

Kindergarten Assembly 2pm in the hall

**Fri 8**

PSSA Sport

Birthdays: Happy Birthday to  
our students who celebrate  
their birthdays this week and  
during the holidays.....

**Nathan Garrick, Bailey Lemmon,  
Lauren Rooke & Zachary Seymour**

### CANTEEN ROSTER

Mon, Wed & Fri - open for recess and lunch  
Tues & Thurs - open for lunchtime snacks only

<b>Tuesday</b>	Diana Mitreski Allison McKenzie
<b>Wednesday</b>	Leeann Goode Kylee Bartlett
<b>Thursday</b>	Lee Brett Denise De Martin
<b>Friday</b>	Anne McKay Ruth Burns Pam Burns Lara Acevedo
<b>Monday</b>	Carmen Lemmon Cathrine Hailstone

### FIGTREE HEIGHTS PS ANNUAL ART COMPETITION OPEN NOW

Art can be submitted by any student from  
Figtree Heights Public School.  
Art work is to be on A4 or B4 paper.  
Competition closes Friday 30 November.

See Principals message for more details.



Dear Parents and Caregivers,

Congratulations to all of our students on their wonderful performances last Thursday evening at the Annual Instrumental Festival. From our M'kopane drummers to instrumental group members and Simon De Mayo who played a guitar solo. They were a credit to themselves and our school. A huge thank you to Mrs Costello for her extra efforts and to staff who attended on the night.

This coming Thursday the school is involved with the national music 'Count Us In' project, which involves a short period of time during the day dedicated to singing. Further details are included in this newsletter (page 3).

Currently many classes are involved with assessment tasks for Semester Two reports. Student Reports are scheduled to be distributed on Friday 14 December with the final date of student attendance on Wednesday 19 December.

Students are looking great in their summer uniforms. Particularly as they represent our school in inter-school sport and community events. A reminder that footwear should be black in colour and that the wearing of jewellery and painted fingernails does not form part of our school uniform. I appreciate the support of all families in ensuring our students look smart at school.

Please be reminded at the P&C meeting is on this Wednesday night at 7pm in the school staff room. Everyone is welcome to come along.

Well it's on again..... the Annual Student Art Competition. Once again students are asked to create a picture, using any medium, for display in the school foyer. Pictures need to be either on B4 art paper or A4 paper which can be obtained from the school. Any student can submit one picture. The pictures will be on display for students to view and vote for their favourite. Competition closes on Friday 30 November!! Please hand pictures into Mr Thomas or office staff. We look forward to seeing some terrific art!

Staffing News Mrs Osborne will be on long service leave from today until 13 November. During her absence Mrs Manning will be teaching class 5/60.

Enjoy your week.

Regards  
Wayne Thomas  
Principal



Thought of the week

"Education is simply the soul of a society as it passes from one generation to another."

G.K. Chesterton

**"Words of the Week"**

The aim is to use each word appropriately as many times as you can throughout the week - your teachers will be encouraging this at school too!

Can the teachers catch you using these words correctly?

**Words of the Week**

**scrumptious  
diploma**

**oregano  
breakwater**

**Unanderra Play Maze**

Unanderra Play Maze has donated December discount vouchers to the school. They are on the display table in the school foyer. Please help yourselves.

**Book Covering**

Thank you to Gerty Pelekanos and Tracey Chichkan for covering our infants' readers. The books can now be used in the classroom. Your efforts are really appreciated.

**School Payments**

Thank you to those parents who have sent in school student activity payments. Your prompt response is much appreciated



**One Song, Your School, More Music**

Celebrating the benefits of music education in Australian schools

**Come and join us on Thursday from 12.15pm in our hall as we celebrate the benefits of music education.**

**We will be watching the podcast from 12.15pm and will join with hundreds of thousands of other students from all around Australia at 12.30pm to sing this great song.**

**All Figtree Heights' students will be performing the song Different People (Stand Together). Our Rock Band will provide the accompaniment.**

**Have you changed your details?**

It is important for the school to have up-to-date contact information for our students

If you changed your address, phone, mobile, work or emergency contact person in the last 12 months and have not updated this information at school please complete the slip below and return it to school office?

Please up-dated information for:

Surname: .....

First Name: .....

Class: .....

Other siblings: .....

Class: .....

Information to be updated:

.....  
.....  
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**"Canteen Special!"**

**Fri 2 November 2012.**

"Chicken Burger Meal Deal" - A chicken Burger with lettuce and mayo, a packet of chips and a drink. \$6

The Chicken Burger consists of a chicken patties, lettuce and mayo, on a light multi-grain roll.

**Optional:**

With Salad (lettuce, tomato, cheese & beetroot) for extra 50c.

**Drink options:**

Milk, Juice or LOL - Carbonated Juice

**Special requirements:** (eg. no mayo)

Orders are to be received in office by Monday 29th. Please write students name & class on a lunch bag, fill out this slip and add with money to bag.

Chicken Burger lettuce & Mayo - \$6.00

Chicken Burger with Salad - \$6.50

**Nutrition Snippet**  
**Quick, Tasty, Healthy**  
**Snacks!**



Stuck for ideas on healthy snacks that are quick and tasty? Try these:

- Fresh fruit platter - kids are more likely to eat fruit if it is cut up into pieces
- Frozen fruit (try grapes/orange quarters/pineapple)
- Air popped popcorn with dried fruit
- Raw vegetables cut into chunks or fingers - serve with a dip such as hummus or guacamole
- Cucumber or apple slices 'sandwiched' together with low-fat cream cheese
- Dip pineapple rings in desiccated coconut
- Dip cubes of fruit in thick yoghurt and freeze for bite sized frozen treats
- A piece of pineapple and a slice of cheese on a paddle pop stick makes cheesy pine bites
- Blend reduced-fat yoghurt, fresh or frozen fruit and reduced fat milk to make sumptuous smoothies
- Celery boats filled with cottage cheese and sultanas

These ideas were brought to you by *Eat It To Beat It*, helping families to eat more fruit & veg. For more information visit [www.cancercouncil.com.au/eatittobeatit](http://www.cancercouncil.com.au/eatittobeatit) or phone 4223 0200.

