



# Heights of Excellence FIGTREE HEIGHTS PUBLIC SCHOOL

PRINCIPAL: MR WAYNE THOMAS



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information - news and views - coming events

## Term 4 - Week 5 Monday 5 November, 2012

### Coming Events This Week

Wed 7

Kindergarten Assembly 2pm in the hall

Fri 8

PSSA Sport

### Next Week

Swim Scheme commences Mon 12/11  
and continues until Fri 23/11

### CANTEEN ROSTER

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

Tuesday	Katie Tully Leanne O'Brien
Wednesday	Sonia Latif Atared Latif
Thursday	Louise Christensen Fiona Maris
Friday	Kendra Ainsworth Fiona Rudd
Monday	Elisa Stevanoski Alison Carrunthers

### Reminders: Payments due

☺ T 4 PSSA Yrs 3 & 4 \$25, Yrs 5 & 6 \$30 due by 16/11/12

☺ Years 3 & 4 Camp \$145 due by 26/11/12

☺ P&C School Levy -all families \$50

BSB: 062 644 Account: 00900425

Please be reminded to send in your payments  
by the activity date or the date due.

Birthdays: Happy Birthday to our students who celebrate their birthdays this week.....  
**Ethan Carruthers, Estella McKenzie, Liilu Roberts, Thomas Roberts & Emily Ruthledge**

### 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.  
Paper is available from school

Art works will judged by students of FHPS  
Winning art work will be displayed in the school foyer

Competition closes Friday 30 November.



Dear Parents and Caregivers,

Last Thursday students from Kinder to Year Six participated in the nationwide 'Music – Count Us' In event. They viewed live images from Canberra and around the country before singing "Different people stand together". The school continues to value the importance of music, and I'd like to thank Mrs Costello for her ongoing efforts in this area.

I can also inform our school community that Mrs Costello will cease working at Figtree Heights Public School at the end of this term due to her retirement in 2013.

Congratulations to all of our primary students participating in PSSA sport last week. All were keenly involved in their games, and showed great sportsmanship on behalf of the school.

A reminder to all families, that it is a departmental requirement that a written note, email or call to the school is always required when a student is absent. After an audit of records last week, it was found that a number of absences have not been justified, and I encourage all parents to inform the school when their child is absent. Thanks for your assistance.

Next week many of our Year 2 students will be participating in Swimming Scheme activities at Western Suburbs pool. Many thanks to those parents involved in assisting with the program.

Currently our students are being reminded about Sun Safe activities, particularly in regard to wearing hats, putting on sunscreen and drinking plenty of water. Your support at home for these reminders would be greatly appreciated.

It was unfortunate that the latest P&C meeting had to be cancelled due to a lack of a quorum to hold the meeting (last Wednesday evening). Perhaps the 'Halloween' activities were an influence? Whatever the reasons, in the near future there will be an opportunity for community members to express their thoughts on P&C meeting matters, in an attempt to

accommodate more parents/citizens to attend the gatherings. So please keep an eye out for the survey sheet and return it to school.

Have a great week

Regards  
Wayne Thomas  
Principal



Thought of the day  
"The way to get things done is not to mind who gets the credit."

Benjamin Jowett

### "Wordz 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

**gardenia, amenities,  
whirlwind & manchester**

### Sportsmanship Award

Sebastian Hewat was named 'Best and Fairest' and 'Clubman of the Year' for his U11 Vikings rugby union team this year. Sebastian also captained the Illawarra U11's representative side for rugby union at the state championships this year with the team placing fifth, the highest achievement of a U11's Illawarra side yet! Well done Seb and congratulations!

### Student Achievements

If you know of any of our students who have achieved in their out-of-school activities please encourage them to let us so we can mention it in the newsletter. A short 'blurb' can be dropped into the office and we can publish it the following week.

### Sponsorship for Figtree Heights Presentation Day 2012

Our annual Presentation Day will be held in the school hall from 9.30am on Monday 17 December, 2012 (please add this day to your term planner).

Gift vouchers (\$20) are awarded to students who have excelled in sport, arts, academics and citizenship and traditionally we seek local community and businesses for sponsorship.

If you would like to be a sponsor you can send in a donation to school. If you know of local businesses that would support our school please pass on this information. Sponsorship can be for one or more vouchers.

An appreciation note will be printed in the Presentation Day program. Thank you for your anticipated support.

### More on student absences.....

Our school takes a particular interest in our students' well-being and the Department of Education requires us to keep accurate records of absences of our students. *Please be reminded that all absences will be included in the student Academic Reports and absences without a reason will be called 'unjustified absences'.*

### Canteen News

Another big response for the canteen special, we hope you all enjoyed your burgers. There will be another special day in early December, so look out for it!

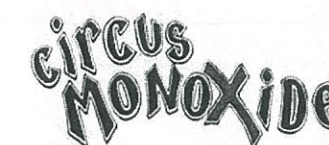
Big thanks to Amanda, Rebecca, Ruth and Pam who all put in extra hours to make the day run smoothly. Also thank you to Leisure Coast Bakery at Unanderra who supplied the multi-grain rolls, they were delicious!

### Canteen volunteers for 2013

Yes it's that time again! Accompanying this newsletter is a volunteer form for next year's canteen roster. Please complete it and return it to school. Please be encouraged to volunteer even if you haven't done it before or if you can only help out for part of a day. Your assistance is always welcome and appreciated.

### 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.



Presents "Under the Big Top" Festival November 13th- 18th.

WHERE: Under the Big Top in McCabe Park Wollongong.

Three spectacular events: Fundraising Gala for Illawarra's disadvantaged youth, Comedy Under the Big Top and Circus Monoxide's own "Going Going Gong" family friendly Circus Show. Come on down and catch some highflying action and have a really great laugh. More info and tickets [www.circusmonoxide.com.au](http://www.circusmonoxide.com.au)

### Girls' Footy Festival – January 2013

Sport and Recreation is offering three clinics, over three days. If you're a girl aged between 8 -15 years these clinics will provide you the opportunity to try a new sport, learn new skills and stay active these school holidays.

Clinics will be run at Centenary Field, Croome Rd Sporting Complex, Shellharbour.

Each day will be hosted by a different sport Football, AFL and Rugby League.

Registration forms and additional information is available from the schools' Community Noticeboard.

### Nutrition Snippet Quick & Easy Dinner with a Stack of Vegies!



Got home from work late? Kids hungry? Forget take-away! The kids will be fed in less than 10 minutes with this "no-fuss" recipe. You'd be waiting in the pizza queue for longer than that!

#### Veggie Omelette – serves 4

1. Whisk 6 eggs with a fork
2. Pour into a medium greased frypan
3. Throw in a some handfuls of finely chopped or grated vegies such as carrot, zucchini, mushrooms, corn, capsicum and spinach
4. Sprinkle reduced fat cheese over the top of the vegies
5. When egg starts to cook through, fold the omelette over on itself
6. Voila! Dinner in less than 10 minutes! Serve with wholemeal toast

**Tip:** you can use any vegies that you like. It's a great way to use up leftovers too!

This recipe was 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.

