



# FIGTREE HEIGHTS PUBLIC SCHOOL

Principal: Mrs Skye Hayward

*respect, responsibility, care, integrity, excellence, fairness*

Week 1, Term 4  
Friday 10<sup>th</sup> October

## Message from the Principal

### What's Happening at the Heights?

#### Week Beginning 13/10

Tues 14 Oct

Band to Helensburgh PS

Wed 15

3/4D Assembly 2pm in hall

Kindy Orientation Night 6.30pm  
in Kindy classroom

#### Week Beginning 20/10

Mon 20

Yr 3 & 4 to Killalea

Wed 22

Massed Band rehearsal all day  
in school hall

Thurs 23

Yr 5 Leadership Day

Kindy Orientation 9.15- 10.15am

Fri 24

PSSA begins for Yr3-6

#### Payment Reminders

Yr 3 & 4 Stanwell Tops \$168

Yr 3 & 4 Killalea excursion \$14

Yr 5 Leadership Day \$10 (cash)

**Note:** A permission note and  
payment need to be received

Welcome back to Term 4! I hope everyone had a relaxing and enjoyable time over the holiday period. I was very pleased to see only a couple of broken limbs following the holidays, not a bad effort! Term Four is a time when Figtree Heights host a number of events to celebrate the wonderful year we have had. Please keep an eye out in the newsletter, on our website or phone app to ensure you do not miss any special events.

#### Fresh Taste Canteen

Early this week we had a meeting regarding the proposal to move our canteen towards the "Fresh Taste" guidelines. It was a very productive meeting and a big thank you to all the volunteers who came to show their support for this move. The changes in the canteen menu will be gradual and we will be moving towards healthier options for snacks and lunches. Please see the "Fresh Taste Canteen" help section inside this newsletter for more details.

#### Figtree Heights Village Fair

On Wednesday evening we held a Village Fair evening to decide our plans for our next fete and we had some wonderful ideas put forward. There are a few aspects we need to look into before we can finalise a date, theme and time schedule, however, it is looking like the best fete yet! A big thank you to Stuart Wilkinson, who has kindly volunteered to oversee this project. Also thank you to all the parents who came to meeting or sent their apologies, we could not have events such as these without your wonderful support.

#### Twilight Night

As you are aware we have had to postpone the P&C Movie Night twice. We have decided, in conjunction with the P&C, to have a FHPS Twilight Night on Friday 12<sup>th</sup> December. This event will be packed with fun and loads of entertainment, with each class performing an item, Year 6 performing their version of the traditional Year 6 play, snack and food stalls and finishing with the Big Screen Movie event. All families are welcome and it will be great way to wrap up the year 2014. Please stay tuned for more information on this event.

Happy weekend!  
Warm regards,  
Skye Hayward

[www.figtreehts-p.schools.nsw.edu.au](http://www.figtreehts-p.schools.nsw.edu.au)

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# SCHOOL INFORMATION & EVENTS

Happy Birthday to students who are celebrating their birthdays today, tomorrow and next week.....

Carter Cook, Odette Krizsan, Mikayla Mitrevski, Nathan Mitrevski & Hamish Rodgers-Smith

## BRONZE Value Wristband Awardees

Well done to the following student.....

20	Jack McNally
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## SILVER Value Wristband Awardees

Well done to the following students.....

KS	Angus Newton
1/2M	Jayda Brain Carter O'Connor
20	Beau Baldock Lachlan Anderson
3/4N	Hamish Rodgers-Smith Morgan Davey
3/4D	Estella McKenzie
3/4PR	Joe Cooper Mason Daley
5/6T	Carter Russell

## GOLD Value Wristband Awardees

CONGRATULATIONS to  
The following students....

KP	Zoe Pascoe Eva Bonacina
1W	Brooke Baird Sophie McCall Odette Krizsan Emmaline Pirie Macey Synott
3/4PR	Nathan Mitrevski Ava Parry Jacob Chichkan Kirra Synott Mackenzie Smart Elise Scobie Alexandra Wira Karly Fox
3/4N	Lara Limbrick
5/6T	Tom Smart

## CONGRATULATIONS....

To our Kembla Joggers Chris Sink, Nathan Henderson-Walls, Nathanael Burns and William Burns. These sensational runners were recipients of awards at the recent Kembla Joggers Presentation Day. Well done Boys!



### Is dried fruit OK for Crunch&Sip\*?

Although fresh fruit is the best choice, a small amount of dried fruit (eg sultanas or apricots) is an acceptable Crunch&Sip\* option.

Dried fruit tends to cling to the teeth, so is best eaten with a meal or when a toothbrush is handy.

NOTE fruit straps, bars or rolls are NOT permitted as they contain large amounts of sugar.



**FUN RUN MONEY is now DUE.** Please log onto your everyday hero page or bring your money and choice of prize back into school by **NEXT FRIDAY**. We can not place the orders for the prizes until all money is in.





## OP SHOP Ball

FHPS P&C are hosting a wonderful community event to celebrate the end of the year! Please see the flyer attached with this newsletter for more information.

**DO NOT MISS OUT!**

Illawarra Coal **COTTON:ON**  
**RUN WOLLONGONG**

**Don't Forget to REGISTER for RUN Wollongong**

**When:** Sunday 19<sup>th</sup> October, from 7:30am

**Where:** WIN Stadium

**What:** 12km run, 6km run or 6km walk/roll (pram)

**Who:** Figtree Heights PS

**How to register:** Simply go to Run Wollongong through Google and click on the **REGISTER NOW** icon.

**REGISTER AS A TEAM** under the name **FIGTREE HEIGHTS PS OFFICIAL**

**All Money raised goes directly to Wollongong Hospital Children's Ward.**

**If you register under Figtree Heights our school will receive sporting goods to the value of \$1000**

## Kindy Orientation Dates

**Wed 15<sup>th</sup> Oct:**

**6.30pm:** Parent session in the Kinder classroom

**Thur 23<sup>rd</sup> Oct:**

**9.15-10.15am:** Children meet teachers in the hall, parents to stay for information session

**Wed 29<sup>th</sup> Oct:**

**9.15-10.15am:** Children meet teachers in the classroom, parents to stay for information session

**Tues 4<sup>th</sup> Nov:**

**9.15-10.15am:** Children meet teachers in classroom, parents to stay for information session

## Fresh Taste CANTEEN HELP needed!

To ensure we are moving towards a Fresh Taste Canteen we are required to make some changes to our current menu. From the survey results there was an overwhelming response to move towards a healthier menu, the hardest part of that is working out where to start and who can help. Many parents have indicated they can help in bits and pieces, which is wonderful, if you can spare, even a day a term, your help would be greatly appreciated.

At the recent meeting it was decided to begin with **removing all lollies from the canteen**. We also need to have a closer look into the snacks that are available. Our students will have a say in what "approved" snacks they wish to keep in the canteen through an inquiry project where they will look at the nutritional value of all snacks and decide which they would like to keep.

We also are in need of **APPLIANCES!** To prepare, store and cook fresh food we need some help in acquiring appliances, containers, cookware etc. If you can help out in any way please let the school know.

Watch this space for more changes and information regarding the new look canteen.

## Canteen News:

Stickybeak insulated lunchbags \$12 and wallets \$10 are now available for sale at the canteen.

### CANTEEN ROSTER- Week 2

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

Mon	Elisa Stevanoski & Alison Carruthers
Tues	Karen Craft & Fiona Maris
Wed	Sonia Latif & Atared Latif
Thurs	Pat Gibson & Simone Pratt
Fri	Denise DeMartin, Lee Brett & Taryn McCall

## Useful Information

To download our school phone app go to the App Store on iTunes (Google Play for Android users), search for Figtree Heights and simply download. **Username:** community **Password:** figtreehtsps Please make sure you allow notifications from Figtree Heights in your phone's control settings.

\$50 Voluntary School Contribution: **P & C account.** BSB: 062644  
**Account No:** 00900425

Uniform Shop is open Monday mornings from 8.30am – 9am for sales and fittings. We have limited stock remaining so please make your purchases promptly. Lowes Figtree are taking over as suppliers of FHPS uniforms. Stock will be available towards the end of the term. Thank you for your patience.

The Community Noticeboard is located outside near the office and is used to advertise local sporting groups and community groups who offer services to our students and families.

## LOST

- A NEW school jacket – please check if you have the right jacket, this lost jacket has a name on it. Please return to the office if it is found.

These advertisers support us, please support them:

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Dr. Catherine Pham  
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