

Term 1, Week 2



FLYING FIGTREE

Welcome Back

Welcome back to another fantastic year at Figtree Heights Public School. A warm welcome to all our new students and families, we are sure you will love our school as much as we do!

Once again we have a big year ahead with wonderful engaging, enriching and exciting opportunities for all our students and families. By now many of you would have met your child's teacher and had a chance to introduce yourselves. Parent information evenings will be happening over the next few weeks. At these meetings your class teacher will fill you in on all expectations for the year ahead. It will also be a chance for you to ask any questions in a relaxed and comfortable setting. As I mentioned earlier in the week, we appreciate many of you have attended your fair share of these meetings, however, every meeting will be different and it is important you have the opportunity to hear firsthand about the expectations and information for the year ahead.

I look forward to working with all parents and carers over the year to ensure 2017 is our best year yet!

Canteen

The school canteen will be operational from Monday. A big thank you to all the wonderful volunteers who have taken so much time to prepare the canteen for the new year. As you know the canteen is run purely by our parent and loved ones on a volunteer basis. Without these volunteers we simply could not offer this service to our students so if you do have one day spare, even once a month, please let our canteen committee know.

Term 1	
6th Feb	Stage 2 Parent Evening @ 5pm
7th Feb	School Swimming Carnival 9am-12pm Stage 1 Parent Evening @ 4:15pm
8th Feb	Stage 3 Parent Evening @4:30
14th Feb	Gymnastics 3-6 begins Kinder Parent Evening @ 4:15pm 4/5P Parent Evening @ 4:30pm
15th Feb	P&C Meeting @6:30pm
22nd Feb	Illawarra Mercury Captains Feature article District Swimming Carnival
23rd Feb	Safe4kids Presentation 6:30-8:30pm
9th Mar	Selective High School Placement
10th Mar	Infants Camp Out (tentative date)
15th Mar	P&C Meeting @6:30pm
16th Mar	Year 5 Enrichment class testing
17th Mar	PSC Leadership Day @ Figtree High School
21st Mar	Harmony Day
7th April	Easter Hat Parade @10am

Please note all events for the term will not be finalised until the end of next week.

IMPORTANT NEWS

Please check when your class information evening is.

HAPPY BIRTHDAY TO YOU

Chase Grant, Samuel Newton
& Alyssa Srbinovski

From the desk of the Principal

Kindergarten 2017

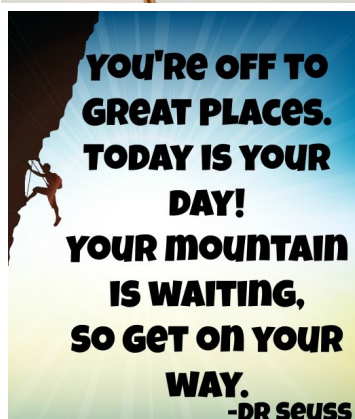
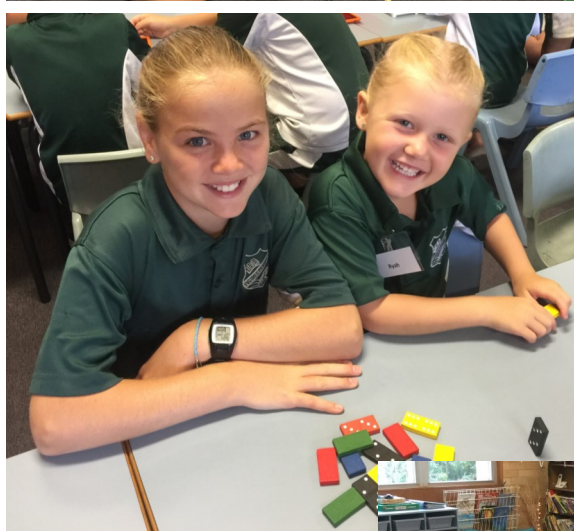
Today was a very big day for many of our Figtree Heights families with our 2017 Kindergarten class officially starting 'big school'. There were lots of smiles and also tears, however not many tears from the children. Take a look at these gorgeous faces on their first day.



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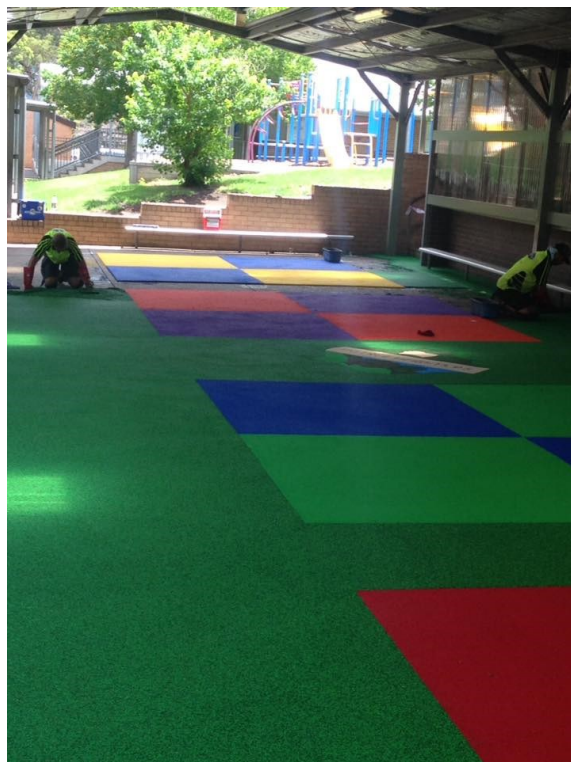


HAPPY
first
DAY OF
SCHOOL



COLA

Over the school holidays our school COLA (Covered Outdoor Learning Area) had a major facelift! It looks absolutely incredible. This facelift simply would not have been possible without the driving force of Kelly Andrews and her team of dedicated P&C parents. Kelly and her team applied for a grant from Cr Ryan Park's office and were lucky enough to secure \$22,000 towards this project. A big thank you, to the P&C for jointly funding this project and making up the difference, along with funds from our school. The students are loving the new 'fair' handball courts and it has brought life back into a tired looking outdoor playspace.



Have a wonderful weekend,
Warm regards
Skye Hayward

Community News



Canteen Volunteer's required.

Canteen Roster

*The Canteen is open for
Lunch orders **Monday, Wednesday and Friday.**
Don't forget to use our Canteen!*

Monday	Deane Harvey, Brooke Kiley & Sin Nar Yuen
Wednesday	Renee Criddle & Belionda Demertzis
Friday	Hanna Bonacina, Amie Kennedy & Rebecca Walshe-Smith

What is Due and When?
Please note: S/S= selected students only

What	When
Swimming Carnival s/s	ASAP

Introducing

SCHOLASTIC

Book Clubs LOOP

for Parents

LOOP is the Scholastic Book Clubs
Linked Online Ordering & Payment platform for parents.
To order and pay for Scholastic Book Clubs by credit card visit:
www.scholastic.com.au/LOOP

GET IT ON
Google play

Download on the
App Store

School Choir for 2017

We are once again forming a School Choir for interested students in Years 2-6
Last year we had a great group of around 35 singers who performed at various events throughout the year.

We would love to have those students return again this year.

Our main performance will again be the Southern Illawarra Choral Festival which is held in late August.

Students in Years 2-6 who are interested in being part of the School Choir are asked meet in the Hall next Tuesday at recess time where they will be given further information and a note to take home.

Mr Costello, Miss Lysandrou, Miss Sharpe

School Band for 2017

This is a call for any interested students who already play an instrument and have had lessons for a minimum of 6 months.

I am particularly looking for a student or students who may be interested in playing bass guitar but looking also for any students out there

who may play a woodwind (eg flute, clarinet, saxophone) string (violin, cello) brass (trumpet, trombone) percussion (drums) or keyboard to join our school band this year. If you are interested please come and speak to me on either Tuesday, Wednesday or Thursday.

Parents may call me on: 0408271107

Thanks

Mr Costello

Band Coordinator

Primary Ethics

We are in need of an Ethics teacher!

Attention: Grandparents, Parents, Aunties and Uncles

Volunteering to teach Ethics classes is a great way to be involved in our school! All training is provided.

Please contact Amanda Bowen via

figtreeheightspsethics@outlook.com

AUSTRALIA'S #1
NON COMPETITIVE
SOCCER PROGRAM



Grasshopper SOCCER

CALL NOW FOR
A FREE TRIAL

Soccer Fun For Girls & Boys Aged 2 to 12! TERM 1, 2017 PROGRAM

STARTING from 11th February
CALL NOW TO BOOK YOUR PLACE!

Mite-E Soccer (2-3yo)

A great introduction to Soccer!

Children work with their parents to learn new soccer skills and develop their motor skills! Lots of fun games in a non-competitive environment

35 minute classes
\$120 for 8 weeks



Pint Size Soccer (4-5yo)

Children take their first kicks in soccer! They'll be introduced to shooting, dribbling, goal keeping and more. Children get to play lots of fun, skill based games. Grasshoppers get introduced to the Pint Size 1v1 Big Game!

50 minute classes
\$130 for 8 weeks



Intro to Micro (5-6yo) Micro (6-8yo)

The ultimate challenge for young soccer players! They'll learn the rules of the Grasshopper Soccer Big Game and develop their skills in passing, dribbling, shooting and more.

Intro - 60 mins \$135 for 8 weeks
Micro - 75 mins \$140 for 8 weeks



Micro Plus (8-12yo)

This program focuses on skill development and teamwork in preparation for club soccer. Children will enjoy all the favourite soccer based games, fine tune their skills as well as play the Grasshopper Soccer Big Game!

75 minute classes
\$140 for 8 weeks



0412 428 195 GRASSHOPPERSOCCER.COM.AU



facebook.com/GrasshopperSoccerIllawarra



FOOTBALL SOUTH COAST WIN NETWORK SUMMER ACADEMY



Three locations:

SOUTHERN ACADEMY

Barrack Heights
5:00pm - 6:15pm

Monday
(Autumn, Winter & Summer)
Boys & Girls Academy

Wednesday
(Spring)
Girls Only Academy

CENTRAL ACADEMY

Wollongong
5:00pm - 6:15pm

Monday & Wednesday
Boys & Girls Academy

Monday
Goal Keeper Academy

NORTHERN ACADEMY

Bulli
5:30pm - 6:45pm

Monday & Wednesday
(Monday all year)
(Wednesday - Spring & Summer)
Boys & Girls Academy

For more information go to www.footballsouthcoast.com or call 42856929

What is Mental Health?

References:

www.mentalhealth.wa.gov.au/mental_illness_and_health

Report on the second Australian Child and Adolescent Survey of Mental Health and Wellbeing, 2015
www.copmi.net.au

Welcome to the first publication from the *Changing Attitudes towards Mental Health* project. This project looks at different topics in the area of mental health relevant to students and families. These articles aim to increase general knowledge, challenge negative stereotypes and let you know how to find help if you or someone you know needs it.

Good mental health

Good mental health is a sense of wellbeing, confidence and self-esteem. It enables us to fully enjoy and appreciate other people, day-to-day life and our environment. When we are mentally healthy we can:

- form positive relationships
- use our abilities to reach our potential
- deal with life's challenges

How common are mental health problems?

One in seven of Australians aged 4-17 have mental health problems



But only one in four young persons with mental health problems receive professional help



With the right kind of help, most people do recover and lead healthy, productive and satisfying lives.

What causes mental health problems?

Mental health problems or mental illness is not weakness or a character flaw. Mental illness is caused by genetic, biological, social and environmental factors. Seeking and accepting help is a sign of strength.

Factors which can affect your mental health

Vulnerabilities

Stress long-term and at high levels
Biological factors such as genetics, chemistry and hormones
Substance abuse of alcohol, drugs and other substances
Thinking patterns such as constant negative thoughts and low self esteem
Social factors such as isolation, family breakdown or violence, or financial problems.

Strengths

Social Good community networks and strong cultural identity
Life events Support such as a mentor
School good attendance, supportive peer group, opportunity to succeed, connection with an adult at school
Family supportive parent or adult, consistent boundaries, strong family values
Individual good nutrition, good problem solving skills, social skills, optimistic, good coping style

This article is general information only, if you are concerned about your or someone else's mental health, talk to your General Practitioner (GP) or School Counsellor.

Useful Resources / Contacts:

Mental Health Line 1800011511
 Kids Helpline 1800551800

www.beyondblue.org.au
<http://au.reachout.com>

Are you a mum?

Do you find it difficult getting back into the workforce after a break?

We are running a program called

The Mothers Returning to Work

This study will give you

Practical tips for returning to work or study

Confidence to use Social Media for professional purposes

An overview of Office Productivity Software

Tips to get organised and motivated

Tips in writing the perfect job application



DON'T WAIT! – This is your time! Call 0478 092 558 to ENROL!



Adenda Academy



ITALIAN AFTER SCHOOL PROGRAM



ITALIAN CLASSES

MONDAY AFTERNOONS

4.00 pm to 5.30 pm

Classes run during school terms

**FOR STUDENTS FROM
KINDERGARTEN TO YEAR 6**

**Classes will be held at
Holy Spirit College, Bellambi**

COST PER LESSON

\$10 FOR FIRST CHILD

\$ 8 FOR SECOND CHILD

\$ 5 FOR THIRD CHILD

FREE FOR FOURTH CHILD

**REGISTRATION FOR TERM 1 IS FROM
MONDAY 6 FEBRUARY 2017 - 4pm to
5.30pm.
Room 12 - Holy Spirit College, Bellambi
Entrance via Cawley Street - Carpark
CLASSES START ON
MONDAY 13 FEBRUARY 2017**

**IATI INC.
28 STEWART STREET
WOLLONGONG**

**PHONE: 42251144 or
0408273295
EMAIL: iati@speedlink.com.au**



ADULT CLASSES START 7 FEBRUARY - FOR BEGINNERS AND CONTINUERS