



Term 3, Week 7



Flying Figtree

Superstars:

Congratulations to the following

Silver

Superstar students:

Eva Bonacina, Sebastian Criddle, Ella Evans, Aleksander Matic and Sophie Thackray

Congratulations to the following

Gold

Superstar students:

Bilal Abdul Latif, Asha Andrews, Nathanael Burns, Hollie McCall, Owen Manning, Alexander Popovski and Justin Vasic

Superstar wristbands will be awarded at the Friday September 7th assembly at 2:45pm



HAPPY BIRTHDAY TO YOU...

Jessica Mikhail, Samarah Gibson, Malaak Abdul Latif, Harry Placek and Braxton Ewen-Chappell

Term 3	
Week 7	
Mon 3/9	Figgy Heights Fathers Group, Wests Illawarra Club @ 7pm
Thurs 6/9	K-2 Public Speaking in-school Competition @9am
	Choir @11am
Fri 7/9	K-2 Gymnastics
	Dance Troupe @8am
	1/2S class assembly @2pm
	Value Wristband assembly @2:45pm
Week 8	
Mon 10/9	Years 2, 4 & 6 Surf Sense Talk @2pm
Wed 12/9	Maths Olympiad - 5/6 Enrichment
	P&C MEETING @6:30pm
Thurs 13/9	School Band @ Mt St Thomas
	Regional Spelling Bee for Junior Finalists Hayes Park @9:30am
	Choir @11am
	Regional Spelling Bee for Senior Finalists Hayes Park @12pm
Fri 14/9	South Coast Athletics
	K-2 Gymnastics
	Dance Troupe @8am
	Kindergarten class assembly @2pm
	Value Wristband assembly @2:45pm
Week 9	
Tues 18/9	Kindergarten Excursion to University of Wollongong
	Years 1-6 Enrichment Excursion
Thurs 20/9	Choir @11am
	K-2 COS Public Speaking Competition @11:30pm
Fri 21/9	K-2 Gymnastics
	Dance Troupe @8am
	Value Wristband assembly @2:45pm

Dear Parents and Caregivers,

SASS Recognition Week

This week is SASS Recognition Week and I would like to take this opportunity to thank our wonderful non-teaching staff. To our incredible office ladies, **Mrs Deane Grogan** (School Administration Manager) and **Ms Michelle Campbell** (School Administration Officer) words really cannot express the thanks we have for what you do for our school. You are the heart and soul of our school, you make everything run like clockwork and allow our teachers to focus on their core business of teaching and learning. The way that you care for our students is wonderful to watch and so very important to our parent community; knowing their children are in safe hands. Thank you for always going above and beyond to make our school the wonderful place it is. To **Mr Luke Appleton** and **Mr John Lockhead** (General Assistants) thank you for your continued hard work and effort, this is a tough school to maintain, especially only one day a week, but nothing is ever too much trouble! Thank you for continually thinking outside the box and turning our visions into reality. To our School Learning Support Officers, **Miss Maddie Smith**, **Mrs Lisa Thompson** and **Miss Sophie Ziogiannis**, we thank you for your unwavering dedication to our students. Thank you for the continual support you provide; assisting all students reach success in their learning and school life. Please take the time this week (and always) to show your support of our wonderful non-teaching staff. We are very lucky to have such a wonderful team supporting our students, teachers, parents and community. **Thank you SASS Staff!**

P&C Meeting

Next Wednesday we will be hosting our first P&C Meeting for the term. It will be held in the HIVE at 6:30pm. At this meeting we will be discussing quite a few items including, but not limited to, the new DoE uniform guidelines, school projects and upgrades, plans for 2019 and also parent information options. We want your feedback and love your input so please come along and have your say.

NAPLAN Online Readiness Test

Over the next week our Year 3 and 5 students will be participating in a NAPLAN online readiness test. This is not the real NAPLAN, it is simply a readiness test for the Department of Education to ensure all schools are ready and have the infrastructure to run NAPLAN online, if and when, it is rolled out to all schools in the future. BYOD devices are encouraged and we are asking all students to bring in a pair of headphones from home to complete this readiness test.

The Fathering Project

This evening our Figgy Heights Fathers Group will be meeting up with other Fathering Groups from the Illawarra. This event is for Fathers only and is more of a social get together to make connections with other groups. It will be held at Wests Illawarra Club at 7:00pm. Please contact Mr Nielsen if you require more details on this event.

Have a wonderful week!

Warm regards,

Ms Skye Seymour

Principal

Week 7 Learning Disposition Focus:

Self regulation



Resilience Managing distractions Absorption **Mindfulness**

Emotional Aspects of Learning

Self regulation

Managing my emotions and staying connected to the learning.



Absorption - I get in a 'flow' when I am learning. I may not notice the time passing or other people around me. I feel a real sense of purpose and things seem easier when I am in the 'flow'. I feel satisfied with how I use my learning energy.

Managing Distractions - I can recognise and manage my distractions. I use my time well and know many strategies that help me focus on the task. I use tools that help me get the task done such as checklists, smaller goals or visual organisers.

Mindfulness - I use all of my senses to pay attention to things around me; what they look like, how they behave, what they are used for. I am patient and take time to see details. I calmly acknowledge and accept my feelings, thoughts and sensations.

Resilience - I keep going even though I may feel like giving up. I am not put off by being stuck. I am patient and tolerate feelings of apprehension, frustration or confusion. I think of ways to overcome my problems; I am solution and learning focused. I use mistakes to guide further learning.

Week 7 Learning Habit Focus: MINDFULNESS

YOUR AMAZING **BRAIN** GROWS AND CHANGES



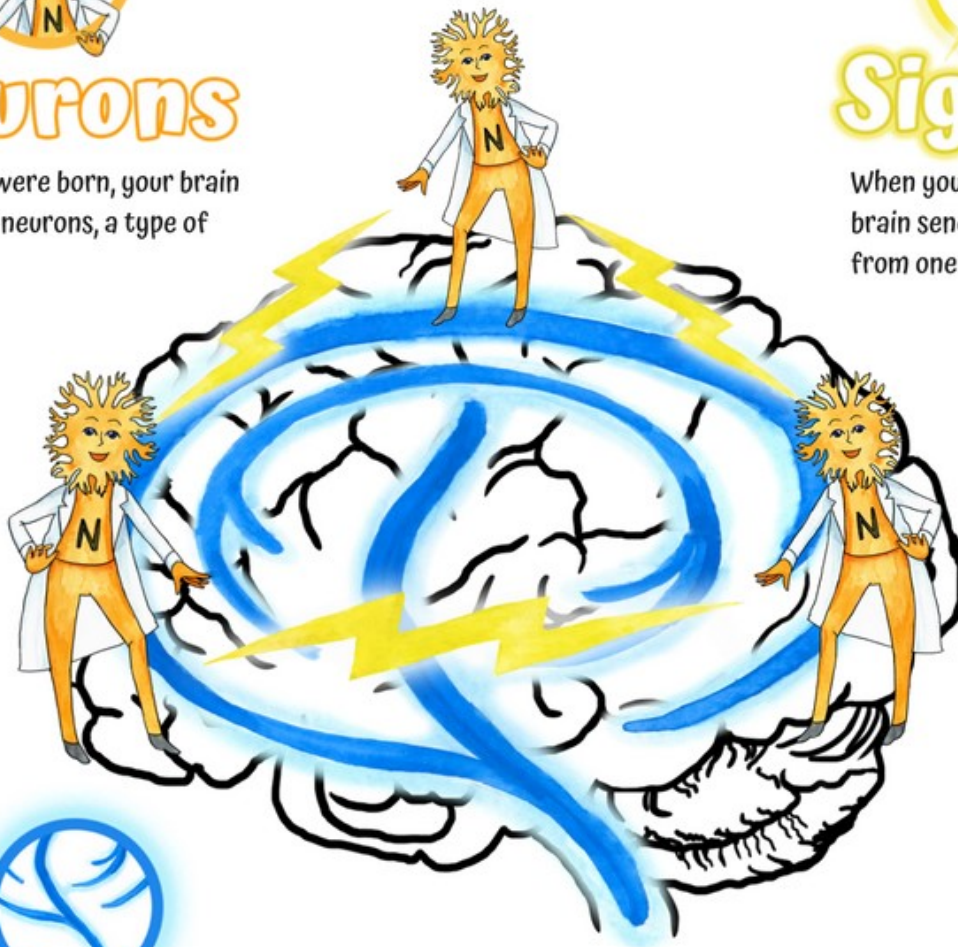
Neurons

When you were born, your brain came with neurons, a type of tiny cell.



Signals

When you learn things, your brain sends signals (messages) from one neuron to another.



Pathways

If you do the same thing enough times, your brain eventually makes a connection (or pathway) between neurons. This makes activities easier, and you can do them better and better.

**WHEN YOU EXERCISE YOUR
BRAIN, THINGS THAT WERE
ONCE DIFFICULT BECOME
EASIER!**

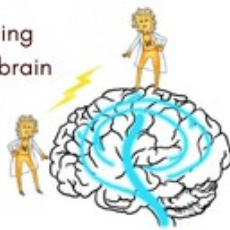
HOW TO EXPLAIN GROWTH MINDSET TO KIDS

NEUROPLASTICITY ACTIVITIES AND RESOURCES

by Big Life Journal

1 TALK ABOUT THEIR BRAIN

- Provide a basic explanation of the main parts of the brain.
- Explain neurons and pathways.
- Use analogies such as establishing new neural pathways between brain cells is like building a bridge to cross a ravine.
- Discuss the value of making mistakes.



2 SHARE AMAZING FACTS

- There are as many neurons in the brain as there are stars in the Milky Way: about 100 billion.
- The brain physically stops growing around age 18, but it keeps changing forever.
- The brain can produce enough electricity to power a light bulb!
- By design, our brains are all about growth and change— as is the whole human body.



3 BUILD A BRAIN MODEL

- Build a basic brain model using Play-Doh.
- Make a brain hat.
- Create neurons from modeling clay, beads, rope, or string.



4 CREATE A BRAIN POSTER

- Make the "I Can Grow My Brain" poster (available in Big Life Journal's Growth Mindset Printables Kit).



5 CELEBRATE MISTAKES

- Explain that mistakes make the brain grow.
- The brain does NOT grow just from getting the answers right. To keep strengthening neural pathways, we must continue challenging ourselves.
- Celebrate when someone makes a mistake. Give a high five and say, "High five! You're learning!" or, "Woohoo! Your brain is growing!"



6 BRAINSTORM WAYS NEUROPLASTICITY HAS ALREADY WORKED

- Help your children or students come up with a list of activities that were once difficult and became much easier with practice.
- Keep the list somewhere visible.
- When children feel that something is too hard, remind them of all the things that were once "too hard" and are now second nature.



7 READ FANTASTIC ELASTIC BRAIN

- Your children will learn about the brain by reading *Your Fantastic Elastic Brain: Stretch It, Shape It* by JoAnn Deak.
- This book explains that trying new things without giving up strengthens your brain.



8 CREATE INTERACTIVE VISUALS

- Provide many pieces of cut yarn to represent connections between neurons.
- Ask children what they can do to get better at something.
- Each child who gives a suggestion selects a piece of yarn and gives one end to each of the children holding the neurons.
- After many examples, children can see how thick the collection of yarn is getting.



Premiers Reading Challenge

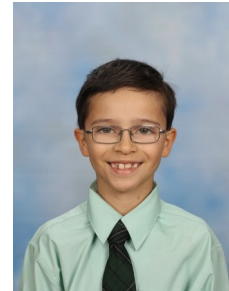
Premiers Reading Challenge has now come to a close for 2018. Congratulations to the following students who have completed our challenge by reading 20 or 30 books over the last couple of months. You did it!



Kobi Hayward
3/4V



Zoe Pascoe
3/4V



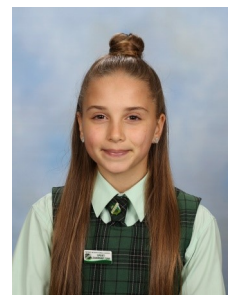
Byron Manning
3/4O



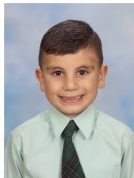
Isabel Walshe-Smith
3/4O



Myah Ellem
3/4O



Brylee Ellem
4/5W



Bilal
Abdul Latif



Sudair
Abu Qasim



Bennett
Anderson



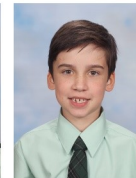
Aria
Bonacina



Hendrix
Brain-Bowen



Olivia
Burnes



Sebastian
Criddle



Tahlia
D'Amico



Ethan
Dzeperoski



Sophia
Edwards



Nash
Ferguson



Lexi
Forrester



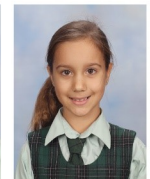
Lucy
Howes



William
Humphrey



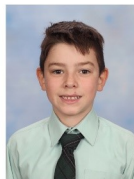
Jonty
Ivaneza



Charley
Le Clerc



Mawada
Maulaie



Kale
McClymont



Keiana
O'Neill



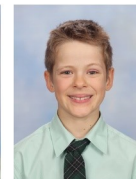
Alexander
Popovski



Blaize
Rutherford



Eden
Stewart



Isaac
Vasic



Lillian
Walshe-Smith

CLASS OF 1/2K

Premiers Reading Challenge



Lewis Andrews Savanna Bennis Tamara Bridge Addison Cook Braxton Ewen-Chappell Chloe Fisher Georgia Geralaxis Lily Hanrahan-Meaney



Harlow Holtom Ethan Humphrey Elliot Jackson Jaiden Kerr Isaac Manning Shakayla Mikhail Taylor Mulhere Silas Newton



Sophia Petasecca Ayden Wai Shun Poon Nate Pratt Sophie Rasmussen Max Read Arlo Steffen Nate Synott Sophie Thackray

CLASS OF 1/2S



Mohamed Abdul Latif Ty Adlington Stefen Anagnostopoulos Imogene Anderson Miles Burke Ryan Bush Darcee Cheetham Noah Coppola



Jai Demertzis Zoey Fullerton Zoe Hatzistefanou Ryah Hayward Charlie Kerr Marwa Maulaie River Meredith Zoe Mikhail



Rayce Pacey Senuka Perera Theodore Rainford Ava Rasmussen Miley Reh Oscar Tenhave Chelsea Vasiliou Colin Zhou

CLASS OF 1/2M

A special thank you to parents, loved ones and teachers for helping our students complete their reading challenge. We hope you found some new books to add to your favourites list!

Student Star Files

Congratulations to the following students who qualified to compete at the Regional Athletics Carnival.



Nash Ferguson
8 years 100m



Chase Grant
11 years boys 100m, 800m,
Junior boys discus, long jump



Nathanael Burns
11 years 800m



Aiden Meagher
Junior Boys discus



Yolanda Chichkan
Senior Girls discus



Kaden Goode
Senior Boys long jump



Jack Tully
Senior Boys shot put

Community News

What is Due and When?

What	When
Kindergarten excursion	7/9/18
Yrs 1-6 Enrichment excursion	13/9/18
Stage 3 Camp	17/10/18
Stage 1 Killalea excursion	22/10/18
Stage 2 Camp	9/11/18
Term 1, 2 & 3 Online Payments	Overdue

Please note: S/S= selected students only



FHPS Canteen

The canteen is open for lunch orders

Monday, Wednesday and Friday.

Don't forget to use our HEALTHY

Wednesday 5/9	Atared Latif, Sonia Latif & Asmaa Moussi
Friday 7/9	Rebecca Walshe-Smith & Sara El Gamal
Monday 10/9	Wendy Coppola & Sharilee Manning



Our Canteen uses Flexischools Online Ordering!

Flexischools allows parents, students and staff to place and pay for orders from home, work or school at any time via their mobile, tablet or computer.

As well as being convenient for parents, the online orders are much faster and easier for the school canteen to process - so it makes everyone's life a little easier!

Flexischools is well established, operating in over 1,000 schools across Australia and having processed over 40 million orders.

How to register:



1. Register for Flexischools by visiting www.flexischools.com.au. Add your student, their school and class to get started.
2. Top-Up your account via Visa, Mastercard, PayPal or direct deposit.
3. Make an order by selecting from the range of options available and proceed to make payment for the order listed in your order pad.

What does it cost?

Online Ordering Fees \$0.29 per canteen order

Account Top-Ups

Direct Deposit – FREE (3-5 business days to become available in your Flexischools account)

Visa / Mastercard / Paypal – Surcharge of 15c + 1% of your top up value. (Immediately available in your Flexischools account.)

Need assistance registering, topping up your account or placing orders, please call the Customer Service Team at Flexischools on **1300 361 769**.

SWIM LESSONS

ENQUIRE TODAY!

www.ecsportz.com.au
Physical Therapy Building
60 Rosemount St
WOLLONGONG NSW 2500
0401 691 049

- ▶ Did you know there is super awesome affordable and supportive outdoor group training at the Roy Johnson Park, Figtree?
- ▶ All fitness levels, all shapes, all sizes, all genders.
- ▶ Kids welcome
- ▶ Check out the arrow fitness page at www.facebook.com/arrowfitp
- ▶ FIRST SESSION FREE - GET IN TOUCH WITH JODY 0433785447



ARROW FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM	BODY BURN	BOX	FHIIT AND STRONG		TONE IT UP	
9.15AM	BODY BURN	BOX	FHIIT AND STRONG	LUCKY DIP	FRIYAY CIRCUIT	
6PM				BOX		



Figtree Heights OOSH

Experience the fun, adventure and play everyday

Before School Care

6:30am – 8:30am + transport to school

- Breakfast buffet available
- Getting ready for school activities
- Games and crafts
- Permanent and occasional care options

Daily Fee = \$20 permanent or \$22 Casual
Childcare benefits available.

LOCATION:
FIGTREE HEIGHTS PUBLIC SCHOOL
14 ST GEORGE AVENUE FIGTREE

PH: (02) 42272515

EMAIL: centre@fhoosh.com

WEBSITE: www.figtreeheightsoosh.com

ENROL NOW!

After School Care

3pm – 6pm + transport to our service

- Afternoon tea buffet available
- Recreation activities
- Group games programs
- Crafts and quiet games
- Permanent and occasional care options

Daily Fee = \$24 permanent or \$26 casual
Childcare benefits available

Vacation Care

7am – 6pm

School Holidays and Pupil Free days

- Holiday planned program (available week 6 each term for bookings)
- Excursions and in service days
- Group program activities
- Crafts and games
- Recreational activities

Daily Fee = \$42 + activity costs if required
Childcare benefits available

Go4Fun®

Register now
for term 4



A fitter, happier
healthier kids
program



Unanderra
Tuesdays
4:00 - 6:00pm



Health
Illawarra Shoalhaven
Local Health District

Call 1800 780 900 or visit www.go4fun.com.au



Free Public Event
Illawarra Performing Arts Centre
13th & 14th September 2018

A free, interactive sensory
 film installation for all abilities
 and all ages.

Shadows, light, textures, images, music
 and movement. Come for a browse,
 a wander, a play, an insight into the
 experience of people who don't use
 verbal language as their main way
 to communicate.

merrigong.com.au/shows/blue-rose

**Interactive
 Sensory
 Installation**

**blue
 rose**



MOTHERS & DAUGHTERS

Puberty Matters



**Join our three-week course to help
 mothers and daughters understand
 and deal with changes that take place
 during puberty & adolescence.**

SESSION DETAILS

DATES
 See reception for next
 Program date and times

VENUE
 Illawarra Women's Health Centre
 2/10 Belfast Avenue
 Warrilla NSW 2528

COST
 \$10 per week
TO REGISTER
 T: 4255 6800
 E: info@womenshealthcentre.com.au

By learning together, young women (10-12 years) and their
 mothers can strengthen their relationship.

You'll learn -

- Physical, psychological and emotional changes that take place during puberty and adolescence
- How to communicate about these changes
- Self-esteem and body image
- Relaxation strategies for mothers and daughters
- Bullying and cyber-bullying

This course is very popular. Enrolment and payment is required
 before bookings can be confirmed.



Grow in confidence and knowledge



**Illawarra Women's Health Centre upcoming Mothers and
 Daughters Program starts Wednesday 5th of September**



SENSORY ROOM

CareWays Community Sensory Room is the result of community research built on best practice. It is open to the community and can be of benefit to all ages.

\$33 p/hr (inc GST) or include it in your NDIS plan

Horsley Community Centre
82 Bong Bong Rd Horsley

To book, or for more information head to www.careways.org.au or call 02 4260 8245 or 02 4262 1918



UNIVERSITY OF WOLLONGONG AUSTRALIA



COMMUNITY FOUNDATION



MISSION AUSTRALIA together we stand

DAPTO PLAYCONNECT PLAYGROUP

COMMUNITY CENTRE
82 BONG BONG ROAD
HORSLEY, NSW

MONDAY
9:30AM -
11:30AM
SCHOOL TERMS

FREE TO ELIGIBLE FAMILIES

PlayConnect Supported Playgroups are designed to support development for children with autism or developmental delays in communication, behaviour or social skills 0-6 years of age.

PlayConnect Playgroups use a holistic approach providing experiences that are centred around the child's own physical and emotional wellbeing. By building on experiences, children are supported to feel secure, confident and capable in their learning environment. Groups also provide opportunity for parents to meet other families, helping to make social connections and share information based on personal experiences. Groups are led by early childhood educators who will work with families to develop strategies to engage with children and support their emerging skills by using each child's own interests and strengths.



Playgroup NSW
T 1800 171 882
E admin@playgroupnsw.org.au
W playgroupnsw.org.au
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JOIN US NOW!