



Term 4, Week 4



Flying Figtree Superstars:

Congratulations to the following

Bronze

Superstar students:

Callum Hill

Congratulations to the following

Silver

Superstar students:

Alexander George, Connor Vasiliou, Kyle Snelson, Chloe Telenta and Jarrah McClymont

Congratulations to the following

Gold

Superstar students:

Olivia Lonsdale, Sophia Edwards-Alm, Marwa Maulaie, April Bridge, Amelia Elphick, Amani Abdul Latif and Lucy Wilkinson

Congratulations to the following

Emerald

Superstar students:

Isla Nelson and Jaxon Toth

Superstar wristbands will be awarded at the Friday 8 November assembly at 2:45pm

Week 4	
Book Fair (Mon to Fri)	
Year 2 Swim Scheme 1:20pm –2:45pm (Mon to Fri)	
Wed 6/11	Stage 1 Killalea Excursion
	School Band Rehearsals in Demountable from 8:00-8:45am
Thur 7/11	Sydney FC Visit
	Kindy Orientation 9:15-10:15am
Fri 8/11	Music Lessons in Demountable 7:45am
	Dance Troup 8:00am
	Class Assembly 5/6TF 2:00pm
	Superstar Awards 2:45pm
Week 5	
Year 2 Swim Scheme 1:20pm –2:45pm (Mon to Fri)	
Wed 13/11	School Band Rehearsals in Demountable from 8:00-8:45am
	Illawarra Hawks Visit 2:00pm Stage 3 only
Thur 14/11	50th Annual Combined Schools Instrumental Festival
	Sydney FC Visit
	Kindy Orientation 9:15-10:15am
Fri 15/11	Music Lessons in Demountable 7:45am
	Dance Troup 8.00am
	Grandparents Day 10:00am
	Superstar Awards 2.45pm
Week 6	
Wed 20/11	School Band Rehearsals in Demountable from 8:00-8:45am
Thur 21/11	Sydney FC Visit
	Kindy Orientation 9:15-10:15am
Fri 22/11	Music Lessons in Demountable 7:45am
	Dance Troup 8.00am
	Superstar Awards 2.45pm

HAPPY BIRTHDAY TO YOU ...

Toby Leo, Ava Rasmussen, Elliot Jackson, Jye Kiley, Chelsea Vasiliou and Lucy Howes



Congratulations

Last week Mrs Tier and her family welcomed their latest member, baby Layla!

Born on Thursday 31 October she was a little earlier than expected, but I'm sure that was already too long for her 'big' sister!



Sports Day Change

As mentioned earlier this term, part of our sports program this term involves the Sydney Football Club (soccer) who will be working with our students. However, they are available on Thursdays rather than our usual Friday sports day. As a result our sports day, and sports uniform day, will change to Thursdays FROM THIS WEEK for the duration of the term.

Grandparents Day

Grandparents Invited

Dear Grandparents,

We would like to welcome you to attend a
Grandparents Day Celebration.

DATE: Friday 15 November 2019

ACTIVITIES:

10:00am - Meeting in the hall to enjoy
a cup of tea or coffee.

10:20am - Visit classrooms for
some cards or boardgame fun.

11:00am - Feel free to bring some
lunch and a picnic blanket to enjoy with
your grandchildren.

RSVP: To the office
(via a phone call or note is fine)
by Wednesday 13 November.

We look forward to
seeing you then!



From the desk of the Principal

Welcome Back

Welcome back to Mrs Cameron and Mr Nielsen who have returned from leave...relaxed and ready to go! Well, Mrs Cameron is relaxed... Mr Nielsen is recovering from the Fathering Project's very successful Big Camp Out. ☺

Swimming Scheme

For the next two weeks some of our Stage 1 students are involved in the annual Swimming Scheme program. Be warned...in previous years when my school took part we seemed to notice an increase in rainy weather! I'm sure participants will enjoy it regardless of whether they get wet both in and out of the pool!

Chocolates at School

I am the biggest chocaholic I know, however, school is not the place for the sale of chocolate. Please don't send in fundraiser chocolates to be sold here as it has meant a number of students have had a breakfast of chocolate right before school has started. Thank you for your assistance.

Last Word

Give
every day
the chance
to become the
most
beautiful of
your life.

Mark Twain

Have a good day!

Rae Redfern
Principal



Stage 3 Canberra Excursion

Last week, students from our school attended an educational tour of the national capital. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$20 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.

Students visited the Australian War Memorial, Questacon, Australian Institute of Sport, National Museum of Australia, New Parliament House and Museum of Australian Democracy (Old Parliament House) during their two day excursion.

Here are some student recounts:

Chelsea Neill: New Parliament House was my favourite because we saw The House of Representatives and The Senate. They were my favourite because we got to learn lots of different information about the room and the people who sit in there. I also really liked the role play we participated in. I got to be a Clerk and ring a bell. I also got to state the rules about how you must say "Thank you, speaker" before you start to talk.

Lenny Afsas: I liked walking through Questacon looking at all of the scientific games and challenges. One of my favourite games was trying to be a robot at air hockey, but I couldn't beat it.

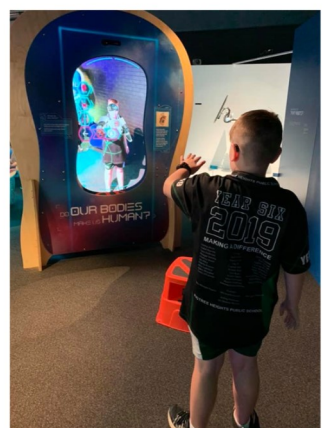
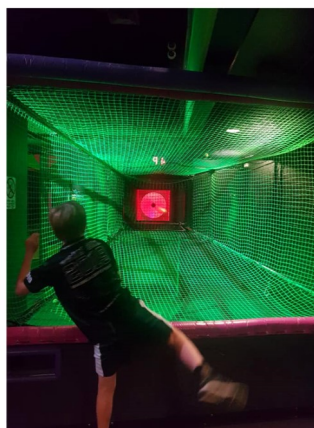
Jye Kiley: The Australian War Memorial was very interesting to me. It was great to see real uniforms, weapons, vehicles and artifacts. We also were able to see the Tomb of the Unknown Soldier which was a big building with murals covering the walls and stained glass windows to remember an unknown Australian soldier who died in France.

Alex Ladmore: The bus ride was great because our bus driver, Fred, was very informative about everything and everywhere we went. Fred was telling me loads about WWI.

Marli Demertzis:

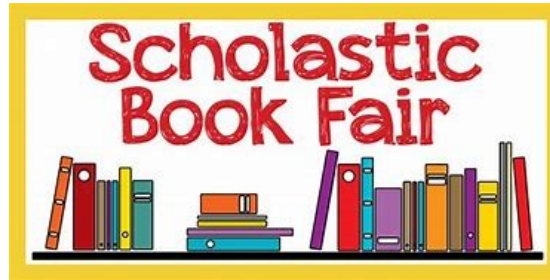
The AIS was an amazing experience. I was able to play soccer, hockey and basketball with my friends and I was able to interact with them.





Stage 3 Canberra Excursion





The Book Fair will be open for inspection and purchases on:

- Monday 4 November: 8:15-9:00am, 11:35am-12 noon
- Tuesday 5 November: 11:35am-12 noon, 1:35-2:00pm, 3:00-3:30pm
- Wednesday 6 November: Unavailable
- Thursday 7 November: 8:15-9:00am, 11.35-12 noon, 3:00-3:30pm
- Friday 8 November: 8:15-9:00am, 11.35-12 noon, 3:00-3:30pm

Purchases may be made by cash, cheques (made out to Figtree Heights Public School) and credit card with signature (no eftpos).

Thank you for your support of the Fair. A percentage of purchases is donated back to the school which we redeem in new books for The HIVE.



The value of the fortnight is...

Responsibility

Take a minute to think about how you are showing Responsibility in everything that you do!



Fathering Tips

This week, we are taking a look at opportunities to get involved with your newborn.

- If you are a new parent - at first you may not feel confident holding your baby, helping with bathing, changing nappies, feeding or settling - but the best way to learn is to have a go.
- The more time spent with your baby, the stronger the connection. Take it easy on yourself, and know that the bond will develop before long.
- Let your baby get to know your face, your smell and your voice - sing, talk and read to your child.
- Try different ways of settling your child until you find what works for you.
- If you feel overwhelmed, connect with people around you or seek support. There are many support and information services available - check out those listed on thefatheringproject.org.

Dad Jokes

Why don't skeletons ever go trick or treating?

Because they have no body to go with.



Figtree Heights Public School
P & C and OOSH presents



BREAKFAST **& photo with Santa**

Sunday 1 Dec 2019

Santa arrives at 8am on a Fire Truck!

Pre-order your
breakfast & photo to
guarantee your spot!

Limited spots available! Photos finish at 1130am

Professional Santa Photos
(Westfield Quality)

Face Painting & more

Time: 8am to 12pm

Location: Figtree Heights PS

Payments can be made via the school office
with a completed order form or via
<https://www.flexischools.com.au>



Community News

What is Due and When?

What	When
Mathletics (s/s) \$26	DUE NOW
MathsOnline (s/s) \$10	DUE NOW
Reading Eggs (s/s) \$24	DUE NOW
Spelling Mastery	DUE NOW
Dance Troupe Costume (s/s)	DUE NOW
SIMF Rehearsal (s/s)	DUE NOW

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 canteen!



Wednesday 6/11	Atared Latif & Asmaa Moussi
Friday 8/11	Karen Polhill, Sarah Snelson & Jordan McDougall
Monday 11/11	Sonya DeBruyn & Tracy Ji



JOIN IN THE FLASH MOB JAM!

WITH WOLLONGONG CONSERVATORIUM ALL STAR JAZZ BIG BAND



VIVA LA GONG
SATURDAY 9TH NOVEMBER
MACCABE PARK, WOLLONGONG
11AM - 7PM



At 4.20pm, grab your musical instrument and meet at Viva's Main Stage to be inspired by some great jazz from Eric Dunan and the Wollongong Conservatorium All Star Jazz Big Band.

For the final song - get ready to bust out your instrument and join the band for a **MASS JAM SESSION**.

It's ok if you're not a pro... everyone's welcome!
Just grab a kazoo, tambourine, or a shaker and join the fun.
For more info, visit www.wollongong.nsw.gov.au



SATURDAY • 9 NOVEMBER



VIVA LA GONG IS A CULTURAL
EVENT ORGANISED BY
WOLLONGONG CITY COUNCIL



WWW.VIVALAGONGFESTIVAL.ORG • MACCABE PARK, WOLLONGONG • 11AM - 7PM



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



The Flame Tree Project

Illawarra in Song

2020 PROGRAM AUDITIONS
Students in Years 3-8

The Flame Tree Project is a unique, high quality choral program for talented young singers in the Illawarra coordinated by local volunteers. Workshops run over 2 weekends at the **Wollongong Conservatorium of Music**. Successful applicants will be immersed in high-quality vocal workshops, working alongside a professional composer, choreographer and musicians as we develop original songs reflecting the Illawarra.

In 2020, we are delighted to share the story of **'OOOLA BOOLA WOO' – THE DREAMING STORY OF FIVE ISLANDS**. Four outstanding Australian composers have been commissioned to produce 7 original compositions.

The cost of this unique program is \$135. The Flame Tree Project is a registered provider of the NSW Government's 'Creative Kids Program' and a \$100 voucher can be claimed against this cost. We also have subsidised places available courtesy of the generous support the **IMB Community Foundation**.

AUDITIONS COMMENCE:

Thursday 7 November 2019 (no prepared pieces are necessary)

WORKSHOP DATES:

Sat/Sun 22 & 23 Feb and Sat/Sun 21 & 22 March 2020

PERFORMANCE:

22 March 2020

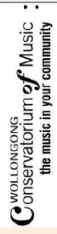
2020 program Application Forms can be found on our Facebook page. For further information please email steve@flametreeproject.com or phone 0437 885731.



OOOLA BOOLA WOO
The Story of Five Islands



FLAME TREE COMMUNITY PARTNERS:



Cancer Council
Healthy Lunch Box

Nutrition Snippet

The simplest way

... to pack lunches for kindy kids.

Packing lunch boxes for the first time can be overwhelming. Here are our top tips for new kindy parents:



- Pack something from each of the 5 food groups plus water. Check out our [lunch box builder](#) for ideas.
- Keep foods fresh and safe by packing an ice brick or a frozen water bottle to keep lunch cool.
- Make sure your child can open the lunch box and containers.
- From day 1, make vegetables a habit in the lunch box.
- Remember it is 'OK to say NO' to unhealthy foods such as chips, chocolate and lollies.
- For recipes, snack ideas and lunch box examples visit healthylunchbox.com.au

healthylunchbox.com.au