

Term 1, Week 2



TERM 1 Week 2	
Thurs 7/2	FHPS Swimming Carnival @ Wests Unanderra Swimming Pool from 12-3pm
Week 4	
Mon 18/2	Stage 3 (5/6P, 5/6TF & 4/5W) Parent Information Session from 4-5pm in 5/6TF room
Fri 22/2	District Swimming Carnival

HAPPY BIRTHDAY TO YOU...

Chelsea Neill, Hendrix Brain-Bowen
and Charlie Kerr

Congratulations to the following students who were selected as the
2019 Sports House Captains:

Keira



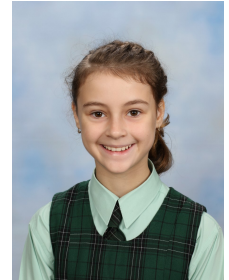
Toby Morrison (C)



Sophie McCall (C)



Jacob Hosking (VC)



Isabel Burnes (VC)

Kembla



Connor Bailey (C)



Maggie Harvey (C)



Khye Forrester (VC)



Zoe Brain (VC)

Nebo



Rowen Halshaw (C)



Ellie Placek (C)



Alex Ladmore (VC)



Rachel Leo (VC)

From the desk of the Principal

Dear Parents, Carers and Friends,

There was great excitement today as we welcomed our newest students, our 2019 Kindergarten classes. The children were eagerly met by their Year 6 buddies who helped make the transition to 'big school' a happy and smooth process this morning. Thank you to Year 6 for being such kind, friendly and committed buddies - you will become very important to your Kindy buddy over the coming weeks.

Classes for 2019 are now formed. The students are settling into their classes, making new friends, learning routines and getting to know their teachers. This week teachers will be involved in Stage Planning Days. This will facilitate the planning of teaching content, shared resources and ensure consistency across classes.

Our school Swimming Carnival for all students turning eight years or older, is on this Thursday afternoon at Unanderra Pool. Thank you to Mr Voysey who is coordinating this event. We are looking forward to seeing as many of you as possible to help cheer our swimmers on.

Sports House meetings were held last week and Sports House Captains were chosen. Congratulations to our Captains and Vice Captains - we know you will do a wonderful job of leading and encouraging your team mates. Their photos are included in the newsletter.

Meet the Teacher sessions will be held in the coming weeks. These sessions introduce families to teachers and provide an opportunity to understand Stage and whole-class structures. These dates will soon be added to the school calendar.

At the moment we have been inundated with mosquitoes. We are currently trying to reduce their numbers but it may be wise to consider applying mosquito repellent before your child comes to school.

Parking is always a challenge near our school. We have received a complaint from a neighbour who is frustrated that parents are blocking or parking for extended periods across their driveway. Many thanks to the parents and carers who are not parking or stopping for extended periods of time in pickup and drop off zone in front of the school. Parking Rangers do patrol this area and fines apply.

Also, a friendly reminder that only staff members are to use the staff car park. This is a highly congested and dangerous area to walk through. We appreciate your cooperation in order to minimise the risk of injury and incidents.

Looking forward to a wonderful week,
Dee



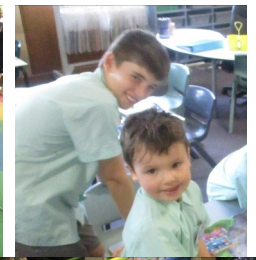
The value of the fortnight is...

Care

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



Welcome Kindy Students





School Banking is on Tuesday!

Figtree Heights PS will be taking part in the Commonwealth Bank School Banking program again this year. It's a great way to give your child a financial head start by helping them to learn about good money management and the importance of saving.

It's time kids learnt that Mum and Dad are not the bank! Does your child always want? Do they understand how much things cost? Do they think there is an endless supply of cash from the machine in the wall? The School Banking program offers you a platform to start teaching your child the value of money and the benefits of saving.

Our Saving Tips to discuss with your child:

- Discuss what saving into the bank means. A bank account is somewhere safe to keep your money, the money remains yours and the more money you put in the more money you have.
- How do you earn money? A great way to start your child's venture into earning money is doing chores around the house to earn pocket money. Set expectations and what they have the potential to earn.
- Set a goal, work out together something your child would really like to save for, starting out with smaller and achievable items works best. Discuss how much money they will need to save to reach this goal.
- Once your child has reached the goal, research through catalogues or online as to where they will get the best value for their money.
- Watch your child's sense of pride as you take them to purchase the item that they have worked and saved for!

We realise that many parents already have an account for their child and are actively saving for their child's future. Most of the time this is done through electronic banking and your child doesn't get to see and handle the benefit first hand. This program is once again about your child learning the process of saving and handling the cash themselves. Participating in School Banking gives your child the opportunity to do this on a weekly basis.

Earning fun rewards

Every 10 deposits through the School Banking program, **regardless of how much**, they can receive a Dollarmites reward items. Such as handballs, scratch pad, slushie maker cup and many more items.

What you need to know

School Banking Day will be **Tuesday**.

Your child will need a Commonwealth Bank **Youthsaver** account. There are several options on how to open an account. You can attend any Commonwealth Bank branch with identification for yourself and your child's birth certificate, apply online at commbank.com.au/schoolbanking, or if you're an existing Commonwealth Bank customer you can log on to your Commbank app. **Existing accounts can be used just simply bring the account number in on banking day.**

Banking Day

Simply bring in your yellow wallet and deposit book on Tuesday mornings. Drop it into the yellow bin in the office foyer before the bell. It will be collected and processed and the wallet will be returned once banking has been processed via your school teacher.

Figgy Heights Fathering Tips

New Year, Same Dad

Dads need to be consistent and dependable.

Life's inconsistencies can certainly be a challenge - use the tips below to show your kids that you're available and reliable:

- **Hear them:** Making eye contact and truly listening to your child's needs when they come to you. This lets them know you will always "hear them" when they are trying to feel understood.
- **Stay available:** Even when you're away from home, let your kids know they can call or message you anytime they are in need. Even if you don't see it right away - make an effort to call back or respond as soon as possible so they know that you are "hearing them" - even from a distance.
- **Build to the big stuff:** When you consistently respond to your child's smaller needs, they will trust in you and call on you as their needs get bigger. Rise to these occasions, even if they are upsetting or distressing - make sure you are clear, respectful and remind your children that you love and support them, no matter what.
- **Be the support:** If they know they can depend on their dad, they will most likely call on you in times of crisis. If you are the one they trust and rely on in a time of crisis - recognise this and calmly support them through the challenge. It's often best to leave any questions, suggestions or broader concerns until the problem is resolved and you are both able to calmly and constructively discuss.

WOLLONGONG HIGH SCHOOL PERFORMING ARTS APPLICATIONS

Year 6 (2019) to Year 7 (2020)

The audition application for entry into Wollongong High School of the Performing Arts is now available online only, on the WHSPA website

<https://www.millenniumschoools.net.au/whspa/?id=8213>.

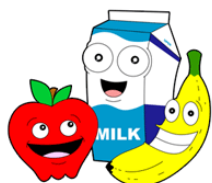
For those applying for the Performing Arts, auditions will be held from Monday 25th March to Friday 12th April, the last 3 weeks of Term 1.

Community News

What is Due and When?

What	When
School Swimming Carnival	4/2/18

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!

Monday 11/02	Diana Toth & Sonya DeBruyn
Wednesday 13/02	Julie Jones & Brooke Bridge
Friday 15/02	Sonya DeBruyn & Sylvia George

The canteen will open from Monday 11th February (week 3), Monday, Wednesday and Friday for lunch orders and lunch time snacks. Because of low volunteer numbers, we are introducing FLEXISCHOOL FRIDAYS! We are asking that all Friday lunch orders be made online through Flexischool (download the new app to make this even easier).

We are also always happy to hear from parents, grandparents, neighbours or friends who are able to join our volunteer roster.

Contact Us

Email: figtreehts-p.school@det.nsw.edu.au

Phone: 02 4228 6555 .

14 St George Ave, Figtree NSW 2525



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 simplest way

... to pack a healthy lunch box

The average school child will eat more than 2,500 lunches during their 13 years at school.

A one-stop-shop for everything you need to know about packing a lunch box,

Cancer Council's [website](http://www.healthylunchbox.com.au) is now even easier to use and share with friends and family.



- **Search** – you can now search for recipes by name or ingredients and quickly find the information and tips you are looking for.
- **Print recipes** – it's now easier to print recipes for safe keeping.
- **Share recipes** – on Facebook, Twitter and Pinterest.
- **Videos** – some recipes now feature short videos showing the simple steps to making the meal.
- **Lunch Box Builder** – plan a healthy lunch box with your kids using the new builder items.
- **New Content** – check out our new recipes, sandwich filling ideas and packed healthy lunch box examples.

healthylunchbox.com.au