

Term 2, Week 5



TERM 2	
Week 5	
Wed 29/5	School Band Rehearsals in Demountable from 8:00-8:45am
Thur 30/5	School Photo Day
Fri 31/5	Music Lessons in Demountable @ 7:45am
	Dance Troupe @ 8am
	Superstar Awards Assembly @ 2:45pm
Week 6	
Tue 4/6	Canteen Tuesday Special - NOODLES
Wed 5/6	P&C Meeting - HIVE @ 6:30pm
	P&C Muf ti day
	School Band Rehearsals in Demountable from 8:00-8:45am
Fri 7/6	Music Lessons in Demountable @ 7:45am
	Dance Troupe @ 8am
	Superstar Awards Assembly @ 2:45pm
Week 7	
Mon 10/6	QUEEN'S BIRTHDAY HOLIDAY
Wed 12/6	School Band Rehearsals in Demountable from 8:00-8:45am
Fri 14/6	Music Lessons in Demountable @ 7:45am
	Dance Troupe @ 8am
	Superstar Awards Assembly @ 2:45pm

SRC BADGES

If you have a SRC badge from last term could you please return it to the office OR If you would like to keep your badge, please make a payment of \$10.00 through the office.

Flying Figtree Superstars:

Congratulations to the following

Bronze

Superstar students:

Amalia Smith, Abigail Charlton-Shaw, Chloe Reh, Taylor Mulhere, Miley Reh, Oliver Rainford, Rowdy O'Connor, Gideon Moore, Imogene Anderson, Eden Stewart and William Humphrey

Congratulations to the following

Silver

Superstar students:

Dylan Walsh

PLEASE NOTE:

Superstar wristbands will be awarded at the Friday May 31st assembly at 2:45pm



HAPPY BIRTHDAY TO YOU ...

Rachel Leo, Mohmed Maulaie, Rowdy O'Connor and Srivatsa Ananthram

Dear Parents and Carers,

For those who were able to attend the Athletics Carnival on Friday, I hope you enjoyed watching and supporting your child/ren as they participated. This was Mr Voysey's first time at organising an athletics carnival – a special thank you for all of your effort.

Last Wednesday, our students joined over 1 million other children in 9,890 locations across Australia and New Zealand to participate in the National Simultaneous Storytime event. We shared a reading of the humorous book 'Alpacas with Maracas' and had great fun shaking our maracas ... 'chitta, chitta, cha cha cha' ... (ask your child to demonstrate!)

We love to share and celebrate the wonderful achievements of our students so if you have any good news stories please let us know. Congratulations to Ebony Pascoe, Taylor Mulhere, Nate Pratt and our PSSA Netball Team – their stories can be found later in the newsletter.

SCHOOL PHOTO DAY – Thursday, 30th

Our school photos will be held this week (Thursday 30th) and students are to be in full winter uniform for these. Please ensure that your child brings their photo envelope to school on the day as they have to hand them directly to the photographer. Extra order forms are available from the office if you wish to have photos taken of siblings.

ATHLETICS LESSONS AND SPORTS UNIFORM CLARIFICATION - MR NIELSEN

Mr Nielsen will continue athletics activities during his weekly lessons. Remember that students may wear their sports uniform on the day they have their lesson so that they are more comfortable. We will notify you when Mr Nielsen has concluded these more vigorous physical activities.

2020 KINDERGARTEN

The time has come to look at enrolments for next year. If you know of any family in our local area who have a child starting Kindergarten in 2020, please encourage them to contact the school and leave their details. Our classes in 2020 depend on our Kindergarten numbers and the earlier we can finalise these numbers the better. Thank you in advance.

I hope you have a wonderful week.

Kind regards,
Dee

SPELLING MASTERY

\$22 or \$26?

There was some confusion over a note that went out last week regarding Spelling Mastery workbooks.

Students in the 'Orange' Group have been charged
\$22 for the workbook.

This level is currently taught in the 1D and 1/2M classrooms. This workbook is a lesser amount as the orange program runs for approximately 6 months. Then students will move to the 'Green' Group and purchase another workbook.

Students who are NOT in the Orange Group have been charged \$26. This program/workbook will run for approximately 12 months.

If you are unsure please contact the front office as each child has been invoiced the correct amount.



The value of the fortnight is...

Respect

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



In March Ebony Pascoe entered a writing competition through Write4fun. Over 10,000 entries were received and her short story progressed through the first round of judging. She was therefore invited to have her story published in a book called *Just Keep Writing* which will feature poems and short stories from students around Australia! It is scheduled to be released in October this year.

A secret upon the World

Time was running out, minutes sped past and days got shorter, after a while, everything just seemed like a glimpse in the past. My head was spinning so fast as if it was never to stop, so many questions rushed in and out of my mind but only one stayed there like a fly drawn to a light. 'What would happen if time ran out?'

It was only hours away before things came tumbling down to an ending and the world wasn't even a world existing. A lot of time has passed since the first day of this devastating catastrophe and now it was coming back for its revenge harder than ever.

The clouds got darker as the time got shorter and everyone was running around absurdly, trying to reach safety before it became too late. I had a mission and if I didn't succeed who knows what would happen. I glanced beside me and my mother's eyes filled with deep wet tears that rolled down her cheeks. She gave me one last hug and watched me disappear into the hazy distance. The air was as black as can be with an acrid lingering haze of filthy black smoke which never seemed to have an ending.

As I continued my harsh journey towards the end of the world, I thought about what would happen if I didn't complete my mission but then without noticing something brushed up against my arm. I turned around and saw something strange lurking in the smokey distance. I stopped in my tracks not daring to move.

I stood there stationary still gazing into its eyes wondering what was happening, I couldn't believe what I saw... There in the smokey distance was a strange creature which had a multitude of colours over its skin. The mystical creature stared right at me its dark brown hazelnut eyes focused on my every move. I kept on glancing at it and watching it circle around me as if it was protecting something sacred. Minutes after minutes went by but there was nothing I could do.

As I stepped forward the mystical creature flinched and I became skittish not knowing what would become of me. I soon realised that the creature didn't show an angry face it showed a concerning smile which made me wonder what happens if this creature has a purpose in this world. As I steadily went closer towards the creature I realised it had four symbols on it one of a flame, ocean, the sky and the earth and that made me wonder. That's when I realised this creature doesn't mean any harm. This creature controls the elements of the world making sure they're all balanced out, at once I knew I could trust it to save our world. I bowed down to it and watched it nod its head as if to say thank you for warning me. The creature glanced at me once more and disappeared into the smoke ready to save the world...

Superstar Students



Last Sunday Taylor Mulhere and Nate Pratt both from Wests Devils played 5 games of Rugby League with no subs.

They played Aquinas Reds, Appin Dogs, Dapto Canaries, Sutherland Pirates and then went down to Shellharbour Sharks in the Grand Final of The Tigers Plate at Helensburgh JRLFC.

Well done Taylor and Nate.



PSSA Netball

On Wednesday 22 May the PSSA netball knockout team played against Lindsay Park and unfortunately was defeated. This means that the girls no longer progress through the competition. The girls did a fantastic job, showing great sportsmanship throughout the game. Well done!



Figtree Heights Public School

was one of 9,890 locations who shared a reading of



Alpacas with Maracas

MATT COSGROVE

as part of
NATIONAL SIMULTANEOUS STORYTIME

Wednesday 22 May 2019



alia.org.au/nss #NSS2019



Australian Library and
Information Association

SCHOLASTIC
open a world of possible

LIANZA
Te Rau Herenga O Aotearoa

Proudly sponsored by **James Bennett**
YOUR SOLUTIONS PARTNER

P&C News

Reminder:

The 5th of June is a
student Muf ti day.
(Gold coin donation)

**FIGTREE HEIGHTS PUBLIC SCHOOL
PARENTS & CITIZENS
ASSOCIATION**



Your  **P&C Federation**
Committed to Public Education

**GENERAL MEETING
WEDNESDAY 5TH JUNE**

**6.30PM IN THE HIVE
FREE CHILD MINDING AVAILABLE**

ALL PARENTS & CITIZENS WELCOME

**SHOW YOUR COMMITMENT AND STAY INFORMED
BECOME A MEMBER TODAY!**

WWW.FIGTREEHTS-P.SCHOOLS.NSW.EDU.AU/FHPS-P-C/P-C

REMINDER

School Photos

Thursday 30th May



- Don't seal envelopes inside each other. You can pay for all children in one envelope however each child needs to have their own envelope on photo day.
- Sibling Photo Envelopes are available at the school office upon request.
- Online Ordering is available for Photo Packs.
- Please enclose correct money as no change is given.
- **RETURN YOUR INDIVIDUAL PHOTO ENVELOPES ON PHOTO DAY.**

For any enquiries, please feel free to contact us Tel: 42613009 www.msppcom.au



Illawarra Combined Schools Dad's Night

Continuing the conversation about fathering

This night will be an opportunity to:

- Hear from The Fathering Project and local dads talking about being fathers
- Connect with other dads from across the Illawarra, sharing ideas and drawing upon the wisdom in the room
- Hear what other Dad's Groups are doing in their schools

We're all on the same journey and can learn from each other

17 June 2019, 7:00pm
Wests Illawarra Leagues Club
Food served at 7:00pm
If you require more details, please email:

nikolaj@thefatheringproject.org

This combined Dad's Night at 7pm will follow a training session at 6pm for dads interested in becoming a Facilitator/Presenter for TFP. For more information on either session, please email Nikolaj at the address above.

www.thefatheringproject.org



Come and learn how you can help us to start the conversation about fathering in local schools and community groups.

We will be running a session to train people to present/facilitate productive Dads Group gatherings, and to learn what the research says about fathering.

The purpose of attending this session is so you can effectively:

- facilitate/present a Dads Group night
- promote and assist the implementation of The Fathering Project in local schools
- be a support to the local TFP coordinator
- be a support for local Dads Groups

The key function of this training is to provide support to the school and dads group, as The Fathering Project expands in this region.

We will walk you through a tried and tested process, to engage the dads, and build a group of men who are focused on being involved and effective fathers or father figures.

If you would like to help other dads put fathering first, then come along.

Join The Fathering Project's Illawarra Coordinator, Nikolaj, and NSW Schools Program Manager, David, to learn how you can help The Fathering Project to reach more fathers in this region.

17 June 2019, 6pm to 7pm
Venue: Wests Illawarra Leagues Club
For details or to RSVP, please email:

nikolaj@thefatheringproject.org

Training will begin at 6pm and will be followed by a Regional Dads night, starting at 7pm. Food will be provided.

www.thefatheringproject.org

Figgy Heights Fathers group

If you'd like to join our Figgy Heights Fathers group and be in the loop with what we're doing, follow this link, fill in your name and email address, and join other fathers and father-figures from our school community:

<https://thefatheringproject.org/dads-group/figtree-heights-public-school/?letter=F>

Details of the upcoming Figgy Heights Fathers event are as follows:

Thursday 20th of June

1:35pm - eat recess with your kid/s

2:00pm - quick group talk with Mr Nielsen about The Fathering Project and Figgy Heights Fathers

2:10pm - in classrooms to play board games and cards with kids

FIGGY HEIGHTS FATHERING TIPS

This week, focus on removing distractions and making the most of the 'little moments' to connect with your children.

- Driving the kids to school or picking them up in the afternoon can be a great time to talk together but it's easy to get distracted by phones, iPods and other devices and toys.
- Try making it a rule that all schoolbags, phones and other "distractors" must go in the boot.
- It may take a few days to enforce this habit and for the children to get used to it, but persevere and they will soon start talking.
- Make sure you are not similarly distracted – turn off the radio and your phone.

DAD JOKES

Did you hear about the restaurant
on the moon?

Great food, no atmosphere



Community News

What is Due and When?

What	When
School Magazine (s/s) \$10	End Term 2
Mathletics (s/s) \$26	End Term 2
MathsOnline (s/s) \$10	End Term 2
Reading Eggs (s/s) \$24	End Term 2
Spelling Mastery	End Term 2

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 29/05	Rebecca Brangovits & Diana Toth
Friday 31/05	Belinda Monkman & Jennie MacRae
Monday 3/06	Dean Harvey & Diana Toth



CANTEEN TUESDAY SPECIAL: NOODLES

On Tuesday 4th June, the canteen will have your noodles for you at lunchtime.

Orders are due by Thursday 30th May.

The canteen will be open for service during the lunch break for drinks and snacks only.

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:

← LOGIN



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

Figtree Heights 'War on Waste!'

PLEASE drop off any of these items to the recycle bin inside the front office.



Beauty Products Recycling Program

ACCEPTED WASTE



See the picture above for what you can send in through this program. Any time you use a personal care or cosmetic product, save the packaging and send it in to TerraCycle.



Personal care and cosmetics recycling program accepted waste:

1. **Cosmetics packaging** such as used lipstick and lip gloss, mascara, eye shadow, bronzer, foundation, eyeliner, eye shadow, lip liner, and concealer packaging.
2. **Hair care packaging** such as used shampoo and conditioner bottles and caps, hair gel tubes and caps, hair spray and hair treatment packaging.
3. **Skin care packaging** such as lip balm, face moisturiser, face and body wash soap dispensers and tubes, body and hand lotion dispensers and tubes and shaving foam packaging.



Shipments **over 7 kg** = 2 points/piece of waste
Shipments **under 7 kg** = 0 points/piece of waste

FOOD ALLERGY WEEK

ALLERGY & ANAPHYLAXIS AUSTRALIA

26 MAY - 1 JUNE 2019

SOCIAL MEDIA TOOLKIT

FOOD ALLERGY WEEK

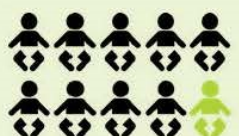


This toolkit contains thought starters to help you spread awareness of Food Allergy Week through your social media channels. You can find extra information at www.foodallergyaware.com.au



KNOW THE FACTS

- With one in 10 children developing an allergy before their first birthday, Australia has one of the highest rates of food allergies in the world.
- For many, managing severe allergies doesn't stop when you grow up. Individuals in their teens and 20's are at the greatest risk of an allergic reaction.
- Over half a million Aussies have a diagnosed food allergy and research shows this number is growing.
- Whilst 90% of food allergic reactions are caused by 10 foods, there are more than 170 foods known to be triggers. Bananas, kiwi fruit, mustard and celery just to name a few!



FOOD ALLERGIES AFFECT
ONE IN 10 INFANTS



KNOW WHAT TO DO

- Do you know the signs and symptoms of an allergic reaction? It's surprising how many Aussies don't. Educate yourself and others with this [video](#) during Food Allergy Week.
- We've all been guilty of a self-diagnosis on the Internet. But if you suspect you have a food allergy, it's important to consult your general practitioner (GP).
- Do you have a family or friend with a food allergy? Make sure you [know when and how to](#) administer their adrenaline (epinephrine) autoinjector.
- Be careful, not fearful. Allergies can be life threatening but there are a number of strategies you can put in place to help reduce the risk of a reaction. Learn how to avoid a reaction [here](#).



CONTENT INSPIRATION THIS FOOD ALLERGY WEEK:

- Post your favourite 'free from' recipe, or if you have a child living with an allergy, share your best 'free from' after school snacks.
- Create a short video about the importance of understanding food allergy and post it to your social media.
- Share a list of your favourite allergy-friendly cafes and restaurants, and which dishes you love.
- Paint one nail to symbolise that one in 10 babies today will develop a food allergy before their first birthday. Take a pic and post it to your social media channels.
- Download a badge [here](#) and make it your profile picture during the Week. Don't forget to tag us in social media posts!

¹Osborne et al. Prevalence of challenge-proven IgE-mediated food allergy using population-based sampling and predetermined challenge criteria in infants. *J Allergy Clin Immunol* 2011; 127: 668-676

**DON'T FORGET TO USE THE HASHTAGS
#FOODALLERGYWEEK #ALLERGYAWARE**

FOOD ALLERGY WEEK

ALLERGY & ANAPHYLAXIS AUSTRALIA

26 MAY - 1 JUNE 2019

WHAT IS FOOD ALLERGY WEEK?

Food Allergy Week (FAW) aims to raise awareness of food allergy including potentially fatal food allergies. Allergy & Anaphylaxis Australia (A&AA) is calling on all Australians to unite during Food Allergy Week from 26 May – 1 June 2019, and for individuals to **Be Aware. Show You Care.**



Allergy & Anaphylaxis
Australia

Your trusted charity for allergy support

The ten most common food allergens are: egg, cow's milk, peanut, tree nuts (such as cashew and almond), sesame, soy, wheat, fish, shellfish and lupin.

For food preparation advice, visit [foodallergyaware.com.au](https://www.foodallergyaware.com.au)

BE ALLERGY AWARE

- Know what your classmates are allergic to
- Don't ever share food with friends that have a food allergy
- Wash your hands after you eat

<https://www.foodallergyaware.com.au/>

Get on and Rock! At Your School!

**BOOK
NOW!**



The Music Bus brings music education and fun to your school.

The Music Bus is the teacher, instruments, curriculum and classroom (the bus), all in one complete package! And... it's now rocking at your school.

Tuition in Keyboard, Ukulele, Singing, Drums, Guitar and Rock Band.

Only \$16 per week (Drums \$18).

The Music Bus offers modern and rock-style courses, using well-known songs backing tracks, games, awards and much more to truly engage with students.

Limited space available, so be sure not to miss out!

"It's so great being at school. They're learning something new each week and the rapport the teacher has with the kids is wonderful." Sarah, Parent, NSW.



Did you know...?

**You can Apply to Receive \$100
Towards your child's Fees in 2019**

Simply use your Creative Kids voucher for lessons at The Music Bus

1. **Apply for your Creative Kids Voucher:** Visit Service NSW at www.service.nsw.gov.au. This benefit is available to all families with school aged children in NSW.
2. **Redeem your Voucher at The Music Bus:** Once you have received your voucher contact The Music Bus on 1300 168 742 or email creativekids@themusicbus.com.au

MBS0049 V1 03/19

From the Music Bus!

The Benefits of Music Lessons for Kids Part 1

Learning to play an instrument is a fun and rewarding activity, but did you know that it also helps develop important life skills and boosts their brain power? Whether your child is the next Mozart or not, studying music in the primary school years can have numerous benefits!

Build Confidence

Before your child has mastered their instrument, they must learn to accept criticism and overcome challenges. This can help to build self-confidence, which can enhance all areas of life.

Boost Brain Power

Numerous studies have suggested that studying music stimulates parts of the brain that are linked to maths and cognitive abilities, which may give your child an advantage in the classroom.



**BOOK
your child's
Free Trial
Lesson
NOW!**

phone 1300 168 742
Limited space available.

www.themusicbus.com.au

*Offer available until end of term. To new students only. 1 free trial per student.

BOOK NOW – phone 1300 168 742 or visit www.themusicbus.com.au



2/1 Industrial Road, Unanderra
www.gravitygym.com.au
admin@gravitygym.com.au

02 4271 8014

Girls & Boys Recreational Gymnastics

Competitive Girls WAG

Street Gym (Parkour)

Ninja Warrior

Tumble

Babies & Preschool

Birthday Parties

Holiday Programs - All Day and Half Day

Adults Classes

Classes for beginners of all ages

FREE TRIALS!

Bookings online www.gravitygym.com.au



Join Wollongong's newest and fastest growing Gymnastics Club



You're invited to...

**Come and Try
Cub Scouts!!**

Cub Scouts (ages 8-11)



Invitation from: 1st Mt St Thomas Cubs

When: Monday 3rd June, 2019

6pm-7.30pm

Where: Mt St Thomas Scout Hall

My Leader: James Dellow – Jacala
0414233711

Parents are also invited to come along
and see what Scouting is all about!

Have you always wondered what
your friends in Scouting get up to?
Now's your chance!

See all the fun and adventure your
friends - and 38 million other Scouts
around the world - are having!



Group Name: 1st Mt St Thomas

Street Address: 120 Ocean St, Mt St Thomas

Contact Number: James Dellow - 0414233711

Contact Email: mtstthomasscoutgroup@gmail.com



The simplest way

...to buy produce in season.

Buying fruit and veg in season is much cheaper than other times of the year. Plus it's better quality and tastes better too!

Winter – June, July, August

FRUIT

Apple (Red Delicious, Granny Smith), Avocado, Custard Apple, Grapefruit, Kiwifruit, Lemon, Lime, Mandarin, Melon (Honeydew), Nashi, Orange (Navel), Passionfruit, Pear, Rhubarb.



VEGETABLES

Artichoke (Jerusalem), Beans (Green), Beetroot, Bok Choy (Pak Choy), Broccoli, Brussels Sprouts, Cabbage (Chinese), Capsicum, Carrot, Cauliflower, Celery, Eggplant, Leek, Lettuce, Mushroom, Onion, Parsnip, Peas (Snow, Sugarsnap), Potato, Pumpkin, Silverbeet, Spinach, Swedes, Sweet Potato, Tomato, Zucchini.

For more information visit

www.eatittobeatit.com.au

or join us at facebook.com/eatittobeatit