

Term 3, Week 2



TERM 3

Week 2

Tue 30/7	Debating FHPS v FPS 12:15pm FHPS 1 v FHPS 2 (parents welcome)
Wed 31/7	School Band Rehearsals in Demountable from 8:00-8:45am
	Interrelate: Session 1 @ 6pm Interrelate: Session 2 @ 7:15pm
Thurs 1/8	Spelling Bee Stage 2 & 3 Finals @ 9am
Fri 2/8	Music Lessons in Demountable @ 7:45am
	Dance Troupe @ 8am
	2/3M Class Assembly & Superstar Awards @ 2pm

Week 3

EDUCATION WEEK

Mon 5/8	Southern Stars Rehearsal—WEC
	1D Drama Festival: Rehearsal @ 8:30am Performance @ 6:30pm
Tue 6/8	Southern Stars Rehearsal—WEC
	CANTEEN TUESDAY SPECIAL: PIZZA POCKETS
Wed 8/8	School Band Rehearsals in Demountable from 8:00-8:45am
Fri 9/8	Music Lessons in Demountable @ 7:45am
	Education Week Assembly 9:15am

Week 4

Tue 13/8	Stage 2 & 3 Cricket program
	Southern Stars Rehearsal—WEC
Wed 14/8	School Band Rehearsals in Demountable from 8:00-8:45am
Thur 15/8	DISTRICT ATHLETICS CARNIVAL
Fri 16/8	Music Lessons in Demountable @ 7:45am
	Dance Troupe @ 8am
	DISTRICT ATHLETICS CARNIVAL
	1/2M Class Assembly & Superstar Awards Assembly @ 2pm

Flying Figtree Superstars:

Congratulations to the following

Bronze

Superstar students:

Jacob Hosking, Toby Leo, Srivatsa Ananthram,
Taylan Caylioglu and Malaak Abdul Latif

Congratulations to the following

Silver

Superstar students:

Ellie Placek and Ollie Locke

**Superstar wristbands will be awarded at the
Friday August 2nd assembly at 2:45pm**

HAPPY BIRTHDAY TO YOU ...

Majd Abdul Latif, Asher Percival,
Miles Burke, Brylee Ellem,
Macey Synott, Charley Le Clerc,
Ethan Humphrey,
Senuka Perera
and Kelaela Smith



**SOUTHERN STARS REHEARSAL
ON 30th JULY
HAS BEEN CANCELLED**

Education Week

Education Week is next week and we would like to invite you to come and spend some time with us. We will be celebrating on **Friday 9 August**. This year we will be also celebrating Book Week at the same time due to Southern Stars taking place in the official Book Week. The theme for Education Week is "Every Student, Every Voice" and the Book Week theme is "Reading is my Secret Power".

9:15 - 11:00 Main Assembly and Book Parade—Under the new COLA

11:00 - 12:00 BBQ lunch!

12:00 - 12:30 Classroom Visits

12:30 - 1:30 National Tree (Shrub!) Planting

You are invited and
we'd love to see
you! 😊

A note about Education Week and order forms for the sausage sizzle were sent home last week. Please check bags if you haven't seen this yet.

It will be a busy and fun filled day!

Thank You!

Thank you to all the students and parents who have taken the time to introduce themselves over the past week. It has been lovely to meet you. I haven't managed to learn 230 plus names just yet...but am working on it! So I apologise in advance if you've already told me your name (maybe even a few times) and I still check.

Working Bee

What a successful event our Working Bee was! Thank you to all the parents, students and staff that attended and worked together to beautify our school. Special thanks to Ms Wyman and Mrs Walshe-Smith for all your organisation as well as the amazing COLA cleaner who has helped restore our bright coloured handball courts. Those working on the gardens made a huge improvement as they cleared and mulched around the school...everyone absolutely went above and beyond our expectations in what could be done in a day.

Current Illness

As you are no doubt aware we have a stomach bug unfortunately spreading around our school. Although the Health Department has advised us this is not a notifiable illness for schools, they have provided a fact sheet (attached further in the Newsletter) to best stem further spread.

The way in which you can best assist us is to keep any children who have been infected at home. They advise a person can still be contagious 48 hours after the last incident, so with that in mind please don't return students to school the day after they've been sick. We have also employed additional cleaning staff to disinfect classrooms, bathrooms etc with a water and bleach solution. The ratio is 9:1 (water to bleach) which may also be useful at home if you have a sick child. Wash all surfaces, including door handles, and leave the solution on for 10 minutes before rinsing off with cold water. Hand hygiene is also important so please remind your children to ensure they wash their hands thoroughly, especially before eating. We will also be reinforcing this at school. Thank you for your assistance with this matter.

From the desk of the Principal

Good Luck

Good luck to the students who are in our Debating Team who are taking part in debates tomorrow. One team will be debating against Figtree Public School and two of our other teams will be debating against each other.

Good luck also to the students who made it to our school Spelling Bee Finals to be held in the hall on Thursday.

Interrelate

A reminder to families planning to attend the Interrelate sessions on Wednesday night that these will be held in the HIVE. The first session is 6:00-7:00pm followed by the second at 7:15-8:15pm.

Sports Uniform

Sports uniform is to be worn on Fridays (Sport Day) by all students, and then on the day they have PE with Mr Nielsen. For the remainder of the term those days are:

Monday – 4/5B, KD and 2/3M
Tuesday – 5/6P, 5/6TF, 1/2JO and 1/2M
Wednesday – 3/4V, 1D and KM

Allergies

Please be mindful when packing your child's lunch that there are students in our school who are anaphylactic to nuts. Whilst this may be inconvenient to those who's children love nutella or peanut butter, it is a life-threatening reaction that we would most certainly rather avoid. We thank you for your consideration.

Have a good day!

Rae Redfern
Principal



CONTACT US

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

Phone: 02 4228 6555 .

14 St George Ave, Figtree NSW 2525

100% Attendance

Apologies to Zoe Pascoe who also got
100% attendance in Semester 1



The value of the fortnight is...

Integrity

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



FHPS Working Bee



FIGGY HEIGHTS FATHERS

Term 3 Event

'Dads Do Drop Off' Breakfast BBQ

Friday 30th August, Week 6

7:30 - 9:00am

Food orders due by Friday 23rd August (Week 5)

Coffee van present between 7:30 and 8:30am

I hope to see many of you then!

Yours in fatherhood,

Nikolaj Nielsen

Fathering Project Survey

The Fathering Project is inviting dads across Australia to take part in the 2019 Fathering Facts Survey. Fathering has changed and it's always changing. The roles of mums and dads in the home, the workplace and in society mean that the expectations are changing. This survey will help us identify what fathering looks like today. To complete the short survey, please follow this link: <https://thefatheringproject.org/fatheringfacts/>

FIGGY HEIGHTS FATHERING TIPS

Encouraging a healthy lifestyle

- Encourage your kids to do team sports and outdoor activities, eg. walking
- Encourage enjoyment of sport, not winning
- Don't be an ugly parent at the kids events

DAD

Dad, can you put the cat out?

JOKES

I didn't know it was on fire





Gastroenteritis is commonly caused by viral infections resulting in vomiting and diarrhoea. The viruses are easily spread from person to person. Thorough washing of hands with soap and running water are vital to prevent spread.

Viral Gastroenteritis

Publication date: 27 July 2018

What is viral gastroenteritis?

Viral gastroenteritis is a common infection of the stomach and intestines that results in vomiting and diarrhoea. It can be caused by a number of different viruses, such as rotavirus and norovirus (previously known as Norwalk-like virus). There are many other causes of gastroenteritis including bacteria, toxins, parasites, and some non-infectious diseases.

What are the symptoms?

The main symptoms of viral gastroenteritis are vomiting and watery diarrhoea. Other symptoms may include nausea, fever, abdominal pain, headache, and muscle aches. Dehydration can follow. Symptoms can take between one and three days to develop and usually last between one and two days, sometimes longer.

How is it spread?

Viral gastroenteritis is highly infectious and is spread by the vomit or faeces of an infected person through:

- person-to-person contact, for example shaking hands with someone who has been sick and has the virus on their hands
- contaminated objects
- contaminated food or drink

Infection may also be spread through aerosolised particles when people vomit.

In most cases, spread occurs from a person who has symptoms. Some people can pass on the infection without symptoms, particularly in the first 48 hours after recovery.

Who is at risk?

Viral gastroenteritis can affect people of all ages.

How is it prevented?

After using the toilet, changing nappies, and before eating or preparing food, wash your hands thoroughly with soap and running water for at least 10 seconds and dry them with a clean towel.

How is it diagnosed?

A diagnosis of viral gastroenteritis is usually based on the person's symptoms. Laboratory confirmation is important during outbreaks, and involves testing samples of stool (faeces).

How is it treated?

There is no specific treatment for viral gastroenteritis except rest and drinking plenty of fluids. Most people will recover without complications. However, viral gastroenteritis can be serious for infants, people with suppressed immune systems and the elderly. People with vomiting or diarrhoea should:

- rest at home and not attend work while sick. Infants and children attending childcare or school should be excluded from attending for 48 hours after the resolution of symptoms
- not prepare food for others or care for patients, children, or the elderly. These precautions should continue until 48 hours after diarrhoea or vomiting ceases. This includes people who prepare food in the home or working in the food industry.

- wash hands thoroughly with soap and running water for 10 seconds after using the toilet
- drink plenty of clear fluids, for example juice or soft drink diluted 1 part to 4 parts water, to prevent dehydration. Avoid undiluted fruit juice and soft drinks as they may increase dehydration and diarrhoea. Rehydration drinks that replace fluids and salts are available from chemists. Intravenous fluids may be needed in severe cases of dehydration.

People caring for those with gastroenteritis should wash hands thoroughly with soap and running water after any contact with the sick person. Cleaning soiled surfaces and clothing reduces further spread of the virus.

- When cleaning up vomit or faeces:
- wear gloves
 - wash hands with soap and running water for 10 seconds after gloves are removed and disposed
 - use disposable paper towels or rags to remove any solid material and seal them in a plastic bag before placing in the rubbish bin
 - clean any soiled object or surface with hot water and detergent and allow to dry thoroughly
 - some people also recommend wearing a mask.

What is the public health response?

Outbreaks of viral gastroenteritis increase in winter and are common within families and group settings including nursing homes, hospitals, childcare centres, and schools. Doctors and hospitals are required to notify their local public health unit whenever there are at least two cases of gastroenteritis that are linked. Public health units are able to:

- advise on how to identify an outbreak
- advise on how to control the outbreak
- help investigate outbreaks to determine the source and mode of transmission
- advise on the exclusion of people with viral gastroenteritis from work, school or other public gatherings.

For more information

- Norovirus Factsheet <http://www.health.nsw.gov.au/Infectious/factsheets/Pages/norovirus.aspx>
- Controlling outbreaks <http://www.health.nsw.gov.au/Infectious/factsheets/Pages/gastroenteritis-outbreaks.aspx>
- Guidelines for the public health management of gastroenteritis outbreaks due to norovirus <http://www.health.gov.au/internet/main/publishing.nsf/content/cda-cdha-norovirus.htm>
- How to look after children with gastroenteritis <https://www.schn.health.nsw.gov.au/factsheets/gastroenteritis>
- Hospital Gastro Pack <http://www.health.nsw.gov.au/Infectious/gastroenteritis/Documents/hospital-gastro-pack.pdf>
- Gastro Info Kit for Aged Care Facilities <http://www.health.nsw.gov.au/Infectious/gastroenteritis/Pages/gastro-agedcare-facilities.aspx>
- Petting Zoos and Personal Hygiene <http://www.health.nsw.gov.au/Infectious/factsheets/Pages/petting-zoos-and-personal-hygiene.aspx>

For further information please call your local public health unit on **1300 066 055** or visit the New South Wales Health website www.health.nsw.gov.au

Community News

What is Due and When?

What	When
1D - South Coast Drama Festival (s/s)	ASAP
SIMF Rehearsal (s/s)	ASAP
School Magazine (s/s) \$10	End Term 3
Mathletics (s/s) \$26	End Term 3
MathsOnline (s/s) \$10	End Term 3
Reading Eggs (s/s) \$24	End Term 3
Spelling Mastery	End Term 3
Dance Troupe Costume (s/s)	End Term 3

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 31/07	Rebecca Brangovits & Diana Toth
Friday 2/08	Rebecca Walshe-Smith, Sara El Gamal & Angie Fischer
Monday 5/08	Dean Harvey & Diana Toth

Book Club

Bookclub Issue 5 closes Sunday 18th August 2019.

Scholastic Bookclub Orders

Cash or cheques will not be accepted as payment.

All Bookclub purchases must be done online using the Scholastic Loop Payment Portal.

If you wish to purchase books for a gift and would like the option to pick up from the School Office, there is now an option to select this when you order online.

If you have any queries or require assistance, please contact the Bookclub Coordinator Rebecca Anderson on 0412469343.



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 1.5c + 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!

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