



Term 1, Week 3



Term 1 2020	
Week 3	
Tue 11/2	School Swimming Carnival Western Suburbs Pool, Unanderra 12:00-2:30pm for students turning 8 years and older in 2020
Wed 12/2	Scripture starts
Week 4	
Tue 18/2	Parent Information Sessions Stage 3—3:30pm Stage 1—4:00pm Stage 2—4:30pm Kindy (Early Stage 1)— 5:00pm
Fri 21/2	District Swimming Carnival
Week 5	
Mon 24/2	Kindy - Year 6 Gymnastics
Week 6	
Mon 2/3	Kindy - Year 6 Gymnastics
Week 7	
Mon 9/3	Kindy - Year 6 Gymnastics

**HAPPY BIRTHDAY
TO YOU ...**

Hendrix Brain-Bowen,
Lily Brett, Violet Kuusik,
Millie Harnish Dunn
and Aisha Rule



FHPS Parents & Citizens Association
PRESENTS THE
Figtree Heights
AUTUMN FAIR
SATURDAY 28TH
MARCH 2020
10AM - 2PM
FUN - FOOD - STALLS - RIDES - ENTERTAINMENT
FREE ENTRY
FIGTREE HEIGHTS PUBLIC SCHOOL
ST GEORGE AVENUE FIGTREE
WWW.FACEBOOK.COM/FIGTREEHEIGHTSPUBLICSCHOOL

The value of the fortnight is...

Excellence

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

swimming Carnival

Our Swimming Carnival is going ahead tomorrow as planned. We are hoping the rain will hold off a little (Who thought we'd be saying that a month ago!?) so we can enjoy the afternoon and submit our names and times for the District Carnival. Please ensure students attending have food and drinks, sports uniform or house colours, swimmers, towel, hats and sunscreen. Goggles and swimming caps are optional. House colours are:

- Kembla - green
- Nebo - red
- Keira - blue

Sports Uniform

Friday is our sports day and the day to wear sports uniform. This is for all classes. Students will also be required to wear sports uniform on the days our gymnastic program will be running. They are:

- Monday 24 February
- Monday 2 March
- Monday 9 March

On all other days our normal summer uniform should be worn.

Composite Class

I have come from a school where composite classes are commonplace, however, for some families this may be a new experience. An assumption that is often made is that these classes are formed purely on academic ability, for example high achieving Year 4 students placed with Year 5 students. We do not stream classes academically, but instead try to spread high achieving and independent students across all classes. Other factors considered are gender, family relationships (siblings, cousins etc), age as well as social groupings.

Another factor that impacts on establishment of classes is that of recommended student numbers per class. This differs for each grade. Given we have transitioned from 10 to 9 classes our numbers have made this far more difficult this year. Recommended students numbers for classes are: Kinder x20, Year 1 x22, Year 2 x24 and Years 3-6 x30. Whilst we aim to work within these recommendations sometimes it is impossible. With composite classes we aim for the middle and try not to exceed the upper grade recommended number.

I hope this is helpful if this is your family's first experience in a composite class.

SRC

Now that our new classes have had a chance to get to know each other nominations for SRC will take place this week. Students wishing to nominate will be asked to present a very brief talk (just to their class) about why they would like to represent them. Nomination forms will come home so you can discuss the role and expectations of our SRC members.

These positions will be for all of Semester One and badges will be presented at our main assembly on Monday morning, 24 February.

Parent Information Meetings

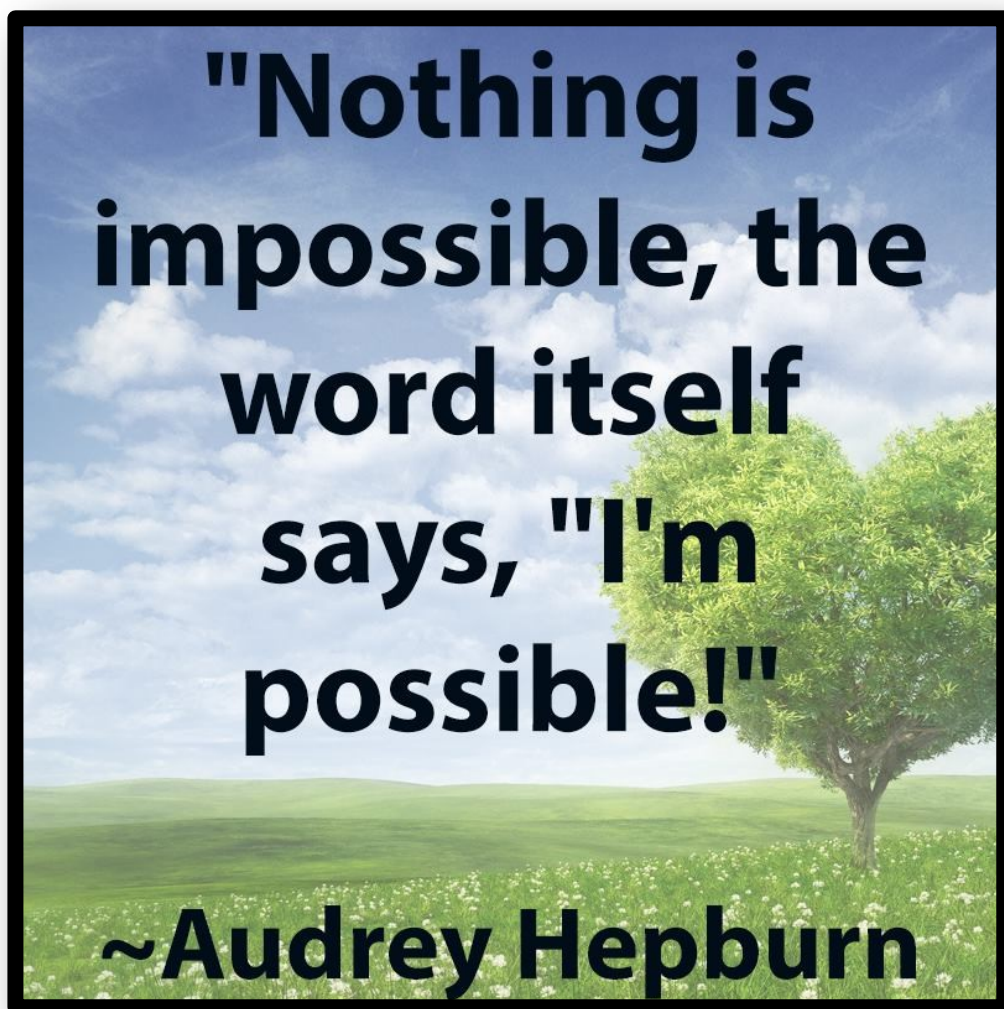
We will be holding our Parent Information Meetings in Week 4 on Tues 18 Feb. We have scattered our times to allow for siblings in different classes.

- 3:30 Stage 3 - in 5/6 TV
- 4:00 Stage 1 - in 1/2 CO
- 4:30 Stage 2 - in 3/4 B
- 5:00 Early Stage 1 (Kindergarten) - in the Kindergarten rooms

Wollongong High School Applications

Applications for Wollongong High School of the Performing Arts for Year 6 students wishing to apply for 2021 are now open. Applications are only accepted online. For more information go to <https://www.millenniumschoools.net.au/whspa/?id=8213>

Last Word



Have a good day!

Rae Redfern
Principal

Welcome to 2020!

Figtree Heights Public School P&C Association Incorporated plays an important role within our school community. It not only represents parents but is actively involved in many of the decision making processes in the school. We work in co-operation with the school executive and staff to achieve outcomes beneficial to all students. This may range from input into policy to more grass roots help.

Over the year ahead the P&C will continue to provide two vital services to our school community; Figtree Heights OOSH and Figtree Heights Canteen. We are always looking for members to support the sub-committees guiding these services and for volunteers to ensure our canteen is operational each week. Please contact our Sub-committee Convenors if you can assist (contact details below).

This year we also have our biennial fete which will be held on Saturday 28th March. We ask that you please make sure you save the date, start inviting friends and assist where you can to make the event a success.

In 2020 we will be undertaking a school wide consultation regarding the future development of the school grounds. This consultation will allow for a plan to be adopted which will guide our current executive, and future executives, on the priorities of students, teachers, parents, carers and other interested community members. We encourage you to provide feedback when the consultation process commences.

If you are a parent/guardian of a Figtree Heights Public School pupil, teacher or citizen within the school community I would like to invite you to join Figtree Heights Public School P&C. Membership forms can be accessed in the school office.

Looking forward to a wonderful year at Figtree Heights Public School!



Stuart Wilkinson | FHPS P&C President



2020 FHPS P&C Meetings

MEETING	TERM 1	TERM 2	TERM 3	TERM 4
P&C General Meeting <i>Child minding Available</i>	WED 19th FEB 6.30pm Week 4	WED 3rd JUN 6.30pm Week 6 <i>AGM 6.30pm - 7pm General Meeting 7pm</i>	WED 26th AUG 6.30pm Week 6	WED 4th NOV 6.30pm Week 4
	WED 18th MAR 6.30pm Week 8			WED 2nd DEC 6.30pm Week 8
OOSH Sub-Committee	WED 12th FEB 6:15pm Week 3	WED 13th MAY 6:15pm Week 3	WED 5th AUG 6:15pm Week 3	WED 28th OCT 6:15pm Week 3
Canteen Sub-Committee	FRI 27th MAR 2.30pm Week 9	FRI 8th MAY 2.30pm Week 2	FRI 7th AUG 2.30pm Week 3	FRI 30th OCT 6:15pm Week 3

Meeting locations advertised in the FHPS Newsletter and FHPS Facebook page.

Contacts

EXECUTIVE

President: STUART WILKINSON 0410 687 157
Vice President: BROOKE BRIDGE 0419 282 243
Secretary: Vacant
Treasurer: RADA MULHERE 0408 312 969

SUB COMMITTEES

OOSH Convenor: JON PERVICIL 0431 097 953
Canteen Convenor: ERIN VASILIOU 0425 351 490
P&C Email: fhpspandc@gmail.com

Fathering Project Tips

Find Your Balance

With the new year in full swing, it's a good time to check-in on your life balance.

Where are you currently spending the most time and which areas do you feel like you are missing out on?

- Think about how much time you currently spend on the various aspects of your life including family, work, physical health, emotional health, community, social and leisure activities;

When you spend too much time on one area, other areas may suffer - ask yourself, is your current life balance working for you?

To find your balance, make some changes:

- Start by focusing on how you spend your time, and focus on areas that are most important to you;
- Create a 2020 family schedule. Block-out specific times to spend together for a meal or activity, no excuses (within reason).

Set boundaries around your work time, switch-off your phone and limit your access to emails during the down time – learn to say no.

Dad Jokes

Question:

What do you call a Mexican who has lost his car?

Answer: Carlos



Community News

FHPS Canteen

*The canteen is open for lunch orders
Monday, Wednesday and Friday*

**Don't forget to use our
HEALTHY canteen!**



Wednesday 12/2	Atared Latif & Asmaa Moussi
Friday 14/2	Sara El Gamal & Angie Fischer/Jennifer
Monday 17/2	Penny Guo
Wednesday 19/2	Wendy Coppola
Friday 21/2	Liz Depers & Terrisa O'Neill



Bookclub Issue 1 closes Sunday 16th February 2020

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 Co-ordinator Rebecca Anderson on 0412469343.

Online ordering is here!

The fast and secure way to order and pay online.
From your mobile, tablet or desktop:

Our school now has a great online ordering system called Flexischools.

As well as being convenient for parents, online orders are faster and easier to process - so it helps to simplify everyone's day!



**CASH FREE,
HASSLE FREE**



**PAY ANYWHERE,
ANYTIME**



**SAFE &
SECURE**

Take advantage of this convenient new service. Go to flexischools.com.au and click **register**.



flexischools



4 Add your students, select their school and class.



3 Fill in your details on the Registration Form and click "submit".



2 You will be sent a registration email. Click on the link in the email to complete the registration.



1 Go to www.flexischools.com.au and select the **REGISTER** option and enter your email address.

REGISTER

4 Select your payment option. Pay for the one order or "top up" your account. Complete payment to place order.



3 Add each of your items. Extras and options will appear where relevant to the item.



2 Select the service you wish to purchase from. You can also set up orders in advance.



1 Go to www.flexischools.com.au and select the **LOGIN** option. Click on "Start an order" for your student.



ORDER

flexischools.com.au



Expo Evening

WEDNESDAY 19 FEBRUARY

Year 6 Parents and Students are invited to attend WHSPA's Expo Evening

There will be 2 sessions: 5pm and 6.30pm

Bookings Essential

www.trybooking.com/BIBTG



- Nationally recognised and award winning Performing Arts Programs specialising in Music, Dance, Drama and Visual Arts.
- Outstanding HSC results with a high percentage of the cohort entering into Tertiary study.
- Professional opportunities offered to students through partnerships with AIPA, BaiMed, Walk Different and other industries.
- Extensive co-curricular programs in the Performing Arts and Sport where students are recognised at State and National levels.
- Leadership opportunities through SRC, Sports Committee, Entertainment Crew, Peer Support and Duke of Ed.
- An extensive curriculum which caters for diverse student needs including Gifted and Talented extension programs.

WOLLONGONG HIGH SCHOOL OF THE PERFORMING ARTS



ILLAWARRA SPORTS HIGH

SUPPORTING TALENTED ATHLETES THROUGH EDUCATION

2020 INFORMATION & OPEN NIGHT

Monday 24th February 2019

6.00pm til 8.00pm

Illawarra Sports High School Hall

Guru Street, Berkeley



The Open Night will provide parents and students with information regarding local enrolments and the Talented Sports and Development Program.

Information for students in years 5 to 10.

Register your interest online www.illawaspor-h.schools.nsw.gov.au

CANTEEN TUESDAY SPECIALS: SUSHI

On **Tuesday 25th of February**, canteen will have a "Sushi special day":

SUSHI \$4 each

Sushi is provided by "Wasabi" in Figtree Grove and will be collected from the canteen basket as per usual lunch order. Canteen will be open for service, during lunch break, for drinks and snacks only.

Due by **Thursday 20th of February** – **AVAILABLE on FLEXISCHOOL**

NO LATE ORDER OR ALTERATION ACCEPTED – SORRY!

Canteen Tuesday special: Sushi \$4 each

Student _____ class _____

Chicken & cucumber QTY _____

Tuna & avocado QTY _____

Vegetarian QTY _____

TOTAL: _____



The simplest way

... To make Japanese veggie pancakes

Makes: 12 | Prep time: 15 min | Cook time: 10 min

Ingredients

½ small cabbage, very thinly sliced
4 medium carrots, grated
2 cups baby spinach, thinly sliced
4 spring onions, thinly sliced
½ cup wholemeal plain flour
6 large eggs, lightly beaten
Pinch of salt
Olive oil spray



Method

Place the vegies in a bowl and mix together. Toss with the flour, coating all the vegies. Stir in the eggs and pinch of salt.

Lightly spray a large non-stick fry pan with olive oil spray and heat over med-high heat. You may need to re-spray between batches. Add heaped tablespoons of the mixture to the fry pan in rounds. Gently press to flatten. Cook until golden, approx 3 minutes, and then turn to cook the other side.

For a video on how to make this recipe, visit our [website](http://healthyhunchbox.com.au).

healthyhunchbox.com.au



Nutrition Snippet

The simplest way

... to swap to healthy snacks

Foods packed in the lunch box contribute significantly to a child's overall diet. It is important to try and keep unhealthy treat foods out of the lunch box. Try these healthy swaps:

Swap this	For this
Chips	Plain popcorn
Chocolate bar	Homemade bliss balls
Sweet biscuits	Raisin bread
Fruit roll ups/sticks	Tub of canned fruit
Lollies	Dried fruit
Flavoured biscuit	Crackers with cheese
Commercial muffins	Homemade fruit muffins

For snack ideas visit healthyhunchbox.com.au

healthyhunchbox.com.au