



Term 1, Week 8



Term 1 2020	
Week 8	
Tue 17/3	Harmony Day Dress Up
Wed 18/3	P&C Meeting <u>POSTPONED</u>
Week 9	
Tue 24/3	CANTEEN SPECIAL: NOODLE <u>CANCELLED</u>
Thu 26/3	FHPS Cross Country @ Figtree Heights Public School for all students
Fri 27/3	Learning to Lead (for selected Yr 5 & 6 students) @ Figtree High School
Sat 28/3	FHPS P&C AUTUMN FAIR <u>POSTPONED</u>
Week 11	
Wed 8/4	Bangers & Bingo Night <u>POSTPONED</u>
Thur 9/4	Last Day of Term
TERM 2 Week 1	
Mon 27/4	Staff Development Day
Tue 28/4	Students Return to School

HAPPY BIRTHDAY
TO YOU ...

Ally L., Elizabeth B.,
Mason W., Alex G.
and Madeline W.



Superstar Awards

Congratulations to the following

Bronze

Superstar students:

Stefen A., Imogene A., Marli D.,
Ben P., Elizabeth P., Chloe R. and Jack T.

Watch this space for details of our first Superstar Award Assembly

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



Yours P&C Federation
Committed to Public Education

GENERAL MEETING

WEDNESDAY 18TH MARCH

6.30PM IN THE HIVE

POSTPONED

SHOW YOUR COMMITMENT AND STAY INFORMED
BECOME A MEMBER TODAY!

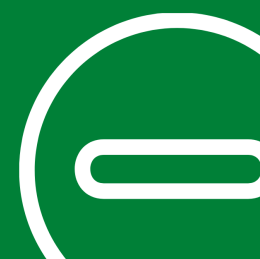
WWW.FIGTREEHTS-P.SCHOOLS.NSW.EDU.AU/FHPS-P-C/P-C

FIGTREE HEIGHTS CANTEEN

**Attention:
Menu Change**

FROM WEDNESDAY 18th MARCH
UNTIL THE END OF TERM 1 2020
THE CANTEEN WILL REDUCE
SERVICE TO ONLY PACKAGED
FOOD INCLUDING: PIES, SAUSAGE
ROLLS, SPAGHETTI BOWL, MAC &
CHEESE, FRIED RICE AND
LASAGNA. DRINKS, PACKAGE
SNACKS AND ICEBLOCKS WILL
STILL BE SOLD.

Thank you for your understanding and support.



Changes to Routine

Unfortunately the current COVID-19 pandemic has implications for schools and the way we run, as I am sure you have heard recently. We are being guided by both the Education Department and the Health Department. As the situation progresses we will keep you updated, but for now some initiatives and changes include:

Precautions -

The health and wellbeing of our students is paramount, therefore, we have implemented the following precautions:

- All classes have had discussions on hygiene including hand washing routines, coughing into an elbow etc. Please also talk about these precautions at home.
- Signs re: hand washing are in our classrooms and bathrooms.
- Students and staff who are unwell are to stay home. Please do not send your child to school if they are, or recently have been, unwell. Any students who present as unwell will be sent home so ensure your contacts, including emergency contacts, are up to date.
- Assemblies will not be held in the mornings, rather morning announcements will be shared via our PA system. We ask that parents/carers drop students off in the mornings and then depart the school rather than wait in the COLA areas.
- All families returning from overseas as of Sunday 15 March will self-isolate and not send their children to school.

Postponements and Cancellations -

- The Easter Assembly and Easter Hat Parade have both been cancelled.
- The Fathering Project Bingo Evening has been postponed for now.
- The Premier's Sporting Challenge (for those who were to take part) has been cancelled for now.
- Master Classes (for Yr 5 students taking part) at Figtree HS are cancelled for now.

Altered -

- Harmony Day cultural dress will go ahead tomorrow as planned. However, we will not be meeting under the COLA in the morning. Students will have the opportunity to discuss their costumes in their class.
- Our Cross Country will not take place at Figtree HS as planned. We are currently looking at ways this may be modified so our students still get to take part on site if possible. More information will be available as we work out the details.

How You Can Help -

- Reiterate good hygiene practices at home.
- Keep children home if they are unwell and update emergency contacts.
- Check sources of communication, including our Facebook page, for further updates. If you are **NOT** a registered Facebook user you can still access our school page and view posts.

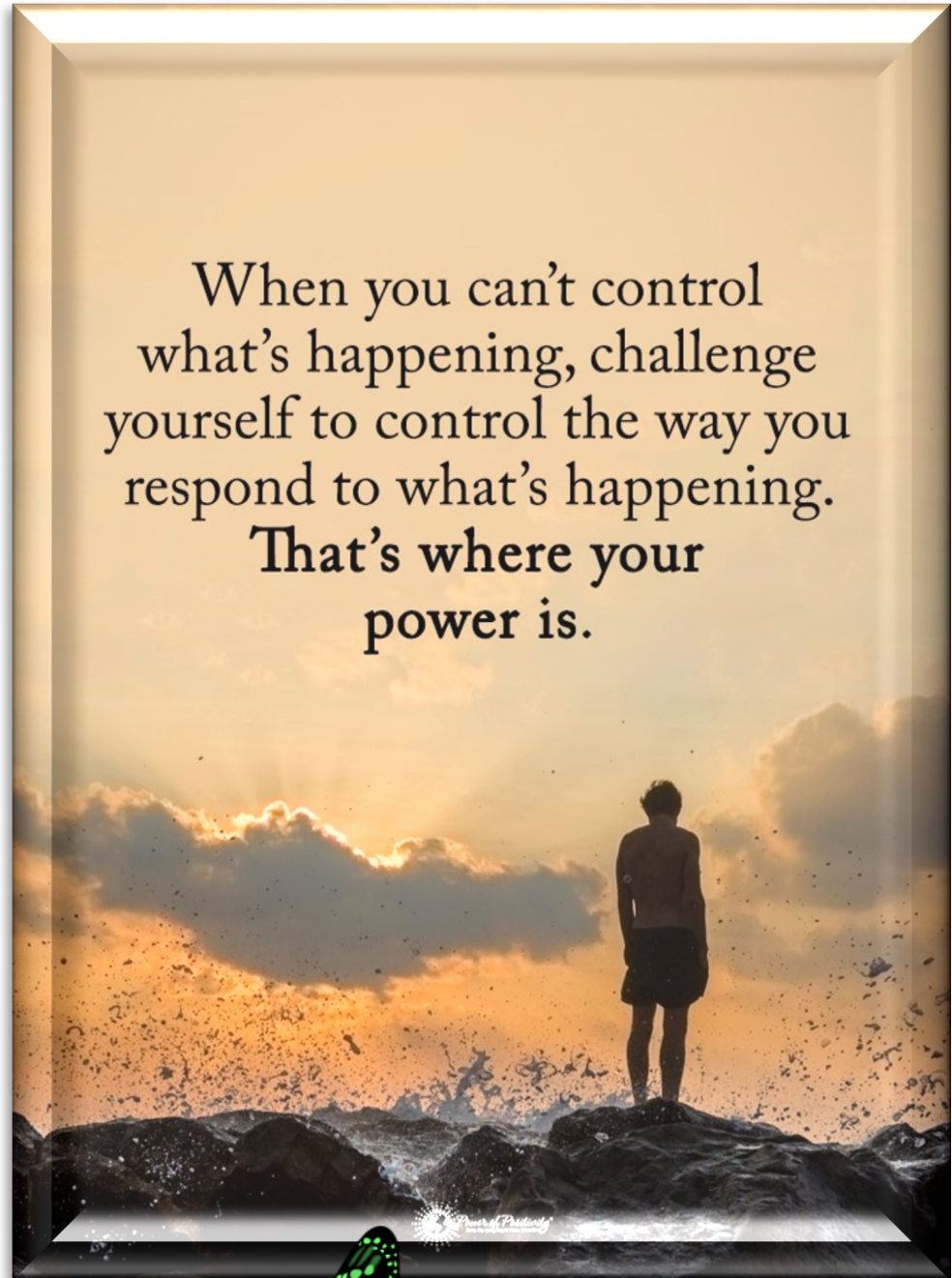
There are also other alterations with P&C related activities. Please check the P&C information further in the Newsletter.

From the desk of the Principal

Smiling Mind

We have been using the Smiling Mind program in our classes, focusing on wellbeing and mindfulness. There is a Smiling Mind app that you can download for free to use at home if you wish. As we were fortunate enough to be included in a trial for this program we have been given the Student Workbooks for free and our classes are starting to use these to further promote the benefits of being mindful.

Last Word



Have a good day!

Rae Redfern
Principal



Superstar Students

This week in sport

Week 7 was a big week in sport for many of our Figtree Heights students. This time of the school year is packed with many district trials and the South Coast swimming carnival. Congratulations to the following students for their outstanding sporting achievements:

- Tamara B. – 4th place overall in the Junior Girls 50m Backstroke at the South Coast swimming carnival.
- Asher B. – 17th place overall in the 8 year old Girls 50m Freestyle at the South Coast swimming carnival.
- Bryn F. – Selection in the Boys Coastal Hockey Team.
- Joshua H., Ben P. and Andre D. – Selection in the Central Wollongong District Soccer side.



Well done to you all!
Mr Voysey

Premier's Reading Challenge

These were the books read to students' last week in the library that count towards their Premier's Reading Challenge.

Class	Date	Book	ID Code
KP	13/03/2020	The Dress Up Box by Patrick Guest and Nathaniel Eckstrom	593322
K/1D	13/03/2020	The Dress Up Box by Patrick Guest and Nathaniel Eckstrom	593322
1/2J	31/03/2020	Little Lost Koala by Blaze Kwaymullina & Jess Racklyeft	32467
1/2CO	11/03/2020	Pig the Grub by Aaron Blabey	587912
2/3W	11/03/2020	The Hidden Forest by Jeannue Baker	2174

Have fun reading this week!
Miss Petkovska



At our meeting last week we came up with some ideas for special days:

- ~ Footy Colours Day in support of Kids with Cancer
- ~ Pyjama Day
- ~ Coin Race Day
- ~ Odd sock and tie day

We also looked at more ways that we can care for our school environment:

- ~ Every two weeks clean up Figtree Heights Public School playground
- ~ Aluminium cans from the canteen can be collected to 'Return and Earn'
- ~ Start class compost bins that can be emptied into the main bin in the Live Life Well garden area

The SRC will be having their next meeting on Wednesday 25 March.

The newsletter item this week was written by
April B. and Rowdy O'C., SRC from 1/2CO



Wildlife Warriors

We help each other, we've helped other students... now, what can we do for the amazing Australian animals that have been affected by the bushfires? Well, how about we become Wildlife Warriors!

Wildlife Stations Shoalhaven is a group of caring citizens who have come together in times of crisis to aid the recovery of our native wildlife in the Shoalhaven & beyond. Working alongside other groups, they provide water, food & housing solutions to wildlife in fire impacted local properties & bush areas.

We will be holding *Feed a Friend Fruit (or Vege!) Fridays*. Let's help feed the other Aussies! Keep in mind, they can't eat chocolate, bread or fish fingers!

Fruit & vegetables suitable for feed are:

Sweet potato	Melons
Pumpkin	Apples
Corn	Oranges
Carrots	Pears



Our first *Feed a Friend Fruit (or Vege) Friday* will be Friday 20 March.... it's not a lot of time, but the little Aussies we want to feed can wait long either!

So, during the week, when you pack 'Crunch and Sip' pick a day to pack an extra piece for a Wildlife Friend. On Fridays a volunteer from the Wildlife Station will pick them up, ready for distribution to the animals in need...who I know will appreciate a yummy feed thanks to Figtree Heights Public School students. They aren't fussy and don't mind if the apple has a few bumps, or the carrot is a bit bendy...they are very easily pleased! 🐨 You may also like to approach your local fruit market for a donation.

You can see how the fruit and vegetables are being distributed on their Facebook page - [Facebook.com/wildlifestationsshoalhaven](https://www.facebook.com/wildlifestationsshoalhaven)

16th March 2020

Dear Community,

Last week the Figtree Heights Public School Parents and Citizens Association (FHPS P&C) formed an Incident Management Team (IMT) to coordinate our response to the coronavirus disease (COVID-19).

The emerging COVID-19 situation has seen unprecedented events unfold around the world and we are aware that this may soon have a local impact on our school and the wider community.

Over the weekend the FHPS P&C IMT liaised with key stakeholders with the following decisions being made:

Figtree Heights Autumn Fair

Our school fete planned for Saturday 28th March 2020 will be postponed. A decision regarding the future date will be provided during Term 2 2020. All donations and sponsorship will be held for the new date. A full refund will be provided to those students that have already purchased ride wristbands. Families are encouraged to continue to bring items in for the raffle baskets located in each classroom until the end of Term 1 2020. I would like to thank the Fete Committee for their work so far and especially acknowledge Victoria James who has been leading this group's planning for the last 6 months.

Figtree Heights Canteen

At this current time the canteen will continue to operate with the following adjustments:

1. As per Food Standards ANZ advice we will be increasing our food handling and hygiene practices in the canteen. This will include immediate restriction of any volunteers who have flu symptoms or family members who are unwell or showing signs of sickness.
2. From Wednesday 18th March until the end of Term 1 2020 the canteen will reduce service to only packaged food including; Pies, Sausage Rolls, Spaghetti Bowl, Mac & Cheese, Fried Rice and Lasagna. Drinks, packaged snacks and ice blocks will still be sold. FlexiSchools will be updated to reflect this.
3. Special Menu days will cease for the rest of Term 1 2020. Refunds will be provided for orders already made for the upcoming Noodle Day.

Please be prepared that the canteen may be closed at short notice due to volunteer availability.

Figtree Heights OOSH

Our OOSH Coordinator and Educators are following the Department of Education's Early Childhood Education Directorate directions on actions required by our service. Communication will be sent to OOSH families this week on the current situation. The FHPS P&C IMT will be working closely with our OOSH team to support the service and overseeing future decision making to support the services families and staff.

Figtree Heights P&C General and Sub Committee Meetings

The General P&C Meeting planned for Wednesday 18th March will be postponed until Term 2 2020. The FHPS P&C IMT will use this time to meet via Video Conference to discuss future scenario planning. The Canteen Subcommittee Meeting planned for the 27th March will also be postponed until Term 2 2020.

We continue to monitor NSW Health and Department of Education advice and will act accordingly, providing timely updates in the coming weeks and months to our members and the wider community.

Sincerely,



Stuart Wilkinson
President

For further information or to ask a question please email fhpspandc@gmail.com



FHPS

Parents &
Citizens
Association

PRESENTS THE

Figtree Heights

AUTUMN FAIR

POSTPONED



STALLS - RIDES - ENTERTAINMENT
FREE ENTRY

● **FIGTREE HEIGHTS PUBLIC SCHOOL** ●
ST GEORGE AVENUE FIGTREE

WWW.FACEBOOK.COM/FIGTREEHEIGHTSPUBLICSCHOOL

NAPLAN NEWS

Dear parent

During May 2020, students at our school in Years 3, 5, 7 and 9 will sit the NAPLAN paper assessment. The schedule for dates and tests is as follows:

Tuesday 12 May	Wednesday 13 May	Thursday 14 May
Language Conventions test (spelling, grammar, punctuation) Writing test	Reading test	Numeracy test

On Friday 15 May – a ‘catch-up’ day is scheduled for students who missed a test or were absent on a test day.

Students may be exempt from the NAPLAN test if they:

- are newly arrived in Australia (less than one year before the test) and with a language background other than English, **or**
- have significant intellectual disability and/or significant co-existing conditions which severely limit their capacity to participate in the tests.

All other students are expected to participate in the tests.

Disability adjustments which reflect the student’s normal level of support in the classroom may be provided. Large print, braille, coloured paper versions and electronic tests are available to meet the needs of individual students. Access to disability adjustments or exemption from the tests must be discussed with the school principal and a parent or carer consent form must be signed.

Students may be withdrawn from NAPLAN by their parent or carer after consultation with the school principal. To withdraw your child from NAPLAN, a parent or carer consent form must be signed.

Please make an appointment with the principal if you need to discuss your child’s participation in NAPLAN.

Any questions? Contact the NAPLAN team on 1300 119 556 or naplan.nsw@nesa.nsw.edu.au

For further information about NAPLAN, visit [NESA’s NAPLAN website](#)

Fathering Project Tips

Simple and easy tips on how to communicate with your kids before you go away:

- Explain how long you'll be gone in words they can understand. If your toddler is three years old and still doesn't grasp days of the week, telling them you'll be back on Friday, won't compute. Instead, say something like: "I'll be home in three sleeps."
- Before you leave, jot a few short notes and put them around the house for your kids to find whilst you are away. A great spot is in their lunchbox or under their pillows.

Dad Jokes

Question:

What's brown and sticky?

Answer:

A stick



BANGERS AND BINGO NIGHT

Wednesday 8 April @ Figtree Heights Public School

POSTPONED

Community News

FHPS Canteen

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

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



Wed 18/3	Diana Toth & Rebecca Brangovits
Fri 20/3	Tania Moon, Sara El Gamal & Angie Fischer/Jennifer
Mon 23/3	Nicole Jackson & Penny Guo
Wed 25/3	Wendy Coppola
Fri 27/3	Liz Depers, Meagan Rourke & Jay Wagan
Mon 30/3	Maris Depers & Lucinda Cheke

FIGTREE HEIGHTS PUBLIC SCHOOL:

CONTACT US

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

Phone: 02 4228 6555

Address: 14 St George Ave, Figtree NSW 2525

Go4Fun® is a free program for 7-13 year olds who are above a healthy weight, and their families.

Go4FUN
HEALTHY ACTIVE HAPPY KIDS

TERM 2 PROGRAM:
Flip Out
(North Wollongong)
Starting Wednesday
29th April, 4-6pm

- Play fun games and activities
- Make healthier choices for your family
- Make new friends

Go4FUN.COM.AU 1800 780 900
Places are limited. Register now!

NSW Health Illawarra Shoalhaven Local Health District

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**Boys & Girls 5-17yrs
ALL SHAPES & SIZES**

**U6 & U7 Touch
NOT TACKLE**

**Family friendly
environment**

New Players Welcome – Boys and Girls ages 5-17
Every Wednesday from 12th February 5pm – Registration evenings
Sunday 1st March 11am-2.30pm – Registration and Rugby Open Day
Enquiries email: wvrc.juniors@gmail.com
ALL JUNIOR REGISTRATION FEES ARE FREE
Vikings Oval cnr Swan and Corrimall Streets, Wollongong

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The value of the fortnight is...

Responsibility

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



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 **Lifeline**
South Coast NSW

BIG BOOK FAIR

Family Day Saturday March 21 from 12pm – 5pm

Reading is not only great for your education; it is also valuable for your wellbeing and helps children build relationships with those they read with.

To encourage as much reading as possible, we would like to offer you 20% off our purchase when you visit the Book Fair between 12pm and 5pm on Saturday March 21, 2020. WOW!

Write the name of your school here.

Illawarra Sports Stadium, Hooka Creek Road, Berkeley.
Entry by gold coin donation and eftpos is available.
For more information, visit www.lifelinesouthcoast.org.au/events
Voucher MUST be presented at the event to receive the discount.
Voucher only valid between 12pm and 5pm Saturday March 21, 2020.