



# Term 1, Week 9



Term 1 2020	
Week 9	
Tue 24/3	CANTEEN SPECIAL: NOODLE <b>CANCELLED</b>
Thu 26/3	FHPS Cross Country <b>CANCELLED</b>
Fri 27/3	Learning to Lead (select Yr 5 & 6 students) @ Figtree High School <b>CANCELLED</b>
Sat 28/3	<b>FHPS P&amp;C AUTUMN FAIR</b> <b>POSTPONED</b>
Week 11	
Wed 8/4	Bangers & Bingo Night <b>POSTPONED</b>
Thur 9/4	Last Day of Term
TERM 2 Week 1	
Mon 27/4	Staff Development Day
Tue 28/4	Students Return to School

## Superstar Awards

Congratulations to the following

### Bronze

Superstar students:

Kale McC., Connor MacR., Keira M.,  
Audrey L., Bryn F., Alysha T., Andre D.,  
Violet B., Asher P., Issy C., Jade P.,  
Myah E., Lily B., Chelsea N., Fatoum M.  
and Malaak A.

Watch this space for details of our first Superstar Award Assembly

**HAPPY BIRTHDAY**

**TO YOU ...**

Lily H., Tyler M.  
and Ben P.



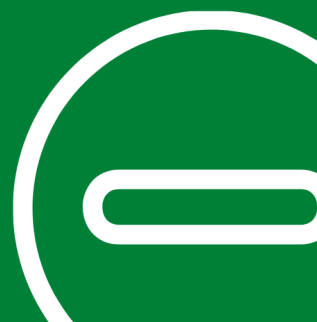
FIGTREE HEIGHTS CANTEEN

**FHPS** Parents & Citizens Association

# Attention: CANTEEN CLOSED

FROM WEDNESDAY 25TH  
MARCH UNTIL THE END  
OF TERM 1 2020 THE  
CANTEEN WILL BE  
CLOSED.

Thank you for your understanding and support.



# From the desk of the Principal

## Further Changes to Routine

Over the weekend and just this morning there have been further developments regarding schools in our current pandemic. Our Premier has asked families to *keep their children at home from school* wherever possible. For those who are emergency workers, or employed in what have been deemed essential services, schools remain open to cater for their children should they have no other available options. Otherwise, please don't send your children to school.

Staff are working today and tomorrow to put together take home learning packs for our students. **If ready by the end of today these will be sent home with students that are here, otherwise they will be available for pick up from your child's classroom between 3:00pm and 4:00pm TOMORROW.**

As we head into a very uncertain time can I please ask this of our parents...remember that your emotions and discussions are mirrored by your children. I absolutely understand that when things are out of our control, or are not fully understood, it can make us nervous. Have open conversations with your children about hygiene, about a 'new type of virus' that doctors are working on and so on, but please have them at a child appropriate level and in a calm, reassuring manner. Any disruptions to normality can make children unsettled and worry about unknowns. This will only be amplified if the adults they look to for reassurance are also unsettled.

Please try to find the positives in spending time together, making time for card and board games, jigsaws, baking (lots of reading and measuring to be had!), working through their learning activities and enjoying each other's company...and let these be the focus when your children are around.

### **Further Postponements and Cancellations -**

- The South Coast Dance Festival (for participating Yr 2 students) postponed.
- Individual Sports Trials postponed.

## Cross Country

Unfortunately despite our best efforts our Cross Country will not be going ahead...at least at school!

However, should your yard permit feel free to have a Cross Country event of your own at home! The official distances for the relevant age groups are:

Age Group	Distance
8, 9 and 10 year olds	2kms
11 and 12 year olds	3kms



So a maths lesson (for those old enough) based on measuring out the length of your course/yard, and how many laps would be required, then ready, set...GO!

There is no need to be exact or to record times as we are unable to pass these on, however, for our keen runners this could be the highlight of their day!

## NAPLAN 2020

Another cancellation due to the current pandemic is that of NAPLAN this year. NAPLAN is ordinarily sat by Years 3 and 5 in primary school and Years 7 and 9 in high schools.

## School Banking

School banking has also been suspended until at least Term 2. As we hear more from the Head of School Banking we will pass on revised advice.

## Lowe's

There was some confusion over the availability of our girls school uniform. We have contacted Lowe's and have been advised:

- The tab tie is out of stock but has been reordered.
- The girls long sleeve shirts with our logo have been ordered but are not in stock yet. We are hoping they will be in for winter but given the current situation they may be delayed further. There is a girls long sleeve shirt in stock WITHOUT OUR LOGO and if you wish to purchase this we absolutely understand. Or the current boys long sleeve shirt is available.
- There are plenty of skorts and girls long green pants in stock. If they don't have the size that you require the staff can take your name and number to contact you when the stock arrives.



Apparently Lowes Head Office hadn't updated the FHPS list, so Figtree Lowes is going to follow up with them.

## Fruit (or Vege) for a Wildlife Friend

Thank you to all the students who brought in fruit or vegetables for our wildlife friends on Friday. The donations were gratefully picked up and passed onto the Bat Sanctuary and Berry Wildlife Station. We were planning to continue collecting on Fridays, however, this may be tricky given the advice to keep students home. We will try to work out some options and advise via our Facebook page if we find a way to continue to support our native wildlife.

Please look further in the Newsletter for photos sent to us by the Wildlife Stations group.

## Smiling Mind

As mentioned last week, 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 as part of your 'Learning at Home' program.

## Learning From Home

The Department of Education has a page containing advice for parents when undertaking learning from home. It can be found at

<https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-from-home/advice-to-parents-and-carers> .

Don't forget you can also ask your child's teacher for assistance.

# From the desk of the Principal

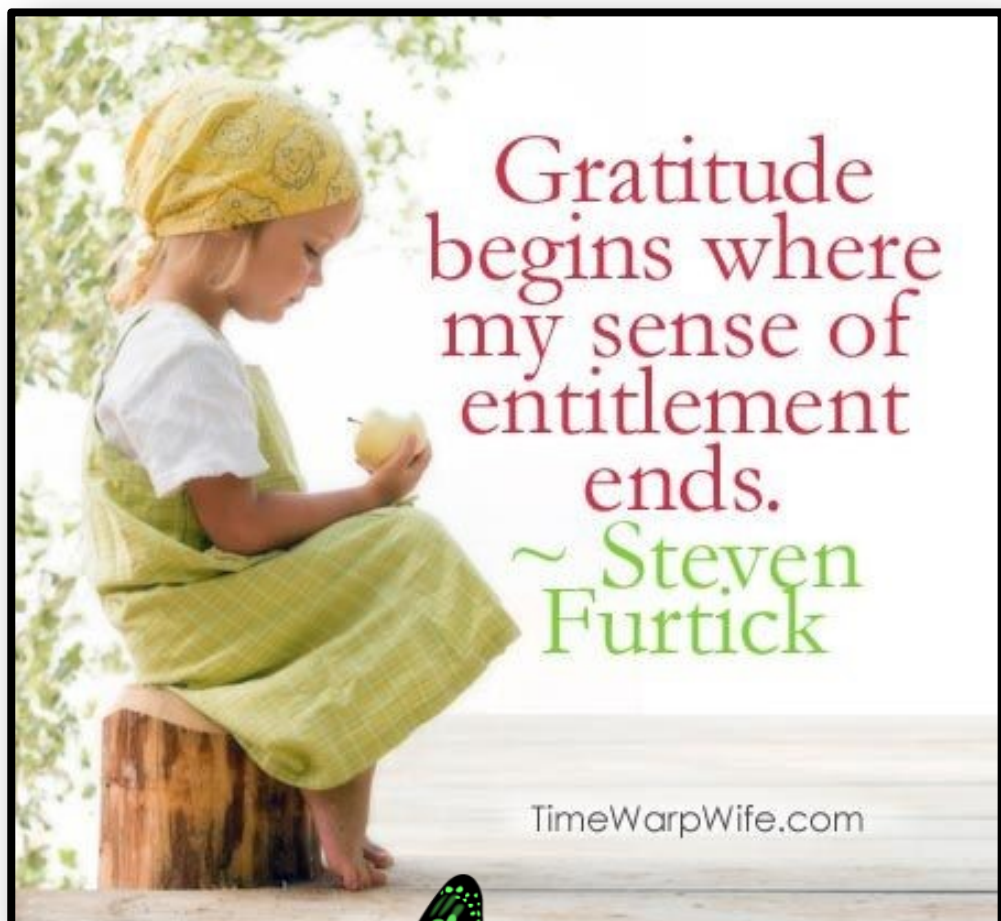
## Life Skills Learning

Remember you can assist you child's learning with every day tasks, such as:

- Setting the table - learning left and right
- Cooking - Following a procedure, reading, measuring
- Folding towels, tea towels etc - halves and quarters, lines of symmetry
- Write a letter or email to a relative or friend - writing
- Counting money in a money box (then washing hands!) - addition of money
- Jigsaws –spatial awareness and mindfulness
- As for some fitness every day....well, vacuuming, sweeping, checking the mail box, wiping benches or windows, gardening...anything that gets them moving. You might get some ideas from the original 'Karate Kid' movie! ☺

## Last Word

We appreciate the support you have shown us in such 'interesting' times, and as we transfer to a different way of being, we will do our very best to support you! A big thank you to the author of the anonymous 'letter of appreciation' that was left on our front door this morning...you have no idea how you made our day!



Have a good day!

*Rae Redfern*  
Principal



# Year 2 Dance Festival

In line with the current situation with the COVID-19, the South Coast Public Schools Dance Festival has been cancelled. It has not been indicated as yet whether it will be rescheduled later in the year. Could you please not make any more payments for this activity until further notice. The children will continue with their participation in the activity during stage time.



**CANCELLED!!**

## Choir Notice

Choir Families,

**I am very happy to inform you that choir will continue to run each Thursday with social distancing in place.**

The organisers of the Southern Illawarra Music Festival (SIMF) have informed all participating schools that the performance week in October has not been cancelled at this stage.

**However, we will cease money collection for now.**

If you have already paid the \$12 participation fee, our office will keep your child marked as 'paid'. If you haven't paid the \$12 participation fee, please do not send it in.

The T-shirts orders have been cancelled and will not be available for purchase. This decision was made by the SIMF organisers. If you have already made payment for the T-shirts, your account will be credited.

In the meantime, your children are enjoying our regular choir sessions and I ask you to encourage your child to regularly practise at home. All students need access to the music and can gain it through two avenues:

1. By bringing in a USB for me to transfer manually
2. By joining our 'Choir 2020' group on Google Classroom with class code: kerlvh7

Mrs Ruscica  
Choir Coordinator





# Hive News

## Premier's Reading Challenge

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

Class	Date	Book	ID Code
KP	20/03/2020	Boy by Phil Cummings and Shane Devries	4650
K/1D	20/03/2020	Boy by Phil Cummings and Shane Devries	4650
1/2J	20/03/2020	"Let's Get a Pup" by Bob Graham	2583
1/2CO	18/03/2020	The Runaway Hug by Nick Bland and Freya Blackwood	31326
2/3W	18/03/2020	One Less Fish by Kim Michelle Toft and Allan Sheather	12051

Happy reading!  
Miss Petkovska



# School Banking



## Notice from CommBank School Banking

The health, safety and wellbeing of our communities and our people is our first priority. Due to the rapidly developing situation with coronavirus, School Banking has been **temporarily paused** from **20 March 2020** until the start of **Term 2**. Please don't bring your deposit book with your weekly banking into school and we will notify you when banking will recommence.

# WILDLIFE STATIONS

Wildlife Stations wish to thank **Figtree Heights Public School** for assisting our efforts to feed hungry wildlife affected by bushfires.



Kangaroo Island koala  
In burnt out habitat



Wallaby in burnt bush



Thirsty Lizard



8 weeks after the fire



Water Stations



Navy air drop food from  
Wildlife Stations



Baby Wombat enjoying some fresh food



Too eager to wait!





Australian Koala Foundation  
Gratefully acknowledges the support of

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## Figtree Heights Public School - Class 1D

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*Deborah Tabart*

Deborah Tabart OAM  
Chairman  
Australian Koala Foundation



[www.savethekoala.com](http://www.savethekoala.com)



## Fathering Project Tips

### Life Lessons from Dad

The influence of fathers is profound and impacts many areas of a child's life including mental health, emotional regulation, academic outcomes, social competence, and self-esteem.

- Through both highs and lows of life there's always something to learn. Keep an eye out for teachable moments and think about how you can teach your children the lessons you learnt (or wish had learnt) at a young age.
- Kids learn a lot from you about how to handle life's stresses and succusses – everything from goal setting to preparation, developing values and determining right from wrong is influenced by a child's upbringing.
- While many moments are teachable, it's important to tune in with your child's emotions and pick the right time either to lay down a lesson or just listen and support. There's a time and a place for both.

### Dad Jokes

"Every time I hurt myself, even to this day, my dad says, 'The good news is...it'll feel better when it quits hurting.'"



### 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!



FIGTREE HEIGHTS CANTEEN

FHPS Parents & Citizens Association

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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!





## WEEK 1 VACATION CARE AUTUMN PROGRAM 2020



### PUBLIC HOLIDAY

CLOSED



### FLEXIBLE DAILY EXCURSIONS

These are small group excursions to our local parks and outdoor environments in support of maintaining wellbeing and providing opportunities for safe and engaging activities during this current COVID-19 situation.

These activities will be implemented if safe to do so under the guidance of NSW Public Health and Early Childhood Education and Care Directorate (ECECD).

#### Locations to visit include:

- Harry Graham Park – Including Cyclepath
- Roy Johanson Park
- Figtree Park – Including Dragon Park
- Sid Parrish Park
- O'Brien's Rd Reserve – Including the fig tree
- Mt Keira Bush trail
- Mt Kembla Bush trail
- Botanic Gardens Wollongong



These excursions are being offered to all In Centre booked attendances daily when they are occurring. A permission consent form is required to be signed for your child to be able to attend any of these excursions. Please note that these excursions are not guaranteed to occur due to other considerations.

Monday 13th April

Tuesday 14th April

Wednesday 15th April

Thursday 16th April

Friday 17th April



Cost: Daily fee \$44  
Activities start at 10am

#### Activities Guide:

- Minute to win it games
- Human hungry hippos
- Minute to win it quizzes

Maximum attendance 60  
Expected educators attending 6



Cost: Daily fee \$44  
Activities start at 10am

#### Activities Guide:

- Fitness Focus activities
- Mindfulness activities
- Craft

Maximum attendance 60  
Expected educators attending 6



Cost: Daily fee \$44  
Activities start at 10am

#### Activities Guide:

- Wii & PlayStation activities
- Computer inspired games
- Kahoot

Maximum attendance 60  
Expected educators attending 6



Cost: Daily fee \$44  
Activities start at 10am

#### Activities Guide:

- Photography
- Different art mediums
- Craft

Maximum attendance 60  
Expected educators attending 6

## WEEK 2 VACATION CARE AUTUMN PROGRAM 2020



### FLEXIBLE DAILY EXCURSIONS

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- Mt Keira Bush trail
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- Botanic Gardens Wollongong



These excursions are being offered to all In Centre booked attendances daily when they are occurring. A permission consent form is required to be signed for your child to be able to attend any of these excursions. Please note that these excursions are not guaranteed to occur due to other considerations.

Monday 20th April

Tuesday 21st April

Wednesday 22nd April

Thursday 23rd April

Friday 24th April



Cost: Daily fee \$44  
Activities start at 10am

#### Activities Guide:

- Bike courses
- Scooter courses
- Washing station

Maximum attendance 60  
Expected educators attending 6



Cost: Daily fee \$44  
Activities start at 10am

#### Activities Guide:

- Race around the world
- Team challenges
- Solving riddles

Maximum attendance 60  
Expected educators attending 6



Cost: Daily fee \$44  
Activities start at 10am

#### Activities Guide:

- Dodge ball
- Soccer
- Hockey

Maximum attendance 60  
Expected educators attending 6



Cost: Daily fee \$44  
Activities start at 10am  
Bring: Dress up costume

#### Activities Guide:

- Treasure hunts
- Sink or float
- Cannon ball attack

Maximum attendance 60  
Expected educators attending 6



Cost: Daily fee \$44  
Activities start at 10am  
Bring: Dress up costume

#### Activities Guide:

- Villain bingo
- Villain scavenger hunt
- Photo booth

Maximum attendance 60  
Expected educators attending 6



## WEEK 3 VACATION CARE AUTUMN PROGRAM 2020

**Monday 27<sup>th</sup> April**

### FLEXIBLE EXCURSION

These are small group excursions to our local parks and outdoor environments in support of maintaining wellbeing and providing opportunities for safe and engaging activities during this current COVID-19 situation.



### IN CENTRE ROLL QUIZ DAY



Cost: Daily fee \$44  
Activities start at 10am

Activities Guide:

- Kahoot
- Trivia quiz
- Quiz games

Expected attendance 60  
Expected educators attending 6

### WHAT TO BRING EVERYDAY

- **BACKPACK** - Pack each child's belongings in a backpack they can carry themselves. Please ensure each child has their own bag with them as siblings can be allocated to different educator groups & buses.
  - **APPROPRIATE CLOTHING** - ALL children must wear clothing with sleeves as well as appropriate sun safe clothing for the activity and weather.
  - **ENCLOSED SHOES** - Enclosed shoes MUST be worn everyday - NO thongs or sandals allowed
  - **HAT**
  - **DRINK BOTTLE**
  - **MORNING & AFTERNOON TEA**
  - **LUNCH** - Please include food that considers potential allergies and is relevant quantity for your child. We do not accept food that requires pre-heating
  - **SPARE CLOTHES** - Please include a full set of spare clothes regardless of the age of your child
  - **ADDITIONAL ITEMS FROM THE PROGRAM** - Any additional items as set out in the program for the activity
- ALL ITEMS NEED TO BE LABELLED WITH CHILD'S NAME**

**NEW FAMILIES WILL NEED TO ENROL BEFORE BOOKING  
FOR VACATION CARE.**

**PLEASE CONTACT THE SERVICE FOR ENROLMENT  
DETAILS AND INFORMATION**

**PH: 42272515**

**EMAIL: [centre@fhoosh.net](mailto:centre@fhoosh.net)**

### CONSENT FORM REQUIRED

ALL bookings will only be accepted once the **PERMISSION CONSENT DECLARATION FORM** has been returned.

This is a regulation requirement and must be adhered to.

The section to complete is found on the last page of the Permission Consent Form

Please ensure you are completing this step after making your bookings to avoid having your booking removed.

### AFTERNOON TEA CHANGES

We will **no longer be serving afternoon tea** to children during this vacation care.

Please ensure you are packing adequate quantities of food for your child/ren for their full day at our service.

# TURN OFF YOUR LIGHTS

**EARTH HOUR 2018 • SATURDAY, MARCH 24 • 8:30 - 9:30 PM**

**WE'RE ALL IN FOR #EARTHHOUR 2018**



Saturday the 28<sup>th</sup> March is Earth Hour. People and businesses around Wollongong, and the world, will be switching off non-essential lighting between the hours of 8.30pm and 9.30pm. This year, everyone is invited to SwitchOff and raise their voices for nature for the most important Earth Hour yet.

Schools are asked to participate by turning off all non-essential power supplies for one hour on Friday 27<sup>th</sup> March.

Wollongong City Council will be switching off all non-essential lighting at its Administration Building and other major sites.

Register at <https://www.earthhour.org.au/> to take part in Earth Hour 2020. You will also find loads of information and activities to do during Earth Hour.