

Term 1, Week 11



TERM 1 2020

Week 11

Wed 8/4	Bangers & Bingo Night POSTPONED
Thur 9/4	Last Day of Term

TERM 2

Week 1

Mon 27/4	Staff Development Day
Tue 28/4	Learning at Home Resumes

HAPPY Easter

HAPPY BIRTHDAY TO YOU ...

Hadley M., Connor M., Lewis A., Miley R.,
Sophie T., Eden S., Sinead O., Marwa M.,
Ollie L., Lennon H. and Jaxon T.



The value of the fortnight is...

Respect

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



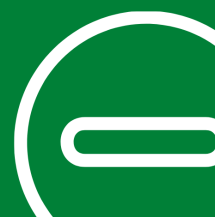
FIGTREE HEIGHTS CANTEEN

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

Next Term

Many of you would have heard the announcement by the Police Commissioner, Mick Fuller, last week in regards to the social isolation practices being in place until at least June 29. This takes us almost to the end of Term Two so it would appear our current arrangements will also stay in place for almost the duration of next term, if not beyond.

With this in mind staff have been planning our next stage of learning packs and lessons to welcome in the new term. Although the learning packs will contain a number of weeks (to minimise the need for you to come and collect them) each class will only put up a weekly plan so it's not too overwhelming for students or parents. This plan will also outline the work sample to be uploaded each day so you have some prewarning. We collect a variety of samples over the week so we can track our students and provide feedback to keep them on the right track, however, with some siblings sharing computers we understand if a few work samples are uploaded at the one time rather than each day.



We will also be holding 'Show Off Fridays' where students can choose the piece of work they are most proud of to upload and share with their teacher...so we are looking forward to seeing what comes in on Fridays.

Zoom

You may also have heard on the grapevine that some schools are looking into using video conferencing platforms such as Zoom. Originally the Department had advised against video contact with students until they determined the best way forward. Last week they informed schools that we are now able to look at such platforms. We have one staff member who has used Zoom to link with parents and we will now be trying to upskill the rest of staff (including myself!) with the necessary knowledge to be effective and safe users! Although it is not mandatory for schools to take up this form of communication it is one we will investigate before we determine how it best suits our needs.

Cyber Safety

The move to using online learning can open up other potential issues. Whilst the platforms we use with our students are private and secure, we are aware that with more screen time and a greater desire to connect with each other can lead children to different forms of social media. Please have a talk to your children about online safety and why it is so important for them to be careful. If you copy and paste the following link it will take you to the eSafety Commissioner page that has great resources to assist:

<https://www.esafety.gov.au/about-us/blog/covid-19-online-safety-kit-parents-and-carers>

Easter Hat Photos!

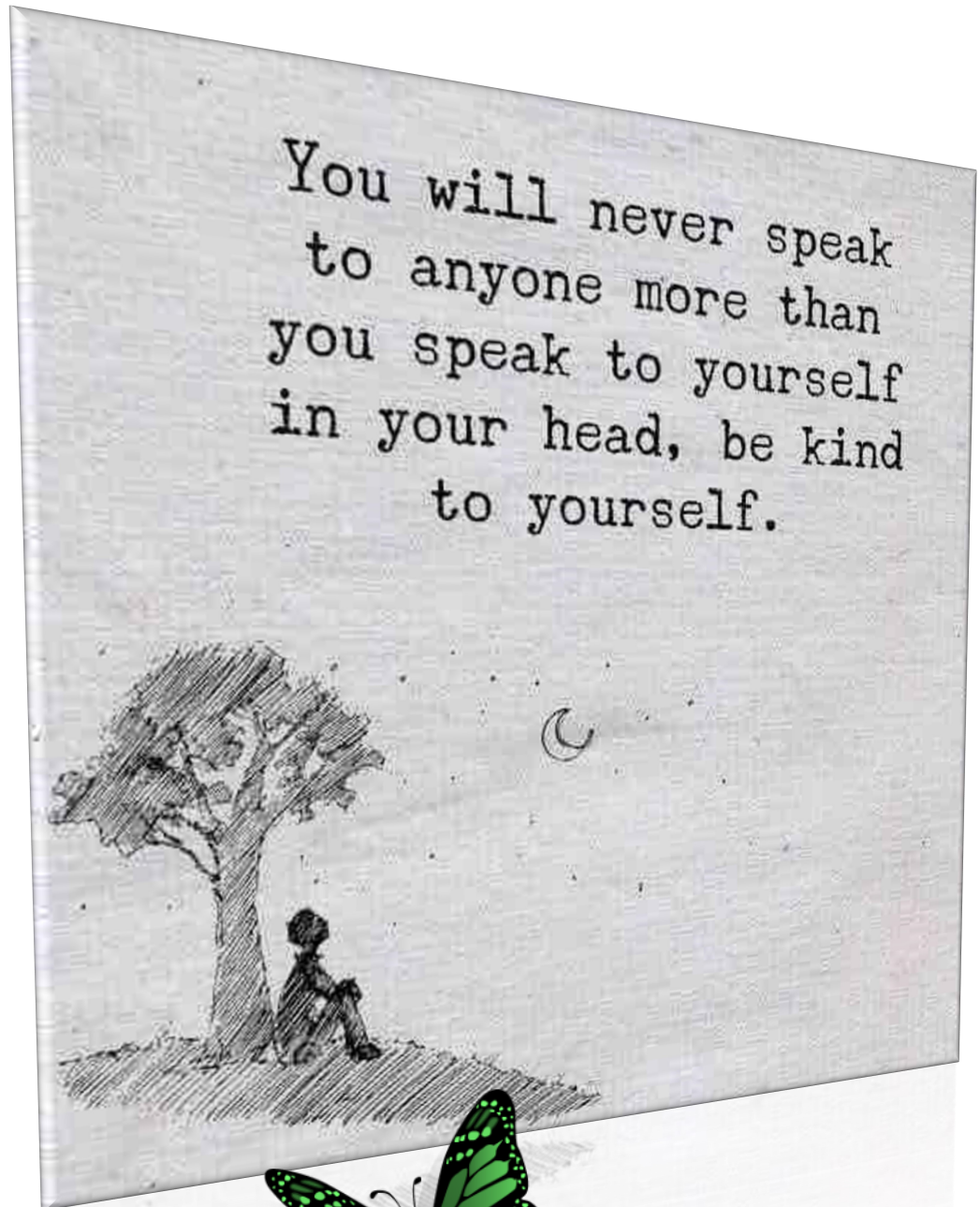
Although a traditional Easter Hat Parade is rather difficult at this time, some of our younger classes are going to hold Easter Hat 'PHOTOS' instead. Please check your child's class Seesaw or Google Classroom to find out more. Given going to shop for hat supplies is also tricky feel free to 're-invent' or 'recycle' for your creation...I will be. ☺

From the desk of the Principal

Happy Holidays

Although the upcoming school break won't be like they normally are I hope you get to enjoy them all the same! Picnics in the back yard may take the place of picnics at the beach, and watching a family movie in the loungeroom could be the new 'cinema'...whatever you do to try and relax in some very stressful times!

Last Word



Have a good day!

Rae Redfern
Principal



Fathering Project Tips

This week, we're looking at helping your kids feel unconditionally loved. Try our tips:

- Tell your kids that your love does not depend upon their performance at school or sport. Tell them too that it doesn't depend on their music, friends, beliefs or behaviour.
- Make a clear distinction between not loving a particular one of their actions versus not loving them.
- Don't confuse unconditional love with trying to be their 'pal' rather than their parent.
- Surprise them by doing spontaneous kind acts for them.
- Avoid saying "I love you, but...", try to let the phrase stand alone to show that your love doesn't depend on any other factor.



Dad Jokes

Want to hear a joke about paper?

Nevermind it's tearable.



The simplest way

... to cook with kids.

Providing lots of opportunities for kids to be involved in the kitchen is a great way to raise healthy eaters, teach them life skills and boost their development.



Young kids can:

- Wash fruit and vegies
- Tear foods like lettuce or bread
- Use scissors to trim vegies
- Add premeasured ingredients
- Stir and sprinkle

Older kids can:

- Use measuring cups, spoons and scales
- Use equipment like salad spinners, and blenders under supervision
- Prep easy to chop foods with kid's knives
- Be in charge of preparing simple recipes

healthylunchbox.com.au

The simplest way

... to keep Easter fun whilst making it healthy.

Easter can mean many things.

Easter bunny:

- Eat what bunnies eat, try some carrot filled recipes such as 'carrot cake oat biscuits'
- Decorate pancakes with fruit to make a bunny face.



Easter eggs:

- Paint hard boiled eggs with food coloring - the perfect family activity *and* healthy snack.

Chocolate:

- Include other sweet treats in celebrations such as 'apple and date bliss balls'

Family celebrations:

- Check out healthylunchbox.com.au for recipes the whole family will enjoy.

healthylunchbox.com.au