



Term 2, Week 9



Superstar Awards

Congratulations to the following

Bronze

Superstar students:

William H., Kelaela S., Sophie R.,
Levi S., Justin V., Lawson C., Isla N.,
Elizabeth B., Senuki H., Oliver L.,
Blaize R., Dylan W., Lucy W.,
Jamie W. and Justin Z.

Watch this space for details of our first Superstar Award Assembly

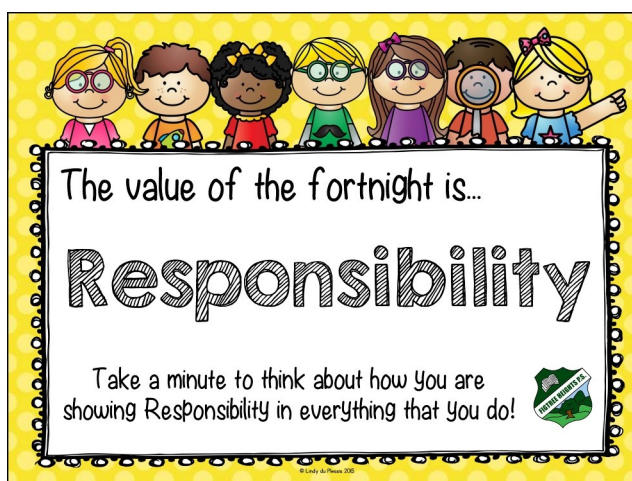
TERM 2	
Week 10	
Wed 1/7	SRC—Pyjama Day (Gold coin donation)
	2/3W, 3/4B & 3/4P Matilda—Movie Day
Fri 3/7	LAST DAY OF TERM

TERM 3	
Week 1	
Mon 20/7	STAFF DEVELOPMENT DAY
Tue 21/7	STUDENTS RETURN
Week 3	
Thur 6/8	Life Education Van
Fri 7/8	Life Education Van
Week 4	
Mon 10/8	Life Education Van
Tue 11/8	Life Education Van
Week 5	
Thur 20/8	School Photos
Week 10	
Fri 25/9	LAST DAY OF TERM

TERM 4	
Week 1	
Mon 12/10	STAFF and STUDENTS RETURN
Wed 16/12	LAST DAY OF TERM
Thur 17/12	STAFF DEVELOPMENT DAY
Fri 18/12	STAFF DEVELOPMENT DAY

**HAPPY BIRTHDAY
TO YOU ...**

Colin Z., Isaac M.,
Sophia E., Olivia M.
and Hendrix R.



Pyjama Day

Don't forget, the SRC will be holding a gold coin Pyjama Day on

Wednesday 1 July, in Week 10 of this term.



External Providers

We have been advised that we can have external providers back on the school grounds as long as they meet specific health guidelines. This means activities such as the Music Bus, music practice and the Swedish School are able to resume if the provider is comfortable to do so. We have let these groups know so they should be in contact with you shortly if you are involved in their activity.

Covid-19 Testing

If your child is being tested for Covid-19 can you please either ring or email the school to let us know, even if you are still waiting for the results. Once you have the results back, please also let us know the outcome even if your child is still absent from school due to being sick. Thank you!

2021 Opportunity Class for Year 5 Closing Soon

If you would like your child considered for Year 5 opportunity class entry in 2021, applications close on **Friday 26 June 2020**.

You will need to access the online application at

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5> and you are **not** able to use the child's email address.

The closest school to Figtree, with an opportunity class, is Wollongong Public School. Please note entry into this class means a full time move to that school. A note with further details was sent home with our current Year 4 students last week.

Lost Property

We have had a number of hats and jacket lost at school despite the fact that they have been clearly labeled with the student's name inside. If you can check your child is bringing home the right hat and/or jacket that would be great. Lost property can be found in the basket just outside the front office doors, in case you are also looking for a missing hat, jacket or drink bottle!



From the desk of the Principal

Last Word

There is a lot of talk about resilience, or a lack of, in our society. There are ways you can assist your children become better equip to face challenges and if you'd like to know more you can go to

<https://healthyfamilies.beyondblue.org.au/healthy-homes/building-resilience>

“Failure” is
not the
falling down,
but the
staying
down.”

Mary Pickford

Have a good day!

Rae Redfern
Principal



Creative Class

1/2CO VISUAL ARTS LESSON

Inspired by the author and illustrator Jeannie Baker, 1/2CO created some 2D/3D collages based on colour shades.



Link to The Fathering Project channel – a website with stacks of videos on fathering ideas, tips, webinars, interactive opportunities, podcasts and more!
<https://thefatheringproject.org/fathering-channel/>

Fathering Project Tips

Are you supporting your kids' physical wellbeing?

Regular physical activity benefits both the body and mind. Exercise can also improve mental health and overall wellbeing. It has been shown to reduce the risk of depression and mild anxiety (including those that can be made worse by stressful situations like this global pandemic).

Six tips to encourage physical activity:

1. Schedule a regular time to be active every day.
2. Take regular ten-minute breaks from screen time to stretch and exercise.
3. Get the whole house together and exercise with your family.
4. Play with your kids - it's a great way for you all to get fit and have fun.
5. Set exercise goals for your family, and for yourself.
6. Walk and talk. Have meetings or catch up with friends and family while you walk.

If you or someone you know needs support, call Lifeline on 13 11 14, or Beyond Blue on 1300 224 636. For children, Kids Helpline is available on 1800 551 800 or Youth Beyond Blue on 1300 224 636.

Dad Jokes

What did the green grape say to the purple grape?

“OH NO! BREATHE! BREATHE!”



Community News

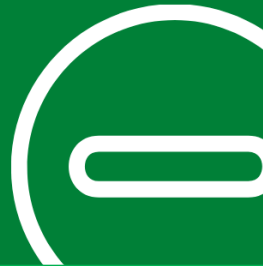
FIGTREE HEIGHTS CANTEEN

FHPS Parents & Citizens Association

Attention: **CANTEEN CLOSED**

THE CANTEEN WILL BE
CLOSED DURING TERM 2.

Thank you for your understanding and support.



**THURSDAY
JULY 30TH**

**REGISTER THROUGH
THE SCHOOL WEBSITE
& FACEBOOK**



**ILLAWARRA
SPORTS HIGH
YR 6 TALENTED
SPORT PROGRAM
TRIALS**



**RUGBY LEAGUE
RUGBY UNION
FOOTBALL
BASKETBALL
NETBALL
HOCKEY
TOUCH, TAG & TACKLE
SURFING**





Virtual Pyjama Party



Join us for a fun night at home, in your PJ's!



Special Guests – Greg Page, Original Yellow Wiggle and The KidzWish Fairy!

All you need is a computer, laptop, tablet or smartphone!

Date: Thursday 9th July 2020
Time: 5:00pm – 5:30pm AEST
Location: Via Zoom
Admission: \$5 per household

- Greg Page, (The Original Yellow Wiggle)
- The KidzWish Fairy
- Music and dancing
- Yoga
- Trivia
- Stories, songs and more...



[Click here to purchase your tickets](#)

P: 1300 260 990 | F: (02) 4295 7502 | W: kidzwish.org.au | A: 1 Hinchinbrook Drive Shell Cove NSW 2529
ABN 335 8080 1245 | Authority to Fundraise No. CFN18195 by the Office of Charities

Hills District & Inner West Winter



COVID Safe Program

- Correct social distancing
- Limited class sizes
- Hand washing & sanitising
- Drop off service
- Stay at home Zoom classes also offered



zoom

With restrictions being lifted – we are now able to reschedule our cartoon camps. Children need to play, learn & have fun. An exciting, fun art & cartooning adventure week awaits. Join us this Winter holidays or stay home & Zoom in.



Short Day: \$45 per child per day (9.30am – 3.30pm)
Long Day: \$50 per child per day (9am – 6pm, not on the roof)
Long Day is a service we provide for those families that are working or for children that want to do more activities, cartooning, craft or games.

Night Camps: \$25 (6pm – 9pm) per night (Tuesday & Thursday)

EARLY BIRD SPECIAL

Book & pay for 4 Long Days Monday to Thursday & we will add your child manually to the Friday list for free here in our office. Payments must be before Friday June 26th 5pm. Creative Kidz will be in contact with you to confirm your booking & service NSW & call our office to make the booking over the phone.

9343 0833

bookings@cartoonkingdom.com.au
www.illustrating-man.com.au

Inner West

Hills District
Monday July 6th – Friday July 10th
2nd Abbotsford Sea Scout Hall
Abbotsford (next to the wharf)
West Pennant Hills

Nutrition Snippet

WHAT IS A SERVE?



1/2 cup of
cooked
vegetables

OR



1/2 medium
potato

OR



1 cup of
salad

**One serve of veges is about 75g or
1/2 a cup cooked or 1 cup raw.**

- Try weighing and measuring different veges to see how much you eat.
- Aim for 5 serves a day.

For vege recipes
and more visit:

healthyinbox.com.au



Cancer Council
Healthy Lunch Box

Road safety



Keeping safe around school crossings

For your child's safety, it's very important to ensure they use the school crossing.

At all crossings you must wait on the footpath, at least one step back from the edge of the road.

If there's a School Crossing Supervisor, wait until they have stopped the traffic and called you to cross.



If you are driving, you must not proceed until the School Crossing Supervisor's hand-held sign is no longer displayed, or until the crossing supervisor indicates that you may proceed through the crossing.

Children's crossings

Children's crossings are usually part-time crossings that operate before and after school hours. They can also operate at other times when children use the crossing for excursions or during break times. When 'Children Crossing' flags are displayed, you must stop at the white line if pedestrians are waiting to cross. Drivers must remain stationary until the crossing is clear of pedestrians.

For more information on keeping our kids safe around schools visit the parents section on safetytown.com.au



Lives lost on NSW roads.
Our goal is zero.

