

Term 1, Week 6



2021 TERM 1

Week 6

Mon
01/03 Premier's Reading Challenge begins

Fri
05/03 Clean Up Australia day

Week 7

Wed
10/03 Regional Swimming

Week 8

Wed
17/03 P&C 2020 AGM (Deferred)
6:00-6:30pm
P&C Meeting 6:30-8:00pm

Week 9

Fri
26/03 Cross Country

Week 10

Wed
31/03 Scripture Easter Assembly
for Catholic & Anglican only

Thur
1/04 Colour Fun Run
Easter Hat Parade
Last day of Term 1

2021 TERM 2

Week 1

Mon
19/04 STAFF DEVELOPMENT DAY

Tue
20/04 Students Return to School

Week 2

Wed
31/03 Scripture commences for
Term 2

Week 5

Thur
20/05 School Photos

Week 6

Wed
26/05 P&C 2021 AGM (Elections)
6:00-6:30pm
P&C Meeting 6:30-8:00pm

Superstar Awards

Congratulations to the following

Bronze 2

Superstar students:

Bryn F. and Stefen A.



**HAPPY BIRTHDAY
TO YOU ...**

**Alexander P., Jai D.,
Leon M. and Aidan E.**

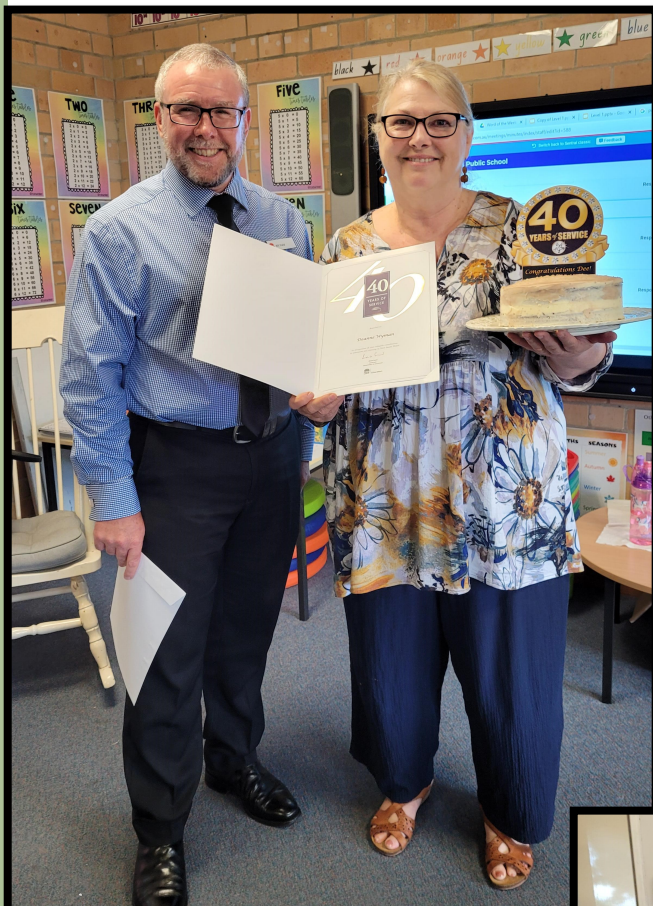


Congratulations

We had a double celebration on either end of the spectrum last week.

Mr Bill Field, who is our Network Director, came out to present Ms Wyman with a certificate to acknowledge 40 years of service with the Department of Education.

This is a huge achievement and we all congratulate Ms Wyman, and thank her on behalf of the many students she has supported and encouraged over those years.



The second celebration was to congratulate Miss Bates for successfully completing her accreditation process that teachers are required to undertake during their first five years of teaching. There is much involved in this process so well done Miss Bates on this achievement.



It's amazing staff like these ladies that make our school such a special place.



From the desk of the Principal

Colour Fun Run

There was cheering at assembly this morning when the Colour Fun Run was announced...THURSDAY 1 APRIL! Information will be coming home today in regards to registering, and there is a class prize for the class that has the most online student profiles by Sunday! Check further in the Newsletter for more details.

Selected High School Testing Information

Year 6 students who have applied for Year 7 placement in a selective high school next year will take their placement test on Thursday 11 March, 9:00am to 1:30pm at Smiths Hill High School, Gipps St, Wollongong. Good luck to those applicants.

Canteen

How exciting that our canteen is open again...as parents sigh with relief now they can have a day off from thinking about what's for lunch! Thank you very much to Erin and her band of volunteers for getting us back up and running.

Given the heightened focus on hygiene I have been checking the guidelines for canteens. It seems we should not have students in the canteen unless they are volunteering, and for them to do this they should be in Stage 3, have parent permission and must wear leather shoes (like they have to in high school when working in the kitchens). However, if you are working in the canteen your child is welcome to come to the door and wait for you, but unfortunately can not enter the canteen. As for pre-school age children, apparently this decision is to be made with the P&C and school, as duty of care for these children lay solely with the parent. I will now work with the P&C to try and clearly work out what our school policy will be so it can be shared. For now we will leave this aspect (pre-school aged children) as is, since we are very aware that it can make it difficult for our volunteers if they don't have child minding...and we really appreciate the time you give for our students.

Last Word



Have a good week!

Rae Redfern

Principal

Sports News

Congratulations to Nate H. who attended the Central Wollongong PSSA **AFL** trials last week and was successful in gaining selection to attend the South Coast Regional AFL Trials. Good luck Nate.





We're holding the *School Fun Run's Crazy Colour Day* as a major fundraising event this year! The event will be held on 1 April. We are really hoping to raise \$9000, which will pay for improving the children's play areas.

Keep your eyes peeled for the sponsorship forms, which will be sent home with your child. Once you have the form, you should sign up for a Student Profile Page at schoolfunrun.com.au. You'll be able to access online fundraising and students who raise \$10 or more online will receive a reward, and the more money you raise the better the reward, and the more you help the school!

We're looking for all students to participate, we're organising a fun last day of term. This year due to the COVID restrictions will not be able to have spectators. However we are after a very limited amount of volunteers to help with the event. If you are able to help please contact Wendy on 0424 866 654 to have your name put down on the list and we will contact you to let you know if you have been selected to help at the event, prior to the day.

If you have any questions about the Colour Fun Run Day please contact the School Fun Run Office on 1800 FUN RUN.

Thanks for supporting the school.






We are very excited to be participating in Clean Up Australia Day this year. All of our classes will be ensuring our beautiful school grounds are kept clean and free from rubbish. Our in school event will held on **Friday 5 March** during school hours.

If you have gardening gloves or a pair of disposable gloves at home, can you please send them with your child on the day. This is so that we can ensure all children will be able to participate in the fun safely.

Miss Petkovska



NSW Department of Education

2021 NSW Premier's Reading Challenge


Start reading now!

Key dates for students in K-10:

- Challenge opens Monday March 1
- Challenge closes for student entries Friday August 20

Artwork by Dr Bronwyn Bancroft

www.premiersreadingchallenge.nsw.gov.au

 NSW GOVERNMENT

FHPS CANTEEN

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

Remember: Flexischool Fridays:
Online orders only

Wednesday 03/03	Wendy Coppola
Friday 05/03	Belinda Monkman & Emma Evans
Monday 08/03	Karen Polhill



Figtree Heights Public Canteen Menu 2021

Making healthy choices



REMEMBER: Flexischool Fridays. Online orders only on Fridays. Thanks for your cooperation.

SNACKS	
Cheese Triangles (1/2 slice)	\$0.30
Popcorn	\$1.00
Grainwaves: Sour cream & chives	\$1.50
Red Rock Deli Chips: Sea salt	\$1.50
Corn Cobette	\$0.50
Slinky Apple	\$1.00

DRINKS	
Bottled Water	\$0.80
Flavoured Milk: Strawberry, choc	\$2.00
Juicee Crush: Orange, Apple, Apple & Blackcurrant	\$1.20
Glee flavoured mineral water: various flavours	\$1.20

FROZEN TREATS	
Frozen fruit cup	\$0.80
Mony (Chocolate & Sour blue raspberry)	\$1.00
Quelch fruit Stick	\$0.50
Juicies Tube	\$1.00

If you need a lunch bag
just send your order in an
envelope and add 30c OR
ORDER ONLINE!



All items will be prepared as described. No changes or substitutions will be accepted. Please do not place our volunteers in a difficult position by requesting.

SANDWICHES & WRAPS	
All sandwiches are served on wholemeal bread. Wraps (+50c) & Gluten free bread (+50c).	
Vegemite	\$1.20
Cheese	\$1.30
Vegemite & Cheese	\$1.50
Cheese & Tomato	\$1.50
Cheese & Salad	\$2.00
Ham	\$2.00
Ham & Cheese	\$2.20
Ham, Cheese & Tomato	\$2.30
Ham, Cheese & Salad*	\$2.50
Side Salad	\$1.50
Any sandwich or wrap toasted	FREE
* Salad consists of Lettuce, Tomato, cucumber & carrot	

HOT FOOD	
Spaghetti Bolognese	\$4.00
Beef Lasagne	\$4.00
Macaroni & Cheese	\$4.00
Beef Pie	\$3.00
Sausage Roll (120g)	\$3.00
Chicken Fingers	\$3.00
Chicken Finger wrap w mayo & salad*	\$4.00
Fried Rice (V, GF)	\$4.00
Chicken Burger W lettuce and Mayo	\$4.00
Beef Burger w cheese, lettuce & tomato	\$4.00
Cheese Burger – beef, cheese & sauce	\$4.00
Baked Beans and Toast	\$3.00
Corn Cobette	\$0.50
Sauce Portion	\$0.20
* Salad consists of Lettuce, Tomato, Cucumber and Carrot	



Place all your canteen orders online with Flexischools

Flexischools is a well-established organisation allowing you to easily place all your canteen orders online at any time.

Download the Flexischools app from the App store or Google Play for details on how to set up your account [How do I register for a Flexischools account?](https://community.flexischools.com.au/s/)

Once registered, you can start placing orders immediately. If you have any questions, please visit our FAQ's <https://community.flexischools.com.au/s/>

We hope this step forward will support families with a more convenient and efficient process of placing canteen orders.

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

Community News



ILLAWARRA STINGRAYS FEMALE FOOTBALL DEVELOPMENT PROGRAM

JOIN OUR NEWLY FORMED: FEMALE FOOTBALL ACADEMY

The Academy will provide a focus on the female game.

Our aim is to support talented young female football players in their transition from local Club, GCL and NPL2 level players to NPLW, W-League and Matilda's. We are the regions highest level of female football and a direct pathway to W-League and Matilda's.

The list of Players raised in the Stingray's nursery, who now represent Matilda's and various W-League teams, is incomparable.

- Legendary striker **Michelle Carney** is club captain.
- Current W-League players in our senior squad include **Caitlin Cooper, Erica Halloway, Danica Matos, Chloe Middleton and Margaux Chauvet.**
- Goalkeeper **Sally James** had a stand out season in 2020 and is currently in the Young Matildas squad.

Norm Boardman - Illawarra Stingrays Girls Football Development Manager. Norm is an A-Licensed Coach, with experience as Head Coach of Western Sydney Wanderers W-League and Macarthur Rams NPLW. Norm will manage all aspects of the Academy along with our team of highly qualified, experienced and current coaching team at Stingray's.

OUR GOAL IS:

- Offer tailored, specific to female, player programs.
- Provide female players access to the highest level of coaching.
- Player reviews will be provided by our Girls Football Development Manager.
- Ease the transition from GSAP to NPL competition.
- Identify and nurture talented female players to progress through the regions pathways.
- Bring a focus to female football & players, by working cohesively with clubs, players & coaches.

Academies will be running during every school term: **Term ONE - 5 Week INTENSIVE PROGRAM**

Day: Wednesday

Dates: March 3rd, 10th, 17th, 24th & 31st

Location: Guest Park, Fairy Meadow

Day: Thursday

Dates: March 4th, 11th, 18th, 25th & April 1st

Location: Albion Oval, Albion Park

Guest Park is the **new** home of Women's Football Development for the Illawarra region.

It is a large playing surface, new lighting & upgraded change room facilities.

7-11 years: 4:45pm

Cost: \$100.00 per player + \$55 Stingray academy uniform

12-15 years: 6:00pm

Cost: \$150.00 per player + \$ 65 Stingray academy uniform

REGISTER AT:

<https://www.illawarrastingrays.com.au/?p=2017>



Free Community Walk

Wollongong 5x5

5km, once a week, 5 weeks.

To celebrate International Women's Day on March 8, we're turning purple and hosting a **weekly walk** from Monday 22nd February to Monday 22nd March.

5x5 is a **free**, non-competitive community walking event for people at all levels of fitness and ability. Participants **walk and talk** over a 5km course (or comfortable distance) one morning a week for 5 weeks.

5 Dates:

- Monday 22 February &
- Monday 1, 8, 15 & 22 March

9am - 11.00am

Stuart Park, North Wollongong

Meet at Corner of Cliff Road & George Hanley Drive.

Register:

gong5x5.eventbrite.com.au

For enquiries: Contact Janne, Healthy Cities Illawarra t. 4283 8111 or e. janne@healthycities.org.au

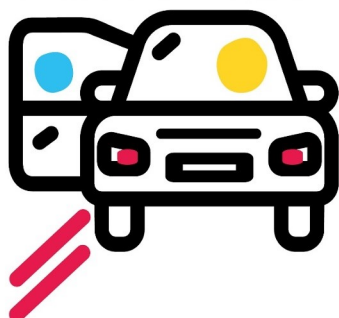
Healthy Cities. Healthy People.



International Women's Day

KEEP TO THE << KERB

GET IN/OUT ON THE LEFT



Vikings Rugby Club, Swan St Wollongong

term 1 touch
@ Vikings RFC



boys & girls
all ages

Wednesdays 5pm - 6pm

commencing 17/2/21

Come and try touch-rugby FOR FREE



MOTHERS & SONS PROGRAM



When: Thursdays, Term 2
29th April- 3rd June 2021, 4pm-6pm
Where: Illawarra Women's Health Centre
2-10 Belfast Street, Warilla
Call: to register your interest with Denika
Thomas on 4255 6800 or 0459 028 972

**A program supporting mothers to raise happy, respectful and connected boys
aged 6-8 years old**

What happens?

The program is run by a female and male facilitator over six weekly sessions, two hours in length. The first session is attended by the mothers only, while the five remaining have both mothers and their sons, sometimes working together and sometimes doing separate activities all aiming at providing information and tips on how to integrate information into the family's life.

The sessions explore the role of the mother and where parenting skills and ideas come from; emotion regulation; the importance of male role models in a son's life and what masculinity means today. As a group we focus on the developing of a strong, enduring and positive connections between mothers and sons and healthy relationships beyond the family sphere.

Mothers have been asking how they can connect, understand and support their son's development emotionally. How to parent a young boy as a mother and how to raise a respectful boy into a respectful man.

As there are no programs like this in Australia, we developed our own (called Mothers and Sons Program!). It is specifically designed for boys 6-8 years old, as research tells us this is the critical time to teach boys around emotional regulation and respectful behaviour.

Please note this program is not a therapeutic behavioural change program. It is information sharing and support. Limited child minding will be offered.

Why a Mothers and Sons program?

"After attending the program my son and I have been able to communicate better"

Mother of a 6yo son.



TWILIGHT TRAINING BIKE WORKSHOPS 2021

YOUTH 8 to 14 YEARS – LEARN AND PERFECT YOUR RIDING SKILLS

Join our skills and safety workshop which includes a short return trip cycleway ride

WEDNESDAY 10 MARCH, 4.30 - 6pm

Corrimal Beach Reserve, Lake Parade Corrimal

WEDNESDAY 17 MARCH, 4.30 - 6pm

Lakeside Reserve, Lakeside Drive Karahooka

Participants must be able to ride independently to participate (no training wheels). Participants must be accompanied by an adult. BYO Bike in good working condition, covered shoes & helmet.

Presented by



**Covid safe event. Limited spaces available,
bookings essential: www.wollongong.nsw.gov.au**

For more information, contact Council's Road Safety Officer on 4227 7111
or rs0@wollongong.nsw.gov.au



wollongong
city of innovation



YOU'RE INVITED TO THE GREEN CONNECT 2021

COMMUNITY DAY

Come join us to celebrate the start of another big year and the opening of three exciting new areas at the Green Connect Farm



Farm and Education hub

Proudly funded by
The Ian Potter Foundation and
Westpac Foundation



Children's Garden

Proudly funded by the
NSW Government through the
My Community Project fund



Entrance Garden

Proudly funded by
Bohmers Tree Care

+ FUN ACTIVITIES FOR THE WHOLE FAMILY: Self-guided tours of the farm, Scavenger Hunt, Early Start Discovery Space play area, Op Shop stall, Coffee van, Bake sale



WHERE

GREEN CONNECT FARM
Entry via 6 Anna Ave, Warrawong

ENQUIRIES

enquiries@green-connect.com.au
www.green-connect.com.au



COST

BY DONATION
Suggested: \$5.00 per person

ZERO WASTE

This is a zero waste event. Please bring
your own reusable mug/cup



BOOKING

BOOKINGS VIA OUR WEBSITE
green-connect.com.au/visit/community

THIS IS A COVID SAFE EVENT

To maintain social distancing,
please choose an entry time;
9:30am, 10:00am & 10:30am arrival

**GREEN
CONNECT**

MORE JOBS • LESS WASTE • FAIR FOOD

Experience the Green Connect farm for yourself!

FAMILY FARM TOURS



Join us for an authentic, sensory farm experience and learn how we work with nature to grow chemical-free produce.

Our 60-minute family farm tours are fun and interactive for the whole family! We'll get hands-on as we explore our 11-acre permaculture farm, including the market gardens where we grow the majority of our produce. We'll also be on the look out for our free-range sheep, goats, pigs, and chickens, to offer a tasty snack.

Eight years ago, our vision was to turn a steep block of unused land in Warrawong, into a thriving farm. Today the farm produces fruit, vegetables, herbs, eggs, honey, and free-range meat using organic principles. As well as growing fair food, the farm creates jobs for young people and former refugees.

Last year, Green Connect grew and distributed 35,250kg of chemical free food and employed 144 former refugees and young people.

BOOK
ONLINE

[green-connect.com.au
/visit/farm-tours](https://green-connect.com.au/visit/farm-tours)



Our Family Farm Tours run during School Holidays and one Sat per month in the school term, check our website for tour dates.

To find out more phone **(02) 4243 1537**
email activities@green-connect.com.au



**GREEN
CONNECT**

MORE JOBS • LESS WASTE • FAIR FOOD

Nutrition Snippet

WHAT IS THE HEALTHY LUNCH BOX?



A one-stop-shop for everything you need to know about packing a healthy lunch box.

Here's what you'll find on the website:

- Interactive lunch box builder that helps parents and kids plan and pack a healthy lunch with foods they like.
- Lots of quick and easy recipes and snack ideas.
- Informative blogs about healthy eating for the family.
- Sign up to receive the Healthy Lunch Box e-newsletter for ideas, updates and recipes.

Sunsmart Snippet

Slip on protective clothing



Clothing is an easy way to create a barrier to UV

Choose clothing that:

- Covers as much skin as possible
- Is made of tightly woven fabric
- Is a dark colour.

