

Learn to Live

Term 2, Week 6 (7th June, 2019)

Important Dates:

Please mark these dates on your calendar

JUNE 2019

Mon 10	Public Holiday
Mon 17	Community of Schools Showcase Rehearsal
Fri 21	Community of Schools Showcase

JULY 2019

Mon 1	Parent Teacher Interviews
Thu 4	Pulse Choir
Fri 5	Last day of Term 2

TERM 3 - JULY 2019

Mon 22	Staff Development Day
Fri 26	Athletics Carnival
Tue 30	Evening Resilience Workshop
Wed 31	Kindy Parent Evening Session 1

AUGUST 2019

Wed 7	Group A Kindy Transition
Wed 14	Group B Kindy Transition
Mon 19	C.A.R.E.S. (Year 4)
Tue 20	C.A.R.E.S. (Year 4)
Wed 21	Group A Kindy Transition
Wed 28	Group B Kindy Transition

SEPTEMBER 2019

Fri 6	Zone Athletics Carnival @ BISP
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thank you 😊

Mrs Langworthy would like to thank the Bishop family for their generous donation to the Kitchen/Garden program. It was very much appreciated and will keep us going all term.



Principal: Mrs C Frith

Assistant Principal Stage 1: Mrs N Bridges, Mrs K Carter (Relieving)

Assistant Principal Stage 2: Mrs K Jansons

Assistant Principal Stage 3: Mr P Earl

Notes Home

- ◆ Community of School Showcase
- ◆ Sorry Day and Reconciliation Week
- ◆ Hand, foot and mouth disease alert
- ◆ Kitchen Garden - 3/4Z, 3/4J, 4/5S



**REMINDER: School banking
Friday mornings at 8:30am**

Assembly Dates

**** NEW TIME ****

Fridays commencing 2pm

TERM 2

21st June	K-2 Assembly
28th June	3-6 Assembly
5th July	K-6 Assembly

School Activities Update



Kitchen Garden Classes - Term 2

Monday - 3/4Z - 9:20am, 3/4J - 11:30am, 4/5S - 12:50am

Sport Days - Fridays

K-2 (9.55 - 10.55)

3-4 (12.25 - 1.25)

5-6 (1.55 - 2.55)



PE Days (sports uniform)

Tuesday: 2/3C, 3/4J, 3/4Z, 4/5S

Wednesday: KC, KW, K/1J, 1/2G, 1/2H, 1/2S, 5/6P, 5/6S, 5/6T

Library Days

Tuesday: 3/4Z, 3/4J, KW

Wednesday: 5/6S, 5/6P, KC

Thursday: 2/3C, K/1J, 5/6T

Friday: 1/2G, 4/5S, 1/2S, 1/2H



Music

Monday: KW, 1/2S, 3/4Z, 3/4J

Tuesday: KC, 5/6P, K/1J, 4/5S

Wednesday: 1/2H

Thursday: 1/2G

Friday: 5/6T, 5/6S, 2/3C



Choir

3-6: Sopranos Tuesday 8:00am, Altos Thursday 8:00am in the Main Hall

K-2: 8:15am Thursdays in the Music Room

Grose Road, Faulconbridge NSW 2776

PO Box 249, Springwood 2777 **Phone:** 4751 2208 **Fax:** 4751 3933

Website: <http://www.faulconbri-p.schools.nsw.edu.au/>

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

Access student portal: <http://portal.det.nsw.edu.au>

Principal's Report

Dear Parents and Caregivers,

BIKES AND SCOOTERS AT SCHOOL

We have several students who ride bicycles and scooters to school. I have requested that students dismount their bicycles and scooters at the gate as they enter the school, as our quad playground area is very crowded in the mornings. Similarly, in the afternoon, it is safer for the students to walk their bicycle or scooter to the gate before mounting it. I would appreciate your support in reinforcing this request with your child if they ride to school. It is important to remember that young children should not ride their bicycle/scooter unsupervised as a child's peripheral (sideways) vision does not fully develop until around the age of 8.

I have included in this newsletter advice from the NSW Centre for Road Safety regarding children riding scooters and bicycles:

- Foot scooter, skateboard and rollerblade riders should always wear an approved helmet, properly fitted and fastened, as well as protective pads on their knees and elbows.
- **Bicycle helmets with a standards approved sticker, properly fitted and fastened provide the best head protection.**
- Remind your child to be considerate of pedestrians. Your child should keep to the left and ride in a courteous manner that does not cause other road users to react suddenly. They need to slow down or walk in busy areas.
- Your child will be more visible wearing bright, light coloured or reflective clothing. They should ride in a safe place off-road and away from vehicles and driveways.
- Your child should avoid using foot scooters, skateboards and rollerblades in car parks and on roads.
- Until they are at least 10 years old, your child should ride off-road away from vehicles and driveways. While your child may learn skills such as balancing, pedalling and steering quite easily, they are still learning skills that help them to judge speed, distance and the direction of sound. Your young child will often ride with their head down, concentrating on pedalling, not the environment around them. Your child needs ongoing adult help in safe, off-road locations to gradually develop all their skills.
- Your older child may want to ride to and from school. This helps to ease traffic congestion, reduce your carbon footprint and promotes physical activity. Consider whether the infrastructure in your area supports your child riding safely to school. Also, check with your school about their guidelines for students riding to and from school. The Roads and Maritime Services website has more information on [safe cycling](#) across NSW.
- **Children between 10 and 12 should ride away from busy roads.**
- **Children under 16 and adult riders accompanying and supervising them may ride on the footpath, unless there are signs specifically prohibiting cycling.**
- When riding on the footpath, cyclists must keep to the left and give way to pedestrians. On shared paths, riders are encouraged to leave a metre of space, where possible. Your child also needs to take special care at driveways where vehicles may be driving in or out.
- Plan your route using quieter streets, bicycle paths or shared paths, if possible. At intersections, your child and adult riders accompanying them, must dismount and wheel the bike and cross the road as a pedestrian.
- See safetytown.com.au

CHILDREN ARRIVING AT SCHOOL BEFORE 8.25AM

Staff members are concerned that a number of children are arriving at school before teacher supervision commences at 8.25am. I too have noticed quite a few children at school when I arrive at approximately 7.30am in the morning. The school's supervision roster starts from 8:25am. There is no adult staff available to ensure the safety of children in the playground prior to that time.

We understand that many parents have commitments at work which require them to leave before 8:25am. However, there is available within the school a Before and After School Care service which operates from 6:00 am every school morning. Alternatively, you may be able to make arrangements with friends or neighbours for the supervision of your children. Some families in the school with working parents take turns to take each other's children to school. As well, many employers will be sympathetic to parents with responsibilities for caring for children and will allow some flexibility in parents working hours.

Whatever arrangements you make, you need to understand that you remain legally responsible for the child prior to 8.25am when supervision begins. I would therefore ask that no children are left unsupervised at the school prior to this time.

PARENT TEACHER INTERVIEWS

Parent Teacher Interviews will be held in Term 3, Week 1. Information will be sent out later this term to book online.

Principal's Report Continued...

UNIFORM:

The weather took a very cold turn this week, after a very mild month of May. It is wonderful to see our students looking smart in their school uniforms. Students should be wearing their **winter** uniforms as the weather has started to cool down. I am pleased to see so many parents/carers encouraging their children to wear their uniforms with pride. The uniform strengthens the team ethic and allows all students to take pride in the way they present each day.

LOST PROPERTY:

It goes without saying, clothing is costly to replace so it is essential we all try to eliminate this unwarranted expense for families. As the colder weather approaches it is wonderful to see children wearing uniform jumpers. We do however seem to accumulate a collection of misplaced clothing each day. This can be avoided when children have their names clearly marked on their property, so items can be returned easily. Please label all jumpers, jackets, hats and personal possessions with a permanent marker and every effort will be made at school to reunite jumpers with students.

Please also check the lost property area near KS if you child is missing any items such as lunch boxes, drink bottles and hats.

STUDENT INFORMATION UPDATE:

We are always updating our system here at school and we are finding that some of the information we have is not current and needs our urgent attention. I ask you to send in, where necessary:

- change of phone numbers,
- contact details, address,
- emergency contacts
- doctor's details.

We need to have all the relevant information if something was to happen. You may also want to include other important details in a letter stating extra medical information, plans for an asthma attack or custody details (along with accompanying papers of proof) or anything you feel is important for our school to know about your child. I assure you that all matters are dealt with in the strictest of confidence. These records are not shared with anyone outside of the school or outside of the staff. If there is an emergency of some sort within the school, we want to be able to contact you as quickly as is possible. Your assistance in this matter is greatly appreciated.

OUR P AND C

Our school is lucky enough to have a very active P&C association. There are many facets to the role of the P&C including uniform shop, student banking, lost property, gardening and café.

Our P&C welcome new members to get involved in their activities, especially our parents who are new to the school. In particular, we would love a volunteer or two to assist with gardening club on a Friday, as one of our volunteers is no longer able to continue. Please go to the P&C website to find out more <https://www.fpspandc.org.au>

STAGE 3

Mr Earl is currently on leave and Mr Smith will be relieving as Assistant Principal for Stage 3 for the next couple of weeks. Please direct any enquiries regarding Stage 3 to Mr Smith during this time.

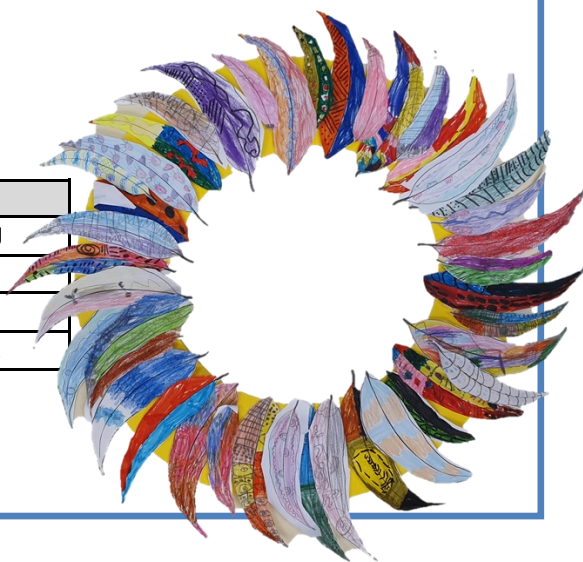
We look forward to welcoming Mr Earl back to school on 20 June.

CUB AWARD MORNING TEA:

Congratulations to our Cub Award winners for 2019:

		Safe	Respectful	Learner
Term 2	K-2	Amelia F - K/1J	Ana K - 1/2S	Amelia F - K/1J
Week 5	3-6	Chloe W - 3/Z	Koby M - 2/3C	Zach M - 3/4J
Term 2	K-2	Brady Z - KC	Cameron S - K/1J	Violet L - KW
Week 6	3-6	Jack S - 5/6P	Summer L - 5/6T	Ethan H - 2/3C

Mrs Carol Frith
Principal



NATIONAL RECONCILIATION WEEK 2019

27 MAY - 3 JUNE

During our last assembly, students took part in a special ceremony to reflect on Sorry Day and Reconciliation Week. Students laid wreaths as a mark of respect for members of the Stolen Generation.



NATIONAL RECONCILIATION WEEK 2019

27 MAY - 3 JUNE



GOLDEN BEAR AWARD



Presented to:

TERM 2

WEEK 5

KC	Amelie A	Being a safe, respectful learner at all times in KC
KW	Eloise S	Always modelling safe, respectful learner behaviour. Well done
K/1J	Jaxon C	Being a safe, respectful learner in the classroom and play-ground
1/2G	Hugh L	Consistently applying himself in all areas
1/2H	Connor W	Being a safe, respectful learner always!
1/2S	Joshua D	His continuous effort in writing
2/3C	Bronson M	Being a motivated and independent student with a great love of learning
3/4J	Abigail C	Consistently being a safe, respectful learner
3/4Z	Miah T	Being a safe, respectful learner
4/5S	Owen J	Being a polite and respectful member of 4/5S
5/6P	Niklas O	Consistent focus and improvement in all subjects
5/6S	Matilda B	Consistently being a safe, respectful learner
5/6T	Kayla W	Being a focused and motivated learner





Wellbeing Week - Week 7

Mon 10th June- Friday 14th June

To support the wellbeing of our students and staff we are encouraging a week of 'wellbeing' next week. Students will be focusing on mindfulness activities during our wellbeing block and no formal homework will be set. All students are encouraged to use the extra time to do something for their own wellbeing.

Some ideas include:

- Take a walk outside
- Colour in
- Read a book
- Cook something
- Go for a bike ride
- Catch up with a friend
- Water the garden
- Whatever makes YOU feel good!

The staff are even joining in with a yoga session in place of one of our meetings!

Students: Send in a picture of YOU doing something for your wellbeing and it might get published in our next newsletter: faulconbri-p.school@det.nsw.edu.au

Second Step®

Second Step Program

We want your child to be as successful as possible at school. Success in school is not just about reading and math. It is also about knowing how to learn and how to get along with others. We are using the *Second Step* program in your child's classroom to teach these critical skills.

The *Second Step* program teaches skills in the following four areas:

1. **Skills for Learning:** Students gain skills to help themselves learn, including how to focus their attention, listen carefully, use self-talk to stay on task, and be assertive when asking for help with schoolwork.
2. **Empathy:** Students learn to identify and understand their own and others' feelings. Students also learn how to take another's perspective and how to show compassion.
3. **Emotion Management:** Students learn specific skills for calming down when experiencing strong feelings, such as anxiety or anger.
4. **Problem Solving:** Students learn a process for solving problems with others in a positive way.

Your child will be learning a lot this year—and he or she will need your help! Throughout the year, via our school website you will have access to Home Links that go with several of the *Second Step* lessons. Home Links are simple, fun activities for you and your child to complete together. They are a great way for you to understand what your child is learning and for your child to show you what he or she knows.

Home Links can be accessed via our school website. Click on the **Second Step** link (in the blue banner) and follow the directions to access the Home Link lessons for your child's class.

second step®

for
Early Learning
through
Grade 8

Skills for Social
and Academic
Success



SAMPLE LESSONS,
VIDEOS, AND MORE! >>



Community of Schools Creative & Performing Arts Showcase

An evening showcase of outstanding student talent in Music, Art, Dance and Drama by
Springwood Public, Faulconbridge Public, Lawson Public School, Springwood High School.



Tickets: \$5 adults
\$15 for 3 or more seats
Primary school children free

Friday 21st June
6:30pm - 9pm
at Springwood High School

Please contact Springwood High School on 4751 2111 for further details



Year 6 Fundraising Committee

INVITATION



Day: Wednesday

Date: 26th June

Time: 3.15-3.45pm

Where: Library

This initial meeting will be an opportunity for us to share some fundraising ideas and discuss the Year 6 Farewell





Junior
SCIENCE ACADEMY

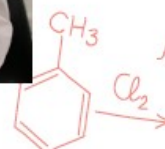
BLAST OFF INTO THE WORLD OF SCIENCE AT MACQUARIE UNIVERSITY

Join our exciting science programs for Years K-6 during the school holidays

With more than 50 classes available in July 2019, you're bound to find a class you will love!

Now includes Robocamps (Years 1-4): Legobots, Space Robots and Medieval Mayhem.

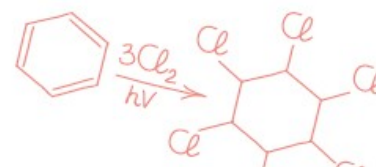
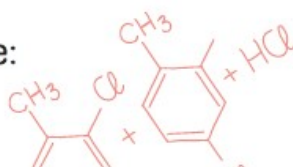
- Class topics include learning about dinosaurs, volcanic eruptions, DNA, how to analyse blood for diseases & why animal poop is so fascinating!
- Our courses are designed to teach scientific concepts through experiments, art, drama, physical activity, craft & other hands-on activities.
- New courses are always added & all-time favourites are rotated each school holidays.



Creative Kids vouchers (value \$100) can be claimed for any robotics class. Apply through ServiceNSW for your child's voucher.

Drop off	8.30am - 9.30am
Activities	9.30am - 4.30pm
Pick-up	4.30pm - 5.30pm
Cost	\$126.50

Want more information? Visit our website:
mq.edu.au/about/holidays



SWOT

SPRINGWOOD WORLD OF TENNIS

Andrew McLeod

Accredited Club Professional NSW TCA
Coach

Previously coached in USA and Germany

Qualified PDHPE Teacher

GROUP & PRIVATE LESSONS

ALL AGES - beginners to elite players

SCHOOL HOLIDAY COACHING CLINICS

PRO SHOP, RACQUET SALES & RESTRINGING

Phone: 4751 5383

Mobile: 0416 083 472

Email: springwoodworldoftennis@hotmail.com

SPRING ST, SPRINGWOOD

PO BOX 473, SPRINGWOOD NSW 2777



Nutrition Snippet

The simplest way

... to make vegies easy to eat.

Eating 5 serves of vegetables and 2 serves of fruit each day doesn't need to be a chore. It's easy to reach these targets if you spread your fruit and veg out throughout the day.



Breakfast: Start your vegie intake in the morning with avocado or baked beans or tomato on toast

Morning tea: try some [zucchini slice](#) or wholegrain crackers and hummus.

Lunch: Include some salad with lunch. Try our tasty [salad recipes](#).

Afternoon tea: have your favorite piece of fruit.

Dinner: Try our delicious vegie filled [recipes](#).

Dessert: Berries and yoghurt or [healthy apple crumble](#).

healthylunchbox.com.au