

## Learn to Live

Term 1, Week 6 (8th March, 2019)

### Important Dates:

Please mark these dates on your calendar

#### MARCH 2019

<b>Tue 12</b>	AFL Auskick (after school clinic) 3:15—4:15pm on the oval
<b>Tue 12</b>	Regional Swimming Carnival
<b>Thu 14</b>	AFL Paul Kelly Cup @ Summerhayes Park Winmalee
<b>Tue 19</b>	AFL Auskick (after school clinic) 3:15—4:15pm on the oval
<b>Wed 20</b>	Community Communication Meeting 7-8pm
<b>Fri 22</b>	Ride 2 School Day

#### APRIL 2019

<b>Fri 5</b>	Pedlar's Fair 10am—12:30pm
<b>Tue 9</b>	Responsible Pet Program (K-2)
<b>Fri 12</b>	Last day of Term 1

#### MAY 2019

<b>Thu 9 to Fri 22</b>	Book Fair in the Library
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#### JULY 2019

<b>Thu 4</b>	Pulse Choir
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#### AUGUST 2019

<b>Mon 19</b>	C.A.R.E.S. (Year 4)
<b>Tue 20</b>	C.A.R.E.S. (Year 4)

**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



- ◆ *Mother's Day Stall (P&C)*
- ◆ AFL Paul Kelly Cup (selected students only) Amended note with venue change training information

### Assembly Dates

Fridays commencing 11.30am

#### TERM 1

8th March	K-2 Assembly
15th March	K-6 Assembly
22nd March	3-6 Assembly
29th March	K-2 Assembly
12th April	K-6 Assembly

### School Activities Update

#### Kitchen Garden Classes - Term 1

Monday - 5/6S, 5/6P, 5/6T

#### 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, 5/6T

#### 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 (Selected Students Only)

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

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



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](mailto:faulconbri-p.school@det.nsw.edu.au)

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



## Principal's Report

Dear Parents and Caregivers,

### Community Communication meeting for term 1

Our first Community Communication meeting is planned for Wednesday 20<sup>th</sup> March at 7pm in the library. This is an opportunity for you to hear about the new programs we are introducing to students this year:

- Getting Reading Write (Synthetic Phonics) for K-2
- Words Their Way (Spelling) for 3-6
- Wellbeing Groups for K-6.

Please come along to find out what is happening in our classrooms.

### Bikes and Scooters at school.

If your child/ren rides their bike or scooter to or from school, we ask that they do not ride within the school grounds. The quad area is particularly busy in the afternoon, and walking your bike or scooter to the school gate helps to keep everyone safe. Likewise, children should dismount bikes and scooters at the school gate and walk them in to bike racks.

### Cyber Safety Reminder

In the broader community there have been concerns raised about children's access to sites and apps, which include inappropriate content and unwanted pop-ups. With this in mind, the advice below is provided for parents.

Be cyber-aware:

- regularly monitor what they are looking at on the internet and on social media sites and do what you can to reduce their exposure to inappropriate content;
- place the computer or device in a common area of the house, so your child is less likely to try and access inappropriate web sites or use social media sites inappropriately; and
- consider using content filters to help control what your child can access.
- Encourage open and honest discussion at home – encouraging your child to learn about and understand other points of view is a valuable life skill. If you stop discussion about topics that you are uncomfortable with, for example religion, politics, racism, drugs, extremism or terrorism, your child may find it even more interesting and may try to find information without you knowing. This could lead them to inaccurate information.
- Be a role model – modelling positive, respectful relationships, positive ways to show emotions and how to apply objective thinking skills are valuable life skills for your child.

### HELP FOR PARENTS TO KEEP THEIR CHILDREN SAFE ONLINE FROM THE OFFICE OF THE CHILDREN'S eSAFETY COMMISSIONER

The Commonwealth Government's Office of the Children's eSafety Commissioner has developed a resource for parents – iPARENT – which is designed to help parents learn how to be safe and secure with the connected devices in their children's lives.

iPARENT – found at <https://www.esafety.gov.au/education-resources/iparent> - provides facts and stats about Australian children online, managing technology in the home and strategies used by parents to keep children safe online.

A Parent's guide to online safety can be downloaded from the site and a range of useful information is available. For example parents can access information about cyberbullying including:

- how to talk to your child;
- a parent's guide to responding to cyberbullying;
- what to do if your child is being cyberbullied or cyberbullying others; and
- sources of professional support and help.



## Principal's Report Continued...

Information is also available for parents about unwanted contact, inappropriate, offensive or illegal content.

The Department of Education also has a cyber safety resource for parents on its website – Raising Good Digital Citizens which is accessible at: <http://www.schoolatoz.nsw.edu.au/en/technology/using-technology/raising-good-digital-citizens>.

### Road Safety lessons in Term 1

During Term 1 we are focusing on Road Safety lessons for all students. This is part of the safety strand of the PD/H/PE curriculum. This is particularly important given the parking and traffic issues around the school. We have had a couple of 'near misses' which could have ended quite differently. We are continuing to pursue the traffic issues with Blue Mountains City Council and we have had Councillors visit both before and after school to see for themselves the issues for our school community.

Paramount in this is the safety of all students when arriving and leaving school. Please reinforce with your child/ren the need to use the crossing at the front of the school and to stick to footpaths where possible.



### IMPORTANT ROAD SAFETY REMINDER FOR PARENTS AND CARERS

It is important to remember when walking near roads, on footpaths, near driveways and in car parks always:

- **Hold your child's hand.** Until they are at least 8 years old children need to hold an adult's hand. Until they are at least 10, children should be closely supervised by an adult and hold hands when crossing the road.
- **Talk to your child about road safety.** Talk about how to be safe when near roads.
- **Be a good role model.** When we do the right thing we reinforce positive safe behaviour for our children.
- **Point out road safety dangers and differences** in new environments. Roads, footpaths and pedestrian facilities may look different in different areas.

**The best way to keep your child safe on or near the road is to hold their hand.**

**Talk with your child daily about road safety.**

**Remind other adults and carers about this too.**

You can find out more at [Transport for NSW](http://roadsafety.transport.nsw.gov.au/stayingsafe/children/pedestriansafety.html).

<http://roadsafety.transport.nsw.gov.au/stayingsafe/children/pedestriansafety.html>

### Cub Award Morning Tea

Congratulations to our Cub Award winners for 2019:

		Safe	Respectful	Learner
<b>Term 1</b>	<b>K-2</b>	Felix K - 2/3C	Max L - KC	Nico F - KC
<b>Week 5</b>	<b>3-6</b>	Zach M - 3/4J	Erin D - 3/4J	Matthew C - 3/4J
<b>Term 1</b>	<b>K-2</b>	Lochie C - KW	Brady W - KW	Leyton A - 1/2S
<b>Week 6</b>	<b>3-6</b>	Jacque S - 5/6S	Bowen B - 5/6S	Owen J - 4/5S

Mrs Carol Frith

Principal



## **SWIMMING CARNIVAL REPORT**

Thank you to every parent volunteer and staff member who assisted at this year's swimming carnival – without your support this event would be extremely difficult to manage. It was a long day by the pool and you all went above and beyond to ensure that the day ran smoothly for our students. Thank you also to the parents and family members who encouraged the swimmers; also to the students who swam and those who cheered.

### **Swimming Age Champions:**

<b>Juniors</b>	Ethan H	Eliza B
<b>11-years</b>	Jayden S	Zara N & Kiah S
<b>Seniors</b>	Oscar M	Krystal W

### **District Swimming Carnival:**

I would also like to congratulate the children who represented Faulconbridge Public School at the District Swimming Carnival. We finished 5th overall and had 3 students make it through to the Regional Carnival on the 12th of March at Sydney Olympic Park Aquatic Centre. Best of luck to Krystal W, Eliza B and Ethan H.

Mr Earl







## You're Invited!

### Community Communication Meeting

Wednesday, 20<sup>th</sup> March

7pm in the library. Concludes 8pm.

#### Agenda

- Introduction to 'Words Their Way' spelling program 3-6 2019
- Introduction to 'Get Reading Right' synthetic phonics program K-2 2019
- Introduction to 'Wellbeing Groups' a K-6 program 2019

✂-----

**Return to the school office:** Attention Mrs Jansons

Yes, I will be attending the community communication meeting on Wednesday, 20<sup>th</sup> March.

Name: \_\_\_\_\_

Number of people attending: \_\_\_\_\_



# Faulconbridge Public School

# PBL Award

TERM 1

WEEK 5

Presented to:

3-6 Assembly

2/3C	Ethan H	Showing lots of enthusiasm and thoughtfulness during our class discussions
2/3C	Oscar T	Putting in lots of extra effort and care with his work
3/4J	Elka L	Taking care of our class environment
3/4J	Tilly W	Always being willing to 'have a go'
3/4J	Sam W	Being brave when facing uncomfortable situations
3/4J	Ethan T	Taking on challenges in Writing
3/4Z	Gemma W	Hard work in writing
3/4Z	Jack R	Always being safe and following school rules
3/4Z	Ben E	Great Writing
3/4Z	Alina B	Excellent effort in Writing
4/5P	Ashleigh D	Being a safe, respectful learner across all areas
4/5P	Oscar T	His exceptional attitude toward learning
4/5P	Emma G	Being a helpful and caring member of 4/5S
4/5P	Lucas N	Being a keen and enthusiastic learner
5/6P	Emily G	Taking creative risks in writing
5/6P	Oscar M	Working hard and staying focused in all areas of study
5/6P	Bailey C	Taking creative risks in his imaginative writing
5/6P	Marissa B	Consistent effort and improvement in all areas
5/6S	Jessica B	An enthusiastic approach towards Mathematics
5/6S	Lochlan W	Being a hard-working learner in Mathematics
5/6S	Francis D	Consistently demonstrating respectful behaviour
5/6S	Benjamin K	Taking on stage 3 responsibilities with commitment
5/6T	Jayden S	Becoming a settled and focused student in class
5/6T	Jasmine V	Being a mature and sensible student
5/6T	Kayla W	Working with enthusiasm in writing activities
5/6T	Abigail M	Always displaying respect when working and speaking with others



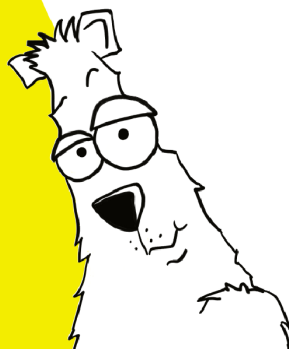
# Faulconbridge Public School

# PBL Award

**TERM 1**

**WEEK 6**

**Presented to:**



**K– 2 Assembly**

KC	Benjamin M	Being respectful: Always talking politely and using good manners
KC	Evander S	Being a learner: Doing his best to write his name
KC	Amelie A	Being respectful: Always talking politely and using good manners
KC	Nico F	Being a learner: Always participating and doing his best
KW	Madison W	Being a learner. Always taking the time to produce neat work
KW	Evie C	Always modelling respectful behaviour in both the classroom and playground
KW	Benjamin R	Being a learner. Developing his ability to segment and blend words
KW	Jayden K	Being a learner. Making great improvements with his name writing
K/1J	Emrys N-K	Being a learner by always doing her best
K/1J	Luella M	Being respectful by talking quietly and having good manners
K/1J	Chelsea Z	Being a learner by listening and following instructions
K/1J	Henry W	Being respectful by playing fairly and by the rules
1/2G	Ned S	Excellent effort in all areas
1/2G	Yanni G	Always being a respectful student
1/2G	Ava W	Persisting with her writing
1/2G	Aurelia J	Always being a safe and enthusiastic learner
1/2H	Elvis A	For being a learner in writing
1/2H	Henry C	For having a go in writing
1/2H	Nicholas W	Developing his skills of resilience
1/2H	Jorja W	Always demonstrating respect
1/2S	Amalee W	Being a respectful learner in the classroom
1/2S	Nicholas C	Giving incredible answers during class discussions
1/2S	Imogen A	Always having a positive attitude towards her learning
1/2S	Marshall P	Writing two pages independently on the importance of water
2/3C	Alexander M	Making a conscious effort to complete his work to a high standard
2/3C	Bronson M	Setting a great example for our class by always putting in 100% effort in his work





# Faulco PS P&C

**President: Louise Loomes**

**Web: [www.fpspandc.org.au/](http://www.fpspandc.org.au/)**

## **Faulconbridge Public School Parents and Citizens**

Your Parents and Citizen's Committee - P&C - is a group of people from the school and local area who are passionate about your child's school.

Our goals are to engage the local and school community in school events and educational outcomes. It has been shown that the greater the level of carer participation in a child's school and schooling the better the outcomes for the child. To that end, the school and the school P&C attempt to create events that bring the community together in education. The P&C create fundraising events that provide community connection and participation. The Blackboard Cafe is a wonderful way to be at school, meet with teachers and other parents as well as children's peers in a relaxed and social setting. The Blackboard Cafe is operating again this year each Wednesday and Friday from 8.30am. Come along for a coffee and catch up or even join the team and help deliver a great service to our school community.

But not everyone can attend the school of a morning.

So other events include the Twilight Markets, Colour Run and parent day stalls. We also contribute to the school by running the banking program and the uniform shop. We welcome everyone's contribution - big and small.

We meet every third Monday night at 7pm in the school library. Please come along and join the discussion about our school - all welcome!

I would like to extend a very heart-felt thanks to the outgoing members of the P&C Committee for their many years of service. Jacqui Hyslop and Lauren Harris have made outstanding contributions to the committee and will be missed but both hand the reigns to a wonderful group all determined to continue the great work.

Keep posted here or at FPSP&C on Facebook for all the latest news.

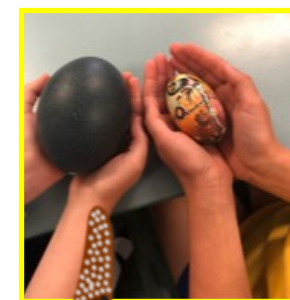
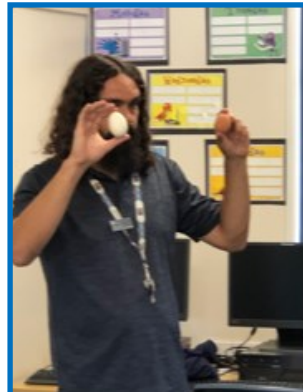
We look forward to meeting you.

Louise Loomes,

President



# Sharing Aboriginal Culture and Knowledge with 5/6T





# 3/4J Pirate Artwork



ARGH!





# BLUE MOUNTAINS *BAT NIGHT*



BLUE MOUNTAINS CULTURAL CENTRE  
30 Parke St, Katoomba - Coles carpark



## The simplest way

... to swap a packet of chips

Chips are high in saturated fat and salt, are not very filling and do not contain the nutrients needed to fuel your kid's for the school day.



### SWAP chips FOR:

- Plain popcorn
- Plain rice crackers
- Dry roasted chickpeas
- Baked pita bread triangles
- Baked veggie chips

For more snack ideas, swaps and recipes visit our website.

[healthylunchbox.com.au](http://healthylunchbox.com.au)

## Mental Health First Aid YOUTH

Adults, learn how to support young people who may have a mental health concern or be in a mental health crisis.



**Date:** Thursday 28th March and Thursday 4th April 2019

**Time:** Day 1 Registration 8:30am-9am.

Course from 9am-5pm both days.

**Venue:** Staff Common Room, Springwood High School, Grose Rd, Faulconbridge.

**Cost:** \$95 (waged) \$40 (Unwaged). Cash on the day or invoicing by prior arrangement

**RSVP:** By March 26th by contacting Principal Master MHFA Instructor Jane Armstrong on 0422 363 912 or by email [ommanepadmehum55@hotmail.com](mailto:ommanepadmehum55@hotmail.com)

Morning tea and afternoon tea provided but please bring your own lunch.

Find out more about MHFA: [mhfa.com.au](http://mhfa.com.au)



MENTAL HEALTH FIRST AID Australia

Proudly supported by:



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# THINK CLUB

EXPANDING YOUNG MINDS

Think Club Australia provides experiential workshops for the inquisitive, problem-solving, creative and capable primary school child. Our one day, hands-on workshops are enjoyable, fun and interesting.

**TUESDAY 16th & WEDNESDAY 17th APRIL 2019**

9am – 3.30pm, Sydney Boys High School, Moore Park, Sydney, NSW

For more information or to register visit [www.thinkclubaustralia.com](http://www.thinkclubaustralia.com)

**Create something great  
Claim your \$100 Creative  
Kids voucher today**

[service.nsw.gov.au](http://service.nsw.gov.au)



As a registered provider for the Creative Kids program, you can redeem your voucher with us and let your child develop new skills. Enrol them in a new activity so they can create something great.

Springwood East Timor Support Group  
**INVITATION**

**20th Anniversary**  
*Trivia Night*

To aid educational and  
medical initiatives  
in Timor Leste



**Saturday 18th May 2019**

7.00pm for 7.30pm start

**St Thomas Aquinas School Hall**

168 Hawkesbury Rd, Springwood

*'You are invited to dress in the Timor Leste  
colours of red, yellow, black and white.'*

*Come, join the celebrations.'*

Tickets available from:

Pam Gorman: 02 4754 1160 Email: [chrispamgorman@optusnet](mailto:chrispamgorman@optusnet).

BYO nibbles & drinks  
Sausage sizzle available

Tickets \$20 ea  
Tables of 8 to 10

*A relaxing morning with  
Wendy Gilroy*

Delivering her popular talk

"Becoming a calmer and  
happier mum."

Date:  
Saturday, 23 March 2019,  
11:00am  
(registration from 10:30am)

Venue:  
Room 1, The Hub,  
104-106 Macquarie Rd  
Springwood NSW 2777

Cost: \$25.00 per head

For payment details  
Contact: [events@sncc.org.au](mailto:events@sncc.org.au)

Limited seating  
Register online via  
[www.sncc.org.au](http://www.sncc.org.au) or  
in person at our Centre  
at The Hub



Springwood Neighbourhood  
Centre Co-operative Ltd





**Are you an Indigenous young person living  
in the Blue Mountains, Hawkesbury,  
Penrith or Lithgow region?**

**Do you want to learn more about your culture and meet  
other Indigenous young people in your area?**

The Blue Mountains Aboriginal Culture and Resource Centre (ACRC) are running cultural workshops for Indigenous youth ages 13-28 in the Blue Mountains, Lithgow, Hawkesbury and Nepean regions.

The **Young, Strong and Deadly** program aims to provide a safe space to learn, connect with our culture, and support each other.

The program includes 2 x one day workshops in each area, and ongoing mentoring and support.

We are a Work Development Order sponsor and participating in Young Strong and Deadly could reduce your fines by up to \$1300

**Cultural Learning Day**

The Young, Strong and Deadly youth team will be holding a Cultural Learning day in each area (Blue Mountains, Hawkesbury, Penrith, Lithgow). The day will be filled with culture including a traditional smoking ceremony, traditional dance performances, cultural talks and stories.

**Deadly Thinking**

The Cultural Learning day will be followed up with a Deadly Thinking Workshop. The day provides a great opportunity to meet other people in the community, and to share stories and experiences in a safe space.

Contact Matthew at ACRC for further  
0498 030 535 or [assist@acrc.org.au](mailto:assist@acrc.org.au)

**2019 Dates**

**Blue Mountains**

Cultural Learning Day: 11 Apr

Deadly Thinking: 12 Apr

**Lithgow**

Cultural Learning Day: 1 May

Deadly Thinking: 2 May

**Hawkesbury**

Cultural Learning Day: 8 May

Deadly Thinking: 9 May

**Nepean**

Cultural Learning Day: 30 May

Deadly Thinking: 31 May



**phn**  
NEPEAN  
BLUE MOUNTAINS  
An Australian Government initiative

**Wentworth  
Healthcare**  
Blue Mountains | Hawkesbury | Lithgow | Penrith

This service has been made possible through funding provided by the Australian Government under the PHN Program.

***Do you play the tuba, trombone, euphonium  
or baritone?  
Keen to play a lower brass instrument but need help  
getting an instrument and/or tuition?  
Are you 10 to 19 years old?***



**You are invited to:  
Mountains Youth Band Lower Brass  
Open Rehearsal**

When: *Tuesday 26th March*

Where: *Uniting Church Hall, Lucasville Rd, Glenbrook*

Time: *5:15 to 7:00pm*

*Come along with your instrument and play some music with our band.*

*All music and stands will be provided. Bring a friend!*



For more information contact Germaine 0431 953 217  
or email [mountainsyouthband@gmail.com](mailto:mountainsyouthband@gmail.com)