

Learn to Live

Term 4, Week 10

Important Dates:

Please mark these dates on your calendar

Term 4 - DECEMBER 2020

Wed 16 Last day of Term 4

Term 1 – JANUARY 2021

Fri 29th Students return (Grades 1-6)
Kindergarten Best Start sessions (by appointment)

Term 1 – FEBRUARY

Mon 1 Kindergarten Best Start sessions (by appointment)

Tues 2 Kindergarten Best Start sessions (by appointment)

Wed 3 First day of Kindergarten

Wed 10 Swimming Carnival (Grades 3-6)
Grade 2 only if you comply with all of the below criteria:

- turning 8 in 2021
- wish to compete
- Can swim 50m competently

Principal: Mrs C Frith

Assistant Principal Stage 1: Mrs N Bridges

Assistant Principal Stage 2: Mrs K Jansons

Assistant Principal Stage 3: Mr P Earl

Notes Home and Enews Updates

- ◆ Annual Swimming Carnival 2021 (Grades 2-5 from 2020 cohort)
- ◆ Staff news
- ◆ Year 6 Service Awards (selected students only)
- ◆ Lilah the Lyrebird (Author Visit and book purchase)
- ◆ Stage 3 movie permission (Holes)



UNIFORM SHOP CLOSED TO VISITORS

The Uniform Shop volunteers will fill online orders only and leave them at the office for collection. You can order via the following link: [Uniform Shop](#)

School Activities Update



Garden Classes - Term 4
Early Stage 1 - KB, KC, K/1G

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, 3/4K, 3/4Z, 3/4S, 5/6P, 5/6S, 5/6T
Wednesday: KC, KB, K/1G, 1/2F, 1/2W
Thursday: 1/2H

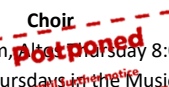


Library Days
Tuesday: 3/4K, 3/4S, KB
Wednesday: 2/3C, KC, 5/6P
Thursday: 5/6S, K/1G, 5/6T
Friday: 1/2W, 3/4Z, 1/2F, 1/2H

Music
Monday: 5/6S, 5/6T, 5/6P
Tuesday: KC,
Wednesday: 2/3C, 3/4Z, 3/4K, 3/4S
Thursday: 1/2H, 1/2F, K/1G, KB, 1/2W



Choir
3-6: Sopranos Tuesday 8:00am, Tenors Wednesday 8:00am in the Main Hall
K-2: 8:15am Thursdays in the Music Room



Students are
to bring a
drink bottle
each day



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,

2021 Teaching Staff

Our planning for 2021 is underway. We will have composite classes in all stages and across stages also. At this stage, the staffing of classes is:

Early Stage One: Mrs Bridges, Mrs Galbraith, Mrs Carter (K/1)

Stage One: Mrs Carter, Mrs Harrison, Ms Waddell/Mrs Langworthy, Mrs Fysh, Mrs Percival (2/3);

Stage Two: Mr Cleary, Mrs Zordoumis, Miss Theoharis/Mrs Price;

Stage Three: Mr Smith, Mrs Hawkins (Rel AP), and a new teacher

Learning Support: Mrs Jansons, Mrs Stevens

Kitchen Garden: Mrs Langworthy;

Music RFF: Mr Earl and Mr Bucholtz

Library: Mrs Capuyan/Mrs Rooney

In 2021:

- * Mr Earl is taking leave from our school as Assistant Principal for 2021. He will continue to teach Music for RFF and run the band program two days per week. Mrs Hawkins will be replacing Mr Earl as Stage 3 Supervisor for 2021.
- * Mr McDonald is continuing on leave.
- * Miss Slawski continues on maternity leave this year and may return part time later in the year.
- * Miss Kemp will be working in a support role in 2021.

Celebration of Student Achievement

What a wonderful day we had at our Celebration of Student Achievement via livestream. It was a time to recognise the accomplishments of students across the school and celebrate the academic achievement and effort of students.

A big thank you to Mr Earl, Mr Smith, Miss Theoharis and Mr Thomson for planning and delivering such a well organised event. It was one of the only opportunities for our school band and Year 6 drumming group to perform.

Thank you to all the parents, grandparents and community members who watched our livestream

But most of all thank you to the students. The boys and girls were very well behaved and demonstrated respect for the award winners and the speakers at the microphone. See photos on Facebook.

End of year processes and payments

At the end of the year there are many administrative processes that need to be undertaken. One of these is to chase up **outstanding fees**. This is particularly so for the school band, with the school currently subsidising band activities to the tune of \$10,000 per annum on top of band fees. This money, along with band fees, is used to pay the band tutors who give individualised tuition to students each week, to purchase the sheet music, and maintain the school band instruments. Fees need to be paid promptly to cover the expenses of running the band program for students. **We would appreciate all outstanding fees being paid as soon as possible.**





Principal's Report cont'd

Class supplies for 2020

Included in this newsletter will be a copy of classroom supplies required by students at the start of next year.

NO 'Share Our Space' during this holiday period.

There will be no access to the school playground during this holiday period. If you see any suspicious activity on the school site, please report it to School Security or the Police.

Funkids will continue to operate as per their vacation arrangements.

Neighbourhood Safe Place

A reminder that even though the school is closed during the vacation period, our school is a designated Neighbourhood Safe Place in the event of a bushfire. If it is too late to leave and the advice is to shelter in place, the emergency services have the capacity to open the school hall for the community. Please keep an eye of the fire activity in our area over the summer, and ensure you have a fire plan that you have discussed with all family members.

COVID-10 RESTRICTIONS 2021

Keep an eye out in school eNews the week before school starts back in 2021 for the update on COVID-19 restrictions relating to schools.

Cub Award Morning Tea

Congratulations to our Cub Award winners for 2020:

| | K-2 | 3-6 |
|---------------|-----------------|-----------------|
| Term 4 | Marley W - KB | Aisha H - 3/4K |
| Week 9 | Laila C - KB | Leyton A - 3/4K |
| | Sophie F - K/1G | Josh D - 3/4K |



Dates for 2021

| | |
|--|---|
| Friday 29 th January : | Students in Yr 1-6 return |
| 29 th January and 1st - 2nd February: | Kindergarten Best Start Interviews |
| Wednesday 3 rd February: | Kindergarten Starts |
| Wednesday 10th February: | Swimming Carnival, Lawson Swimming Pool |
| Thursday 25th February: | Springwood High School Stage 3 Expo |

And finally...

I wish you all a happy and peaceful Christmas, New Year and a relaxing holiday.

Mrs Carol Frith
Principal





Holiday Safety

As we approach the summer holiday season, it is timely to remember to be safe around waterways and pools. I have included a message from the Sydney Childrens' Hospital regarding water safety below.

Road safety over the holiday season is important also, especially if new bicycles, scooters or skateboards are given as present. Always wear a helmet when riding a bicycle, and if riding on the footpath be aware of driveways and cars reversing. I hope that we all have a safe holiday season and return to school in 2021, happy and healthy.

Kids can drown without a sound!



Kids Can Drown Without a Sound!

Drowning is a leading cause of death for children under the age of five years. In NSW an average of 13 drowning deaths and 84 non-fatal drowning incidents occurred in children aged 0-17 years in the period 2002 to 2015. Non-fatal incidents can cause permanent damage to the child's brain, heart and lungs. Most parents think they will be able to hear if their child is drowning, but in fact it is very silent and quick.

The 'Kids Can Drown Without a Sound' campaign from Kids Health at The Sydney Children's Hospitals Network 'aims to raise water safety awareness and encourage families to take appropriate precautions when children are in or near water.

To help prevent child drowning:

1. Have a compliant pool barrier that is used correctly and maintained regularly
2. Adult supervision of children (within arm's reach) in and around water is essential
3. Teach children water familiarisation and swimming skills
4. Learn CPR and remember that any attempt is better than none at all

Recent research reveals that across all ages, people of culturally and linguistically diverse backgrounds and newly arrived to Australia are at higher risk of drowning incidents. This is likely to be due to lack of familiarity with water activity and swimming ability in some people.

The 'Kids Can Drown without a Sound!' **resources** are available for download in 17 different languages from the Kids Health website: <http://kidshealth.org.au/inflatable-and-portable-pools> or printed copies for order free of charge from: <http://kidshealth.org.au/resources-order>





The Great Aussie Bush Camp





The Great Aussie Bush Camp



Health Care Plans

Is your child's health care plan up-to-date?



ASTHMA ACTION PLAN
Search for Asthma Action Plan Publications, download and read your plan

Name: _____ Date of birth: _____
Address: _____ Phone: _____
Email: _____

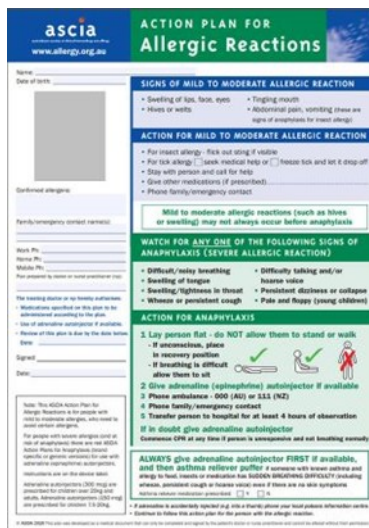
GREEN ZONE - FEEL WELL
For most people with asthma, symptoms are mild and infrequent. Use your inhaler as directed. If you have a rescue inhaler, use it as directed. If you have a controller inhaler, use it as directed.

YELLOW ZONE - SOMEWHAT WORSE
If you are in the yellow zone, you may need to use your rescue inhaler more often. If you are in the yellow zone for more than 2 days, you may need to use your controller inhaler more often. If you are in the yellow zone for more than 5 days, you may need to see your doctor.

RED ZONE - IF SYMPTOMS GET WORSE
If you are in the red zone, you may need to use your rescue inhaler very often. If you are in the red zone for more than 2 days, you may need to use your controller inhaler very often. If you are in the red zone for more than 5 days, you may need to see your doctor.

DANGER SIGNS
If you experience any of the following signs, you may be having a severe asthma attack. Call your doctor or go to the hospital immediately.

DIAL 000 FOR AMBULANCE



ascia ACTION PLAN FOR Allergic Reactions
www.allergy.org.au

Name: _____ Date of birth: _____
Address: _____ Phone: _____
Email: _____

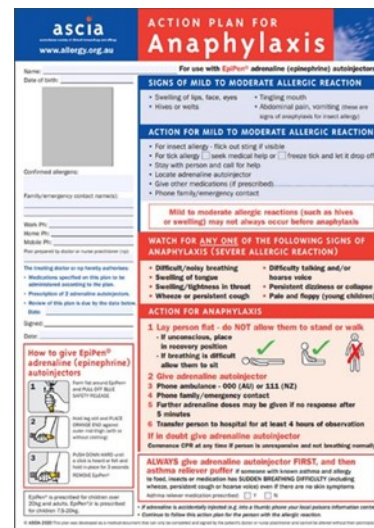
SIGNS OF MILD TO MODERATE ALLERGIC REACTION
• Itching mouth
• Swelling of lips, face, eyes
• Hives or welts
• Stomach pain, vomiting (these are signs of anaphylaxis for insect allergy)

ACTION FOR MILD TO MODERATE ALLERGIC REACTION
• For insect allergy: tick out stinging if visible
• For tick allergy: tick out stinging if visible
• For tick allergy: seek medical help or tick out stinging and let it drop off
• Stay with person and call for help
• Give other medications (if prescribed)
• Phone family/emergency contact

Mild to moderate allergic reactions (such as hives or swelling) may not always occur before anaphylaxis

WATCH FOR ANY ONE OF THE FOLLOWING SIGNS OF ANAPHYLAXIS (SEVERE ALLERGIC REACTION)
• Difficulty, noisy breathing
• Swelling of tongue
• Swelling/tightness in throat
• Wheezing or persistent cough
• Difficulty talking and/or hoarse voice
• Persistent dizziness or collapse
• Pale and floppy (young children)

ACTION FOR ANAPHYLAXIS
1. Lay person flat - do NOT allow them to stand or walk
2. Give adrenaline (epinephrine) autoinjector if available
3. Phone ambulance - 000 (AU) or 111 (NZ)
4. Phone family/emergency contact
5. Transfer person to hospital for at least 4 hours of observation
6. If in doubt give adrenaline autoinjector
7. Give adrenaline autoinjector FIRST if available, and then asthma reliever puffer if someone with known asthma and allergy has had, needs or medication has suddenly become DIFFICULT to breathe, persistent cough or hoarse voice, even if there are no skin symptoms
8. Continue to follow this action plan for the person with the allergic reaction



ascia ACTION PLAN FOR Anaphylaxis
www.allergy.org.au

Name: _____ Date of birth: _____
Address: _____ Phone: _____
Email: _____

SIGNS OF MILD TO MODERATE ALLERGIC REACTION
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• Hives or welts
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ACTION FOR MILD TO MODERATE ALLERGIC REACTION
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7. Give adrenaline autoinjector FIRST if available, and then asthma reliever puffer if someone with known asthma and allergy has had, needs or medication has suddenly become DIFFICULT to breathe, persistent cough or hoarse voice, even if there are no skin symptoms
8. Continue to follow this action plan for the person with the allergic reaction

Please ensure you hand in your updated plans to the school office at the beginning of the 2021 school year!



2021 Early Stage 1 and Stage 1 Equipment List

Dear Parents/Caregivers,

At Faulconbridge PS we do our best to supply your child with the equipment that is needed for them to work effectively and efficiently in our classrooms.

For this reason, we have provided a list below of items we would find useful for the whole class to share throughout the year. While it is **completely optional**, if you are able to provide any of the following items that would be genuinely appreciated by all students in your child's classroom:

Kindergarten and Stage 1

- Wind up glue sticks (Bostik or UHU)
- 1 box of tissues
- Hand soap or sanitiser
- 1 pack of whiteboard markers
- Library bag labelled with students' name and class
- Baby Wipes
- Paper towel

Kindergarten only

- Paint shirt or large old shirt that can be used for painting
- 2 plastic A4 plastic wallets or pocket folder (used for home learning)

Stage 1 only

- 1 Homework book (A4 approx. 64 pages) covered and labelled with the student's name and class
- 1 A4 plastic wallet or pocket folder (for home reader)
- Coloured pencils, twistable crayons (to share for use in the classroom)

Many thanks,

ES1 and S1 Teachers

Mrs Carol Frith - Principal

2021 Stage 2 Equipment List

Dear Parents/Caregivers,

Below is a list of stationary items that your child will need to start Stage 2 in 2020. Please note that it is expected that consumable items will be replenished throughout the year as required.

- | | |
|--|--|
| <ul style="list-style-type: none">○ A pencil case along with:○ Whiteboard marker x 4 (1 per term)○ HB lead pencils (at least 4 or 5)○ Pens (if student has obtained a pen licence)○ Coloured pencils○ Glue stick x 4 (1 per term)○ Pencil sharpener○ Eraser○ Safety Scissors○ Highlighter x 2 | <ul style="list-style-type: none">○ Textas○ 2 boxes of tissues to donate to the class○ A4 document wallet○ A library bag○ Hand soap (to donate to the class)○ Headphones for computer work○ 30 cm ruler, clear plastic or timber (no flexible or metal rulers)○ An exercise book, covered and labelled with student's name (for homework) |
|--|--|

Items that are always accepted as donations:

- Boxes
- Containers
- Newspapers
- Tape
- String
- Rubber bands

Looking forward to a great start to 2021!

Kind regards,

Stage 2 Teachers

Mrs Carol Frith - Principal



Stage 3 Equipment List 2021

Dear Parents and Caregivers,

To ensure a smooth start to the year, we request that you check with your child that they have the required equipment for school. This cuts down on the disruption and distraction to lessons that students without equipment can cause. Please review the list below for the minimum requirements.

- Pencil case (zip bag)
- HB pencils
- Barrel sharpener
- Glue sticks
- Coloured pencils
- Safety scissors
- Pack of Highlighters
- 1 x box of tissues
- Ruler, clear plastic or timber ruler with millimetres (no flexible or metal rulers)
- 4 x whiteboard markers
- Headphones / earphones

Kind regards,

Stage 3 Teachers

Mrs Carol Frith - Principal

Nutrition Snippet

SUMMER FRUIT AND VEG.



Try these summer sizzlers:

- [Lamb and veg meatballs](#)
- [Coleslaw](#)
- [Frozen fruit puree](#)

Check out our [blog](#) to find out more about what's in season.

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box



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



SWOT

SPRINGWOOD WORLD OF TENNIS

SCHOOL HOLIDAY TENNIS COACHING CLINIC

SPRINGWOOD WORLD OF TENNIS, SPRING STREET, SPRINGWOOD

Mon 11th to Fri 15th Jan 2021 (9AM to 3PM)

JUNIORS 5YRS TO 16YRS. BEGINNERS TO ADVANCED. FULL SUPERVISION.

FOR FURTHER DETAILS PLEASE RING 4751 5383 OR 0416 083 472.

STUDENTS GRADED INTO GROUPS DEPENDING ON AGE AND ABILITY. COACHING HELD WET OR FINE, RACQUETS AVAILABLE FOR HIRE. LUNCH PROVIDED ON FRIDAY IN CONJUNCTION WITH PRIZE GIVING.

ENTRANCE FEE: \$170 (INC. GST)

BOOK EARLY TO AVOID DISAPPOINTMENT

FUN! GREAT TROPHIES! PRIZES! COMPETITIONS! TOURNAMENTS!

NAME: _____ EMAIL: _____

ADDRESS: _____ AGE: _____

PHONE: _____ (please enclose \$170 fee with this form)

PARENTS SIGNATURE: _____

ENROLMENTS MAY BE MADE AT THE PRO SHOP, SPRING ST, SPRINGWOOD OR BY POSTING THIS FORM TO:-

18-32 Spring St, Springwood NSW 2777 WITH CHEQUE PAYABLE TO **SPRINGWOOD WORLD OF TENNIS.**



Tools for Parents®

Richmond Community Services Inc. is pleased to be able to offer **FREE** groups with **FREE** childcare
For parents/primary carers of children 0-12years

Calendar 2020—June 2021

| Workshop/Group: | Date(s): | Time(s): |
|--|---|----------------|
| Be A Great Dad | Weds 18th November 2020 | 6.30 - 9pm |
| Early Parenthood & Its Challenges | 2 weeks ongoing—Saturdays 20th & 27th February 2021 | 10am - 12.30pm |
| Thriving Babies—Strategies for Parents | Weds 24th February 2021 | 10am - 12.30pm |
| Conflict Resolution for Couples | 3 weeks ongoing - Saturdays: 6th, 13th & 20th March 2021 | 10am - 12.30pm |
| Aggression in Kids—Help for Parents | Weds 10th March 2021 | 6.30 - 9pm |
| Helping the Anxious Child | Weds 24th March 2021 | 6.30 - 9pm |
| Helping Kids Deal with Anger | Weds 21st April 2021 | 10am - 12.30pm |
| Managing Challenging Behaviours in Kids | 3 weeks ongoing - Saturdays: 24th April, 1st & 8th May 2021 | 10am - 12.30pm |
| Supporting Kids Through Grief & Loss | Weds 5th May 2021 | 6.30 - 9pm |
| Navigating Your Child's Anxiety Through Primary School | Saturday 15th May 2021 | 10am - 12.30pm |
| Be A Great Dad | Weds 19th May 2021 | 6.30 - 9pm |
| Supporting Parents & Kids Through Separation | 2 weeks ongoing—Saturdays 22nd & 29th May 2021 | 10am - 12.30pm |
| Encouraging & Teaching Resilience in Kids | Saturday 5th June 2021 | 10am - 12.30pm |
| Building Emotional Intelligence in your Kids | Saturday 19th June 2021 | 10am - 12.30pm |

**All held at: Richmond Neighbourhood Centre,
20 West Market Street, Richmond, NSW 2753.**

Call 02 4588 3502 e: admin@rcsi.ngo.org.au.

The project is funded by the Australian Government's continuation funding of the 'Tools for Parents' project — to provide free workshops and ongoing courses designed to help parents/primary carers of children 0—12 years develop better relationships between themselves and with their children —and to enhance parenting skills. Richmond Community Services Inc. purchases group and workshop facilitation from Windsor Professional Centre and childcare services from Hawkesbury Community Outreach Mobile Minds Service for the project—and is delighted to offer them free to participants.

...making a difference...

