



Faulconbridge News

Learn to Live

Term 1 Week 4 (17 February 2023)

Important Dates:

Please mark these dates on your calendar

Term 1 – February

Tue 21	Meet the Teacher Afternoon 3.15pm—4.30pm
Thur 23	Springwood High Year 6 Expo Evening 4pm –6pm
Fr 24	Zone Swimming Carnival

Term 1 – March

Wed 8 - Fri 10	Stage 3 Canberra Excursion
Thur 30	School Photos

Relieving Principal: Mr Chris Pyne

Assistant Principal Stage 1: Mrs Katie Barrow

Assistant Principal Stage 2: Mrs Serena Goodridge

Rel Assistant Principal Stage 3: Mrs Natalie Zordoumis

Assistant Principal Curriculum and Instruction: Mrs Sara Drebber

Sentral Updates/ Notes Home

- Kitchen Garden (stage 3)
- Annual Swimming Carnival (3-6)
- Canberra Excursion
- Back to School Vouchers
- Meet the Teacher 2023
- Scripture/ Non-Scripture Permission (K)
- Stage 1 Dance Auditions
- Springwood High—Year 6 Expo
- Year 6 Shirts
- Third Party Software Consent

Assembly Dates

Fridays commencing 2pm

17 Feb- K-2

24 Feb - 3– 6

3 Mar - K-2

10 Mar - 3-6

School Activities Update

Library Days

Monday: 1/2H, 1/2F, 1/2L, 3/4G

Tuesday: 5/6K, 1/2P, 3/4C, 3/4M, 5/6Z

Friday: KL, 5/6G, KH, K/1B



Kitchen Garden Classes - Term 1

Stage 3



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: <http://faulconbri-p.school@det.nsw.edu.au>

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



Relieving Principal's Report

Welcome back Faulconbridge Families,

What a start to the year we've had. I can't believe that we have already had the swimming carnival which was a huge success. The best swimming carnival I have ever been involved in.

The teachers are busy planning the learning opportunities for your kids. We hope that they've settled in nicely to their classes and are ready to get flying with their learning

This year, one of our main focusses is High Expectations. High expectations for learning, high expectations for behaviour and high expectations around the way we treat each other. We have high expectations of ourselves, your kids and the wider community.

To start this, as many of you would have found out, we have rebranded our Positive Behaviour for Learning (PBL) mascot and system to the new Garat (pronounced phonetically 'Car-rat'). Garat is the Darug word for black cockatoo, which is the school's totem animal. This also comes with a new reward system to promote positive learning traits within your kids. In this newsletter is the flowchart of how your child can be 'Flying High', 'Soaring', toward the 'Black Cockatoo'.

This year Faulconbridge is part of 'The Resilience Project' run through the Blue Mountains City Council. This project teaches students about positive mental health strategies and the importance of positive emotional experiences to promote resilience in kids. To discover more you can visit:

<https://theresilienceproject.com.au/>

We are so excited as to what this year brings. There are exciting things happening in the classroom around your students learning and in the playground around building a more fun and inclusive space. Let's make 2023 a year to remember!

Warm regards,

Chris Pyne

Rel. Principal



Announcement—The Blackboard Cafe

We have a dedicated team of volunteers in The Blackboard cafe every Friday. They give up their time to provide your kids with snacks and drinks on a Friday morning. For those who are new to the school or returning, here are some guidelines around The Blackboard Cafe.

- Cafe opens at 8:25am
- Food order cut off is 8:50am. This gives the volunteers and the students time to receive their food before the bell.
- At 8:55am the Blackboard Cafe won't be serving anymore. The reason behind this is to not take time out of the student's day of learning and so they don't miss important announcements. If you use Blackboard Cafe to get your kids breakfast on a Friday morning, then please allow time for lines and preparation time.
- At Faulconbridge we encourage the students to talk nicely to one another, to their teachers and to volunteers at the school, so remember your Faulconbridge manners.

See you at the Cafe on Friday Mornings!



SPRINGWOOD HIGH SCHOOL
WELCOMES CURRENT
YEAR 6 STUDENTS AND THEIR
PARENTS TO THE:



**YEAR 6
EXPO
EVENING**

+ FOLLOWED BY
A SCHOOL TOUR

THURSDAY 23 FEBRUARY
4:00PM-6:00PM
SPRINGWOOD HIGH SCHOOL HALL



5 tips to keep your family safe online



Parents and carers can use a combination of strategies to help young people build their digital technology skills and have safer experiences online.

1. Start the chat

Get into the habit of talking about online safety as a family, so your child feels comfortable coming to you if they ever need help working out an issue. It's never too early to introduce [good online habits](#) such as respect, empathy, critical thinking, responsible behaviour and resilience. As your child grows older, eSafety's advice about [hard to have conversations](#) will help with some of the tricky topics like sending nudes, online pornography and contact from sexual predators.

2. Create a family technology agreement

Creating a Family Technology Agreement can help you and your kids decide together when and how digital technology will be used at home. As a family, brainstorm easy-to-follow rules and display them where everyone will see them. Your agreement could cover things like: time limits, apps your kids are allowed to use and online behaviour. Families with younger children can [download](#) a template to guide the conversation.

3. Set up parental controls

Parental controls let you monitor and limit what your child sees and does online. It's best to use them in combination with the other online safety strategies listed here. [Taming the technology](#) can help you understand your options. Grab a device and get started with our guides to setting up parental controls on [devices and accounts](#) or in [social media, games and apps](#).

4. Choose games and other apps carefully

Use eSafety's [App checklist for parents](#) to think about the positives and negatives when your child asks to download a new game or other app. The checklist covers things like age ratings, managing privacy settings and reporting abuse in-app. You can also use [The eSafety guide](#) to check and set up safety features with your child.

5. Use digital technology together

Exploring or playing on devices or online with your child can be a positive experience that promotes learning and development. Ask questions, be curious and get involved. To learn more, read our blogpost [How to encourage good screen practices for your child](#).



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



RAISING KIN
grandparents relatives
and kinship carers

Raising Kin is a support group for grandparents, relatives and kinship carers who care for a child who is a relative. This group meets on the first Wednesday of the month during school term.

TERM 1 2023 DATES:

Wednesdays

FEBRUARY 1ST

MARCH 1ST

APRIL 5TH

10:00AM-12:00PM

VENUE:

FAULCONBRIDGE COMMUNITY HALL

9-9A HOME STREET

FAULCONBRIDGE

For more information or to RSVP

please contact

Jenny on 0450 001 393

SPRINGWOOD NEIGHBOURHOOD CENTRE CO-OPERATIVE LTD

Ground Floor, Blue Mountains Theatre & Community Hub

104-108 Macquarie Road, Springwood NSW 2777

Reception: 02 4751 3033 | reception@sncc.org.au

facebook.com/springwoodneighbourhoodcentre | www.sncc.org.au



Help our students
develop skills for life

PrimaryEthics.com.au

What does it
mean to be
brave? Is it ever
okay to break a
promise?



We don't have the answers to those questions. In an ethics class, the children form their own views through respectful discussion with their classmates, guided by our trained volunteers.

Ethics classes support children in developing the life skills they need to consider other points of view and make decisions based on evidence and reasoning rather than habit or peer pressure.

Lessons are facilitated by impartial ethics teachers who are trained to deliver our Department of Education-approved curriculum. Comprehensive, free training and lesson plans are provided for you.

Classes run for 30 mins at the same time as scripture each week.

**Volunteers are needed now to teach ethics at
Faulconbridge Public School.**

Contact Angela at angelayong@outlook.com



Nutrition Snippet

CHOCOLATE AND COCONUT

BLISS BALLS



Ingredients (makes 12)

Time to make: 10 mins

- 1 cup instant oats
- 12 pitted dates, chopped
- 1 cup desiccated coconut
- 2 tbsp cocoa
- ¼ cup raisins
- 2-5 tbsp warm water

Method

- 1) Place all ingredients except the water and 2 tablespoons of the desiccated coconut into a food processor.
- 2) Slowly add water starting with 2 tablespoons and process until smooth. Add more water if required.
- 3) Roll into balls and then roll each ball in the remaining coconut.
- 3) Place on a lined tray in the fridge for 1 hour to set.
- 4) Store in an airtight container in the fridge for up to 2 weeks or freeze for up to 2 months.

For this recipe and more visit:
healthylunchbox.com.au



Cancer Council
Healthy Lunch Box