

## Learn to Live

Term 1 Week 6 (3 March 2023)

### Important Dates:

Please mark these dates on your calendar

#### Term 1 – March

Wed 8 - Fri 10	Stage 3 Canberra Excursion
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Fri 17	P&C Movie Night—6pm
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Mon 20	P&C Meeting—6.30pm
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Thur 30	School Photos
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**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

- P&C Movie Night
- NAPLAN 2023
- Stage 3 Canberra excursion update
- Stage 3 Canberra medical information

### Assembly Dates

Fridays commencing 2pm

3 Mar - K-2

10 Mar - 3-6

17 Mar - K-2

25 March - 3-6

31 March - K-6

### School Activities Update

#### Library Days

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

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

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



#### Kitchen Garden Classes - Term 1

Stage 3

#### Kitchen Garden Classes - Term 2

Stage 2



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

Hi Faulconbridge Families,

Thank you for all the support and encouragement that you give your kids everyday. As a result, our attendance this term has been a massive improvement on the same time last year. Thank you to the teachers, the parents and the students for keeping those high expectations through the dedication to learning at school .

We have a massive two weeks coming up so strap in, its going to be a fun ride. As many of you will be aware, NAPLAN is coming up for our years 3 and 5 students. Good luck to those students, I know you'll try your hardest.

Also, next week our Stage 3 students head of to the nations capital Canberra for three days to see all that Canberra has to offer, not just the round-a-bouts. Have the best time! This was my favourite camp as a kid at school so please enjoy.

Congratulations to our zone swimmers who represented our school with pride last Friday. The school is proud of your achievements, your sportsmanship and the way that you cheered on your school mates. Thank you to Mrs McDonald and Miss Keir who were awesome on the day and said they had the best time. We look good under our new Faulconbridge Public School Marquee as well!

If you have been in the school around the garden, you will have noticed our 'Alien Invasion'. Stage 2 and 3 have been using it to spark their interest as a writing stimulus. Great job students!

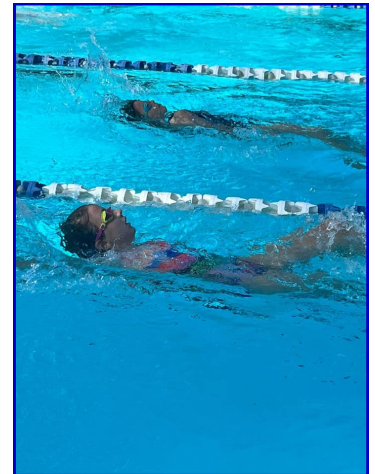
In the lead up to the Easter break you may notice some changes to the front of the school. This is in preparation for the Yarning Circle and mural revamp. So if you notice something a bit different, that's what it is. Exciting times for Faulconbridge Public School. Thank you to the P&C, teachers and everyone involved in the changes.

Lastly, look out for your kids coming home talking about 'The Resilience Project', or as we call it, the TRP. During the term and into next term there will be some things for you to do, to help in gathering some of the crucial data that will make this project really special for our students at FPS and for the wider community around building resilience, having empathy and gratitude, and developing mindfulness skills.

Warm regards,

Chris Pyne

Rel. Principal



# Faulconbridge Public School

## AWARD WINNERS

TERM 1

WEEK 6

Class	Merit Award	Quality Work Award
KH	Angus O	Archie C
KH	Norah C	Anouk B
KL	Elario P	Juni C
KL	Noah A	Audrey C
K/1B	Darcy B	Jasper S
K/1B	Grace A	Chloe G
1/2F	Olive V	Olivia H
1/2F	Harrison B	Jaxon D
1/2H	Oscar L	Loretta P
1/2H	Gemma L	Lachlan C
1/2L	Brodie V	Caitlyn S
1/2L	Imogen T	Evie R
1/2P	Chloe J	Zack M
1/2P	Lyla K	Henry C





# 3/4G



Fun



Curiosity



Mindfulness



Sport



Friends

Creativity





## Welcome

Welcome to the first edition of the P&C newsletter. We are so excited for the year ahead, with lots of activities and school drives planned. Stay tuned!

We recently held our AGM to select our office bearers, executives and sub-committee chairs for 2023. We are pleased to welcome the below members into the fold!

- PRESIDENT:** Vanessa Perkins
- V PRESIDENTS:** Steph Thompson  
Meagan Witton
- SECRETARY:** Toni Watson
- TREASURER:** Theresa Macleay
- EXECUTIVES:** Amelia Tabrett  
Amy Lendrum  
Ashleigh Holland  
Jane DeGabriel  
Jeremy Camillos  
Jodi Napoli
- FUNDRAISING:** Jade Campbell &  
Megan Wisbey
- BLACKBOARD CAFE:** Reka Peterffy &  
Samantha Aiken
- UNIFORM SHOP:** Donna Wheatley
- ENVIRONMENT & SUSTAINABILITY:** Andrea Ketterling
- TWILIGHT MARKETS:** Megan Wisbey &  
Meagan Witton
- VOLUNTEER COORDINATOR:** Kate Mandlik
- PUBLICITY & PROMOTIONS** Meagan Witton &  
Jade Campbell

contact us!

For any enquiries or to get involved with the P&C, email us at [info@fspandc.org.au](mailto:info@fspandc.org.au)

## New year, new Blackboard Cafe Menu!

As of the Friday 3rd March 2023, the Blackboard Cafe will be running off a new menu.

Unfortunately, with the increased cost of supplies and ingredients, it has meant a price increase in order for us to continue to run this service for our school.

We are, however, able to offer 'half serve' options to make it more affordable for smaller kiddie tummies.

**PLEASE NOTE:** The Cafe runs every Friday from 8:25am to 8:55am for students, parents, carers and teachers with food order cut-off at 8:50am (students only) to avoid being late for class. Parents and carers are welcome to stay to enjoy a cuppa and a chat!

DRINKS		FOOD	
Flat White	\$4.00	Avocado Smash	\$6.00
Latte	\$4.00	2 slices with rocket leaves and feta	
Cappuccino	\$4.00	Bagel	\$5.00
Chai Latte	\$4.00	Butter / cream cheese	
Hot Chocolate	\$4.00	Banana Bread	\$4.00
Kids Hot Chocolate	\$2.00	toasted with butter	
Tea	\$3.00	Toastie	\$4.00
Up & Go	\$2.50	Ham / cheese	
Poppers	\$1.50	Plain Toast	\$2.00
Sipahh Straw	\$1.00	2 slices of wholemeal bread, butter and vegemite	
		Cookies	\$1.00
		2 per serve	
		Cakes/Slices	\$2.50
		gluten & dairy free available	

Gluten Free and half servings available for all food options!







## UNIFORM SHOP NEWS

We are excited to announce that new v-neck jumpers will be available to purchase this year from the Uniform Shop and online at [www.fpspandc.org.au](http://www.fpspandc.org.au) for \$25.

Unfortunately, due to significant supply cost increase from our dress supplier, our girls summer dresses will unfortunately see a price rise and will be available to purchase for \$53.



Second hand uniforms in good condition are available to purchase from the Uniform Shop on Friday mornings.

## HOW CAN YOU HELP OUT IN 2023?



### Kitchen Garden Program

We need helpers in the kitchen, whether you can help for one session or more or even just to come at 2.30pm to help with washing up.

Mondays 9am-3pm anytime or one of the sessions 9.25-10.45am, 11.25-12.45pm and 12.55-1.20/1.55-2.50pm. This term, Stage 3 are in the Kitchen & Garden!

*The Kitchen Garden team are also accepting \$5 Coles vouchers if you are able to donate.*

### Ethics teaching

Would you like to help teach something meaningful to the kids that can be used throughout life? At FPS we still do not have enough teachers to offer ethics to all years. The training is free and includes lesson plans and all information to be ready to teach. Ethics is for half an hour on Thursday mornings.

### Blackboard Cafe

We still need a few more people to help out in the café on Friday mornings (and some special days). Help is required anytime from 7.45am until after the bell goes. Even if you can just help with cleaning up after 9am it would be greatly appreciated. It doesn't need to be every Friday, just whenever it's possible for you.

### Other opportunities:

- ★ Gardening
- ★ Baking Club
- ★ Fundraising
- ★ Sponsorship (own a business?)
- ★ Mother's & Father's Day stalls



### Save the date

Next P&C Meeting  
Monday 20th March | 6:30pm  
School Library

## GREEN TEAM NEWS



The Garden Club and Green Team will meet every Monday at lunch in the veggie garden. All welcome!



We are looking for people to join our sustainability committee! We would love volunteers in the garden and/or input regarding planning, recycling and sustainable practices.

Email [info@fpspandc.org.au](mailto:info@fpspandc.org.au)

## SAVE THE DATE!

6PM Friday 17th March

Faulconbridge Public School Hall

Featuring:

PUSS IN BOOTS: THE LAST WISH (PG)

Tickets \$3 each or \$10 for a family of 4

BBQ and snacks available for purchase on the night.

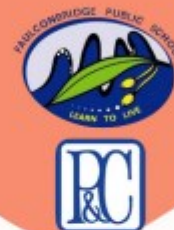
A note with further details has been sent home with students.






## UPCOMING P&C EVENTS 2023

FAULCONBRIDGE PUBLIC SCHOOL



### TERM 1

Movie Night - March 17th   
P&C Meeting - March 20th  
 Pizza Day - March 31st

SCHOOL HOLS: Yarning Circle Installation

 Mother's Day Stall - May 9th  
Mother's Day Breakfast - May 12th  
P&C Meeting - May 15th  
P&C Meeting - June 19th  
Coin Race - June 27th 

### TERM 2

 P&C Meeting - July 17th  
Grandparent's Day - August 4th  
P&C Meeting - August 21st  
Trivia Night - August 26th (TBC)   
 Father's Day Stall - August 29th  
Father's Day Breakfast - September 1st  
P&C Meeting - September 18th

### TERM 3

 P&C Meeting - October 16th  
Twilight Markets - November 3rd  
P&C Meeting - November 20th  
Christmas Fundraiser - TBC 

### TERM 4

For detailed information: [www.fpspandc.org.au](http://www.fpspandc.org.au)  
or follow Faulconbridge Public School P&C on Facebook and Instagram for regular updates  
Interested in volunteering? Please contact [info@fpspandc.org.au](mailto:info@fpspandc.org.au)





# 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](mailto:springwoodworldoftennis@hotmail.com)

SPRING ST, SPRINGWOOD

## Nutrition Snippet

### HOW TO PACK A HEALTHY LUNCH BOX



**A good lunch gives children energy and nutrients to learn, play and grow.**

**But what does a healthy lunch box look like? Find out in our short video.**

[healthylunchbox.com.au](http://healthylunchbox.com.au)  **Cancer Council**  
Healthy Lunch Box



**Flexibility - Fitness - Fun - Friendships**

# Blue Mountains Physie

**Join us this year!**

Classes on Tuesdays from 4:30pm  
First class/regio Tuesday 7th February  
1st Springwood Scout Hall  
7B Sir Henrys Parade, Faulconbridge



**Contact:** Tracey on 0400 360 321 or [bluemountainsphysieclub@live.com.au](mailto:bluemountainsphysieclub@live.com.au)



# Nutrition Snippet

## 5 TIPS TO TAKE THE PRESSURE OFF PACKING LUNCH BOXES



- 1) Base it on the 5 food groups
- 2) Add colour with fruit and vegetables
- 3) Let your child to help choose some foods
- 4) Save time by packing leftovers
- 5) Save money by stocking up on specials

Read our [blog](#) to find out more.

[healthylunchbox.com.au](http://healthylunchbox.com.au)  **Cancer Council**  
Healthy Lunch Box



**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](mailto:reception@sncc.org.au)

[facebook.com/springwoodneighbourhoodcentre](https://facebook.com/springwoodneighbourhoodcentre) | [www.sncc.org.au](http://www.sncc.org.au)



# school holiday calendar

Visit [www.strongerfamilies.net.au](http://www.strongerfamilies.net.au)  
and search our new calendar.

