



FIGTREE HIGH SCHOOL

PARENT BULLETIN

Term 3 Week 8

3RD September 2014

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School Events

Week 8 (B)	Beginning Monday 1 st September
3.9.14	<ul style="list-style-type: none"> - Debating Gala Day - Boccia State Finals for PDU Students - Yr 10 Drama Showcase Rehearsals - Trades Roadshow for Yr 9 and 10 students
4.9.14	<ul style="list-style-type: none"> - CHS Athletics Carnival - SOPAC - Yr 12 Modern History Seminar - Yr 10 History Incursion - Yr 10 Geography Field Study Excursion - Yr 10 Drama Showcase Performance – 6.00pm
5.9.14	<ul style="list-style-type: none"> - Yr 7 Scripture: 7T, 7N, 7O - SRC Mufti Day - CHS Athletics Carnival - SOPAC
Week 9 (A)	Beginning Monday 8 th September
8.9.14	<ul style="list-style-type: none"> - Yr 11 Preliminary Examinations commence - Y12 Students – Blood Donations - Yr 12 Exploring Early Childhood Excursion - Yr 12 Hospitality Enrichment Day
9.9.14	<ul style="list-style-type: none"> - Links to Learning Program
11.9.14	<ul style="list-style-type: none"> - Yr 12 students – Blood Donations - Yr 12 Community and Family Studies Excursion
12.9.14	<ul style="list-style-type: none"> - Yr 12 Students – Blood Donations - Yr 12 Geography Field Trip Industry Excursion - South Coast Girls Basketball Finals - Yr 12 HSC Music 1 Practical Examinations 11.00am to 3.15pm - Debating: Albion Park HS v Figtree HS - Yr 7 Scripture: 7M, 7B, 7E
Week 10 (B)	Beginning Monday 15 th September
15.9.14	<ul style="list-style-type: none"> - Yr 11 Preliminary Examinations continue
16.9.14	<ul style="list-style-type: none"> - Links to Learning - Final Day of Yr 11 Examinations
17.9.14	<ul style="list-style-type: none"> - Yr 5 Enrichment Class – Parent Presentation 6.00pm – 7.00pm - Yr 12 Breakfast, Carwash and Practice Assembly
18.9.14	<ul style="list-style-type: none"> - Yr 12 Picnic Day - Yr 11 PDHPE First Aid Course
19.9.14	<ul style="list-style-type: none"> - Yr 12 Graduation Ceremony - Yr 12 PDHPE First Aid Course

PRINCIPAL'S REPORT

Runner-up CUA Community Care competition

I am pleased to announce that Figtree High School were the runner-up in the CUA Community Care competition. The school will receive \$1,000. This will begin the project proposal to refurbish and expand the Coffee Bean Café Outdoor dining area adjacent to the school canteen by creating a vertical herb garden and mural to beautify the area. This will increase accessibility for all students and encourage sustainable food practices. I would like to thank the school community for their support and votes.

HSC IMAGERY – A collection of Year 12 Body of Works

was held on Thursday 28 August. This was a resounding success with a large audience attending the launch. Thank you to Ms Johanna Clifford the Visual Arts Yr 12 teacher, Ms Mandy Buxton relieving Head Teacher Creative and Performing Arts, Mr Michael Malouf music teacher, the visual arts students and the music students for their hard work and commitment to creativity and producing quality pieces of work.

HSC Industrial Technology – timber. The student's HSC work was marked on Friday 29 August and an exhibition of the student's work held on Monday 1 September. Thank you to Mr Michael Scanlan, Mr Jared Poppett, Mr Stephen Solah, Mr Aaron Kellaway and Mrs Cathy Smith for their support of the students in the exhibition and completion of their major projects.

Figtree High School facebook page. The Figtree High School facebook page has been launched. See the latest news and events and 'like' our site.

Southern Stars Congratulations to all the students who participated in Southern Stars. A big thank you to the staff and parents/relatives who have assisted in making the dance costumes and student supervision throughout the event.

Illawarra Partners In Education (iPie) Leadership Development

We had a very successful day on Friday 29 August. Over 50 Primary and Secondary Principals participated in leadership workshops that were presented by an international educational leader, Dame Professor Patricia Collarbone from the UK. Dame Patricia presented thought provoking material in relation to educational leadership in Australia and England. Thank you to Ms Margaret Parr, Hospitality teacher, the Year 11 Hospitality class who catered the event and Aidan Byrne, Year 11 entertainment student who was the technical support.

Homework Centre Just a reminder that the Homework Centre operates each Monday afternoon from 3pm-4pm in the library. There is voluntary teacher supervision. Thank you

Carol Marshman

Figtree High School's Core Values

Respect

We talk to our students often about our school's core values. We teach explicitly about what our core values look like, and what they don't look like. I recently attended the NSW State Deputy Principals' Conference and had the opportunity to listen to Mr Jono Nicholas, CEO of the Inspire Foundation who manage Reachout.com. While the focus of his presentation was around mental wellbeing and how we can support young people's mental health, he reaffirmed the importance of positive peer relationships, connectedness with trusted adults and resilience, as key protective factors in good mental wellbeing.



At some time in my work day, I usually find myself talking to a student or group of students about their peer relationships and our school's core value of respect. Recently, Signe Whitson, a licensed therapist in the US, republished an article in the Huffington Post titled '*Rude vs. Mean vs. Bullying: Defining the Differences*'. This article helps to show simple and clear differences between some of the behaviour young people sometimes engage in. I have summarised the article below, which parents may like to discuss with their child/children.

Young people may not realise that their 'rude' or 'mean' behaviour is hurtful, because they are just 'mucking around' or said it 'as a joke'. But it does hurt, the person can't 'unhear' what has been said, despite an apology that may follow. Encouraging our young people to always speak and act respectfully, as a member of our school community and our broader society will help to eliminate the hurt and enhance the mental wellbeing of our young people.

'Rude vs. Mean vs. Bullying: Defining the Differences'.

Rude = Inadvertently saying or doing something that hurts someone else.

From kids, rudeness might look more like a negative comment about a person's appearance, burping in someone's face, jumping ahead in line, bragging about achieving the highest grade or even throwing a crushed up pile of leaves in someone's face.

On their own, any of these behaviours could appear as elements of bullying, but when looked at in context, incidents of rudeness are usually spontaneous, unplanned inconsideration, based on thoughtlessness, poor manners or narcissism, but not meant to actually hurt someone.

Mean = Purposefully saying or doing something to hurt someone once (or maybe twice).

The main distinction between "rude" and "mean" behaviour has to do with intention; while rudeness is often unintentional, mean behaviour very much aims to hurt or depreciate someone. Kids are mean to each other when they criticise clothing, appearance, intelligence, coolness or just about anything else they can find to *denigrate*. Meanness also sounds like words spoken in anger -- impulsive cruelty that is often regretted in short order. Very often, mean behaviour in kids is motivated by angry feelings and/or the misguided goal of propping themselves up in comparison to the person they are putting down. Commonly, meanness in kids sounds an awful lot like:

- "Are you seriously wearing that sweater again? Didn't you just wear it, like, last week? Get a life."
- "You are so fat/ugly/stupid."
- "I hate you!"

Make no mistake; mean behaviours can wound deeply and adults can make a huge difference in the lives of young people when they hold kids accountable for being mean. Yet, meanness is different from bullying in important ways that should be understood and differentiated when it comes to intervention.

Bullying = Intentionally aggressive behaviour, repeated over time, that involves an imbalance of power.

Experts agree that bullying entails three key elements: an intent to harm, a power imbalance and repeated acts or threats of aggressive behaviour. Kids who bully say or do something intentionally hurtful to others and they keep doing it, with no sense of regret or remorse -- even when targets of bullying show or express their hurt or tell the aggressors to stop.

Bullying may be physical, verbal, relational or carried out via technology:

- Physical aggression was once the gold standard of bullying-- the "sticks and stones" that made adults in charge stand up and take notice. This kind of bullying includes hitting, punching, kicking, spitting, tripping, hair pulling, slamming a child into a locker and a range of other behaviours that involve physical aggression.

- Verbal aggression is what our parents used to advise us to "just ignore." We now know that despite the old adage, words and threats can, indeed, hurt and can even cause profound, lasting harm.

- Relational aggression is a form of bullying in which kids use their friendship--or the threat of taking their friendship away--to hurt someone. Social exclusion, shunning, hazing, and rumour spreading are all forms of this pervasive type of bullying that can be especially beguiling and crushing to kids.

- Cyberbullying is a specific form of bullying that involves technology. It is the wilful and repeated harm inflicted through the use of computers, mobile phones, and other electronic devices. Notably, the likelihood of repeated harm is especially high with cyberbullying because electronic messages can be accessed by multiple parties, resulting in repeated exposure and repeated harm.

It is important to distinguish between rude, mean and bullying so that we all know what to pay attention to and when to intervene. As we have heard too often in the news, a child's future may depend on a non-jaded adult's ability to discern between rudeness at the bus stop and life-altering bullying.

Signe Whitson (27th August 2014)

The full article can be found at the following link
http://www.huffingtonpost.com/signe-whitson/bullying_b_2188819.html?utm_hp_ref=tw

Ellie Donovan
Deputy Principal

School Uniform for Spring Time

The warmer weather that will approach with spring will see students move back to their summer uniform. Our school has two suppliers for our School Uniform, Lowes at Westfield Figtree and Poppets Direct, who have a warehouse outlet in Montague Street, Fairy Meadow and the Crystal Bears Store in Dapto Mall. Our school uniform shirts are plain white with the school crest. Girls have the option to wear the school skirt or our approved school shorts.

Both the **skirt and shorts** need to be **mid-thigh length**, with the fingertips of an extended arm providing a guide for the expected minimum length of the skirt and shorts. The school uniform shorts for boys and girls are plain navy, with no logos, pleats or cuffs. We seek our parents support in ensuring that their child/children are wearing the correct school uniform.

Our school canteen is selling the school caps for a price of \$12. The plain navy caps have the school logo on the side. As the warmer weather approaches, we encourage your child to wear our school cap to school, especially on their PE/Sport days.

If a student is out of uniform, they need to provide a signed note from a parent/carer to explain why they are unable to wear their correct uniform. If you require assistance with uniforms, please contact Mrs Borst at the school.

Junior Students

Senior Students

All Students



Science News

We would like to congratulate all of our entrants in the 'Big Science Competition' that was undertaken earlier in the year. This 30 question multiple choice exam challenged students to think critically and solve scientific problems using everyday examples. **Erika Petersen, Rebecca Neal, Marius Polhill and Lucas Wegener** gained distinctions in this competition. This is an excellent achievement considering nearly 50,000 entrants from 661 schools participated.

We have seen Preliminary HSC Physics, Chemistry and Earth and Environmental Science classes involved in enrichment days at the University of Wollongong this term to introduce concepts that will be taught in their Year 12 studies and to get a taste of university life.

All junior classes are in the process of completing communications tasks as part of their in class assessment this term and will be demonstrating their proficiency in practical skills and processing information in practical assessments early next term.

Teachers of HSC Science courses would like to give their collective praise to Year 12 for their dedication towards preparing for their trial exams and their achievement in these exams. We would like to encourage all students to make the most of the remaining time leading up to their final HSC examinations.

Ben Hudson
HT Science (Rel)

NAPLAN RESULTS YEARS 7 & 9

All year 7 and 9 students will be given their NAPLAN results on Friday 5th September in Periods 3 and 6.

PBS VALUES

WEEK 8: RESPECT

Walk quietly in the corridors so that others can continue learning

WEEK 9: LEARNING

Be on time for your next class



Figtree High School

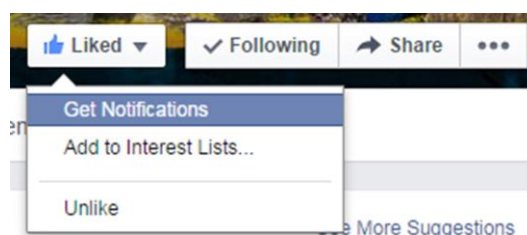
is on Facebook 

Show your support and keep up to date with our latest news posts by clicking 'Like' on our page.

Social media has changed the way people work, live and play. It's changed the way we connect with family and friends, with colleagues, with service providers, organisations and governments.

Figtree High School has recognised this fact and setup its own Facebook page to help parents, students and the wider community keep up to date with current news, student achievements and events at Figtree High School.

When you click 'Like' on our Facebook page, you will automatically get updates on your news feed from our page. As an added extra, if you would like to receive push notifications when we post to Facebook, first 'like' our page then an extra option should appear as shown below where you can elect to 'Get Notifications'.



Visit our Facebook page here [Figtree High School – Official](#)

Don't forget to visit or [official school website](#) for a more comprehensive guide to our school including news, events, policies and guidelines.

NOTIFICATIONS

BEING ME

EDUCATION, ENCOURAGEMENT AND
SUPPORT FOR CHILDREN AFFECTED
BY AD/HD AND ASSOCIATED DISORDERS.

WHEN

Monday 22/9
Wednesday 24/9
Friday 26/9

TIME

9:45am - 2pm
9:45am - 2pm
9:45am - 2pm

PLACE

CITYLIFE CHURCH
2/129 JARDINE STREET
FAIRY MEADOW

COST

\$30 PER CHILD FOR 3 DAYS
OR
\$55 FOR FAMILY FOR 3 DAYS

PHONE TO REGISTER YOUR CHILDREN
PLACES ARE LIMITED



Amy Williamson

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Speak Your Mind with ABC Open

Got something to say about mental health? Join us for this special pair of writing workshops with ABC Open's Illawarra Producer, Sean O'Brien.

Share your story about your experiences with mental health. You might like to explore your own journey managing your mental health, or what it's like caring for someone close to you.

Stories can be contributed under your own name or anonymously.

You can also contribute to the ABC Open **Speak Your Mind** Project online at www.abc.net.au/open.

Join the conversation... This is your opportunity to tell others what it's like, and what's helped you through.

When

Tuesday 9 September and
Tuesday 23 September, 4pm-6pm

Where

Meet at **headspace** Wollongong
(Level 1, 85 Smith Street, Wollongong)

Contact

Clem (4220 7660 or cvelasco@gph.org.au) to
reserve your place today...

Bookings essential as spaces are limited.



headspace.org.au/wollongong



**SOUTHERN
CROSS
CULTURAL
EXCHANGE**



BROADEN YOUR HORIZONS. EXPAND YOUR MIND. MAKE FRIENDS FOR LIFE.

Start a new beginning at the end of the year!

Live and study overseas

from Nov, Dec 2014 or Jan 2015
2, 3, 5 or 10 months



SOUTHERN CROSS CULTURAL EXCHANGE

information session

Tuesday 9 September 2014 7 - 9pm

MELBOURNE

Conochie Hall
2 Rochester Rd
Canterbury

BRISBANE

Brisbane Girls Grammar
70 Gregory Terrace
Brisbane
BGG 3rd Floor Creative Learning Centre

SYDNEY

Lane Cove Library
Library Place
Lane Cove
Parking station below
in Austin St

ADELAIDE

Marion Cultural Centre
287 Diagonal Rd
Oaklands Park

DENMARK
SPAIN
JAPAN
ITALY
GERMANY
ENGLAND
U.S.A.
FRANCE

SWEDEN
HOLLAND
FINLAND
NORWAY
IRELAND
CHINA
MEXICO
ARGENTINA

1800 500 501 scceaust@scce.com.au www.scce.com.au



Discover the World on a WEP Student Exchange Program!

Are you ready for a bit of excitement and culture in your life? Looking to push your boundaries in 2015? Why not participate in a semester or year-long student exchange program to one of over 20 countries, including popular destinations such as the USA, France, Argentina and Italy? **Applications for January programs are still open but will close soon!** Don't miss out on this once-in-a-lifetime opportunity to do something out of the ordinary, with a WEP high school exchange!



Sarah in Belgium: "I really loved the orientation in Brussels, I had such a fun time. My host family were really welcoming of me and have kept me distracted for the first few weeks, which has helped a lot. In fact, I've barely felt homesick compared to what I was preparing myself for! The students were all very excited to have an Australian around that they could speak English with! During classes I mostly do French worksheets that they have given to me, or try to translate the worksheet that the rest of the class is focusing on."

Early Bird Special!

WEP is offering students in years 9 to 12 (excluding year 12 in VIC) a \$500 discount off the 2014/15 program fee towards a semester or year program to any of the following countries departing in July - September 2015: Brazil, Belgium, France, Germany, Italy, Mexico, The Netherlands, Poland, Spain, Norway, Thailand or the USA. Simply submit your full application online **before 28 Nov '14**.

Find Out More!

- Visit www.wep.org.au and request a FREE information pack for you and your parents. Our brochure contains everything you need to know about WEP's not-for-profit student exchange programs to help you and your parents make this important decision.
- If you have any questions about any of our exchange programs please feel free to give us a call on 1300 884 733 or email info@wep.org.au.

WEP Australia is a not-for-profit student exchange organisation registered with the Education Departments in VIC, NSW and QLD.