



FIGTREE HIGH SCHOOL

PARENT BULLETIN

Term 3 Week 8 4th September 2015

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School Events

Week 9(A)	Beginning Monday 7 th September 2015
7.9.15	HSC Design & Technology Itinerant Marking Year 11 Yearly Examinations Yr12 Music Submitted Works submission date to BOSTES Y9 Science Practical In Class Task 10.3/4/5/6 In Class Science Test
8.9.15	Year 11 Yearly Examinations CHS Girls Tennis Carnival Excursion: Y12 Music HSC Y9 Science Practical Task
9.9.15	Year 11 Yearly Examinations CHS Girls Tennis Carnival Y5 Enrichment Program -6pm onwards HSC Music examination - 8.30am-4.20pm Y9 Science Practical Task
10.9.15	Year 11 Yearly Examinations CHS Girls Tennis carnival Y9 Science Practical Task
11.9.15	Year 11 Yearly Examinations Y9 Science Practical Task Excursion:Mixed Junior Basketball -Bomaderry - Vatovec
Week 10 (B)	Beginning Monday 14 th September 2015
14.9.15	Year 11 Yearly Examinations Yr 10.3 Health Task due
15.9.15	Year 11 Yearly Examinations Excursion: Yr 12 Physics - Sydney – Hudson Y10.2 Health Task due
16.9.15	Year 11 Yearly Examinations Excursion: Yr 12 Picnic Day Yr 10.4 Health Task due
17.9.15	Yr 12 Carwash, BBQ and Rehearsal
18.9.15	Year 12 Graduation Ceremony in Auditorium - 9:30am Yr 11 catch up examinations Last day of Term 3

PBS VALUES

WEEK 9: RESPECT

Be at the Canteen only to buy for yourself

WEEK 10: LEARNING

Move quickly back to the classroom at the end of the break

Principal's Report

Best wishes to the Year 11 students who will be participating in their examinations in the next few weeks.

Congratulations to Amy Pryor, Year 12 who received the prestigious John Lincoln Community Service Award - NSW Order of Australia Branch at Government House on Wednesday 2 September. The award was presented by His Excellency General The Honourable David Hurley AC DSC (Ret'd) Governor of New South Wales. Amy celebrated the occasion with her family.

Members of staff participated in the Illawarra Partners In Education (IPIE) professional learning session on Wednesday 2 September. The professional learning session, Performance and Development Plan Feedback was presented from 3.30-5.00pm by Diane Trist and Mandy Shaw the Principal Liaison Officers. This will assist teachers in the implementation of the Performance and Development Plan.

Thank you

Carol Marshman

Principal

News from the Creative and Performing Arts Faculty

Southern Stars

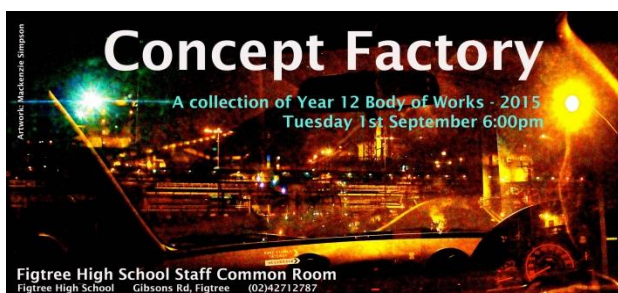
We were proud to see our dancers represent Figtree High School in the mass dance performance and perform a prominent role in the 'sweet dreams' act for Southern Stars 2015. The group has been rehearsing throughout terms 2 and 3 and were excited to perform for over 12,000 people over the four performances. Well done to dance coordinator for Southern Stars Mrs Bennett and all Southern Stars students for your performances. Well done to Chris Rutter a Southern Stars vocalist and Southern Stars company dancer Zoe Williams for their selective roles.



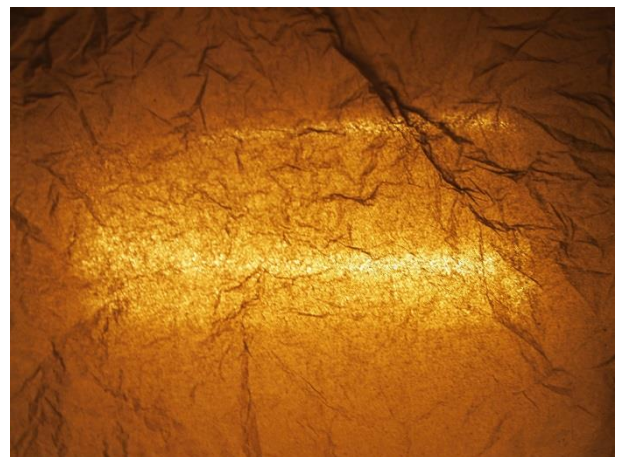
Southern Stars 2015 Mass Dance

Visual Arts

To celebrate the success of our 2015 HSC Visual Arts students, Figtree High School will be hosted its annual Body of Work exhibition. The exhibition showcased their creative and dedication in the art forms of drawing, painting, photomedia and sculpture. The works were exhibited in the common room, with the opening night held on Tuesday 1st of September 6:00pm.



Congratulations to Shannai Brassington for being selected for a highly sought after place in the National Art School HSC Intensive senior school enrichment program. Shannai completed module 1 of the Digital Photography course under the supervision of practicing artists in a studio based learning setting. Here is a selection of her experimental contemporary photographs.

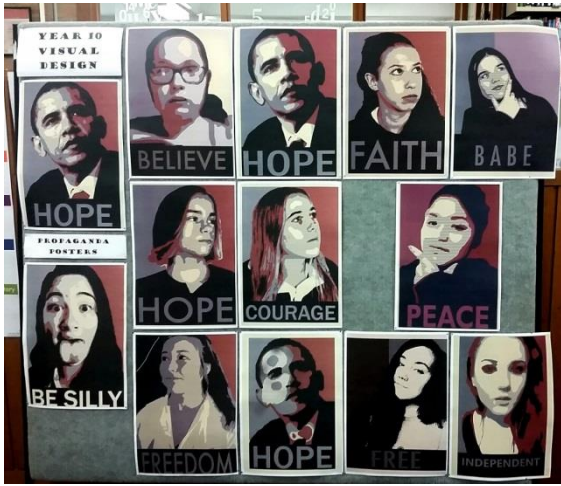


Shannai Brassington photography

A special thankyou to Ms Booth and the library staff for their ongoing support to displaying student artworks. The library displays have allowed work to be displayed outside of the visual arts rooms and all FHS students and community to enjoy the highly creative work made by our students.



Library displays: Year 11 Self Portraits



Library displays: Year 10 Visual Design Posters

HSC Music

It's a busy time for senior Music students who, having recently completed the Trial HSC. They are currently preparing for their practical examinations to be held on the 9th of September. The HSC performance night on 27th August was a highly successful evening. The year 12 class performed excerpts from their HSC programmes. Well done to Miss Schroder and Mr Malouf on such a successful night.

Yr 8 Band

Junior band rehearsals on Monday afternoons after school have been well attended and students are enjoying learning new skills, new songs and how to play as an ensemble.

We are always looking for new members, especially if you are a singer or play a brass or woodwind instrument.



Vocal group and junior band performing rehearsing and performing

Vocal Group

Our vocal group, consisting mostly of students from years 8 and 9, rehearse every Tuesday during lunch2. They are enjoying learning to sing in harmony and having fun with music. Students are encouraged to join the vocal and band ensembles as well as use the music rooms at lunchtime for informal rehearsals and to work on assessment tasks.

Mr. P Hewitt

Head Teacher CAPA

Parent Parking Concerns

The Figtree High School ***staff car parks are not to be used by parents to drop off or pick up students.*** The car park drive ways, including the Figtree Anglican Church driveway, should not be used to complete three point turns. At the end of the school day, these driveways are extremely busy exit points. Staff car parks are not pedestrian access points for parents or students. The school has two pedestrian paths on Gibsons Rd for this purpose. We seek the support of our parents to ensure our car park spaces are safe for our staff and students to ensure they are incident free.

The school has a rear exit gate that enables students to walk north towards O'Briens Road.

Thank you for your co-operation with this matter.

Developing Stress Management Skills

HSC exam's coming up? Feeling stressed? Check out ReachOut's top tips for beating stress

Everyone experiences stress at some point, but there are heaps of simple ways to minimise its impact on your life. Right now is a great time of the year to work on stress management skills and be ready for when the stress-deluge comes (exams).

Stress can be mild or intense, and it can make people feel frustrated, anxious and even hostile. Ever been grumpy because of stress? There you go. Stress can get in the way of sleep, cause headaches and change your appetite. It can also reduce your ability to concentrate and make it harder to remember course content.

ReachOut has lots of fact sheets and practical tools for beating stress. Here are a few:

- All work and no play? Bad idea. Make time every week to completely forget about study and do something you enjoy, like playing sport, hanging out with friends or watching TV. Taking regular breaks and 'me-time' to clear your head will also help you study more productively: au.reachout.com/taking-regular-me-time
- Feel like you're not achieving what you're capable of? Sit down and set goals at the beginning of each term. Define your goal, set sub-goals and make a plan of action. Then you'll know what you're aiming for and it'll be easier to stay focused: au.reachout.com/how-to-set-goals
- When you're feeling stressed, it helps to have a proven strategy lined up to help you deal with it. It could be something like reducing the number of commitments you have, telling a close friend you're stressed and talking through it, or even using positive self-talk strategies: au.reachout.com/building-better-coping-skills

Sometimes it might feel like stress is unbeatable, but it's definitely manageable. For more info on keeping it in control, check out these fact sheets on ReachOut.com:

- Tips on managing stress:
au.reachout.com/managing-stress

- Helping someone with stress:
au.reachout.com/helping-someone-with-stress
- Ways to relax: au.reachout.com/ways-to-relax
- Tips for problem solving:
au.reachout.com/all-about-problem-solving
- Information on anxiety:
au.reachout.com/how-to-manage-anxiety

Wednesday Sport Notice

Good luck to all of our grade sport teams and coaches who will be playing in the finals on Wednesday 2nd September. It is a huge achievement to be a part of a grade sport team and I would like to commend all of our Figtree students who have represented the school in a positive, mature and very competitive manner. May you enjoy and compete to the best of your ability in the final match.

With that being said, Term 4 sport is fast approaching. All students should have selected their sports online and printed off the corresponding permission note. This note needs to be signed by your parents/guardians and handed back in to the PE staffroom ASAP. Unfortunately, students who do not return their permission notes will not be able to participate.

Term 4 sport will start in week 9 of this term so it's very important that you are organised early. We look forward to another excellent term of sport.



Mixed Basketball Knockout Competition

Round 1

Last week Figtree High entered both a boys and girls basketball team into the Zone knockout competition. It was a great day full of strong competition and great sportsman ship from all competitors at the day. While the boys team was unsuccessful in their bid to advance, our under 15s put forward a strong performance and remained unchallenged throughout the day, advancing to the next round as the number 1 seed for our region. In their fourth year together, the girls showed excellent awareness, competitive drive and great improvement from some of our younger players. I look forward to the next round and the chance to coach this team against new challenges in week 9 Friday the 11th of September at Bomaderry. All parents are welcome and encouraged to attend and cheer on this fantastic young team.



Mr Vatovec



Figtree High School will be holding the *Adidas School Fun-Run* as a major fundraising event this year. The event will be held on **7th October 2015**! This event is being held to fundraise much needed money towards upgrading the bottom sporting oval.

About the Program

The *School Fun-Run* is a fundraiser which can be paired with a sporting event to promote healthy and active lifestyles! It's all about participation and students will have a great day and be rewarded for their fundraising with fantastic incentive prizes. Family support is key to our fundraising success and we encourage all students to get involved.

How Does My Child Fundraise?

All students have received a Sponsorship Form where the money collected is to be noted. We ask all parents to read the Sponsorship Form and sign the front page to grant permission for their child to participate in this event. In the Sponsorship Form you will find many other benefits such as the chance to win a family holiday to Disneyland!

Students who raise just \$10 or more will receive a reward for effort. We have educated students on the dangers of door knocking without adult supervision, please reiterate this at home. The best people to ask for sponsorship are people you know (e.g. friends, family, work colleagues and neighbours).

Reaching Fundraising Goals

A great way to branch out and help your child reach their fundraising goal is through online fundraising. Students raise an average of \$103.38 using online fundraising, which really benefits all involved! To set up an online student profile please visit: schoolfunrun.com.au/students. Here you will also find the Bupa Training Hub where your family can access training tips, videos and other special offers to help you get ready for our School Fun-Run.

Ordering Prizes

To reward your child for getting involved, they'll receive a prize based on the total amount they've fundraised. Please help them with *Step 6 – How to Claim Prizes*, this can be found and filled out on the back page of the Sponsorship Form. This will need to be returned along with all money raised to the front office on or before **6th October 2015**, student prizes will arrive shortly after. Thank you, good luck and happy fundraising!

Mrs Markham

