



FIGTREE HIGH SCHOOL

PARENT BULLETIN

Term 4 Week 2 16th October, 2015

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Week 2	Beginning 12 th October 2015
12.10.15	- HSC Examinations commenced and continue for the next 4 weeks
13.10.15	- Yr 10 RYDA – Road safety Excursion for Year 10
14.10.15	- Yr 8 Science Yearly Examination this week
15.10.15	- Yr 10 Young Women's Forum – Period 1 - Yr 7 Parent Reading Program Period 3 - Yr 10 English Assessment task - Yr 7 & 8 Aboriginal students meeting about UoW AIME program
15.10.15	- Resilience presentations to Yr 7 students
Week 3	Beginning 19 th October 2015
19.10.15	- HSC Examinations continue - Yr 7 & 9 Vaccinations and catch up examinations for Yr 11 - Yr 9 Yearly Science Examination this week
22.10.15	- Yr 10 Young Women's Forum – Period 1 - Yr 7 Parent Reading Program Period 3 - Yr 9X PASS Excursion to Bowling Periods 4&5
Week 4	Beginning 26 th October 2015
26.10.15	- HSC Examinations continue - Yr 9Z PASS Excursion to Bowling Periods 3&4
27.10.15	- CHS Boys Tennis Carnival - Yr 10 PASS Excursion to Bowling - Yr 9 History Examination
28.10.15	- CHS Boys Tennis Carnival - P & C Meeting in the Bistro at 7:30pm
29.10.15	- CHS Boys Tennis Carnival - Yr 10 Young Women's Forum – Period 1 - Yr 7 Parent Reading Program Period 3 - Netball Gala Day at Berkley - Yr 9Y PASS Excursion to Bowling Periods 4&5 - Yr 10 Commerce and Yr 10 German Assessment tasks - Yr 11 Studies of Religion Assessment task
20.10.15	- Netball Gala Day at Berkley - Yr 10 Geography Assessment Task - Yr 10 Commerce examination

PBS VALUES

WEEK 3: RESPECT

When entering and leaving the school, obey community rules and laws

WEEK 4: LEARNING

Be and active listener during assembly

Principal's Report

We have had a settled start to a very busy term. Year 12 had a good start to their HSC examinations with a fair and comprehensive English paper on the first day. Just a reminder to students that if they have any issues in relation to HSC examinations they can see Mrs Maureen Waters the BOSTES HSC Supervisor for Figtree High School. Maureen is available for the duration of the HSC examinations.

The Adidas Fun Run was a great success. We were very fortunate with the weather and the credit union representatives were very impressed with the student's participation. They were also impressed with our school facilities and the broad curriculum and extra curricula opportunities that are available for the students.

The Year 7 2016 Preliminary Information Evening was well attended last week. It was an added bonus for me to chat with my ex-students from Warrawong High School who had their sons or daughters starting in Year 7 at Figtree HS next year.

Mrs Cathy Smith's retirement from the position of Head Teacher TAS was formally celebrated with family and friends this week. On behalf of the Figtree High School staff we thank Cathy for her unwavering dedication to the staff and students. We welcome and congratulate Mrs Karran Williamson who has been appointed to the Head Teacher TAS position. Karran was formerly the Head Teacher Secondary Studies at FHS. She will bring a diverse range of knowledge, skills and experiences to the position.

I look forward to Term 4 and seeing the results of the student's learning for 2015.

Thank you

Carol Marshman
Principal

Figtree High School – Core Values: Safety and Learning

The wellbeing of students and staff is one of our school's strategic directions in our 2015-2018 School Plan. During Term 4, we often see students faced with greater workloads at school due to the increased amount of assessment work that is undertaken.

World Mental Health Day was on the 10th October. There were a range of community based initiatives and media and social media strategies to raise awareness of mental health issues, both locally and world wide.



The theme of the campaign this year was "Mental Health Begins with me". On this day Australians were asked to make a personal mental health promise to themselves and share it on social media. Over 12,000 promises have been made on the campaign website, and these promises can be viewed and made on the following link <https://1010.org.au/promises>.

Recent research commission by mental health Australia has highlighted some areas where young people can be more proactive in supporting their own mental health. One way was ensuring that they took some time out away from electronic devices and another was by seeking help for themselves during periods of high stress.

It is really important that parents and carers are monitoring young people's engagement with social media and talking with them about the need to 'take a break' from their mobile phones. While this can be a source of conflict with teenagers, establishing routines at home that enable young people to have some 'time out' from social media and their electronic device will help to encourage more interpersonal communication and interaction with family and friends, which is important for good mental health.

Young people can sometimes struggle to ask for help when they need it, especially if it is related to bullying or issues with social media. Reminding young people that if there is a problem they have not been able to manage themselves, and they feel worried, scared or upset, they should to seek help from a trusted adult.

There are a variety of adults at school that students can seek help from, they include:

-Teachers on playground duty (we wear fluoro vests to make us easy to find in the playground during lunch breaks)

-Year Advisors: Mrs Kyriacou, Miss Fernandes, Mr Smith, Mr Simmonds, Mrs Dive, Mr Liddle, Mr Kellaway, Mrs Harris and Mrs Goodall

-Learning and Support Teachers and Learning Support Officers

-Supervisor of Girls: Mrs Borst

-Supervisor of Boys: Mr Sargent-Wilson

-Head Teachers

-School Counsellors: Mrs Idziak and Mr Wilson

-Deputy Principals: Ms Donovan and Ms Morgan

-Principal: Mrs Marshman

If your child indicates to you that there is a problem or concern that the school needs to provide assistance or support with, please contact the relevant member of staff so that we can assist you and support your child to resolve the issue.

Further information about mental health, including youth mental health can be found on the following links;

- <http://au.reachout.com/tough-times/mental-health-issues>
- <http://headspace.org.au/get-info/category/mental-health-and-wellbeing>
- <https://www.beyondblue.org.au/>
- <http://mhaustralia.org/>

Ellie Donovan
Deputy Principal



Faculty Report – Industrial Technology

Industrial Technology Timber

Congratulations to Year 12 Industrial Technology Timber students for the successful completion of their Major Projects. These projects reflect their practical skills, creativity and time management and ability to compile appropriate accompanying documentation.

Several projects from Year 11 and Year 12 Industrial Technology Timber have been entered into the prestigious University of Wollongong- Faculty of Engineering: NSW Technology Awards. Congratulations to **Daniel Lucas** and **Mitchell Chadwick** from Year 12 and **Rhys Taafe, Adam McKeown, and Isabella Patrone-Hill** from Year 11 for being selected for entry and we wish them good luck in the competition.

Industrial Technology Graphics

THINK INVENT MAKE EVALUATE 3D PRINTING AND DESIGN COMPETITION 2015

This competition was taken up by Figtree High School's Year 9 Graphics class with a team of 4 students **Chad Dewhurst, Tiffanie Doan, Chris Kiotis and Jamie Kuzman**. The competition encouraged Illawarra students to design and prototype an original product using CAD (Computer Aided Drawing) and 3D printing.

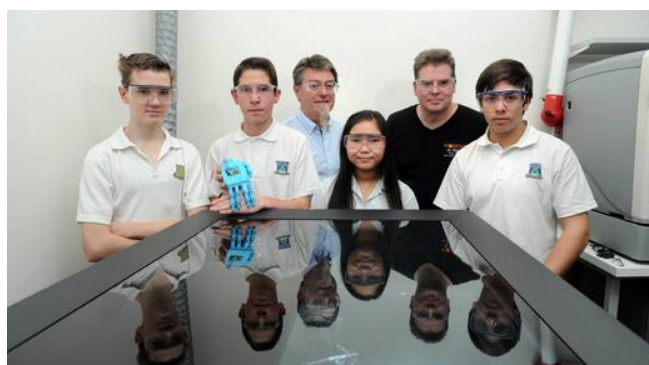
The product and in Figtree High's case the bionic hand, was part of a package which included advertising and media components. There were a few categories to participate in, however, with the graphics subject looking at a bionic hand, the robotics category seemed like a great fit.

Leading up to the closure of the competition we participated in a 3D printing workshop at the University of Wollongong, innovation campus. The final project was due for submission during the first week of the holidays with judging taking place the following week. Judging was carried out by a panel of independent judges from various industries, with the UOW being the final judges of winning entries in each category. There were two rounds of judging comprising a semi-final and final. In the final round, judges choose winners in each category to receive prizes.

Figtree High School were victorious and won the robotics category taking home \$1500 in cash for the school. The cheque and award was presented to Mrs Marshman on our assembly last week.

Prizes were presented at the Blender Festival, Future Day event, Friday the 2nd of October 2015. The students were also given the opportunity to visit the UOW 3D printing lab and were interviewed by the Illawarra Mercury. The win saw the Illawarra Mercury run the story about the student's work on Friday 1st October. The article can be found on the following link, <http://www.illawarramercury.com.au/story/3395231/teenagers-produce-bionic-hand>

Congratulations to Chad, Tiffanie, Chris and Jamie for their great work and for taking the time in the school holidays to participate in the various functions and award ceremonies.



Hands down winners: Figtree High students Chad Dewhurst, James Kuzman, Tiffanie Doan, Chris Kiotis with their 3D printed bionic hand. Picture: SIMON BULLARD

NSW Rural Fire Service Secondary Schools Cadet Program

In Term 3 Figtree High School was able to participate in The NSW RFS Secondary Schools Cadet Program. This program was a great way for students to learn new skills which will last them a lifetime. The program provided Year 9 and 10 students with an insight into fire safety and prevention whilst developing practical life skills and a general appreciation of community service and volunteerism. During the program students were divided into teams of five students, where they developed leadership and teamwork skills.

The aim of the program was to:

- Develop an interest in the NSW RFS and its traditions
- Provide cadets with knowledge of fire safety and preparedness
- Develop the qualities of leadership, self-discipline, self-reliance, initiative and team work
- Encourage cadets to continue service in the NSW RFS or other community service organisations
- Provide training that can contribute to NSW RFS firefighter and other specialist training.



These qualifications can be used in later life, whether it's for work or for joining a volunteer rural fire brigade. The majority of the program was based on practical activities, however, there was some theory involved. The program ran over a 10 week period with 2 hours of instruction per week during sport.

In week 1, students were given an overview of the NSW RFS and fire behaviour. Week 2 we explored the structure of the NSW RFS, vehicles and familiarisation. Week 3 saw the students identify the NSW RFS rank and bush firefighting equipment. Week 4 we identified the Emergency services in the local community.

Week 5 we were exposed to bush fire survival plans and emergency drills. Week 6 saw us engage in

casualty assistance (first aid). Week 7 saw us hone our practical skills in a scenario practice. Week 8 was brigade visits and fire extinguisher use.

Week 9 was practical scenarios and revision in preparedness for week 10, final theories and practical assessment and presentation of certificates to the students in a display of their expertise at the Albion Park headquarters of the RFS.



The following students should be congratulated for the manner in which they participated and presented themselves during the cadet program.

- | | |
|----------------------------|----------------------------|
| - Cooper Mawbey | - Jacinta Carson |
| - Megan Collett | - Joshua Panayiatou |
| - Blake Mackay | - Jordan Matthews |
| - Dylan Ollerenshaw | - Tiffanie Doan |
| - Tayah Davey | - Naomi Gray |
| - Jessica Trudgett | - Tyrah Oliveira |
| - Mikayla Markham | - Marcus Faulkner |
| - Zane Murray-Allen | - Tyren Maclou |

Mr Aaron Kellaway

NSW RFS Cadet Program Supervising Teacher



Relay for Life – Wollongong

Congratulations to **Jarrold Woods** (Yr 10) and **Kayla Shea** (Yr 8) who performed together at the Wollongong Relay for Life on Saturday 19th September. The Relay for Life is a 24 hour community event held at Beaton Park, designed to raise awareness about cancer and also raise funds for cancer research and treatment. This year the event raised \$165 921.45 and involved 124 teams and 1649 participants. Jarrold and Kayla dedicated their performance to their grandmother, who is a survivor of cancer, but is currently undergoing further cancer treatment again. Jarrold spoke about his grandmother's journey with cancer and how proud he is of her.



Based on the high quality of their performance at this event, Jarrold and Kayla have been invited to perform at other community events including the Twilight Markets Wollongong and Lake Illawarra markets.

Congratulations Jarrold and Kayla!

Runaway Success at Figtree High School

During Sport time on **Wednesday 7/10/15**, Figtree High School held an Adidas School Fun-Run and raised \$492.30 in extra funding. Students participated in the 50x50x50. Which meant they ran 50 metres in 50 seconds, 50 times. All students from Years 7-10 participated and had an excellent afternoon. It was great to see so many students having fun while exercising.

The Adidas School Fun-Run provides a platform for schools, sporting clubs and community groups to raise extra funding while encouraging participation in healthy and active lifestyles. The Adidas School Fun-Run launched in 2011 as a 'healthy alternative' fundraiser and participating schools raised over \$11.4 million in extra funding.

A further \$295,000 has been donated in school grants by program partner, CUA, through its Community Care initiative - an extension to the Adidas School Fun-Run. Well done to Figtree High School students for getting involved in a worthwhile event.

More Athletics Success

Congratulations to **Jarrold Twigg** (Yr 10) and **Teghan Barklay** (Yr 11) on their recent success at the NSW All Schools Athletics Championships. **Teghan** won silver in the 16 years girl's high jump with a jump of 1.65cm. **Jarrold** won gold in the 17 years boys 110m hurdles. Jarrold, who is only 16, ran a time of 14.32, beating a strong field of 17 year old boys to take the gold medal. Jarrold also finished 5th in the 17 years 100m sprint.



NOTIFICATIONS



**ALL PLAYERS
WELCOME TO TRIAL
IN THE FOLLOWING
AGE GROUPS:**

BOYS: U12 U13 U14 U15 U16 U17 U18

GIRLS: U15 U16 U17 U18

**Trials will be held
in QLD, NSW,
ACT, VIC and SA**

30-10-2015

TILL

15-12-2015

**Times and dates for trials are
available at ejfootballint.com
Please book your preferred trial.
Date and time as early as
possible to ensure you do not
miss out as numbers are limited.**

if you require further information please contact us on info@ejfootballint.com



BOOK YOUR TRIAL NOW!

Figtree High School P & C



Shopping Bus Tour

The Figtree High School P&C are having a fantastic fundraiser event for our school community to raise much needed funds for our students.

Date: Saturday 14th November, 2015

Time: 8.00am to approx. 5.30pm

Pick up Location: Wollongong Train Station Carpark West (Gladstone Ave)

Outlets: Taking Shape Clothing, Sullivans Warehouse Clothing, Debs Hidden Treasures, KB Toys, Christmas World, Manchester Madness, Red Ribbon Gifts, Dolci D'oro

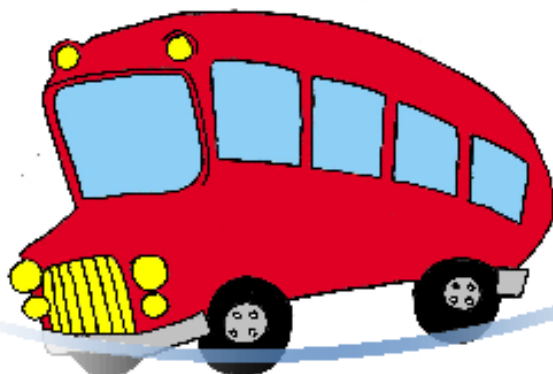
Chocolates, Peter's of Kensington, Bendon Lingerie and more.

Cost: \$50.00 per person. Please bring your own lunch and refreshments.

Please bring lots of gold coins with you as we are having raffles on the bus.

Contact: Narelle Jacobsen or Diane Grant on 4271 2787 to book your place. You can direct deposit your payment by contacting us for details.

Please come along for a fun day and help support Figtree High School!





OUR VISION: ALL PEOPLE ARE EMPOWERED TO
LIVE FULFILLING LIVES AND ACHIEVE THEIR
POTENTIAL IN INCLUSIVE COMMUNITIES.

OUR VALUES GUIDE THE BEHAVIOUR AND
PROFESSIONAL STANDARDS OF OUR STAFF.

one vision one focus one service



EVER CONSIDERED BECOMING A FOSTER CARER?

===== FIND OUT MORE =====

Attend a foster care Information Session
and hear about fostering from local foster
care agencies and foster carers

You will learn about:

- *steps to become a foster carer*
- *roles and responsibilities of foster carers*
- *support available to foster carers*
- *the need for all types of carers,
especially Immediate 'crisis' carers*

Wednesday 28th October

6:30pm - 8pm

Venue: Corrimal
Community Centre

To register your attendance

contact Savita on:

9281 8822

savita@acwa.asn.au

Or just attend on the night!

Find out more about fostering today: www.fosteringnsw.com.au

