



FIGTREE HIGH SCHOOL

PARENT BULLETIN

Term 4 Week 11 15th December, 2015

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Week 10 (B)	Beginning 7th December
11.12.15	- Year 7-10 Semester 2 Merit Assemblies and Reports issued to students
Week 11 (A)	Beginning 14th December
14.12.15	- SRC Mufti Day for Muscular Dystrophy - Excursion: Stage 4 Autism Class
15.12.15	- Merit Excursion to Jamberoo - Yr 11 PDHPE Assessment Task - Yr 11 Drama Assessment Task
16.12.15	- Last day of Term 4 for Years 7-11 students - HSC results released to students
17.12.15	- Staff Development Day - 10:50am Year 12 Morning Tea with staff
18.12.15	- Staff Development Day
Week 1 (A)	Beginning 25th January 2016
27.1.16	- Staff Development Day
28.1.16	- Years 7, 11 and 12 Students return
29.1.16	- Years 8, 9 and 10 return
Week 2 (B)	Beginning 1st February 2016
1.2.16	- Yr 7 Swimming Proficiency Test Periods 1-3 at Western Suburbs Pool
5.2.16	- Year 12 Discovery Day at University of Wollongong
Week 3 (A)	Beginning 8th February 2016
8.2.16	- Figtree HS Swimming Carnival at Western Suburbs Pool
10.2.16	- Year 7 Surf Education Program – Session 1

Principal's Report

I would like to pay tribute to and give due recognition to our incredibly dedicated school community who genuinely offer every available resource to enable all students at Figtree High School to have an equal opportunity to participate fully in their education.

As we approach 2016, our school continues to engage with students, parents, teachers and members of the wider school community to implement three strategic directions; teaching and learning, staff and student wellbeing and community partnerships.

The staff at Figtree High School know the unique backgrounds of the students in their care and adjust their teaching to meet individual needs and diverse cultural, social and linguistic characteristics.

We firmly believe that consistent implementation and development in this area will continue to positively impact upon our student's educational outcomes.

In 2015, we have continued to develop a strong working relationship with our Community of Schools (CoS); Figtree High School, Figtree PS, Figtree Heights PS, Lindsay Park PS, Mt Kembla PS, Mt St Thomas PS, Nareena Hills PS and Unanderra PS. The CoS has concentrated on a combined approach to the Australian Curriculum and programs in the areas of Careers, English, Mathematics, Science, History and PDHPE. The CoS will continue to offer the popular and innovative programs, such as, the Premier's Sporting Challenge, Indigenous Games, Debating and Public Speaking, Science Challenge, Stage 3 and 4 Enrichment days and the Year 5 Enrichment Class Program.

It has been an honour to be the Principal of Figtree High School. I will be retiring in January 2016 and I would like to sincerely thank the school community and the extended community for their support of my leadership. I would like to announce that Ms Karen Burke has been appointed as the Principal of Figtree High School commencing Term 1 2016.

In conclusion, I would like to emphasise that I believe that our school has developed a strong sense of community identity. I believe that Figtree High School has built a strong collective school community belief in excellence in education. I encourage you to continue to create a positive and productive school environment that surpasses all community expectations.

On behalf of Figtree High School, I wish you a safe and prosperous 2016.

Carol Marshman
Principal

Figtree High School – Core Values: Respect, Safety and Learning

Respect

This year we have had a number of initiatives focused on respectful peer relationships, including the Bullying No Way – National Day of Day of Action, Brainstorm Productions Drama presentations and most recently the White Ribbon Day activities.

Next year our school will be implementing a school wide “Expect Respect” program. This program will be the focus of a professional learning session on our staff development day on the first day back next year. This program aligns with our school’s PBS core values; Respect, Safety and Learning.

We value respect because it is essential for harmonious and successful relationships in all facets of life; school, home; friendships and work. We trust that your children will continue to demonstrate the value of respect with you over the holiday period.

We remind our students that respect online is just as important as respect in face to face interactions. Young people needs to ensure they “THINK” before posting anything online. We encourage parents to monitor their children’s social media activity.

Safety

School holidays often increase the likelihood of accidents and injuries, as teenagers begin to spend more time away from home without adult supervision.

To reduce the chance of accidents and injuries it is timely to reinforce some key messages about safety in our local community. Students are strongly encouraged to make the following choices as appropriate during their holiday period;

Water environments

- swim/surf with friends or family members
- swim/surf at patrolled beaches
- swim between the red and yellow flags
- check any danger or hazard signs at the beach and obey them
- follow the guidelines for protecting your skin: wear a hat, apply and reapply sunscreen, wear sunglasses, slip on a shirt and seek shade.

Road use

- wear a seat belt every time you are in the car
- use pedestrian crossings or traffic lights when available

- wear a helmet every time you ride your bike
- wear a helmet when using other wheeled devices: skateboards, scooters, rollerblades
- drive to the signed speed limit, without touching your mobile phone.
- The law for L and P plate BAC is zero.

Online

- only use social networking sites/apps where you can control who you interact with, and who can interact with you. Enable privacy settings.
- communicate in the same manner as you would if you were face to face with the other person
- think before you click: remembering that after you send a picture or message, you lose control over what can happen to it on the web
- keep private information about yourself private (eg. address, phone number)
- check out <http://cybersmart.gov.au/> before you start using a new social networking site/app so that you are well informed about how to use the site safely, if at all



Learning

Last Tuesday night we celebrated the outstanding academic success of a large number of students at our Annual Presentation Evening. On Wednesday afternoon we recognised our students who had achieved success in the sporting arena. We congratulate all students who were recognised at these events.

Last Friday, 11th December, students in Years 7-10 were presented with their Semester 2 Reports. These reports were presented to students through their year assemblies, where a number of students were acknowledged with Principal’s and Year Advisor Awards for the achievement, and commitment that they have shown in Semester 2.

We encourage students to read these reports critically, with a focus on identifying their strengths and the areas to help them continue to improve their academic achievement in 2015.

A list of general school supplies has been provided in this newsletter to assist students in returning to school with the resources for a successful 2016 year.

My best wishes to our students and their families for a fantastic festive season and a relaxing holiday period.

Ms Donovan
Deputy Principal

School Uniform - 2016

The school has two suppliers for our school uniform, Lowes at Figtree Grove and Poppets Direct, who have a warehouse outlet in Montague Street, Fairy Meadow. Girls have the option to wear the school skirt or our **approved school shorts** during the summer months. The school uniform shorts for girls are mid-thigh length, plain navy, with no logos, pleats or cuffs. The girls shorts **MUST be longer** than your daughter's fingertips when her arms and hands are extended by her sides. Our uniform suppliers have our girl's shorts in stock. We seek our parents support in ensuring that girls are wearing the approved school uniform shorts next year.

Juniors



Seniors



Our school uniform includes **ALL BLACK** fully enclosed **leather, leatherette or suede** shoes. This ensures that students meet the appropriate Work Health and Safety requirements while they are at school. If you require assistance with uniforms, please contact Mrs Borst at the school.

School Cap



Our school canteen is selling the school caps for a price of \$12.

BYOD – Bring Your Own Device

All students at Figtree High School are required to bring an appropriate device to school every day. Students can provide their own recommended device or alternatively lease a laptop from FHS at a cost of \$5 per term.

The following points outline some of the core features of our policy.

- Suitable devices are small laptops and netbooks
- Laptops must be able to connect to the school wireless network
- Battery life must be sufficient to last through a school day (5 hours of class time)
- Software must be able to read, modify and create Microsoft Office documents.
- Specialist software (as required) must be installed.
- Students are responsible for the storage and backing up of their work.
- Students will use technology in accordance with other school and NSW Department of Education (DoE) policies.

For the full details of this policy and device recommendations, go to

www.figtree-h.schools.nsw.edu.au/our-school/fhs-policies and click on **Bring Your Own Device**.

The DoE currently has an agreement with Microsoft to supply **free of charge** software to students for educational purposes. To view available titles for Windows and Mac OSX, students go to www.onthefhub.com and register.

Go to: <http://www.figtree-h.schools.nsw.edu.au/our-school/fhs-policies> for a **detailed guide** on how to navigate onthefhub and download software for student use.

Back to School Supplies for 2016

As a basic set of school supplies, every year at school students will need;

- Student diary
- Black, blue and red pens, lead pencils
- Ruler, eraser, sharpener
- Coloured pencils, textas, highlighters
- Exercise books – for example: A4 196 page, A4 128 page, A4 96page
- Mathematics Grid exercise book
- Mathematics set – compass, protractor, set square
- Calculator A4 Display books – for assignment work
- 4G or 8G USB drive
- Electronic device that meets our BYOD specifications

NSW CHS Water Polo Knock Out Carnival- Newcastle

On Sunday afternoon December 6th the Figtree High Girls U15 Water Polo Team travelled to Newcastle to compete in the NSWCHS Water Polo Knock Out Carnival. They were vibrant, determined and behaved impeccably whilst away.

After a long drive up and a good nights rest, the team had the challenge on Monday of competing against teams that had been training and playing together for months. But they didn't let this deter them.

Upon arrival the girls set up and changed into their team swimsuits. They looked the part and received many compliments from other teams and parents. Figtree High are the first team to be representing the South Coast for quite a few years and officials were very happy to see the area represented.

Having not been afforded a great deal of practice time, the girls competed admirably against three regional teams from Tamworth, Castle Hill and Lambton. Unfortunately, they failed to make the next round of the competition.

This being said, the girls were focussed and determined throughout their games. They played as a team and were always encouraging of each other. They showed tremendous sportsmanship and the Figtree spirit of giving it their all and learning from the experience it offered them.



As their supervising teacher I was very proud of their efforts and their spirit. I would also like to thank Sarah Wilson, a parent, who gave up her time to assist with the team.

Ms Amy Black
U15 Girls Waterpolo Coach

Cody Gillis on the World Stage

Cody Gillis (Yr 10) was selected to represent Australia at the Rotax Max Grand Final Challenge 2015. This event was being held in Portugal. Cody's time in Portugal was a mixed bag of emotions. With 72 competitors in his class from over 40 countries the racing was nothing like he had ever experienced.



After the timed practice sessions Cody was feeling good and after the last practice, his time was 15th overall. Qualifying rounds didn't go to plan and Cody was caught up in traffic with lots of gamesmanship happening.

Cody's motto for the next day was to strive forward and do our Aussies proud!! Race day started great - coming in from the morning warm up session 4th overall. After starting 21st in Heat 1 Cody finished 9th, constantly being one of the fastest on the track and catching the lead group.

Heat 2 was a disaster!! On turn 1 Cody was launched and had a huge roll over and end for ended twice. Luckily after a medical check he was OK, the same could not be said for the kart or his helmet.



After rebuilding the kart and having a good nights rest, it was time for Heat 3, however, seriously bad luck struck again with another 1st corner incident, Cody being hit off the track and coming back on in last position, then climbing his way to 27th with a bent kart and steering.



The two heat results meant Cody had to start from 28th position in the last chance qualifier for the final, this was a fantastic race with Cody making it to 8th position but he was 2 places short from the transfer spot (only 34 competitors line up for the final).

So sadly the dream was over for Cody, and while he was initially devastated, Cody demonstrated great resilience and sportsmanship and his smile returned and he looked on the bright side of things, with Cody recognising that he is the 36th best driver in Senior Max in the world!

The Australian Team also finished 5th overall !



Congratulations Cody on this amazing experience! We have no doubt that you will be back on an international track again soon.

**Athletics Australia Schools Knock Out National Final
Lakeside Stadium, Albert Park, Melbourne, Victoria
Monday December 7, 2015**



The following boys represented Figtree HS at this highly prestigious and competitive event. From left to right. Mr Smart (Teacher & Coach), Cameron Lodge (800m & Swedish Relay), Momolu Sirleaf (100m, 200m, Long Jump & Swedish Relay), Samuel Oyston (800m), Jarrod Twigg (100m, 100m Hurdles, Shotput & Swedish Relay), Tyren Maclou (High Jump), Matthew Hobbs (Javelin), Jamal Simmons (200m & Swedish Relay) and Paul Micale (Coach).

The schools we were competing against were; Trinity Grammar, Knox Grammar & Westfield Sports HS (NSW), Marist Anglican College Ashgrove & Nudgee College (Qld), Kings Christian School Warranbool, Maribyrnong College & Frankston HS (Vic), St Peters College (SA) & The Huthchins School (TAS). Every school had to qualify through their respective state championships to earn the right to compete.

The competition works on a head to head points based system. First place earning 22pts, Second place 21pts etc. The points are awarded all the way down the placing's in each event.

The competition started with Momolu in the Long Jump. The first round saw all competitors struggling to hit their first jump. Momolu was able to put some pressure on his competitors by hitting a 6.28m first round leap. The pressure he applied saw all competitors respond with the athlete from Frankston (6:49m) & Nudgee (6:34m) out jumping Momolu's 1st round effort. The competition then stalled with no

competitor beating their first or second round efforts. We were up and running, coming 3rd after the first event.



Jarrod Twigg was up next in the 100m Hurdles. He was totally dominant winning in a time of 13:26. The athletes from Trinity and Nudgee were the next best with times of 13:69 & 14:08 respectively. We had shot to an early lead with our old foes from 2 years ago, Nudgee College, challenging us for the National title.



The next event on the program was the 800m. This event required each school to enter 2 competitors. This was the first real big sorting of the competition with 22 to 1 pt being awarded, not 22 to 12 as in the single competitor events thus far. The 800m saw Sam Oyston return to the team about a month out from the competition after injury ruled out Kayden Hill. Sam ran the 800m 2 years ago and he was well aware of what he was up against. Cameron, the youngest of the team, as he could compete in the junior U15 competition, had prepared well and was ready to give it his best. Both competitors had trained really hard going into the competition under the watchful eye of local coach Paul Micale. The boys were buoyed with confidence running PB's in a time trial at Beaton Park

10 days previous. Sam was in heat 1. The pace was quick covering the first 200m in 27/28sec. The pace did not let up with the leading athletes hitting the bell in under 60 sec. Sam didn't panic and stuck to his race plan hitting the bell right on 60sec. His training paid off in the second lap, as he was able to hold his position and take a competitor in the home straight, finishing in an astonishing 6 sec PB of 2:06. Cameron was up next. This heat unfolded just as the first. Cameron also didn't panic, hitting the times as per Sam. Cameron was able to finish a little stronger picking off a competitor down the back and home straight, again finishing in an astonishing 4 sec PB of 2:02. This time would have had Cameron finish second overall in the junior division and also qualified him for the U16 National championships in Perth in March 2016. The boys had done their best, and their job, picking up 20 of a possible 44pts, and more importantly, earning more points than Nudgee. However, a new challenger emerged, Marist Anglican College from QLD & Kings Christian School from VIC. The next few events were going to be interesting.



Jarrold Twigg was up next in the Shotput. Jarrold had been moved to the Shotput from the Javelin as Zac Lomax was unable to attend the National

Championships. Jarrold's athletic ability shone through claiming a 4th position with a throw of 14:05m. This enabled us to hold our first position but Marist Anglican edged closer by claiming 3rd. The picture below shows the athletic talent Jarrold was up against in this event with competitors from Trinity & Knox.



The 100m was up next. Again a 2 competitor event, so lots of points up for grabs. Jarrold was up in the 1st heat claiming victory in 11:30. Momolu was up next finishing second in 11:25 and 0:01 outside the U18 National Championship qualifying time. The athlete from Marist Anglican won the event in 11:04. More importantly, we earnt 41 out of a possible 44 pts. We were able to consolidate our first position and start to dream of a 2nd national title. Marist Anglican were proving to be our biggest threat. The 200m, High Jump and Swedish Relay were going to determine whether we could achieve the heady goal of a 2nd national title.



Tyren was up next in the High Jump. It was obvious from the outset the competitor from Marist Anglican was going to be the biggest threat to claiming full points. Tyren was in an intense battle and was able to secure a 3rd place behind the Marist Anglican athlete clearing a height of 1:80m. The Marist Anglican athlete jumped 1:85m to claim full points. Marist Anglican were now putting up a serious challenge.



The 200m was the next event. Momolu's last individual event and Jamal's chance to enter the competition. This was the event that would have a huge impact on the overall result with the full 44 pts on offer. Jamal was up first. He put himself well into the mix of the race but was unable to hold off the challengers finishing 6th in a time of 23:85. Momolu

was in the following heat. He was able to claim overall second place in the 200m with an outstanding 22:62 in a qualifying time for the U18 National Championships in Perth in March 2016. Momolu was having an incredible meet with 3rd in Long Jump and 2nd in the 100m/200m. Unfortunately the Marist Anglican athlete who won the 100m was able to complete the double and won the 200m with a time of 22:52. This event proved a killer blow in us being able to hold off Marist Anglican with them securing 37 points to our 29, a deficit we were not able to recover from.



The last individual event on the program, the Javelin, saw Matthew Hobbs enter the competition. With the National title all but gone, our second position was in jeopardy with Trinity and Westfield Sports HS putting up a late challenge. Matthew was able to defeat the Westfield athlete and finished the event a place behind the Trinity athlete with his throw of 36:36.



The last event on the program was the Swedish Relay. This involves 4 athletes, one each completing a 100m, 300m, 200m or 400m in that order. Jamal was our 100m runner, Cameron our 300m, Jarrod the 200m and Momolu completing a massive program anchoring the team in the 400m. This event proved to be hotly contested with Nudgee edging out Trinity to win the event in times that would have

seen them medal against the state teams at the National All School Championships two days prior. We were able to beat our state title time by a second to claim 8th of 11 teams.



This placing earnt us enough points to secure second position, a silver medal and the status of 2nd best U17 boys athletics school in the nation. A fantastic achievement! The final results are listed below. There is also a link below to the full results of the meet.

Men - Intermediate - Team Rankings - 9 Events Scored

1) Marist College Ashgrove	216	2) Figtree HS	200
3) Trinity Grammar NSW	189	4) Westfields Sports College	188
5) Nudgee College	176	6) Kings Christian	171
7) Maribyrnong	169	8) Frankston HS	152
9) The Hutchins School	147	10) Knox Grammar	146
11) St Peters College	125		

<http://athletics.com.au/Portals/56/Competition/Documents/2016/2015%20School%20Knockout%20National%20Final%20Results%209.12.15.pdf>



Well done to the boys who took on the might of all schools in Australia to claim this silver medal. Two years ago we prevailed with Knox 2nd and Maribyrnong 3rd. The results above show how consistent we have been as an athletic school over this period of time. A great achievement for a comprehensive public high school competing against the some very well financed and resourced elite private schools.



Finally I would like to thank our two sponsors. Premier Illawarra for our jackets and Mainteck for our Polo Shirts, Shorts and competition singlet. We looked every bit a professional athletic outfit and this had a big role in allowing our boys to go onto the national stage and compete with confidence.

Prior to the event we were informed there would be a World School Knockout event. At the time of writing this has yet to be confirmed, and/or if our second placing was enough to qualify. My sources tell me it is Nancy, France. What an achievement if Figtree HS gets to compete on the world stage!

And to finish off, thank you to Mrs Marshman for all the support she has provided myself and the boys. Thank you to the parents and supporters of the boys in the team. I truly appreciated your support to get to Melbourne and take on the athletic challenge we did. Your boys are a credit to themselves, Figtree HS and your families. Well Done!

Mr Smart
Head Teacher PDHPE/ Coach Int. Boys Athletic Team

NOTIFICATIONS

West's Netball Club

Netball Registrations for 2016 will be going online from 1st January 2016. All current players will receive an email in the next few weeks advising them of the new procedures to follow.

Any new players interested in playing in 2016 will also need to register online. Please contact the club via email for further information.

Registration Enquiries can be sent to **westsnetball@hotmail.com** or information can be found on our website **www.westsnc.nsw.netball.com.au**

Vanessa Sturman / Registrar

West's Netball Club



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AUSTRALIA DAY
AQUATHON



SHORT AQUA LONG AQUA KIDS AQUAFUN TRY AQUA COMMUNITY WALK

TUES 26 JAN W'GONG
HARBOUR
AUSDAYAQUA.COM.AU

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AUSTRALIA DAY
AQUATHON



SPLASH IN AND DASH OUT

LONG AQUA



900m



7k

SHORT AQUA



400m



3k

KIDS AQUAFUN



200/140m



2k

TRY AQUA



200m



2k

TUES 26 JAN W'GONG
HARBOUR
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