



FIGTREE HIGH SCHOOL

PARENT BULLETIN

Term 3 Week 4 6th August, 2015

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Upcoming School Events

Week 4(B)	Beginning Monday 3 rd August 2015
5.8.15	<ul style="list-style-type: none"> - Yr 9 Ski Trip Excursion - Trial HSC Examinations continue - Unique Student Identifier created for Year 10 students - CHS Gymnastics - Regional Girls Knockout Netball - Yr 11 Hospitality, Construction and Entertainment students on work placement all week - Yr 8 Science Assessment Task during lessons this week
6.8.15	<ul style="list-style-type: none"> - Yr 12 Industrial Technology Major Projects due 3:00pm - Trial HSC Examinations continue - Yr 7 Parent Reading program – Period 3 - Yr 9 Ski Trip Excursion - Unique Student Identifier created for Year 10 students - Young Women's Forum Excursion - Yr 8 Science Assessment Task during lessons this week
7.8.15	<ul style="list-style-type: none"> - Yr 9 Ski Trip Excursion - Final day for Trial HSC Examinations - Unique Student Identifier created for Year 10 students - Yr 11 Chemistry Assessment Task - Yr 8 Science Assessment Task during lessons this week
Week 5 (A)	Beginning Monday 10 th August 2015
10.8.15	<ul style="list-style-type: none"> - Yr 12 Textiles major projects due by 3:00pm - Yr 10 GenZ2Work Work Placement Week - Yr 11 Hospitality, Construction and Entertainment students on work placement all week
11.8.15	<ul style="list-style-type: none"> - Yr 10 GenZ2Work Work Placement Week - Yr 11 Senior Science Field Study Task - Yr 12 Standard English Assessment task - Yr 10 History and Geography Excursion Activity
12.8.15	<ul style="list-style-type: none"> - Yr 8 into 9 Elective Parent and Student Information Evening in the Auditorium at 6:00pm - Yr 10 GenZ2Work Work Placement Week - Yr 11 Senior Science Field Study Task
13.8.15	<ul style="list-style-type: none"> - Yr 8 into 9 Elective Student survey codes distributed - Yr 7 Parent Reading program – Period 3 - Yr 10 GenZ2Work Work Placement Week - Young Women's Forum
14.8.15	<ul style="list-style-type: none"> - Yr 12 English Extension 2 major work due by 3:00pm - Yr 11 Software Design and Development Assessment task due - Yr 10 GenZ2Work Work Placement Week - Yr 10 English Listening Assessment Task - Yr 10 History Assessment task due
Week 6 (B)	Beginning Monday 17 th August 2015
17.8.15	<ul style="list-style-type: none"> - Yr 12 Drama Major Works due by 3:00pm - Yr 11 Music Assessment Task during lessons this week - Yr 9 Science Communication Assessment task in lessons this week - Yr 12 Hospitality Excursion - Yr 11 Metals and Engineering Work Placement week
18.8.15	<ul style="list-style-type: none"> - Yr 12 Physics assessment task - Yr 11 Society and Culture Excursion
19.8.15	<ul style="list-style-type: none"> - Yr 11 and 12 Physics assessment tasks
20.8.15	<ul style="list-style-type: none"> - Yr 11 French & Yr 11 Studies of Religion assessment tasks - Yr 12 Legal Studies assessment task - Athletics NSW All Schools Championships

PRINCIPAL'S REPORT

Congratulations to **Amy Prior** who is one of the winners of the John Lincoln Youth Community Service Awards from the Order of Australian Association NSW Branch. Amy will be presented with the prestigious award at NSW Government House by His Excellency General the Honourable David Hurley AC DSC (Ret'd) Governor of NSW on 2 September. Amy is a well deserving recipient of an award for community service.

Our Aboriginal students have produced an impressive array of posters for the NAIDOC week competition. These posters will be uploaded onto our school website.

The Year 9 students are currently participating in the school snow trip. The weather is perfect for skiing. They arrived safe and sound and by all accounts are having a wonderful time.

I attended the Wollongong North Principal Network Meeting this week. There are two areas that will assist student learning outcomes; the School Excellence Framework and the new Wellbeing for Schools reform. The School Plan 2015-2017 will provide the basis for determining our areas of strength as indicated through an analysis of the School Excellence Framework. The Wellbeing for Schools site will provide recent information, research and resources in the area of student and staff wellbeing.

Thank you

Carol Marshman

Principal

ENGLISH REPORT

This term has been very productive for the English Faculty. We have implemented the ALARM matrix in both Stages 4 and 5. This is a learning and response matrix which allows students to gain a much deeper understanding of texts.

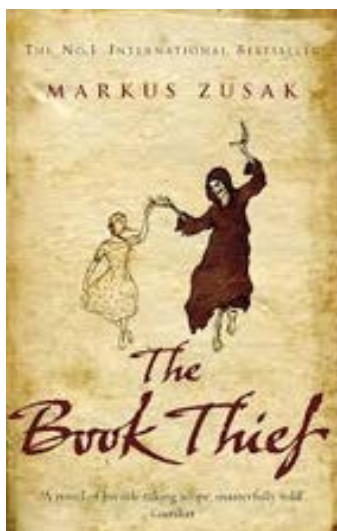
Year 11 Advanced English are currently being challenged with the new topic 'Representation of Power'. Students are gaining knowledge in the three categories of power; Ethos, Pathos, Logos. They will be exploring a range of poems such as Maya Angelou's, 'Still I Rise'. She played an important role in the American Civil Rights Movement.

Students in Year 10 are working through their close study of a novel unit. Two of the most popular novels amongst our Year 10 students are; *The Book Thief* by Marcus Zusak and *The Killers Tears* by Anne-Laure Bondoux. Here are a few reviews on these popular novels.

There is one thing for certain. I didn't read The Book Thief – I lived in The Book Thief. I felt Liesel's emotions, her anger, frustration, love, confusion and sorrow. I saw Rudy's lemon-coloured hair, and I smiled back at his eager grin. I smelt the paint and tobacco lingering on Hans Hubermann's clothes, and I missed it when it wasn't there. And I heard the voice of Death narrating the story, right from the very beginning.

By The Guardian

An international award-winner, this haunting novel set in Chile reaches into the souls of a murderer and an innocent young boy, turning readers' expectations of hero and villain on their heads. Deeply moving, outstanding writing. *The Killer's Tears*



The Good Reads

Year 7 are currently working through the poetry unit. They are learning to write their own poems using a range of poetic techniques. They are also using the ALARM matrix to analyse poems and gain a deeper understanding of the thematic concerns.

Here are a few examples of student's work in 7T:

The rain is a like a devil. I wish the rain gave me luck.
Boom goes the door slamming shut.
Roar goes the lighting as it flashes.
Zoom, as I see a cat running.
Shhhh my mum goes when I scream.

BY GRACE CREED

My bloodshot eyes dart around the room,
Two yellow orbs stare back at me out of the inky darkness.
A clap of thunder interrupts my gaze.
I scream.
As quick as a flash, I am sprinting up the rickety stairs,
in search of an escape.

BY NEVE MCGAVOCK

The screeching of werewolves is getting closer.
Sweat drips down my rosy cheeks like wading reeds.
The moon is a dish of milk waiting to be
Slurped up by the wolves.
My heart shatters.

BY TAHLAY BALGOVIND

The has the walk like a tiger
With the run of a cheater
The look of a lion
And the feet as a panther

BY SAVANNA MACKAY

Finally Mrs Bartlett and Ms Berriman are organising a Shakespeare festival as part of a celebration of his work. All of Year 9 are currently working through their plays and performance pieces. The Shakespeare festival will be held during term 4.

English Faculty
Ms Angela. Mintzas
Head Teacher English/Drama

Figtree High School – Our Core Values

Learning: Student Health and Wellbeing

We are in the middle of the typical cold and flu season, which can impact on student's attendance and learning. Good nutrition can boost the immune system and help students to avoid and also recover quicker from colds and flus. The following information has been sourced from the NSW DECS Schools A-Z website,

<http://www.schoolatoz.nsw.edu.au/en/wellbeing/food/smart-foods-to-boost-learning> and <http://www.schoolatoz.nsw.edu.au/wellbeing/fitness/benefits-of-team-sports>

Smart foods to boost learning

- If you want your child to think more clearly, give them a breakfast high in protein such as eggs and milk.
- Mother Nature is full of foods that help children and adults think and feel better.
- Exercise is good for thinking because it supplies oxygen to the brain.
- Avoid white squishy things like chips, white bread and cakes.

A diet high in carbohydrates is good for sustaining energy in your kids throughout the school day, but if you want to give them an extra brain boost, try serving them a breakfast of proteins such as eggs and milk.

"Having a higher protein, lower carbohydrate breakfast enhances concentration and memory," says Andrew Fuller, a fellow at the University of Melbourne's departments of Psychiatry and Learning and Educational Development. Andrew says eggs in particular "literally lay down learning" because of the nutrient choline found in them, which helps to improve thinking and memory.

Mother Nature is full of foods that aid smarter thinking and help kids and adults alike live longer – richly coloured berries to improve your child's mood, avocado on toast to calm them. It all comes down to regularly eating foods that supply nutrients which support specific brain and body functions, Andrew says.

In the mood for food

Learning, concentration and memory: eggs; dark coloured vegetables such as silver beet, spinach, broccoli and beans; and oranges. Exercise is also good for thinking because it gets the blood flowing.

Happiness and sleep: almonds; cottage cheese; richly coloured berries such as strawberries, blackberries, blueberries and raspberries; lean beef; milk; pumpkin seeds; and turkey.

Energy and memory: chicken; dairy such as milk and yoghurt; lima beans; peanuts; and sesame seeds.

Calmness: avocado; eggs; grape juice; peaches; peas; and sunflower seeds.

Respect: Benefits of Team Sports

If you want your child to grow up to be a confident and well-adjusted adult, then team sports may well be the answer.

"When you play a team sport you learn that it doesn't just come down to the best player," says Ross Morrison, a sports expert with the NSW Department of Education and Communities. "It comes down to working as a team, accepting decisions and understanding that people have different abilities."

Learning about values

Playing a team sport provides young people with important lessons in personal values, Ross says. "Kids learn that things aren't going to go their way all the time, and that they need to respect their peers as well as referees and sports officials."

These experiences can influence them throughout their lives such as when it comes to working for a boss, or respecting the police or other authority figures.

Team sports can also be good for a young person's mental health. Young people who play team sports learn how to be more resilient when presented with a setback, and are less likely to feel isolated, Ross says.

"There is evidence to suggest that physical activity might increase numeracy and literacy. It's like that old adage, 'a healthy body, a healthy mind'."

Teams sports give young people the opportunity to:

- be less selfish and to think of other people
- deal with losing as well as winning. They learn that things are not going to go their way, or the team's way, all the time
- overcome shyness by putting them into situations where they need to communicate with others
- become more sociable in different environments. They have to deal with different people, who may or may not be their friends.

There are a number of local summer team sports that will soon commence registrations. See our Community Noticeboard section for more information.

2015 NSW Open Boys Futsal Championship

Team Members:

Adam Bassuni, Eamon Flint-Paterson, Harrison Groeller, David Jolliffe, Ben Kuzman, Cameron Milne

On Friday the 24th July Figtree High School Open boys Futsal team travelled to Penrith Valley Sport Stadium. They were placed in a very tough pool group that contained teams from not only public schools but private schools. In their first pool match it saw the boys take on GRC – Oatley. Early in the match the boys conceded but in true underdog form, Ben Kuzman then Eamon Flint-Paterson replied within minutes of each other to go into half time winning 2-1. After the break Oatley replied swiftly then with 2 quick goals which gave the boys a 3-2 loss to start the day.

Game 2 saw Figtree take on John Therry High School. In the first half Eamon Flint-Paterson scored with a well delivered strike on goal taking them to half time with a 1-0 lead. The second half turned into a very competitive and at sometimes, physical affair. After some tense moments John Therry levelled the scores with a scrappy goal. Eamon then returned the scoring favour which saw Figtree win a very compelling match 2-1. Special mention has to be given to Figtree's goal keeper David Jolliffe who carried out numerous important saves throughout the match.

Game 3 was against Bossley Park High School. In the first half there were no goals scored in a well fought battle. The man of the match again had to be our goal saving expert David who carried out numerous saved keeping us in the match. Bossley Park scored in the early stages of the second half and with only seconds left on the clock, Eamon Flint-Paterson drove a direct free kick home ending the match at 1-1.

Game 4 saw Figtree against a rather large Bonnyrigg side. The first half saw Ben Kuzman and Adam Bassuni both bag goals taking the break 2-0 up.

The second half saw a renewed Bonnyrigg throw everything they could at Figtree only to score once. This match finished with Figtree winning 2-1.

Unfortunately due to the points system and a very strong pool, the boys were unable to progress to the next round. As a school community we all should be proud of both the boy's efforts and how they represented the school. Congratulations boys you played very well and you should all hold your heads high.

Mr Aaron Kellaway

TAS Teacher



PBS Values

Week 5: Learning

Be on time for your next class

Week 6:

Respect

Walk quietly in the corridors so that others can continue learning

16 Boys Football NSW School Futsal – State Championships

Thursday 30th July

Travis Anderson, Kieren Brodnik, Emanuel Hondroudakis, Emmanuel Kamara, Tyren Maclou, Matt Tschentscher, Jarrod Twigg

At the beginning of the week the team's participation was in question with injuries to Chris Popovski and Goal Keeper, Cody Gillis. The depth of football talent at Figtree HS was drawn upon with Jarrod Twigg being recruited to replace Cody & Matt Tschentscher to replace Chris.

With 8 pools, the winners of each pool only advancing to the quarter finals and with 7 min halves, progression from the group to knock out stage was always going to be a challenge in itself. The team talk before the first match against **Cecil Hills HS** was focused on getting out of the blocks early, working on our first touch along with speed of play, and simply not losing. The boys did just that with two lovely team goals being finished off by Keiren Brodnik, hitting half time 2-0 up. A little defensive lapse allowed Cecil Hills back into the match but the boys were convincing winners 3-1.

Our next opponents, **Chatswood HS** were far better organised and proved difficult to break down. They never really challenged us but their defensive work and goal keeping were outstanding. In the second half we proved too strong with goals from Matt Tschentscher and a lovely free kick finish from Emanuel Hondroudakis secured our 2 nil win.

Heading in to our final pool match against **Mamre Anglican College**, all we had to do was draw to qualify for the quarter finals, thanks to a superior goal difference. The game proved to be an exceptional game of futsal, with the crowd well and truly engaged in the match, and chances going either way. A wonder free kick from Emanuel Hondroudakis proved the difference with Figtree coming out winners 2-1.

Our objective of making the knock out stage of the tournament had been achieved. We were now focused on making the final which we made 2 years ago as U14's. The quarter final was against **Cherrybrook Technology High School**. This proved to be a nail biter! We conceded an early goal only to reply to square the

leger but then conceded another goal to go behind a second time. We were able to get a late equaliser thanks to a great long range shot by Tyren Maclou which sent the match into extra time. The 2-2 stale mate remained during extra time with Emanuel Hondroudakis hitting the post right on the fulltime whistle. Penalties! The first round of penalties was successful by both teams. The second round Emmanuel Kamara unfortunately missed his penalty but his miss was immediately nullified by a great save by Jarrod Twigg. The next round was also successful for both teams. Onto sudden death! Our first sudden death penalty was successful. Over to Jarrod. He was able to pull off a tremendous save to send us through to the Semi Final.

In the semi-final our opponent was **Mudgee High School**. We were way too strong winning 5-0. We had made the State Final as we vowed to do 2 years previous after losing in a 3-2 thriller against Endeavour High School.

Our opponent in the final was **Kirrawee High School**, and by my opinion, the best two teams had made the final! They were brimming with State Futsal Representatives but we had our own stars as well. We rode our luck early with a couple of shots hitting the post and some fine saves from Jarrod. We were also on the attack, causing them problems. We were able to hit the lead just before half time with a great finish by Kieren Brodnik. A quick half time talk had the boys focused on some defensive tactics which worked a treat, frustrating Kirrawee at every turn. We were able to hang on for a well-deserved 1-0 win. We had gone one step better in 2015 and now crowned U16 NSW Schools Futsal Champions! A fantastic achievement that our school and community should be proud of. The boys were great ambassadors for Figtree HS and thoroughly deserve the title of State Champions!

Mr Smart HT PDHPE



Illawarra Disability Options – 2015 EXPO

Where: Builders Club Church St, Wollongong
When: Wednesday August 5th
Time: 10:30am till 6:00pm

2015 Program

10:30 am Welcome to Country
10:45am: official Opening
11:30am: Performance by the Peterborough Drummers
12:15pm: Performance by the Para Meadows Band
12:30pm: Presentation – Jaymee Beveridge (FACS) “One Place Service Centre”
1:00pm Art Competition Winners presentation
1:30pm: Presentation – Daniel Valient Riedl “Complaints Resolution & Referral Service” and “National Disability Abuse & Neglect Hotline”
3:30pm: Presentation – Janette Davies “Accessible technologies to break down barriers”
All Day Exhibitors

An opportunity to talk to over 40 local services, including:

- Education providers
- Employment Services
- Post School programs
- Australian Disability Enterprises
- Government Departments

WOOLWORTHS EARN & LEARN PROGRAM

Figtree High School is participating in Woolworth's Earn & Learn program to earn points for resources for our Learning Support and Autism class.

We would like to encourage all of our school community to help us by donating any stickers that you receive when you make purchases at any Woolworth's Supermarkets. Please drop them in to the specially marked box in the Library.

The more stickers we receive, the more resources we can acquire for these areas of our school.

The promotion is from 15th July to the 8th September, 2015.

DONATIONS OF WINTER PANTS AND JUMPERS FOR OUR CLOTHING POOL

Due to an overwhelming demand of clothing recently, we need any Figtree High School winter clothing that no longer fits your child that you can donate to the school.

Please place in a bag and mark it attention to: Mrs Borst and drop it off to the front office.

Thank you for your support.

SMS NOTIFICATION SYSTEM

Our school has been using an automated SMS Notification System this year to advise parents/carers of when their son/daughter is absent.

The procedure for replying to these notifications has recently changed – instead of sending a message to the mobile number that was specified in the message, we ask that parents reply directly to the absentee message they receive on the day of the absence.

Thankyou for your assistance.

Share the Dignity

Figtree High School is supporting the 'Share the Dignity' campaign and currently in all Year 9 and 10 health lessons we are learning about the specific impacts of homelessness on everyday life. This campaign does specifically focus on women and the difficulties experienced in regards of the cost of sanitary products and the need to purchase other necessities such as food and clothing on a limited budget. What many women see as a monthly inconvenience homeless women deal with as a real issue in terms of hygiene. So, we have a donation box in the Figtree HS library where students can hand in a contribution of pads and/or tampons which will be distributed to appropriate women's shelters and charity organisations. Donations from parents will also be accepted at the front office. All donations are gratefully received.

Mrs Glasgow

SANITARY ITEMS SHOULD BE A RIGHT NOT A PRIVILEGE

Share the Dignity

"No woman should suffer the indignity of choosing between eating or buying sanitary products"



Sanitary items should be a RIGHT not a privilege!

<https://www.facebook.com/sharethedignity>

Please purchase an extra box of tampons, sanitary pads next time you are shopping and place in the bin provided at Mrs Glasgow's Office at our school and help Share The Dignity. Items will be donated to local community groups to support homeless and at risk women and girls.

Thank You.



Local Co-ordinator Kellie
Phone: 042227115
E-mail: kashadignity@gmail.com
Website: sharethedignity.com/

CUA Community Care 2015

Help Us Win **\$5,000 to Improve Our School**

At Figtree High School we think it's very important to encourage our students to lead active and healthy lifestyles. Through our participation in the adidas School Fun-Run – a healthy alternative to the traditional chocolate fundraising drives – we are eligible to enter a program called 'CUA Community Care' that gives us the chance to win \$5,000 for a school or community project of our choice.

This program is a community-focused initiative from CUA, Australia's largest customer-owned financial institution and our project proposal is to upgrade our football field so it can be used for a multitude of sports.

We're up against 10 other schools in the area to take out the \$5,000 prize and as the winner will be determined by community voting - we need your votes!

Voting is open from 27 July – 24 August and you can register your vote online at www.cuacommunitycare.com.au and in CUA's Corrimal branch. Each person can make one online and one in-branch vote. Also, voting is open to anyone so please feel free to get friends and families involved and voting. Please give us your support and help us win \$5,000 to improve our school!

Canteen helpers needed!!

If you can give an hour or two of your time to help at the canteen and also meet some new parents, please call Narelle Jacobsen on 4271 2054.

Community Noticeboard



**FIGTREE JUNIOR OZTAG
REGISTRATIONS @
WEST'S ILLAWARRA
LEAGUES CLUB**

**Wed 19th & Mon 24th August
5.30 – 7.00 pm**

**Organise your team or be placed in a
team (not guaranteed)**

For Further information
www.wollongongoztag.com.au
under Figtree juniors

**REGISTRATIONS WILL NOT BE ACCEPTED
ONCE THE COMP HAS STARTED**

Keira Cricket Club

Keira Cricket Club will be holding two registration days for their MILO In2Cricket Program and Junior Competition at:

**Wiseman Park Bowling Club (Foleys Road, Gwynneville)
Saturday 22nd & Saturday 29th August, 2015
10AM to 12PM**

Further information can be found on our website - <http://keiracc.nsw.cricket.com.au/>
or by emailing: jamespirie@exemail.com.au

Try Baseball

Wests Illawarra Cardinals Junior Baseball Club



Invites boys and girls ages 5+ to try baseball.
A range of exciting games based around the
skills of hitting, catching, throwing and base
running will be run by our accredited coaches



When: Sunday 30th August and Sunday 13th September
10.30am – 12.30pm

Where: Figtree High School, Gibsons Road, Figtree

COST: FREE

FREE Sausage Sizzle

PLUS

Free Gift for all children who participate

CONTACT

Nathan: 0411 537 623

cardinalsjuniorbaseball@hotmail.com



www.cardinalsjunior.baseball.com.au



YOU CAN MAKE A DIFFERENCE

BECOME A CARESOUTH CARER

CareSouth supports vulnerable children and their families across Southern and Western NSW through a range of programs including **FOSTER CARE, FAMILY CHOICES**, and **AUNTIES & UNCLES**.

Foster Care can be short-term, long-term or respite. CareSouth's Family Choices program supports children with a disability and their families by providing respite care.

Our Aunties & Uncles volunteer carers regularly share a small amount of their time to mentor a child in their community.

There are children and young people in your community who could really benefit from your interest. CareSouth provides our carers with exceptional support and training.

To find out more, call us for an obligation-free chat today.

“I've just provided an environment that has allowed Dylan to turn his life around”
KAREN, CARESOUTH FOSTER CARER

EVERYDAY
CareSouth

1300 554 260 caresouth.org.au



The Adult Migrant English Program (AMEP) provides free English Language learning to eligible migrants.

To see if you are eligible please ring 4229 0155.

The AMEP is funded by the Australian Government.

Essential Employment and Training (EET) offer:

- Disability Employment Services (DES)
- Youth Employment Program (YEP)
- Transition to Work (TTW)
- Community Participation (CP)
- Individual Funding Packages (IF)
- Cert I in Employability: Becoming a Worker
- Cert III in Disability



EET are proud sponsors of the Sky's the Limit, Mini Olympics

www.eetgroup.com.au | Freecall: 1800 243 513 | info@eetgroup.com.au



Community Pantry

Food Parcels are available for
those who are struggling
make ends meet.

Place:

Unanderra Community Centre- Main hall

Day : Thursdays from July 9th

Time: 1-2.30pm

Cost: donation \$7





1890-2015
Corrimal Public School



CELEBRATES
125 YEARS!

16th & 17th October 2015



Come and join in the festivities!

Families, former students, staff and the community are all welcome.

FRIDAY 16th

Open Day 9am-1pm

Tour of the school, special assembly, lunch & old school activities

P&C Twilight Fete 4pm-8pm

Rides, food, raffles, live music, and kids activities
Entrance via Wilga Street



SATURDAY 17th

125th Anniversary Celebration from 7pm

Finger food, drinks and a night of reminiscing at Woonona Bulli RSL in the Auditorium room
Tickets for entry \$42.50pp
Buy tickets online now or from the school

**For more details contact 4284 4231
or visit www.cps125.weebly.com**