



# FIGTREE HIGH SCHOOL

## PARENT BULLETIN

Term 3 Week 4, 12<sup>TH</sup> August, 2016

Address: 2 Gibsons Road, Figtree NSW 2525

Phone: 02 4271 2787

Email: figtree-h.school@det.nsw.edu.au

Fax: 02 4271 6626

T3 Week 5	Week Starting 15 August
Monday 15/08/16	<ul style="list-style-type: none"> <li>- Yr 11 Hospitality Work Placement</li> <li>- Yr 11 Construction &amp; Metals Work Placement</li> <li>- Yr 11 IPT Aust Academy of Interactive Entertainment</li> <li>- Yr 11 Studies of Religion Task</li> <li>- Yr 12 Distance Ed Japanese Trial Exam</li> <li>- RAM Literacy &amp; Numeracy, Junior students</li> <li>- Southern Stars Mass Dance</li> </ul>
Tuesday 16/08/16	<ul style="list-style-type: none"> <li>- Yr 10 History Task</li> <li>- Yr 10 PASS Coaching Presentation Task</li> <li>- Yr 11 Hospitality Work Placement</li> <li>- Yr 11 Construction &amp; Metals Work Placement</li> <li>- Links to Learning</li> </ul>
Wednesday 17/08/16	<ul style="list-style-type: none"> <li>- Yr 11 Hospitality Work placement</li> <li>- Yr 11 Construction &amp; metals Work Placement</li> <li>- Yr 5 Academic Enrichment class</li> </ul>
Thursday 18/08/16	<ul style="list-style-type: none"> <li>- Yr 10 PASS Coaching Presentation Task</li> <li>- Yr 11 Hospitality Work Placement</li> <li>- Yr 11 Construction &amp; Metals Work Placement</li> </ul>
Friday 19/08/16	<ul style="list-style-type: none"> <li>- Yr 9 Autism Class Work Experience</li> <li>- Yr 11 Hospitality Work Placement</li> <li>- Yr 11 Construction &amp; Metals Work Placement</li> <li>- HSC English Ext 2 Major Works hand in</li> </ul>
T3 Week 6	Week Starting 22 August
Monday 22/08/16	<ul style="list-style-type: none"> <li>- Yr 10 PASS Coaching Presentation Task</li> <li>- Yr 11 HSC Drama hand in</li> <li>- Yr 11 Entertainment Work Placement</li> <li>- Yr 11 Hospitality Work Placement</li> <li>- RAM Literacy &amp; Numeracy, Junior students</li> </ul>
Tuesday 23/08/16	<ul style="list-style-type: none"> <li>- Yr 7/8 Wellbeing Study UNSW</li> <li>- Yr 11 Hospitality Work Placement</li> <li>- Yr 11 Entertainment Work Placement</li> <li>- Yr 12 Physics Task</li> <li>- Illawarra Trades Roadshow</li> <li>- Links to Learning</li> </ul>
Wednesday 24/08/16	<ul style="list-style-type: none"> <li>- Yr 11 Entertainment Work Placement</li> <li>- Yr 11 Hospitality Work Placement</li> <li>- HSC English Ext 2 Major Works submission to BOSTES</li> <li>- Yr 5 Enrichment class</li> <li>- Yr 5 Enrichment Presentation Evening</li> <li>- Southern Stars Rehearsal</li> <li>-</li> </ul>
Thursday 25/08/16	<ul style="list-style-type: none"> <li>- Yr 11 Entertainment Work Placement</li> <li>- Yr 11 Hospitality Work Placement</li> <li>- Yr 11 CAFS Task</li> </ul>

Friday

26/08/16

- Yr 9 Autism Class Work Experience
- Yr 10 PASS Coaching Presentation Task
- Yr 11 Entertainment Work Placement
- Yr 11 Hospitality Work Placement
- Yr 11 Drama Projects due
- Yr 11 IPT Task
- Yr 11 Visual Arts Task
- Yr 11 Work Studies Task
- AIME Program UoW

### Thoughts from the Principal



Welcome to our Week 4 newsletter celebrating success at Figtree High School.

Learning is our focus on a daily basis but as last week was Education Week we took time to reflect on what this means at our school. I am proud to be the Principal of a staff who are eager to constantly improve their practice so our students have a tailored learning experience daily.

On Thursday afternoon last week, a day of rain and more rain, the staff actively participated in the first of our four-hour twilight professional learning sessions. Our theme for semester two is Maximising Student Learning, and the staff have been focusing on latest research based on the Department of Education's publication What Works Best. The staff are attending these sessions in place of the last two days

professional learning at the end of the year. Please feel free to speak to any of your child's teachers about what they are learning and applying in their classrooms.

Update on the Secondary School Renewal Project – Deputy Principal, Ms Trish Morgan is managing this project and is meeting in the next week with the contractors. As work is due to commence before the next newsletter, it is timely for me to remind you about the car park policy at our school. The workmen will be using our already space-poor carpark, so please ensure you are parking outside the school to drop off or pick up your child to keep them safe.

HSC Update: Our Year 12 Drama class are showcasing their HSC performances tonight in the Auditorium prior to their upcoming HSC Examination. Visual Arts students and Industrial Arts students are also finalising the submission of their HSC Body of work and major works, and our Society and Culture students have submitted their Personal Interest Project. We are very proud of the achievements of Year 12.

Finally, in the midst of Olympic excitement, we have some success stories of our own: ex-student, Wes Roberts is representing the Cook Islands on the swimming team at the Rio Olympics and we wish him well. Also, Meghan Fox is representing at the World Life-saving Championships and Liekina Suli is representing Australia at the World Hip-Hop Championship – well done and good luck to these students.

Enjoy reading about the diversity of experiences our students are embracing.

Mrs Karen Burke  
Principal

## PBL Core Values

### WEEK 4: LEARNING

Be an active listener during assembly

### WEEK 5: RESPECT

Walk quietly in the corridors so that others can continue learning

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### *From the Deputy Principal*

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Congratulations to Mrs Karen Burke (Principal) and Ms Ellie Donovan (Deputy Principal) who were awarded a medal in recognition of being one of the first 150 to attain Highly Accomplished and Lead Teachers accreditation. They were recognised and celebrated at a ceremony in Sydney on Wednesday night.



Year 12 have been working industriously, completing their trial exams. They are to be congratulated on their application and behaviour during this time. It is vital after the exams that students seek feedback on how to further improve their exam technique as well as their knowledge and understanding of the subject area.

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. It is important that if your student is absent from school that you provide a letter or text message of explanation.

Ms Trish Morgan

Deputy Principal

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### *Wellbeing News*

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I cannot believe that we are already into semester two – how time flies! At the end of term 2 all students received their Half Yearly reports. This year parents of award recipients were invited to the merit assemblies. From the feedback received by parents and students this was a very exciting and proud moment to celebrate success for our students in each year group. I would like to personally thank the year Advisers who read every student report and gave an insight on how each student was progressing. I would also like to acknowledge the fine efforts of a large majority of students who gained outstanding reports by working hard in all their subjects. Congratulations!

Once again term 3 will be an important one, particularly with Years 11 and 12 who will all have major exam periods. Ensure you are prepared and utilise the homework centre to gain help with creating study notes or work on assessable tasks. Remember the homework centre is available to all students from 7-12 to assist them with completing tasks. The homework centre runs every Monday afternoon from 3-4pm.

Year 7 have recently attended an educational performance by Brainstorm Productions called Cyberia. As the name suggests, the play focused on the dangers associated with inappropriate internet usage, especially relating to social networking sites such as Facebook. Based on a true story, the performance was excellent and very thought-provoking. We encourage all of our Year 7 parents to discuss the production with their child, as the issues explored are becoming increasingly wide-spread and affecting the lives of many young people.

Year 8 students are reminded that next Wednesday evening 17 August subject selection evening will occur from 6-8pm. This evening is designed to give students and their parents information on subjects that will be offered in year 9 2017 and year 10 2018. It is an extremely important night to listen to information relating to the electives. There will be an opportunity on the night to discuss subjects and content with the appropriate faculty teachers before choices of elective subjects are made.

Year 9 students have recently returned from their ski trip and from all reports they had a magnificent time, learning new skills and developing stronger friendships with their peers.

Year 10 students have received information about RYDA which will be held Monday September 5 at Kembla Grange. The cost of the excursion is \$20 which includes bus travel to and from the venue. The RYDA program is a road safety education program aiming at reducing death and injury amongst young people on Australian roads. The Program targets people who are at the stage of their lives where they start to drive or ride in a vehicle driven by their peers. Year 10 students are invited to attend the RYDA course.

**Year 11** have a busy term with their final exams occurring at the conclusion of this term. Ensure you get plenty of sleep and revise, revise, revise!! Manage your time effectively and remember your teachers and Year Advisers are available if there are any problems.

A first aid course is also being conducted for students on the last day of term 3. Senior jackets are also being organised for Year 11 students to wear for the remainder of year 11 and into year 12. Please also be aware of your attendance. It is expected that you are at school 100% of the time except if you have a valid reason. There are too many absences without a proper reason.

Year 12 have just completed their Trial HSC examinations and have a busy six weeks left. Major works are due to for a number of subjects and music and drama students will complete their practical examinations this term for their HSC. The last week of term 3 will see Year 12 students involved in a Picnic

Day, Car Wash, Graduation Rehearsal and finally their Graduation on Friday September 16.

The Wellbeing team will be attending Gatekeeper training run by Headspace this week. This will up-skill all wellbeing team members on identifying students at risk and enabling them to provide front line support and help. The Wellbeing team is excited to attend this workshop to further develop their skills in assisting young people.

The Wellbeing Team should be your first point of call if you have any concerns regarding your child's mental or physical health and wellbeing. If there is anything you think we can be supporting your child with at school, please do not hesitate to contact the Year Adviser or Head Teacher Wellbeing.

Year 7 Adviser – Ms Terri Wale (TAS) and Ms Kate Brewer (CAPA)

Year 8 Adviser – Mrs Evia Kyriakou (ESL) and Mrs Margaret Parr (TAS)

Year 9 Adviser – Mr Gary Smith (Maths?) And Mrs Abbey Munro (English)

Year 10 Adviser – Mrs Trish Dive (Languages) and Mr Peter Simmonds (Languages)

Year 11 Adviser – Mr Peter Liddle (TAS) and Mr Aaron Kellaway (TAS)

Year 12 Adviser – Ms Kerrie Harris (Maths)

Supervisor of Girls – Mrs Kirsten Borst (Science)

Supervisor of Boys – Mr Adam Sargent-Wilson

Head Teacher Wellbeing – Mrs Jemma Lawson (Tues/Thurs/Fri)

Mr Adam Sargent-Wilson (Mon/Wed)

Parents are encouraged to communicate with the school, and the best way to do this is to call the appropriate Year Adviser or wellbeing team member. Alternatively an email can be sent to the schools email address, [figtree-h.school@det.nsw.edu.au](mailto:figtree-h.school@det.nsw.edu.au) which will be forwarded to the appropriate Year Adviser. Please remember that these staff members are extremely busy and will return your call as soon as possible.

Some helpful information.....

Young people often use the internet for help and support, as well as seeking help from parents, friends, teachers and counsellors. Online self help programs



can help to prevent and manage mental health problems such as depression and anxiety. REMEMBER THESE WEBSITES SHOULD NOT BE THE ONLY THING YOU USE, ALWAYS SEE A COUNSELLOR, TEACHER OR TALK TO YOUR PARENTS.

[www.headspace.org.au](http://www.headspace.org.au) – A national youth mental health foundation dedicated to improving the wellbeing of young Australians.

[www.ecouch.anu.edu.au](http://www.ecouch.anu.edu.au) – this is an interactive self help program which includes information on social anxiety, generalised anxiety and depression. It teaches skills to help manage difficult times, and can help you to relax, get more active, think straighter and change the way you interact with other people.

[www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au) – helps to prevent and manage depressive symptoms.

[www.reachout.com.au](http://www.reachout.com.au) – a fantastic website which covers a wide range of health issues for young people. From eating disorders to contraception, from mental health to social well being.

[www.bluepages.anu.edu.au](http://www.bluepages.anu.edu.au) – information about depression including how it feels and how it's treated. Includes reviews of the evidence for the things that people do to manage depression, from taking medication to eating chocolate! BluePages also explains the types of help available and where to

access this help. There are quizzes and a downloadable relaxation mp3.

[www.mindhealthconnect.org.au](http://www.mindhealthconnect.org.au) - This website assists people to access a range of mental health and wellbeing information, including online programs and news, appropriate for their situation. mindhealthconnect brings together leading mental health organisations to provide information and support.

Office of the Children's eSafety Commissioner:  
[www.esafety.gov.au/reportcyberbullying](http://www.esafety.gov.au/reportcyberbullying) The Office of the Children's eSafety Commissioner deals with complaints about serious cyberbullying material and provides online safety education and training.

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### **BEP PARENT NOTIFICATION**

Figtree High School is a PBL school. We run a program to help us support students who are making errors with the school-wide expected behaviour expectations. This is a POSITIVE program.

We are introducing the Check In/ Check Out System. Students might refer to it at home as BEP. BEP is a way of encouraging our students to:

- ☐ Review the school wide values and expectations each day
- ☐ Set personal goals for the day
- ☐ Monitor their own behaviour
- ☐ Stay on track

Students will check in and check out with the BEP team first thing every day.

We would like to include all our parents as an active participant in BEP. You will be informed by phone or mail if your child is to be placed on BEP.

If you require any further information on the BEP program please don't hesitate to call me at school on 42712787.

Thanks

Mrs Lawson

HT Welfare

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## **AGM Figtree P&C President's Report – 2015**

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Welcome to our AGM for the year 2015. I continue to be very proud of the collective efforts of our small but dedicated P&C. We have maintained our active support of the school with a group of P&C members and staff who regularly attended meetings, assist in generating income and who volunteer for various activities. This year we have provided funds to purchase equipment and resources to enhance the involvement in a wide range of academic, vocational and sporting pursuits; for example the Into Science program. We were especially proud to provide significant funds towards an accessible interactive whiteboard for our students in the PD unit. The P&C has recognised student achievement by providing funds for student awards, and to help parents and students meet the cost of representing the school at sporting and academic events. In 2016 we provided funding for seven, Year 7 school scholarships for students from our feeder primary schools. Unfortunately, this funding is not guaranteed for this year and the P&C finances will need to be carefully reviewed to gauge whether this is the best use of P&C funds in the future.

Thank you to Linda Wright, who does a great job as P&C secretary and to Chris Ryman who fulfilled his role as both P&C canteen treasurer very well. The P&C generates the majority of its funds through the provision and effective management of the school canteen. Our thanks must go to the staff, parents, carers and friends who volunteered their time in the canteen throughout the year. Thanks must also go to Diane Grant and Narelle Jacobsen for their outstanding efforts in coordinating the canteen. As a result of the canteen income and book pack fundraiser the P&C was able to provide funds to the school for specific projects when requested.

This coming year will bring some challenges due to a few changes. Our Linda will be stepping down, our canteen coordinators are planning to step back and

the position of the P&C president will be vacated in the hope that someone fresh can now take the reins.

The P&C supports and encourages student involvement in decision making through the Student Representative Council (SRC). We look forward to working with members of our school community as we enter the consultation phase of a uniform review.

P&C members have had numerous opportunities throughout 2015 to be representatives on merit selection panels. This is a valuable opportunity to work together to select new members of staff at our school. At the end of 2015, the school sadly said farewell to Principal, Carol Marshman. Carol came to Figtree High at a time of great upheaval and provided strong leadership and stability. We thank her for her contribution to our school and wish her well for her future. We were fortunate in 2016 to welcome Karen Burke to the Principal position at Figtree High School. I thank her for her valuable contributions thus far and the P&C look forward to a working with her in the future in the best interests of our children.

The school has been very proactive in the area of social media, and it is pleasing to see the many successes of Figtree High School students being celebrated through the FHS Facebook page.

Our P&C is a small but dedicated team who work hard to ensure Figtree High School is a high quality school. This requires significant amounts of time from our members to run effectively.

Thanks to the school staff who support our children in so many ways and do such a fantastic job teaching, leading and inspiring our students. The school continues to work with a strong leadership team and we thank them for ensuring the bridge between home and school continues to be strengthened. Finally, I must acknowledge the 'behind the scenes' work of Diane Grant who has, over many years, been there to assist the P&C in any way. We simply could not run effectively without her input.

I encourage all parents and families to become involved in school activities and attend P&C meetings. This will help strengthen Figtree High School's standing in the community ensuring our students have the very best opportunities in the future.

Sharyn Low

FHS PRESIDENT July 2016



Workshops are held by Wollongong City, Shellharbour City and Kiama councils.

To help you with practical advice about:

- Supervising learner drivers
- Completing the learner driver log book
- Providing on road driver practise
- L & P Plate licence laws

Workshops are held from 6pm – 8pm

Bookings are essential

Please contact Council for a suitable workshop

#### Wollongong

4227 7111

[rsd@wollongong.nsw.gov.au](mailto:rsd@wollongong.nsw.gov.au)

#### Shellharbour

4221 6124

[jenny.davies@shellharbour.nsw.gov.au](mailto:jenny.davies@shellharbour.nsw.gov.au)

#### Kiama

4232 0444

[council@kiama.nsw.gov.au](mailto:council@kiama.nsw.gov.au)

2016	July	25	Shellharbour
	August	24	Kiama
	September	6	Wollongong
	October	19	Kiama
	November	7	Shellharbour
	December	6	Wollongong

2017	February	13	Shellharbour
	March	7	Wollongong
	April	26	Kiama
	May	22	Shellharbour
	June	6	Wollongong



# LEARNER LOG BOOK RUN

## DO YOU HAVE YOUR L'S?

Want to get more hours for your log book?

An opportunity for you and your supervisor to experience a variety of driving conditions to increase safe driver behaviour.

All learner drivers must have 40 or more log book hours

Bookings are essential

Please contact Council for a suitable workshop

2016	June	19	10.00am – 12.30pm		Shellharbour and Kiama
	July	12	6.00pm – 8.30pm	🌙 night run	Shellharbour and Kiama
	August	14	9.30am – 12.00pm		Wollongong
	September	25	10.00am – 12.30pm		Shellharbour and Kiama
	November	27	9.30am – 12.00pm		Wollongong
2017	March	26	Ultimate Learner Log Book Run 10.00am – 1.30pm		Shellharbour, Kiama and Wollongong
	April	11	6.00pm – 8.30pm	🌙 night run	Shellharbour and Kiama
	May	7	9.30am – 12.00pm		Wollongong
	June	18	10.00am – 12.30pm		Shellharbour and Kiama

### Shellharbour

4221 6124

[jenny.davies@shellharbour.nsw.gov.au](mailto:jenny.davies@shellharbour.nsw.gov.au)

### Wollongong

4227 7111

[rso@wollongong.nsw.gov.au](mailto:rso@wollongong.nsw.gov.au)

### Kiama

4232 0444

[council@kiama.nsw.gov.au](mailto:council@kiama.nsw.gov.au)





SURF LIFE SAVING  
NEW SOUTH WALES

**WARILLA BARRACK POINT SLSC**



# **OPEN DAY**

**9am SUNDAY 16TH OCTOBER 2016**

**Displays, Surf Rescue Demonstrations, Sausage Sizzle, Games and much more.**

**7 Osborne Parade, Warilla NSW 2528**

[www.warillasurf.org.au](http://www.warillasurf.org.au)



**Family &  
Community  
Services**

## **Are you interested in becoming a Foster Carer?**

Information Sessions on becoming a foster carer  
will be held in:

### **Shellharbour**

**Date:** 16/08/2016

**Time:** 10:00am-11:30am

Or

**Date:** 18/08/2016

**Time:** 6:00pm – 7:30pm

**Where:** Shellharbour Community Services Centre  
5 Burra Pl,  
Shellharbour (behind the Union cinema)

### **Nowra**

**Date:** 17/08/2016

**Time:** 10:00am:-11:30am

**Where:** Nowra Community Services Centre  
1 McGrath Avenue  
Nowra NSW 2541

All carers receive training, support and financial  
assistance.

## **INTERESTED?**

Call Tracie Fleming or Carolyn Lardner at FACS  
on **4222-8600** during business hours if you are  
interested in becoming a carer and or attending the  
information session.

**Registrations now open for: “*Staying Connected When Emotions Run High*” FREE workshop for families, carers and friends.**

Dr Annemaree Bickerton (Child, Adolescent and Family Psychiatrist)

& Toni Garretty (Clinical Coordinator)

*Family and Carer Mental Health Program,*

*Illawarra Shoalhaven Local Health District presents:*

***“Staying Connected When Emotions Run High”***

***A FREE workshop for families, carers and friends***

*Friday 26 August*

*Dapto Community*

*930am – 3.30pm*

***This workshop will be suitable for parents, grandparents, spouses, partners (kids over 16yrs if accompanied by an adult), foster carers and friends who support someone***

***(over 12yrs – 100yrs) who experiences any or all of the following:***

- difficulties with relationships
- changing emotions & strong overwhelming feelings
- displays impulsive & destructive behaviour

***Please note diagnosis is not important as the key relationship strategies should be helpful for all attendees.***

***Venue, morning tea and lunch provided at NO COST by***

***Aftercare FACES. Places are limited so booking is essential to:***

***FACES Wollongong Team – Kim and Catherine***

***[kim.gadd@aftercare.com.au](mailto:kim.gadd@aftercare.com.au) or [Catherine.Wotherspoon@aftercare.com.au](mailto:Catherine.Wotherspoon@aftercare.com.au)***

***Or PHONE: 4229 7254***

***If phone unattended please provide contact details***



# Young Carer

BURSARY PROGRAMME

**APPLY NOW!**



## Are you an eligible Young Carer?

- ✓ Do you provide care and support to a family member or friend with an illness, disability, mental health illness, is frail aged or has an alcohol or other drug problem?
- ✓ Will you be aged 12-25 years in 2017?
- ✓ Are you currently studying or wishing to return to study or training?
- ✓ Not in receipt of another bursary or scholarship
- ✓ A permanent resident or Australian citizen

You may be eligible to apply for a young carer bursary

## About the Bursaries

- > 333 bursaries will be granted in 2017.
- > Each bursary is \$3,000.
- > The money can be spent on whatever helps you with your education or training.

## How do you apply for a 2017 bursary?

- > Applications open on 2 August and close on 14 September 2016.
- > Go to [bursaries.youngcarers.net.au](http://bursaries.youngcarers.net.au) to find out more and apply online.

## Further information

For further information contact  
[ycbursaries@carersaustralia.com.au](mailto:ycbursaries@carersaustralia.com.au)  
or ring **1800 756 238**

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Department of Social Services.





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for FREE and  
existing students  
can try any new  
class for FREE!

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- Tap (Glenn Wood)
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- Contemporary
- Hip Hop (Boys & Girls)
- Acrobatics
- Performance

**Beginners are welcome!**  
**We run classes all year!**

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p: 0400 294 117

w: [www.hypeps.com.au](http://www.hypeps.com.au)

**STILL TAKING  
ENROLMENTS  
FOR TERM 3**