



FIGTREE HIGH SCHOOL

SCHOOL NEWSLETTER

Term 1 Week 3 , 15 February 2019

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T 1 Week 4	Week 4 (A) Starting 18 February 2019
Monday 18/02/19	Year 6 Taster Day – Unanderra & Figtree PS
Tuesday 19/02/19	Year 12 – Investigating Science Assess. Task Year 12 – Art Express Excursion Year 9 – YAM Program Year 9 – Links to Learning Presentation Year 6 Taster Day Figtree Heights & Figtree PS
Wednesday 20/02/19	Year 10 - PASS2 Hangtime Year 9 - PASS3 Hangtime Year 7 – Surf Awareness Presentation P & C Meeting – Bistro 6:30pm
Thursday 21/02/19	Year 12 - Visual Arts Assessment Task Peer Support Session
Friday 22/02/19	Year 12 – HSC English Study Day – Sydney University School Photographs
T1 Week 5	Week 5 (B) Starting 25 February 2019
Monday 25/02/19	Year 7 - Vaccinations Year 6 Taster Day – Lindsay Park PS
Tuesday 26/02/19	Year 12 – Music Assessment Task Year 9 – Marine Studies – Unanderra Pool Zone Swimming Carnival
Wednesday 27/02/19	Year 7 – Surf Awareness North Beach
Thursday 28/02/19	Year 11 – Biology Field Trip
Friday 01/03/19	Year 8 – In2uni program School Photographs
T 1 Week 6	Week 6 (A) Starting 4 March 2019
Monday 04/03/19	Year 12 – Hospitality Work Placement Year 10 – Commerce Excursion. – Downing Street Law Courts Year 6 Taster Day – Mt St Thomas PS
Tuesday 05/03/19	Year 12 - Hospitality Work Placement Year 10 – Geography excursion – Warilla Beach Peer Support Session Year 6 Taster Day Nareena Hills & Mt Kembla PS
Wednesday 06/03/19	Year 12 - Hospitality Work Placement Year 10 - PASS2 Hangtime Year 9 – PASS3 Hangtime Year 7 – Surf Awareness North Beach Year 6 EXPO Night 5:30pm Auditorium International Women’s Day Event - Yr 11&12
Thursday 07/03/19	Year 12 - Hospitality Work Placement SRC Induction and Yr 12 2018 High Achievers Assembly
Friday 08/03/19	Year 12 – Hospitality Work Placement Year 12 – Studies of Religion, Chemistry, Maths Standard Assessment tasks Year 10 – Marine Studies excursion-Unanderra Pool Year 10 – Mathematics Assessment task Year 9 – Marine Studies Assessment task
Year 12 Purple Year 11 Olive Year 10 Blue Year 9 Red Year 8 Green Year 7 Orange	

Thoughts from the Principal

Another great year of teaching and learning at Figtree HS – the best kept secret in the South Coast!

Welcome back! This promises to be an exciting year at Figtree High School. I feel so fortunate to be at Figtree HS and hope that you feel the same about this excellent school. Not only does it have a breathtaking location and terrific facilities, it has the most amazing people – students, staff and parents.

HSC RESULTS

I am so proud of our HSC results. There were 11 mentions for students, across 6 different HSC courses, on the Distinguished Achievers list printed in the newspapers – a phenomenal result given that all these students were part of the top 10% in the state.

100% of FHS students who wanted an HSC achieved this milestone. An amazing 305 student results were in Bands 4, 5 and 6 across every key learning area and in Vocational courses (VET), highlighting excellent teaching and the ability to succeed with whatever pattern of study a student chooses:

- English had 80 students attain Band 4, 5 or 6 with a stunning 30 out of 35 Advanced students receiving Bands 4 or 5.
- Mathematics had 5 students with Band 6 results. 41 students gained Band 4, 5 or 6 results; this includes 13 of the 17 students in 2U Mathematics.
- In our Science courses, we had 35 students with Band 4 or 5 results. Particularly pleasing were results in Biology and Earth and Environmental Science.
- In Human Society and Environment courses, where 10 HSC courses were offered, we had an impressive 94 Band 4, 5 or 6 results including Band 6s in Business Studies (3), Legal Studies, Society and Culture and Retail Studies as well as an exceptional six distinguished achievers.

- In four TAS courses, 21 students gained Band 4 or 5 results including Band 6s in Construction and Hospitality, with both of these courses performing well above state average.
- In two CAPA courses, 24 students gained Band 4 or 5 results, including an impressive 11 Band 5s in Visual Arts, where 60% of students achieved in the top 20%.
- In the two courses in PDHPE, we gained an impressive 26 Band 4 or 5 results with a number of students just missing out on Band 6.
- In three VET courses we gained 13 Band 4, 5 or 6 results.
- While we are still learning of post school destinations, many Year 12 student's ATARs provided university access and multiple tertiary options.
- Our school's top ATAR of 91.2 was achieved by David Watson - a fantastic result from a fine young man!



Pictured here with David are his proud Yr 12 classroom teachers – Mr Hudson, Ms Williams, Mr Boyton, Ms Khan, Mr Joseph (Mr Solah was at Yr 7 camp at the time of the photo). Also in the photo is David's brother, Andrew - Figtree HS Dux of 2017, who achieved an ATAR of 93.05.

Congratulations to the Watson boys and their teachers!!!

I am also absolutely delighted with the effort of the students who attend Learning Central. They are achieving outcomes that reveal strength of character and optimism under difficult circumstances.

**GREAT TEACHERS + GREAT STUDENTS +
SUPPORTIVE FAMILIES = GREAT RESULTS**

50th ANNIVERSARY

It's our birthday this year and Figtree HS will celebrate 50 years. Parents and community members are invited to come along and chat about any ideas they have for the 50 year anniversary to both celebrate and further promote Figtree HS in our local community. Our next meeting is scheduled for 20 February, at 5pm in the School's Bistro.

UNIFORM

The need to improve the school uniform and the regular wearing of the school uniform was a key message that students, staff and parents consistently raised with me upon my arrival to Figtree HS.

Here and now, I am thrilled to report that we have a brand new school uniform. This comes after extensive consultation with all members of our school community.

As if this school could get any better the ultramodern uniform, looks outstanding!!!!

Year 7 and Year 11 look wonderful – and if students in 8, 9, 10 and 12 want to purchase the new uniform, you don't have to wait until you outgrow the old uniform – you can buy it now through LOWES at Figtree Grove.

Here are my top reasons as to why a school uniform is important:

- Wearing uniforms enhances school pride, unity, and community spirit.
- School uniforms keep students focused on their education, not their clothes.
- School uniforms increase student safety.
- School uniforms make getting ready for school easier.
- School uniforms save parents money.
- Most parents and educators support mandatory school uniforms.
- Student free expression remains intact even with mandatory school uniforms.
- Students dressed in uniform are better perceived by teachers and peers.

Unfortunately people do judge a book by its cover - a school could get the best HSC results in the state but if the students look sloppy and are out of uniform, no one believes that it is a good, well-disciplined, learning focussed school.



NEW STAFF

There are a number of new permanent staff joining Figtree HS in 2019. Welcome to the following staff to our school: Ms Gibson – English faculty; Mr Olsen – TAS faculty; Mr Dodhy – Head Teacher Mathematics; Ms Murray – SLSO; Ms Gregory and Ms Marinan - Front Office.

Never hesitate to contact me or the Deputy Principals if you have a concern or any suggestions to help Figtree HS become an even better school.

I look forward to 2019, working closely with the staff, students and parents of Figtree HS, the best kept secret in the South Coast!

Dan Ovens
Principal

Expectation of the Week

WEEK 4:	BE RESPECTFUL - Toilet Use facilities and leave promptly
WEEK 5:	BE RESPECTFUL - Toilet Give others privacy
WEEK 6:	BE SAFE - Toilet Clean up after yourself

Deputy Principal Report **Years 7, 9 and 11**

Year 7 have had a smooth transition into Figtree High School and look wonderful in the new school uniform. In their first week students participated in PBL (Positive Behaviour for Learning) lessons where they spent time learning about what our core values of learning, safety and respect look like in the classroom, playground and community. Year 7 students have also started sessions with their peer support leaders to ensure they have a good understanding of the merit system and are able to seek support if needed. In addition, lots of Year 7 students attended and participated in our school swimming carnival on Monday of this week. It has been fantastic to have 150 Year 7 students attend camp at Teen Ranch at Cobbitty on Wednesday 13 February to Friday 15 February. Please see the Figtree High School

– Official Facebook page for a range of photos of students from camp. Students had a great time and their behaviour was a credit to themselves and their families.

All Year 9 students have been participating in a number of wellbeing programs which are outlined on the next page. In addition, a selected number of students will be participating in the 'Links to Learning' Program for students from different cultural backgrounds. This program includes links with business and the opportunity for students to gain a Duke of Edinburgh award. Year 9 students have started their new electives and are enjoying the new learning opportunities.

Year 11 students have returned to school with a renewed and mature approach to their learning. One teacher commented this week that they were impressed by every student in the class and their focus on engagement with their work. Year 11 are now leaders in the school as senior students, in particular, in regards to playground behaviour, learning and wearing the new school uniform. Year 11 students are the first to wear the new senior uniform. If assistance is needed to help with the financial costs of the new uniform, please give the school a call on 42712787.

Trish Morgan
Deputy Principal

Deputy Principal Report **Years 8, 10 and 12**

We have welcomed four new students into Year 8 and seven new students into Year 10 this year. Year 8 students are continuing with their pattern of study from Year 7 as well as commencing their study of a Language.

Year 10 students have commenced their final year of study in Stage 5 and will also be having Careers lessons each fortnight which will assist students to learn about post school options and how to best prepare for these through a pattern of study in the senior years or exploring other post school options at the end of this year. Year 10 will be receiving their Year 10 Assessment Booklet next week and this contains information about assessment tasks, the NESA Record of School Achievement (ROSA) and awarding of grades for the Year 10 ROSA.

Year 12 students have commenced their last year of secondary education and with their first HSC assessment task already completed in many subjects, their school based HSC assessment marks are in their hands. It is essential that students maintain an assessment planner and update this regularly as assessment task notifications are distributed.

Students who are studying courses with major projects that need to be submitted for the HSC need to ensure that they are working to the timelines established by their teachers. These timelines are designed to keep students 'ontrack' to submit high quality major works by the date determined by NESAs.

ATTENDANCE

Year Advisers and the Deputy Principals regularly monitor student attendance. Students are expected to be at school by 8:30am each day, to ensure that they are engaged in learning from the start of the school day, and receive messages about school activities during morning roll call. If a student is late to school, they need to report to their Deputy Principal with a note from a parent/carer to explain the lateness. Alternatively, a parent/carer can contact the school by phone or email to explain their child's partial absence from school. The school sends SMS messages to a parent/carer when a student is marked absent from school. We encourage parents/carers to respond to this SMS so that student absences are explained, and if required, the school can provide support for students.

SAFETY

At this time of the year we like to remind parents/carers and our students about safety around our school. One of the biggest concerns at the start and finish of the school day is road safety. We ask our students to use the assigned road crossings areas, especially on Gibsons road, the Princes Highway and O'Briens road. Using these crossings significantly reduces the risk of an accident involving our students. Parents/carers are reminded that Gibsons road has bus zones and no parking zones during school drop off and pick up times, and these areas are actively patrolled by both the Police and council rangers. Modelling safe road behaviours by parents/carers helps to teach and reinforce these behaviours with young people.

Ellie Donovan
Deputy Principal

Wellbeing Faculty Report

Welcome back students, parents and community members to the 2019 school year. As Head Teacher Wellbeing my role is assisting students within the school to maintain healthy levels of wellbeing as well as supporting them to regularly demonstrate the schools values of RESPECT, SAFETY and LEARNING.

The Wellbeing team are extremely hard working people who should be your first port of call if you are worried about the wellbeing of your child. If you are concerned with how your child is traveling in a specific subject area, please contact their classroom teacher or Head Teacher of that faculty.

OUR STUDENT WELLBEING TEAM

Principal: Mr Daniel Ovens

The **Deputy Principals** supervise specific year groups:

Ms Patricia Morgan - Years 7, 9 and 11 students

Ms Ellie Donovan - Years 8, 10 and 12 students

Head Teacher Wellbeing: Mrs Jemma Lawson

Year Advisers

Year 7: Mrs Murphy and Mr Thomas

Year 8: Ms Hunt and Mr Brooks

Year 9: Mr Herbert and Mrs Young

Year 10: Ms Cook and Ms Brewer

Year 11: Ms Parr and Ms McCarthy

Year 12: Mr Smith and Mrs Lloyd

Counsellors:

Ms S. Haselton and Mr G. Rosser

Senior Psychologist Education:

Mr J. Wilson

Supervisor of Girls:

Ms Kirsten Borst - Science staffroom

Boys Supervisor:

Mr Adam Sargent-Wilson - Careers Office

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 on 42712787 or contact them through the school email figtree-h.school@det.nsw.edu.au

We may only be three weeks into Term 1, however, it has been a busy time for the wellbeing team.

YEAR 9 - YAM

All Year 9 students have been involved in the YAM program and currently have completed 2 sessions of the 3 session program. This program is working with the Black Dog Institute to run a school-based peer support and mental health literacy program called Youth Aware of Mental Health (YAM). YAM is a program aimed at addressing the mental health needs of young people. YAM involves discussion and role play. It aims to get young people involved and talking about mental health. By doing this young people learn problem solving skills and gain knowledge about mental health.

The feedback from the Year 9 students has been extremely positive and I hope that the students are becoming more aware of the mental health needs of young people. The program covers the following topics:

- What is mental health?
- Self-help advice
- Stress and crisis
- Depression and suicidal thoughts
- Helping a friend in need?
- Who can I ask for advice?

All Year 9 students have been given a booklet to keep. It includes a guide of local health resources as well as a list of different organisations who work with youth in the local community.

YEAR 7

Year 7 have had a busy start to the year. They have completed their swimming test at Unanderra Pool and Week 3 sees them involved in the swimming carnival and camp at Teen Ranch.

At Teen Ranch students were involved in the giant swing, canoeing, pool activities, abseiling/rock climbing and archery. The students had night activities organised by Teen Ranch which involved a night bush walk and games. A more detailed report will be in the next newsletter. A big thank you to the staff involved Ms Murphy, Mr Thomas, Mr Solah, Mr Sillis, Mrs Markham, Ms Harris, Ms Al Hindi and Mrs Lawson.

TOP BLOKES BOYS MENTORING PROGRAM

Figtree High School is excited about continuing the Top Blokes Mentoring Program.

The program is a 16-week mentoring program for male students aged 14-17 years. The program uses a prevention and early intervention framework to provide an environment that fosters critical thinking so that the boys can build self-efficacy and the skills to lead healthy and safe lives. It is aimed to promote positive behaviour and strong role models for young men. The program addresses issues of alcohol and drug use, mental health, sexting, anger management, relationships, racism and sexuality.

We have 24 boys involved in the Top Blokes Mentoring Program who are from Years 9 and 10 which will commence Week 4. The boys meet their mentors each Wednesday morning.

PBL

Positive Behaviour for Learning, known as PBL is an evidence-based whole school systems approach that:

- addresses the diverse academic and social needs of every student to support them to be successful
- supports students in early childhood settings through to senior years of schooling
- enables schools to establish a continuum of supports that are intensified to meet the needs of every student
- is team driven, using a problem solving approach (data, systems and practices) that engages students, parents and all school staff
- establishes positive social expectations for all in the school community
- provides a framework for the school and its community to collectively support the wellbeing of every student.

The schools values and classroom expectations are visible in each classroom. Staff will be referring to these posters to ensure consistent behaviour expectations. Images of the 2 posters are on the next page.

The Wellbeing team is here to help all students, and if parents/carers have any questions in relation to their child then please do not hesitate to give me a call and I am more than happy to deal with your concern or refer it on to a more relevant member of the wellbeing team.

Jemma Lawson
Head Teacher Wellbeing



FIGTREE HIGH SCHOOL VALUES

Respect

Safety

Learning



FIGTREE HIGH SCHOOL EXPECTATIONS

Follow teacher instructions

Stay on task

Use appropriate language

Phone off and in bag

Bring required equipment

SWIMMING CARNIVAL REPORT

What a great day we had at our swimming carnival on Monday 11 February. We had plenty of competitors and we also had lots of relay swims for the non-competitors. We had 3 records broken on the day. Congratulations to Jessica Buffett who broke the 50m breaststroke with a new record of 39.82 (the old record had stood since 1990). Jessica also broke the 50m butterfly with a time of 29.53. Regan Smith broke the 50m backstroke with a time of 32.65.

Congratulations to our Age Champions who were

12 years - Jimmy Skarvelis	Indianna Osborne
13 years - Caleb Daykin	Mia Parker
14 years - Kaylen Craft	Alice Coleman
15 years - Regan Smith	Audrey Napper
16 years - Sam Sharpe	Jessica Buffett
17+ years - Joshua McKinnon	Tazmin Fulcher

Congratulations to Jerrangaugh, (Green house) who were the winning house. This is the first time they have won a carnival since the inception of the new houses.

The Zone Carnival will be held at Corrimal Pool on the 26th February. We wish all our competitors the best of luck.





SOUTH COAST SELECTIONS

Congratulations to the following students who have been selected in the following South Coast teams:

Baseball Drew Ferris
 Hayden Freeme
 Thomas Carroll
 Mitchell Wheatley
 Liam Herbert

Tennis Luke Miners
 Thomas Brinton
 Ana Castrissios

Cricket Ashleigh Yeaman

Softball Liam Herbert
 Mitchell Wheatley
 Hayden Freeme

NSW SCHOOL VACCINATION PROGRAM YEAR 7 2019

Dear Parent/ Caregiver

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2019 the following vaccines will be offered to Year 7 students*:

- dTpa vaccine (Diphtheria, Tetanus & Pertussis (whooping cough)) as a single dose
- human papillomavirus (HPV) vaccine in a 2-dose course with a 6 month interval (students who commence HPV vaccination in Year 7 but do not complete the course may be offered catch-up doses at school in Year 8).

Vaccination Schedule

VISIT 1: Mon 25/02/19

Year 7 students

- Human Papillomavirus vaccine (HPV) **dose 1** (2 dose course)
- Diphtheria/Tetanus/Pertussis booster vaccine/Boostrix (single dose)

VISIT 2: Mon 02/09/19

Year 7 students

- Human Papillomavirus vaccine (HPV) **dose 2**
- Catch – up : HPV & dTpa (for students absent at previous clinic)

*** At each clinic held in 2019, catch up HPV vaccination will be offered to Year 8 students who commenced but did not complete the course of HPV in 2018.**

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at www.health.nsw.gov.au/immunisation.

* *The Parent Information Kits contain a consent form, information sheet and privacy statement that details how personal information will be collected, stored and utilised.*

Parent Information Kits will be sent home to parents/guardians in the next few weeks. To consent to the vaccination of their child, parents/guardians are advised to:

- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child's school
- ensure that their child eats breakfast on the day of the school vaccination clinic.

Please note that for HPV vaccine only, parents/guardians must record their Medicare Number (all 10 digits and the 11th number beside the child's name) on the consent form, as this is required to record the student's information on the National HPV Vaccination Register and (for female students only) link to the National or State Cervical Screening Program.

A Record of Vaccination will be provided to each student vaccinated at each clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

Kirsten Borst (Coordinator)

CAPA COMMITTEE 2019

Congratulations to the following students who have been successful in gaining positions as CAPA Co representatives for 2019. These students participated in an extensive application process and were selected to be leaders of the Creative and Performing Arts at Figtree High School. The CAPA Committee will make pivotal decisions affecting opportunities, exhibitions and performances in our school during 2019. Meetings will be held at Lunch 1 on Fridays in ART 4.

Daniel Jaques	Tobias Moore
Clara Lazova	Emma Smith
Krissie Skarvelis	Mia Lazova
Tia Parkes	Charlotte Doodeman
Ellie Skarvelis	Keegan Whitten
Sarah Neufeld	Nyah Kirkwood
Nikola Rodic	Katie Ransley

Maxine McEwan	Sreenidhi Gireesh Babu
Paige Gibson	Kalleigh Brown
Nina Graovac	Karina Hunt
Caitlin Rodriguez	Ashley Forrest
Mikaela Kokkin	Mia Haywood
Alanah Wilson	Georgia Braddock

Active Art

This term the Active Art sporting group will be adventuring out to a variety of different scenic locations in the Illawarra to participate in Walking Photography scavenger hunts. Students are encouraged to bring their own device as well as sunscreen, a hat, their lunch and a water bottle Mrs Murphy and Miss Cook have created a google drive where students will upload their photographs. These photographs will then be displayed in the school at the end of the term.

Week 2: The Botanic Gardens

Week 4: North Beach

Week 6: Lake Illawarra

Week 8: The Nan Tien Temple

What materials should my child have for class?

When students have the required materials for class they can start working on their set tasks in a meaningful and confident manner. It means the student maximises learning time and is organised for the day ahead.

Below is a list of materials which our students should have with them for class:

Visual Arts: Years 7 - 12

2B pencil, eraser, ruler, scissors, glue, USB, Visual Arts Process Diary

Photographic & Digital Media, Photography, Video & Digital Imaging: Years 9 – 12

Photography journal (lined page book), Portfolio (plastic sleeve folder), USB

HSC Visual Arts

HSC Visual Arts students are busily working on their Body of Works already. This artwork must be representative of at least 60 hours of work. The artwork needs to show sophistication in:

- Technical accomplishment (student needs to have a developed sense of awareness and skill in their chosen medium, i.e. paint, drawing, photography)
- Conceptual Development and Meaning (artwork has layers of meaning and communicates effectively to the audience)

Tuesday afternoon art sessions

Year 12 Visual Arts students will be attending after school artmaking sessions in the art room every Tuesday from 3pm – 4.30pm this year. We commend students on their commitment to learning. Students will have the opportunity to seek assistance and advice from our visual arts teachers.

P & C

The P & C would like to apologise for a couple of pricing errors.

In our last Newsletter the Year 7 book pack was stated at the price of \$95, the actual price is \$90. Without the calculator the price is \$65.

The Canteen Menu that was issued for 2019 had a few incorrect prices. They have now been amended and the correct menu is included on page 12 of this newsletter.

SATURDAY SCHOOL OF LANGUAGES

If your child is interested in learning a new language at the Saturday School of Languages, please ask them to see Mrs Alhindi in Learning Central for an enrolment form.

The languages on offer are:

1. Arabic
2. Chinese
3. Modern Greek
4. Macedonian
5. Serbian

- All classes start at 8.30am. Years 7 to 10 classes conclude at 10.30am.
- There is a recess break from 10.30am until 10.45am.
- Years 11 - 12 classes continue until 11.45am.

VIETNAMESE STUDENT VISIT

Figtree High School is delighted to announce that Vietnamese students will be visiting our school for two weeks. We are calling on our families to open up their homes to host students offering them the opportunity to immerse themselves in our vibrant community.

The students will range in ages from 14 - 17 years and will require to be accommodated from Monday 17th June to Friday 28th June. During the school day the students will participate in intensive English language program for three periods and for the rest of the day they will attend our mainstream classes. During the weekend students will spend Saturday and Sunday with your family enjoying your hospitality and participating in your weekend activities. You will be remunerated to assist in covering the costs.

We will be holding an information session on Tuesday 12th March in our school Bistro at 3:00pm. We invite you to attend and explore if this is a suitable opportunity for you and your family.

This an exciting opportunity for you and your family to be part of this program and also experience the joy of being able to offer children from another culture the chance to immerse themselves in a whole new world.

If you have further questions or would like to discuss this opportunity further, please do not hesitate to contact Salma Alhindi on 02 42712787 or salma.alhindi1@det.nsw.edu.au



Expo Night

Figtree High School Auditorium
5:30pm Wednesday 6th March 2019

Parents and Year 6 students who are interested in finding out what Figtree High has to offer in Year 7 2020 are invited to the annual Expo Night

School Open Evening
Faculty Displays
Games
Student guides
Technology

For further information, please call
or email us:

02 4271 2787

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

Dear parents

At our school we aim to create a safe and supportive school community for everyone.

Sometimes, it can be difficult for parents or carers to know what to do when their child talks to them about bullying.

You are an important part of our work to prevent bullying and to respond effectively if it happens. Stopping bullying involves everyone.

If your child talks to you about bullying:

- 1. Listen** calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation. After they've told you their story, ask questions to get more details if you need to: who, what, where, when. Although you may feel some strong emotions about your child's experience, try to keep calm to avoid more distress to your child.
- 2. Reassure** your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, 'That sounds really hard to deal with. No one should have to put up with that.' or 'I'm so glad you told me. You should be able to feel safe at school; that's not fair at all'.
- 3. Ask** your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.
- 4. Visit** www.bullyingnoway.gov.au to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practice strategies at home to help your child feel more confident.
- 5. Contact** the school. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child's teacher and, if you need to, ask to talk with the principal. Contact the school immediately if you have a concern about your child's safety.
- 6. Check in regularly** with your child. Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

If your child talks to you about bullying:

- 1. Listen** calmly and get the full story.
- 2. Reassure** your child that they are not to blame.
- 3. Ask** your child what they want to do about it and how you can help.
- 4. Visit** www.bullyingnoway.gov.au to find some strategies.
- 5. Contact** the school.
- 6. Check in** regularly with your child.



On Thursday 16th March Figtree High School will take a stand together against bullying.

If you are looking for support for yourself to deal with a bullying situation, you will find ideas on the Bullying. No Way! website for parents. As well, please contact the school if you would like to discuss any aspect of our approach to preventing bullying.

Thanks for your support to make our school a great school for everyone.

FIGTREE HIGH SCHOOL 2019

Canteen Price List

HOT FOOD		PRICE	DRINKS	PRICE
Meatball Sub		\$ 4.50	Small Flavoured milk	\$ 2.70
Pizza Subs		\$ 1.50	Large Flavoured milk	\$ 3.70
Pizza Roundas		\$ 2.50	Icebreak Flavoured milk	\$ 4.20
Sausage Roll		\$ 3.00	Plain 600ml milk	\$ 1.70
Spinach and Ricotta Rolls		\$ 3.00	Nippys 500ml	\$ 3.50
Chicken Fillet on roll		\$ 4.00	Ice Tea -Mango/Peach	\$ 3.70
Sweet Chilli Chicken on roll		\$ 4.00	Fruit Juice (Bottle)	\$ 2.70
Meat Pie		\$ 4.00	Juice Popper	\$ 2.00
Potato Pie		\$ 4.00	Wild Water	\$ 2.70
Beef, Bacon & Cheese Pie		\$ 4.00	Pump Water	\$ 3.20
Chicken, Bacon & Cheese Pie		\$ 4.00	Glee	\$ 2.20
Chicken Goujons (8)		\$ 4.00	Softdrink bottle	\$ 2.70
Cheeseburger		\$ 3.50	Custard	\$ 2.50
Chicken Burger		\$ 4.50	Up and Go	\$ 3.20
Sweet Chilli Chicken Burger		\$ 4.50	FRESH FRUIT & YOGHURT	
Mexican Wrap		\$ 3.50	Watermelon (\$2.00-\$3.00)	Seasonal Price
Small Nachos		\$ 2.50	Grapes (\$2.00-\$3.00)	Seasonal Price
Lamb Kebab Wrap		\$ 5.00	Jelly	\$ 0.50
Chicken Kebab		\$ 5.00	Jelly & Custard	\$ 1.00
Garlic Bread		\$ 1.00	Jelly, Custard & Cake	\$ 1.50
Chicken Pesto Pasta	\$ 3.00 sml	\$ 5.00 lrg	Fruit Salad Container	\$ 3.00-3.50
ROLLS, SANDWICHES AND WRAPS			Yoghurt & Strawberries	\$ 3.50
Salad Roll		\$ 4.00	Large Fruit Salad with Yoghurt	\$ 4.00
Chicken Lettuce & Mayo Roll		\$ 4.00	Small Fruit Salad	\$ 3.00
Meat Salad Roll		\$ 4.50	BAKERY ITEMS	
Salad Sandwich		\$ 3.50	Banana Bread	\$ 2.50
Egg & Lettuce Sandwich		\$ 3.50	Lamington	\$ 2.00
Ham, Cheese, Tomato Sandwich		\$ 3.50	Custard Tart	\$ 3.00
Meat Salad Sandwich		\$ 4.50	Assorted Freshly Baked Muffins	\$ 3.00
Caesar Chicken Wrap		\$ 4.50	Caramel Slice	\$ 1.50
Sweet Chilli Chicken Wrap		\$ 4.50		
Sweet Chilli Chicken Wrap with Salad		\$ 4.50	SPECIAL DAYS	
Chicken, Cheese & Lettuce Wrap		\$ 4.00	Bacon and Egg Roll	\$ 4.50
Salad Wrap		\$ 4.00	Hot Dogs	\$ 3.50
Egg Salad Wrap		\$ 4.50	Pizza (Thursday)	\$ 5.00
Toasted Cheese and Tomato		\$ 3.50	Hamburger	\$ 4.50
Toasted Ham, Cheese and Tomato		\$ 4.00	Winter or Order in Summer	
Toasted Cheese		\$ 3.00	Lasagne	\$ 3.00
Toasted Foccaccia		\$ 4.00	Mac Cheese	\$ 3.00
SALADS (in container)			Twista Pasta	\$ 3.00
Chicken Salad		\$ 5.00	LUNCH ORDERS ARE ENCOURAGED AND TAKEN EVERY MORNING FROM 8.20AM TO ROLL CALL FOR LUNCHES 1 & 2	
Plain Salad (small)		\$ 3.00		
Plain Salad (large)		\$ 4.00		

2019 Year 12 students - prepare
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1. Achieve your goals
2. Conquer stress
3. Maintain wellbeing
4. Study effectively

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Wednesday 4.30-6.30pm

Where: University of Wollongong

Cost: \$60 or \$30 (concession card)

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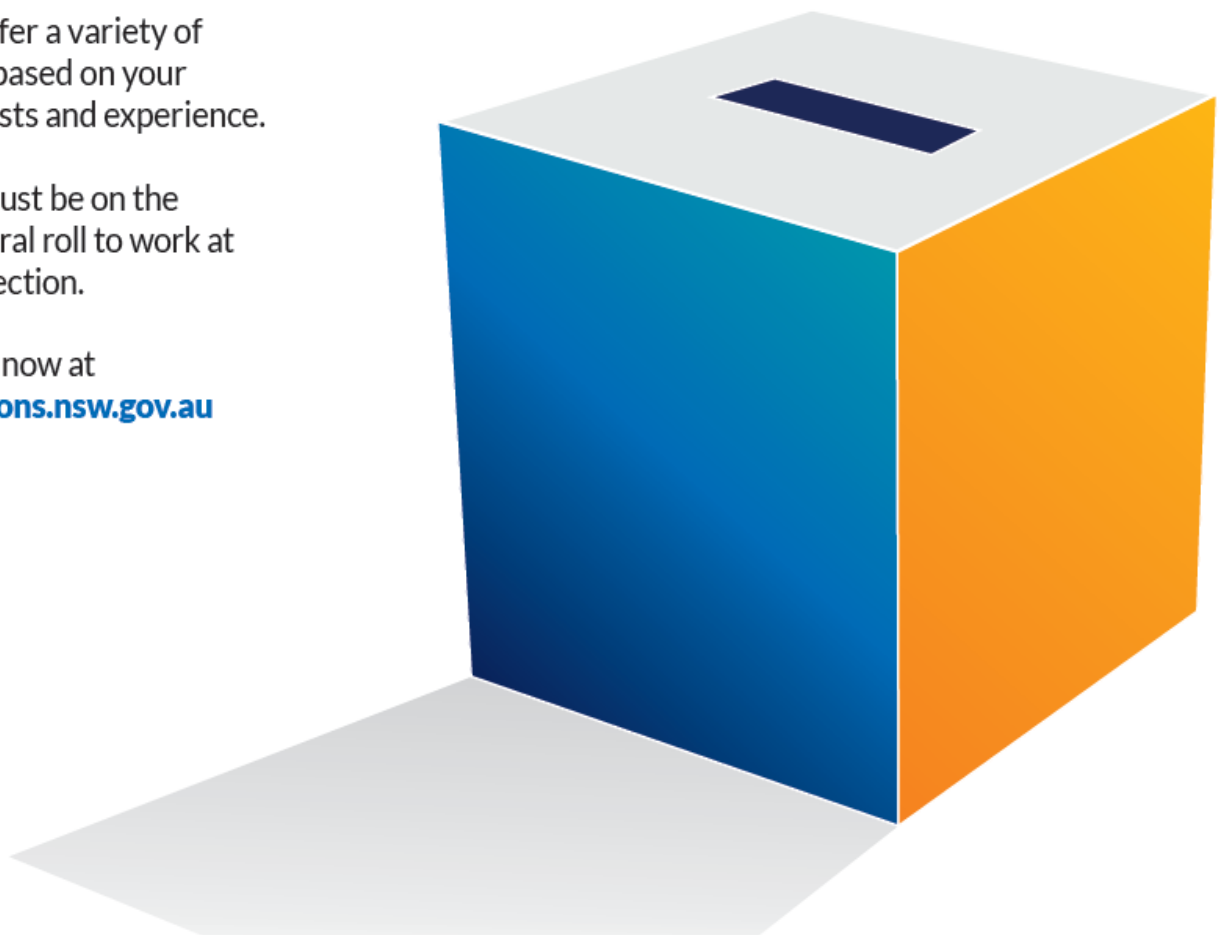
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4 - 5 MAY 2019

Illawarra Regional Airport, Albion Park
Gates open 9am | See website for details

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AVIATION





WINGS OVER ILLAWARRA AIR SHOW



visitnsw.com



4th – 5th May 2019

‘Wings over Illawarra Airshow’ just got bigger, better, more heaps more fun for the whole family with a huge FREE carnival!

*If you’ve ever hesitated about bringing the family to the biggest event in our region and perhaps passed it off as being just for ‘plane spotters’, then take another look as Wings Over Illawarra is more than just an airshow and now boasts the largest carnival on the NSW South Coast with **UNLIMITED carnival rides ALL DAY** included in the entry ticket.*

In addition to Australia’s best airshow, unlimited carnival rides and freestyle motocross displays, visitors will also have access to all the Historical Aircraft Restoration Society aircraft that are open for inspection, thanks to great new partnership between Bright Events - the event organisers, and the Historical Aircraft Restoration Society. All attractions are now included in the entry ticket price, with no more to pay.

“Wings Over Illawarra is truly an event for the whole family, with plenty of attractions for visitors of all ages - there’s plenty of fun plus a great education on the history of aviation to be had for everyone” said Mark Bright, Director of Bright Events. “With full access to all the HARS aircraft that are open for inspection, world class motocross displays, unlimited carnival rides, food stalls and ground displays, plus of course the high-octane aerobatic displays that we have come to expect at Australia’s largest annual airshow. We have lots in store for the 2019 including classic warbirds, heart stopping aerobatics from Red Bull air-racer Matt Hall and stunt pilot Paul Bennet, modern military fighters and helicopters from the Australian Defence Force and a huge array of magnificent aircraft of yesteryear.”

“Wings Over Illawarra is not only a great day out for aviation enthusiasts, but for everyone who enjoys a big festival or event. The event is growing each year and we anticipate welcoming over 35,000 visitors this May” said Mark Bright.

Tickets are selling fast so jump onto www.wingsoverillawarra.com.au to secure your family pass now.

Event dates: 4-5 May 2018



LET'S WORK TOGETHER TO
BECOME A MORE ACTIVE SOCIETY

STUDIO OPEN NOW

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HEADLANDS

AUTISM SUPPORT IN WOLLONGONG LGA

The Autism Community Network provides free support for families living with autism conditions. If you would like to meet other carers who understand you or find social opportunities for your ASD child and their siblings, please contact us or come along to our free support group meetings.

WOLLONGONG SUPPORT GROUP

Meets First Thursdays during school terms 10am to noon

VENUE: Illawarra Leagues Club

Come along and meet other parents and carers for mutual support.

OTFORD KIDS CLUB

Meets Tuesdays during school terms 4.00 to 6.00 pm

Otford Community Hall - 121 Otford Road, Otford

A club for kids on the spectrum and their siblings to play games, socialise and make friends.

For more information :

www.autismcommunity.org.au | info@autismcommunity.org.au | 9543 9036

Designed to make a difference: Here's a colourful and fun opportunity to reduce harm on our roads...

Entries are now open for a Design Competition that will make a positive difference to road safety. Original and creative designs are being sought from across NSW, for bumper stickers and posters. The winning designs will be printed and distributed to thousands of drivers, cyclists and pedestrians. This is a unique opportunity to see your own work in glorious colour, while having a positive impact on our community.

The competition is for both students and the general public, with entries open until the end of the first school term (Friday 12 April). The winner in each category will receive a \$200 gift voucher for bicycle products of their choice, plus 100 printed stickers or 10 posters of their own design. Here are the four categories:

1. Road Safety stickers for under 18-year-old entrants, with a message that's relevant to people who ride bikes
2. General bumper sticker entries with a Safe Passing Distance message, from any age group
3. Sticker designs featuring the Dulwich Hill Bicycle Club logo and colours, open to any age group
4. Posters with safety messages about Minimum Passing Distance (especially the road rule exemptions) with much greater scope for artwork/layout/creativity, open to any age group

Competition details, conditions and the online entry form are at this website: dhbc.org.au/advocacy/design-competition

Dulwich Hill Bicycle Club is one of the oldest and largest cycling clubs in Australia, established in 1908 and with 450 members. Our distinctive red jerseys are a common feature on the roads around Sydney. The club has received a Community Road Safety Grant from Transport for NSW to hold this Design Competition. This Road Safety initiative is supported by the NSW Government.