

Farmborough Road Public School Newsletter

TERM 2 WEEK 6 2016

PHONE: 4271 1133



Ms Martin and students
participating in the:
'National Simultaneous Read'.

For Your Calendar

- 2/6 K-6 Assembly – presented by Leamurra – 2pm in the hall.
- 4/6 Head Lice Action Day!
- 6/6 Choir Rehearsal – Mount Ousley Public School.
- 18/6 BRICK FUN DAY – See attached flyer.



Help needed...School Uniform...again!

The colder weather has seen an increase on second hand school uniforms required by students. If you have any uniforms that your children have outgrown or you no longer require please send them into school. Any donations to our clothing pool are great fully accepted.



TUESDAYS

Whole School Action day! Saturday 4th June Head Lice...again!

I know it happens every year but head lice season is here again. If we get together as a community and have a whole school action day we might just save ourselves a lot of grief. On Saturday 4th June if everyone takes the time to check your children's heads and treat if necessary. Shampoo can be purchased from Woolies or Coles and remember you need to treat bed linen and towels as well. Don't forget to do the school hats as well!

See you around the playground!

**Pam Grosse
Principal**

62nd Wollongong Schools' Choral Festival...



Our school will participate in two whole school rehearsals for the up and coming Choral Festival. All the relevant information was provide on the permission note sent home with your child. Please return this note and money no later than **Wednesday 1st June.** If you have misplaced your note and require another, please see us in the office.



Onward
and
Upward

Email: farmborord-p.school@det.nsw.edu.au
Website: www.farmborord-p.schools.nsw.edu.au



This weeks assembly is for K-6
Presented by Leamurra

Merit Awards... Term 2 Week 5

Congratulations to the following students who received merit awards this week:

Yulara - Taylah, Freya
Merinda - Indie, Lillyanna
Myaree - Kuiper, Makayla
Leamurra - Kaitlen, Liam
Giralang - Dior, Skye
Matong - Luke, Chloe
Coolangatta - Taylen, Kyle
Coolabah - Cyrus



Yulara presenting last week's assembly.



Myaree using 'Direction' in Maths.



Creating 'Abstract Pieces' in Art.

Uniform Shop News...

Just a reminder that the uniform shop does not stock the longer style bike pants. We sell a shorter boyleg brief that is designed to be worn under the school dress or a school skirt. The uniform shop stocks two styles of skirts: one longer style for Monday to Thursdays suitable to be worn both summer and winter, and a shorter wrap-around skirt for Fridays.

The uniform shop is open 8:30 to 9:15 Thursday mornings and is staffed by parent volunteers. We accept cash, cheque or eftpos payments. Layby is available for your convenience. If you can't make it on a Thursday morning please leave your order and payment with our lovely office ladies and we will have your items ready to pick up from the office the following Thursday. A copy of the uniform shop price list can be found on the school website. Click on "Newsletter and Notes" and then "P&C, Canteen and Uniform Shop".

BRICK FUN DAY

Tickets are now available for purchase from the front office.

See attached flyer for more information.

Saturday
18 June
2016

P&C News...

Dear Parents & Carers

Hope you all had a wonderful weekend. Don't forget our Brick Fun Day will be held on Saturday 18th June from 11am. We will have all our fantastic displays, competitions, Lego movies, Games and lots more. We hope to see lots of families there for a day of all things Lego and lots of fun. Have a great week and take care.

Sally Taylor
President

Birthdays...

Congratulations to the following students who will celebrate their birthday this week!

Ashleigh 4/6



Olivia Laurich performed in the Wollongong Eisteddfod on the 24th May as Elphaba from 'Wicked' singing 'No Good Deed' **Well Done Olivia.**



Responsibility

Excellence

Respect

Community News...

FARMBOROUGH Outside School Hours Care

OPENING TERM 2 WEDNESDAY
THE 27TH OF APRIL



For all enquires including
enrolments please

contact Erin
0425 228 764

farmboroughshc@gmail.com

southern stars the arena spectacular



26th & 27th August 2016

Book through Ticketmaster
General Public Onsale begins on
Thursday 19th May at 9:00am



Stepping Stones Triple P



Does your child have a disability?

Is this you? Most of the time, you know you are doing a good job with parenting. But there are times when things get a little tricky. Like when your toddler won't eat her dinner. Or your six year old won't share his toys. If only someone could give you some ideas to make those times easier! If this sounds like you, then a Stepping Stones Triple P seminar may be right for you.

As part of the Stepping Stones Triple P Project, **Para Meadows School** invites all parents of children with a disability aged 2 to 12 to attend the following FREE parenting seminar series:

Seminar 1: Positive Parenting for Children with a Disability
Thursday the 9th of June 2016, 9:30am-11:00am OR 4:00pm- 5:30pm

Seminar 2: Helping your Child reach their Potential
Thursday the 16th of June 2016, 9:30am-11:00am OR 4:00pm- 5:30pm

Seminar 3: Changing Problem Behaviour into Positive Behaviour
Thursday the 23rd of June 2016, 9:30am-11:00am OR 4:00pm- 5:30pm

Where: Para Meadows School, 56 Porter St, North Wollongong- Please enter via the front office and sign in.

RSVP: As these programs are being funded as part of a research project please contact the research team to register your interest.

Phone: 02 9114 4060
Email: fhs.Steppingstones@sydney.edu.au



Funded by the National Health and Medical Research Council, Australia

Please see
the
attached
fact sheet.

Safe Start Swim School OFFERING A



**FREE
LESSON**

**TO ALL NEW
ENROLMENTS**

For more information please

Contact: Ph – 02 4225 0256

www.nippers2flippers.com.au

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Farmborough Road Public School

BRICK FUN DAY

11am to 3pm

Saturday
18 June
2016



Brick models provided by members of SydLUG, the Sydney LEGO Users Group, and local enthusiasts.

An all-weather community event for the Illawarra.

\$5 single
\$15 family



Brick Squadron



<http://www.farmborord-p.schools.nsw.edu.au/our-school/parents-citizens/brick-fun-day>

ATTRACTIONS

Camp Quality - Brick Squadron - Help us raise money for Camp Quality. Participate in the Brick Squadron. Bring your homemade toy brick flying machine and a gold coin to enter. Let's set a record for the most number of planes, rockets and flying things!



Free Play - Kids of all ages can add to our Brick Fun Day city!

Toy Brick Stall - Supported by Toyworld, Kiama and Crayons, Lane Cove

Lucky Dip - Try your luck and grab a brick-related knick knack!



Brick Computer Games - Library computers and iPads will be set up with brick games ... or show your Minecraft skills on the big screen in the hall.

Colour-in for the young at heart.

Video Clips - Shown repeatedly throughout the day for free viewing (subject to seating).

Modelling & Video Competition Voting - Don't forget to put in your vote for the best model and video in each age group for the modelling competitions.

Google "Brick Fun Day" for more details

Tickets available for pre-purchase from the school office or at the gate on the day.

All competitions are open to the general community

Guessing Competitions
Length of a model, bricks in a jar, and more...

Pre-Built Modelling Competition - Flying machines is the theme for this year's competition. We will accept any original design built with your own bricks. Enter by 11:30am on the day. All entries will join the Brick Squadron. Registration form required.

Creationary - "Pictionary" with toy bricks. Build the clue... others must guess.

Display Clue Chase - Test your powers of observation. Answer all the questions about the models in our Brick Model Display.

Stop Motion Video Competition - Create your video, upload it to YouTube and email the Registration Form to brickfunday@gmail.com by 5pm on Thursday, 16 June, 2016. Your entry must be received in advance!

COMPETITIONS

Take photos on the day! Pose as a Ninja, Steve or at any activity. Upload them to our Facebook page.

About Stepping Stones Triple P – Positive Parenting Program



Stepping Stones Triple P is a specially tailored programme for parents and caregivers raising a child with a disability. The programme aims to prevent severe behavioural, emotional and developmental problems in children by building parents' confidence, competence and resilience. Stepping Stones is part of the Triple P - Positive Parenting Program, which is one of the world's most effective parenting programmes. It is one of the few based on evidence from ongoing scientific research.

Developed by clinical psychologist Professor Matt Sanders and his colleagues at Australia's University of Queensland, Triple P has been proven to work with hundreds of thousands of families through ongoing research over 30 years. More than 250 international trials, studies and published papers have shown it works across cultures, socio-economic groups and in many different family structures.

Stepping Stones Triple P is designed to give parents the skills they need to raise confident, happy children and to build stronger family relationships. Stepping Stones Triple P doesn't tell people how to parent. Rather, it gives parents simple and practical strategies they can adapt to suit their own values, beliefs and needs. The benefits can be dramatic and long-lasting.

"Children who grow up with positive parenting are more likely to develop the skills they need to do well at school, build friendships, and feel good about themselves," says Professor Sanders.

"They are also much less likely to develop behavioural or emotional problems when they get older. Similarly, parents who use positive parenting skills feel more confident and competent about managing day-to-day family life. They are also less stressed, less depressed and have less conflict with their partners over parenting issues."

Stepping Stones Triple P is distinctive in that it is not a "one-size-fits-all" course. Rather, it is a system that offers increasing levels of support to meet parents' different needs. Parents can choose anything from one-off public seminars or self-help books and DVDs to more intensive group courses or individual counselling sessions.

"Some parents may just need a light-touch of Stepping Stones Triple P, a few ideas to help them set up a better bedtime routine or manage occasional disobedience," says Professor Sanders. "But others may be in crisis and need greater support. So Triple P is based on the idea that we give parents just the right amount of help they need – enough, but not too much."

Stepping Stones Triple P has also been designed as a population-based health approach to parenting – typically implemented by government bodies or NGOs (non-government organisations) across regions or countries with the aim of reaching as many people as possible. It is often delivered through health, families or education departments.

Practitioners come from a range of professions and include doctors, nurses, psychologists, counsellors, teachers, teacher's aides, police officers, clergy, social workers, health visitors, public health and school nurses, midwives and health support workers. The concept, once again, is to provide easy access, support and choice for parents.

“Parenting is the most difficult job any of us will ever do in our lives, but it’s also the one we’re least prepared for,” says Professor Sanders. “By making parenting information more widely available we’re increasing the likelihood that parents will accept or seek out help. Offering Triple P is like immunising the community. You prepare parents, make families healthier and prevent problems before they happen.”

Triple P is now used in more than 20 countries including the USA, Canada, Australia, New Zealand, Belgium, Japan, Iran, Hong Kong, Singapore, the Netherlands, England, Scotland, Ireland, Wales, Germany, Curacao, Switzerland, Austria, Romania, France and Sweden. It has been translated into 18 languages to meet specific country requirements.

Triple P has won numerous international awards, including the Australian Heads of Government National Violence Prevention Award and Professor Sanders has been a consultant to the World Health Organization and the Council of Europe and to governments in countries including the UK, Canada, Australia, New Zealand, Switzerland, Japan and Iran.

A number of specialist Triple P programmes have also been developed. These include Family Transitions Triple P (for parents going through divorce or separation), Lifestyle Triple P (preventing obesity in children) and Indigenous Triple P (for Indigenous families).