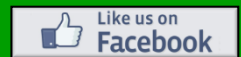


# Farmborough Road Public School Newsletter

TERM 2 WEEK 9 2017

PHONE: 4271 1133

## 2017 Athletics Carnival



## For Your Calendar

20/6	3 Way Conferences & Sausage Sizzle 4pm to 7pm.
28/6	3 Way Conferences & Sausage Sizzle 4pm to 7pm.
23/6	K-6 Assembly – 12:45pm – Presented by Orana & Yangah
30/6	<b>LAST DAY OF TERM 2.</b>
18/7	<b>FIRST DAY BACK FOR TERM 3.</b>

**Next P&C  
Meeting  
1<sup>st</sup> August 2017**

**Onward  
And  
Upward**

## Semester 1 Reports...

Student Reports for Semester 1 were sent home yesterday. I hope you enjoyed reading them with your child/ren and discussing their learning so far this year. If your child was absent yesterday please contact their teacher who will ensure that they bring one home.

## 3 Way conferences for FRPS! and a Family Sausage sizzle and games night!!

This afternoon we will be open from 4pm until 7pm then again next week on Wednesday 28<sup>th</sup> June for our 3 Way Conferences and Sausage Sizzle family nights. All booking will be online. **Only families of students booked in to attend the 3 way conferences will be catered for during these sessions.**

## Parent Teacher Interview Bookings...

Bookings for parent teacher interviews (3-way conferences) will be done online again this year and are open now. To make a booking visit the website [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) and use the booking code:

**v4gkh**

From there, you will find all available booking times on Tuesday 20<sup>th</sup> June and Wednesday 28<sup>th</sup> June. If you are unable to make a booking online, please see our office staff so they can make a booking on your behalf.

## New Automatic Gate...

You may have noticed that our new automated front gate is now installed and working well for our school. I would like to stress that it is an automatic gate and we would appreciate it if you did not push or pull on the gate while it is moving.



Onward  
and  
Upward

Email: [farmborord-p.school@det.nsw.edu.au](mailto:farmborord-p.school@det.nsw.edu.au)  
Website: [www.farmborord-p.schools.nsw.edu.au](http://www.farmborord-p.schools.nsw.edu.au)



## P&C News...

Dear Parents and Carers

What a great day we had on Saturday! Thank you so much for our wonderful volunteers and teachers who made the 2017 Brick Fun Day such a successful event. A big thanks to the Sandison family for their tireless work leading up to and on the day. A special mention to Mrs Murphy for her enthusiasm and effort, ensuring that our canteen was well stocked with yummy food and treats for you to enjoy. Monies raised from the event will help fund school initiatives including subsidising the swimming scheme for eligible students at the end of this year.

Keep an eye out for our upcoming events: The annual pie drive and our popular Interrelate Family Seminars.

Erin Oxenbridge  
P&C president

## Choir...

**Final Rehearsal/Performance  
Night**

**Tuesday 1<sup>st</sup> August**

*Students will be required to attend rehearsal from 9am to 2pm and then return for the evening performance.*

Tickets – We will be allocated two tickets per choir member for you to purchase. Tickets will cost \$15 per person.

A reminder that girls are to wear a school dress for the performance.



**School Starters  
2018 Playgroup**  
Thursdays

For children & parents starting Kindergarten in 2018!  
Getting ready for school skills and playtime, craft, music & Storytime starting February 9<sup>th</sup>  
9.30am-11.00am

**Farmborough Road Public School  
Schools as Community Centre**

Please bring a piece of fruit to share for morning tea & a water bottle  
Enjoy outdoor fun, story time, parachute play, craft.  
A free playgroup for parents & Carers 0-6

**ALL WELCOME!**

For more information  
Contact Allison McKenzie  
PH: 0448 254 779  
Allison.mckenzie@farnborough.nsw.edu.au

**familiesnsw**  
Supporting families to learn together

**NSW**  
Education & Communities

## Birthdays...

Congratulations to the following students who celebrated their birthday this week!

**Lisa 21/6 - Jaden 21/6  
Blayke 20/6 - Lakaya 18/6  
Lucy 19/6**



## Celebrate Attendance

Hints and Tips No. 8: Tips for Parents



There are some simple yet effective tips that parents can follow to ensure their child has a happy day at school.

Make sure your child has a good nights sleep.

Make sure you and your child get up early enough to

- have breakfast
- get lunch ready
- pack a school bag
- get dressed

Be organised – help your child pack bags and have homework and sports gear ready for the next day.

Be involved with your school – meet with your child's teacher and talk regularly.

- Offer your support and help.
- Read notes from school and reply on time.
- Phone the school if you want information.
- Listen to your child read.
- Show an interest in homework



Missing school leaves gaps in your education

## What's On at your local high school Illawarra Sports High



This week our year 11 society and culture students visited Nan Tien Temple to reinforce their understanding of the Buddhist religion

They undertook meditation, learnt the art of calligraphy and enjoyed a vegetarian lunch.



**Responsibility**

**Excellence**

**Respect**



# Community News...

## DISCIPLINE



TKMA.... we're all about discipline.  
Martial art classes for kids 4 years  
and above.

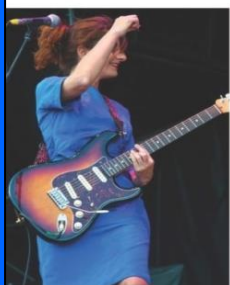


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**First  
Lesson  
Free**



## Jodi Phillis Music Tuition and Mentoring



Jodi Phillis is a Wollongong based professional singer, songwriter and composer with over 25 years of industry experience.

Jodi specialises in teaching singing, guitar and songwriting. Sharing her passion for music and her extensive skills with youngsters has helped many budding musicians gain confidence and achieve their ambitions to create and perform music.

0449 965 653

[jodiphillis@gmail.com](mailto:jodiphillis@gmail.com)

[www.facebook.com/jodiphillismusictuitionandmentoring](http://www.facebook.com/jodiphillismusictuitionandmentoring)

## PARKER'S JULY SCHOOL HOLIDAY TENNIS CLINIC AT FARMBOROUGH HEIGHTS COMMUNITY TENNIS CLUB

### FARMBOROUGH HEIGHTS

DATE: Mon 3/7/17 to Wed 5/7/17 (3 days)

TIME: 9.00am – 12.00pm

COST: \$85.00 (Ages 4-14 years)

**Bookings are Essential**

For more information call: Andrew on 0407 029 731

Email: [arparker@bigpond.net.au](mailto:arparker@bigpond.net.au)

[www.facebook.com/parkerstennis](https://www.facebook.com/parkerstennis)

## FREE LESSON

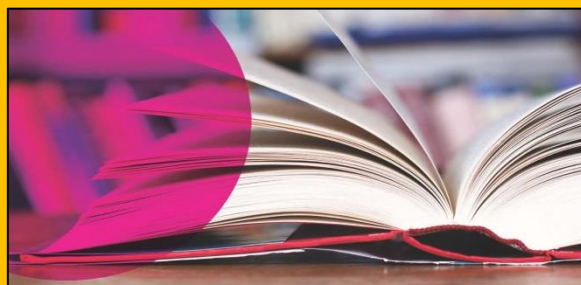


**FREE TRIAL LESSON  
INDOOR POOL HEATED TO A  
WARM 33 DEGREES**

**STARTING FROM 4 MONTHS OF  
AGE UP TO ADULTS**

**EXCLUSIVE USE OF POOL FOR  
POOL PARTY'S**

**Phone Today! For your Free Trial  
Lesson 02 42250256**



*Individual learning support for students  
of all ages and abilities*

- 28 years in the industry
- Qualified tutors
- Individual programs based on student's needs
- Primary development
- Reading Recovery/Neale Reading assessments
- Remedial/learning difficulties
- High school Maths, English, Science and a range of other subjects through to HSC level
- Exam/study preparation
- Adult literacy/remedial help
- IELTS preparation
- Academic essay writing

*Our son had fallen through the cracks in the school system. He was behind about 2 years, but with his private tuition he is now where he needs to be. I can't thank the staff enough! I have no hesitation in recommending Custom Tutoring Institute to anyone. You won't be disappointed!*

*Vanessa Henson*

*Contact us to book an obligation  
free consultation today!*

**0414 258 563**

First Floor  
102 Princes Hwy  
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**Custom  
Tutoring  
Institute**



## Farmborough Road Public School

P.O. Box 229

Unanderra. 2526

Phone: 02 4271 1133

Fax: 02 4271 5335

Email: [farmborord-p.school@det.nsw.edu.au](mailto:farmborord-p.school@det.nsw.edu.au)

Web: [www.farmborord-p.schools@det.nsw.edu.au](http://www.farmborord-p.schools@det.nsw.edu.au)

### Email Subscriptions – iPhone, iPad and Android Apps

Dear parent / carer

We are pleased to inform you that you can now subscribe to receive newsletters, notes and year specific information via email and also access information and receive push alerts via our app.

We would prefer you to receive the news electronically. There are many advantages including:

- easy and direct reminders straight to your email account;
- simple to use mobile apps with alerts;
- your child can't forget or lose the newsletter;
- access to the newsletter if your child is absent from school;
- reduced photocopying and administration time costs to the school; and
- supporting our environmental initiatives.

Please note that any savings to the school is money that can be better used on classroom resources or for improving your child's school environment.

#### Subscribe for email updates

1. Visit our website at [www.farmborord-p.schools.nsw.edu.au](http://www.farmborord-p.schools.nsw.edu.au)
2. Click the "Newsletters and Notes" heading (top menu)
3. Click on "Subscribe to receive newsletters and notes."
4. Under the "Subscribe" heading, **tick on the "Newsletters List" and the appropriate year lists**
5. Enter in your name and email address.
6. Click Subscribe
7. IMPORTANT: An email will be sent to your email address, you MUST click the "Activate Now" inside this email that is sent to you.

#### Get school news via our app!

1. iPhone, iPad and iPod Touch app:
  - a. Open app store on your device, search for "farmborough" or "2526" OR
  - b. <http://bit.ly/1oeZsoM>
2. Android app:
  - a. Open the play store on your device, search for "farmborough" or "2526" OR
  - b. <http://bit.ly/1lafUi7>
3. All other phones visit: <http://webapp.schoolnews.com.au>
  - a. Open the app and search for "farmborough"

If, however, you do not have access to the internet at home or work, please complete the return slip below requesting the continuation of a hard copy of the newsletter and notes each week.

.....

**I do not have access to the internet at home or work** and will have a hard copy of the newsletter picked up by my eldest child each Tuesday. Please return note to the office.

Name: .....

Eldest child's name: .....

Eldest child's class: .....

Signed: ..... Date: .....



# WOLLONGONG TERM 3, 2017



**www.catholiccare.dow.org.au**

CatholicCare's Family Support Program is funded by The Australian Government

## WORKSHOP BOOKINGS: 4227 1122

Workshops are at our Wollongong office 25-27 Auburn Street Wollongong unless otherwise stated.

<p><b>BRINGING UP GREAT KIDS</b></p> <p>This course is designed for parents who are seeking to learn more about their child's needs and how to better respond to behaviours. Participants will learn mindfulness techniques to increase awareness of thoughts and feelings.</p> <p>4 Friday mornings: 10am - 12:30pm 11, 18, 25 August &amp; 1 September</p> <p>OR</p> <p>4 Tuesday mornings: 9:30am - 11:30am 22, 29 August &amp; 5, 19 September</p> <p><b>Workshop Fee: \$15 per session</b></p>	<p><b>BRINGING UP GREAT TEENS</b></p> <p>This four session workshop covers connecting with teens, managing conflict, big issues and psychological challenges.</p> <p>4 Tuesday afternoons: 12:30pm - 2:30pm 22, 29 August &amp; 5, 19 September</p> <p><i>Bringing Up Great Teens follows on from the Tuesday morning sessions of Bringing Up Great Kids.</i></p> <p><b>Workshop Fee: \$15 per session</b></p> <div data-bbox="815 1052 893 1321"> </div>	<p><b>CIRCLE OF SECURITY ® Parenting™</b></p> <p>Helping parents understand their child's world by learning to read their emotional needs. Secure children have empathy, greater self esteem, better relationships and increased capacity to handle their emotions. This program is a must for all parents.</p> <p>4 Thursday evenings: 6pm – 8:30pm 20, 27 July &amp; 3, 10 August</p> <p>OR</p> <p>5 Tuesday mornings: 10am – 12:30pm 22, 29 August &amp; 5, 12, 19 September</p> <p><b>Workshop Fee: \$15 per session</b></p>
<p><b>123 MAGIC AND EMOTION COACHING</b></p> <p>Learn to be present and consistent as a parent. This time tested program provides parents with easy to use disciplining techniques for their children, without letting emotions get the better of them.</p> <p>3 Thursday evenings: 6pm - 8:30pm 20, 27 July &amp; 3 August</p> <p>OR</p> <p>3 Friday mornings: 10am - 12:30pm 8, 15, 22 September</p> <p><b>Workshop Fee: \$15 per session</b></p>	<p><b>GRASSROOTS PARENTING</b></p> <p><b>Toddlers (1 - 2 years) - 1 August:</b> 10am - 12:30pm Child development, meeting toddlers needs, tantrums, safety and play</p> <p><b>Pre-Schoolers 3 - 5 years - 8 August:</b> 10am - 12:30pm Child development, behaviour and management of routine, rules and boundaries, safety and play</p> <p><b>School Aged (5-8 years) - 15 August:</b> 10am - 12:30pm Child development, discipline, consequences, communication, negotiating, safety and play.</p> <p><b>Workshop Fee: \$15 per session</b></p>	<p><b>KEEPING KIDS IN MIND</b></p> <p>A post-separation parenting program which helps parents learn how to deal with the emotional &amp; practical issues of parenting after separation. The program helps explore grief &amp; loss &amp; the impact separation has on parents &amp; their children.</p> <p>5 Tuesday mornings: 10am - 12:30pm 18, 25 July &amp; 1, 8, 15 August</p> <p>OR</p> <p>5 Thursday evenings: 6pm - 8:30pm 17, 24, 31 August &amp; 7, 14 September</p> <p><b>Workshop Fee: \$20 per session</b></p>
<p><b>MY KIDS &amp; ME</b></p> <p>A program for parents who have had their children removed from their care. It explores grief &amp; loss &amp; the impact on parents &amp; children. Helps participants to develop strengths &amp; build support networks.</p> <p>7 Monday afternoons: 10am—12:30pm 7, 14, 21, 28 August &amp; 4, 11, 18 September</p> <p><b>Workshop Fee: \$15 per session</b></p> <p><i>Concessions may apply dependant on financial circumstances</i></p> <p><i>Limited childcare may be available</i></p>	<p><b>PARENTING CHILDREN WITH A DISABILITY</b></p> <p>Support and information for issues related to parenting a child with a disability. It explores: Expectations verses reality, dealing with feelings, behavior management strategies, communication skills, self-esteem, teaching children to care for themselves, routine, rules and boundaries and coping strategies. Resources will be made available.</p> <p>3 Monday mornings: 9:30am - 1pm 17, 24, 31 July</p> <p><b>Workshop Fee: \$15 per session</b></p>	<p><b>SEEING RED</b></p> <p>Explores ways for parents to deal with feelings of anger within themselves and their children. Participants will learn to recognise their own feelings and needs and those of others, communicate and listen to these feelings and needs, be assertive &amp; express anger in a more constructive way.</p> <p>Thursday mornings: 10am – 12:30pm 3, 10 &amp; 17 August</p> <p><b>Workshop Fee: \$15 per session</b></p>