

# Farmborough Road Public School Newsletter

TERM 1 WEEK 5 2018

PHONE: 4271 1133



Measurement Fun!

## For Your Calendar

02/03	Rocks Excursion Notes Due
02/03	Clean up Australia Day
06/03	Subway Tuesday
16/03	Rocks Excursion (Coolangatta, Giralang, Coolabah, Orana)

### Assembly Dates

**Every 2nd  
Friday –  
12:45pm**

9 March –  
Yulara

**Onward  
And  
Upward**

## **Academically Gifted Testing for Year 5 students!**

We will be testing Year 5 students next week for the program this year. Students were given a note last week which fully explains the program but if you have any questions please contact Mrs Grosse. The program will commence in Term 2 and will operate for a period of 25 weeks, concluding in Week 5 Term 4. Transport to and from the host school is by parental arrangement.



## **2019 Kindergarten Starters Open Sessions**

If you are thinking of sending your child to our school next year, we will be hosting 2 open sessions for the potential 2019 Kindergarten starters on Wednesday, 28<sup>th</sup> March 2018 (9:30am and 7:00pm). These sessions will outline what you will need to do to attend school and how we can help you achieve this. Keep an eye out around the area for flyers!

## **Head Lice**

It has come to our notice that head lice have become prevalent again. It would be appreciated if all parents would check their child's head, particularly around the nape of the neck and back of the ears. Look for smallish white specks stuck to hair, these are nits (eggs). If you see lice or find nits, treat your child's hair with the appropriate treatment.

Anyone can catch head lice where many people work and play together and it is no reflection on the home or family. Thank you for your cooperation.

Pam Grosse  
Principal

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)



## HEALTHY CHANGES TO OUR CANTEEN

The NSW Healthy School Canteen Strategy is a joint initiative between the NSW Ministry of Health and the NSW Department of Education. The Strategy is all about giving students across NSW a taste for healthy foods and to make healthy choices easily available. Our school canteen is working towards achieving the strategy.

### WHAT'S CHANGED?

- The new strategy places food and drinks into EVERYDAY and OCCASIONAL categories. This replaces the traffic light system of green, amber and red food and drinks.
- The new strategy requires the canteen to sell at least 75% EVERYDAY and no more than 25% OCCASIONAL food and drinks.

### WHAT YOU MAY NOTICE

- Promotion of healthy food and drink options
  - Menu changes
  - Portion size review
- Sugary drinks not to be sold
  - No Red days

Continue to support our canteen as we work towards making the changes.

More information:

[www.healthyschoolcanteens.nsw.gov.au](http://www.healthyschoolcanteens.nsw.gov.au)



Health  
Illawarra Shoalhaven  
Local Health District

## Birthdays...

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

Makayla – 25/02

Indie – 26/02

Beau T – 28/02

Josh R – 03/03



## P&C News...

Dear Parents & Carers

Did you know that your P&C paid for all eligible 8 year old students who expressed interest to participate in the Swimming Scheme last year? 21 students enjoyed the benefits of this intensive program and now they can continue to enjoy many water based activities!

All fundraising events held by the P&C help the school with many of their education and sporting programs.

**Erin Oxenbridge**  
P&C President

**Coolangatta, Giralang,  
Coolabah and Orana  
Excursion - Rocks and  
Museum of Sydney**

Coolangatta, Giralang, Coolabah and Orana students are studying Colonisation, Convicts and the First Fleet later this term. To complement this history unit, we will be organising an excursion to Sydney on 16<sup>th</sup> March 2018. Notes for this excursion have been published on our school app and school website.

**Permission notes and payments are due 2<sup>nd</sup> March.** Please contact the office if you have any concerns.

## Coles Sports for Schools

Coles Sports for Schools is back to help Aussie kids stay fit and healthy. You can support our school when you shop at Coles as you'll receive Sports for Schools vouchers that we can exchange for sports gear.

The more vouchers you collect, the more sports gear we'll receive! Bring the vouchers collected to school and place them in the collection bins provided. Start collecting today because the race is on!



## Clean Up Australia Day



Clean Up Australia Day is on this **Friday, 2 March 2018**. Students are encouraged to bring their own gloves and will be allocated a specific area around the school. Clean Up Day is a fun way to teach young Australians about the responsible disposal of rubbish, resource recovery and the repercussions of rubbish dumped irresponsibly in the local environment. When the rubbish is gone, nature can carry on.

Responsibility

Excellence

Respect

## NSW Premier's Reading Challenge

The NSW Premier's Reading Challenge opens **5 March 2018**. Students will be receiving a personal reading log soon to record their books. Year 3 -6 students will be shown how to enter their own books **online** during library time. K -2 students will be assisted by class teachers to complete their lists. Students can borrow Premier's Reading Challenge (PRC) books from the school or public libraries. Links to the PRC rules and book lists are listed below. You must complete your online Student Reading Record by 31 August 2018 (11:59pm) to complete the Challenge.

<https://online.det.nsw.edu.au/prc/rules.html>

<https://online.det.nsw.edu.au/prc/booklist/home.html>



## Subway Tuesday!

On Tuesday, 6<sup>th</sup> March, students will have the option of eating Subway for lunch. But be quick, it's for ONE DAY ONLY!

\$7 is all you will need for your choice of sandwich, side and a drink. All orders will be served on 6 inch white bread. Please see the attached form for choices. Alternatively, order forms will be available at the canteen or the office.

**All orders must be paid and handed in by Monday, 5<sup>th</sup> March.** The canteen will not be open on this day.

**SUBWAY**  
eat fresh.™



## Riding Bikes to School...

Students who wish to ride their bikes to school will need to get a 'Bike Riding Licence' the students will need to comply with all the requirements in order to participate. The licence needs to be signed by both the student and parent to state that they will meet with all the conditions. Please see Mrs Grosse for the notes.



## Reminder...

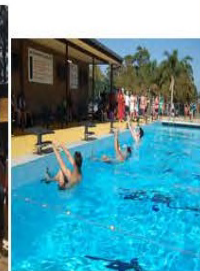
A reminder to parents and students that the **staff car park is strictly out of bounds**. No parent or student is to move through this area, including when dropping your child/ren off.



### What's On at your local high school

#### Illawarra Sports High

#### 2018 Swimming carnival



A great day was had by all at the annual ISHS swimming carnival held at Berkeley pool. There was a huge increase in students participating with McCann finishing on top of the house competition.

We had some big efforts on the day by Ashley Creswick, Kailey Timbs, Christian Vidler-Cabo, Mania Cairns, Josh Koller, Nicholas Pozzer, Ethan Cliff and Chrisholm Brown.

Well done to the SRC organising the prizes and raffles for the day!



# BIG BOOK FAIR

Family Day Saturday 10 March 2018 from 12pm – 5pm

Reading is not only great for your education, it is also valuable for your wellbeing and helps children build relationships with those they read with

To encourage as much reading as possible, we would like to offer you 20% off your purchase when you visit the Book Fair between 12pm and 5pm on Saturday 10 March 2018. WOW!

Write the name of your school here.

Illawarra Sports Stadium, Hooka Creek Road, Berkeley.

Entry by gold coin donation and eftpos is available.

For more information, visit [www.lifelinesouthcoast.org.au/events](http://www.lifelinesouthcoast.org.au/events)

Voucher MUST be presented at the event to receive the discount

Voucher only valid between 12pm and 5pm Saturday 10 March 2018



**Lunch 1 – Tuesday 6th MARCH**

Tick the following options

☐

AND/OR

Cheese Please!

☐

Veggie

☐

Roast Beef

☐

Turkey

☐

Ham

☐

Meat

☐

Carrot

☐

Cucumber

☐

Tomato

☐

Lettuce

☐

Salad

☐

No Thanks!

☐

OR

☐

BBQ

☐

Tomato

☐

Mayo

☐

Sauce

**All for  
\$7**

☐

Fruit Crush

☐

OR

☐

Choc Chip Cookie

☐

Sides

☐

Choc Milk

☐

OR

☐

Water

☐

Drink

All orders will be served on 6 inch white bread.

Orders must be handed in by Monday 5th March. The canteen will not be open on this day.

**NAME:**

**CLASS:**

# Community News...

**FREE**

Trial classes  
available



**AVA DANCE  
CENTRE**

**ENROL NOW**

FOR BOYS AND GIRLS AGED 3 AND ABOVE

**BALLET • JAZZ • CONTEMPORARY  
LYRICAL • PRIVATE LESSONS**

Ava Dance Centre welcomes students of all abilities to join our rewarding classes that will enhance your dance technique in a nurturing and inclusive environment.

☎ **0428 232 623**

✉ **info@avadancecentre.com.au**

@ **www.avadancecentre.com.au**

CLASSES IN UNANDERRA & FAIRY MEADOW



## Fit4Life™ Program

**Do you have a child aged 4-7 who is above a healthy weight?**

*Help them gain skills to get fit for life!*

We are offering you and your child the opportunity to enrol in a free 8-week interactive program.

You will learn about healthy eating, physical activity and sleep and be involved in cooking sessions.

Your child will play active games each week, learn skills and meet new friends.

For more information  
phone: 4221 5670 or email  
mhammers@uow.edu.au



## Mums and Bubs Yoga

Babies from 6weeks-2years



### Yoga Helps Mum:

- \*Recover after birth
- \*Bond with Baby
- \*Meet other Mums
- \*Adjust to a massive life change
- \*Relax

### Yoga Helps Baby:

- \*Learn gross motor skills
- \*Bond with parents
- \*Learn social skills
- \*Improve digestion
- \*Often sleep better

Call Loren 0408848139  
Email: loren@kutumbafamilyyoga.com



**KUTUMBA YOGA**

Yoga For All the Family

Find us on



## Term 1 Calendar 2018

Information & enquiries please contact  
Local Facilitator Allison McKenzie

On 0448254779 or email –

Allison.mckenzie4@det.nsw.edu.au

Families at Farmborough  
School Community Centre  
A Schools as Community Centres Project



NSW Schools as Community Centres Project: Supporting Families with children 0-8

Unless otherwise stated, all programs are located at Farmborough Road Public School, Unanderra

## Monday

Farmborough  
Road PS  
56 Farmborough  
Road, Unanderra  
NSW 2526  
Ph: 42711133



Workshop  
Promoting good food  
& healthy lunch boxes.  
Further details contact  
Allison on

Ph: 0448254779



## Tuesday

Farmborough Road

### PLAYGROUP

9.30am - 11.00am

Starts February 6th

All welcome. Bring fruit  
to share for morning  
tea. Enjoy painting,  
craft, puzzles & story

time. FREE

## Wednesday

Farmborough Road

### Sing Move Play

Music Group

9.30am - 11.00am

Starts February 7th

All welcome. Enjoy  
music and stories  
Bring morning tea.



Early Years Care

### Early Years Playschool

Creative play, Art & Craft  
for families and children  
under 5.

9.30am - 11.30am

Bring morning tea (not  
free)

To contact Marie Smith on

PH: 42562012

## Thursday

Farmborough Road

### MUMS & BUBS YOGA

9.30am - 11.00am

Starts 15th March

Meet other mums bond  
with your bub & relax  
Contact Loren on  
0408848130

Mums and Bubs Yoga  
Babies from week 32 weeks



Call on 0408848130  
Email: loren@bubsyoga.com.au



Find us on

## Friday

Berkeley West PS

### PLAYGROUP

Paint and Play

9.30am - 11.00am

Starts February 9th  
Berkeley West Public  
School (preschool room)  
Enjoy painting, craft,  
puzzles and story time.  
Please bring fruit  
for morning tea. FREE



Barnardos  
Australia

"Barnardos Women's  
Support Group"

Contact Laura or

Kristen for further details

CALL 42758575

(This is a closed group)

familiesNSW  
supporting families to raise children



Education &  
Communities



# Farmborough Road Playgroup & Music

Tuesdays & Wednesdays

9.30-11.00am

During school terms

Families at Farmborough  
Farmborough Road Public School  
Unanderra

A FREE supported playgroup for Parents  
& carers with children & babies to  
meet in a creative & friendly  
environment.

Please bring fruit to share  
for morning tea

Enjoy Craft, painting, puzzles, music,  
& your favourite story

Outdoor play and Storytime

All Welcome

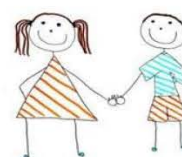


For more information

Contact Allison on Ph:0448254779 or

Allison.mckenzie4@def.nsw.edu.au

Families at Farmborough  
School Community Centre  
A Schools as Community Centres Project



familiesnsw  
supporting families to raise children



Education &  
Communities