



The Brief

Telephone: (02) 49 454845

(02) 49 458588

Fax: (02) 49 477669

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

Week	Date	
2	19/10	Infants Assembly 2:15pm
	20/10	Primary Sport Commences Primary Assembly 12:20pm
3	27/10	Fluro Friday
4	30/10	Whole School Assembly 2:15pm Yr 5 GABC
	31/10	Yr 5 GABC
	1/11	Yr 5 GABC

Reminder of Money Due:

Band Fees – **OVERDUE**

Year 5 GABC - \$100 FINAL PAYMENT due 19/10

Year 3 Camp Morisset \$50 2ND Instalment due 19/10

P&C Calendar Art – Due 27/10



PRINCIPAL'S MESSAGE WEEK 2 TERM 4

Resilience pencil

On Monday at our whole school assembly, we unveiled the latest addition to our school's Program Achieve display.

A giant purple Resilience pencil was kindly donated to us as a gift from our 2016 Year 6. A special thank you to the Men's Shed Redhead who used their carpentry skills to build the pencil. It will now accompany the other 5 pencils on the grass near the equipment.

Newcastle Permanent Maths Competition excellence

As students are also made familiar with our new school vision it is appropriate to acknowledge Tom Breasley from 6P for his prestigious monetary prize from the 2017 Newcastle Permanent Primary Mathematics Competition. This is a fine example of **excellence in learning**. Congratulations, Tom!

Bandfest Performances

Well done to our band members from both our bands (Mini Minors and Majors) who have competed at Bandfest this week. The Mini Minors performed on Monday and the Majors performed today. A wonderful experience for all involved. A full report on Bandfest (including results) will be a highlight in the Week 4 Bulletin.

Dates for Your Diary

Please note a couple of scheduled dates for the end of the year. Further details will be provided in due course.

Presentation Day: Thursday 7 December (There was an error in last week's newsletter- please note correct date.)

Year 6 Farewell: Monday 11 December

Christmas Carols: Wednesday 13 December

Alex Brindley

Assistant Principal (rel)

To provide **excellence & equity** in education, empowering students as creative, confident **learners** and active, informed **citizens**

This week's virtue is **COMPASSION**

Compassion is understanding and caring when someone is hurt or troubled, even if you don't know them. It is wanting to help, even if all you can do is listen and say kind words. You forgive mistakes. You are a friend when someone needs a friend.

SPORT NEWS

Good Luck Luke!

We wish Luke Bau all the best tomorrow as he travels to Sydney to represent the Hunter at PSSA State Athletics. He will be competing in Shot Put. We know you will do yourself and your school proud. We can't wait to hear about your experience when you return to school.

Thank you to everyone who purchased from the cake stall on Monday you have helped raise much needed funds for Luke to travel to Sydney. 50 were fabulous classmates and helped run the stall.

Term 4 Primary Sport

Primary Sport will begin on Friday at 9:35am. Please ensure your child has a hat and a water bottle as the weather will be heating up. They will also need their required equipment if they are doing Scootering, Tennis, Water Polo or Swimming Activities. We are looking forward to a great term of sport to finish off a busy year!

OTHER SCHOOL NEWS

Year 3 Camp Morisset

A reminder to Year 3 parents that the 2nd instalment of \$50 for Camp Morisset is due this Thursday 19th October. **Final payment of \$50 is due 2/11/17.** Students depart on Monday 13th November and return Tuesday 14th November. Please ensure that the **PINK PERMISSION note** with medical information has been returned to your child's teacher.

Fluro Friday

This month is Mental Health Month. The **Kids Matter** team will be promoting positive mental health and wellbeing for our school community. In support of Fluro Friday, staff and students are asked to wear an item of fluorescent coloured clothing and/or accessory for **Fluro Friday, 27th October**. There is no cost involved. Students will be participating in activities during class time that promote positive mental health and wellbeing.

OneWave was founded by Grant Trebilco to start conversations around mental health and wellbeing. Fluro Friday sunrise sessions take place at beaches around the world to raise awareness for mental health. Dressing up in the brightest outfits possible makes people smile and it gets people asking important questions, which are normally avoided about mental health.

P&C NEWS

Thank you to all of the parents and teachers that attended last night's P&C meeting. We discussed many topics including coordination of this year's family Christmas Carols event, school uniforms and progress of works on the bottom playground.

Our Christmas Carols will be held this year on Wednesday 13 December 2017 between 5.45pm and 8pm. It is primarily a P&C run event so we will require additional parental help to assist on the night. Further information will be distributed in due course.

A final reminder that Calendar Art can be viewed (in your child's classroom) up until this Friday 20th October. Final payments are due by Friday 27th October. Unfortunately, late payments cannot be accepted due to time restrictions and turn around times to get the artwork back by end of term.

Bryan Garland - President

fpspresident@gmail.com

CANTEEN NEWS

Roster

Thursday 19/10 – Kate Lonergan, Tracey Aspinall, Di Stringer, Kylie Feeney

Friday 20/10 – Amanda Jackson, Emma Kay(am) Nicole Degan(am),
Corinne Cheung, Jodie Jones

Monday 23/10 – Rachael Searle, Melissa Eastham

Tuesday 24/10 – Meredith Wright, Jennifer Thompson, Yvonne Smith

Wednesday 25/10 – Amanda Steadman, Kristie Davies

BANKING NEWS

Banking is every Thursday.

Welcome back to Term 4, we hope you had a terrific holiday.

Banking returned last Thursday, a big thank you to our 46 students who banked last week. Our class champions has been awarded to **1F** - a big congratulations! We must also make special mention to the strong results from our Kinder classes too. Keep going guys!

It's great to educate our children about the benefits of saving and with 2 new rewards added to the rewards pool this term it may provide a little more motivation for our students to achieve their 10 deposits. The new "Pencil + Tech Case" and "Epic Earphones" are available to order now. If you think your child is due for a reward, please send a note to the banking team and we will arrange to order a reward for you. Notes will come home shortly as well.

Our commission for quarter 3 has increased almost \$58 from the same period as last year. Each quarter this year has seen an increase from those same periods last year - so thank you to all our students, parents & carers for the enthusiasm towards our banking.

A big thank you to our wonderful volunteers, who give up their time to support our banking program. For week 10 last term, Bree Perkins, Meaghan Rowe, Trish Oakey & Garry Green and last week, Erin Griffiths, Donna Timmins, Kathy Campbell and Bree Perkins.

Hope to see some more of our students return to banking this week, Happy Banking!

UNIFORM NEWS

Uniform Shop Open Wednesday 2.30-3.15pm

COMMUNITY NEWS

Belmont Cricket Club under 14's are looking for interested team players. Boys and girls are both welcome, as long as you have turned 12yo. Games are played on Saturdays and training once a week. If you are interested please call 0418 479 349.

Good for Kids good for life

WHY DOES OUR SCHOOL HAVE HEALTHY EATING AND PHYSICAL ACTIVITY PROGRAMS?

- Good nutrition and physical activity improves students' concentration and behaviour and boosts school performance.
- Below are some examples of strategies schools are implementing to promote healthy eating and physical activity:
 - Crunch&Sip® – a daily fruit, vegetable and water program
 - NSW Healthy School Canteen Strategy – revised canteen strategy replacing Fresh Tastes @ School
 - PE lessons have a focus on developing students fundamental movement skills
 - Students have access to physical activity equipment during breaks
 - Teachers have been trained in the Live Life Well @ School Program
 - Teachers are regularly incorporating healthy eating and physical activity into their lessons



PHONE 4924 6499

Good for Kids good for life

TIPS FOR PACKING A HEALTHY LUNCHBOX

Packing a healthy lunchbox doesn't have to be hard or time consuming. Use these helpful tips to pack a lunchbox your kids will love.

- Include a piece of fruit or chop up a variety of fruits and place in a container
- Provide some easy to eat vegies such as snow peas or cherry tomatoes for a snack
- Include some reduced fat dairy like yoghurt or cheese
- Use wholegrains like wholemeal bread, brown rice and wholemeal pasta for long lasting energy
- Include lean meat and alternatives such as chicken, tuna and eggs
- and salad vegetables as sandwich fillers
- And don't forget that water is the best drink!



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