

Henry Fulton Public School Newsletter

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ISSUE 86 2018 TERM 2 WEEK 2

DATES FOR YOUR DIARY

May

Fri 11th

3-6 Assembly

Tues 15th-Thurs 17th

NAPLAN (Yrs 3 and 5) Make-up day Fri 18th

Thurs 17th

P&C Disco

Fri 18th

NAPLAN Make-up

K-2 Assembly

Tue 22nd

Netball Knockout

Wed 23rd

Civic Reception for Leaders

Stage 2 Excursion - Bush Trackers

Fri 25th

3-6 Assembly

Mon 28th

National Reconciliation Week

Tue 29th

PSSA - NRL

ICAS - Science

June

Fri 8th

Stewart House collection

Mon 11th

Queens Birthday Public Holiday

Tue 12th

2pm P&C Meeting

Wed 13th

ICAS - Spelling

Thur 14th

ICAS - Writing

2018 Term Dates for Students

Term 1	Tues 20 Jan - Fri 13 April
Term 2	Tues 1 May - Fri 6 July
Term 3	Tues 24 July - Fri 28 Sept
Term 4	Mon 15 Oct - Wed 19 Dec



...from the Principal's desk

Welcome back to Term 2. It's already been such a busy start. A sign of the kind of term it will be, I think and a packed newsletter this week.

Welcome to Mrs Madanowski who began with us as the new Assistant Principal this week on 3A and supervising all of Stage Two. We know she will enjoy her time in the Henry Fulton Public School community.

SCHOOL PHOTOS

Our school photos last week went very well. All individual photos and most class groups were taken before recess and only some group photos were left to be taken after recess, reducing the risk of crumbs on faces and playground fun showing up on uniforms. It was quite a job but the MSP photographers were professional and superb at their task. We expect to receive the packages somewhere between 4-6 weeks.

Playground Project

This week the committee of myself, Mrs Heinrich and Mrs Bicknell, representing parents and carers and Mrs Chisholm representing staff met again with the company that assisted in providing ideas for the playground project. It is a very complex and costly project that requires many meetings and consideration. We want to use our fundraising dollars wisely and with Department of Education requirements and policies around building new assets, it is becoming quite a lengthy process. The process will involve a tender process which is largely undertaken by the Department of Education Asset Directorate once we have our final plan.

We have been saving our funds from our last two "a-thons" and most likely the next we are planning for this year will also be needed. The school has been saving and the P&C will supplement with a further contribution as well. This will allow us to create a significant area for students to enjoy for a long time to come.

The area we want to improve is the dusty section at the end of our COLA in the top playground. The idea is to install synthetic grass under the trees in the section between the COLA and the grassed area. We would like to install features that represent our four sport houses eg low mounds, curved seating, a mini bridge, rubber rocks and a collection of a low platform and curved seats that will become a yarnning circle with a garden bed to edge the area. Some of these outdoor classroom items are made from a variety of materials including recycled plastic, wood and rubber. I have placed some pictures later on to show the concept. The design is still being refined and I'm sure everyone will be pleased with the final plan which is expected to be ready by the end of term. This is then submitted to the Department of Education for approval and the

tender process begins. Please note that the design may change as we continue to get parts of the project quoted and confirmed.

Bullying

This week I gave a presentation at the P&C meeting regarding our work in this area. The school has a number of documents, processes, procedures and policies to support us in identifying and dealing with this issue. We have comprehensive and effective curriculum materials that also help support learning, practice and building resilience and the capacity of our students to deal with bullying situations. Later in this newsletter I have placed some more detail about the documents we use and where parents can find them in order to be more informed about the way we try to prevent and respond to bullying. There is also a fact sheet that parents can use if they believe their child is being bullied.

Henry Fulton Public School is committed to creating a safe and caring environment in which all students can achieve success, socially as well as academically. The processes for preventing and responding to student bullying is a shared responsibility of all staff, students, parents, caregivers and members of the wider school community and I have also placed some information to describe bullying behaviour and an outline of each of our responsibilities. I hope parents find this information useful and can be confident that we deal with the issues appropriately as they arise and trust that we work hard to see resolutions.

This presentation was in response to some concerns raised at a P&C meeting and it coincides very well with our **Peer Support** program being implemented this term. This program is a prevention strategy that occurs every year. It provides students with lessons and workshops on a number of skills. This year the Stage Three teachers and students have developed lessons and activates around friendships, a crucial aspect of life. Each week students participate in a lesson on friendships led by our older students under the supervision of our teachers and Stage Three teachers. It's a great program and each fortnight I will provide a brief update on the important messages being learned and the topics being covered. Good luck Stage Three as you lead the way!

NAPLAN

In week 3 Years 3 & 5 will participate in NAPLAN assessments. I'm very pleased with teachers reporting that they have been preparing their students well for the test situation. There will be three tests which will be administered. On Tuesday 15th the Language Conventions test will be in the morning and the Writing test will take place after recess. The following two mornings will be as follows: Wednesday 16th will be the Reading test and on Thursday 17th will be Numeracy. Friday is reserved as a "catch-up" day. Parents, please ensure your children are at school on time next week, get a good night's sleep and they have a healthy breakfast before their tests. Results will not be available for us to see until September so good luck to all the students in Years 3 and 5. I wish them all well.

P&C Mother's Day Stall

Our wonderful P&C Mother's Day Stall was held today. Our parent helpers busily ordered, wrapped and prepared nearly 1000 gifts for our students to buy and take home ready for the weekend. A token system is used and organising the lists is quite a big job with over 400 students in our school all looking forward to shopping and choosing for their loved ones. We are very grateful for the hard work of our P&C mums. Thank you very much for your time and efforts. I hope that all of our families have a lovely day on Sunday 13th. **Happy Mother's Day to you all!**

District Cross Country

About 49 students competed at the District Cross Country carnival yesterday 9th May and were accompanied by Mr Hearn and Miss Fennell. I hope our students and our parents enjoyed the atmosphere and fun. Congratulations to them all for a great effort. Special congratulations to Brooklyn, Kaliyah and Abbas for making it to the Regional Carnival. What a wonderful achievement and to Kaylan for making the reserve list. Some photos have been placed later in the newsletter.

School Plan 2018-2020

The school has completed the school plan 2018-2020 which outlines our plans for the next three years. The three areas that will be our focus for the next three years are **Learning, Teaching and Leading**. The plan will drive our quality work as we continue to strive for excellence. We are aiming high and look forward to bringing great results, providing challenging learning and support for each child to reach their potential. This document is on the school website for interested parents and community members.

Gymnastics and Basketball programs

Our Sporting in Schools program for this term is Basketball for Years 3-6 every Tuesday for the term. It is a great program that promotes health, fitness and ball skills. The students are enjoying it immensely. The Gymnastics program will run for 4 weeks for K-2 later in the term. It is a wonderful program that helps to develop strength, balance, concentration and flexibility. This is a really worthwhile program and the students have enjoyed the first two weeks of Basketball.

Welcome to our new families

These last two weeks, some new families have joined our school community. Welcome to all of them. We are delighted to have you with us.

New SRC members

Congratulations to our newest members of the SRC from our Kindergarten classes. To Ariana, Toby, Charlotte and Isla, well done and we look forward to you joining the meetings and representing each of your classes.

P&C Disco


Next Thursday evening 17th May, the P&C will be running a Disco. It will be a "CRAZY" one where the students can arrive in crazy clothes, hair, etc. Entry fee is paid on arrival and all students will need to be SIGNED IN BY AN ADULT. Of course this also means that all students will need to be SIGNED OUT BY AN ADULT as they leave. Parents with children in after school care will need to make appropriate arrangements if their child is participating in the disco. As the disco is in the hall, Camp Australia will operate from the Stage Two classrooms. There will be glow sticks on sale and a DJ, games and some small prizes. It should be a really fun night. Times are: **K-2 from 4.15pm to 5.30pm and 3-6 from 5.30-7.00pm. Parents please note** that if you are remaining on site for both disco's to ensure supervision of your children who are not participating or are waiting for their session. Many thanks for your support.

Lastly.....Once again, I'd like to wish everyone a wonderful Mother's Day on Sunday. I hope you all have a lovely day!

G Palamara
PRINCIPAL



Our School Plan 2018-2020 can be found on the school website



School plan 2018-2020
Henry Fulton Public School 4619



School strategic directions 2018-2020



SRC NEWS

These are the newest members of our Student Representative Council

Congratulations to Toby KM, Charlotte KF, Ariana KP and Isla in KJ.



Our P&C Mother's Day Stall

.....thanks to the mums, dad and little helpers....



What is bullying?....

Preventing and responding to bullying behaviour is a shared responsibility of all staff, students, parents, caregivers and members of the wider school community.



Bullying:

Preventing and Responding to Student Bullying in Schools Policy (2011)

The NSW Department of Education and Communities rejects all forms of bullying. No student, employee, parent, caregiver or community member should experience bullying within the learning or working environments of the Department.

Bullying

Bullying is repeated verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons. Cyber bullying refers to bullying through information and communication technologies.

Bullying can involve humiliation, domination, intimidation, victimisation and all forms of harassment including that based on sex, race, disability, homosexuality or transgender. Bullying of any form or for any reason can have long term effects on those involved including bystanders.

Conflict or fights between equals or single incidents are not defined as bullying.

Bullying behaviour can be:

- **verbal** eg name calling, teasing, abuse, putdowns, sarcasm, insults, threats
- **physical** eg hitting, punching, kicking, scratching, tripping, spitting
- **social** eg ignoring, excluding, ostracising, alienating, making inappropriate gestures
- **psychological** eg spreading rumours, dirty looks, hiding or damaging possessions, malicious SMS and email messages, inappropriate use of camera phones.

The term "bullying" has a specific meaning. The school's Anti-bullying Plan sets out **the processes for preventing and responding to student bullying**. The school has a range of policies and practices, including welfare and discipline policies that apply to student behaviour generally.

Schools exist in a society where incidents of bullying behaviour may occur. Preventing and responding to bullying behaviour in learning and working environments is a shared responsibility of all departmental staff, students, parents, caregivers and members of the wider school community.

School staff have a responsibility to:

- respect and support students
- model and promote appropriate behaviour
- have knowledge of school and departmental policies relating to bullying behaviour
- respond in a timely manner to incidents of bullying according to the school's Anti-bullying Plan.

In addition, teachers have a responsibility to:

- provide curriculum and pedagogy that supports students to develop an understanding of bullying and its impact on individuals and the broader community.

Students have a responsibility to:

- behave appropriately, respecting individual differences and diversity
- behave as responsible digital citizens
- follow the school Anti-bullying Plan
- behave as responsible bystanders
- report incidents of bullying according to their school Anti-bullying Plan.

Parents and caregivers have a responsibility to:

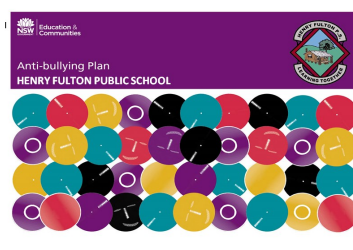
- support their children to become responsible citizens and to develop responsible online behaviour
- be aware of the school Anti-bullying Plan and assist their children in understanding bullying behaviour
- support their children in developing positive responses to incidents of bullying consistent with the school Anti-bullying Plan
- report incidents of school related bullying behaviour to the school
- work collaboratively with the school to resolve incidents of bullying when they occur.

All members of the school community have a responsibility to:

- model and promote positive relationships that respect and accept individual differences and diversity within the school community
- support the school's Anti-bullying Plan through words and actions
- work collaboratively with the school to resolve incidents of bullying when they occur.

The Anti-Bullying Plan – NSW Department of Education

The schools Anti-Bullying plan is available on the school website



What can you do if your child is being bullied?



Education

Anti-bullying

Parents and carers tips

Fact sheet



What is bullying?

Bullying has three key features. It:

- involves a misuse of power in a relationship
- is ongoing and repeated, and
- involves behaviours that can cause harm.

Bullying can also occur online. This is known as cyberbullying, which is using technology such as the internet or mobile devices to bully someone. It can include sending abusive texts and emails, posting hurtful messages and putting inappropriate comments on pictures of others.

Bullying of any kind is not acceptable in NSW schools, whatever the reason. Schools are committed to working with parents, staff and students to prevent bullying and respond quickly and effectively if it does occur.

What can you do if your child has been bullied?

Listen calmly and get the full story

Your child needs to know that they are being heard. Their feelings matter and their concerns should be taken seriously. Encourage your child to talk about what happened. Explain to your child that reporting the bullying is okay.

After listening to their concerns, ask questions to get more details if needed: who, what, where, when.

Reassure your child that they are not to blame

Children may blame themselves and this can make them feel even worse. Say supportive things like, 'That sounds really hard to deal with', or 'I'm so glad you told me. You should feel safe at school'.

Ask your child what they want to do – and what they want you to do

It is important to help your child to find their own solution as this will help them feel that they have some control over the situation.

If your child is not in any immediate danger and they feel confident, they could try these strategies:

- Ignore the bullying.
- Turn their back and walk away.
- Act unimpressed or pretend they don't care.
- Say "No" or "Just stop!" firmly.

If the bullying happened at school, support your child to tell a teacher. If your child wants to talk to someone other than the school or you think added support would help, you could tell them to go to the Kids Helpline website. They can also call for free on 1800 55 1800.

When do I contact the school?

Your child may be reluctant for you to speak to school staff. Discuss the idea and reassure them that the school would want to know and is able to help.

If needed, make an appointment to meet with your child's teacher. You could also ask to talk with the principal.

Contact the school immediately if you have a concern about your child's safety.

Support for parents and carers

Kids Helpline also has a parent line with trained teams who provide support, information and counselling for parents of children aged 0-18 years. You can call them for the cost of a local call from 9am to 9pm Monday to Friday and 4pm to 9pm on weekends on 1300 1300 52.

Telephone interpreter service

If you would like to contact the school or Parent Line NSW and need assistance with English please call the telephone interpreter service on 131 450, tell them what language you need and ask the operator to make the call. The operator will get an interpreter on the line to assist you with your conversation. You will not be charged for this service.

This week in Peer Support FRIENDSHIP

This week in Peer Support, leaders are setting some rules for the group sessions, asking students to discuss the importance of participating in a group in a cooperative manner and discussing what makes a good friend.....



“Being a good friend means enjoying spending time together and sharing common interests. Good friends are accepting, respectful and supportive of each other.”



dance off !

Ally, Kealey and Gabrielle at
Dance Off !

dance camp last week.

A wonderful opportunity to
show off their dancing
talents....

Well done, girls.....



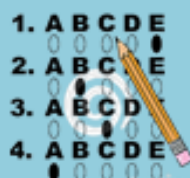
NAPLAN

In week 3, Years 3 & 5 will participate in NAPLAN assessments. There will be three tests which will be administered.

- *Tuesday 15th the Language Conventions test will be in the morning and includes a Writing test which will take place after recess*
- *Wednesday 16th will be the Reading test*
 - *Thursday 17th will be Numeracy*
 - *Friday is the reserved as a “catch-up” day*

Parents, please ensure your children are at school on time, get a good night's sleep and they have a healthy breakfast before their tests. Results will not be available for us to see until September so good luck to all the students in Years 3 and 5.

We wish them all well in these assessments.





Happy Mother's Day...

*to all of our lovely mums, nans, friends
and relatives of
Henry Fulton Public School on
Sunday 13th May*



We hope you all have a wonderful day

Skoolbag App

Our School now has our own Skoolbag iPhone and Android App to help us communicate more effectively with our Parent/Student community. Some of the features and benefits include:

- Instant notifications and reminders on school events
- Newsletter uploads
- Events Calendar
- Parents can use the app to email change of details, and report when children are away sick

We are asking parents/students to install our Skoolbag School App.

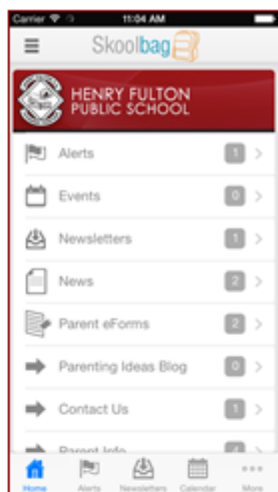
For iPhone and iPad users:

1. Click the "App Store" icon on your Apple device.
2. Type your school name in the search, using suburb name will help.
3. If iPhone, you will see your school appear, click "Free" then "install".
4. If iPad, change the drop list to "iPhone Apps", your school will then be visible, click "Free" then "install".
5. When installed click "Open"
6. Select "OK" to receive push notifications, when asked.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you.

For Android users:

You must first have signed up with a Google Account before installing the app.

1. Click the "Play Store" button on your Android Device
2. Click the magnifying glass icon at the top and type in your school name, using suburb name will help.
3. Click the school name when it appears in the search.
4. Click the "Install" button.
5. Click "Accept" for various permissions (please note, we do not modify any of your personal data on your device).
6. Click "Open" when installed.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you.



1

Jump buttons in various colours are made of recycled rubber and provide students with fun and fitness and endless reasons to jump and create games.



2

A mini bridge in a slight arc in treated pine provides height, texture and interest during playtime.



3

Rubber rocks in various colours give the students plenty of opportunities to perform, balance and create games. The synthetic grass will be an excellent ground cover.



4

This yarning circle features a low platform and curved seating. The area will have synthetic grass as the preferred ground covering which requires no maintenance, has excellent drainage and is long lasting.



THE PLAYGROUND PROJECT

..... IDEAS so far.....our four sport houses provide inspiration to include jumping activities to represent the kangaroos of Bundarra, the rocks of Uluru for the Warrigal dingo's, trees for our Currawong birds to chat and nest and curved seats and a snake pattern in the synthetic grass to represent the Kalang snakes.

What a great idea!

Sports News from the House Captains

The Penrith District Cross Country Carnival was held on the 9/5/18 at Jamison Park. We had a fun day. Congratulations to all that participated for your fantastic efforts.

Kaliyah C, Brooklyn M, Abbas H, all finished in the top 8 of their age race and qualified for the regional carnival.

A huge thank you to Mr and Mrs Brooks for coming along so early and setting up the gazebo.

On the 6/4/18 Penrith Cup AFL was held. Henry Fulton had a great time playing multiple AFL games. Miss Standen participated in the teachers race and did a great job. Everyone had a fun time even if they didn't win!

From Jolie (House Captain) and Kaliyah (School Captain).



Assemblies Term 2, 2018

WEEK	ASSEMBLY	PRESENTERS	PERFORMERS
Week 1-4 th May	K-2	1U	
Week 2-11 th May	3-6	6D	4D
Week 3-18 th May	K-2	1F	1/2A
Week 4-25 th May	3-6	4/5R	5/6H
Week 5-1 st June	K-6	School Captains	
Week 6-8 th June	K-2	1/2A	1S
Week 7-15 th June	3-6	4D	5C
Week 8-22 nd June	K-2	2C	2F
Week 9-29 th June	3-6	3C	4/5R
Week 10-6 th July	K-6	School Captains	
NB: Assemblies for Term 3 ₊ will be published before the end of Term 2.			

Money Matters

Voluntary Contributions	\$45, \$25, \$15
Performance Dance Group	\$60
Year 5/6 Chocolate Farewell Fundraising	\$50/box
Kinder spelling books	\$10
Basketball Yrs 3 - 6	\$10



We have a Facebook page....please share and tell your friends.... It's a great way to keep informed of school events, successes and achievements....



Please note:

The school accepts payments via cash, cheque and EFTPOS (at school) and POP.

A reminder that all money is to be deposited into the money chute located in the foyer. Please ensure all deposits are clearly marked.

Please note that online payments must be made 48 hours in advance to allow receipts to be processed.

P&C Meetings are usually held on the 2nd Tuesday of the month.

The next meeting is on Tuesday 12/6/2018 at 2pm in the staffroom. All welcome.

P&C News

Hi Everyone,

We held our Mother's Day stall this morning and students enjoyed shopping from the abundance on offer, thoughtfully and lovingly choosing gifts for you all - Mums, Nans and Carers alike. Thank you to all the wonderful folk who helped with today's stall – we couldn't do it without you and we appreciate the support, not only from those who were able to help, but also from everyone who sent their children to buy gifts.

Our next event is the School Disco on Thursday the 17th (next week) and notes will be going home very soon with all the details. In the past, students have absolutely loved getting together with their friends and dancing the afternoon away. We hope that you'll be able to come along and of course, if parents are happy to stay and help, that would be marvelous. Ms Palamara outlined earlier in this Newsletter the current progress being made with the playground renovation to which most of our fundraising will be directed. Thank you for your patience and support with this large and lengthy project.


Take care,
Narelle Heinrich
P & C Vice President

Email - pandchenryfultonps@gmail.com

Canteen News

Remember that if you order your lunch on Monday or Tuesday, you can go into the draw to win a book from Scholastic. Lucky Lunch winners for Week 2 are:

Toby	KM	Addison	3A
Avah	KM	Emily E	3C
Lopeti	KP	Olivia B	3C
Zoe T	1/2A	Brooklyn	6D
Noah B	1S	Brayden	6D




AFTER SCHOOL CARE
by Camp Australia

we make kids smile

- ★ Outdoor games and sports
- ★ Arts & Crafts
- ★ Playing with friends
- ★ Great Education
- ★ Food and Cooking
- ★ Indoor Activities

GREAT FUN



We've been cooking up a storm in OSHC

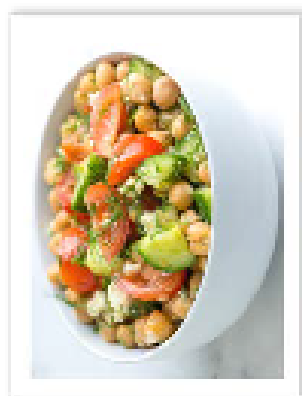
In After School Care we love cooking healthy, delicious meals and snacks from our Healthy Eating Cookbook. All the recipes in our cookbook support our healthy eating program and are officially endorsed by Nutrition Australia. Our Chickpea salad is a popular recipe from the cookbook, so we thought we'd share the recipe with you to try at home.

You'll need:

- ☐ 1 tin of chickpeas (drained)
- ☐ 1 cucumber
- ☐ 2 carrots (grated)
- ☐ 1 lettuce
- ☐ ½ packet of cheese (cut into small cubes)
- ☐ ½ tablespoon of vegetable oil for dressing (optional)

Method:

1. Drain chickpeas
2. Prepare all vegetables
3. Cut cheese into small cubes
4. Mix all ingredients together in a bowl and pour dressing over (if using)



Come along and see what we're cooking up

You can visit us in the program to see what healthy meals and snacks are on the menu and enjoyed in every session.

From the Team at Camp Australia

visit www.campaustralia.com.au

we make kids smile

Do you have a child interested in **ART**?

At my dynamic art classes, students will make 2D and 3D artworks using a range of materials and become inspired by art history.

Afternoon lessons on Monday, Wednesday, & Thursday or Saturday morning. \$160 for 8 weeks. Suit ages 6-12. Tuition includes materials and a visual diary. Located in Emu Plains.

REACH
FOR THE
STARS

Contact:

Na'ama Atzmon-Simon

0413-694-030

naama@reach4stars.com.au

More information: www.reach4stars.com.au

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GROUP CLASSES: 5 max per group

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LEVELS: Beginners, Advanced, HSC and Music university students.



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- Singing technique
- Individual artistry
- Performing skills
- Song writing

CONTACT FOR MORE INFO



0415246443



delossantos.alwyn@gmail.com

CELEBRATING THE 8TH ANNUAL

SYDNEY CLASSIC *Antique* TRUCK SHOW 2018



MUSEUM OF FIRE

Public Show Day - Sunday 27th May 2018 - 8am to 3pm
Museum of Fire, Penrith (Charity Event)

**FREE AMUSEMENT RIDES AFTER ENTRY
DISPLAYS AND ENTERTAINMENT**

Admission: Adults \$15 (includes up to three children under 16 free with paying adult)
Concession \$10 (excludes free child entry)

OPEN TO COMMERCIAL AND SPECIALISED VEHICLES, ALSO OTHER APPROVED HISTORIC VEHICLES OVER 30 YEARS OLD (PRE-ENTRY REQUIRED)

Exhibitors Only: Saturday arrival and night function.
More details available with entry form. FREE overnight camping facilities.
Trade sites available: contact details below

Contact: mail@museumoffire.com.au | (02) 4731 3000 | www.museumoffire.com.au

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For ages: 5-7 years

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WHERE: Cambridge Gardens Public School
ADDRESS: 34 Trinity Dr, Cambridge Park NSW 2747
WHEN: Wednesdays - Starts 16th May 2018
TIME: 3:45-4:35pm

WHAT TO BRING: Comfortable clothes for running around, joggers and a drink bottle.

HOW MUCH: \$99 for 6 weeks, or \$198 for 13 weeks.

CONTACT: 0421 973 346 | penrith@littlekickers.com.au
www.littlekickers.com.au