



FALLS CREEK PUBLIC SCHOOL

TALKABOUT

Phone: 4447 8243 Fax: 4447 8023

E-mail: fallscreek-p.school@det.nsw.edu.au Web: fallscreek-p.schools.nsw.edu.au

Term 3 - Week 3

Wednesday 3 August 2016

PRINCIPAL'S REPORT

Welcome to Education Week. This is a week where we celebrate Public Education in NSW and we do so by showcasing what we offer students as a strong foundation for their learning.

Bay and Basin Film Festival

Last night I attended just such a showcase of what is so positive, engaging and relevant for 21st Century learning for our students. The inaugural 'Film by the Sea' short film festival for local public schools certainly showcased the talent, creativity and collaborative skills of students in our area, including students from Falls Creek Public School. Our entry, 'Dream Walking', was very well received by the audience and the judges, but it was also fantastic to see the other wonderful films created by students (assisted by their teachers) at other local schools. It was a very entertaining evening, preceded by months of experiential learning of literacy and technology skills and gaining an appreciation of the value of persisting with a task to achieve a high quality product.

Congratulations to Ms Cullen and the students involved in film making in our school and across the district. This will be a springboard for much further work in this important area of communication.

Education Week

Our other activities this week show the diversity of learning experiences at our school - from paper plane construction, exploring the wonders of flight, to science experiments and circus skills. Yes - we fit in all these things plus core literacy and numeracy. Twenty-first Century learning is a great combination of the many skills and understandings we need for success in modern life. (And it's fun!)

P & C Meeting

This Thursday at 6.15pm is our P&C meeting, please come along and support your school.

Meetings for the P&C are held twice a term (week 3 & 8). The meetings are child friendly if you need to bring your children. I hope to see many of you there this Thursday.

Deb Sansom

(Relieving Principal)

K/2 NEWS

K/2 is focusing on addition in mathematics this week. There are an amazing number of strategies to add numbers together! We are also focusing on listening skills to improve concentration and comprehension. Kindergarten are progressing well with their sight words and are working hard on phonic skills as well. Years 1 & 2 have shown very pleasing progress with writing and are using many 'tools' to help them spell unknown words - great use of dictionaries, in particular.

Mrs Sansom

3/6 NEWS

Welcome to Jack and Max George who joined our Year 3 group last week.

Years 5 & 6 enjoyed their first visit to the Men's Shed last Friday. We had a guided tour and started working on the stilts for our circus activities.

They all looked very professional wearing their safety goggles and earmuffs as they worked together to sand every single piece of wood. This week they can start putting all the pieces together. The children have already decided on some future projects such as a bird-feeder for the school.

As we have the Men's Shed visit and our special environmental science activities and lessons with Mrs Hanson on Friday I have decided to have sports on Thursdays starting this week.

Our spelling stars in our first test of the term were – Lani, Jack, Steven, Kizac, Kaleb, Kiho, Kiana, Sealisha, Sam, Luke, Ryan, Dominic and Jacob.

A special congratulations to Kiara and Cameron who received an A+ for their dictation and 100% in their spelling tests.

We have been having a house points competition in class and Kangaroos are currently beating the Emus by over 50 points!! Points are given for returning homework, sport, borrowing from the library and other class activities.

Remember that we have Library and banking on Thursday.

Keep in touch,

Lyn

MS CULLEN

This term in science K/2 are studying a unit called Weather in my World and 3/6's unit of work is Earth's Place in Space. During creative arts 3/6 will be learning to play the recorder and are exploring an art unit called Steel, Stacks and Steam. K/2's art unit is 'Ordinary, Extraordinary' and studies Cubist and abstract art.

Bonnie

SPORT NEWS

We have the District Athletics Carnival coming up next week. The high jump is on Wednesday 10 August at Nowra High School and all other events are on Friday 12 August at Shoalhaven High School. Notes will be going out this week for those students participating. Once again we will be relying on parents to transport their child to and from the events.

Lyn

CANTEEN ROSTER



Tuesday 9 August - Kristy Robinson and Sue Lightowlers

Tuesday 16 August - Kristy Robinson and Kirsten Crowell

Nutrition Snippet

The simplest way

...to make fruit and vegie snacks.

Snacks are an important part of a healthy diet for active children. And a great way to serve fruit and veg!



Try some of the following fun, nutritious snacks to help your kids eat more fruit and veg.

For more great ideas and recipes visit eatittobeatit.com.au.

- Raw vegie sticks with homemade or shop-bought dip.
- Pumpkin scones or vegie pancakes.
- Celery boats (filled with reduced fat cream cheese + sultanas dotted on top).
- Fruit frozen paddle pops (thread pineapple wedges or banana halves on a stick and freeze).
- Apple crumble (stewed apple + muesli, baked).
- Poppletana (unsalted popcorn + dried apple + sultana = nibble mix).

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit



Nutrition Snippet

The simplest way

...to create yummy sandwiches.

Wholegrain breads and cereals - the foundation of a healthy lunch box, and great base for yummy fillings.



Cancer Council's *Eat It To Beat It* program recommends limiting or avoiding processed meats (sausages, frankfurts, bacon, ham) because of their link with increasing the risk of bowel cancer.

Try some of these great ideas:

- Roast pumpkin with salad (grated carrot + lettuce, pesto + baby spinach) on multigrain, wholemeal or white high-fibre bread.
- Leftover cottage pie or spaghetti bolognaise, with lettuce and grated carrot on a wholegrain bread roll.
- Tinned salmon/tuna and canned sweet corn on crispbread.
- Chopped egg and lettuce in a pita pocket.
- Tabouli salad and feta cheese on a wrap.
- Mashed banana and sultanas on sourdough.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit



COMMUNITY NEWS



Family &
Community
Services

Are you interested in becoming a Foster Carer?

Information Sessions on becoming a foster carer will be held in:

Nowra

Date: 17/08/2016

Time: 10:00am:-11:30am

Where: Nowra Community Services Centre

1 McGrath Avenue

Nowra NSW 2541

All carers receive training, support and financial assistance.

INTERESTED?

Call Tracie Fleming or Carolyn Lardner at FACS

on **4222-8600** during business hours if you are interested in becoming a carer and or attending the information session.

Nowra Maker's Markets

WILD Whale Watch Fundraiser

Join us for a fantastic day out in Jervis Bay on a two hour Whale Watch Cruise including lunch and a visit to the famous Hyams Beach.

Nowra Maker's Markets is fundraising for the Shoalhaven Anti-Poverty Committee whose main aim is to relieve poverty and hardship in our area. Funds raised from this event will help aid people in our community.

wat2du.com and Shoalhaven Community Transport have kindly helped us make this event possible.

We hope to see you there!



Saturday 20 August 2016

Cost \$70 per person

Includes return transport from Nowra/Bomaderry, Lunch & WILD Whale Watch cruise.

Please see other side for lunch options and how to book



Transport

9:30am East Nowra Neighbourhood Centre
2/80 Park Road
9:50am Stewart Place Bus Terminal
10:20am Bomaderry Railway Station (by request)
10:50am South Nowra



We will stop for coffee on arrival and lunch in Huskisson before boarding the cruise at 1:00pm. The cruise will return to the wharf by 3:00pm which will get us back to Nowra/Bomaderry by 3:30-4:00pm.

Lunch Options

Please let us know by 30 June if you have any special dietary needs

1. Chicken Schnitzel, Chips & Salad
2. Fish, Chips & Salad
3. Chips & Salad

Saturday 9 July 2016

Cost \$70 per person

Includes return transport from Nowra/Bomaderry, Lunch & WILD Whale Watch cruise.

HOW TO BOOK

Please call Lynne on 0402 616 850 or Pat on 0408 452 566

