



North Talk

FULHAM NORTH PRIMARY SCHOOL

Cheadle Street, HENLEY BEACH SA 5022

Phone 8356 9272 Fax 8235 1301

www.fulnorthps.sa.edu.au



Term 1
Week 5
3 March 2016

★ ★ ★ Dates to remember ★ ★ ★

Friday 4 March	Clean Up Australia Day	Details to follow
Friday 4 March	District Swimming Carnival	Immanuel College
Friday 4 March	Recycling excursion	Rooms 18 & 19
Monday 7 March	Recycling excursion	Rooms 20 & 21
Wednesday 9 March	Nude Food Day	Whole school
Thursday 10 March	Assembly	2.20pm in the Gym
Friday 11 March	Pupil Free Day	School closed
Monday 14 March	Adelaide Cup Day	Public holiday
From Wed 16 March	Year 6/7 Camp	Rooms 10 & 11
Friday 18 March	Open morning for prospective families	9.30am to 11.00am
Monday 21 March	Christian options program – Easter message	Rec to Yr 2 2 – 2.30pm Yr 3 to Yr 7 2.30 – 3pm
Thursday 24 March	Assembly & Easter Raffle drawn	2.20pm in the Gym
Friday 25 March	Good Friday	School closed
Monday 28 March	Easter Monday	School closed
From Wed 30 March	Year 6/7 Camp	Rooms 8 & 12
Monday 4 April	SAPSASA Softball Carnival	Details to follow
Thursday 7 April	Assembly	2.20pm in the Gym
Friday 15 April	Last Day Term 1	1.50pm Assembly 2.10pm Dismissal
Monday 2 May	1 st Day of Term 2	8.40am start

Dear Parents and Carers,

Here we are almost half way through term one already. The second half of the term has a number of holidays with Adelaide Cup day coming up on March 14th closely followed by Easter on March 25th through until March 28th. We also have our **Professional Learning School Closure on Friday March 11** where all staff will be engaged in Professional Learning combining with schools across our Western Adelaide Shores Partnership.

SCHOOL CAPTAINS.

I am very pleased to announce that after a very thorough process the School Captains for 2016 are...

Kiera de Beer

Jack Hawke

Melita Suica

Daniel Codd

I am certainly looking forward to working with the 2016 Captains and have every faith that they are going to be excellent leaders and role models as School Captains. All four of them are highly respected students and certainly know the importance of the job of School Captain. I am confident that they will repay the faith shown in them by their peers.

CONGRATULATIONS

Special mention to Andrew Armitage and Ellie Chow who have been selected to play in the Primary Schools' Music Festival South Orchestras . Well done to Andrew and Ellie on their well-deserved selection. It is wonderful to see our student being recognised for their talents and commitment in the Arts Arena. Congratulations also to Mishka Bechoo who had her poem 'My School' published in a collection of poems and stories entitled Read Write Repeat. Well done to Mishka.

GOVERNING COUNCIL NEWS

The Fulham North Primary School Governing Council held its first meeting of 2016 last week and all of the Executive Positions were declared vacant. All members had an opportunity to introduce themselves and we then got down to the business of electing office bearers. I am very pleased to announce that all positions were filled and there was a great deal of enthusiasm among members to take on the positions.

Congratulations to the following members in being elected ...

The Chairperson for 2016 is Daryl Marshall

Deputy Chairperson is Justin Payne

Secretary is Louise Swan

Treasurer is Stuart Webb.

The next meeting will be on Monday March 21st where the Council members will undertake its annual 'State of the School' walk to prioritise any improvements.

The Council is keen to make sure everything runs smoothly in 2016 and all members have committed to undertake 'Governance Training' which will take place on Monday April 11th.

SCHOOL FEES

Many thanks to the families who have attended to their Materials and Services invoices. It would be greatly appreciated if this could be dealt with before the end of term one as we rely heavily on our parent contributions to assist with our budget in providing a high quality education for your children. As I have said on many occasions, it represents excellent value at around \$1.60 per school day. When I get families enrolling here from other schools, particularly the private school system they are amazed at just how reasonable our fees are. There is sometimes huge differential in despite the fact that the private schools receive just as much Government funding as Public schools.

Kind regards,

Steve Marshall

SCHOOL AWARDS

MATHS WIZZ

Cameron Payne	Andrew Armitage
Cohen Padayachee	Monika Wiertelak
Ben Hayles	Meg Loxton
Zak Hitch	Luke Pope
Jak Gaskin	Eve Thredgold
Indi Moroney	Anjali Beames
Robert Bracci	Yiota Tsakonas
Riley Hansen	Yianni Garyphalos
Ella Stone	Ryan Grinsted
Jazmin Richardson	Olivia Marton
Breah Caskey	Kiara Foody-Meyer
Peter Garuccio	Thomas Brown
Max Burt	James Surace
Owen Chalmers	Harry Chegia-Brewer
Melita Suica	Isabella Ugolini
Jack Dunstan	Morgan Till
Layan Mohammed	Jack Richardson
Brady Smith	Luka Dobrovolski
Belle Cleland	

SCHOOL VALUE AWARD

'Organisation'

Kathryn Rothwell	Skye Donald
Riley Moen	Kobe Thomas
Mishka Bechoo	Ava Turner
Mattaes Philipou	Darcy Thurstans
Emily Swan	Emilee Hutchins
Loukia Grifas	Kaleb Harper-Hasich
Paris Kapetanos	Sophia Mendoza
Ryder Donald	Jorja Dunstan
Robert Bracci	

'Getting Along'

Jo Bird	Isabella Black
Toby King	Vivaan Chandra
Maya Jamal	Tayla Payne
Angelika Papadopoulos	Harry Garyphalos
Luke Pope	Kalya Fernandez
Logan Stephens	Olivia Marton
Amie Hutchins	Archie Marshall
Henry Pilkington	Tyler Wehr
Kiera DiSanto-Searle	

EAT WELL - BE ACTIVE AWARD

Marco Grelli	Tyson Burns
Georgia James	Oskar O'Callaghan
Amy Perry	Hendrix Gray
Halle Tredrea	Tim Good
Drew Baxter	Gabriel Pizza
Tom McKenzie	Ky Hortop
Izzy Fox	Fletcher Mickan
Hugh Westley	Matthew Ross
Rashid Rajab	

CLASS AWARD

Jayden Yue
Always participating in class discussions

Jake Noble
Trying really hard in Maths and asking interesting questions about numbers

Hannah Kolokas
Her creative and detailed items during sharing time

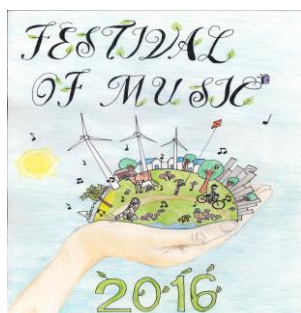
Rowan Zeven
Becoming more confident and engaged in learning at school

Sophie Bell
An excellent start to school

Jake Hill

Being an excellent role model to younger students
Curtis Till
 A positive start to the year!
Sophie Burt
 The impressive effort she is making with her work
Zoe How
 The excellent effort she puts in to all areas of her learning
Mason Cadd
 Producing accurate writing in his first dictation
Yiota Tsakonias
 Setting high standards from the beginning
Brady Smith
 Staying on task and consistently completing your weekly worklist
Ethan Murphy
 Great start to the year!
Foster Mesecke
 Being a courteous student and a role model to others
Capri Pamment
 Being kind and patient
Marley Hansen
 Using paragraphs in her story writing – 'The Ugly Duckling'
Schyler Duffy
 Exceptional writing

SCHOOL NEWS



Do you like to sing, dance or act?

Are you in Year 6/7? Want to try something new and challenging?

Then the Festival of Music Performance Troupe is for you! Everyone is welcome!

Audition bookings open on Monday, February 15, 2016!

Audition bookings close on Wednesday, March 30, 2016.

Weekly rehearsals are held at 3 locations:

North - Parafield Gardens Primary on Tuesdays

Central - Gilles Street Primary on Wednesdays

South - Darlington Primary on Thursdays

Rehearsals are from 4.15 - 5.45 pm. There will also be a few Sunday workshops. Each troupe will be involved in 4 performances accompanying the massed choirs at the Festival Theatre between the 12th and 23rd September, 2016.

Ask your choir, drama or dance teacher or Principal for more information. Check out our website: www.festivalofmusic.org.au or call the Festival Office on 8261 5438 for more information.

EASTER RAFFLE

A raffle book of 5 tickets has been sent home to all families recently. We ask that you sell the tickets at \$1-00 each and **return the ticket stubs and money to the Front Office by Monday 21 March.** All families are asked to donate an Easter egg / Rabbit /Easter treats etc (no nuts please) to be put into baskets for the prizes. (baskets are also needed!). The number of prizes will depend on the eggs donated, we are hoping for at least 20 baskets/prizes. **Please send your donation to school by Monday, 21 March. The raffle will be drawn at school on Thursday 24 March at our 2.30pm assembly.**

Additional books of tickets will be available from the office. Thank you for your continued support.

Fundraising Committee



PREMIER'S READING CHALLENGE

The Premier's Reading Challenge has begun for 2016. To complete the challenge students need to read 8 PRC books and 4 books of their choice by the 9th of September. Classroom teachers have the recording sheets for each student.

At FNPS it is an expectation that all students complete the challenge and this year we are aiming for 100% completion. If students start reading and recording their books now then the task is easily managed.

Congratulations to Jordi Thomas from room 22 who has already completed the challenge! Excellent reading Jordi!

Kristin Martin

JP Librarian

NUDE FOOD DAY-WEDNESDAY 9 MARCH

Nude Food Day is happening next Wednesday, 9 March.

Nude Food Day is a fantastic opportunity for children to learn about how their actions can impact the environment and their health.

'Nude food = a healthy body + a healthy planet', we want students to choose healthy, rubbish free food for their lunches and snacks.

Next Wednesday, we would like you to bring a healthy snack and lunch with NO wrapping if you can.

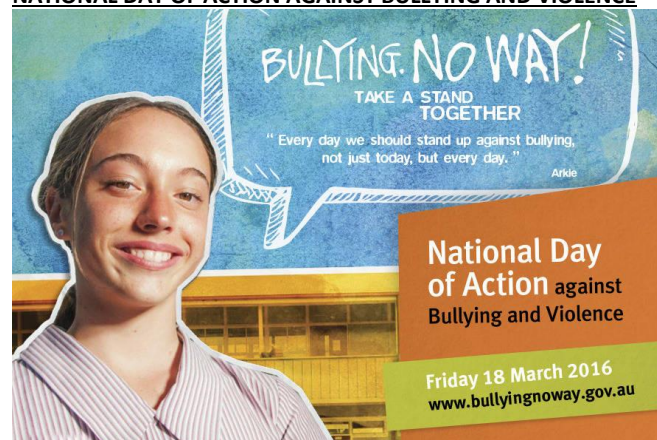
We will be eating a shared lunch in our house groups on the oval. The house group with the least amount of wrapping will be the winner of our Nude Food Day Challenge and receive extra points for the house shield.

So be an active participant in the day and help your house team by have a healthy, wrapper free snack and lunch.

Thanks

FNPS Environment Committee.

NATIONAL DAY OF ACTION AGAINST BULLYING AND VIOLENCE



Our schools says 'Bullying. No Way!' on the National Day of Action.

On Friday 18 March, our school will be taking a stand together on the National Day of Action against Bullying and Violence.

The National Day is an annual event for Australian schools where school communities across the nation stand as one against bullying and violence.

Fulham North Primary School is dedicated to creating safe and supportive school environments, free from bullying, harassment and violence. We have a number of programs in place that counter bullying

Together, we can send clear messages to young people that bullying and violence, in or outside the classroom, are not okay at any time.

FULHAM NORTH POETS

Congratulations to Mishka Bechoo, whose poem My School! was published in the anthology of children's poems and short stories Read. Write. Repeat. Mishka entered her poem in the Write4Fun competition last year, where it was short-listed and selected for the anthology. You can read Mishka's poem below.

Kristin Martin, JP Librarian

My School!

In the morning it's back to school,
Returning to my class of silly old fools,
Everyone is groggy, sleepy or not in the mood,
We all wish we were watching TV and eating nice food,
In the day we're half awake,
Finally! It's recess, our big break,
We scream, we leap, we play,
But we know it's just the start of the day,
More work, more words,
And the sound of birds,
Eventually it's lunch,
Back to being a happy bunch,
Soon it's home time,
And the clock starts to chime,
Now I am not sad, school wasn't that bad.
by *Mishka Bechoo*

AIRPORT SAPSASA SWIMMING

Airport SAPSASA Swimming is being held at Immanuel Primary tomorrow from 11:30 am. We have 10 students representing the school.

Kate Hobson, Marnie Chandler, Sienna Eadon, D'Estree Cololancia, Meg Loxton, Magali Victor, Kiera de Beer, Belle Cleland, Joseph Hitch and Amy Frisby Smith Students who win their event will then be selected to participate in the State Swimming Carnival.

FULHAM NORTH FOOTBALL NEWS

Season 2016 Registration details:

In the past we have held a registration afternoon but would like to try a different process this year. Shortly, all interested boys and girls will be given a registration and medical form to fill in.

We would like you to complete the registration form (front) and medical information (back) and return it along with your payment (cash, cheque and credit card accepted) to the front office by Friday of Week 9 (April 1). We feel this will be a more streamlined process with regard to payment and record keeping.

Guernseys and (shorts/socks if ordered) will be distributed to all **financial** players in Week 11 Term 1 if you have ordered them.

Points to remember:

- First game will be on Saturday 7th May –Year 2/3 @8:30am; Year 4/5 @ 9:30am and Year 6/7 @ 10:30
- Training nights for each team to be announced shortly along with the coaches.
- Please fill in the volunteer section on the registration form if you can help.
- Subs of \$40 for Year 2/3 and \$50 for Year 4/7 are the CHEAPEST you will get anywhere for sport in the area. Socks (\$10) and shorts (\$12) will be extra if required.
- FNPSFC – participation, inclusive, enjoyment, team play, skill development, sportsmanship.
- Contacts : Kristian Rawlings – 0418 356 091
Peter Hutton – 0422 684 930

We are looking forward to another great season of Aussie rules at Fulham North!

FULHAM NORTH SOCCER

Season 2016 Registration details:

In the past we have held a registration afternoon, but would like to try a different process this year. Shortly, all interested boys and girls will be given a registration and medical form to fill in.

We would like you to complete the registration form (front) and medical information (back) and return it along with your payment (cash, cheque and credit card accepted) to the front office by Friday of Week 9 (April 1). We feel this will be a more streamlined process with regard to payment and record keeping.

Points to remember:

- Training nights for each team to be announced shortly along with the coaches.
- Please fill in the volunteer section on the registration form if you can help.
- First game will be Saturday the 14th May.
- Contacts Nicky Parkinson 0419866612
Kristian Rawlings 0418356091

COMMUNITY NEWS

UNIFORMS FOR SALE

Are you ready for Winter?

2 girls winter pinafores for sale – size 4. Also included is a white long sleeve top.

\$25 each. Call Amy – 0412515776

WEST ADELAIDE WOMEN'S SOCCER TEAMS

WEST ADELAIDE WOMEN'S SOCCER TEAMS are looking for junior girls U11 to U17 to play club soccer in 2016, Trainings are Tuesday/Wednesday or Thursday night at either Park B27, Park Tce North Adelaide, opposite the old Clipsal site or for 15 to 17 year olds training At Kingston Gardens Corner West Tce and Sir Donald Bradman Drive, depending on age group, 15 to U17 are Wednesday night 6.30pm start at Kingston Gardens, West Tce(NO COST INVOLVED TO PLAYERS), Games are played Sunday Mornings. Come out and have a go and bring your friends. Beginners very welcome.

For more details and information contact Leon on 0409700354 email; lappalkamp@gmail.com or Nick on 0402965860 email; nmylo@yahoo.com.au

BOLLYWOOD BEATS - With NEHA

Feel the rhythm, Swing to the beats, & Have loads of fun! Bollywood Dance lessons for kids. Ages 6 years and above. Enrol now!!!

Come & Try Session (\$4 only), Date: 8th March, 2016 (Tue)

Time: 4.30 – 5.30 pm, Venue: Reedbeds Community Centre Fulham

Regular classes begin on 22nd March, 2016 (\$8 per class)

Every Tuesday from 4.30 – 5.30 pm, Venue: Reedbeds Community Centre Fulham

Special classes during school holidays (\$8 per class)

Dates: 21st April, 2016 (Thurs), 28th April, 2016 (Thurs)

Time: 9.30am to 10.30am. Venue: Reedbeds Community Centre Fulham. For further enquiry and enrolment, contact: Neha – 0412003738. Email: neha.deshmukh@lycos.com

MITCHAM GIRLS HIGH SCHOOL

OPEN DAY – 9 May 2016, 9 – 11am and 5 – 8pm.

Principal's address – 9.10am and 5pm & 7.15pm. Tours during open times. A girl's school. A public school. An unzoned school delivering academic excellence and educating girls from all suburbs across Adelaide and nearby country towns. www.mitchamgirlshs.sa.edu.au

UNDERDALE HIGH SCHOOL

OPEN DAY – Monday, 4 April.

Information sessions, followed by a tour of the school at: 9am, 4pm & 6pm. Families are warmly invited to – meet our Principal, Mr David Harris, tour the school and view our facilities, investigate our broad range of Year 8 – 12 curriculum offerings, learn about the specialist programs – football, netball and gifted.

Phone – 83018000 email – dl.0965.info@schools.sa.edu.au

URRBRAE AGRICULTURAL HIGH SCHOOL

OPEN DAY – 9 May 2016, 9 – 11am and 5 – 8pm.

To find out what Urrbrae has to offer, come along to one of our information sessions on:

Tuesday 22nd March 2016

Meeting in the Farm Shed. Two hour visits to the school will include:

Information about the Application Process, Farm Tour and School Tour. The Open Day Program runs from 09:30am – 11:30am and will be repeated at 1:00pm – 3:00pm and again at 6:00pm – 8:00pm.

www.urrbraehs.sa.edu.au



Join our team – we're hiring!

August 9 is Census night and the Australian Bureau of Statistics is looking for 2,500 motivated and community minded Area Supervisors to join our team across Australia.

Area Supervisors:

- Are temporary casual jobs, with flexible working hours
- Will recruit, train and lead a small team of field staff to help deliver the 2016 Census
- Will earn \$34.76 per hour (inclusive of 25% loading).

Applications open 1 February 2016. Apply online at abs.gov.au/careers

Make a difference in your community and help shape its future.

SUNDAY FUN FOR DADS & KIDS

Join us at the Seaton North Neighbourhood Centre (cnr Cairns Ave and Pedlar Street, Seaton) from 10am to 12pm on the first Sunday of each month for fun and activities in an environment suited to men and their children. All sessions and activities are provided for FREE, refreshments are provided. A range of indoor and outdoor activities suitable for children aged 0 – 12 and their Dad, Grandfather, Uncle, Carer or any other special bloke in their life. Games, making things, sports, cooking, woodwork, painting, kites..... Bookings are not required but are much appreciated. Phone 8234 5219 or email: michael.hocking@gowriesa.org.au

CIRCLE OF SECURITY – PARENTING FOR FATHERS

Come and join us for a FREE 8 week parenting program.

Provides men with a practical roadmap to assist them in building stronger relationships with their children. Wednesdays from 9 March to 27 April 2016, 6 to 7.30pm at Seaton North Neighbourhood Centre. Cost is FREE. Enquiries to Michael or Laura on 8234 5219.

BASKETBALL

Western Magic District Basketball Club, St Clair Recreation Centre, 109 Woodville Rd, Woodville SA 5011, 0433 7 MAGIC (62442). www.magic.basketball.net.au

Western Magic District Basketball club is currently recruiting girls between 12 and 14 years of age for our Under 14 and 16 teams. If you would like to join our progressive, successful and affordable club, or would like more information, Please contact us at wmbc@adam.com.au or on 0433 7 MAGIC



LOCKLEYS FOOTBALL CLUB

Come and Try Aussie Rules Football - Friday 4 March 2016

5.15pm - 7.00pm Rutland Avenue Lockleys, **Free Sausage Sizzle 2016 Junior Registration & Season Launch**

Please call Philip Fedele, Junior President on 0412 57 55 30 if you have any questions or email to fedelephilip@yahoo.com.au. On-

line registration is available for all new and previous players at Lockleys or any other club at www.lockleysfc.com.au. **Season starts with Carnival on Sunday 10 April and season proper on 1 May**

FREE SEMINAR – TODDLERS AND TOUCH SCREENS: WHAT SHOULD I DO?

Touchscreens have become part of our everyday world. Parents are amazed at how quickly toddlers become adept in using them and how easily they hold a child's attention. However, they are also unsure if it is safe for toddlers to use touchscreens regularly. Come and hear nationally recognised parenting speaker, author and researcher Dr Justin Coulson talk about:

- the pros and cons of the digital age for children 0 to 5 years
- how and when to introduce touchscreens and games
- how to manage electronic media use.

The event will be webcast to accommodate parents and carers who cannot attend in person.

Date and time: Tuesday 5 April, 7.00 to 9.00pm

Venue: City Rooms, Adelaide Convention Centre, North Terrace
Register online at <http://parentingsa.eventbrite.com.au> to attend, or to view the webcast. For more information, visit <http://www.decd.sa.gov.au/parentingsa/seminars.htm> or phone Parenting SA on 8303 1660. **Contact:** Senior Health Promotion Officer, Parenting SA, [Dorian Marsland-Smith](mailto:Dorian.Marsland-Smith), phone 8161 7159.

WESTERN STRIKERS SOCCER CLUB

Carnegie Reserve, Kingston Avenue, Royal Park SA 5014 We invite players U/6's to U/16's to join our Club for the 2016 Season. There are positions available in our MiniRoos teams, and also in our JSL and JPL Teams in the U/12-U/16 age groups. To register please call Pat Crisci 0413592701 or Pat Calabrese 0413469332.

FREE SEMINAR – CHILDREN, TEENS AND PORNOGRAPHY: WHAT EVERY PARENT SHOULD KNOW

The online is filled with risks for children and families. Come and hear nationally recognised parenting speaker, author and researcher Dr Justin Coulson talk about:

- the alarming statistics regarding children's access to online pornography
- the impact on boys and girls
- how parents can guide their child or teen.

The event will be webcast to accommodate parents and carers who cannot attend in person.

Date and time: Wednesday 6 April, 7.00 to 9.00pm

Venue: City Rooms, Adelaide Convention Centre, North Terrace.
Register online at <http://parentingsa.eventbrite.com.au> to attend, or to view the webcast. For more information, visit <http://www.decd.sa.gov.au/parentingsa/seminars.htm> or phone Parenting SA on 8303 1660. **Contact:** Senior Health Promotion Officer, Parenting SA, [Dorian Marsland-Smith](mailto:Dorian.Marsland-Smith), phone 8161 7159



Building Bounce

Creative Resilience Holiday Workshop for Primary School Children

An important step to building resilience is to develop self-awareness and to understand our emotions and how we react. *Building Bounce* workshops are based on promoting self-understanding, creativity, body awareness, mind-body connection, gratitude and mindfulness. Through creating visual art, drumming circles and mindful activities, children are given the opportunity to understand themselves and others better. By learning to manage big emotions and by challenging self-limiting beliefs, the "I can't" becomes "what if?" or "what can I do differently?"



The workshops are best suited to children in **Years 2-5** and are designed to promote the following skills:

- Creative interpretation, focus and planning
- Deciding what to do when things don't go to plan
- Challenging self-limiting beliefs such as "I can't!"
- Identifying and defusing strong emotions
- Practical ways to incorporate gratitude and mindfulness in everyday life
- Develop body awareness, balance and strength.

There will be two 10 minute breaks between sessions to allow students to recharge and keep their energy flowing, so please pack some healthy snacks for the day. Each group size is limited to only 20 spaces to create a safe and supportive environment.

This holiday workshop has been extended to include students from over 5 Adelaide primary schools with a total capacity for 60 students. Join us at **Henley Beach Primary School** on **27th April at 10am through to 1.30pm**. The cost is \$50 per child. Please finalise payment by the 26th April via openmindstudio.org/workshops. We're looking forward to seeing you there!

About us... Open Mind Studio was founded by Michelle Stratton and Charmaine Oates to promote fun and creative approaches to wellness for people of all ages. We are both registered nurses and counsellors with over 20 years of experience in the teaching and health sectors, with a particular interest in children's wellbeing. Guest Drumming Circle facilitator, **Matthew Kuhn**, Henley High School Wellness Co-Ordinator **Alycia Spencer** and Counsellor **Emma Ward** will join Michelle Stratton in the *Building Bounce* program to provide a varied and exciting range of creative activities. Visit us at openmindstudio.org to learn more.

