General contributions are voluntary contributions which greatly assist in maintaining and increasing the quality of education for your child. These contributions are used to purchase library books, student recognition awards, teaching resources, SMS message system, computer software, computer hardware and electronic classroom devices. We greatly value your assistance in providing this voluntary contribution.

I had the pleasure of attending the Illawarra Careers Expo on Tuesday 13 May. Students from Years 10, 11 and 12 were able to attend this informative day to enable them to focus on career pathways. Thank you to Mr Adam Sargent-Wilson for his organisation for students and staff during the 3 day careers expo.

The implementation of NAPLAN was very successful. Ms Vanessa Glasgow, Head Teacher Teaching and Learning, remarked on the consistently mature behaviour of Year 9 students during NAPLAN. Mr Simmonds commented that Year 7 students were also well behaved.

The Year 5 Enrichment Program information session was very successful and we look forward to the commencement of student participation on 28 May.

Thank you to Mr Steve Solah who successfully organised the presentation of the ‘White Card’ course for 20 students Years 10-12.

Year 11 Camp was a resounding success and I would like to commend the students for their participation in the team building activities. Mrs Jan Goodall, Year 11 Year Advisor, and the six supporting teachers remarked on how well the students related to each other and the staff.

On Friday 16 May I attended the Secondary Principal’s Council Conference held at Ulladulla High School. There was productive discussion on the new format for the 2015-2017 School Planning Cycle and the implementation of ‘A Learning And Response Matrix’ (ALARM) for Years 7-12.
A very thought provoking Figtree Learning Community meeting was held on Tuesday 20 May. Over the next semester the Principals from our community of schools will be working together to develop the Figtree Learning Community Plan 2015-2017 using the new planning format. Also, a structured ongoing Professional Learning Program will be an integral component of the Figtree Learning Community Plan 2015-2017.

Thank you.

Carol Marshman

Figtree High School Core Values

Safety – Student Health and Wellbeing

Infectious Diseases/Conditions

With the winter season approaching, we often see an increase in colds, influenza and other infectious conditions. It’s often hard to know whether to send your child to school or let them stay home to recover, especially when that means an adult cancelling work. For safety’s sake, if your child seems unwell you should always keep them home from school and seek medical advice. Figtree High School does have members of staff who are pregnant and some infectious diseases can cause significant harm during pregnancy.

There are several infectious diseases that are highly contagious so it is important that parents notify the school if their child is diagnosed with any of the following conditions;

- Whooping cough
- Hand, foot and mouth disease
- Chickenpox
- Head Lice
- Impetigo
- Scabies
- Measles
- Slapped Cheek Syndrome
- Meningococcal

Notifying the school quickly can ensure that any student or staff member who may be at risk of contracting the infectious disease/condition can be informed of the potential exposure and appropriate medical treatment sought if necessary. This will help to minimise the spread of infectious diseases in our school community.

School A to Z and NSW Health have created an at-a-glance chart to help answer questions about common illnesses in young people and how long sick kids need to miss school. It is essential that students do not return to school if they are still infectious. This information can be found on the following page of this newsletter.

Personal hygiene practices

Frequent and effective personal hygiene is one of the best ways to minimise the spread of infection. This includes hand washing, especially important before preparing or eating food and after using the toilet; and coming into contact with other body fluids such as mucous. Hands should be washed using soap and running water and preferably dried using paper towels or hand driers. Some micro-organisms are easily transmitted between people on dirty hands. Hand washing is a simple, effective way to reduce transmission. A small bottle of personal hand sanitiser can be a great addition to a student’s school bag during the winter months.

We ask our parents to encourage their child/children to use good respiratory hygiene practices by using disposable tissues and covering their mouth and nose when coughing and sneezing. Micro-organisms can be transmitted from person-to-person after coughing, sneezing or blowing the nose. People with respiratory symptoms should wash their hands frequently.

Winter School Uniform

Our ONLY approved school uniform suppliers are;
- Lowes at Westfield Figtree
- Poppets Direct who have an outlet store in Montague St, Fairy Meadow, and the Crystal Bears Store at Dapto Mall.

Tailored plain navy pants, plain navy slacks or plain navy tracksuit pants can be worn by students during the colder months. Girls may also choose to continue to wear their school skirt or approved school shorts, with plain tan/navy/black stockings in the colder months. We would like to remind girls and their parents that navy tights can only be worn to school if they are worn under a school skirt or shorts.

If a student is not able to wear the correct Figtree High School uniform, they should have a note of explanation from a parent/carer and give this to their roll call teacher. If you require financial assistance to support you in purchasing the correct uniform for your child, please contact Mrs Kirsten Borst at the school.
**Too sick for school?**

Generally if your child feels unwell, keep them home from school and consult your doctor. This chart and the information it contains is not intended to take the place of a consultation with your doctor.

<table>
<thead>
<tr>
<th>Condition</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bronchitis</td>
<td>Symptoms are coughing, a runny nose, sore throat and mild fever. The cough is often dry at first, becoming moist after a couple of days. There may be a slight wheeze and shortness of breath. A higher fever [typically above 39°C] may indicate pneumonia.</td>
</tr>
<tr>
<td></td>
<td>- until they are feeling better. Antibiotics may be needed.</td>
</tr>
<tr>
<td>Chickenpox (Varicella)</td>
<td>Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.</td>
</tr>
<tr>
<td></td>
<td>- for 5 days from the onset of the rash and the blisters have dried.</td>
</tr>
<tr>
<td>Conjunctivitis</td>
<td>The eye feels ‘scratchy’, is red and may water. Lids may stick together on waking.</td>
</tr>
<tr>
<td></td>
<td>- while there is discharge from the eye unless a doctor has diagnosed a non-infectious cause.</td>
</tr>
<tr>
<td>Diarrhoea [no organism identified]</td>
<td>Two or more consecutive bowel motions that are looser and more frequent than normal and possibly stomach cramps.</td>
</tr>
<tr>
<td></td>
<td>- for at least 24 hours after diarrhoea stops.</td>
</tr>
<tr>
<td>Fever</td>
<td>A temperature of 38.5°C or more in older infants and children.</td>
</tr>
<tr>
<td></td>
<td>- until temperature is normal.</td>
</tr>
<tr>
<td>Gastroenteritis</td>
<td>A combination of frequent loose or watery stools (diarrhoea), vomiting, fever, stomach cramps, headaches.</td>
</tr>
<tr>
<td></td>
<td>- for at least 24 hours after diarrhoea and/or vomiting stops.</td>
</tr>
<tr>
<td>German measles (Rubella)</td>
<td>Often mild or no symptoms: mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time.</td>
</tr>
<tr>
<td></td>
<td>- for at least 4 days after the rash appears.</td>
</tr>
<tr>
<td>Glandular Fever (Mononucleosis, EBV infection)</td>
<td>Symptoms include fever, headache, sore throat, tiredness, swollen nodes.</td>
</tr>
<tr>
<td></td>
<td>- unless they're feeling unwell.</td>
</tr>
<tr>
<td>Hand, Foot and Mouth Disease (HFMD)</td>
<td>Generally a mild illness caused by a virus, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area in babies.</td>
</tr>
<tr>
<td></td>
<td>- until all blisters have dried.</td>
</tr>
<tr>
<td>Hayfever</td>
<td>Sneezing, a blocked or runny nose (rhinitis), itchy eyes, nose and throat, headaches.</td>
</tr>
<tr>
<td></td>
<td>- unless they feel unwell or are taking a medication which makes them sleepy.</td>
</tr>
<tr>
<td>Head lice or nits* (Pediculosis)</td>
<td>Itchy scalp, white specks stuck near the base of the hairs; lice may be found on the scalp.</td>
</tr>
<tr>
<td></td>
<td>- while continuing to treat head lice each night. Tell the school.</td>
</tr>
<tr>
<td>Condition</td>
<td>Description</td>
</tr>
<tr>
<td>--------------------------</td>
<td>-----------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Hepatitis A</td>
<td>Often seen in young children; sudden onset of fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.</td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>Often no symptoms in young children. When they do occur, they can include fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine.</td>
</tr>
<tr>
<td>Impetigo [School sores]</td>
<td>Small red spots change into blisters that fill up with pus and become crusted, usually on the face, hands or scalp.</td>
</tr>
<tr>
<td>Influenza</td>
<td>Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.</td>
</tr>
<tr>
<td>Measles</td>
<td>Fever, tiredness, runny nose, cough and sore red eyes for a few days followed by a red blotchy rash that starts on the face and spreads down the body and lasts 4 to 7 days.</td>
</tr>
<tr>
<td>Meningococcal Disease</td>
<td>Sudden onset of fever and a combination of headache, neck stiffness, nausea, vomiting, drowsiness or rash.</td>
</tr>
<tr>
<td>Molluscum Contagiosum</td>
<td>Multiple small lumps (2-5mm) on the skin that are smooth, firm and round, with dimples in the middle. In children, occur mostly on the face, trunk, upper arms and legs. Symptoms can last 6 months to 2 years.</td>
</tr>
<tr>
<td>Mumps</td>
<td>Fever, swollen and tender glands around the jaw.</td>
</tr>
<tr>
<td>Ringworm* [Linea corporis]</td>
<td>Small scaly patch on the skin surrounded by a pink ring.</td>
</tr>
<tr>
<td>Runny nose or common cold</td>
<td>Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.</td>
</tr>
<tr>
<td>Scabies*</td>
<td>Diarrhoea (which may contain blood, mucus and pus), fever, stomach cramps, nausea and vomiting.</td>
</tr>
<tr>
<td>Shigella</td>
<td>Diarrhoea (which may contain blood, mucus and pus), fever, stomach cramps, nausea and vomiting.</td>
</tr>
<tr>
<td>Slapped Cheek Syndrome [Parvovirus B19 infection, fifth disease, erythema infectiosum]</td>
<td>Mild fever, red cheeks, itchy lace-like rash, and possibly cough, sore throat or runny nose.</td>
</tr>
<tr>
<td>Whooping Cough [Pertussis]</td>
<td>Starts with a running nose, followed by persistent cough that comes in bouts. Bouts maybe followed by vomiting and a whooping sound as the child gasps for air.</td>
</tr>
<tr>
<td>Worms [Threadworms, pinworms]</td>
<td>The main sign of threadworms is an itchy bottom. Sometimes children feel 'out of sorts' and do not want to eat much. They may also have trouble sleeping, due to itching at night.</td>
</tr>
</tbody>
</table>

*It is important that the rest of the family is checked for head lice, scabies and ringworm.*
CHS State Netball Championships

Congratulations to the Figtree HS U15’s team who competed in the CHS State Netball finals. The girls were 1 of 16 teams to make this prestigious event. They competed in 15 games of Netball over two days. The girls all played with brilliant sportsmanship and always had a positive attitude when on the court. On the first day they played some of the Sports High Schools from Sydney and they also competed against one of our local schools, Dapto High School. They came away victorious against Dapto but were unable to beat the Sydney schools. The second day saw us compete against schools from Coonabarabran, the Tweed Coast and Sydney. It was fantastic to have a win against Coonabarabran.

I would like to thank the girls for their enthusiasm and the way they represented the school. A special thank you to Jade Gray, Mikayla Markham and Georgia Sturman who came into the team at the last minute for injured and absent girls. They were all fantastic ambassadors for Figtree HS. I would also like to thank Ms Fernandes who went along as the coach on the first day.

The girls in the team were Lachey Thompson, Kiah McComish, Ebony Tasker, Lauren Neto, Kiara Grover Teghan Barklay, Mikayla Malaki, Mikayla Markham, Sara Clarke, Georgia Sturman, Jade Gray (absent from photo).

Celebrating Youth Initiative in Youth Week 2014

Year 12 student Alex Allen was invited to put a stall in the Globe Lane ‘GLAM’ Markets in April this year. The Markets showcased the independent work ethic of a number of creative young people who sold their wares. Alex sold much of his jewellery because his work was reasonably priced and mostly from recycled materials.

Alex loves to make jewellery. He makes beach glass pendants, necklaces and dreamcatchers. Most of his jewellery is made from found and recycled materials. He sees the found objects as “having a certain finesse”. He finds beauty in materials that people often don’t want and that nature takes over. Alex finds the beach glass particularly beautiful because it has been smoothed and roughed down by the sand washing over it. He wraps bended paperclips around it to make the pendant.

Alex goes regularly to the Wollongong Youth Centre. He finds it a nice place to belong, to meet people, listen to live music and participate in lots of different activities.

PBS VALUES

Week 5: RESPECT
Walk quietly in the corridors so that others can continue learning

Week 6: LEARNING
Be on time for your next class
Back Row – Ryan Power, Caitlin Smith (swimming), Abbey Hawes, Emily Imber and Kiara Grover

Front Row – Alex Costello (swimming), Shuqree Azhar and Matthew Clark.

Swimming Congratulations

On assembly last week Alex Costello (YR 10) was recognised for his school spirit. Alex was asked the night before the State swimming to swim in a relay for a team member who had been injured. Alex did not hesitate to accept this responsibility which allowed the 17+ boys relay team to compete. Well done and congratulations Alex.

Below – Alex being presented with his award by our Principal, Mrs Marshman.

Congratulations to Caitlin Smith (Yr 10) who we formally recognised on our recent school assembly for her outstanding results at the CHS Swimming Championships last term. Caitlin won 3 silver medals for the 200m, 400m and 800m freestyle events.
Below is a picture of Caitlin at the NSW All Schools Swimming Carnival on 5th May, where she won a silver medal in the Women’s Open 1500m freestyle. Caitlin shared her 3 CHS swimming medals with Mr Smart at our school assembly last week.

School Sport Australia Baseball Championships

Congratulations to Brad Simon (YR 12) who recently represented NSW at the Australian Schools Baseball Championships in Berkeley. Brad was the pitcher at this week long event. The games played were of an exceptional standard, with a number of ‘scouts’ watching the talented young men from across the country. NSW made the finals and eventually won beating Victoria in a 14 inning match. Well done Brad on your valuable contribution to the victorious NSW team.

CHS Boys Rugby League

Congratulations to Matthew Delbanco (Yr 9) who was selected in the U15yrs NSW Greater Southern team, and Paul Roberts and Ryan King (Yr 11) who were selected in the Open team to compete at the CHS Rugby League Trials. We wish the boys success at these trials as they compete for selection in the NSW teams.

CHS Boys Football

Congratulations to Robert Delbanco (Yr 12), Junior Mushaba (Yr 12) Jake Webster (Yr12), Jake Ravnjak (Yr 12) and James Solevski (Yr 11) for their selection in the Open boys South Coast Football team that competed at the CHS Football Championships this week.

Cross Country Participation Awards

Congratulations to the following students who were the recipients of the $20 Rebel Sport vouchers. These student’s names were drawn out of the barrel for participating in the School Cross Country.

Back Row – Gabrielle Livingston, Joshua Panayiotou, Amelia Jones and Krystal Cattell
Front Row – Ruby Verastegui and Jordan Pearce
Absent – Chloe Spajic and Elise Oakman
Open Boys Soccer Knock-out

Figtree High has made it into round 4 of the knockout competition with a mix of close fought wins and a thumping of Keira High.

In our first game Mr Aaron Kellaway coached the boys to a thrilling 4-3 win over Smiths Hill High, finished off nicely when Reed Leussink slotted home the winner deep into extra time. Following that we returned home and played very well against Keira High, running out winners by 4 goals to nil. In this match our defence stood out and kept a clean sheet. Controlling the defence that day was Josh Mears who didn’t let anything past.

We then travelled to windy Bulli Park for what is traditionally a large hurdle out of the Illawarra region. We led 1 – 0 early after a goal to Jake Ravnjak. The boys were in complete control and seemed to fall asleep, as within 5 minutes during the second half Bulli scored twice to lead 2-1. Thankfully a twisty tricky dribbling run by ‘Rav’ evened the score ready for extra time. After another 20 mins the teams could not be split so we went to the dreaded penalties. We triumphed 8-7, including penalties being taken by both goalies, including our captain Jarryd Whatman. Penalties are never easy, but Jarrod managed to save their last attempt signalling our victory.

We now face a team from outside the Illawarra. Our visitors will be from the Monaro region, with the match to be played at Figtree High.

Gary Smith

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FIGTREE HIGH TALENT QUEST 2014

FINALS!!! – Thursday night, 12th June, 6:30pm.

It’s on again! This is our student’s opportunity to present their talent and showcase their style.

This year we have 40 entries in our quest to find the best.

Heats will start during lunchtimes on Tuesday 27th May and run each lunchtime until 6th of June. The field will then be reduced to approximately 20 acts who will perform for your entertainment on Thursday night 12th of June.

With the help of Haworth Music, Encore Music Studios, Main Street Studios, Skydive the Beach and Treehouse Production we will be offering some great prizes for performers and the audience.

Come along and support our talented students and encourage them to give their best for the heats also.

As usual, professional Audio, Lighting and Vision production will be provided by our Entertainment students.

Light refreshments, tea and coffee will be available.

Thanks to Haworth Music, our major sponsor for the Talent Quest.
Congratulations David and Stephen!

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NEW!! to the Illawarra and ONLY at eightfoxavenue indoor sports centre!

"SPECIAL" 10% DISCOUNT, for SCHOOLS

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Birthdays, bonding, team spirit, or just because it's great fun!

You don't need a reason to have a go!!
FIGTREE HIGH SCHOOL ATHLETICS CARNIVAL

This is a normal school day and attendance is compulsory for all students.

WHEN: Friday 23rd May, 2014

WHERE: Figtree High School grounds

TIME: Roll Call - 8.40am (in usual Roll Call rooms)
Assembly – 8.45am
Carnival to begin at approximately 9am.
Carnival will finish at 2.58pm. (Roll Call will then take place in the quad at approx. 2.45pm)

CANTEEN: Will be available as normal.

EVENTS: All students are to enter and compete in at least 3 events.

*Students are to remain on the school grounds at all times. They will be allowed to wear sensible casual clothing but are advised to dress appropriately for the weather. NO midriff or singlet tops are allowed. Thongs are also not permitted.
INSPIRED TO CHANGE A LIFE?

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To find out more, come and talk to us at your local information session:

Tuesday
Date: 3rd June  Time: 5.30pm
2014
CareSouth Office
Location: 2 Matilda Way
BERKELEY
Guiding Gifted Children: Workshops for Parents

These one day workshops for parents are filled with practical information, with a solid research base, presented by experts in the field with real life experience, to help you better understand giftedness and how to help your gifted child thrive. Select one or both workshops.

Saturday 24th May, 2014 – 9:30am-4:30pm
For parents of primary school aged children and preschoolers

Sessions include:

- Identification and psychometric (IQ) testing: why, how and when
- Parenting sensitive gifted children
- Motivating gifted children to develop their abilities
- Gifted children, their friendships and relationships
- Gifted children with learning and other disabilities
- Advocating for your child in the school system

Sunday 25th May, 2014 – 9:30am-4:30pm
For parents of high school students and for parents of younger children who want to be prepared for adolescence.

Sessions include:

- Understanding the gifted adolescent
- Maintaining motivation in the secondary years
- Mental health, resilience and emotional well-being
- Developing academic and study skills
- Computers, gaming, social media and the gifted adolescent
- Against the odds: learning and other disabilities
- Making a successful transition to university and careers

Cost: $150 (including GST) per day
$125 Early Bird Registration by 10th May
Venue: Smith’s Hill High School, Wollongong

For Bookings please visit: http://www.trybooking.com/EMBM

For further information please email michele@clearingskies.com.au or phone: 0438 744 994

PRESENTERS

Michele Juratowitch is Director of Clearing Skies; provides counselling for gifted children, has worked in and introduced provisions to support gifted students in schools. At the Gifted Education Research, Resource and Information Centre (GERRIC) at the University of New South Wales, Michele taught in parent courses; lectured teachers in a postgraduate course in Gifted Education; developed programs for students and conducted research. Michele was awarded a Churchill Fellowship to study the needs of gifted children.

Rosalind Walsh is a trained high school teacher who holds a MEd (Gifted Education) from UNSW. She was the manager of the Gifted Education Research, Resource and Information Centre (GERRIC) at the University of New South Wales for 10 years. Rosalind has worked with teachers around Australia at both primary and secondary levels. Rosalind is currently undertaking PhD study at Macquarie University researching successful interventions for gifted children in prior to school settings.
SAVE THE DATE

TAFE Illawarra
Taste of TAFE

Taste of TAFE gives students a hands on glimpse of what TAFE Illawarra has to offer

Wednesday 6 August
Wollongong and Shellharbour Campuses
More details to follow soon

www.illawarra.tafensw.edu.au | 1300 766 123 | Follow TAFE Illawarra

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- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact Lindi Jamieson-Brown, your local Saver Plus Worker: (02) 4254 4505 / 0427 439 234 or lindi.jamieson-brown@thesmithfamily.com.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in Illawarra and Wollongong by The Smith Family. The program is funded by ANZ and the Australian Government.