



Principal's Report

FPS Wins Local Leader Grant!

We are excited to announce that FPS has been awarded \$1000 to develop a Performing Arts outdoor space in the area adjacent to our indoor Performing Arts classroom. Selected as one of 10 finalists for the *Northcote Leader*, our project won this award because we received the most community votes. Thank you to all who voted – this was a true FPS community effort!

The grant will fund the installation of rock seating, some small trees, low growing native shrubs and natural surface toppings. This will improve water drainage and reduce mud as well as provide our students with an additional natural place where they can learn and play.



Click to see all the [recipients of Local Leader grants](#) for 2019.

Lunchtime Clubs

Lunchtime is traditionally a time when students are on the playground taking part in a range of activities. At FPS we have fantastic grounds that lend themselves to group games, sporting activities, creative and adventure play or quiet activities.

We are also proud of the lunchtime activities that we provide to students. Many of these have been designed and led by the students, with teachers supervising.



The options available to students appears to increase on a termly basis; from magic club to knitting and library to endangered animals; there are plenty of alternative activities available for students at lunchtime.

These clubs allow students to pursue different interests and spend their time in a quieter space. Have a conversation with your child to see if they would be interested in attending any of these sessions – they can simply just turn up on the day. [Click to see the clubs on offer.](#)



Cold Write

Your children may have been using the term ‘cold write’ when describing what they have been doing at school. A cold write is a termly writing activity where every child in the school is given the same writing prompt and a set amount of time to plan and write according to the prompt. This term’s cold write can be [found here.](#)

There are a number of reasons for teachers undertaking a cold write with students:

- Evidence of where the children are at in their learning.
- Prompts for discussion between the teacher and students when creating writing goals.
- Evidence of the progress that students have made since previous cold writes.
- It provides whole-school data about how our students are tracking in writing.
- It enables staff to moderate and assess work, in and beyond their teams, forming part of their professional learning.

One of the school’s priority areas is to support the improvement of writing.

Since the introduction of cold writes two years ago, the writing produced reflects the work that staff have engaged in to improve student outcomes.



Year 4 writers at work

Fee Payments

To date, we have received 86% of essential fee payments. These payments include the cost of the essential fees (\$300) and the excursion/incursion levy (\$200).

- **Essential Fees** cover the cost of essential classroom materials including resources for broader curriculum areas including ICT, specialist programs, numeracy and literacy.
- **Excursion/Incursion Levy:** The many incursions and excursions attended by our students are paid for by parents through this levy. This includes transport costs for House Athletics and school concerts as well as costs associated with whole-school events e.g. Book Day presenters and the recent opera performance. It is only through payment of this levy that we can provide these opportunities and experiences.

If you have any outstanding fees to pay, please make these payments by the end of term three. You can pay via Compass, at the school office or by BSB transfer (BSB: 633-000; Account number: 155262199; Reference: child's name and fees e.g. John Smith-Essential Fees).

Parent Opinion Survey

The closing date for the online Parent Opinion Survey has been extended to **Sunday 18 August**. Parents who received an invitation to complete the survey can do so until 11:59PM, Sunday night. We thank the 46 randomly selected parents who have responded to date.

~ Paul Wallace, Principal

Assistant Principal's Report

Mindfulness

Mindfulness activities (such as guided mindfulness or mindfulness colouring) are used at Fairfield Primary School in classrooms across the school.

These activities can assist in increasing focus and attention and promote a calm and productive learning environment.

Mindfulness is state of being that encourages us to slow down, focus on the present and accept things as they are.

When we do this, we are less distracted by thoughts of the future and the past, which can often make us worry and stop us from enjoying the present moment. It is a practical way to notice thoughts, physical sensations, sights, sounds, smells or anything that you might not normally notice. It is about learning to control where our attention lies, rather than allowing it to be dominated by concerns, which take us away from experiencing the present moment. It allows us to stay open, curious and flexible about the present.



What are the benefits?

It can help you feel calmer, bring clarity and enhance your creativity and awareness. Research has found many other benefits, including:

- Reduced rumination (continuously thinking about upsetting situations and things)
- Reduced stress, anxiety and depression
- Improved focus and working memory (being able to recall and use relevant information)
- Improved immune function (resistance to disease)
- Increased self-awareness, social awareness and self-confidence

Gently redirecting children and young people to the present moment and self-awareness benefits them by:

- Improving resilience (building skills to cope better with stress)
- Increasing their ability to self-regulate through breathing and other grounding techniques, especially difficult emotions such as fear and anger
- Improving empathy (their ability to understand how another person is feeling, which helps them to build positive relationships).

How do you practise mindfulness?

Mindful meditation is about concentrating on your breathing while observing any thoughts or feelings that come up. You notice your experience, thoughts and emotions with a sense of curiosity and keep bringing your attention back to your breathing every time you notice your mind wandering to the past or the future.

- Adopt a relaxed posture
- Focus your awareness on your breath
- Observe and acknowledge what you're experiencing in that moment, without trying to change your thoughts or solve any problems that arise
- Focus on the sensations you experience as you breathe. You could say to yourself something like "relax" or "let go" with every exhale
- If you have any strong thoughts or feelings, you can say to yourself, "It's okay, I can make space for this feeling", and focus your attention back on your breath.

For more information refer to:

- [Beyond Blue](#)
- [Smiling Mind](#)
- [Headspace](#)

~ Sarah Abbott, Assistant Principal

Community News

We Need your Citrus and Jars!

Our dedicated team of jam makers are ready to start producing preserves for the 2020 FPS school fair. As it is citrus season, they are keen to start making lemon curd, marmalade and other related preserves.

How can you help?

Leave the following on the table by the office:

- Donate your small clean jars with lids (250 – 500ml)
- Got an abundance of citrus growing in your garden? Bring in lemons, limes, oranges, etc.

Working Bee: Sunday 25 August, 10am – 2pm

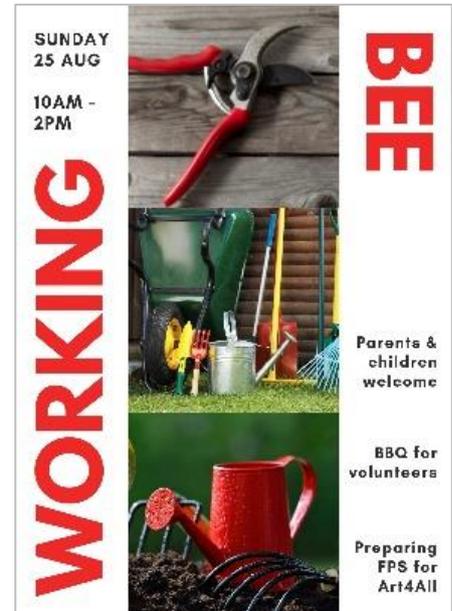
To help prepare for Art4All, we are holding a Working/Organising Bee on **Sunday 25 August**, from **10am – 2pm**.

We hope that many parents (and children) can come along to spend an hour or so helping – either tidying and gardening around the school grounds or helping with specific Art4All set-up tasks.

Our working bees are great community days and it is a chance to catch up with families and have a BBQ at the end of the morning. To help with numbers, [please sign up if you plan to attend](#).

Come along – your contribution will be most appreciated!

~ Buildings & Grounds Committee and Art4All Committee



Father's Day / Special Person's Breakfast: Friday 30 August

We invite all Dads and Special People to join us for a celebratory breakfast on **Friday 30 August**. Come along between **7:30 – 8:45am**, and enjoy a delicious hot roll and a coffee with your children. In addition, feel free to bring a ball and challenge your children to a game on the new sports court, or explore the new playground.

What's for breakfast?

We are offering two delicious breakfast options. Each item costs \$5. Cash and card accepted.

- Egg and bacon roll
- Egg and cheese roll (vegetarian)

There will also be a coffee cart onsite to provide the perfect accompaniment to breakfast.

Volunteers Needed

We need some volunteers on the day to help set-up, cook, serve, and clean up. If you are available and have a WWCC, we would love to have your help. [Please sign up here](#).

~ The Community Committee



Thornbury High School: Uniform Survey

Thornbury High School is in the process of developing a new school uniform for 2020 and onwards. The school is requesting parent feedback regarding two options that they are considering. If you would like to view the uniform and complete the survey, [please click here](#).

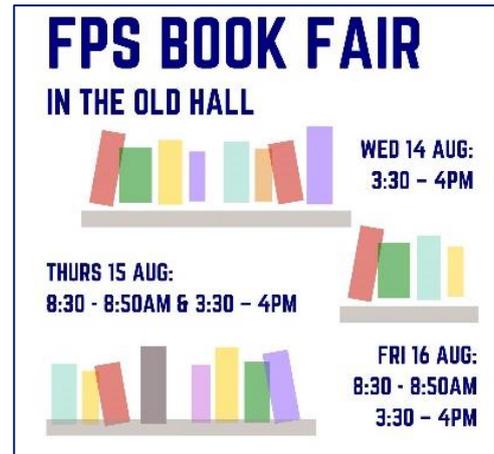
Book Fair: Wednesday 14 – Friday 16 August

Each year, as part of our Book Week celebrations, we host a Book Fair at FPS in the Old Hall where students can browse and make a purchase from a range of books and stationery.

The school receives a proportion of all sales, and this money is used to supplement our library collection.

Book Fair times are:

- **Wednesday 14 August**, from 3:30 – 4pm
- **Thursday 15 August**, from 8:30 - 8:50am; 3:30 – 4:00pm
- **Friday 16 August**, from, 8:30 - 8:50am; 3:30 – 4:00pm



Book Week Celebrations

To celebrate Book Week and the announcement of the Children's Book Council of Australia *Book of the Year* winners, students have the opportunity to engage in a variety of literacy activities.

Book Week Parade: Wednesday 21 August at 9:15am

- Children may choose to dress up for the parade and/or display their book of choice. Our parade will be held on the netball court (weather permitting).

Literacy Activities: Wednesday 21 August

- After recess, the students will work in mixed year levels groups to explore one of the shortlisted books.

Author/Illustrator Workshops:

- **Foundation:** visit from Lucinda Gifford on Wednesday 28 August. Lucinda will read one of her stories and discuss the inspiration for her book '*Dogasaurus*' and other texts.
- **Year 1, 2 & 3:** visit from Sally Rippon on Thursday 22 August. Sally will talk to students about the inspiration for her '*Billie B. Brown*' and '*Hey Jack!*' books.
- **Years 4, 5 & 6:** visit from Mat Larkin on Tuesday 20 August. Mat, author of '*The Orchard Underground*' will speak to students about the inspiration for his books and provide an interactive story writing session on how to write a superhero story.



A big thank you to Heather from *Fairfield Books*, who was instrumental in helping to arrange the author talks, making author recommendations and passing on contact details – THANKS!

A Spotlight on Foundation

Celebrating Independence and Learning

After a good rest, we have now welcomed our second semester at school. Celebrating our growing independence with writing, we are exploring all things narrative this term!

Exploration has been full to the brim with telling, writing and performing stories, putting on plays, wildlife shows and punk band performances. To improve the authenticity of these performances the children have also created backdrops and props, made costumes, sold tickets, numbered the seats in the "theatre" and sold popcorn to audience members.



A performance of the 'Three Billy Goats Gruff'

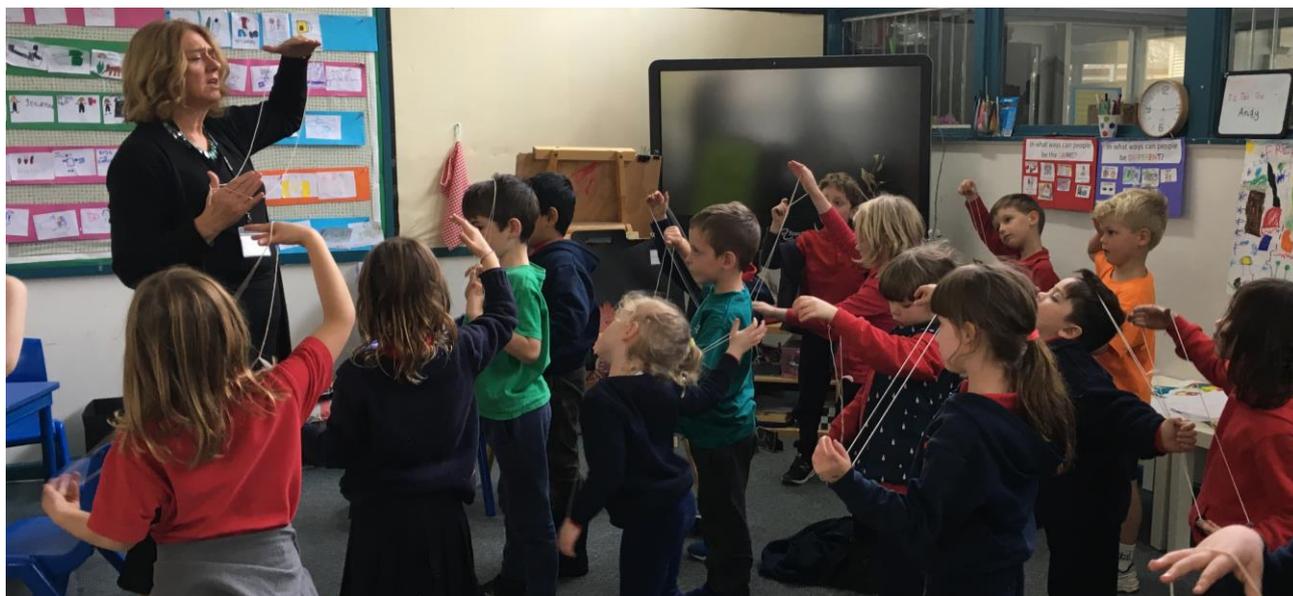
To support this learning, we have begun a unit exploring narratives in literacy sessions. Children are learning the difference between fiction and non-fiction texts, identifying features of narratives including titles, page numbers, dedications, authors and blurbs. They have been finding the beginning, middle and ends of stories we have read, and are working toward finding the problem in narratives that makes them interesting.



Children have been enjoying sharing their own stories with a beginning, middle and end. This week they will be sharing an 'Ouch!' story and a 'Lost!' story of their own and the Foundation teachers are looking forward to hearing their stories with interesting problems and whether they have a happy ending!

One of the great things about narrative writing is that everyone has a story to tell and it can be as simple or complex as you would like.

Early in the term, we had a visit from Beth Cregan who opened our eyes to the beauty and simplicity of storytelling. She showed us a few great ways of appropriating common stories and making them our own. The children explored ways of telling stories with magic string (as pictured), acted stories out and planned a story with an invented character.



This week the children engaged in a *Trash Puppet* incursion with Ben and Jess. With a focus on sustainability, they repurposed materials destined for the bin and with some masking tape, scissors and their imagination, they created the most amazing puppets.



The foundation teachers are astounded by the progress in writing so far and each child should feel very proud of the effort, engagement and enthusiasm they are bringing to these experiences. We are looking forward to more narrative experiences including Book Week celebrations later in the term!

~ Foundation Teachers and Students

A Focus on Physical Education

Athletics

The Year 3 – 6 House Athletics Carnival was a successful day – it is always great to see students cheering on their peers and giving their all in the track and field events. Following on from the carnival, we have 42 students representing FPS at the Northcote District Athletics Carnival on Monday 19 August – we wish them the best as they compete.



Foundation – Year 2

Students are continuing to practise and improve their fundamental motor skills. Last term the focus was on throwing and catching – skills that are used in a multiple sports. This term students have already practised two-handed throwing and passing skills, including rugby passes, handballs, shooting for basketball and netball. Students are now engaged in activities to help improve their kicking skills, which are used in both soccer and football. Next, they will focus on striking skills used in games such as tennis, cricket and hockey.

Year 3 & 4

Over the coming weeks the Year 3 and 4 students will be playing a variety of games to explore and discuss fair play and honesty. The children will be encouraged to resolve their own conflicts that can sometimes arise when playing simple games.

Year 5

While playing modified versions of invasion games such as European handball and indoor soccer, the Year 5 students will be exploring strategies, specifically those around defence. I hope that there will be great discussion around the role of defenders, positioning of defensive players and defender's role in attack.

Year 6

Year 6 children will also be playing modified versions of invasion games with the focus on rules, interpretations and umpiring. The goal for the Year 6 students is to umpire a game played by their peers fairly and honestly. We will also explore the reasons why rules are modified and how an umpire may interpret rules in different ways dependent on the situation.

~ Geoff McShane, Physical Education Teacher