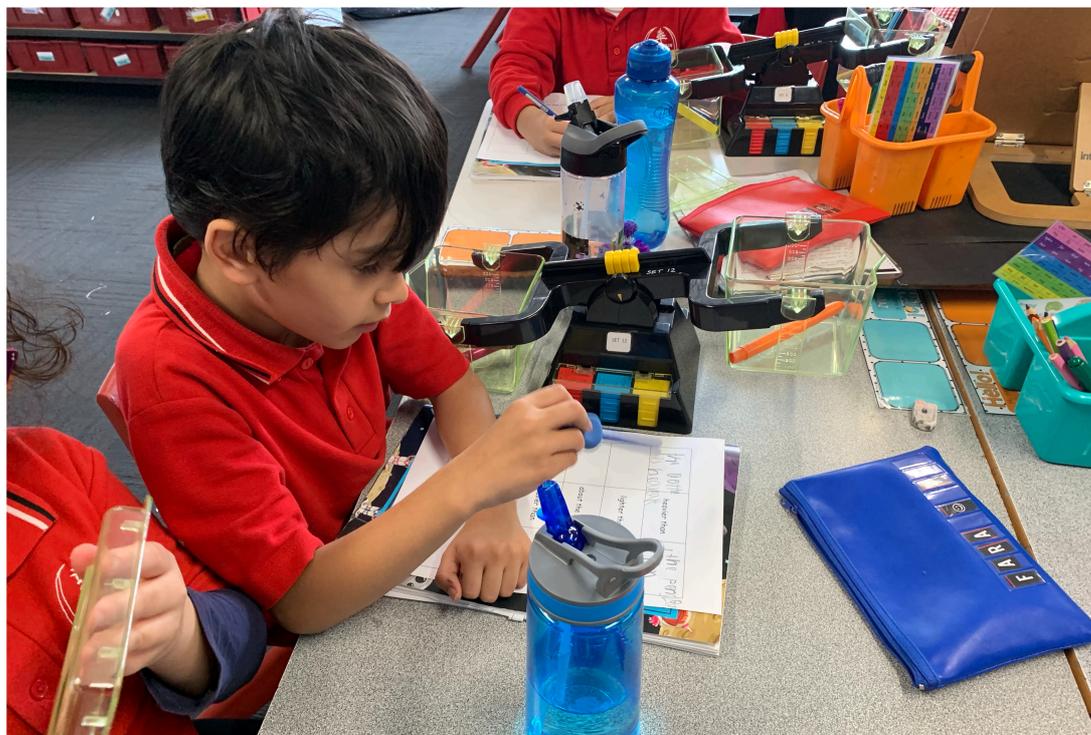


# Fountain Gate Primary School

*A community of focused learners who share their curiosity, voice and expertise with others.*



## Calendar Dates

**June 2022**

**27/5 - 3/6:**

Reconciliation Week

**2/6:** Free Dress Day Gold Coin Donation

**3/6:** Whole School Assembly

**7/6:** Myuna Farm Excursion  
Prep Students

**8/6:** Winter Lightning Premiership  
Grade 6 Students

**10/6:** Nude Food Day  
Run by SRC

**13/6:** Queen's Birthday  
Public Holiday  
School Closed

**24/6:** Last Day of Term  
Students finish @ 2.30pm  
House Day  
Students can wear house colours to school

## Principal's Report

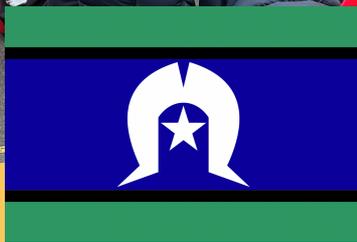
**Curriculum Day: Friday 20th May**

As you will know we had our third Curriculum Day last week. We spent the day onsite as a whole staff learning together. We explored and extended our knowledge on differentiation in maths to better meet the needs of all our students. The staff engaged with professional readings, watched videos of school case studies and experts in differentiation to strengthen our understanding. Teams then had the opportunity to reflect on their planning and how these reflect our new knowledge and how this will inform teaching and learning moving forward. The staff formed expert groups throughout the day and were able to share their knowledge with other groups. Collaboration and the focus area of differentiation in maths will continue to be a focus for all staff this year and is a direct link to our Annual Implementation Plan. The engagement of the staff throughout the day reflected their commitment to being lifelong learners.



# National Reconciliation Week

National Reconciliation Week—held every year from 27 May to 3 June—is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. Fountain Gate Primary School celebrated this important event starting with a special assembly on Monday 30th May where we invited Ash & Danny from the Bunurong Land Council Aboriginal Corporation to address the school with a Welcome to Country and a Smoking Ceremony. All staff and students participated in a range of activities throughout the week to advance their understanding of reconciliation within their own places and their own lives. On a personal level, I encourage you to think about what you can do locally and take the time to learn about the rich Aboriginal and Torres Strait Islander cultures that exists in Australia. And, importantly, find the time to talk with your family and friends about why it's important for all Australians to build respectful relationships with each other, and especially with Aboriginal and Torres Strait Islander peoples.



**BE BRAVE.  
MAKE  
CHANGE.**

**NATIONAL RECONCILIATION WEEK 2022** 27 MAY – 3 JUNE  
#NRW2022



**RECONCILIATION  
AUSTRALIA**

## **Winter Is Here!**

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Yesterday marked the beginning of Winter, and the cold weather has definitely arrived in Melbourne! We encourage all students to come to school with a jumper or jacket to block out the cold when they are playing in the yard. Students can also wear a beanie, gloves, scarf and a raincoat to protect them from the weather.



School Bomber Jackets and Jumpers can be purchased from Beleza School Uniforms [*Shop 7/ 151 - 159 Princess Highway, Hallam | Mon - Fri 9:00am to 5:00pm, Saturday 9:00am - 1:00pm.*]

You can also get a plain black or red jacket/jumper/raincoat from stores such as K Mart, Best & Less or Target.

For those experiencing financial hardship, uniform is available through State School's Relief. Please contact the office on 9703 1187 for more information.



## **Building Works**

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Currently the school is in the process of having to update Fire Hydrants that are in need of some repair. The VSBA which is the Victorian School Building Authority who is responsible for infrastructure improvements are supporting the school to coordinate this. We will be having works completed at the school over the next couple of months. This will mean that we have some minor disruptions to certain areas of the school which will be fenced off to sustain a safe and orderly environment. The school community will be updated with further details of the works that take place along with which areas will be affected. We hope that the bulk of this work is able to be completed in the upcoming school holidays.



# District Cross Country

Congratulations to our team of 35 students for your participation in the 'District Cross Country' last Tuesday at Sweeney Reserve in Berwick! What a beautiful day it was for the big event. Over 300 of the very best long distance runners in the Narre Warren and Berwick area raced over a gruelling 3 kilometre course and we had some outstanding representatives from FGPS. Thank you to Miss Panayi and Mr Heathwood for supporting our team and the overall event. Also a big thank you to Aidan, Narges and Atia who acted as marshals on the course and were also a huge support for our team of students on Tuesday. Top 25 finishers are listed below however, all runners should be very proud of their efforts! Good luck to Kaussar from 5A and Odeta from 6B who both qualified for the Regional Cross Country Championships next week.

Jarrold Parsons  
Physical Education



Name	Grade	Position
Hikmat H	4C	20th
Yash A	4H	25th
Basheera A	5/6W	23rd
Kaussar K	5A	9th
Ela A	5A	25th
Iraj H	5M	24th
Ghazi B	6B	25th

Name	Grade	Position
Odeta B	6B	10th
Anna L	6B	20th
Irfan R	6B	14th
Samina S	6D	21st
Annabelle D	6D	21st
Afaq C	6D	24th
Vivian C	6P	21st

# 150 years of education!



We celebrated 150 years of public education last Wednesday. We went back in time and experienced what school was like 150 years ago. The school immersed themselves into the past, by following strict rules such as standing when talking, posture lessons, cursive handwriting lessons and even using a real bell!! Thank you to everyone who dressed up and participated in the activities. What a fantastic day!



# CONGRATULATIONS TO OUR ART COMPETITION WINNERS!

Celebrating 150 Years of Public Education in Australia!



## PREP WINNERS

ARTIST: MARYAM  
GRADE: PREP U  
TITLE: MY SCHOOL

ARTIST: HARRY  
GRADE: PREP D  
TITLE: SCHOOL

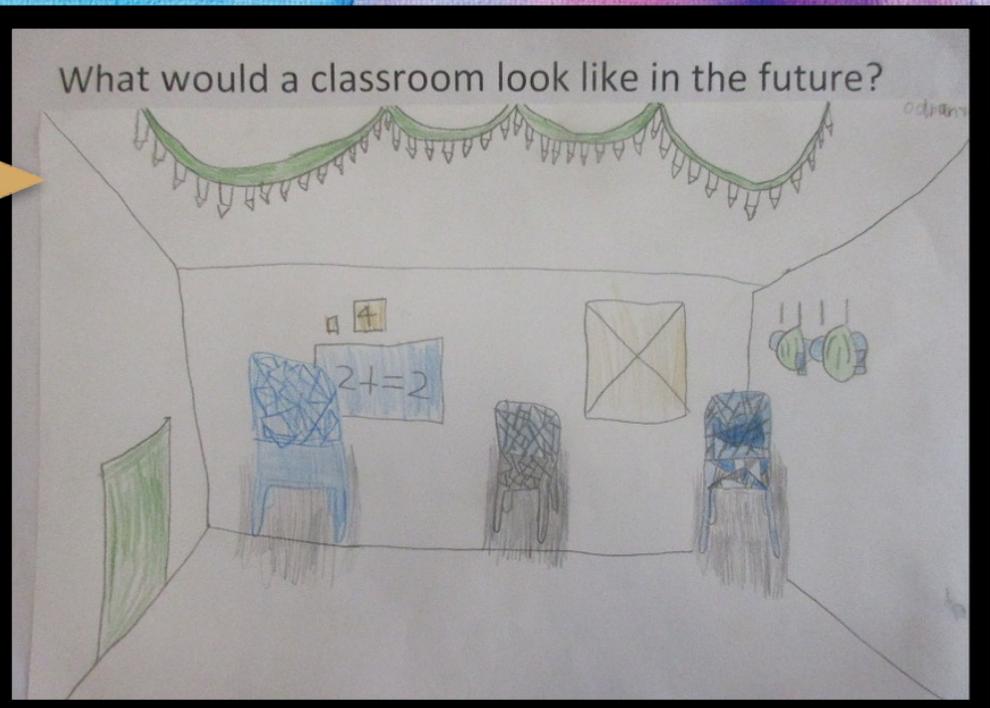


GRADE 6  
WINNER

ARTIST: MOBINA  
GRADE: 6B  
TITLE: EXCURSION TO PLUTO

**GRADE 1  
WINNER**

ARTIST: FERNANDO  
GRADE: 1K  
TITLE: A CLASSROOM  
WITH AN INVISIBLE  
TEACHER



**GRADE 2  
WINNER**

ARTIST: SOFIYAH  
GRADE: 2D  
TITLE: THE FUTURE  
CLASSROOM



**GRADE 3  
WINNER**

ARTIST: ABHIJOT  
GRADE: 3M  
TITLE: FUTURE SCIENCE





**GRADE 3  
WINNER**

ARTIST: ISABELLA  
GRADE: 3H  
TITLE: MY ROBOT  
TEACHER

**GRADE 4  
WINNER**

ARTIST: ROKHSAR  
GRADE: 4C  
TITLE: MAKEUP  
SCHOOL



**GRADE 5  
WINNER**

ARTIST: ELA  
GRADE: 5A  
TITLE: SPACE  
CLASSROOMS





## WHAT IS NUDE FOOD?

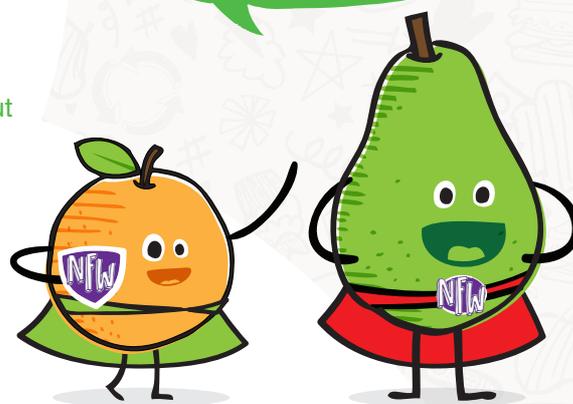
**NUDE FOOD** is simply food that is not wrapped in foil, plastic or commercial packaging.

The best type of nude food consists mainly of fresh food, so that it is healthy and nutritious PLUS environmentally friendly.

Promoting Nude Food empowers students to make conscious choices about what they eat, and encourages them to think about their impact on the environment (and their health). You might be amazed with how enthused your child can become on this...



I'M A NUDE FOOD WARRIOR



### ✓ TO PACK A NUDE FOOD LUNCH OR SNACK, YOU WILL NEED:

- Cutlery from home is better than throwaway plastic ones
- Plastic or metal drink bottles are recommended for refilling with water
- Reusable containers for putting all of your food, snacks and drinks into
- Lunch boxes that have lots of separate sections can be useful to avoid lost lids or containers

### ✗ TRY TO AVOID:

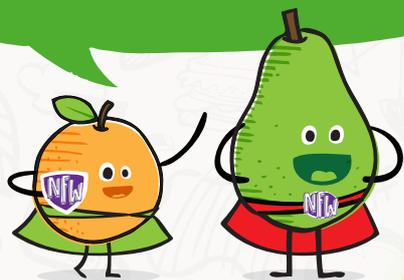
- Zip lock or plastic bags, plastic wrap or aluminium foil
- Tetra packed drinks, single serve yoghurts and cheese
- Single use plastic forks and spoons
- Prepackaged food, i.e. biscuits, snack bars and chips

### TIPS FOR PACKING NUDE FOOD LUNCHES:

- Try to involve the kids in helping decide what to take. This will help to avoid uneaten foods being thrown out, plus will save your family money as well. Also, remember to praise your child if they do eat something healthy which is new for them.
- Try to pack the lunches the night before and store in the fridge overnight to avoid the mad rush in the morning.
- If your child normally enjoys chips, yoghurt or other prepackaged snacks, buy these in a larger format and you can decant these into smaller reusable containers or lunchbox.
- If your child does enjoy chips, why not try making your own veggie versions using sliced beetroot, parsnip or sweet potato and baking in the oven?
- Try to use fruit and vegetables that are in season. Seasonal produce is friendly to the environment as well as to your budget, as less fuels are used to transport it into your supermarket.
- Go to [www.nudefoodday.com.au/resources](http://www.nudefoodday.com.au/resources) for Nude Food recipe ideas.

# HOW TO PACK A NUDE FOOD LUNCH

The Nude Food Warriors have created a step-by-step guide to make packing a Nude Food Lunch easy as 1, 2, 3!



## STEP 1

Choose the main lunch item, it may be something from the list below or a Nude Food creation of your own

- Sandwich/ Roll
- Wrap/Pita
- Frittata/Quiche
- Pasta/Pasta Salad
- Salad
- Sushi/Rice Paper Rolls
- Noodles
- Stir Fry
- Egg Muffins

## STEP 2

Select your fruit

Apple	Berries
Orange	Fruit Salad
Banana	Pear
Grapes	Mandarin
Watermelon	Kiwi Fruit

## STEP 3

Pick a nutritious Nude Food snack

- Yoghurt
- Vegetable Sticks and dip
- Cheese and crackers
- Popcorn (natural)
- Rice Crackers
- Vege chips (homemade)
- Pretzels

## STEP 4

Dont Forget Hydration!

Fill your favourite reusable drink bottle with filtered of tap water! Remember to refill throughout the day to make sure you stay hydrated!

Stuck on what to pack your Nude Food Lunch in? Turn over for some great storage ideas!



Join the Nude Food  
**MOVEMENT**



Keep  
Australia  
Beautiful



# WHAT TO PACK MY NUDE FOOD LUNCH IN



Now you have your Nude Food Lunch planned you need to find something to pack it in.

## STEP 1

Will you be using an all in one lunchbox, or packing items separately?

Please see all in one lunchbox options below or if you're packing items separately skip to Step 2



Check out our Coolskins/Light Lunch Bags to effortlessly insulate your lunch!\*



Don't have a Rubbish Free Lunchbox? Don't despair! You can use smaller products in steps 2-4 to pack your lunch.

\*An insulated lunch box or bag is a great way to keep all your lunch items together

## STEP 2

Products to store your lunch!



## STEP 3

Products to keep your fruit in shape and fresh



## STEP 4

Buy your favorite Nude Food Snacks in bulk and send them to school using these handy containers



**SUCCESS!** You have packed a healthy, rubbish free lunch that will not only save you money but help save the planet!

\* You can find Nude Food Movers products at major supermarkets and retailers all around the world! Go to [www.nudefoodmovers.com.au](http://www.nudefoodmovers.com.au)



Join the Nude Food MOVEMENT



Keep Australia Beautiful

WHEN YOUR CHILD FEELS SOMETHING IS HARD,  
USE THE PHRASE 'CHOOSE YOUR HARD'.

This phrase will help your child understand that when they choose NOT to do hard things, **it usually comes with a natural consequence** that is also hard.

When your child doesn't want to clean their room



It feels hard to clean your room. It also feels hard when you can't find things when the room is a mess. **Choose your hard.**

When your child doesn't want to practice



It feels hard to practice every day. It also feels hard when you don't improve. **Choose your hard.**

When your child refuses to pack their backpack



It feels hard to pack your backpack for tomorrow. It also feels hard to rush in the morning. **Choose your hard.**

CHOOSE YOUR **HARD**...

It can be hard to eat well and exercise. **It's also hard to** feel unhealthy and unfit.

It can be hard to say the truth. **It's also hard to** live with lying.

THE NEXT TIME YOUR CHILD IS TEMPTED NOT TO DO SOMETHING BECAUSE IT FEELS HARD...  
**REMIND THEM OF THIS CONCEPT AND HELP THEM CHOOSE WISELY.**





## Book Club

Orders Close 8th June 2022. Cash Payments will NOT be accepted. Please order through the website.



# HOMEWORK CLUB



**3:15 - 5:00pm**  
**\$10 per session, paid via Qkr App**

## 24/7 Mental Health Services

### Beyond Blue

*Anyone feeling anxious or depressed*

1300 22 4636

[beyondblue.org.au](http://beyondblue.org.au)

### Kids Helpline

*Counselling for young people aged 5 to 25*

1800 55 1800

[kidshelpline.com.au](http://kidshelpline.com.au)

### MensLine Australia

*Men with emotional or relationship concerns*

1300 78 99 78

[mensline.org.au](http://mensline.org.au)

### Open Arms

*Veterans and families counselling*

1800 011 046

[openarms.gov.au](http://openarms.gov.au)

### Lifeline

*Anyone having a personal crisis*

13 11 14

[lifeline.org.au](http://lifeline.org.au)

### Suicide Call Back Service

*Anyone thinking about suicide*

1300 659 467

[suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>English Class</p> <p>9:00am to 11:00am</p> 	<p>English Class</p> <p>9:00am to 11:00am</p> 	<p>English Class</p> <p>9:00am to 11:00am</p> 	<p>Little Cuties Playgroup</p> <p>9:15am to 10:45am</p> 	<p>Citizenship Beginner Class</p> <p>9:00am to 11:00am</p>  <p><b>RSVP</b></p>
<p>Sewing class Intermediate</p> <p>11:00am to 1:00pm</p>  <p><b>RSVP</b></p>	<p>Conversation English Class</p> <p>11:00am to 12:00pm</p> 	<p>Coffee &amp; Chat with Beauty and healthy lifestyle tips</p> <p>11:00am to 12:00pm</p> 	<p>English Class</p> <p>9:00am to 11:00am</p> 	<p>Citizenship Intermediate Class</p> <p>11:30am to 1:00pm</p>  <p><b>RSVP</b></p>
<p>Sewing class Beginner</p> <p>1:30pm to 3:00pm</p>  <p><b>RSVP</b></p>	<p>Drop in to Meet Naz</p> <p>2:00pm to 3:00pm</p> 		<p>Coffee and Craft</p> <p>11:15am to 12:30pm</p> 	



**Naz**  
Community Hub Coordinator



# SAFE AROUND SCHOOLS



## Following Road Signs Around Schools

As we move through the weeks of Term 2, it is important that we continue to drive safely around schools and ensure we are following the road signs. Schools are busy places, and the signs can sometimes seem confusing. Here are some of the road signs you may see around schools:



This is a **No Parking** sign. This sign is seen in areas that are used as a **Drop off Pick up Zone**. You cannot leave your vehicle unattended and you cannot stop for more than **two minutes**. The times may be a little different at each school, but the rules are the same. Fines can apply if the signs are not followed.

This sign tells us that we are driving in a **School Zone**. The speed limit around schools is **40km** on school days between 8.00am and 9.30am and 2.30pm and 4.00pm. Slow down and keep children safe.



This is a **No Stopping** sign. This sign means you **cannot stop** your car for any reason, at any time. No Stopping zones are there because it is **dangerous** for a car to stop there for any amount of time. Dropping off a child in a No Stopping zone is **illegal** and dangerous.

### Contact the City of Casey:

**Web:** [www.casey.vic.gov.au/safe-around-schools](http://www.casey.vic.gov.au/safe-around-schools)  
**Email:** [Safearoundschools@casey.vic.gov.au](mailto:Safearoundschools@casey.vic.gov.au)  
**Phone:** 03 9705 5200  
**Post:** PO Box 1000, Narre Warren VIC 3805  
**NRS:** 133 677 (for the deaf, hearing or speech impaired)

### Customer Service Centres:

**Narre Warren:** Bunjil Place, Patrick Northeast Drive  
**Cranbourne:** Cranbourne Park Shopping Centre  
**ABN:** 43 320 295 742





# U8'S & U10'S PLAYERS NEEDED

The Casey Basketball Association are looking for new boys and girls players aged 5-9 to start playing basketball!

Games are played on Thursdays or Saturdays!

**TO REGISTER YOUR INTEREST VISIT**  
**[caseybasketball.com.au/play](http://caseybasketball.com.au/play)**