

THE CONVERSATION

WEEK 2 | TERM 2 | 2018

IMPORTANT DATES

2018 - Term 2

Information Briefings and Tours

Friday 25th May
Friday 22nd June
9:00 - 11.00am

Trial Days

Tuesday 29th May
Monday 25th June
9am-4pm

Kindergarten Information Morning Tea

TUESDAY 5th June
9:30 - 11:00am

Parent Connect

High School - Week 4

First session:
IFTS Cafe 7.30am - 8.30am

Second session:
Building 25 6pm - 7pm

Primary School - Weeks 5 & 6

Years 3-6 Week 5
IFTS Cafe 7.30am to 8.30am

Years K-2 Week 6
IFTS Cafe 7.30am to 8.30am

Principal's Message

We hear the students are enjoying home rooms. The reason for their introduction? Home rooms are in line with our strategic plan to create genuine connections between students and staff.

High School

The Stage 5 Geography class is building a learning wall...brick by brick..starting with 'Biomes'. **Why do we need to know about Biomes?** Think of the word...**Bio Me**...it is an ancient Greek word, used in Science and Geography for naming things in a 'scientific' way.

Breaking the word down, 'Bio' relates to life and the living, 'Me'. So, it is of value to learn about Biomes since these pockets of life varying in climate and vegetation affect us

all in many different ways. They grow our cotton for clothing, they produce our fuel to power industry and probably the most important reason, they feed us. With more people in the world, we have more 'me' to feed so what better place to start to understand the importance of Biomes. Are you curious to know more? You are welcome to pop into Stage 5 and check out our ever growing learning wall.



VET course

Great to see our Year 10 VET volunteer team at it once again at Parklands PreSchool. Supporting the children's learning, language and ideas through play they were lead by the 3 to 5 year olds at the flower shop, cafe and nail salon.



IFTS OFFICE - BLDG 16

MONDAY - FRIDAY

8:45am - 4:30pm

**IFTS UNIFORM SHOP
BLDG 17**

**WEDNESDAY and
THURSDAY 9am-3.30pm**

Kerry D and Julie



Ready for the cooler weather approaching the new IFTS tracksuits have been rolled out.

**IFTS SUSTAINABILITY
INITIATIVES**

BYO COFFEE CUPS (large or small) - available to all at the IFTS cafe for a modest 10 dollars, including a free coffee !!!



Primary School

JUNIOR SCHOOL ACADEMIC TIMETABLE UPDATE

Based on feedback from students and parents we've re-jigged our Term 2 academic timetable. Lunch is now at 1pm and there is a 40-minute time slot for students to eat and play. Morning tea break is around 11am.



Give me a break !

We have also introduced 10-15 minute brain breaks at the end of each academic session. Mathematics is a 60-minute lesson, English 85 minutes and the Project session, now called ERP's (Educational Research Projects), now 50 minutes.

A vast amount of research shows how effective shorter sessions with regular brain breaks are. Brain breaks provide better learning outcomes and also provide scope for social-emotional development. This includes opportunities for your child to establish positive and rewarding relationships with others (Cohen and Others 2005). The Fins, considered world leaders in education and emotional intelligence, have had this as a part of their school system since the 1960's and the research into the positive outcomes is compelling. Pellegrini (2005), argues that a school day with more frequent breaks might positively affect children's cognitive performance and social competence.

That children's social competence develops in the context of interacting with their peers is especially important in light of the fact that children are rapidly losing opportunities to interact with peers, due to pressures from digital media and other mediums. Lots of breaks without technology will hopefully create chances for this to happen. Ultimately, regular breaks lead to greater productivity and creativity in the structured classroom setting. As Daniel Levitin, professor of psychology and behavioural neuroscience points out "You need to give your brain time to consolidate all the information that's come in". Hopefully this has given you some context around why we are choosing to do this.

Multi Sport

Cross Country Trials

22 May - Meet at Cafe Fields

Primary School 10-11am

High School 2-3pm

Students wishing to trial for IFTS Cross Country team need to attend this event. If successful, CDSSA Cross Country Championships are on 25th May at Centennial Park, Sydney.

Distances:

12 & 13 years boys and girls - 3kms
 14 & 15 years boys and girls - 4kms
 16 & 17 years boys 6km, girls 4kms
 18 years boys 8km, girls 6kms

ALUMNI

Have you seen what Trent Buhagiar is up to these days? Click the link below for the latest: <https://www.a-league.com.au/news/sydney-fc-sign-trent-buhagiar-central-coast-mariners-a-league-transfer>



FUTSAL

Central Coast Regional Futsal championships

Tuesday 12th June – 14 Boys & 14 Girls

Thursday 14th June – 16 Boys & Girls

Friday 15th June – Open Boys & Girls

On The Pitch

One - Star series games at IFTS in Term 2

Wednesday 16th May- vs South at IFTS

Monday 28th May- vs North at IFTS

Wednesday 13th June- vs South at IFTS

Monday 25th June- vs North at IFTS

Congratulations to Mason Wells, Jacob Farrell and Blair Ryan who have made the U16's AICES Team for 2018.

Congratulations also to our Bill Turner girls and boys teams, both with wins in the second round. It's the first time our boys team has progressed through to the 3rd round - history in the making and a great effort all round.

Tennis

It's been a very busy but enjoyable start to term 2 for all our players. We had a great team tour to the Bathurst Australian Money Tour / Junior Tour event; the standout achievements being Adrain Foster and his partner winning the under 16's boys doubles final against Keanu Vique and his partner.

Angelo Vumbaca also gained his first ever Australian ranking points.

Hot Shots

Sean Carson has developed an exceptional program which will continue to evolve through out the year, with a great mix of technical drills, fun team games, point play and their athletic program.

Club Phase

The club phase of our program continues to grow with some players now progressing into the performance group. Our IFTS cup matches on Friday have been closely fought with some great tennis being played.

Performance Groups

We saw some great improvements in our high performance groups - the students personal athletic program sprint times posting quite a few PB's. They have also set a high standard with their goal setting and professional attitude toward their training program.

PKC MasterChef event

Tuesday 22nd May



IFTS K-12 SCHOOL

PKC MASTER CHEF

Children participate in a cooking session in our school cafe with our very own professional chefs. They will then get to eat and enjoy their very own creation!

DONT FORGET TO BRING A DRINK BOTTLE ALONG AND YOUR APPETITE!

**TUESDAY 22ND MAY
9:30-10:30AM
IFTS SCHOOL CAFE**

If you would like to come along dont forget to RSVP to pfell@ifts.nsw.edu.au if you havent already!

9.30-10.30am

School Lunches

12.00 - 12.20 stage 6
 12.20 - 12.40 stage 4
 12.40 - 1.00 stage 5
 1.00 - 1.20 kindy stage 1
 1.20 - 1.40 stage 2 and 3.

Recycling

Coles has a great community recycling initiative for plastics. Take your biscuit packets, bread bags, confectionery packets, shopping bags, produce bags, frozen food packets and more along to the store



Kindergarten and Pre-Kindy Club

Our next **Kindergarten Information Morning Tea and Tour** is Tuesday 5th June 9:30am - 11:00am. To book in please email Peta Fell at pfell@ifts.nsw.edu.au

The next **Pre Kindy Club** event that we're all looking forward to on Tuesday 22nd May is PKC Master Chef - a morning of learning and fun for all in the IFTS Cafe'.

Parenting Skills

Book your place on this 4-week course course to transform the relationship you have with your child, June 7th, 14th, 21st, 28th.



THE AWARE PARENT COURSE

Would you like to update your parenting toolbox and transform the relationship you have with your child?

The 4 week Aware Parent Course provides a supportive environment to:

- Decode challenging behaviours
- Increase cooperation
- Open communication channels
- Improve your child's social and emotional intelligence
- Make family life more fun and satisfying

Course Details:
 Time: 7pm - 8:30pm
 Dates: Thursdays on June 7th, 14th, 21st, 28th
 Place: International Football School - Kariong
 Investment: \$120 plus GST

If you would like a quick chat with parent educator, Alana Holtmann please call 04 15499061

To register go to:
www.theawareparent.com

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We are currently conducting trials in women's health and Diabetes amongst many other disease indications.

