



*“People
before
things”*

JANUARY 2008

PRACTICAL POINTS FOR PARENTS

**Fitzroy Community School
NEWSLETTER**

ARRIVAL TIMES AND BEFORE SCHOOL CARE

Official start time is 8.45 am. Staff are on duty as from 8am. Children and staff are called to the (compulsory) morning meeting at 8.50am. Parents are welcome. Visiting teachers are welcome.

MORNING MEETINGS

Morning Meetings are an important part of our school life and ethos wherein many valuable issues are discussed. Our expectation is that children will be here in time to be called at 8.50am. Meetings occur on Monday, Tuesday and Thursday.

LUNCH MUNCH

The children do not bring lunch to school. They make it here. Sometimes there is a hot meal.

This sharing of common food is a key feature of this school. It contributes to the

development of living skills and to a family atmosphere.

We ask parents to support this practice with their children because of the community spirit it helps create.

Both herbivores and omnivores are routinely catered for. If your child has special dietary or medical requirements please speak to Jeannette.

Staff, parents and friends, please understand that you too are invited to partake of school food and drink in the school kitchen at any time.

School adults please tidy up after yourself when using the kitchen. Any adults who remind the children to tidy up after themselves are appreciated. Coaching of children in domestic skills is also appreciated.

DAILY FINISHING TIME

School finishes at 3pm. Please collect children for the homeward journey by 3:20pm. When your child has after-school gym or clay please be at school by 3:55/4.55pm to pick them up. There is no supervision outside of these times and activities.



WEEKLY SWIMMING

First swim will be on the second day of term, and every Wednesday thereafter. Bring bathers and towel. Make sure 8-hour sunscreen is applied before school. While weather is hot, swimming is at Fitzroy Pool (Alexander Parade). From March we go to Brunswick Baths (Dawson Street).

LOLLY DAY

On Wednesday afternoons only, children may go to the corner shop for lollies. Prep to Year 4 must wait to be escorted by teachers or parents.

Small children typically bring \$1- on this day. There are to be no lollies or soft drinks at school at any other time. NO chewing or bubble gum EVER !

ROAD SENSE IS ESSENTIAL

We are an inner urban school and we front onto a busy street. We have many outings. Please ensure your children understand that the road is dangerous and that they are not to cross any street without an adult. Please also tell your child not to wait outside the front door.

THE SCHOOL LUNCH MENU

On Tuesdays, Arthur kindly goes to the Vic Market to buy a whole stack of goodies: fruits, veges, breads, meats, olives, cheeses and dips.

We like to offer soup once a week, but need a volunteer to either make it at home, or at school with the kids. This job would be daunting if it were the same person each week, so if possible, we would like a parent or friend to offer this once or twice a year, or if they are really into this activity, once a term.

The cost of all ingredients will be met by the lunch fund, so any cooks will be reimbursed. If this idea appeals, please speak to Tim.

Any other lunch ideas appreciated, especially if the shopping and enacting of them comes with the inspiration!

CONCERNING BOOTS AND SHOES AND EXPENSIVE CLOTHES

There tends to be a bit of an agonised search for footwear and other gear at the end of the school day, especially for small people and especially on hot days (when it has been removed!).

To avoid the necessity for a distressing end to the school day, we recommend several pairs of good quality shoes from the opportunity shop. Same with socks and other clothes.

Most items do tend to resurface eventually, but not always. Also, socks do not need to match!



PARENTS, KEEP IN TOUCH!

Parents are welcome to visit the school at any time on any day - 100% access. Parents who are not able to visit regularly are urged to take at least a couple of hours per term to spend time at the school.

If teachers have any concerns, they will contact parents. Similarly, parents are encouraged to initiate a chat with teachers or to make an appointment if desired – even if only for an update.

On two occasions, once in Term 1 and once in Term 4, there is a Family Day at The Land – the school campsite - to which families and friends are invited. Dates on Calendar. Map available for new families.

Also, every Wednesday there is an adults' afternoon tea 3pm-4pm in the school kitchen – for any parents and/or friends who may wish to stay and chat. Dads too!

[On the (mercifully infrequent) occasions that parents have grown anxious about something, it is almost always the case that

they have not spent any time at school, and have only an imaginary picture of the lifestyle of the school. A picture is worth a thousand words!]

ULTRA VIOLET CONSIDERATIONS AND SPORT

Wednesday swimming in Term 1 will be at Fitzroy Pool. If possible, we would like all children to wear 'rash' vests to protect their skin from the harmful effects of sunlight. Although UV-b exposure from sunlight prevents Vitamin D deficiency (which can lead to certain cancers and osteomalacia), excessive UV-a, UV-b and UV-c radiation can lead to skin cancers, systemic immunosuppression and DNA mutations. At the very least, please cover your little cherubs in sunscreen to prevent ultra violet rays turning them infra red!



If your child is not to swim for any reason, please send a note or speak directly to Tim, Faye or Jeannette.

Please send children to school in appropriate clothing. T-shirts and collared shirts offer better sunlight protection than singlets, and sturdy footwear is preferable to thongs and heels as sport occurs almost everyday.

PARKING LIMITS

During the holidays council has put up parking restriction signs – 2 hours max at any time. Also, please do not double park when dropping off your children; rather park on Freeman Street and enter through the back gate. Thanks!

TENNIS

As most of last year's tennis participants were in year 6, there are many vacancies at the moment. Lessons will commence in the 2nd week of term. Please see Jeanette if interested.

GUITAR

As Paul has now completed his studies, he will have more guitar slots available in 2008. He also teaches guitar privately to adults and children. Please speak to Paul (0415 52 42 32) if interested in lessons for your FCS children, or for private lessons visit: www.melbourne-guitar.com.au.



BIG FISH

Biggies will be swimming most Thursdays and Fridays during Term 1. Don't forget your bathers!

INDEPENDENT SCHOOL PARENTS' WEBSITE

The Parents' Website, hosted by Independent School Parents, will provide parents of children attending independent schools with accurate and up-to-date information about non-government schools, policies and educational issues: www.IndependentSchoolParents.com.au



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