

# Parrot Chatter NEWSLETTER

4 MAY 2026 | TERM 2 WEEK 3

Welcome to Week 2,

What a wonderful end to Term 1 and a lovely start to Term 2. The end of the term saw us celebrate our beautiful little school at the fair. The weather didn't stop us from being able to showcase our incredible community and highlight just how supportive, kind and helpful our parents and staff are here at FPS. A special shout out to Sarah Hopkins, Demmi Kerr, Erin and Cherie for being on the FPS Fair Committee and putting together the organisation for the event, as well as the abundance of parent helpers that helped out in organisation, setting up and packing up for the event. It wouldn't have happened and been such a success without the input from each of you - so thank you.



I also wanted to take this time to reflect on our school community. When I was driving home after the fair, I was so proud to be a part of this community. It is so nice to have families that are there for each other and just step in to help without any question. To also have the response I had from most of you after I shared my news, was something I will always keep with me. During a time of anxiety and uncertainty you all showed you level of understanding and empathy. I was always told that there was something special about being a part of a small community - and the families here are exactly what make it so special - so a credit to you all - thank you.



## FLOWERDALE PRIMARY SCHOOL

*A small school, doing BIG things*

### Staffing update

I would like to again take the time to welcome Debbie to FPS. Debbie is joining us Tues-Thurs covering the 2,3,4 class and the 2-6 class. We are very lucky to have such a wonderful, kind, nurturing and knowledgeable educator joining our team.

### Mother's Day Breakfast

We will be celebrating all the special ladies in our students' lives on Friday the 8<sup>th</sup> of May. We will have a breakfast before school at 8:45am and activities will be running prior to Cross Country beginning at 9:15am.

### COMING UP THIS FORTNIGHT:

8  
MAY

8:45am - Mother's Day Breakfast & activities

8  
MAY

9:15am - FPS Cross Country event - families welcome to attend and cheer!

20  
MAY

District Cross Country - select senior students

22  
MAY

Walk to School Day - meet at Moore's Rd Reserve @ 8:45am



# PRINCIPAL'S REPORT

## THANK YOU

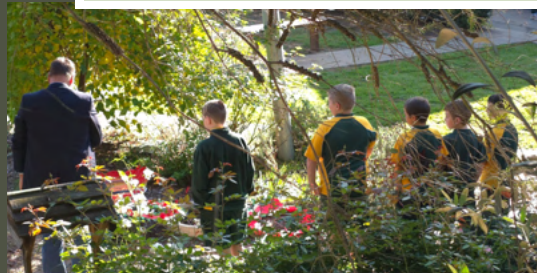
### DISTRICT ATHLETICS

Thank you to Sarah Hopkins and Andrew for taking our students out to District Athletics. I would also like to congratulate the students for their wonderful participation, team spirit and positive attitude throughout the day.

A huge congratulations to our boys who are off to the next level of competition and will be representing our school again. Well done.

### ANZAC DAY

We extend our sincere thanks to Councillor Paul Hildebrand for joining us for our ANZAC Day service.



## REMINDERS

### OSHC

A reminder that FPS offers an Out of Hours School Care Program for before and after school care. If you would like to use this service or learn more about the service, please contact Erin in the office who will be able to explain the amazing program that we have running, as well as any questions about rebates, as these are available.

### WWCC

A reminder that all parent volunteers and school council representatives must provide a copy of your working with children's check to Erin or Cherie in the office. We are so grateful to have so many of you willing to offer your time and come along to school excursions, but we must adhere to the legal requirement of providing your WWCC. Please ensure you do this ASAP even if the excursion has passed.

## ATTENDANCE



WEEK	F/1 CLASS	2/3/4 CLASS	4/5/6 CLASS
1	97%	93%	93%
2	81%	88%	84%



## WELCOME BACK TO TERM 2!

Dear Families and Students,

Welcome back! I hope everyone had a restful and enjoyable break. As we begin Term 2, I would like to take a moment to reconnect as a community and share our ongoing focus on student wellbeing.

At our school, wellbeing is at the heart of everything we do. When students feel safe, supported, and connected, they are better able to engage in learning, build positive relationships, and navigate challenges with confidence. This term, we will continue to strengthen these foundations across all year levels.

### **Our Wellbeing Focus This Term:**

- Building positive relationships and a strong sense of belonging
- Developing emotional awareness and regulation strategies
- Encouraging student voice and agency
- Supporting smooth transitions between home and school

Students will take part in activities that promote kindness, resilience, and respectful communication. We will also continue to provide targeted support for students who may need additional guidance, ensuring every child feels seen, heard, and valued.

### **Working Together**

We know that strong partnerships between home and school make a big difference. If there are any changes at home, concerns, or ways we can better support your child, please don't hesitate to reach out. Open communication helps us provide the best possible care for our students.

Our wellbeing supports, including access to our school counsellor, remain available throughout the term. If you feel your child would benefit from extra support, please contact the school and we can help organise this.

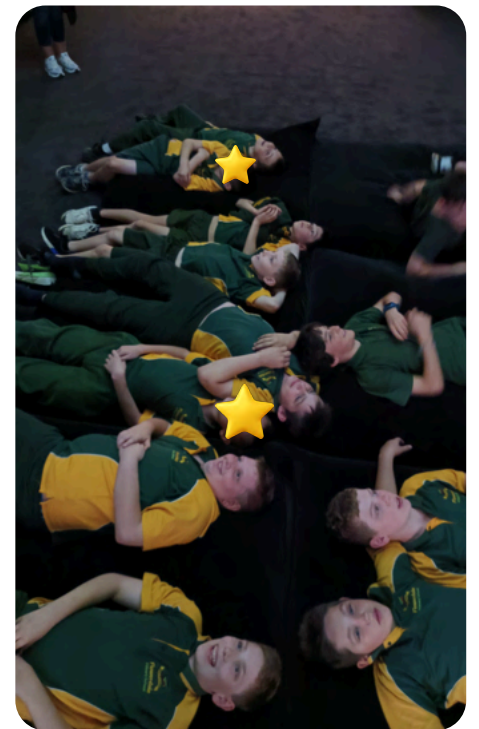
### **A Message to Our Students**

We are so excited to see you back! Term 2 is a fresh start, an opportunity to try new things, build friendships, and continue growing. Remember, it's okay to ask for help, take your time, and be proud of your efforts.

Let's work together to make Term 2 a positive, supportive, and successful term for everyone.

Warm regards,

Amanda Augello



# THINK, TALK, MAKE

WHOLE SCHOOL EXCURSION TO ACCA



# AFL SESSIONS

Late last term, our students participated in AFL coaching sessions, proudly run by AFL Victoria in partnership with Kinglake Junior Football Club. They had plenty of fun developing their football skills while strengthening their teamwork abilities and building confidence!



# UPCOMING EVENTS

## FPS CROSS COUNTRY EVENT FRIDAY MAY 8

Cross Country will be held on **Friday, 8th May at 9:15am on the school oval.**

Students will compete in age and gender groups, with house points awarded for 1st, 2nd, and 3rd place. All students are encouraged to come dressed in their house colours to show their team spirit.

Depending on placement, some senior students will be selected to progress to the District Cross Country event on Wednesday, 20th May.

Families are invited to attend and cheer on their child/children!



## NATIONAL WALK SAFELY TO SCHOOL DAY FRIDAY MAY 22

On Friday 22nd May, FPS will be participating in National Walk Safely to School Day.

Students are encouraged to meet at **Moors Rd Reserve at 8:45am**, where we will walk to school together as a group. Along the way, we will be discussing road safety, the importance of physical activity, and the environmental benefits of active travel.

**Please note:** The school bus will stop at the meeting point, allowing all students to take part in the walk.

We look forward to seeing everyone there!



# KITCHEN GARDEN



## HEALTHY EATING IDEAS

### FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP 1-6!



Developed in conjunction with the Achievement Program to support a whole-school approach to healthy eating.



### FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP 1-6!

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
<p><b>FRESH FRUIT</b></p> <ul style="list-style-type: none"> <li>Apple</li> <li>Banana</li> <li>Mandarin</li> <li>Orange quarters</li> <li>Passionfruit halves (with spoon)</li> <li>Watermelon, honeydew, rockmelon chunks</li> <li>Pineapple chunks</li> <li>Grapes</li> <li>Plums</li> <li>Nectarines, peaches, Apricots</li> <li>Strawberries</li> <li>Cherries</li> <li>Kiwifruit halves (with spoon)</li> <li>Pear</li> </ul> <p><b>MIXED FRUIT</b></p> <ul style="list-style-type: none"> <li>Fruit salad</li> <li>Fruit kebabs</li> </ul> <p><b>DRIED FRUIT</b></p> <ul style="list-style-type: none"> <li>Dried fruit, nut, popcorn mixes*</li> </ul> <p><b>TINNED FRUIT/SNACK PACKS/CUPS</b></p> <ul style="list-style-type: none"> <li>In natural juice (not syrup)</li> </ul>	<p><b>FRESH CRUNCHY VEGIES</b></p> <ul style="list-style-type: none"> <li>Corn cobs</li> <li>Carrot sticks</li> <li>Capiscum sticks</li> <li>Green beans</li> <li>Cucumber sticks</li> <li>Celery sticks</li> <li>Snow peas</li> <li>Tomatoes (e.g. cherry and Roma tomatoes)</li> <li>Mushroom pieces</li> </ul> <p><b>Can serve with either:</b></p> <ul style="list-style-type: none"> <li>Hommus</li> <li>Tomato salsa</li> <li>Tatziki</li> <li>Beetroot dip</li> <li>Natural yoghurt</li> </ul> <p><b>SALADS</b></p> <ul style="list-style-type: none"> <li>Coleslaw and potato salad (reduced fat dressing)</li> <li>Mexican bean, tomato, lettuce and cheese salad</li> <li>Pesto pasta salad*</li> </ul> <p><b>BAKED ITEMS</b></p> <ul style="list-style-type: none"> <li>Grilled or roasted vegetables</li> <li>Wholemeal vegetable muffins or scones</li> <li>Vegetable slice (with grated zucchini and carrot)</li> <li>Popcorn</li> </ul> <p><b>SOUP (in small thermos)</b></p> <ul style="list-style-type: none"> <li>Pumpkin soup</li> <li>Potato and leek soup</li> <li>Chicken and corn soup</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> <li>Calcium-enriched soy and other plant-based milks</li> <li>Yoghurt (frozen overnight)</li> <li>Custard</li> </ul> <p><b>Tip:</b></p> <ul style="list-style-type: none"> <li>Freeze the night before to keep cool during the day</li> </ul> <p><b>Can serve with either:</b></p> <ul style="list-style-type: none"> <li>Cheese cubes, sticks or slices</li> <li>Cottage or ricotta cheese</li> <li>Cream cheese</li> <li>Tatziki dip</li> </ul> <p><b>Can serve with either:</b></p> <ul style="list-style-type: none"> <li>Fruit</li> <li>Wholegrain cereal, low in sugar</li> <li>Vegetable sticks</li> <li>Rice and corn cakes</li> <li>Wholegrain wheat crackers</li> </ul>	<ul style="list-style-type: none"> <li>Tinned tuna or salmon in springwater</li> <li>Lean roast or grilled meats (e.g. beef, chicken, kangaroo)</li> <li>Falafel balls</li> <li>Lean meat or chicken patties</li> <li>Tinned tuna or salmon patties</li> <li>Lentil patties</li> <li>Lean deli meats (e.g. ham, silver-side, chicken)</li> <li>Boiled eggs</li> <li>Baked beans (canned)</li> <li>Tofu cubes</li> <li>Hommus dip</li> <li>Lean meat or chicken kebab sticks</li> <li>Peanut butter*</li> </ul> <p><b>Can serve with:</b></p> <ul style="list-style-type: none"> <li>Wholegrain sandwich, roll, pita or wrap bread with salad</li> <li>Rice and corn cakes</li> <li>Wholegrain wheat crackers</li> <li>Side salad</li> </ul> <p><b>Can serve with:</b></p> <ul style="list-style-type: none"> <li>Vegetable fritatta</li> <li>Skinless chicken drumsticks</li> <li>Savoury muffins or scones (e.g. lean ham, cheese and shallots)</li> <li>Homemade pizzas with lean roast or deli meats and vegetables</li> </ul> <p><b>Can serve with:</b></p> <ul style="list-style-type: none"> <li>Side salad</li> <li>Steamed or roasted vegetables</li> </ul>	<p><b>MAINS</b></p> <ul style="list-style-type: none"> <li>Wraps</li> <li>Sandwiches</li> <li>Rolls</li> <li>Toasted sandwiches</li> </ul> <p><b>Tip:</b> Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, foccacas, fruit bread and English muffins.</p> <ul style="list-style-type: none"> <li>Pasta dishes</li> <li>Rice, quinoa or cous cous dishes</li> <li>Noodle dishes</li> <li>Sushi</li> </ul> <p><b>SAVORY BAKED ITEMS</b></p> <ul style="list-style-type: none"> <li>Homemade pizzas</li> <li>Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)</li> <li>Vegetable based muffins</li> <li>Pasta or noodle bake</li> </ul> <p><b>SWEET BAKED ITEMS</b></p> <ul style="list-style-type: none"> <li>Fruit loaf</li> <li>Wholemeal fruit based muffins</li> </ul> <p><b>SNACKS</b></p> <ul style="list-style-type: none"> <li>High fibre, low sugar cereal (e.g. muesli)</li> <li>English muffins</li> <li>Crackers</li> <li>Crispbreads</li> <li>Rice cakes</li> <li>Corn thins</li> <li>Wholemeal scones</li> <li>Pikelets</li> <li>Crumpets</li> <li>Hot cross buns (no icing)</li> </ul>	<ul style="list-style-type: none"> <li>Take a water bottle (for refilling throughout the day)</li> </ul> <p><b>Tip:</b></p> <ul style="list-style-type: none"> <li>Freeze overnight to keep foods cool in lunchboxes</li> </ul> <p><b>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</b></p> <p><b>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</b></p>

For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service: <http://heas.health.vic.gov.au/>



\*Check your school's policy regarding the use of nuts and products containing nuts.

# KITCHEN GARDEN



## HEALTHY EATING IDEAS



### Balance the box



Help kids to **go**, **grow** and **glow** by including food from each food group in the lunchbox.



#### Go foods for energy

##### 1 Grain foods

- Wholegrain breads and rolls
- Wraps and pita pockets
- Focaccias and Turkish bread
- Fruit bread
- English muffin
- Pasta, noodles and rice
- Quinoa and cous cous
- Wholegrain crispbreads and crackers
- Bagels

#### Glow foods for vitality

##### 2 Vegetables

- Cherry tomatoes
- Celery, capsicum, cucumber or carrot sticks
- Corn cob and baby corn spears
- Green beans, snow peas and sugar snap peas
- Mixed lettuce
- Leftover cooked vegetables
- Lentils, chickpeas and kidney beans

Try serving crunchy vegies with hummus, tzatziki or salsa

##### 3 Fruit

- Whole fresh fruit
- Fresh fruit salad
- Frozen fruit
- Tub of diced fruit (in natural juice)
- Fruit puree
- Dried fruit such as apricots and sultanas

#### Grow foods for growing bodies

##### 4 Milk, yoghurt and cheese

- Tub of yoghurt
- Cheese stick, slices or cubes
- Custard
- Milk popper/tetra pack
- Calcium fortified soy or other plant-based milks

##### 5 Meat and alternatives

- Lean chicken, beef, lamb, pork or turkey
- Hardboiled egg
- Canned tuna or salmon
- Hommus dip
- Lentils, chickpeas and kidney beans
- Baked beans
- Falafels
- Tofu cubes

# PARENTS & FRIENDS GROUP (PFG)



## FLOWERDALE PRIMARY SCHOOL FAIR

### CONGRATULATIONS EVERYONE!

There are many reasons we run a school fair. To bring excitement and joy to kids and adults, to showcase our school and instill pride in our students, to bring the community together to engage and connect. Feedback from visitors on the day, and messages we've received afterwards, have an overall praise for what we have achieved, reaching these goals incredibly well. There's no denying having sunshine instead of showers would have been favourable to encourage greater attendance, and get a few more dollars in the fundraising bucket, but you can't win them all!

I would like to sincerely thank everyone who chipped in to pick up goods, arrived early to setup, baked treats, worked shifts, helped with pack down, and returned borrowed items. It really is a team effort, and it's been fabulous to see so many families involved. I'd like to acknowledge Murrindindi Shire Council again for their generous \$2,500 grant, Erin for absolutely everything she does to support this event, and to Demmi and Flowerdale Estate for organising our raffle prizes. And to the many local businesses, but specifically the Flowerdale Hotel, for supporting us with resources that made our day more festive.



### THANK YOU

- Thanks Jess (Ryda and Ava's mum) for organising and giving out the icypoles every week in Term 1. There is much love around this little tradition now. If anyone would like to help with warm Milo's this term or in term 3, please be in touch.
- Thanks Niro and Steph (Nivi's dad and mum) for washing our tea towels last term. A small, yet vital, contribution for OHSC and kitchen garden to run successfully. If you can offer your help this term, we can send them home with your student each Friday, please let the office know.
- Last weeks hot lunch saw all the students enjoying a ham, cheese, and tomato toastie and homemade mango ice-cream. We also served Milo for those that had paid, there's the option to pay ahead for the term, or 50c weekly. A huge thanks to Jas (Laken and Xander's mum) and Georgia (Archer & Evie's mum) for helping prepare, cook, and clean up. What superstars!

# JUNIOR BASEBALL

Chasing Dreams, One Pitch at a Time.

Keen to be part of it? Let us know!



**9 MAY | AT 9 AM | AGES 7-13**

35 Mollison Street, Broadford

REGISTER ONLINE  
[majorsbaseballclub.com.au](http://majorsbaseballclub.com.au)

Contact: Phil - 0419 154 047

# SCHOOL TOUR



**Register Today**



**TUESDAY 19 MAY - 8AM, 9AM**

**THURSDAY 21 MAY - 1.30PM, 3PM & 4.30PM**



 trybooking

[www.trybooking.com/1576071](http://www.trybooking.com/1576071)



# FLOWERDALE PRIMARY SCHOOL

A small school, doing BIG things

# TERM 2 2026 Calendar

	MON	TUE	WED	THU	FRI
<b>W1</b> APRIL	<b>20</b> START OF TERM 2 Auslan	<b>21</b> Art Van   Library	<b>22</b> SCHOOL PHOTO DAY PE	<b>23</b> PMP   Sport Library Van	<b>24</b> Kitchen Garden
<b>W2</b> APRIL / MAY	<b>27</b> SCHOOL COUNCIL MEETING 2PM Auslan	<b>28</b> ACCA EXCURSION Library	<b>29</b> PE	<b>30</b> PMP/Sport	<b>1</b> Kitchen Garden
<b>W3</b> MAY	<b>4</b> Auslan	<b>5</b> Art Van   Library	<b>6</b> PE	<b>7</b> PMP   Sport Library Van	<b>8</b> MOTHER'S DAY BREAKFAST FPS CROSS COUNTRY Kitchen Garden
<b>W4</b> MAY	<b>11</b> Auslan	<b>12</b> Library	<b>13</b> PE	<b>14</b> PMP   Sport	<b>15</b> Kitchen Garden
<b>W5</b> MAY	<b>18</b> Auslan	<b>19</b> Art Van   Library	<b>20</b> DISTRICT CROSS COUNTRY PE	<b>21</b> PMP   Sport Library Van	<b>22</b> WALK TO SCHOOL DAY Kitchen Garden
<b>W6</b> MAY	<b>25</b> Auslan	<b>26</b> Library	<b>27</b> PE	<b>28</b> PMP   Sport	<b>29</b> Kitchen Garden
<b>W7</b> JUNE	<b>1</b> Auslan	<b>2</b> Art Van   Library	<b>3</b> PE	<b>4</b> PMP   Sport Library Van	<b>5</b> Report Writing Day CURRICULUM DAY
<b>W8</b> JUNE	<b>8</b> King's Birthday PUBLIC HOLIDAY	<b>9</b> POSSIBLE INDUSTRIAL STRIKE ACTION Library	<b>10</b> PE	<b>11</b> PMP   Sport	<b>12</b> Kitchen Garden
<b>W9</b> JUNE	<b>15</b> SCHOOL COUNCIL MEETING 2PM Auslan	<b>16</b> Art Van   Library	<b>17</b> PE	<b>18</b> PMP   Sport Library Van	<b>19</b> Kitchen Garden
<b>W10</b> JUNE	<b>22</b> Auslan	<b>23</b> Library	<b>24</b> PE	<b>25</b> PMP   Sport	<b>26</b> Last Day of Term 2 1:30PM FINISH