

SCHOOL NEWS

Week 2

I would like to recognise the excellent work that our core teachers are doing as well as elective classes with Greg, Robert and Jade. The students are producing some excellent work under the guidance of their teachers.

Year 9 Grad:

The year 9 graduation dinner will be held on Friday 14th November at 7pm. This year we are holding it at the school, in the Performing Arts Centre of Felltimber campus. Grays Catering will be providing a 2-course meal. Cost per person is \$50 which includes one can of soft drink / bottle of water with the meal. The students will be able to set up the tables and add decorations to make this a truly special evening to celebrate the end of year 9.

Jan will be emailing families for numbers, names and dietary requirements so keep an eye on your inbox! The cost of the tickets will be put on the student portals for payment. All tickets must be paid for prior to the evening.

SRC Tea Towel Activity

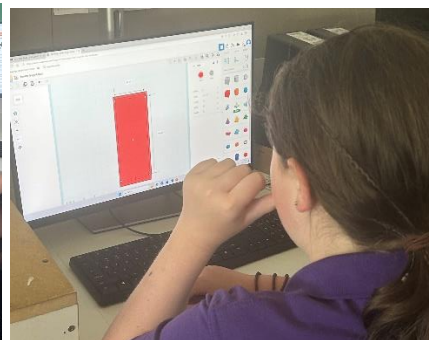
Earlier this year the SRC decided they wanted to create a memory tea towel to have as a keepsake of the 2025 year. The students have produced self-portraits that will all be included on each tea towel. The cost of the tea towels will be \$12.00. This will soon appear on your portal. The tea towels are due to arrive later this term.

Backflips Against Bullying is an engaging program designed to combat bullying in schools through dynamic performances that incorporate parkour and acrobatics. The program aims to spark important discussions, resilience, and promote empathy among students. It features high-energy performances that captivate students, earning their respect and attention while delivering anti-bullying messages. Next week our 6/7 students will have the opportunity to be a part of the Backflips Against Bullying which will be held at the senior college. We will escort the class to and from the event. The program is next Tuesday morning – 28th October. Can parents please give permission on the portal for this activity?

Upcoming Events:

- 28 October – “Backflips Against Bullying” – for year 6/7 students, permission to be given on the portal
- 31 October – World Teacher’s Day
- 4 November – Melbourne Cup Hobby Horse Race activity
- 5 November – Hat making
- 6 November – Fashion on Fields and Hat display.
- 14 November – Year 9 Grad Dinner
- 28 November – Wodonga Cup Public Holiday, no school

Year 6/7 visiting the tech lab:



Year 6 and 7 students, led by Greg, have commenced mechatronics. They have been completing their Ongaard training and starting their designs for a torch.



Imogen has once again produced an artwork that has impressed us all. The detail and colour have come together in a piece we hope she is proud to display! It is part of the year 9 Disney Scapes unit.



Before school play in the playground on these lovely, sunny spring mornings.

Student of the week:



This week we are celebrating the great success of Massi, our student of the week! Massi represented our school at Regional Athletics. Massi's results were Boys 12 – 13 Long Jump First Place jumping 4.62m, and Boys 12 – 13 200m First Place finishing in 27.72seconds.

Wodonga Middle Years College Principal Mr Fouracre came up to congratulate Massi and has expressed an interest in becoming Massi's manager in the future.

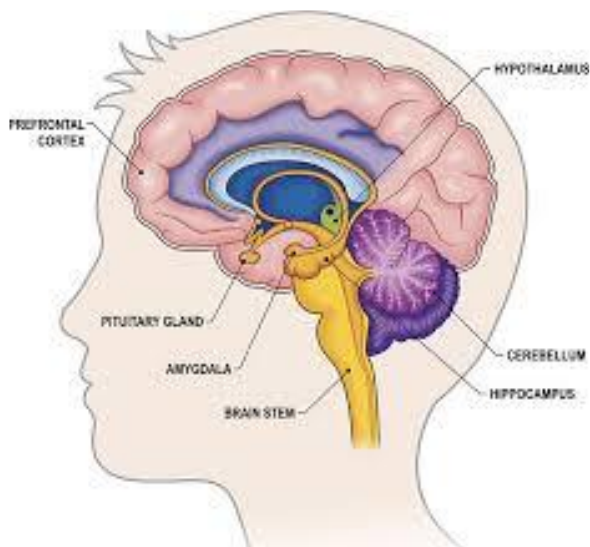
Congratulations Massi what an incredible win!

Borderville training schedule:

As we move closer to Borderville, we recognise that students will be up and down with energy levels. Our core teachers are already prepared and ready to shift gears according to how students present on the day. Please let us know if you have any concerns about how your student is travelling.

Mental Health & Wellbeing

In Mental Health & Wellbeing lessons in the 3/4/5 class we have been making some play dough so that next week we can make a simple model of the brain. The students learned about the pre-frontal cortex and how this is the 'thinking brain' – the centre for creativity, logic and reasoning. They learned that the amygdala is the 'alarm bell' part of the brain which helps alert us to danger and kicks the 'fight, flight, freeze' system into gear. The amygdala helps keep us safe by alerting us to danger, but sometimes this 'smoke alarm' can be activated by anxiety-provoking situations or scary thoughts that are not actually dangerous. When the amygdala is 'on' the pre-frontal cortex switches off which can mean we act impulsively without thinking and lose our ability to be calm – sometimes this is known as 'amygdala hijack.' Practising mindfulness such as via guided meditation, body scans, breathing techniques or even mindful colouring or walking can help us to 'turn off' our amygdala. This can help us feel more calm, in control of our stress and able to think more clearly.



'Smiling Mind' and 'Peaceful Kids' have some great meditations for children and teenagers – below are some links. These can be terrific for helping children to unwind before going to bed or in times of stress.

[Smiling Mind App — Smiling Mind](#)

[Peaceful Kids](#)

Kat Beaton

Mental Health & Wellbeing Leader

School Focus Term 4 - Readiness and expectations in the classroom.

Students are reminded to make sure they bring their silent reading novel to class.

Recycling:

Helen has provided tubs for the recycling of medication blister packs and unwanted appliance batteries. Students can drop items into the relevant containers, and they will be passed on to the recycling facility in due course.

We have a very exciting and busy term ahead!

Have a great week.

Will

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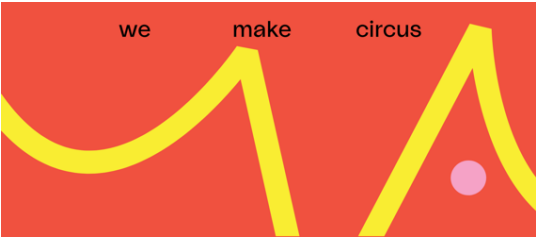
Hedgerow Court, Wodonga, Vic, 3690

FROM THE CIRCUS



TERM 4 WEEK 3

A massive congratulation to our Headspace cast on two fantastic performances and workshops for Headspace Day over the weekend.



NEW LOOK!

We're excited to share our refreshed branding - capturing the rhythm of circus arts and the collaborative energy that makes our community so special.

A huge thank you to the amazing team at Hours After for bringing our vision to life, showcasing our playful spirit while honouring our roots.

MYRTLEFORD SHOW

After two successful performances at Headspace last weekend our fantastic cast of 9 are headed to the 2025 Myrtleford and District Agricultural and Pastoral Society Show this Saturday 25 October. This is a family fun event with rides, arts, crafts, cooking, livestock and horses and a range of other fantastic exhibits and entertainment on offer. Don't forget to tell your friends and family.



BORDERVILLE

Borderville rehearsals start in Week 5, updated schedules will be sent to families this week along with a link for purchasing tickets. Please contact dbaldwin@fruitflycircus.com.au if you have any questions.

SHIRTS AVAILABLE!

We're clearing out our stash of FFFC shirts – and they're too good to miss! Perfect for training, hanging out, or repping the circus in style.

Grab yours today at the Circus front desk!

NTP 2024 Shirts & Singlets

\$5 each OR 3 for \$10

Sizes: XS – XL

"We Make Circus" T-shirts

\$35

Sizes: 8, 10, 12 & XS

UPCOMING DATES

WEEK 3	Saturday 25 October	Myrtleford Show
WEEK 5		Borderville Rehearsals commence
WEEK 10	Tuesday 9 December	Mayhem 7PM
	Wednesday 10 December	Mayhem 7PM
	Thursday 11 December	Chaos 7PM
	Friday 12 December	Chaos 7PM
	Sunday 14 December	Circus Cubed 10 AM, 11 AM, & 12.15 PM
WEEK 11	Tuesday 16 December	Grad Show 7PM
	Wednesday 17 December	Grad Show 7PM
	Thursday 18 December	Grad Show 7PM
	Friday 19 December	Last day of term Grad Show 7PM
	Saturday 20 December	Grad Show 3PM & 7PM

Please remember to email both school and circus if your child will not be attending school and training

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CIRCUS
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