

From our *Principal*

15th June 2017

Dear Parents and Carers,

We are rapidly approaching the end of the first semester at Fernhill School, and we are about to enroll our 50th student too! Thanks to all families and staff for making our school a welcoming place for learning!

Medication and Healthcare

It is a requirement for all schools to have up to date plans for student healthcare needs that are signed by parents. If your child has a serious medical condition, which includes but is not limited to epilepsy, seizures, asthma and anaphylaxis, we will be contacting you to ensure that our plans are up to date.

Please also be aware that we are willing to give medication to your child, but we have to have written instructions to do so—these are generally on the script written by the doctor. We ask that ongoing medications are supplied in a Webster or chemist packaging. This is to ensure staff can give the correct dosage to each child. Please do not send medications in your child's lunchbox or mixed into their food. Despite our structured eating programs, students are often attracted to the lunchbox next to theirs, and we do not want anyone to inadvertently take medication that has not been prescribed to them. Thank you for helping to look after all of our children.

Reports

Teachers are currently finalizing reports which will be sent home in Week 10—parents will be invited to a parent teacher interview in Term 3, Week 2. Note to follow later. Parents in Green 16 will receive their reports in Week 1, Term 3—Sam has spent her time getting to know her students, and will be writing reports shortly. Thanks for your understanding.

P&C

Just a reminder that the P&C will be meeting on Wednesday, 21st June at 9.30 in the Hub—all welcome!

Have a great weekend,

Julie

From our Office

Hi again,

We know and realise that sometimes moving house or losing phones can be a very stressful time so just a small reminder, we are just asking all parents and carers, could you please be mindful of updating your contact and correspondence details each time they change. It is very important

that we are able to make contact with you in case of an emergency situation.

Thank you for your support with this.

LOOKING FOR DONATIONS:
We have a lovely volunteer from our community who is looking for donations of wool and large buttons. Brenda is knitting Sensory Muffs for the Luke Priddis Foundation. If you have any spare wool or buttons

and would like to donate please contact Brenda direct on 4729 4794.

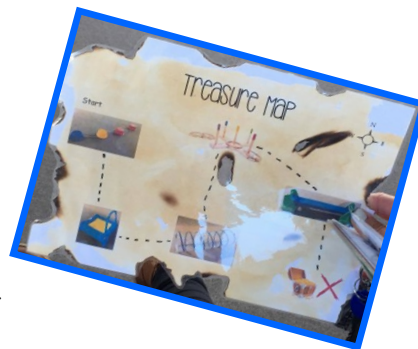
Happy Holidays to all our families

Kisane and Bec

HOME BASE BLUE



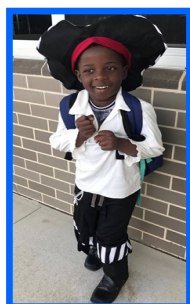
Term 2 is flying by in the busy Blue Block. Class Blue 6 has settled in well and has been getting to know each other and our neighbours.



Students in blue block really enjoyed the swim school and worked well in their lessons. It was great to see their confidence and skills in the water grow throughout the two weeks.

Pirate day was a highlight of the term. Students enjoyed making treasure maps, pirate hats and going on a treasure hunt.

Rachael, Vicki, Deb, Jenny, Nadine, Julie and Steve



HOME BASE YELLOW

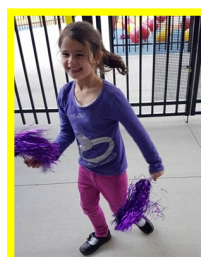
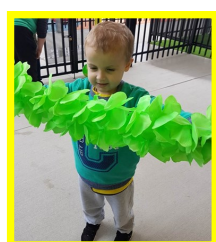


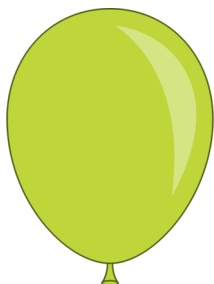
It's hard to believe that Term 2 is nearly over! Yellow Block have had a very busy eight weeks of learning and fun. We have continued to learn about colours through celebrating our colour days every second Friday. This term we have had activity days for yellow, green and purple, with pink and rainbow still to come. Everyone has had a great time exploring colours through participating in craft activities, playing games and eating yummy food!

We have also celebrated Pirate Day – it was wonderful to see the students all dressed up as pirates and engaging in pirate-themed activities, such as a

treasure hunt and an obstacle course. Ahoy, mates!

This term our most exciting activity has been finally going for a swim in our school pool! In Weeks 6 and 7 Yellow Block students participated in Swimming Scheme. It was fantastic to see so many students learning to swim while having fun at the same time. By the end of the program, all students had made fantastic improvements in their swimming ability. We can't wait for the students to get back in the pool and continue learning to swim over the coming terms!



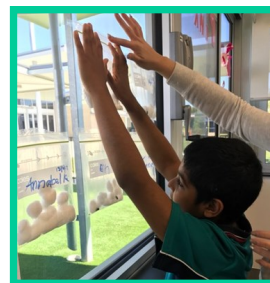


Half way through the year! It is almost the end of Term 2! What a busy and exciting term we have had in Green Block. We have enjoyed Pirate Day together, playing pin the eye patch on the pirate and going for a treasure hunt.

Green 16 have enjoyed having Tangi with us this term, he has settled in well and made plenty of new friends. We have also enjoyed our topics this term, particularly living and non-living things. Planting seeds and watching them grow, as well as our other key learning areas. We are looking

forward to starting new topics next term; relationships, seasonal changes and patterns of place. Have a safe holiday and see you next term!

Green 13 have loved having our new student Mudji in our classroom! Mudji is a great artist and shares the love of Titanic with his friend Broc. We have had lots of fun dancing up a storm at Liverpool variety disco this term and sharing in some exciting learning.



Bye for now – Green Block Staff Kylie, Chris, Sam and Vicki



Healthy Eating Recipes

Nutrition Snippet

The simplest way

...to stock up on lunch box staples.

Stock up on these pantry and freezer lunch box staples to save time and money on daily packing.

Pantry:

- *Long-life, reduced-fat milk poppers.
- *Long-life custard tubs.
- *Fruit (in natural juice) tubs.
- *Baked beans (small, easy open cans).
- *Wholegrain crackers, crispbread or Corn Thins.
- *Tinned tuna or salmon.
- *Dried fruit.

Freezer:

Make healthy muffins, fruit scones, fruit pikelets, frittatas or mini quiches. Wrap individual portions in plastic, or place in an airtight container, and freeze, ready to go straight in the lunch box.

Other freezable foods include cooked meats, baked beans and sandwich breads.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Nepean Blue Mountains Local Health District Live Life Well @ School Program.

Health
Nepean Blue Mountains
Local Health District

Nutrition Snippet

The simplest way

...to know the serves you need.

Eat It To Beat It helps families to eat enough serves of fruit and vegetables. We all need a different number of serves per day, depending on age.

How many serves a day?	Veg	Fruit
Adults	5+	2+
Breastfeeding women	7½	2
12-18 (boys)	5½	2
12-18 (girls)	5	2
9-11	5	2
4-8	4½	1½
2-3	2½	1

A serve of fruit = 150g of fresh fruit or one medium or two small pieces, or one cup chopped fruit.

A serve of veg = 75g of veg or ½ cup cooked veg/legumes or ½ medium potato or one cup of salad.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

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Health
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FERNHILL COMMUNITY

With the **July school holidays** fast approaching, now is the time for parents to be looking for fun and affordable things to do with their children.

Check out what we have listed below but also why not look up the **Penrith City Council- “What’s On”** Pages for more inexpensive holiday fun.

<https://www.penrithcity.nsw.gov.au/News/Children/Affordable-fun-in-Penrith-these-school-holidays/>

Magic show at Penrith Panthers- Free www.penrith.panthers.com.au

Pirate cruise on the Nepean Belle - \$15 www.nepeanbelle.com.au

Rocket workshop at the Penrith Observatory- \$12 www.westernsydney.edu.au/observatory

Family art workshop at the Penrith Regional Gallery- \$20 www.penrithregionalgallery.org

The Little Prince at the Joan- \$18 www.thejoan.com.au



HOLIDAY CLINICS
NEW DATES ANNOUNCED

- Finesse your skills
- Have fun
- Fully qualified coaches
- Improve your confidence
- Enhance your decision-making
- Be introduced to football
- High quality sessions
- Make friends
- Get fit and healthy
- First-timers will receive a Wanderers clinic jersey

BOOK NOW

FERNHILL COMMUNITY Notices

SAVE THE DATE



More about Life's Choices Foundation:

Registered Charity Life Choices Foundation is putting on a huge Family day on the 23rd of July this year...

Access to the Family Day is simply GOLD COIN DONATIONS

Held at Sydney Motorsport Park Eastern Creek this is an unforgettable day for the whole family.

Bring the whole family, and invite your friends!!

There are a huge amount of **FREE** activities for all ages from face painting, jumping castles, petting zoo, musicians, dodgem cars, giant slides, to a flying fox and MORE !!

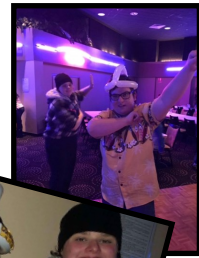
There is a massive Car Show sponsored by **Armorall** and a variety of cars racing around on the **track as well** !!!

There is plenty of food and drinks available.

For more information about the Family Day go to...

<http://lifechoicesfoundation.com.au/events/>

The fun doesn't stop at **FERNHILL SCHOOL**

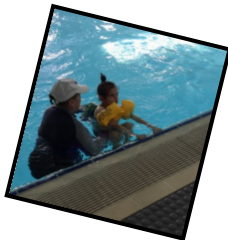


Pirate Day– required a Gold coin donation for students participating in dress up. What a fantastic effort as we raised a total of \$93.00 . Thank you to our families of Fernhill School.

SWIM SCHOOL SUCCESS

Some students have recently participated in an introduction to swim lessons here at our Fernhill School pool.

Teachers and parents were very proud of their children and our Swim Instructors have already booked in for 2018 program– what a success!!!



CONTACT US

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