

## From our *Principal*

8 June 2018

### Dear Parents and Carers,

I would just like each and every one of you to stop for just a moment, take a deep breath, and acknowledge what an amazing job you are doing.

Each and every family at Fernhill School is part of this school community because a child (or two or three) has special needs. Sometimes, these beautiful children cannot tell us when they are upset, in pain, or even that they are feeling happy. You, as the people who deeply care for each and every child, are the ones who are so able to interpret their wants and needs, most of the time. Please, do not apologise to school staff when you meet a bump on the road and need some support. I cannot imagine how upsetting it is when your child is acting out of character, and you do not have the ability to say to them "What's up?" and get a clear answer. Time and time again, I see parents/carers who have worked out that there is an issue, trying to explain to another stranger who does not walk in your shoes that your child does not usually act like this, and there's something wrong – you often have no black and white evidence, but you know your child, and getting the right help at times is so difficult. Parents and carers, you are so persistent in finding what your child needs, it is amazing. A long and bumpy journey at times, but your ability to keep going is awe inspiring. Each child needs a champion – and you are the champions for your child, shown in the love and care for each individual,

no matter the complexity of their needs.

Please accept from me and all the staff our utmost admiration for the amazing way you are bringing up the children we enjoy educating each day. If we can be there to support you in this complex task, we're genuinely here. There's no need to apologise for tears **ever** – yours is such a complex role, and I am frequently humbled by the resilience of each and every family.

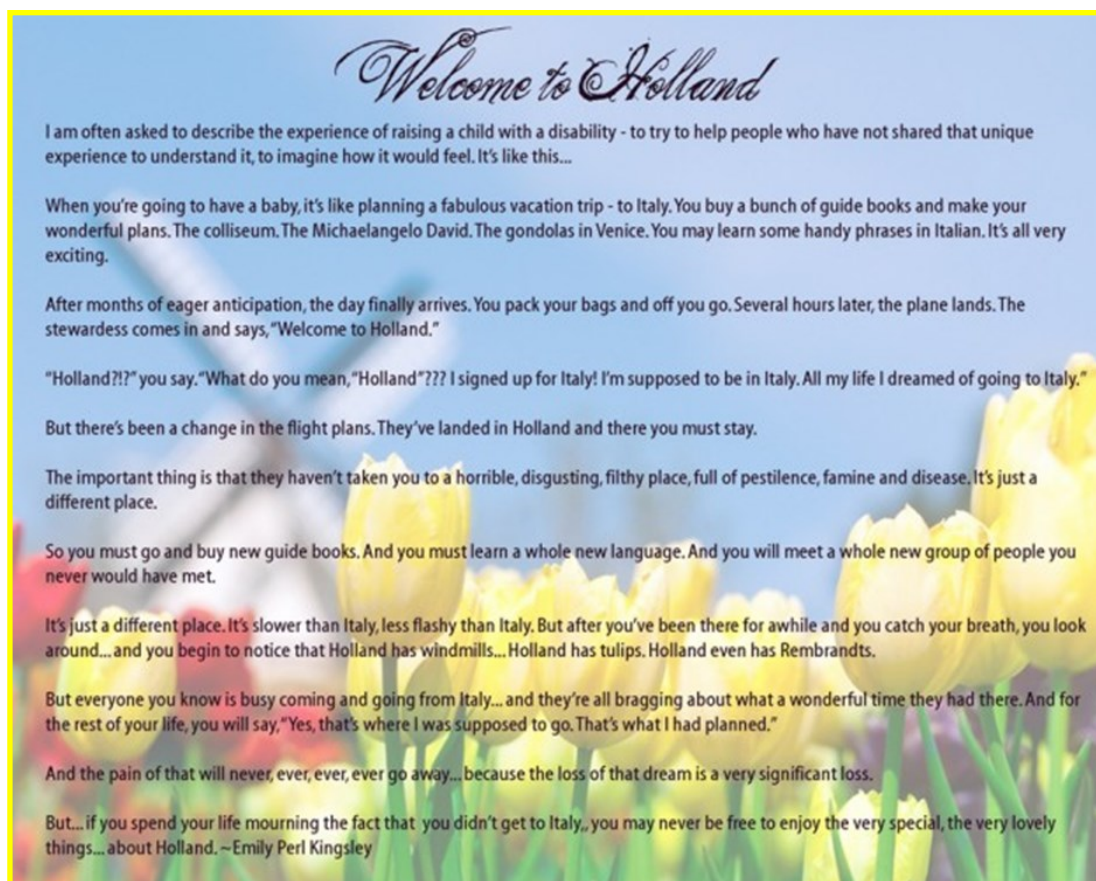
You need to know that you are amazing. Truly!

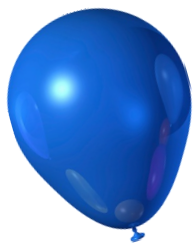
Be kind to yourself on hard days, and remember that talking helps too. For the children who cannot find the words, I thank you on behalf of your children too. We can have an upset/sick child at school, they are so much better when someone who loves them appears and gives them the love and security they need.

So to each and every amazing member of our community, accept this complement and thanks for everything you do.

*Julie*

PS I have shared this poem with a number of people over the years after a friend with a son with Downs' Syndrome gave it to me... It's written by Emily Perl Kingsley





# HOMEBASE BLUE

## Welcome to Blue Block News



This term Blue Block have been making great use of the wonderful resources we have at Fernhill School such as the garden, liberty swing, pool and bikes!

Although our strawberries have gone to sleep for the winter, our capsicums and tomatoes are still going strong. Blue 6 have been busy mulching the garden and watering it every Friday. They are looking forward to planting some winter vegetables in the next few weeks!

The liberty swing has been a great opportunity for students to practise their communication and turn taking skills. The smiles have been almost as big as the swing!

Blue Block have all enjoyed swimming each Tuesday and in such a short time we have seen some wonderful progress with students learning to follow instructions, swim with less assistance and greater confidence in the water.

The bike track and bikes have also been of great use when it comes to the practical side of things; connecting our learning for our HSIE and PDHPE programs of transport and road safety. The students have been learning about how they can move from place to place using different modes of transport and it is wonderful to see them following our bike safety guidelines by wearing their helmets!

Many other exciting things have been happening in classrooms these last few weeks. Blue Block have been busy preparing and presenting their assembly items, participating in science experiments about how sea creatures move in the water and the highlight of the week for Blue 6 has been a special 'eggsperiment' showing us why it is important to wear a seat belt in vehicles at all times!

We are looking forward to sharing other wonderful news from Blue Block in the next coming weeks. Bye for now!

*Kylie, Shania, Kimberley, Jess, Deb & Kerry*







# HOMEBASE YELLOW

## Welcome to Yellow Block News

Yellow Block has been busy learning about Road Safety and Water Safety while enjoying the sunny Autumn weather out on the bike track and when swimming in the pool. A focus has been learning to wear our helmets when riding a bike and getting in and out of the car on the kerbside via the safety door.

We have been getting to know each other well and enjoying group activities including dancing and sport on Fridays. We've enjoyed playing mini soccer and tee-ball. As we are now coming into Winter we are learning about keeping warm and what clothes we should wear at this time of year. Of course, we often get tricked by a change in the weather and off come the jumpers. **Please make sure they have names on them so we can be sure they all get home.**

Yellow 4 have a small fish tank of endlers. We are enjoying watching these tiny fish swim around and grow a little bigger each day. It's lovely to have some real world fish in the classroom as we keep learning about creatures that live in the ocean this term. Towards the end of the term we will have an opportunity to view and touch some real sea creatures. Keep an eye for the note for this incursion.

*Leanne, Vicki, Julie, Meredith, Donna, Sam and Kerry.*





# HOME BASE ORANGE



## Welcome to Orange Block News

School life has been busy in Orange Block, with lots of learning happening!

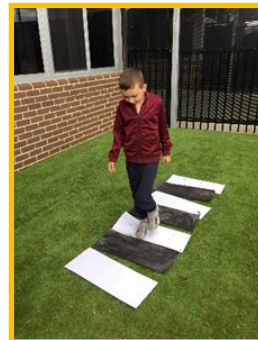
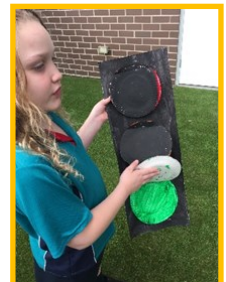
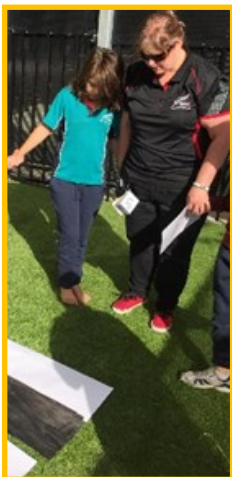
Orange 9 and Orange 12 have been learning about Fairy Tales in literacy. Orange 9 have focused on Little Red Riding Hood. They have enjoyed dressing up in a red cape and role playing the story. In Orange 12, Jack and the Beanstalk has been the focus. Students have planted beans and are eagerly awaiting them to grow.

Orange 9 have continued to learn about road safety. They have used "Stop" and "Go" signs and practiced crossing the road at a crossing. They even made a car out of cardboard!

In science, Orange 12 have been learning about jellyfish. Students loved playing in jelly, discovering sea creatures who were buried in the jelly.

With the cold weather now upon us, we ask that you layer your children's clothing so that we can remove layers when in the classroom and replace layers at play times outside. **Please ensure that all layers are labelled with your child's name.** Cold and flu season is also here, so please be mindful of the students at Fernhill School with compromised immune systems and keep your children home if they are sick. Your child will not learn if they are sick. Students who are unwell are not able to participate in swimming at school due to the spread of germs in the hydrotherapy pool.

*Alison, Tania, Naomi and Vicki*





# HOMEBASE GREEN

## Welcome to Green Block News

*From our student author Jared McDougall*

Words cannot describe how excited we are for that start of a new season. After the success of the first 3 weeks of Term 2, winter has come, and things are heating up! Moments like this show the true spirit of our motto "*Independence through Learning*".

Most exciting thing of all: Swimming! The underwater madness continued, and Green 15 joined in the fun. Green 16's parade of sea life marched on, with their most recent subject being seahorses. We are proud of them getting into The Living Seas (sorry, could not resist to use that Epcot name), and they cannot wait to see what happens next.

Green 13 is cooking. That is all.

Green 15's community access program continued, and we are happy that we were perfect every time. If we achieve perfection during our next shopping trip, we will be able to buy an item for 3 dollars of our choice! How cool is that?

We already mentioned in the very beginning of this newsletter that a new season is here: Winter! As the coldest season of the year in polar and temperate zones, the winter season starts with the axis of the Earth in that hemisphere being oriented away from the Sun. We are so excited for that season, and we cannot wait for the next few weeks.

Of course, the show must go on, and Fernhill is doing exactly that. Over the next few weeks, we will continue with our own things, including shopping, sea animals, sport, and more. It may seem like a clear vision, but something tells me that a disco is happening on the 13<sup>th</sup> of June...

We seriously can't wait!

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## Save the Date!

### Beanie for Brain Cancer

On Friday 29th June 2018, we will be supporting the Beanie for Brain Cancer cause, students and staff are invited to wear their favourite beanie to school for a gold coin donation. This is for a great cause and we can't wait to see everyone in their beanies!



## FERNHILL COMMUNITY NOTICES

**We need the communities help!! Read on.....**



### Looking for Ferny and Hilly!

Ferny and Hilly are the two playful mascots who remind us how to be safe, caring, learners at Fernhill School. We are not quite sure what they look like. Can you help us work it out? What do you think they look like?

As we start on our Positive Behaviour for Learning journey we are looking for our two mascots to lead the way.

We would like to invite interested students and their family members to draw pictures of *Ferny* and *Hilly* for us. We will then choose our mascots out of all the designs submitted.

*Please leave your artworks at the front office by  
Friday 6<sup>th</sup> July 2018.*

**We look forward to seeing your entries.**



# REMINDER

## Skoolbag

Complete communication solution



We have reached 55 App downloads!  
Download it today to keep up to date on our school events!



### How To Install Skoolbag On Your Smartphone

#### For iPhone and iPad users:

1. Click the "App Store" icon on your Apple device.
2. Type your school name in the search, using suburb name will help.
3. You will see your school appear, click "Get" then "install".
4. The app is FREE to download.
5. When installed click "Open"
6. Select "OK" to receive push notifications, when asked.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch.



#### For Android users:

You must first have signed up with a Google Account before installing the app.

1. Click the "Play Store" button on your Android Device
2. Click the magnifying glass icon at the top and type in your school name, using suburb name will help.
3. Click the school name when it appears in the search.
4. Click the "Install" button.
5. Click "Accept" for various permissions (please note, we do not modify any of your personal data on your device).
6. Click "Open" when installed.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch.

Please Note: Some brands of Android phones need the setting in "Notification Manager" changed to "Allow" instead of "Notify" in order for the push notifications to work. The phone must also be running at least version 4 system software to run the app.



#### For Windows 8.1 Phone and Windows 8.1 or 10 device users:

1. Go to the Windows Store on your 8.1 Windows Phone or Windows 8.1/10 Device
2. Search for "Skoolbag" in the keyword app search
3. Install the Skoolbag app
4. Find your school either by using the keyword search or location service.
5. Click the "Pin" icon to pin the school tile to your Windows Phone home screen.
6. Click the "More" button on the bottom right of the App, then "Setup"
7. Toggle the Push Categories that are applicable to you by tapping the on/off switch.

Please Note: The Skoolbag Windows App is for 8.1 version Windows Phones, or Windows 8.1 and 10 devices.





## LOST PROPERTY:

A number of parents have enquired at front office asking if we have their child's lost clothing. Unfortunately at this stage we only have one size 12 zip front jacket that has been handed in. School Uniforms are very expensive so please name ALL items that belong to your child to ensure we can hand them back when found.

**SKOOLBAG APP:** We strongly recommend you download the Skoolbag App to your phone to keep up to date with news from school. At present we have approximately half our school community that have downloaded the App. Once we reach 75% we will be using Skoolbag App as our preferred platform to get notes and notices to you. To ensure you don't miss out on any newsfeeds please follow the instructions on Page 7 and download the app now.

*Regards Kisane, Elisha & Angela*

## Kylie's Kitchen Budget Tips

**Cancer Council NSW** Nutrition Snippet

### The simplest way

...to whip up a healthy dip or sauce.

Whether you're lunch box prepping over the weekend or looking for the perfect healthy snack for entertaining, our Healthy Lunch Box website [healthylunchbox.com.au](http://healthylunchbox.com.au) has quick and easy sauce and dip recipes.

Try our minty yoghurt dip, kale and basil pesto, hummus or tasty guacamole for a tasty snack or sandwich spread.

**Minty Yoghurt Dip recipe**

**Ingredients**  
 8 tbsp plain reduced-fat yoghurt  
 1 lemon, juiced  
 ½ clove garlic, crushed  
 ¼ bunch mint leaves, finely chopped  
 Pinch of salt

**Method**  
 Place all ingredients in a bowl and mix together.  
 Variation – add finely diced cucumber for a refreshing crunch.

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

**Eat It To Beat It**

**Cancer Council NSW** Nutrition Snippet

### The simplest way

...to make sandwiches more exciting!

Making small changes to lunches can make a big difference to the overall nutritional value and make them more exciting for your kids to eat. Here are our top tips:

Try different breads – wholemeal, wholegrain, rye, soy and linseed, sourdough, rolls, pita, Lebanese or Turkish.


Try a variety of different fillings – vegetarian, lean meat or fish. Combine the following tasty sandwich fillings and spreads:

- Salad.
- Vegetables – lightly grilled or roasted.
- Lean meat e.g. roast beef, lean skinless chicken breast or turkey.
- Fish - tinned tuna, salmon or sardines (in springwater or brine).
- Tabouli.
- Egg.
- Tasty cheese.
- Banana.
- Healthy spreads e.g. avocado, hummus, mayonnaise, cottage or cream cheese, mustard, chutney, pesto or salsa.

Visit [healthylunchbox.com.au](http://healthylunchbox.com.au) for recipes & information you can trust.

**Eat It To Beat It**

*Fun easy recipes & tips to follow at home for all the family*

 <b>FERNHILL School - Term 2 2018</b>					
Term T	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	4 <sup>th</sup> Jun	5 <sup>th</sup> Jun	6 <sup>th</sup> Jun	7 <sup>th</sup> Jun	8 <sup>th</sup> Jun
7	11 <sup>th</sup> Jun QUEENS BIRTHDAY WEEKEND	12 <sup>th</sup> Jun PARENT WALKTHROUGH 11AM	13 <sup>th</sup> Jun P&C MEETING	14 <sup>th</sup> Jun	15 <sup>th</sup> Jun
8	18 <sup>th</sup> Jun	19 <sup>th</sup> Jun	20 <sup>th</sup> Jun	21 <sup>st</sup> Jun	22 <sup>nd</sup> Jun
9	25 <sup>th</sup> Jun	26 <sup>th</sup> Jun PARENT WALKTHROUGH 11AM	27 <sup>th</sup> Jun P&C MEETING	28 <sup>th</sup> Jun	29 <sup>th</sup> Jun WEAR A BEANIE FOR BRAIN CANCER Gold Coin Donation
10	2nd Jul	3 <sup>rd</sup> Jul	4th Jul	5th Jul	6th Jul NAIDOC DAY
Hols	Hols	Hols	Hols	Hols	Hols



## CONTACT US