

From our *Principal*

29th June 2018

Dear Parents and Carers,

Massive thanks to our volunteers who have assisted with swimming this term – not only have the students really enjoyed themselves, they've been learning about water safety, practicing personal care skills, and for some, we've seen a wonderful improvement in their ability to transition around the school as their stamina and strength is building.

Teachers sometimes choose to cancel swimming if the children appear to be unwell, or if they are under the weather – thank you for supporting this.

BBQ

We're having a Bunnings BBQ on Sunday 8th July – If you would like to volunteer for a two hour spot at some point in the day we would be happy to have you along. We're looking forward to a busy time telling Penrith and surrounds about our beautiful community!

We're growing again!

Our two new classes have been approved, and I am currently making contact with the new families and ensuring staffing is just right for next term. We should be able to establish two new groups with minimal changes across the school. It is always so exciting to talk to new

parents when we make contact, as I am confident that they and their children will really enjoy this great learning community.

Winter uniforms

In response to parental requests, we received delivery of long sleeved school shirts this week – they are now available from the office (further details inside).

Finally...!

Happy holidays to all – school breaks up on Friday 6th July, staff back on 23rd July, students on 24th July. Staff will be attending a conference together on the 23rd July.

Reports are due to come home next week – please check your child's bag.

And remember to make time for yourselves this holiday, and enjoy your beautiful children!

Have a great weekend!

Julie

Beanie for Cancer Day– Friday 29th June. To support this great charity we are asking for Gold Coin Donation and send your child to school wearing a Beanie.....have fun!



From Our Office

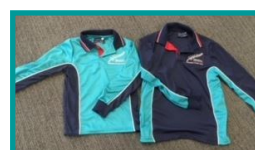
FEES STATEMENTS :

It's now come that time again for us to remind you of outstanding fees to be paid. School reports will be sent home next week and will have statements of outstanding fees attached. There are a number of ways to pay: Cash or credit card to front office, between **9AM-2:30PM** daily or more conveniently **\$Make a payment** on line through Fernhill School Webpage. This method has recently been updated to be more user friendly. The new instructions have been placed on Page 2 for you to follow. We hope this helps.

Regards Kisane, Elisha & Angela

WINTER UNIFORMS:

We have now received our supply of Winter Long Sleeve Polo Shirts, both Senior & Junior sizes and colours (see below) They will be \$35.00 each and can be purchased through our front office. Cash or credit card to front office, between **9AM-2:30PM** daily or more conveniently **\$Make a payment** on line through Fernhill School Webpage. Order form is on Page 11 of this issue.



STUDENTS RETURN TO SCHOOL Tuesday 24th July 2018

Pay your fees online!!!

\$ Make a payment on line

It is now possible for parents to make online payments to the school for amounts owing for students, via a secure payment page hosted by Westpac. Payments can be made using either a Visa or MasterCard credit or debit card, [and can be made via computer, tablet or mobile phone](#). The payment page is accessed from the front page of the school's website by selecting [\\$ Make a payment](#).

Items that can be paid include voluntary school contributions, subject contributions, excursions, sales to students and creative and practical arts activities (these include band, drama and dance). There is also a category called 'Other' to cover items not covered in the previous headings, 'Other' can be used to make a complete payment of a school Statement of Account.

When you access the [\\$ Make a payment](#) you must enter:

the students name
class
date of birth

These details are entered each time you make a payment as student information is not held within the payment system.

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner, these details are not passed back to the school.

You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child's account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.

For any enquiries regarding the online payment process please contact the School Administration Office 02 4733 0388.

VOLUNTEERS NEEDED

P&C Bunnings BBQ Fundraiser

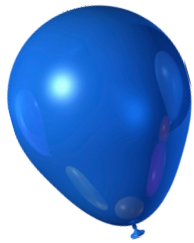
Sunday 8th July our P&C are running a Sausage Sizzle at Bunnings Penrith near the Harvey Norman Centre.

They are looking for volunteers to help out. If you can spare any time throughout the day it would be gratefully appreciated. You can chat to the ladies in front office and pop your name down.

We thank you in advance for your support.

Thank you

Fernhill P&C



HOMEBASE BLUE

Welcome to Blue Block News



What a busy term and it is going so quickly. Blue Block classes have been involved in some shared experiences with our peers, fun in the playground with our Yellow Block friends and participated in the Sea Creature visit with some of our Orange Block pals.

Blue 8 has started a Buddy program with Green 15 and meet once a week for some social interaction and fun. We have our Beanie 4 Brain Cancer day on Friday and on the last day of term we will be celebrating Naidoc Day.

The Sea Creature incursion was a 'hands on' and meaningful experience for everyone. The presenter ensured we all got to experience each animal. Some of us were a bit hesitant about touching the octopus but everyone enjoyed looking at the clown fish (Nemo). The shark teeth were very pointy and the seaweed a bit slimy.

We reported about our Science experiment in the last newsletter and have included a photograph for you all to see what happens when you do not wear your seatbelt.

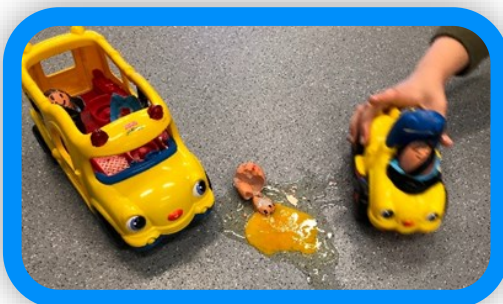
Our combined music sessions will be finishing up at the end of term and we plan to participate in a different area of Creative and Performing Arts (CAPA) next semester. Each class will continue a class music program. We covered the emotions of 'happy, sad and angry' based on the movie Inside Out. We will combine on the last day to play the instruments we made to the different types of music that represents the different emotions.

We thoroughly enjoy our playgrounds and at least once each week we have visitors from Caroline Chisholm College to share our time with. These girls also spend some time in our classrooms and enjoy the afternoon activities.

Blue Block staff are looking forward to seeing our students in their beanies on Friday and catching up with any parent/s, family or carers that will join in the fun of Naidoc Day.

Take care and enjoy your holidays,

Kylie, Shania, Kimberley, Jess, Deb & Kerry





HOMEBASE YELLOW

Welcome to Yellow Block News



What a wonderful way to finish off our learning in Science this semester by having a sea creatures incursion at our school called 'Rangers on the Run' this week. It gave our students the opportunity to experience real life animals and allowed lots of hands on activities where they were able to touch and smell things! All our students thoroughly enjoyed this and it was wonderful to see them so engaged.

We have continued to join together for sport on a Friday as a block and we have really enjoyed using our new sporting equipment such as gym mats and team sports gear. The students have also been learning some group warm up games like 'Duck, Duck, Goose'.

Yellow block have finished swimming in the interim now that the cold weather is here and we will re-commence later on in the year. Many thanks to all our volunteers for swimming this term who have given their time so generously to assist us including Claire, Lauren, Gary and Caitlin.

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





HOMEBASE ORANGE



Welcome to Orange Block News

Students in Orange Block are thoroughly enjoying swimming each Friday. They are practicing swimming skills such as putting their face in the water, blowing bubbles, floating, kicking, and using their arms to paddle or swim, as well as just having fun in the water.

We have also celebrated some birthdays and joined together for a dance party where we danced with ribbons and scarves.

The visit from Rangers on the Run this week was a great way to end our learning about sea animals in Science. The students enjoyed the opportunity to see, smell and touch some live animals as well as shells, seaweed and shark teeth.

We are excited about the NAIDOC Day celebrations next Friday and hope that you will be able to join us for some fun activities and morning tea. Everyone has been working hard this term and we are looking forward to resting up over the holidays ready for another great term.

Alison, Tania, Naomi and Vicki





HOMEBASE GREEN

Welcome to Green Block News

It's been a busy term in Green Block- we can't believe Term 2 is almost finished!

Green 13 have been learning about the Human Body. We've researched what we need to do to stay healthy, especially with all the winter germs lurking. We know we need to eat healthy foods, we need to eat less sugar, and we need to be careful not to spread germs. We've become very good at careful hand washing and covering our mouth when we sneeze or cough.

The High Schooler's enthusiasm for learning about ancient Greece was as exceptional as Alexander the Great's conquering of land!! We have also shown tremendous participation when developing our basketball skills.

Green 16 have been busy learning about Sea Creatures, and their room is looking beautiful with all the amazing artwork they have been doing as part of this unit. We all got to go to a Sea Creatures show at the start of the week, where we enjoyed touching the various sea creatures.

The students of Green Block are looking forward to our pizza picnic in the park next week and notes are starting to arrive, which is fuelling our excitement. It will be a great way to celebrate all the wonderful achievements made by each of our students this semester. *Please return your permission notes before next Monday.*

Alyssa, Natasha, Michael, Nathan, Jenny, Rachael, Meredith, Tyrone and Ciara



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 6th July 2018.*

We look forward to seeing your entries.

FERNHILL COMMUNITY NOTICES

Penrith Respite

Centre based respite.

- We promote a safe, friendly and fun environment
- Supervised community access
- Person Centred Approach



What is Centre Based Respite?

Respite is short term planned and regular breaks from the caring role while providing meaningful activities for the person with a disability.

Penrith Respite is able to provide a range of services to meet the individual needs. When entering the orientation process with us we will organise an invite for you to come and inspect our premises and we will answer any questions or concerns you may have.

The next step for orientation, your child will come for a short visit to familiarise themselves with the new surroundings, then progressing with an overnight stay. Your son/daughter will be allocated a key worker who will assist you in completing all paperwork and send you all relevant information for us to keep updated in your Child's needs.

Welcome to Penrith Respite!

Penrith Respite is a centre based respite service managed by Life Without Barriers with five beds, located at Evan St Penrith, NSW. We cater for children and young person from 7 to 18 years.

Our unit offers 24/7 staffing services providing care to a maximum of five clients at a time. The Team Leader works on site Monday to Friday and will endeavour to answer any questions that.

Any Families wishing to access this service for their child please contact:
Lisa Cartwright on 02 47269806 or email lisa.cartwright@lwb.org.au

FERNHILL COMMUNITY NOTICES



Term 3 (July-September) After School & Day Programs for Young people with Disability

Registration Now Open!



After School Groups @ Youthlink Centre Blacktown & Sargents Challenge Centre

Life Skills Group: Mondays 4pm-5pm

- (Age 8-14, All Levels)
- Learning goals: Increased independence, Meal preparation, Table Manners, Fine motor skills, Personal Hygiene, Self-Management and social skills.
- Designed and Facilitated by Occupational Therapist + Disability support team.

Social Skills Group: Wednesdays 4pm-5pm

- (Age 8-12, verbal communication, independent with self-care)
- Learning goals: Group therapy on social skills, emotional regulation and self management.
- Facilitated by Occupational Therapist and Psychologist



Day Programs @ Youthlink Centre Blacktown & Sargents Challenge Centre

Day Program Group (All day) Mondays - Wednesdays 9am - 3pm

- (Age 15-25, all levels)
- Learning Goals: Numerical/Literacy Skills, Computer skills, Employment Related Skills, Increased Independence with self-care (e.g.Meal preparation), Transport training, Self-Management
- Activities may include community outings and recreation activities.
- Designed and Facilitated by Occupational Therapist and Disability Support team.

Day Programs Group (Half- day) options:

- (Morning programs: 9:00am-11:30am, Afternoon programs 12:30pm-3pm)

Individual Disability Support: Available Thursdays between 9am-3pm

- (by appointment, minimum 2 hours)
- Young Persons between age 8-25, All Levels
- Individual skill development in Numeracy/Literacy Skills, Computer literacy, Life Skills, Community Participation, Employment skills.

How to Register:

Please call us 0296 221 823 (ext 102) or 0437 869 463 for over-the-phone consultation, where we can conduct a brief assessment the student's level of function and make bookings for the appropriate progra

Centre location: 13 Walters Road Blacktown NSW 2148

Cost Covered by NDIS in the following categories + activity cost

- Increased social and community participation
- Finding and keeping a job
- Improved learning
- Improved Daily Living

You can also find more information by visiting our website <https://salvos.org.au/youthlink/skills-4-life/>.

SCHOOL HOLIDAY ACTIVITIES

RESERVE BANK OF AUSTRALIA MUSEUM

SCHOOL HOLIDAY ACTIVITIES

WINTER 2018

Check out our activities for primary school students this school holidays

- Get an interactive look at the \$10 banknote and its new security features
- Get a sneak peak of the new \$50 banknote
- Explore the Museum with a treasure map and learn about the history of Australia

To find out more, visit www.rba.gov.au/museum

School holiday activities
Wednesday, 11 July, 11.00 am
Wednesday, 18 July, 11.00 am

For group bookings
email: museum@rba.gov.au
or call (02) 9551 9996

Open to the public
Monday to Friday, 10.00 am – 4.00 pm

Reserve Bank of Australia Museum,
Ground Floor, 65 Martin Place,
Sydney NSW 2000

RESERVE BANK OF AUSTRALIA MUSEUM

The Reserve Bank of Australia Museum is running a free program these school holiday's. This program is designed for primary-aged children and will run on Wednesday 11th and Wednesday 18th July from 11am—12pm.

The program teaches children what money is used for, Australia's banknotes and how they fit into Australia's history. There will also be a treasure map activity to explore the museum!

For further details or to make a booking, please call 02 9551 9996 or email museum@rba.gov.au

AFTER SCHOOL ACTIVITIES

Term 3 2018

Northcott's 'Skills 4 Life' program empowers young people with disability aged 14 to 17 years with the skills to:

- Express an opinion, communicate and participate in discussions
- Contribute to decision making
- Work with and respect others
- Build confidence, independence and a healthy self esteem
- Identify personal strengths and weaknesses

Tues 31 July Introduction and program overview	Thurs 2 Aug Goal Setting	Tues 7 Aug Cooking, Planning and Shopping	Thurs 9 Aug Cooking and Teamwork
Tues 14 Aug Money Skills	Thurs 16 Aug Time Management	Tues 21 Aug Problem Solving	Thurs 23 Aug Time Management
Tues 28 Aug Travel and Shopping Planning	Thurs 30 Aug Travel and Shopping (Father's Day)	Tues 4 Sep Relationships	Thurs 6 Sep Stress Management

SKILLS 4 LIFE

This program offers students an array of fun activities to build confidence, increase life skills, contribute to decision making, develop team work and social skills.

The programs are designed for students aged 14-17 years and run during the school term after school.

They are located in Campbelltown, Casula, Hornsby, Parramatta, Penrith and Seven Hills.

The programs are NDIS funded plus some additional out of pocket expenses for some activities.

For further information please call 1800 818 286 or email northcott@northcott.com.au

UNIFORM ORDER FORM

Student's Name:

Class:

Parent & Contact Number:

Item	Price	Size	Qty	Amount	Collected
Polo Shirt – <u>Short Sleeve</u> (Jnr / Snr)	\$30			\$	
Polo Shirt – <u>Long Sleeve</u> (Jnr / Snr)	\$35			\$	
<u>Skorts</u>	\$20			\$	
Dress	\$40			\$	
Sloppy Joe	\$26			\$	
Zip Jacket	\$30			\$	
Hat	\$15			\$	
TOTAL				\$	

Sizes Available: 4, 6, 8, 10, 12, 14, 16 or S, M, L, XL

OFFICE USE ONLY			
Amount Paid:		Uniforms Collected:	
Date Paid:		Collected By:	
Payment Method:		Receipt #:	
Items on Backorder:			
2 nd Payment			
Amount Paid:		Uniforms Collected:	
Date Paid:		Collected By:	
Payment Method:		Receipt #:	

Kylie's Kitchen Budget Tips

 **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 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 or join us at facebook.com/eatittobeatit



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

 **Nutrition Snippet**

The simplest way

...to buy produce in season.

Buying fruit and veg in season is much cheaper than other times of the year. Plus it's better quality and tastes better too!

Winter – June, July, August

FRUIT
 Apple (Red Delicious, Granny Smith), Avocado, Custard Apple, Grapefruit, Kiwifruit, Lemon, Lime, Mandarin, Melon (Honeydew), Nashi, Orange (Navel), Passionfruit, Pear, Rhubarb.


VEGETABLES
 Artichoke (Jerusalem), Beans (Green), Beetroot, Bok Choy (Pak Choy), Broccoli, Brussels Sprouts, Cabbage (Chinese), Capsicum, Carrot, Cauliflower, Celery, Eggplant, Leek, Lettuce, Mushroom, Onion, Parsnip, Peas (Snow, Sugarsnap), Potato, Pumpkin, Silverbeet, Spinach, Swedes, Sweet Potato, Tomato, Zucchini.

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



 FERNHILL School - Term 2 2018					
Term	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9	25 th Jun Sea Creatures Incursion	26 th Jun PARENT WALKTHROUGH 11AM	27 th Jun P&C MEETING	28 th Jun	29 th Jun WEAR A BEANIE FOR BRAIN CANCER Gold Coin Donation
10	2nd Jul	3 rd Jul	4th Jul	5th Jul	6th Jul NAIDOC DAY
Hols	Hols	Hols	Hols	Hols	Hols

STUDENTS RETURN TO SCHOOL Tuesday 24th July 2018



CONTACT US

FERNHILL SCHOOL | 12-40 Ridgetop Drive, GLENMORE PARK NSW 2745 | **PRINCIPAL:** Julie Raciborska | **PH:** 02 4733 0388 | **FAX:** 02 4733 0644 | **E:** fernhill-s.school@det.nsw.edu.au | **www.fernhill-s.schools.nsw.edu.au**