

## From our Principal

Friday 15th May 2020

**Dear Parents, Carers, Families and Community Members,**

Welcome to Term 2— and a very different term beginning it has been.. I think all staff at school have been delighted to see our students back—and there have been very big grins from our young people too!

We have received plenty of hand sanitiser, hard surface sanitiser, PPE and have extra cleaning happening throughout the day around the school. Social distance measures are in place for our staff and visitors, and we will be teaching our students about social distancing as part of our incidental teaching each day. All staff are calling in sick if they feel unwell, and a HUGE thank you for all of you parents and carers who have taken your children to the doctor for a clearance if they have been unwell. I have had some lovely comments from parents who are telling me that they are keeping their child at home until they are well to make sure that no-one else's child gets sick—if we all keep thinking of each other in this way, hopefully we can stay well and weather this Covid-19 situation and create a new normal way of doing things!

In the meantime, Fernhill School is open and we are able to have students at school every day—we have had a successful Week 3, and have more children returning for more days in Week 4—lovely! All that I ask is that you contact me or the office if you would like your child back at school. I need to make sure that we have enough staff rostered to be at school each day so that we can teach whoever comes—because teaching students is what we love to do! We do, however, still have a number of staff who need to work from home. Students are attending on days that have been requested by parents or suggested by school, so classes can be different each day both in the student population and staff teaching them. Staff with the children are the class teachers and SLSOs from the Block, and a good thing to come out of this disruption to routine is the opportunity to get to know some of our students even better.

## From our Office:

Welcome to the first Newsletter for a while— we have truly missed putting our news out there for you to read. This issue will be a little smaller than usual but still it is filled with love from our hard working staff.

In this issue our office ladies have also added a ***GetActive @ Home*** link— which may be fun for all the family to get involved in— so enjoy!.

Please remember to stay safe and keep washing hands to keep those germs away:)

**MOTHERS DAY:** Whilst we were unable to do our annual Mothers Day stall—you were all still in our thoughts and we hope you enjoyed your day with the family.

Can I also ask that if your child is unwell and are due to attend school you notify the office, not just the teacher, who may be at home or unwell themselves. Thank you. We do not expect you to be teaching an unwell child either—please make sure you are kind to yourself and take a break!

When your child returns to school, make sure you ring their taxi driver to confirm the days that you require transport—if there are any problems, please ring the office.

A BIG thank you to the P&C who donated the Mothers' Day gifts last week—thank you! It was such a kind gesture which I am sure gave pleasure to all.

And finally, amidst all this uncertainty, our lovely AP Kylie added a second gorgeous son to her family last week— Maddox, little brother to Hunter, Here are the proud parents, Kylie & Josh with their new boy!

Stay safe and take care,

*Julie*



**WINTER UNIFORMS:** Well the cold weather has arrived and we are in our winter woollies already! We have a large supply of school jumpers and jackets at our office for sale— you are still very welcome and able to visit our office— we just remind about our social distancing.

The admin office is set out with social distancing lines and crosses—please observe and keep us all safe together.

**Kisane, Elisha & Chris**

# FERNHILL COMMUNITY NOTICES



★ ★ GIVEAWAY TIME! ★ ★

Who wants a chance to WIN this amazing Sensory Pack? It includes all the sensory stimulation tools one needs to pull, pinch, touch, fidget, squeeze, calm and cuddle and MORE. Valued at over \$300!

TO ENTER:

- 👉 Tag a Friend in the comments below  
👉 Share this Post  
👉 Like our main page [SensoryStore\\_NADO](#)


T&Cs – Giveaway ends 11pm on 24/05/20. One winner to be drawn at random and contacted via DM on 25/05/20. Winner must respond within 7 days and reside in Australia. #sensory #giveaway #sensorystore #NADO #sensorypack #sensoryplay #sensorysupport #NDISProvider



# FERNHILL COMMUNITY NOTICES

Keeping active during social restrictions is very important for our overall health. Here are some fun ideas to try with the kids. Try the link for more Ideas.

<https://education.nsw.gov.au/teaching-and-learning/learning-from-home/learning-at-home/activities-for-your-child/getactive-home>



## NSW School Sport – GetActive@Home

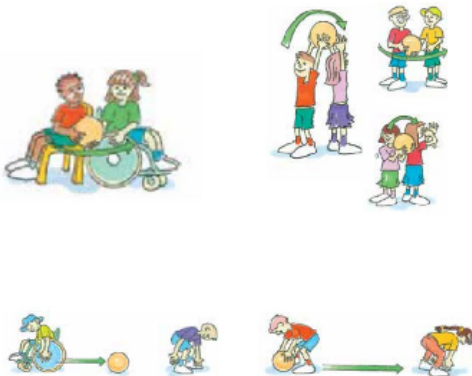
### Back-to-back passing challenge

Time: 10 minutes

#### Activity

##### Partner game

- With one ball per pair, players must pass the ball back and forth.
- The ball must change hands completely.
- Explore different passes – make up new ones.
- Set a time period, for example, number of passes in 30 seconds.




#### Equipment

- Ball/object to pass such as a basketball, soccer ball, netball, cushion, teddy bear, soft toy.
- Can be played indoors and outside.


#### Activity variations

- Change the ball/object size.
- Play in a group and swap partners to see which combination can do the most passes in a set time.
- Try this activity in a swimming pool.
- Move closer together.
- Move further apart.
- Roll the ball between players.
- Change direction clockwise/anti-clockwise.



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Adapted from Sport Australia, 2019, Playing for life [Back to back pass](#)



## NSW School Sport Unit – Get active @ home

### Balancing act

Time: 20 minutes


#### Activity

##### Individual/partner/group

- Players balance various objects to see which shapes are easiest to balance.
- Players use different body parts to balance the objects, such as palm or back of their hand, or their knee, foot, elbow, chin, or forehead.


#### Safety

- When balancing objects on the head, the safest places are the chin or the forehead.
- Objects balanced on the nose can slip and fall into the eye.
- Players should not run around while balancing objects.



#### Equipment

- Various balancing objects, such as:
  - balancing poles (made from rolled up newspaper and sticky tape)
  - feathers (easier)
  - shoes
  - plastic chairs
  - baseball caps
  - broom handles (harder).



#### Activity variations

- Change the object shape, size or weight.
- Try walking or lying down and getting back up again while trying to balance the object.
- Players 'jump' the balancing object from one body part to another (e.g. one hand to the other).
- Players work in pairs to pass balanced objects to each other using the 'jump' method.
- See who can walk the furthest distance balancing each object.
- Challenge a partner to see who can balance an object for the longest period of time.

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Adapted from Sport Australia, 2019, Playing for life [Balancing act](#)



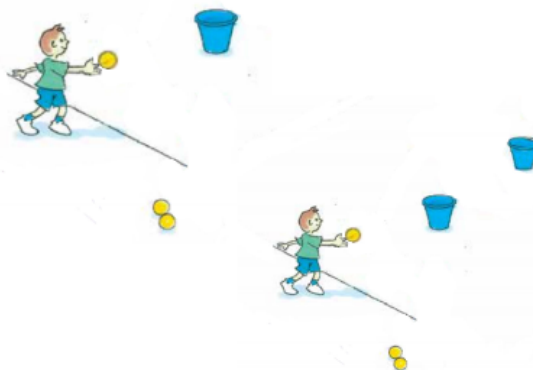
## Ball in the bucket

Time: 10 minutes

### Activity

#### On your own

- Use chalk (or a ruler/door snake if indoors) to mark a line 3 metres from the bucket.
- Use an underarm throw and count how many of the 3 balls you can land in the bucket. It doesn't count if it bounces out!
- Keep practising and set yourself some goals.



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### Equipment

- Bucket.
- 3 tennis balls (or 3 soft toys for indoors activity).



### Activity variation

#### With a partner / parent

Take turns with a partner or all of your family members and find out who will be the first to land all 3 balls into the bucket!

For an **extra challenge** – you can stand further back or even invent some trick shots e.g. it has to bounce once and then into the bucket!



Adapted from Sport Australia, 2019, Playing for life

## Copy the call

Time: 10 minutes

### Activity

#### Partner/group

- One person calls out a type of movement and players act out the movement in short bursts.
- A leader calls out an activity to be done on the spot, such as, run on the spot, hop on left leg 10 times, do 5 burpees, 12 star jumps, 6 push-ups, 7 lunges. Activities vary depending on skills and abilities.
- Repeat for a set time frame or number of repetitions.
- Change the leader role after each activity, so that everyone has a turn.



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### Equipment

- An open space with enough room so participants don't bump into one another.

### Activity variations

- Modify the number of times/duration of each activity to suit skill level and ability.
- Call out more than one activity at a time.
- Set a specific order in which the activities must be completed.
- Race a partner to complete the challenge.
- Add a shuttle run between activities e.g. do 5 star jumps then run to a cone and back, complete 5 sit-ups then run to a cone and back, and so on.

Adapted from Sport Australia, 2019, Playing for life [Fun on the spot](#)