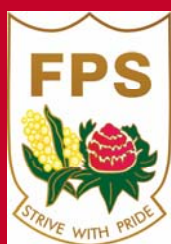




Education



Fassifern Flyer

9 Miller Road. FASSIFERN, NSW 2283

Phone: 024959 2708 Fax 024950 4923

Email : fassifern-p.school@det.nsw.edu.au

Term 1 Week 8

Date 19/3/2019

Calendar 2019

Term 1

Friday

8th February-

29th March

(excepting March 8th)

Gymnastics

Tuesday, March 19th

Online Bullying

(Years 4-6)

Thursday, March 21st

Harmony Day

Friday, March 29th

P&C AGM

Cross Country

MOBILE

PH: 0447 224 900

1300 880 021

**School Security
Number**

1300 880 021



The students from Years 5 and 6 who represented the school at PSSA Soccer Gala Day. Thanks to those students for their participation and to Miss Brown for her organisation.

I often say to students they should aim to learn something new every day. This week I learned about Momo, an online game character that has reportedly led to the suicide deaths of children. What an insidious, destructive concept of randomly inserting terrifying, threatening messages into popular children's film clips... How did I learn about this little monster? A student threatened a younger student with using Momo to "get" them. Harmless? I don't think so; this is bullying. Please be aware of what your children are watching and playing online; it is often replicated in the playground.

"Bullying behaviour has three key features. It involves the intentional misuse of power in a relationship. It is ongoing and repeated, and it involves behaviours that can cause harm." NSW Department of Education. Anti-Bullying Plan 2019.

Under the umbrella of *Positive Behaviour for Learning*, our school culture is one of positive teaching and learning for all students, positive interaction with families and community, and positive collegiality between staff members. Students are recognised for their effort as well as their progress, their peer interactions and their care and consideration of others and their school environment. Teachers award students for appropriate behaviour, in the classroom and on the playground, and awards are presented at Friday's Assembly. Please come along and celebrate the achievements of your children.

Regina

What is Autism?

Autism is a lifelong neurodevelopmental condition.

It is characterised by differences in behaviour, social interaction, communication, special interests and sensory processing. These differences can present people on the autism spectrum with challenges in how they interact with their environment. To receive a diagnosis of autism, these symptoms need to be evident from childhood and impair the person's daily functioning.

Some characteristics of autism are common to a greater or lesser extent among many people on the autism spectrum; other characteristics are typical but not necessarily experienced by all people on the autism spectrum. Thus, the word 'spectrum' is used to reflect the wide scope of differences in how individual people experience autism and their environment.

While some people on the autism spectrum also have an intellectual impairment or disability, many others have average intelligence, while others have above-average intelligence.

Autism Spectrum Australia



Tuesday, April 2nd.

To raise awareness of Autism in our community, our students will be walking around the Oval at the lunch break. For a gold coin donation, students can complete circuits with teachers and get a free icy-pole for their effort.

Students who wish to participate can register with Mrs Stoltenberg on the day.

The link for online donations is:

[https://](https://www.walkforautism.org.au/fundraiserfassifernpublicschool)

www.walkforautism.org.au/fundraiserfassifernpublicschool

PS Any grown-ups who'd like to join us will be welcome.

It's your birthday!



Birthday celebrations over the past two weeks:
Lauren, Vienna and Isaac.



Jett's homework is a stunning artwork, using natural objects. Makoro students have produced a diverse range of pieces; we'll share more photos when the work comes in.



Awards Term 1 Week 6 & 7



Wilai	Week 6	Hallie Anderson	Working hard in reading groups.
Wilai	Week 6	Alex Murray-Young	Being a helpful class member.
Wilai	Week 7	Kohdi Steele	Trying hard in reading.
Wilai	Week 7	Tia-Grace Sharp	Being a diligent student.
Pirama	Week 6	Isaac Solomons	Fantastic creative writing on "The First Fleet".
Pirama	Week 6	Jorja Hilditch	Being a responsible, active learner in all learning tasks.
Pirama	Week 7	Kobi Berry	Brilliant effort with homework.
Pirama	Week 7	Jack Tonks	Outstanding effort in "Fire" descriptive writing.
Pirama	Week 7	Halaina Pex	Being a diligent & respectful student who always does her best.
Makoro	Week 6	Preston Como	Working hard during maths groups and taking risks with his learning.
Makoro	Week 6	Decklan Hearne	Being a diligent student who tries his best to stay on task at all times.
Makoro	Week 7	Phoebe Lorentzen	For persisting with long division.
Makoro	Week 7	Liam Siever	For being a quiet, hard working



**Care. Share.
Achieve
On Track to
Success!**

Office News!

*General Permission Note is to be sent back to the office as soon as possible.

*Voluntary School Fees have now been invoiced.


Facebook Page:

Don't forget to keep up with the latest school news via Facebook or Fassifern PS website.
www.fassifern-p.school.nsw.edu.au


Student Banking News:

Please bring your Student Banking in Mondays for processing.






SCHOOL PARKING



MILLER ROAD



DROP & KISS ZONE

The Drop and Kiss Zone is clearly marked by prominent signage on Miller Rd. Please observe the Zone times and find alternative parking if you wish to vacate your car.

Drop and Kiss Zone operates from 8.00-9.30am and 2.30-4.00pm. Please do not leave your car parked in the Drop & Kiss Zone. This is for the safety of all students and for the ease of parents with small children and babies.



Star of Week 6



The Star of the Week for Week 6 is Eva Pope. Eva is an active learner in all class activities. She is a polite and respectful person to all staff and peers. Eva is a great role model for everyone and is always willing to assist anyone needing a helping hand.



Star of Week 7



The Star of the Week for Week 7 is Evie Patrick. Evie is one of our responsible Wilai Year 1 students. She approaches her work tasks with a sensible attitude. Evie is a very thoughtful and helpful student, always offering to assist Mrs O'Neill with jobs in the classroom. She can be relied upon to set a positive example to her peers and to her younger classmates. Evie follows our PBL expectations and is always well mannered and polite to staff. Keep up the great work, Evie!

Wilai

Last Monday Wilai participated in our in-school Clean Up Australia Day activities. The students were all enthusiastic to ensure that our designated clean-up area was rubbish free. It's great to see our younger students genuinely keen to look after our environment.



On Friday Wilai participated in a Responsible Pet Ownership Education Program, run by Melissa and her dog Hush. The students learned about what to do if they encounter an angry dog. The children also learned about what to do if they wish to pat a happy dog who is on a lead and with its owner.



Football Gala Day

Last Friday, Stage 3 students from Makoro participated in a football gala day at Speers Point. Throughout the day, these students demonstrated persistence, respect, determination and excellent sportsmanship. They should be very proud of themselves.



Whooping Cough (Pertussis)

The Ministry of Health is preparing a public information campaign about the dangers of Whooping Cough (pertussis), which has been increasing in incidence across NSW in 2018 and is expected to continue to increase in 2019. The Ministry has asked the Department of Education to support the campaign by sending information to primary and secondary schools. Information from the Ministry of Health about Whooping Cough is provided below.

Keep coughing kids home and see your GP.

Whooping cough (also called pertussis) began increasing across NSW towards the end of 2018, especially in children between the ages of 5 and 14 years. NSW Health anticipates that this increase will continue into 2019.

School-aged children who are infected with whooping cough usually experience a troubling cough that can persist for months, but they rarely get severe illness. However they can spread the infection to younger siblings and other more vulnerable people, who are at higher risk of severe disease. Whooping cough can be a life threatening infection in babies.

What can you do to prevent whooping cough?

1. Make sure vaccinations are up to date for all family members
2. Be alert for symptoms of whooping cough
3. Keep coughing kids home, to prevent them spreading the infection to others, and see your GP to get them tested for whooping cough

P&C

The canteen meeting went very well and it was attended by eager volunteers who have many great ideas of how to make our canteen better. Thank you so much.

Another thing we would like to do is a working bee around the school, focusing on the Canteen. If anyone could put their hand up it will be greatly appreciated. More details of when the working bee would be will be at a later date, however we are seeking any unwanted paint you might have at home. If you are able to donate this to the school this would be amazing and make a difference in helping with the plans we have in mind.

Our next P&C meeting, which also coincides with our yearly AGM, is on the 29th March, and will be held in the Library at 9am.

Easter is coming up with all the fun activities we have at school for our students. We are seeking any donations to help go towards our Easter Raffle like chocolate eggs/rabbits or anything Easter. With your donations, you will receive a free ticket into our raffle as appreciation for your generosity.

THANK YOU

Fassifern Public School P&C Association

Annual General Meeting

Friday, March 29th. 9.00am

All welcome to learn about and discuss the future of education in our School and to put forward your ideas.

CANTEEN ROSTER

WED 20TH MARCH

SHAY & DANNY

WED 27TH MARCH

BEC

WED 3RD APRIL

SHAY & DANNY

WED 10TH APRIL

SHAY & CASEY

FRI 22ND MARCH

HAILEE & CASSIE

FRIDAY 29TH MARCH

SHAY & CASEY

FRIDAY 5TH APRIL

HAILEE & DEBRA

FRIDAY 12TH APRIL

ASHLEIGH & LUKE



What is square and green?

A lemon in disguise

What did the apple skin say to the apple?

I got you covered

Why aren't bananas ever lonely?

Because they come in bunches

What do you call an angry pea?

Grump-pea

WHAT'S IN SEASON FOR MARCH - VEGETABLES

Beans	Lettuce	Tomatoes
Bok Choy	Mushrooms	Zucchini
Broccoli	Onions	
Capsicum	Potatoes	
Cucumbers	Pumpkin	
Kale	Sweetcorn	



WHAT'S IN SEASON FOR MARCH - FRUIT

Apples	Limes	Pomegranates
Bananas	Nashi	Valencia Oranges
Dates	Papaw	
Figs	Passionfruit	
Grapes	Pears	
Kiwifruit	Plums	



MARCH FRESH RECIPE -

APPLE & COCONUT SLICE



Good for Kids good for life

WASTE-FREE LUNCHES

When packing your child's lunchbox it's important to think about nutrition, but we can also look after the environment too!

Waste-free means only packing items that can be recycled or composted.

That means no plastic wrap, no foil, no zip lock bags and no packaged foods.

Here are some ideas for packing a waste-free lunch:



- Invest in some small containers or a lunchbox with a variety of compartments.
- Use paper bags as they can be recycled.
- Use a reusable bottle for water and milk.
- Buy in bulk and transfer into smaller reusable containers for food like yoghurt and rice crackers.



Health
Hunter New England
Local Health District

HNEIHD-GoodForKids@hnehealth.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Preparation: 25 mins

Cooking: 40 mins

Serves: 8

When Golden Delicious apples are out of season use Granny Smith apples.

Ingredients:

1 cup plain flour $\frac{3}{4}$ cup caster sugar
2 $\frac{1}{2}$ cups desiccated coconut
100g butter, melted
1 kg Golden Delicious apples, peeled, cored and sliced
1 tsp ground cinnamon
3 free-range eggs, lightly beaten
Icing sugar, for dusting

Method:

Step 1: Preheat oven to 180°C/160°C fan-forced. Grease and line an 18cm x 28cm x 2-3cm deep baking pan with baking paper.

Step 2: Combine flour, $\frac{1}{2}$ cup caster sugar, $\frac{1}{2}$ cup coconut and butter in a medium bowl and mix well to combine. Press mixture evenly into pan base. Bake for 12-15 minutes until light golden.

Step 3: Meanwhile, place apples and cinnamon in a wide large microwave-safe dish. Cover and microwave on high/100% for 8-9 minutes or until almost tender but still holding their shape. Stand for 5 minutes. Uncover, drain excess juice and set aside to cool slightly. Spoon apples over the warm biscuit base.

Step 4: Lightly beat eggs in a medium bowl. Add the remaining $\frac{1}{4}$ cup castersugar and 2 cups coconut and mix until well combined. Spread coconut mixture over apples, pressing down firmly. Bake for 20-25 minutes until golden. Set aside to in the pan. Dust lightly with icing sugar, slice and serve.