

Fassifern Flyer

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Term 1 Week 10

Date 2/4/2019

Calendar 2019

Term 1

Walk for Autism

Tuesday, April 2nd

Positive Behaviour for Learning Celebration

Monday, April 8th

ANZAC Commemoration

(Years 5 and 6)

Tuesday, April 9th

Easter Hat Parade and Assembly

Friday, April 12th

MOBILE

PH: 0447 224 900

1300 880 021

School Security Number

1300 880 021



Phoebe: Model Representative...

"I went to the Hunter trials for Netball. I went with my Zone team and we played a total of seven games. Sadly, I did not get in Possibles or Probables. Possibles and Probables is just where they choose the best players and decide who is going in Hunters. Even though I didn't get in I had fun and gained plenty of experience for next year and years to come."

Our school will be celebrating the achievements of students at the Term 1 Positive Behaviour for Learning Celebration on Monday, April 8th. It will be an exciting day, with

students coming to school in their pyjamas, sharing lunch together, and showing off their moves at a disco. This will be in acknowledgement of those students who have met PBL expectations and demonstrated the PBL values of *Care, Share, Achieve*.

Not all students will be participating in all aspects of the celebration. Those students who are in Reflection Room three times in the term are not eligible to join all the activities. Time in Reflection Room is the culmination of a process, where the student has displayed behaviour well outside the PBL expectations. Whilst in Reflection Room, students are encouraged and supported in exploring their behaviour, any triggers for the incident, and the intent of their reaction. Alternative behaviours are decided upon and students are coached in changing the way they react to situations.

The purpose of *Positive Behaviour for Learning* across our school is to teach students behaviours that will enable them to reach their full potential, academically and socially. Expectations of behaviour are very clear, relevant to all areas of our school, and explicitly taught to all students. Consequences are logical and appropriate, and all students are aware of the process.

I'd be happy to talk with you about our Wellbeing system if you seek more information.

Regina

Just a little bit late doesn't seem much but.....

He/ She is only missing just....	That equals....	Which is.....	and over 13 years of schooling that's...
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly <u>Half a year</u>
20 minutes per day	1 hour 40 mins per week	Over 2.5 Weeks per year	Nearly <u>1 year</u>
Half an hour per day	Half a day per week	4 Weeks per Year	Nearly <u>1 and a Half years</u>
1 hour per day	1 day per week	8 Weeks per year	Over <u>2 and a Half years</u>



Walk for Autism
Autism Awareness Day
 Tuesday, April 2nd.
 For a gold coin donation,
 walk the field during
 lunch break.
 Supported by Student
 Leadership Team

Office News!

- *General Permission Note is to be sent back to the office as soon as possible.
- *Voluntary School Fees have now been invoiced.
- *Money is due for Years 5/6 Anzac Commemoration.

Student Banking News:

Please bring your Student Banking in Mondays for processing.

P&C NEWS

On Friday 29th of March we held our Annual General Meeting. From this meeting we gained some new members and re-elected our executive positions. New President is Hailee, Vice President Ashleigh, new Secretary Tegan, Treasurer Debra, Uniform Coordinator Emma, Tuckerbox Ashleigh and Hailee, Fundraising Hailee.

We would like to say a massive Thank You to Ale-na, our outgoing secretary of four years! You have done an amazing job and we are so thankful for everything you have done. We would also like to thank Ashleigh. Ashleigh took over as President last year and has brought so much to our P&C! So thank you for everything you have done over the last year; your efforts have been amazing.

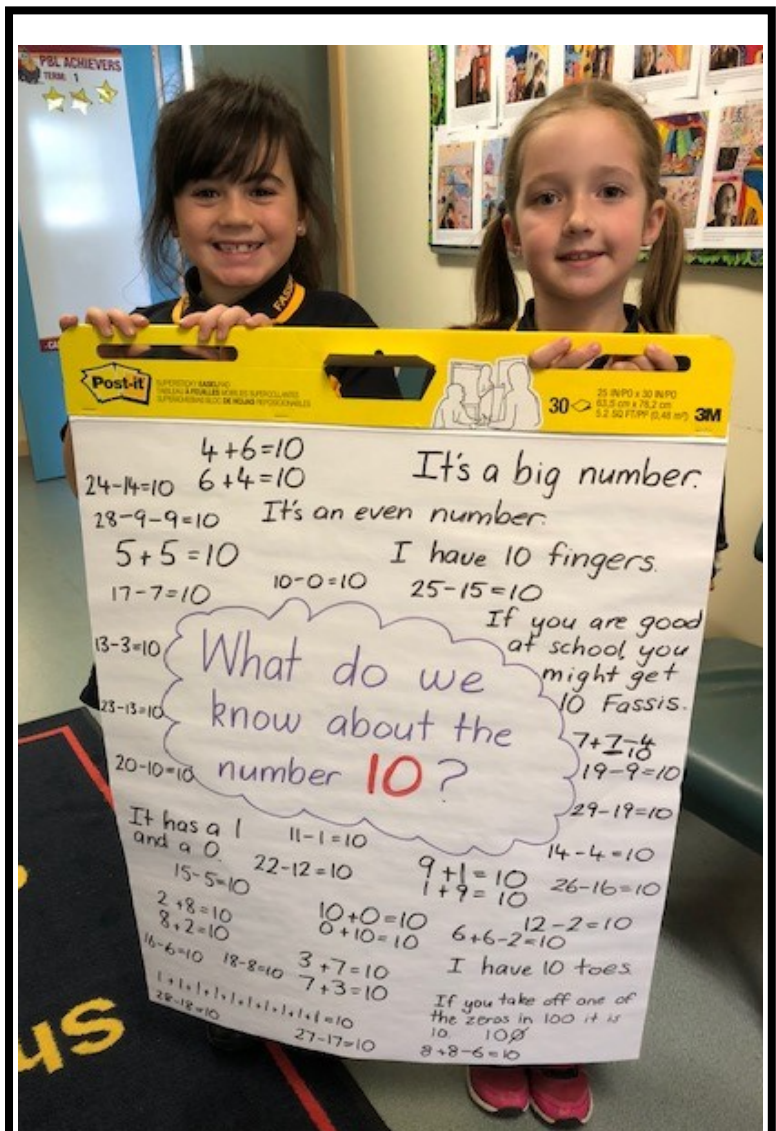
We have our Easter Raffle next Friday the 12th of April as part of our schools Easter celebrations. We are also still accepting donations for our raffle, and all donations will receive a ticket into the raffle as a "thank you" for your donation. We will also be holding an Easter cupcake stall and a special lunch order. A note will be sent home later this week with all the information.

Our next P&C meeting will be on Thursday the 9th of May at 7pm in the resource room next to the office. We hope that by having our meeting at this time will bring in some fresh faces who may not be able to make a day time meeting.

Don't forget to check the P&C blackboard for regular updates.

We wish you all a happy and safe school holidays.
 Hailee

School Banking. Helping kids learn the value of saving.



It's a big number... Wilai students are very enthusiastic about number talks. Vienna and Evie are displaying the collective thoughts about the number 10.



AWARDS : Term 1 Week 8



Wilai	Week 8	Kale Broadbent	A big improvement to his book-work.
Wilai	Week 8	Lachlan James	Being a kind and helpful class member.
Pirama	Week 8	Jesse Mitchell	Big improvement in reading & writing tasks.
Pirama	Week 8	Kayla Winter	Giving her best in all tasks.
Makoro	Week 8	Elijah Cassell	For producing quality, descriptive pieces of writing.
Makoro	Week 8	Xavier Chambers	Trying hard to stay on task.



Star of Week 8

Lyla Nardo is the Star of the Week. She is a conscientious student who consistently gives her best in everything she does. Lyla has a passion for learning which is evident in the extra work she not only does in the classroom but also outside of school. She is inquisitive and takes risks with her work, which is always beautifully presented. Her work is always well thought out and she utilises constructive feedback to make adjustments to her learning. Without consideration, Lyla will happily lend a helping hand to anyone who needs it. She is kind, compassionate, and empathetic; and can always be relied upon to be a good friend and a good student. Lyla is an absolute pleasure to teach and so very deserving of Star of the Week. Well done, Lyla!



HARMONY DAY

We all belong...



There was a great celebration of multicultural diversity on March 21st, with students and staff wearing fancy dress or the colour orange to declare "We all belong!"

In class, students had joined together in activities that focussed on the diversity of Australia and they made flags from countries all over the world, some of them from a country of their heritage. The flags and orange balloons decorated our Quiet Area.

Recess was a multicultural feast—many thanks to those who donated food and to the hands-on-deck on the day.

Phoebe, Sasha, Lauren, Sam and Ruby enthusiastically flaunted their dress for the day.



Wilai

This week in Wilai, we are showcasing some of the rich learning experiences that we undertake in our morning literacy session. The students are all working hard and demonstrating a **care, share, achieve** attitude.



All In A Day's Work



Pirama

This term, we have been working very hard at using nouns, adjectives and adverbs to improve the quality of our writing. As part of this, Pirama does daily writing every morning to warm up and practise these skills. Here are some examples of our quality work!

The sneaky crocodile
was swimming quietly
in the slimy swamp
under the trees. (1)

The fluffy and soft
~~Koala~~ is looking for
some soft and juicy gum
leaves in the sun set. (1)

In the after noon, the soft and cuddly
koala is resting quietly in the green and
wild forest. (1)

In the morning, The
soft & cuddly Koala was
resting contently in the
lush & green forest.

The Koala is gray and
fluffy the trees are green and fresh
she is sleeping and at 6:30 she needs
sleeping quietly and he need to be quiet
because prides will get her.

The friendly and most
fabulous crocodile was swimming
cunningly the big croc
jumped up at a boat the
pepele screamed and
got ate in one big
mouth.

Makoro

In Makoro, we have been learning all about descriptive writing. We have used examples of figurative language throughout our writing such as; personification, metaphors, alliteration and onomatopoeia to engage the reader and help them to better create pictures in their minds. We hope you will enjoy just a couple of the amazing pieces of writing we have produced.

The Bright Sun

As the burning bright sun went down gracefully, the ominous forest became as gloomy as the dark side of the moon. The moon whispered to the stars that danced elegantly in the evening sky. – *Sebastian Young, Year 5*

The Winter Current

As the glimmering silver moon towered obediently over the frosty lifeless trees, the chilled frozen water seemed to be flowing more swiftly than a young swallow could fly. The careless winter leopard danced inquisitively across the sparkling frozen current. The cold-snapped winter's breeze glided with tranquillity across the frosty snow, whilst the trees swayed in sync with it. Frozen water seamlessly fizzed like a bottle of lemonade yet to be opened. Illuminated clouds clashed aimlessly as if to intimidate one another. – *Elijah Cassell, Year 5*

The Moon

As the motionless lake reflected the faint image of the shadowy tree, the bright moon shone gracefully on the pristine lake. The gloomy clouds wrapped the moon in its silky substance, as the lovely leaves stared at the illuminated moon.

– *Reese De-miller, Year 6*





Cross Country

Good for Kids good for life

SAN CHOY BAU



Ingredients

Canola or olive oil cooking spray	2 tbs salt-reduced barbecue sauce
500g lean pork mince	1 tbs salt-reduced soy sauce
1 clove garlic, crushed	1/3 cup coriander leaves
1 tsp grated fresh ginger	8 large butter lettuce leaves
200g green beans, thinly sliced	1 cup bean sprouts, ends trimmed
1 large carrot, grated	
4 green shallots, thinly sliced	

Method

1. Heat a wok or large non-stick frying pan and grease with cooking spray.
2. Add mince, garlic and ginger and cook for 5-10 minutes over a high heat until mince is evenly browned, breaking up any large pieces with a wooden spoon.
3. Add beans, carrot and shallots and stir over heat for a further 1-2 minutes.
4. Stir in sauces and coriander leaves. Remove from heat.
5. Spoon mince mixture onto lettuce leaves and top with bean sprouts.
6. To eat, wrap up leaves to enclose filling.

Tip: We used butter lettuce leaves but you could use iceberg lettuce cups or baby cos if preferred. **SOURCE:** Healthy Kids at www.healthykids.nsw.gov.au



Health
Hunter New England
Local Health District

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

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MANAGING SCREEN TIME

Australian guidelines recommend that **kids spend no more than 2 hours each day on small screen entertainment**. Long periods of use should be broken up as often as possible.

While computers and TV can be valuable for education and learning, the health benefits, skills and enjoyment that kids and teens get from being physically active are just as important.

Office of the Children's
eSafety Commissioner

Keeping an eye on screen time

Are your kids constantly glued to a screen? Where do you draw the line to keep screen time in check? This quick guide can help parents manage screen time.

What is screen time?

Screen time is the amount of time spent watching a screen or electronic media for entertainment. It includes:

- Watching TV
- Watching DVDs & other online shows
- Using computers or other devices to access online entertainment
- Playing games on consoles, computers and mobile phones
- Texting



Health
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<http://www.goodforkids.nsw.gov.au/>

AVOCADO, SWEETCORN & TOMATO SALAD CUPS



PREP 25 mins | COOK 4 mins | MAKES 6

We packed the salad into 500ml disposable plastic cups however you can use any container or lunchbox to serve this salad.

INGREDIENTS

- 3 sweet corn cobs, husks and silks removed
- 2 ripe avocados, halved lengthways and seeds removed
- 1 tbs lemon juice
- 350g tomato medley, halved
- 1/2 cup mild tomato salsa sauce
- 1/2 medium Iceberg lettuce, shredded
- Coriander leaves and corn chips, to serve

STEP 1: Place corn in a single layer in a shallow microwave safe dish, cover and microwave on high for 4 minutes. Uncover and set aside for a few minutes to cool. Slice the kernels from the cobs and set aside.

STEP 2: Spoon avocado flesh into a bowl. Drizzle with lemon juice and season with salt and pepper. Mash until just smooth. Set aside. Combine tomato medley and tomato salsa sauce in a bowl. Set aside.

STEP 3: To assemble the salads, layer the lettuce, corn, tomato mixture and avocado into serving cups. Top each with a coriander leaf and serve with corn chips.

Whats on these Holidays



PARKOUR 4 DAY WORKSHOP



Learn PARKOUR moves such as:
SHOULDER ROLL CAT PASS DASH VAULT SPEED VAULT PRECISION JUMP

Suitable for all skills levels 9yrs – 13+ yrs.

COST: \$100.00

Mon 15th - Thurs 18th April 2019

4pm – 5.30pm – 9-12yrs 5.30pm – 7pm – 13yrs+

VACATION CARE

MONDAY 15th April—Monday 29th April
(Closed public holidays)

7.30am - 6.00pm Meals Included



**HunterSports
Centre**

BOOKINGS FOR ALL PROGRAMS ESSENTIAL

Contact the Centre
PO Box 3187 • Glendale NSW
P: 4953 6366 • F: 4953 6587

www.hsc.org.au

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LET'S PLAY

SCHOOL HOLIDAY ACTIVITIES



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WHAT ARE FUNDAMENTAL MOVEMENT SKILLS?

Fundamental movement skills are the building blocks for movement. They are the skills which children need to participate successfully in all types of games, physical activities and sports. Examples of these skills can be frequently seen in popular games and activities played by children in the school playground.

These twelve skills represent a solid foundation for the development of specialised skills, enabling children to participate in a wide range of physical activities. They are:

1. Static balance
2. Sprint run
3. Vertical jump
4. Catch
5. Hop
6. Side gallop
7. Skip
8. Overarm throw
9. Leap
10. Kick
11. Two-hand strike
12. Dodge



Source: GET SKILLED GET ACTIVE
A K-6 resource to support the teaching of fundamental movement skills
NSW Department of Education and Training 2016.



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