



Term 3, Week 10

Thank You

Thank you to the staff, students and parents for making me feel so welcome at Fassifern Public School these past few weeks. I have thoroughly enjoying my time here, relieving for Mr. Lewis and really enjoyed getting to know everyone. Mr Lewis will return on the first day of Term 4 and is looking forward to seeing everyone. Mrs O'Brien.

Staffing Changes

The wonderful Mrs Culjak, has taken up the opportunity to be Assistant Principal Curriculum and Instruction full time at Belmont North PS for Term 4. Mrs Culjak's curriculum knowledge is second to none and she will be missed at Fassifern next term. We wish her well and look forward to seeing her in 2025.

Throughout Term 4, Mrs O'Neill will step into Mrs Culjak's role on Fridays. Mrs O'Neill's wealth of experience and knowledge makes her the perfect person to step into this position. Mrs O'Neill will remain on class 4 days per week, with Mrs Tierney joining Wilai on Fridays for the remainder of the year.

STEM Discovery Day Win

A huge congratulations to Makoro students who recently took out the Champion School award at the Newcastle Science & Engineering Discovery Day. This event was held by the University of Newcastle and saw students tasked to solve science and mathematics based challenges. Fassifern PS outdid themselves on the day coming out as the number 1 school. Congratulations Stage 3.

Softball

This Friday all students will participate in a free softball clinic provided by Newcastle & District Softball Association. If you think softball is for your child, please visit [Home - Newcastle & District Softball Association \(ndsas.org.au\)](http://ndsas.org.au) for more information. Thank you to NDSA for providing this opportunity for our students.

Events

Last Day of Term 3

Friday 27/9

First Day of Term 4

Monday 14/10

Grandparents Day

Friday 18/10

Swimming Scheme

Weeks 2 and 3
Term 4

Each week, we learn a new Awabakal word

Our Awabakal word is '**Karkar**'
which means 'cold'



Fassifern Flyer Canberra



Makoro students recently took part in an education tour of the national capital. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy. They had a wonderful time and their teachers, Mrs Dobson and Mrs Hockley, were extremely proud of their respectful behaviour and engagement. Thank you these two dedicated teachers for taking time away from their own families to support the students of Fassifern PS.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion, the Australian Government contributed to funding our school (\$45 per student to attend the excursion) under the Parliament and Civics Education Rebate program.

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Grandparents Day

On Friday 18th October, Fassifern PS invite all grandparents or significant elders in your child's life to Grandparents Day. Starting at 9:15am, visitors are invited to attend classes to complete activities with their grandchildren. Following this will be an assembly followed by a fantastic meal deal by the P&C. Notes for lunch orders will be sent home with students today. Thank you in advance to our P&C for providing this opportunity on Grandparents Day.



Cyber Safety Changes

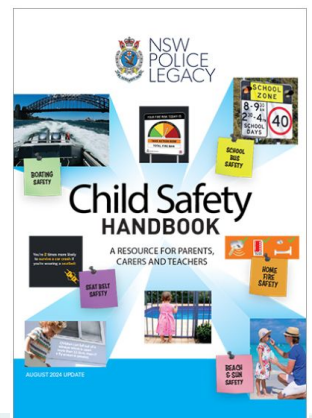
Student email addresses are being restricted for signing up for, and recovering access to, social media, gaming, instant messaging and similar platforms. Students can no longer use their school email addresses to access third-party platforms. Students will need to update their accounts with a personal email address instead by the first day of Term 4. More information re cyber safety for parents can be found here:

[Cyber safe parents | NSW Government](https://www.nsw.gov.au/parents/cyber-safety)

NSW Police Legacy Child Safety Handbook

The "NSW Police Legacy Child Safety Handbook" is a comprehensive and free resource to assist parents, carers and teachers on a range of topics essential to child safety. Click to view -

<https://nsw.childsafetyhub.com.au/handbook/>



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Office News

- **WWCC Requirements**

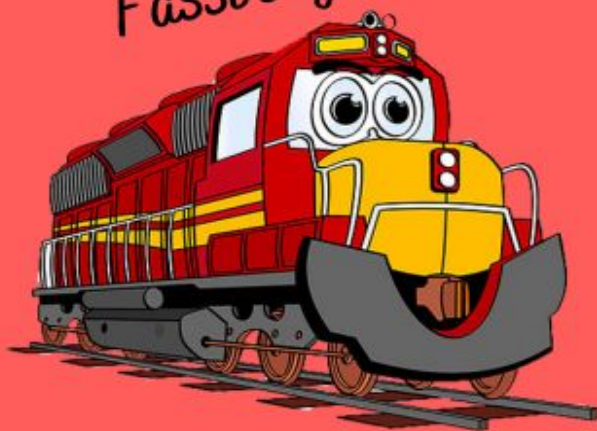


If you would like us to arrange another parent to transport your child from school to an offsite event, please be aware that they are classified as a Specified Volunteer and are required to have a Working with Children Check registered with our office.

- **School swimming scheme**

Just a reminder to keep sending school swimming scheme payments & permissions in through School Bytes as it starts second week of Term 4.

Fassi says:



IT'S REAL COOL... TO COME TO SCHOOL...



It's real cool you get to choose!

DID YOU KNOW:

- **Education provides everyone with a sense of empowerment;** the idea that they have the choice to change their own life and choose their dreams or path. **Knowledge is power** and it's the coolest **super-power** to have!
- **Regular attendance at school promotes and reinforces the continuity of friendships, wellbeing and belonging.** Going to school helps you to feel like you are part of your community and you get to experience the ups and downs of everyday life with everyone else. Talking about and learning to problem solve issues that arise assists us to build empathy and develop **resilience** to cope in all situations and **live a really cool life!**

TERM 3

	Monday	Tuesday	Wednesday	Thursday	Friday
8	9/9	10/9 Discovery Science Years 5 & 6	11/9	12/9 RUOK? Day	13/9 Fennell Bay PS Handball Comp Years 5 & 6
9	16/9	17/9	18/9 Stage 3 Canberra	19/9 Stage 3 Canberra	20/9 Stage 3 Canberra
10	23/9	24/9	25/9	26/9	27/9

TERM 4

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	14/10 Students return	15/10	16/10	17/10	18/10 Grandparents Day
2	21/10 Swimming Scheme	22/10 Swimming Scheme	23/10 Swimming Scheme	24/10 Swimming Scheme	25/10 Swimming Scheme
3	28/10 Swimming Scheme	29/10 Swimming Scheme	30/10 Swimming Scheme	31/10 Swimming Scheme	1/11 Swimming Scheme
4	4/11	5/11	6/11	7/11	8/11 P&C Colour Run
5	11/11	12/11	13/11 Glenrock Excursion 4-6	14/11	15/11

*More information will be provided about these activities.
Additional activities may be added throughout the term.*

Academic Awards

Wilai

Meila Anderson

A big improvement in her number writing

Wilai

Jax Ryan

Using great expression in Reader's Theatre

Pirama

Oliver Orr

Creating fractions on a number line

Pirama

Charlotte James

Applying the suffix 'ion' to change verbs into nouns

Makoro

Vienna Nardo

Seeking and taking on feedback effectively to enhance her writing

Makoro

Evie Patrick

Showing dedication and perseverance to face new challenges in mathematics

Academic Awards



Values Awards



Discovery Day Awards



Star of the Week

Lonnie is a well-mannered and respectful Year 1 student from Wilai. He comes to school with a positive attitude and sets a good example to other students. Lonnie displays enthusiasm in his learning and a willingness to take on teacher feedback. He listens carefully to teacher instructions and is able to use the success criteria from lessons to complete tasks accurately. Lonnie is a quiet worker in Wilai and he tries hard to complete his work neatly. He is able to work well with students from all three grades in our class and is especially helpful when paired with a younger student.

Lonnie enjoys telling news and sharing his interests, such as soccer. He is a helpful member of our class and ensures all activities are packed up and put away promptly and neatly. Keep up the great work, Lonnie! You are a very deserving Star of the Week!



Stage 3 Golf Long Drive



Thank you to David from Golf NSW for recently treating our Stage 3 students to a morning of golf. Students were provided with golfing technique tuition and then had a hand at trying to swing and hit to record their longest distance. We had some outstanding results with Zaine making the top distance for the boys with a massive 95.4m. For the girls, it was Elizabeth who hit a huge 67.2m.



Vital Vegetables

Vegetables are key in providing kids with energy, vitamins, minerals and fibre to live a healthy lifestyle. They also help protect kids against chronic diseases later in life.

Here's some quick and easy ways to include more vegetables across the day:

- 🍷 Encourage vegetables as snacks-** Having some vegetable sticks prepped and chopped in the fridge is a great way to increase vegetable consumption across the day. Try sticks of carrot, cucumber, capsicum, celery or beans. Serve on their own or with hummus dip.
- 🍷 Go frozen-** Frozen vegetables such as broccoli, peas, corn and carrots are lower in price and high in nutrients. They are prepped ready to cook so can often save you time, money and boost your nutrition. Easily add them to your favourite dinner meals.
- 🍷 Turn vegetables into noodles-** Switching pasta for vegetable noodles is fun and has many health benefits. Try spiralling sweet potato, carrot, zucchini and beetroot. If you don't have a spiraliser, make ribbons using a peeler.



Source: Heart Research Australia (www.heartresearch.com.au)



@ HNELHD-GoodForKids@health.nsw.gov.au
<https://goodforkids.nsw.gov.au>

Developed by Hunter New England LHD



Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.

Community Pantry Service

\$10 Food Hampers*

Reservations are essential
Book directly online:



Or contact us for assistance

3/6 The Boulevarde, Toronto

“Empowering communities through food and education”

☎ 1800 37 11 66
✉ info@nourished.org.au
🌐 www.nourished.org.au
📘 [nourishedaustralia](https://www.facebook.com/nourishedaustralia)
📷 [@nourished_au](https://www.instagram.com/nourished_au)



*Limit 1 hamper per family per week.
Hampers may include fresh fruit and veg.
Hamper contents will vary.

OUT NOW

SPRING

DIGITAL MAGAZINE



Our Spring 2024 FREE digital Lake Mac Family Life magazine has arrived on your device!

Jam packed full of fun for families in Lake Macquarie and surrounds. This edition includes:

- **Family Walks**
- **Fun filled festivals**
- **Events for all ages**
- **School holiday programs**
- **Shows, movies and art trails**
- **9 prizes valued at over \$1300**

Here's a link to access the magazine. [Lake Mac Family Life Magazine | seasonal | Lake Mac Family Life](https://www.lakemacfamilylife.com.au/seasonal/)

Visit

Glenrock

State Conservation Area

Nature hosts the best stories

Ocean rockpool nature tour Glenrock

Glenrock SCA

Friday 4th October, 2024. 3pm to 5pm

Come along and learn about tidal zones and the different sea life that occupies these areas.

You'll find out about various types of beautiful shells. Looking below the surface you'll discover gastropods and bivalves, amazing invertebrate animals encased by a shell, in their natural environment. Gain an understanding of these animals, and why rockpools play such an important role in this harsh environment. Discover how marine life uses this fragile environment to survive. Cunjevoi or 'sea squirt' is exposed to the air for only a few hours a day in the low tide zone – it's a great place for the oyster catchers to catch a meal.

We might also find Port Jackson shark egg cases, cuttlefish, fish, crabs, limpets, zebra shells, elephant snails, sponges and coal washed up along the foreshore.

For more information and to book please visit**[Ocean rockpool nature tour: Glenrock | NSW National Parks](#)****or call 1300 072 757 (13000 PARKS)**

Communication



Check **ClassDojo** for great photos and updates on what our wonderful students are learning in class. Please ensure that your notifications are on to get regular messages.



We encourage parents to use the free **School Bytes app**. If you need help downloading the app, please let us know as this is a very important source of school information. *Please make sure that your notifications are turned on.*



Both the School and Parents' **Facebook** pages have news, events, photos and updates.



Remember, it is vital that we receive a **doctor's certificate** for any student absences **2 days or longer**. This is in line with the Department's policies and is important for our records.

Together, we can make every school day count for our kids.