

NEWSLETTER FERNLEIGH PUBLIC SCHOOL

8th September, 2014

Term 3 – Week 9

email: fernleigh-p.school@det.nsw.edu.au

web: www.fernleigh-p.schools.nsw.edu.au



Dates to Remember in 2014



NOTES THAT NEED RETURNING:

Milo Cricket/money
Term 3

September

8th Life Education

12th Assembly & BBQ

1/2 Day Holiday

19th Last Day Term 3

October – Term 4

6th Labour Day Holiday

7th Students Return

Coming in Term 4 – dates/days to be confirmed:

Swimming Scheme-
Tuesdays

After School Sport –
Wednesdays

Milo Cricket-Tuesdays

Student Banking –

Wednesday/Friday

Munch and Sip - Every
Day

Office Days – Monday,
Wednesday, Friday.

**Dates and times may
change**



FROM THE PRINCIPAL

Dear Parents and Carers,

This Friday is our end of Term Assembly (1 week early this time) and due to the recently declared public holiday (Ballina Race Day) we are now holding our assembly **starting at 10am**. We hope that as many parents as possible will be able to attend the morning session instead of the afternoon, and we apologise for the change. Children will still need to be at school by 9:30 on Friday and any parent who will be waiting for the assembly to start is welcome to make themselves a cup of tea or coffee in the kitchen and enjoy a chat.

Following our Assembly (which is likely to go for an hour and a quarter or so) we will be offering an **early lunch for parents and children alike**.

The P&C is providing a free sausage sizzle for those who are able to stay. This will be ready by 11:30 am and **children will need to leave school by 12pm**, as that is the start of the ½ day 'holiday'.

Once again we thank the P&C for their generosity in providing the sausage sizzle.

Today we had Healthy Harold visit the school, and the children were involved in 2 separate lessons of K-2 *Mystery Town* & 3-6 a new program called *On the Case*. We captured the K-2 class on their visit, pictures back page.

In Maths last Thursday and Friday, we looked at Volume and Capacity. You'll notice a few pictures of the K-2 group working out capacity with ½ full containers and measuring to see if they got their estimations correct. Does using a larger container to fill things make the filling faster and more efficient? How many smaller containers does it take to fill another larger container?

Last Thursday we also had a very welcome visit from **Mrs Hogan**. She brought little **baby Rosie** to school to meet the staff and children. Mrs Hogan also cooked for the students, providing each with a cupcake. Thanks Mrs Hogan. We can't wait to have you back again! Thank you to the parents and children who so kindly donated towards the gift of hand - made hat and rattle for Rosie. If anyone still would like to assist towards the cost, it would be greatly appreciated.

Dawn Douglas
Principal



We loved having Mrs Hogan and baby Rosie visit us last Thursday. She brought us some chocolate cupcakes and we gave little Rosie a hat and toy.



HEAD LICE

We have a reported case of head lice. Please check your child on regular basis during these warmer days.

Treatment of head lice

Around 23 per cent of primary school children screened through the NSW Health Nitbusters program have head lice. Head lice are a very common problem that most parents and teachers are more than familiar with. If your child has head lice here are some treatment tips:

- Do not treat your child if their scalp is irritated or inflamed
- Always read the head lice product label and directions before you apply it to your child's head. Products can be found in local chemists
- Apply the head lice product to every strand of your child's hair and work through, leave for 20

minutes, and comb out with a good quality lice comb

- Check your child's head and if dead lice are found, the product has worked. However make sure you re-treat your child's head in seven days to catch nymphs that have emerged from unhatched eggs
- Reduce the risk of your child catching head lice by tying their hair back or braiding it.

For more information visit:

www.health.nsw.gov.au/publichealth/environment/headlice/treatment.asp



Think about **carrots** for Crunch & Sip/ Fruit Break:

Carrots are

- rich in Vitamin A, potassium and fibre,
- they don't bruise,
- kids love their crunchy texture and sweet flavour,
- something different!



LES PETERKIN PORTRAIT PRIZE

Les Peterkin Portrait Prize, Faces from the Future

Last term our students entered the Les Peterkin Portrait Prize Art competition.

The theme was Faces from the Future. Students were given the following information:

Imagine living in the world 500 years from now. The place has changed – the polar ice caps have melted and the human population have adapted to living in this new environment.

You are an explorer who travels through time and has been sent from the past to record through illustrations, the faces of these new world inhabitants. How do we look in the future? Have our facial features changed? Do we still have hair, two eyes, a mouth, nose and ears? Is our skin the same? And how can you put this in a portrait?

There were just under 3000 students from 34 schools in the region who entered the competition. Huge congratulations to **Fox and Siena** who created winning artworks. They will be receiving a certificate and their artworks will be displayed in the Tweed Regional Gallery.

Lauren Winfield

COMMUNITY NEWS

BALLINA LITTLE ATHLETICS - Fun, Family and Fitness

Athletics Fields, Quay's Drive, West Ballina

2014 – 2015 Season

- Season commences 8th October
- Register & Pay online now at www.lansw.com.au
- Club nights are every Wednesday from 5:15PM
- Age Groups from 4/5 years old (tots) up to 16 Years (U/17)
- For more information, see our website www.ballinalittleathletics.com.au

Email: ballinalittleathletics@gmail.com

BYRON BAY NIPPERS SIGN ON

Saturday 13th September 9am-11am and
Saturday 4th October 2014, 9am-11am at the
Byron Surf Club.

New Member \$100 (includes singlet and competition cap)

Renewing Members \$75 (includes singlet)

New Members need to bring Birth Certificate

For More Information,
www.byronbaysurfclub.org (follow the links)





ThemeParks.com.au

Our School Ticket Sale



Village Roadshow Theme Parks is offering our school community a limited time ticket offer. Simply visit ThemeParks.com.au/promocode and enter our promocode "CPCO14" to gain access to these ticket offers.

*Terms & conditions apply, offer valid for a limited time.


1408242 SEA WORLD © 2012 & TM Sea World Property Trust. WARNER BROS. MOVIE WORLD and logo and all related characters and elements are trademarks of and © Warner Bros. Entertainment Inc. WONDER WOMAN and all related characters and elements are trademarks of and © DC Comics. (S13)

HEALTHY HAROLD VISIT



DEC PARENT TIPS

September homework planner

Kids and families run more smoothly when there's a plan. The September 2014 homework and study calendar includes key dates, school holidays and the number of each week in the term. You can print it out this month's calendar here: <http://bit.ly/1pkC3fk>

How much screen time?

'Screen time' used to mean how many hours you spent watching TV and playing on the computer. However, with the growing number of digital devices on offer today, the question of what screen time means now is far more complex.

Find out more: <http://bit.ly/QFlqyz>

When lunch comes home ... again

Almost nine out of 10 Australian parents say children's resistance is a major obstacle in their efforts to provide a healthy diet, and in many cases school lunches are one of the battlegrounds. But it's a battle families can do without and there are some simple steps to help avoid it.

Find out more: <http://bit.ly/K7loJD>

APRICOT BALLS

Ingredients

2 cups toasted oats/or almond meal
200 g dried apricots/or dates/or figs/ or combo
1 tablespoon freshly squeezed orange juice
2 tablespoon water
70 g desiccated coconut, plus extra for rolling
3 tablespoon wheat germ, as needed to bind
1-2 tablespoon Maple syrup or honey

Method

Place oats into food processor and mill **until resembles breadcrumbs.**

Add apricots to food processor and pulse, until chopped. Scrape down sides of bowl.

Add orange juice and water to processor and allow to soak in for 1 minute.

Add coconut, and maple syrup and mix - adding wheatgerm **if needed.**

Roll mixture into small balls and then roll in extra coconut. Refrigerate, about an hour to set.