

# FERNLEIGH PUBLIC SCHOOL NEWSLETTER

22<sup>nd</sup> June 2015

Term 2 – Week 10

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## Dates to Remember in 2015



### TERM 2

#### JUNE

- 23<sup>rd</sup> Dorroughby Excursion K-6
- 25<sup>th</sup> NAIDOC Week
- 24<sup>th</sup> After School Sport, 5/6 Debating - Bangalow PS
- 26<sup>th</sup> Assembly 2.30pm
- 26<sup>th</sup> **Last Day Term 2**

#### JULY

- 15<sup>th</sup> Staff Development
- 14<sup>th</sup> **Students Return**
- 17<sup>th</sup> NORPA – 26 Storey Tree House

**After School Sport & Student Banking –**  
Wednesday

**Munch and Sip** - Every Day

**Office Days** – Monday, Wednesday, 2<sup>nd</sup> Friday.  
**Dates and times may Change**

#### BELL TIMES

- 9.30am - Class
- 10.30am - Fruit break
- 11.40am–12.25am-Lunch
- 2pm – 2.30pm-Afternoon Tea
- 3.30pm - Home



## FROM THE PRINCIPAL

Dear Parents,

The last couple of weeks have been eventful and we have multiple congratulations to share. Firstly, we had 2 of our students gain places at the **Multicultural Speaking Competition** in Lismore. Twelve students competed in each of the junior and senior sections. We share in the success of our representatives who all performed extremely well – **Lilliana Iaconis, Ava Barber, Mia Iaconis and India Folkes**. Special congratulations go to **Ava who came third in the junior section and Mia who achieved 2<sup>nd</sup> place in the senior section**. The debating continues as our team travels to Bangalow to finish the rounds this Wednesday.



Most of you would also know that we hosted 3 other schools to begin the rounds in the **Premier's Debating Challenge**. Schools that participated last Friday were Mullumbimby, Brunswick Heads, Southern Cross and Fernleigh. **Of our 2 debates, we won one and congratulations go to Liam, Mia, Ayla and India. They performed brilliantly.** It can feel like quite a daunting task to speak in front of others, and they 'took it in their stride'. Great teamwork!

Many thanks to Vince and Eliza Iaconis who organized the **P&C BBQ lunch** for all the students, Cathy Jupp and Ms Austin who provided some additional treats for our students and those visiting.

**Tomorrow, our whole school will be attending the Dorroughby Field Studies Centre** as part of our Environmental studies on sustainability. **The buses will be leaving at 9am, so all students need to be at school early tomorrow** so that we can leave on time. Students may wear casual clothing **with closed in shoes (joggers– no ugh boots please ... at any time).**

Our children have been asked to bring a low waste lunch. Please take a look at the information attached to the newsletter about this, as it may help you work out what to send (if possible).

End of **Semester 1 Reports** went home last Friday. If you would like to discuss your child's report with any of the relevant teachers, please contact the school to make an appointment suitable to all.

We've had a number of students without jumpers again in the last couple of weeks. Please ensure your child has a jumper in their bag, even if the weather looks nice. We do not always have enough spares to share when the weather changes. 2 students have also had jumpers/jackets go missing and it's very easy for them to be taken home accidentally. **Please check your child's jacket/jumper for any that may be named as Edith or Arabella** and please return any items that you find aren't your child's. All school clothing should be named in order to return any lost items.



Next week is the official week for **NAIDOC week**. As part of the celebrations our school is involved in some local displays of work at Ballina Fair, and in River Street this week and next.

Our 1<sup>st</sup> semester ends this Friday with our **end of Term 2 Assembly at 2:30pm**. Please feel free to join us if you can. Come and take a look at some of our achievements this term and to congratulate all our students on their work.

**Have a safe and happy holiday.**  
**School returns on Tuesday 14<sup>th</sup> July.**

Dawn Douglas  
 Principal

## Publishing stories



## Sorting vocabulary





## Challenging Play - Risky!

Children both need and want to take risks in order to explore their limits, venture into new experiences and for their development. Any injury is distressing for children and those who care for them, but the experience of minor injuries is a universal part of childhood and has a positive role in child development.

An ideal environment allows for developing and testing skills in safe, creative play. Children need opportunities to:

- Develop skills in negotiating the environment (including risks);
- Learn how to use equipment safely and for its designed purpose;
- Develop coordination and orientation skills;
- Take acceptable risks; and
- Learn about the consequences (positive/negative) of risk taking

Risk does not always have a negative outcome. Many positives can come from taking risks. Therefore, it can be helpful to think as risk being divided into two components:

**A CHALLENGE:** something obvious to the child where he/she can determine their ability and decide whether to take that risk

**A HAZARD:** something unseen or not obvious to the child that often results in injury!

**Both are Risks**

## Managing risk and challenge

Effective risk assessment and management requires:

- Distinguishing between acceptable and unacceptable risks including:
  - The likelihood of coming to harm;
  - The severity of that harm; and
  - The benefits, rewards or outcomes of the activity.
- Observing the children and identifying those who need greater challenge or specific support
- Establishing and displaying expectations for behaviour
- Actively encourage children to assess risks and possible consequences
- Establish a systematic maintenance program

## Benefits of Risk Taking

When considering the benefits, rewards or outcomes of the activity you may include the following:

- Pleasure
- Development of self-confidence and well-being
- Engagement with the natural environment and natural elements
- Learning through experience
- Mixing between different age ranges

By weighing up the positives as well as the negatives of a risk in a playground, providers are more likely to be able to provide for managed risk which is engaging, developmentally appropriate and beneficial for children of all ages.

From: <http://www.kidsafensw.org/playground-safety/challenging-play-risky/>

## WHATS HAPPENING AROUND US

### Social Activities in Tintenbar - July 2015

**TINCAN** (Tintenbar Community Aid Network) runs a series of social activities at the Tintenbar Hall. The dates for upcoming activities at Tintenbar Hall are as follows:

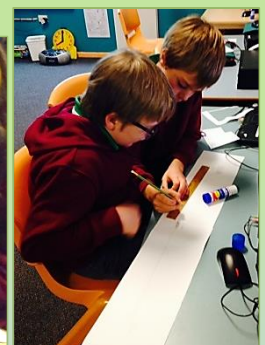
**SCRABBLE:** Thursday 10is -12noon, July 9th and 23<sup>rd</sup>

**CARPET BOWLS:** Friday 10am -12noon, July 3<sup>rd</sup>, 17<sup>th</sup> and 31<sup>st</sup>

**SHOPPING BUS:** From home, starts pickup at 9am Wednesdays, July 2<sup>nd</sup>, 16<sup>th</sup> and 30<sup>th</sup>. Goes CBD and Ballina Fair- (there is a small charge for bus)

Contact Marg on 6687 8033 for more information.

## Working on timelines





# Rewarding regular savers with amazing prizes.

We're bringing the exciting news that an Intergalactic Prize Portal has appeared on Planet Savings, giving students who demonstrate good savings behaviour the chance to win amazing prizes.

- 75 x iPad minis Wi-Fi 16GB
- 125 x Beats by Dr. Dre Solo3 Headphones
- 200 x \$30 Booktopia Gift Certificates

## Help the Dollarsmites activate the Prize Portal for a chance to win

To activate the Prize Portal, students must simply make three or more School Banking deposits during Term 3 and they will automatically be entered into the competition for a chance to win one of hundreds of prizes. Students can also complete a Money Mission at [commbank.com.au/prizeportal](http://commbank.com.au/prizeportal) to double their chance of winning a prize. (Please note, students can start the Money Mission at any time, but are required to make three deposits by the end of Term 3 to double their chance of winning).

## Win books for your school library

We're also giving schools participating in the School Banking program a chance to win one of 75 sets of children's books for their school library, valued at \$200.

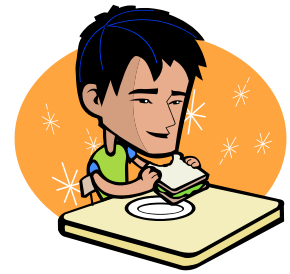
For more information, visit [commbank.com.au/prizeportal](http://commbank.com.au/prizeportal)



**Things to know before you Can:** CommBank's app, see [commbank.com.au/prizeportal](http://commbank.com.au/prizeportal). Promotion starts 9.00am AEST 13/9/15 and ends 11.59pm AEST 26/9/15. Student Element Entry is open to all 'YouSaver' customers aged 4-13 years. Entry received when 3 deposits are made through the School Banking Program. 1 bonus entry received when completing a Money Mission activity at [commbank.com.au/prizeportal](http://commbank.com.au/prizeportal) and submitting a fully completed entry form. Max. of 2 entries per person. Entries will be divided into the following State Territory groups: NSW/ACT, VIC, SA/NT, TAS, and WA. A total of 400 prizes comprising 75 iPad minis Wi-Fi 16GB space grey valued at \$259 each, 125 Beats by Dr. Dre Solo3 On-Ear Headphones valued at \$259.95 each, and 200 \$30 Booktopia Gift Certificates, will be distributed amongst the State Territory groups. The winners' names will be published in the public notices section of The Australian on 23/10/15. School Element: Entry is open to all schools operating in Australia who participate in the School Banking Program and have at least 1 student enrolled into the School Element of this promotion. Entry will be divided into the following State Territory groups: NSW/ACT, VIC, SA/NT, TAS, and WA. A total of 75 sets of a selection of children's books to the value of \$200 for each winning school's library will be distributed amongst the State Territory groups. Prize draws will take place at 12 noon AEST 13/10/15 at CommBank Bank, Level 3, 11 Harbour Street, Sydney. Total prize value \$75,916.75. Apple is not a participant or sponsor of this promotion. 'Prize' and 'Saver by Dr. Dre' are trademarks of Apple Inc., registered in the US and other countries. The iPhone is a CommBank Bank of Australia ABN 48 123 123 124 of Level 2, 11 Harbour Street, Sydney NSW 2000. NSW Permit No. 15C1502000 ACT Permit No. 15C1502000 VIC Permit No. 15C1502000 SA Permit No. 15C1502000.



# Low Waste Lunches



Low Waste Lunches are a great way to get young people to begin to think about “Rubbish” or “Waste” and what they are throwing in the bin.

“Rubbish” is actually made from valuable resources, for example paper is made from trees, plastics are made from crude oil, coal and natural gas. It takes a lot of water, raw materials and energy to make “Rubbish”, so it’s important to try and AVOID, REDUCE, REUSE and RECYCLE wherever possible.

All of us throw things out everyday without considering the environmental impact of what we are doing. Packing a low waste lunch is easy. Here’s how.....

## Low Waste Lunches AVOID:

- Plastic wrap and foil
- Disposable items like plates knives and forks
- Paper lunch wrap
- “Gimmicky” packaged items e.g. chips, biscuits, small yoghurts, individually wrapped serves of food



## Low Waste Lunches REUSE:

- Use re-useable containers that can be washed out
- Use a re-usable drink bottle which can be used many times
- Use recyclable and/or compostable packaging over disposable packaging (e.g. Plastic wrap)
- Cheese and biscuits or yoghurt which are taken from larger containers and repacked into a re-useable smaller container will avoid extra packaging waste and ensure that your child can reseal the food if needed
- Are often much healthier. They can encourage children to eat more fresh food packed in suitable quantities, instead of eating “gimmicky” snack foods.





# A Low Waste Lunch Comparison



## Lunch Box 1

### Low waste lunch

Sandwich  
(cloth serviette/reusable container)

Yoghurt  
(from 2 kg tub in re-useable container)

Sultanas  
(from 250g packet in re-useable container)

Piece of fruit/cut up  
(scraps can go in the compost or worm farm)

Cheese & Crackers  
(in re-useable container)

Juice or water  
(In a re-useable drink bottle)

### What you throw out:

**Nothing!!**

All containers are taken home, washed  
& re-used.



## Lunch Box 2

### Waste-ful lunch

Sandwich  
(wrapped in plastic wrap)

Yoghurt  
(60g disposable container)

Sultanas  
(15g disposable box)

Packet of chips/muesli bar  
(in non-recyclable packaging)

Cheese & Crackers  
(individual serve in disposable container)

Popper style drink  
(125ml disposable pack)

### What you throw out: 10 items

- i) Plastic wrap (1)
- ii) Yoghurt container (2)
- iii) Sultana box (1)
- iv) Chip packet/muesli packet (1)
- iv) Plastic individual serve pack (2)
- v) Popper pack (3)

**As well as minimising waste, the low waste lunch option costs less because items are bought in larger (bulk) quantities rather than individual serves.**

*Thank you to Mullumbimby Community Preschool for this example.*