



Fernleigh Public School

NEWSLETTER

451 Fernleigh Road, Fernleigh NSW 2479 t 02 6687 8267 e fernleigh-p.school@det.nsw.edu.au

Term 4 Week 5

14 November 2024

Congratulations Miss Sexton!

We are so happy to announce the arrival of Miss Sexton's little baby boy, Bodhi! Bodhi arrived a little earlier than expected and was born on Miss Sexton's birthday! Both mum and bub are doing really well. We wish them all the best as they continue on this amazing journey together!



You are Invited to our End of Year Presentation and Awards Assembly!

We would like to invite all parents and families to join us for our End of Year Presentation and Awards Assembly on Tuesday, 10 December, starting at 9:30am. This is a special time to reflect on all the hard work, dedication, and success from the school year, as we recognise the growth and accomplishments of each child.

Your children have been practicing their performance, in preparation to, once again, wow their families. We will send a note home soon re costume requirements.

After the assembly, we invite you to stay and join us for a morning tea. We would appreciate it if you could bring along a plate of finger food to share. We truly look forward to seeing you there and celebrating the achievements of our students.

What's Happening

When	What
Term 4 2024	
Thurs 14 November	Kindy Transition
Mon 18 November	STEM Robotics visit
Thurs 21 November	Kindy Transition
Thurs 21 November	Chess and Draughts @ Rous PS
Thurs 28 November	Sushi Day
Tues 3 December	BBHS Year 7 Orientation Day
Tues 10 December	End of Year Presentation Day
Wed 11 December to Fri 13 December	Years 5 and 6 - Tangalooma Island excursion with Empire Vale PS
Thurs 12 December	Kindy to Year 4 - End of Year Tenpin Bowling excursion
Mon 16 December	Last day of Term 4 for all students
Tues 17 December/ Wed 18 December	Term 4 student days off in lieu of extended hours Staff Development Days
Thurs 19 December/ Fri 20 December	Term 4 Staff days off in lieu of extended hours
Term 1 2025	
Fri 31 January to Wed 5 February	School Development Days (no students)
Thurs 6 February	First day back for all students
Tues 11 February	Small Schools Swimming Carnival for 8-12 year old students only (more info to follow)

Turtles K-2



Turtles Classroom Revamped and Ready to Go!

We're happy to report that the Turtles classroom is now back in action and looking fantastic! The repairs have been completed, and the room has been fully refreshed with new carpet and air conditioning. The Turtles are enjoying their bright, clean space and are ready for learning. Thank you for your patience and support throughout this process!



2025 Kinder Orientation

Last week we had a wonderful first kinder orientation morning welcoming Jireh and Hank to the turtles room and Fernleigh PS. We all participated in fun hands-on activities and games, and experimented with water colours during our literacy study on the book 'a colour of his own'.



Additionally, the Turtles have been working exceptionally hard as mathematicians identifying patterns in many forms from real world examples to, blocks, letters, colours, shapes and numbers.



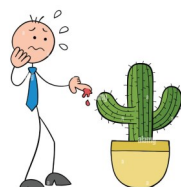
Whales 3-6



This term, the Whales have been delving into the art of poetry, exploring the techniques that bring poems to life. They have also been discovering various forms of poetry, including limericks, haikus, free verse and concrete poems. We are excited to share some of their exceptional creations so far.

A Limerick by Lolly Wilson (Year 4)

I got pricked on mum's cactus.
 Now my sister and I have to practice,
 How to bandage my thumb,
 That looks like a thumb.
 Though we made a mess so she smacked us.



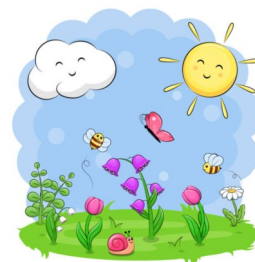
A concrete poem about basketball by Halle Mulligan (Year 6)



Basketballs my life, My passion, My drive,
 The way the ball bounces, Makes me feel alive,
 From the Boing to the Bang, To the Dribble and Score,
 The way the crowd roars leaves me yearning for more!
 From the second I hit the court, The adrenaline rushes in,
 Determination instantly pricking up my skin. Clustered crowds
 cry, Sweaty subs standby, Observing the time slowly expire,
 I catch the ball that I now acquire, Times a border,
 Slowly caving in, Making the flurry
 of restlessness begin!

A spring inspired poem with alliteration by Marlow McWilliam (Year 6)

Spring, a sunshine sensation.
 When flowers flutter carefully and blossom beautifully.
 Spring, a golden, glistening galore.
 Where green, glowing grass grow and spores slowly show.



A haiku about the playground by Iggy Thomas (Year 3)

Leaves twirl to the ground.
 It smells like a monster's breath.
 The metal burns my hands.



Students from the Whales buddied up to teach the Turtles fundamental skills such as throwing, catching, bouncing and skipping. The Whales students demonstrated each skill and used their knowledge to help the Turtles. It was a learning curve for all involved and the Whales were great examples to their younger peers.



Mrs Reid had an inspiring three days at the recent Primary Principals Conference in Sydney! The staff and students were excited to hear her enthusiastic retelling of what she learned about healthy habits from Dr Gina Cleo. Dr Cleo, a renowned expert on habits and well-being, shared insights on building positive routines, which Mrs Reid eagerly brought back to share with us all.

In the classroom, the learning continued as students tried their hands at two of Dr Cleo's healthy recipes. They enjoyed cooking together and seeing how small, nutritious choices can be both fun and delicious. It was a hands-on way to understand the power of healthy habits, and it brought the lessons from the conference to life.



Our school veggie garden has been thriving this season with a variety of fresh produce, including delicious cucumbers, and the students are absolutely loving harvesting and eating them. There's something special about picking veggies straight from the garden and tasting the fresh, crisp flavours. It's yet another great way for our students to learn about healthy eating, the environment, and the rewards of growing their own food. We're so proud of how much the students enjoy being involved and caring for our garden!



2025 Staff Update

We are pleased to announce that our teaching schedule for 2025 will follow a similar arrangement to this year. In the Turtles class, Kinder to Year 2 students will have Miss Herwig from Monday to Thursday, with Mrs Gillott on Fridays. For the Whales class, Years 3 to 6, Miss Munro will teach Monday to Thursday, and Mrs Reid on Fridays.

Mrs Murray will continue working two days per week next year, and Miss Ruby will work four days per week, both as our dedicated School Learning Support Officers (SLSOs). Dee in the office will continue on a 7-day fortnight as the School Administration Manager (SAM), and Steve will remain with us one day a week as our General Assistant (GA).

We are happy to continue offering consistent support and great learning experiences to your children with our dedicated staff.

School Terms and Holidays in 2025

Next year, all students will be starting school on Thursday 6 February following 4 school development days. These school development days provide our teachers time to be best prepared individually and collectively to implement curriculum.

School development days will operate the way they always have. Students do not attend on these days as there are no timetabled lessons so staff can engage in professional development and planning.

School Terms and Holidays in 2025

- **Summer 2024 - 25:** Monday 23 December 2024 to Thursday 30 January 2025
- **Autumn:** Monday 14 April to Thursday 24 April
- **Winter:** Monday 7 July to Friday 18 July
- **Spring:** Monday 29 September to Friday 10 October
- **Summer 2025 - 26:** Monday 22 December 2025 to Monday 26 January 2026

First to last days for students

- **Term 1:** Thursday 6 February to Friday 11 April
- **Term 2:** Wednesday 30 April to Friday 4 July
- **Term 3:** Tuesday 22 July to Friday 26 September
- **Term 4:** Tuesday 14 October to Friday 19 December

School development days

- **Term 1:** Friday 31 January to Wednesday 5 February
- **Term 2:** Monday 28 April and Tuesday 29 April
- **Term 3:** Monday 21 July
- **Term 4:** Monday 13 October



In the final part of [The Resilience Project's](#) parent series, Hugh shares an important message about allowing our children to experience adversity.

The key to building resilience in our children is allowing them to experience failure, hardship, disappointment etc. As parents, we can be too quick to resolve our children's challenges which can deprive our children of enormous growth opportunities. These typically happen when we experience failure and uncertainty. As parents we should be there for our children when they fail, but not fight their battles for them.

View Part 5 of the series here - <https://theresilienceproject.com.au/2023-parent-carer-hub-inspire-hugh/>.

You can also stay up to date with The Resilience Project news and events by [signing up to their Newsletter](#).

We are excited to announce that we will continue with the Resilience Project in 2025! This program has been invaluable in fostering emotional well-being, resilience, and a positive mindset in our students, staff, and broader school community. By focusing on gratitude, empathy, and mindfulness, we aim to equip our students with essential life skills to navigate challenges and celebrate everyday successes. We look forward to building on the wonderful progress made this year and further strengthening the resilience and well-being of everyone at our school.

TRP@Home

Our web-based resource for everyone to access GEM activities, reflections, parent hub, and our blog: theresilienceproject.com.au/at-home/

The Imperfects Podcast

In this podcast, Hugh, Josh, and Ryan chat to a variety of interesting people who bravely share their struggles and imperfections, and we all learn some valuable take-aways we can apply to our own imperfect lives.

The Resilience Project app

This app is a daily well-being journal where you can identify and track your emotions, record moments of gratitude, and practice mindfulness. The aim is to develop emotional literacy, engage with the positive things in life, and be actively present.

The app is suitable for all ages, and includes the option to create profiles for each member of the family. Download via [iTunes](#) or [Google Play](#).

The Resilience Project Wellbeing Journals

The Resilience Project Wellbeing Journals are packed with questions and reflections which encourage us to build long-lasting positive wellbeing habits. With a key focus on practising gratitude, empathy, and mindfulness (GEM), this journal sets us up to feel happier and build resilience. To see the journal options [click here](#).

TRY IT AT HOME FAMILY ACTIVITY:

MINDFUL BREATHING**YOU WILL NEED:**

- Time together as a family, inside or outside.

WHAT TO DO:

- As a family, sit or lay somewhere comfortable in the house or in the backyard.
- Get comfortable in your own space.
- Set a timer for 5 minutes.
- For the set time, focus on your breaths, breathing in and out (you might want to place your hands on your tummy to feel the rise and fall).
- As a family, discuss what each person could hear, smell and see.



Research & Benefits of Gratitude

21 days

is what it takes for you to start **scanning**
the world for positives.

After **42 days** you
become:



More **optimistic**,
energised and **focused**.



Less likely to **get sick**.