



Term 2 Dates

Week 5

Wednesday 29th May

- **Key word sign workshop 7pm**

Mid term 2

Week 6

Monday 3rd June 6-8pm

Peaceful parents

Wednesday 5th June

P & C meeting

Week 8

Monday 17th June

6-8pm

Peaceful parents

Friday 21st June

Disco & BBQ

Week 9

Monday 24th June

6-8pm

Peaceful parents

Wednesday 26th June

Post school options bus tour

Week 10

Monday 1st July

6-8pm

Peaceful parents

Term 3

**Save the date 27th August-
SEAT auction**



Welcome back to term 2

We hope all our AMAZING mums had a fabulous Mothers Day.

We are looking forward to an exciting term 2, Dance Sport has started for Class VR, Integration is starting up for Class SB and KF, exciting work experience opportunities are beginning and a new Principal to be appointed by the end of the term.

We still have spots available for the *Peaceful Parents* workshop if any parents are still interested. It's a fabulous opportunity to share and develop new habits. Please RSVP as soon as possible.



Please save the date for our whole school **disco**

Week 8, Friday 21st June.

Still spots available for the Key word sign workshop on Wednesday night at 7pm



Peaceful Parents

4 WEEK PARENT WORKSHOP

The Peaceful Parents 4 week workshop is a Mindfulness & Positive Psychology based parenting program to increase resilience in primary aged children.

'Peaceful Parents' is a strength based parenting workshop that is engaging, practical and supportive for parents. It helps parents build on their parenting strengths to build resilient and calm kids.

Parents learn

Resilience building exercises & strategies

Mindfulness strategies to keep stress levels low

Mindful listening & responding

Positive psychology strategies to boost wellbeing

Techniques to help their child lessen worrying

Effective coping strategies

How to help children manage their feelings

How to help their child problem solve difficulties

How to create healthy thinking habits

Workshop runs over 4 sessions on the dates and times listed below.

A commitment to attend all 4 sessions is required as these are not separate workshops.

Maximum of 12 parents

All parents & carers welcome

Please note that is a 4 week educational course for parents and not a counselling course or a course on behaviour management for children.

Limited spaces available

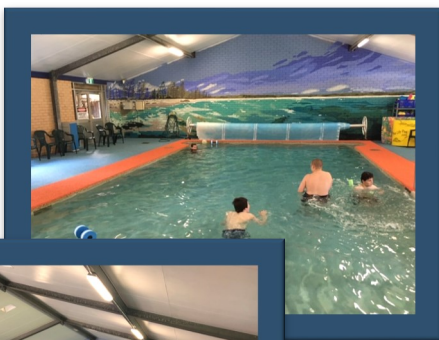
Starting Monday 3rd June

Each week runs for 2 hours 6—8 pm Mondays

To register please email : arianne.mccomb@det.nsw.edu.au

Pool Upgrade

Jason Falinski, Member for Mackellar, visited Fisher Road School recently to view the pool upgrades including the new flooring and large scale mural of Dee Why Beach, painted by artist, Cameron Wall. Mr Falinski handed over a cheque for \$12, 000 to contribute towards the costs of the upgrade. Many thanks to Sam Arnison and Katie Hair for their work on a grant application for the improvements in the pool area.



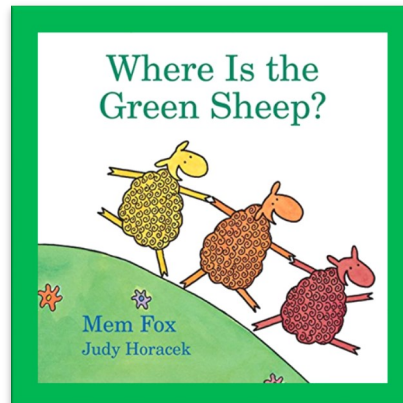
Earn & Learn

We are excited to be taking part in the 2019 Woolworths Earn & Learn program. Please support our school by sending in your stickers to school, or simply popping them into our two boxes located at the Warringah Mall Woolworths or the new Dee Why Woolworths.

The more points we earn, the more we can redeem from a choice of over 10,000 educational resources including mathematics and English resources, art & crafts materials and much, much more!

We are grateful for your support!! Trish & Sue

Class SB



Class SB have been reading the book, "Where is the Green Sheep?" by Mem Fox. There are red sheep and

blue sheep, wind sheep and wave sheep, scared sheep and brave sheep, but where is the green sheep?? We use all the Key Word Signs for the animals and the PEC's symbols to help us follow along with the story. Our favourite part is at the end of the story when we all have to shout at the Green sheep to, "WAKE UP"!! The class also love to hide our green sheep plush toy all around the room, on the table, under the table, in the cupboard extending their knowledge of prepositions whilst laughing hysterically when Sue and I cannot find him!

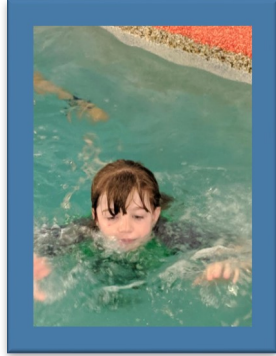


Sally & Sue



Class TA

This term, class TA have altered their daily routine to incorporate more opportunities for students to meet their sensory needs. In order to achieve this, we have increased the frequency of our swimming sessions and start each day by engaging in the sensory room experiences.



During swimming sessions, our students work towards a range of goals such as building confidence in the water, decreasing floatation aids, entering and exiting the water safely, developing swimming technique, increasing flexibility and improving muscle strength. Over the last few weeks, Henry and Lachlan have been exploring ways of moving their arms and legs to propel their bodies through the water, while Isla and Arun have been working hard to strengthen their muscles and improve flexibility through game-based activities. More swimming sessions also give our students extra time to practice functional skills such as dressing and undressing. We hope this change in routine will ensure our students achieve a heightened sense of calm, improve their ability to focus and most importantly, increase their sense of well-being.



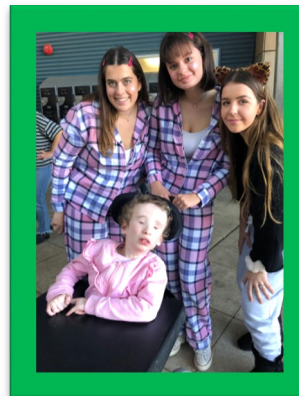
Tess & Jenny

Class JK

Last Friday class JK were fortunate to go on a fabulous excursion to Mater Maria School in Warriewood. Their year 10 students had organised a wonderful day filled with lots of fun activities for students with special needs from various schools.



Some of the activities were biscuit decorating, sensory play with shaving cream and gloopy balls, face painting and a disco. We were also treated to a wonderful drumming and dancing performance from students from St Edmonds School. Class JK loved this performance, especially Dallas who enjoyed enthusiastically moving in time to the beat of the drum! To top off a great day we had a tasty sausage sizzle for lunch. All in all, everyone had a wonderful day and came back to school exhausted!



Julie & Alena

Class M P



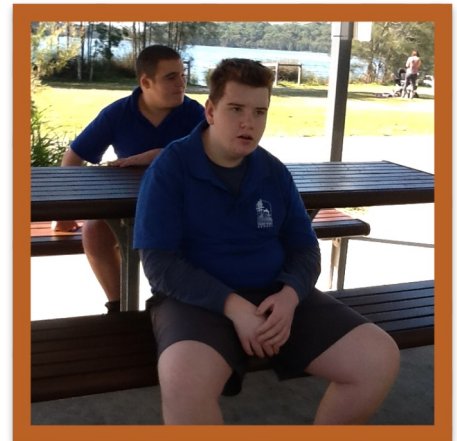
Following the theme from the last newsletter, we would like to continue to share with you the fascinating places we discovered within our local area.

Visiting the Stony Range Botanical garden located in the heart of Dee Why was an eye opener to what hidden treasures we have. We walked around the meandering garden stopping to touch the roughness or smoothness of the leaves of the Banksia, Fern, Lomandra and Lily Pilly. Matthew, James and Ty went through the motions with en-

thusiasm while, Lachlan and Dylan took some time to join the group because they were focused watching and listening to the birds singing. It was a great walk on uneven surfaces and all the boys negotiated their way around.

After such an exhilarating experience, once again we thought we would seek more adventure. We took the Narrabeen Lagoon trail starting the walk from the southern end near the golf course. It was a good day for a walk. We noticed the variety of plants around namely Eucalyptus, Banksia, Melaleuca, Bottle brushes, Lomandra and others. It wasn't a windy day but Lachlan was so mesmerised by the movement of the leaves. Given the chance, he could spend most of the day watching the leaves dancing with the wind. Matthew, on the other hand, was content to sit and take in the serenity of the lagoon. Unfortunately, we missed out with the gaggle of black swans being fed earlier in the day. Also, we met a lot of bike riders and dog walkers. Dylan perked up when seeing the dogs

because he usually takes the same route when giving his dog a ride on his trike.



Hopefully, we have shared places that you yourself will one day visit. It will definitely be on our list of places to go to the next time we plan to have a picnic.

Maria, John & Ebony

Class VR

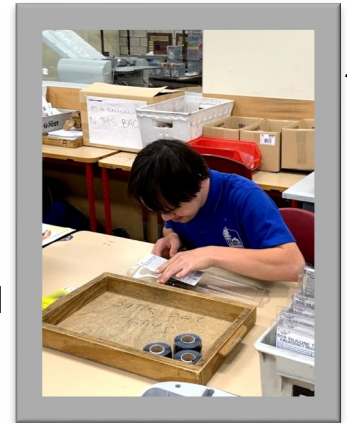


Our class continues to engage in work experience programs throughout the school week. These programs provide our students with valuable hands-on experience, preparing them for possible employment once they have left school after year 12. Packforce offers a social workspace where different packaging tasks are carried out depending on what work is currently available. Our students en-

joy being part of the larger work group and we often see past school leavers who are now gainfully employed in this environment.

Other students attend Bunnings at Warringah or Coles at Dee Why to tidy shelves, finding homes for items which have been incorrectly placed, taking away broken items and moving empty boxes. Our students work hard and have a sense of pride when the shelves look tidy and well-presented when we leave.

We have also been fortunate enough to have some students accepted into TAFE courses already this year. Ella and Chantelle attended a 'Hair and Beauty' course in Term 1 and currently Nathan and Russell are attending a 'Cafe and Hospitality' course with Henry from Class TH.



joy

re-

Virginia, Justine & Nanaako



Winters coming...

Health experts are warning of an 'unprecedented' flu season in 2019 with the worst yet to come.

Please keep your children home if they show signs of being unwell. There are students at our school with very complex health care needs and are extremely vulnerable to catching any illnesses going around. Please help us to keep the Fisher Road students as healthy as we can this Winter.



Class NS



Each week the students in class NS participate in music therapy. Music therapy is a research-based practice in which music is used to actively support people as they strive to improve their health, functioning and wellbeing. Music therapists incorporate

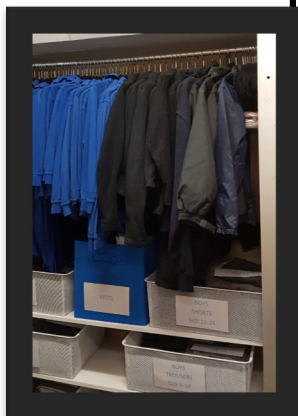
a range of music making methods within and through a therapeutic relationship. They are employed in a variety of sectors including health, community, aged care, disability, early childhood, and private practice. Music therapy is different from music education and entertainment as it focuses on health, functioning and wellbeing. The students all love their weekly music therapy session and are all actively engaged in a combination of playing instruments with assistance and physical movement. In the photos below you can see Maia, Geoffrey and Jasper enjoying their lesson with the therapist and the staff on class NS.



Nick , Carmel

Office news

We have a new and exciting space for our second hand uniforms - remember all items are only \$5.00 and any donations of old uniforms will be gratefully received.



Don't forget we have a new fundraiser—
Please buy an Entertainment Book - available now - Fran & Donna



Class TH

Term 2 is proving to be very busy for Class TH. Henry has just started a Cafe & Hospitality course at TAFE on a Friday. He has been learning about handling of foodstuffs and ensuring safe practices are in place. Dance Group for the Year 9 - 11 students has also started this term at Elanora Heights



Public School. Dylan and Andy are having fun getting their groove on to the 'Cha-Cha'. Henry and Ella are also moving in time with the beat, whilst enjoying the interaction with their newly made friends. Liam and George have been busy working on different STEM projects. They have been busy creating pieces such as robots and different lego displays. Lastly, Class TH farewell Phoenix at the end of Term 1, and although he is missed, we know he will flourish at his new school.



Trish & Sue


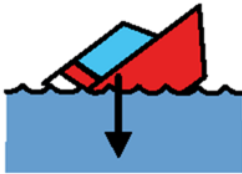


Class KF


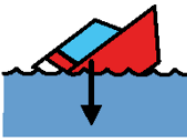




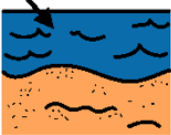
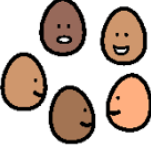











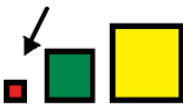
A new term brings about a new book. In term 1 we all loved Where is the Green Sheep? and we knew it was going to be hard to replace this wonderful book! But fear not.....we have found another great book!

Who Sank the Boat? by Pamela Allen. Student's have enjoyed acting out the story and learning new Key Word Signs that relate to the book. We have been busy decorating our classroom with the cow, donkey, sheep, pig and tiny little mouse in creative arts as well as sequencing the story in our literacy activities. We look forward to working with this

book throughout the term.

Fran, Kari & Sue

who? 	sank 	the 	Boat 
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who? 	sank 	Boat 	do you know? 	yes or no 
beside 	sea 	friends 	sunny 	row 
cow 	donkey 	sheep 	pig 	mouse 
fell 	yell 	fat 	knit 	small 



Can you
give a little
to be part of
something big?



SEAT - A Royal North Shore
Hospital School
Community Project



Royal North Shore Hospital School enters an exciting third year for the SEAT Project. This is an immersive hands-on project where students construct and create artworks on small bamboo seats - the design celebrates diversity and self-expression of all those involved. Students on the ward, our local schools, parents, art specialists, youth workers and community members are united in a common goal. The process and the story behind each creation are equally as important as the ripple effect auction.

The S.E.A.T Project which stands for 'Sustainability, Education, Art and Teamwork' teaches social initiatives and supports student wellbeing. These elements combined, provide foundations for strong community connections and highlight how individuals, as a collective, can make positive changes in the world. Community involvement creates a sense of belonging and purpose and increases self-esteem and resilience, particularly within our students.

In August the SEATs are showcased and auctioned to raise money for local and international charities. All proceeds will go to Northern Beaches Women's Shelter and Seven Women Charity in Nepal. Last year we raised enough money to educate fourteen children in Nepal for an entire year. We would like to invite you to help us make 2019 bigger and better!



Vanessa Murphy, Principal
Ph (02) 94632280 or email
vanessa.murphy@det.nsw.edu.au
School Partners: Lane Cove, Brookvale,
Camberay and Fisher Road Public School.



RNSH SCHOOL
CONNECT LEARN EMPOWER

STEM

In the STEM (Science, Technology, Engineering and Mathematics) group we have been learning and exploring with virtual reality (VR). It's been a wonderful and exciting experience for all involved and everyone has enjoyed the amazing technology. We have been immersing our senses in a virtual world where we can be on a roller coaster, in a forest with brown bears, watching wild horses gallop by, under the ocean exploring the deep sea and even inside the human body. The experiences are endless and we are lucky to have access to this equipment for the whole of term 2. Students are learning to wear the head set and move their head and body in a 360 degree movement to look around the 'world' they are exploring. We wish we could show you photos from inside the virtual reality world but unfortunately it's for the students' eyes only. Here are some photos of the students enjoying the VR experience.

Jen Olk



Visual Arts

This term students are starting to experiment with a variety of mediums to make artwork for the community art exhibition Out Of The Earth, coming up in term 3. Artworks should be made using earthy tones and shades. Students have been learning to identify the colour brown by pointing to a Communication Board and saying the word if they can.

Class JK, SB and KF are exploring printmaking in term 2. Students have been practising to use textured stampers to layer patterns and marks onto paper. The results have been fantastic and students are able to lift, press and move the stamper with verbal prompts and practice, to create their own unique artworks.



This week we have started to experiment with a new printmaking method using a gel printing block. Students are learning to use a printing roller to roll paint onto the gel block and print a background colour onto paper. Then students will collect textured items from nature and press them into the gel block. The second layer is then printed in a contrasting colour. We look forward to seeing the results.

Class TH have been working on the S.E.A.T. project – A Royal North Shore Hospital School Community Project. The S.E.A.T. activity is a hands on project where students construct, problem solve and create art works on small bamboo seats. The designs celebrate diversity and self-expression of all those involved. Each student has chosen a design of their own interest and are in the process of collaging on images and painting to decorate the seat. Rainbows, tropical fish and The Lion King seem to be the most popular designs.



Class RP



Look at our 4 Year 12 students! So smart too in their new Year 12 jackets.

This term we have started visiting a post school provider one day a week, to help prepare our students for when they transition from Fisher Road School at the end of the year.

Look too at their great art!



Last week one of our student's parents went sailing in the Whitsundays, so we talked a lot about sailing, watched sailing videos and everyone painted the sail on their boat using their hand. On Monday we will go sailing again for real as part of the Sailability program in Manly.

With the abundance of pears being delivered to our school recently - this week our theme has therefore been 'Pears'! We have been eating them as is, baking with them, reading pear books and for art we cut one in half and made 'Pear Prints'

Rebecca, Mandy, Leisa & Wendy



Friday 7 June, 6.30 - 9pm

DISCOBILITY JUNIOR

Party the night away at a dance party
for high school students with disability.
DJ Andy will be spinning awesome tunes,
with prizes to be won!



PCYG Northern Beaches, Dee Why
Tickets \$10 at the door
Includes food & drink

Family, friends and carers are
welcome to attend
BYO refillable waterbottle

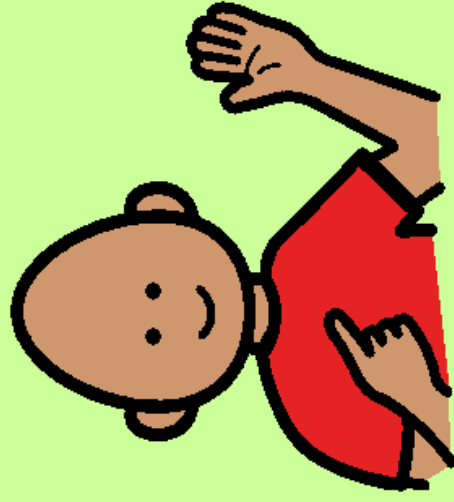
Enquiries: 9942 2681 or
youth@northernbeaches.nsw.gov.au
KALOF.com.au

VIVID

Vivid was a fabulous evening. 64 parents and kids attended. Families and staff caught the bus from Fisher Road school into the interactive light show. Families had time to explore the interactive installations. Pizza and beanbags were available whilst watching a Vivid slideshow. A huge thank you to Cushman and Wakefield for providing our families with such a fabulous opportunity.



I want



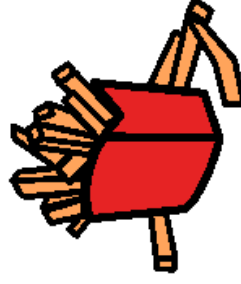
toast



fruit



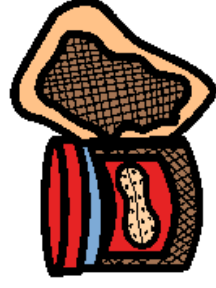
chips



Vegemite



peanut butter



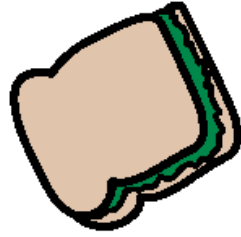
chicken nuggets



strawberry



sandwich



no



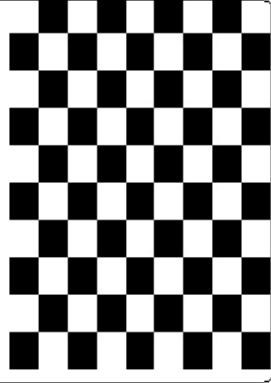
yes



I need help



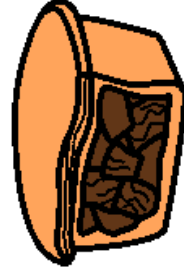
finished



yoghurt



meat pie



drink

