## A MESSAGE FROM OUR PRINCIPAL

**2021 Term** 3

# FISHER ROAD SCHOOL

Together we can

We have nearly made it through a very difficult term. It has been lovely to see the photos of students working from home.

News about Elvis. Unfortunately Elvis has not worked out for Fisher Road. He is a very quiet Labradoodle and not robust enough to cope with the demands of Fisher Road. An expert trainer came to view him in this setting and labelled him an introvert when we really need an extrovert. We will see if his confidence grows as he gets a bit older, but he does not look like a good fit.

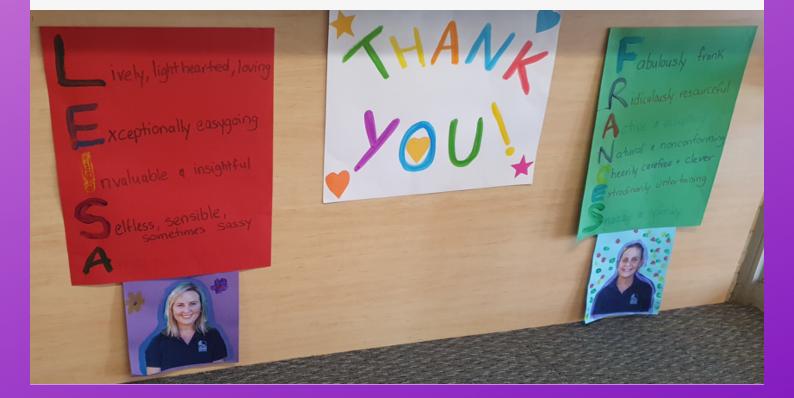
Week 9 was SASS week. A time to celebrate and thank our hardworking SLSO's and office staff. Teachers made posters with an acrostic poem on it. We made this into a video. The P & C very generously bought grazing plates and had them delivered for morning teas. Also chocolate baskets were made with some beautiful signs. The school could not run without you. Thank you.

I would like to recognise John Dunworth. He was nominated for, and received a recognition award for his dedication and hard work at Fisher Road. A well deserved award!! Congratulations John.

Share our space is on these holidays. Please come and share our school oval. The grounds will be open from Monday 20th September to Friday 1st October 2021 from 8.00am to 5.00pm, including weekends and any public holidays. Arianne McCombie

## Sass Week

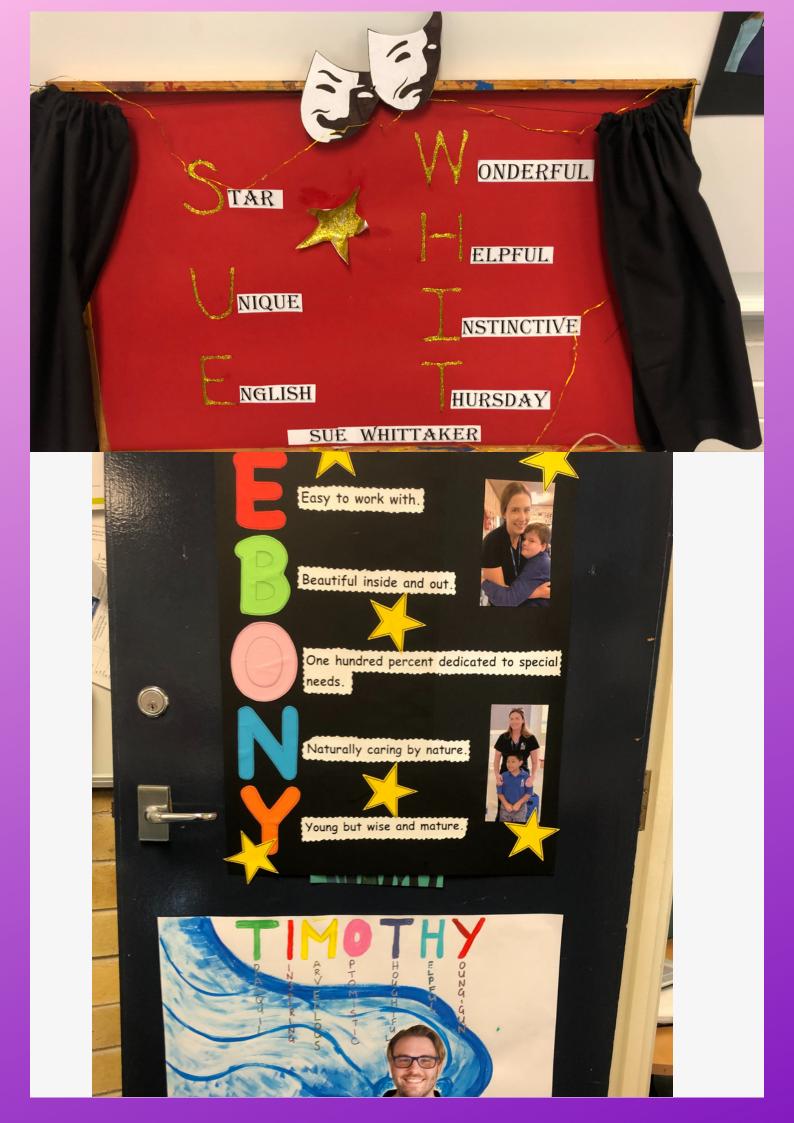














## Share our Space!

School playgrounds, basketball courts, ovals and gardens are open to the community these school holidays. Come and play at our place!



Find a school near you. Search "Share Our Space" at education.nsw.gov.au



### Wellbeing Week Activities

Read a book for 28 minutes outside in the fresh air. BRAIN (COGNITIVE) WELLBEING

Listen to a **Smiling Mind meditation** outside in the sunshine.

ENOTIONAL AND BRAIN (COGNITIVE) WELLBEING

Take care of an indoor plant

BRAIN (COGNITIVE) WELLBEING

On strips of paper write all the things that make you feel relaxed and then make a paper chain. ENOTIONAL WELLBEING

> **Call an extended** family member and say, "HI". Check in on them and tell them a funny joke. SOCIAL WELLBEING

Keep a diary about what **10NES** you are in each day. BRAIN (COGNITIVE)

Take your pet, teddy bear or sibling for a walk around the neighbourhood. Remember to ask for permission & stay safe.

PHYSICAL WELLBEING

Do some mindful colouring in. ENOTIONAL AND BRAIN (COGNITIVE) WELLBEING

Complete a journal activity for the day or complete a list of things you are grateful for. ENOTIONAL WELLBEING

Write a letter to a friend you haven't seen for a while (i.e. someone from school or a cousin who lives in another State). SOCIAL WELLBEING

WELLBEING

## Wellbeing Week Activities



Complete a jigsaw puzzle, crossword or sudoku. BRAIN (COGNITIVE) WELLBEING ENOTIONAL WELLBEING Make an A to 2 of things that make

you laugh.

EMOTIONAL WELLBEING

Build a fort using pillows and blankets. Read your favourite story inside.

Go barefoot in your garden or on the beach. Walk slowly and concentrate on what you can feel beneath your feet.

> EMOTIONAL AND BRAIN (COGNTIVIE) WELLBEING

Orink at least 4 cups of refreshing cold water a day. PHYSICAL WELLBEING

Do something kind for a member of your family (i.e. bring down the bins, take the washing off the line, read a story to a younger sibling). social vellocing Skip for 1 minute in the garden. How many skips can you do? PHYSICAL VELLBEING

Try and go to bed 30 minutes earlier than you normally do (i.e. go to bed at 1 pm instead of 1.30pm). ENOTIONAL VELLBEING

Learn a new skill, e.g. cooking, knitting or juggling. BRAIN (COONITIVE)

BRAIN (COGNITIVE) WELLBEING

## Wellbeing Week Family • Activities

GET HEALTHY BE ACTIVE, EAT WELL AND GET ENOUGH SLEEP.

Go for a bush walk as a family. Have a family dance party. Go for a bike ride as a family. Go to the beach for a swim or a surf. Play a game outside as a family.

#### TAKE NOTICE BE MINDEUL, STAY IN THE NOMENT, EXPERIENCE THE WORLD AROUND YOU

Go outside and star gaze at night. Take some nature photos and share them with each other. Get up early and watch the sunrise. Meditate together.

SHOW KINDNESS GIVE BACK, SHOW GRATITUDE AND GIVE JOY TO OTHERS' LIVES.

Start a gratitude jar. Write down something you're grateful for each day and put it in an empty jar. When it's full, take turns to read aloud what everyone is grateful for.

#### CONNECT MORE STAY CONNECTED AND CARE FOR EACH OTHER,

Call, face time or zoom with relatives. Write letters to family members or friends and post them. Play a board game as a family. KEEP LEARNING CHALLENGE YOUR MIND AND SEEK OUT NEW THINGS.

Learn a song or watch a show in a foreign language. Watch a documentary for family movie night. Do a jigsaw puzzle.

EMBRACE NATURE STEP OUTSIDE, CONNECT WITH THE NATURAL WORLD AND TAKE CARE OF THE PLANET.

Eat together outside. Camp overnight in your backyard or on your balcony.

Start a compost bin or worm farm if you don't already have one.

#### KINDERGARTEN WEILIBEING WEEK YOGA

Take time out and do a 7 minute work out to help your child with self regulation. Set a timer for 45 seconds to do each activity and then rest for 15 seconds.

#### Elephant stomps

March in place lifting your knees as high as you can and stomping the ground as hard as you can.





Gorilla shuffle

Sink in a low sumo squat, with hands on the floor, shuffle around the room. Bear walk

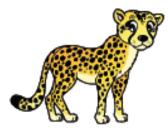
Hands and feet on the floor, hips high – walk around in a circle.



Starfish jumps Jumping jacks as fast as you can.



Cheetah run Run in place as fast as you can.



Crab crawl Sit and place your palms flat behind you near your hips. Lift up off the ground and crawl.



#### YEAR 1 & YEAR 2 WELLBEING WEEK YOGA

Use your 5 senses to observe what is around you, noticing those details that your mind would normally tune out. First, take 3 slow and quiet deep breaths.



What is one thing you can taste? Try eating a sultana or other small fruit. Focus your attention on the flavour.



What are 2 things you can smell? For example can you smell cooking smells or mowed grass?



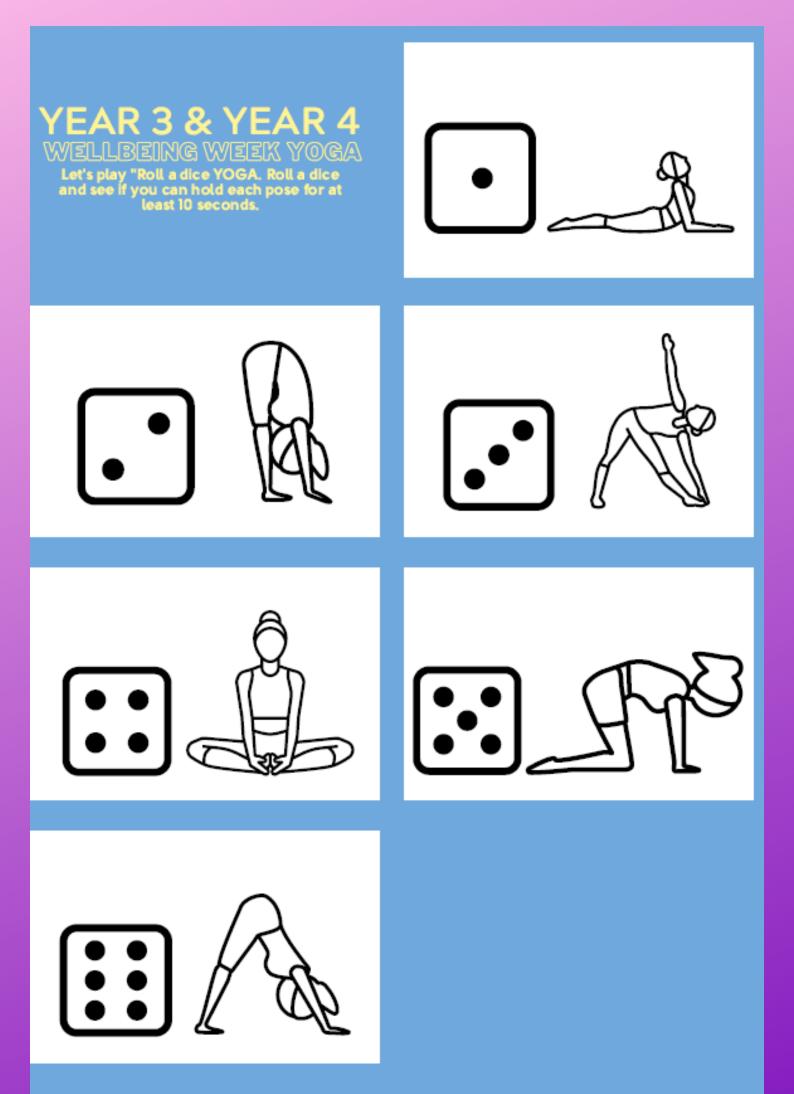
What are 3 things you can hear? For example, the wind in the trees, the ocean or a clock.



What are 4 things you can feel? Clothes on your skin? For example, the carpet under your feet, or pick up an object and examine its weight.



What are 5 things you can see? For example, a pattern on the ceiling or the way light reflects off a surface.



#### YEAR 5 & YEAR 6 WELLBEING WEEK MUSICAL ACTIVITY

Music is a form of art that can relax you at any time.

Take a piece of paper and turn on your favourite music.

Focus on the music and simply put a pen or pencil to the paper and move it as the music dictates.

Sharp music may prompt you to draw bold lines and jagged edges. Softer, quieter music may turn into wavy or round shapes. Instrumental music will usually be more relaxing than music with lyrics.

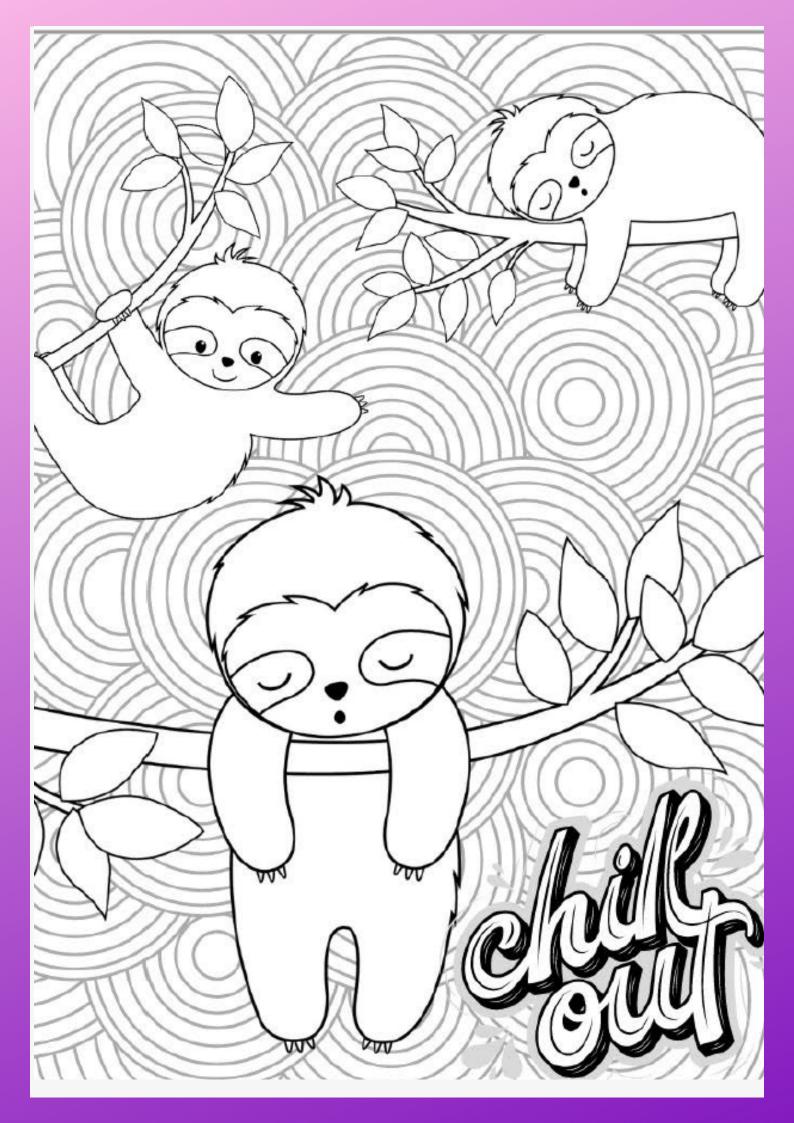
The mind will find it easier to calm down without the distraction of words.

The point here is to have no expectations at all.

See what comes out of it. You can try different types of music and compare the two different pieces of work.

Have fun!





1	Spot (20)
I	Place the sentences in order or write your own sentences.
	SPOT WONTFOR
	THEN TO WALK DY HIMSON TO
	The dog catcher 2.
	tookhim to The POUNd.
	= 3 ON Weboked even where
	- on spot
	E CARDINAL Gtt
	WOTOURA DISTOT 4. HALLING
	The do Spound & Mortauna State
	I.
	The dog catcher took him to the pound.
	Spot went for a walk by himself.
	We looked everywhere for Spot.
	We found Spot at the dog pound.

### **Block Adventurer Pig Addition**

Solve the maths problems to reveal the hidden picture. Each answer has a special colour.

light pink = 12				black = 18 dark pink = 21 blue = 8					
	1 47	4+4	1.57		Contraction of the	4+4	8 0	3 + 5	0 + 8
	6+2	7+1	2 + 6	9 + 12	0 + 8	8 + 0	5 + 3	6 + 2	7 + 1
	1 + 9	2 + 10	8 + 4	6 + 15	4+4	3 + 5	2 + 6	4+4	1 + 7
	19 + 2	3 + 9		9 + 3	1 + 11	6 + 6	7 + 5	10 + 2	6 + 2
	5 + 3	7 + 5	4 + 8	11 + 1	12 + 0	2 + 10	5 + 7	8 + 4	11 + 1
	8 + 0 -	0 + 8	4 + 4	5 + 7	0 + 12	11 + 1	2 + 10	3 + 9	4 + 8
	4+4	7 + 1	2+6	2 + 10	7 + 5	9 + 3	6 + 6	12 + 0	5 + 3
	6+2	3 + 5	1 + 7	3 + 18	5 + 3	6 + 2	7 + 1	0 + 21	3 + 5
	2+6	7 + 1	3 + 5	6+2	3 + 5	0+8	0 + 8	5+3	8+0

the period

Illy love you DAD! ODY



## Fun Fun Fun

FISHER ROAD SCHOOL WOULD LIKE TO INTRODUCE SPOONVILLE – WE WILL BE SENDING HOME KITS WE HAVE PUT TOGETHER AT SCHOOL AND OUR SPOONVILLE FAMILY WILL BE PUT INTO OUR FRONT GARDEN UNDER THE SCHOOL SIGN FOR ALL TO SEE AND ADD TO – HOPEFULLY WITH A FEW DECORATED ROCKS – HAVE FUN



## Fun Fun Fun





## **Fun Fun Fun**



## **From The Office**

## **School Garage Sale**



### On your next walk, turn it into a Scavenger Hunt !

Mark each item as you find it. Can you find five in a row?

worm	leaf	insect	grass	flower				
B			and a state					
twig	bush	rocks	bird	squirrel				
- All								
river	field	tree	cloud	spider				
	or meadow			AR				
dirt	ant	butterfly	mushroom	dew				
			CO					
web	breeze	branch	nest	stones				
	29							



1. Hot water will turn into ice faster than cold water....

2. The strongest muscle in the body is the tongue....

3. Ant's take a rest for around 8 minutes in a 12 bour period....

4. "I Am" is the shortest complete sentence in the English language....





1	2	3		4		5	6
7						8	
9			10			11	
		12					
13					14		15
				16			
17	18	19					
20				21			

#### Across

- 1. The fourth month of the year (5)
- 4. Move along slowly and secretly (5)
- 7. Robbers (7)
- 8. Not many! (3)
- 9. A square figure like a box (4)
- 10. Nearer (6)
- 13. Precious gemstones (6)
- 14. Consumes food (4)
- 17. Young goat (3)
- 19. Normally (7)
- 20. Unhappily (5)
- 21. Big, huge (5)

#### Down

- 1. Room at the top of a house in the roof-space (5)
- 2. An arc of coloured light in the sky (7)
- 3. Have great affection or liking for (4)
- 4. A large fortified stone building (6)
- 5. A mischievous pixie (3)
- 6. Physical strength (5)
- 11. Not as large (7)
- 12. An overcast sky is this (6)
- 13. Gags or pranks (5)
- 15. A particular way of wearing something (5)
- 16. Male cow (4)
- 18. A common word for father (3)

Name that Flag





Your Choices are:

Afghanistan Albania Bangladesh Barbados Austria Botswana Andorra Belgium Australia Bosnia/ Herzegovina Armenia Bolivia Antigua & Barbuda Belize Answers on the back page

Flag Answers





Story Box

Story Box Library is a subscription based educational website, created for children to view stories by local authors and illustrators, being read aloud by fantastic, predominantly Australian and New Zealand, storytellers. This is a fabulous website we have a subscription to. Well worth having a look.

Please go to google classroom for username and password.

# Vooks:Storybooks Brought to Life

Safe curated library of animated storybooks kids will love. Head over to https://watch.vooks.com/login Please go to google classroom for username and password

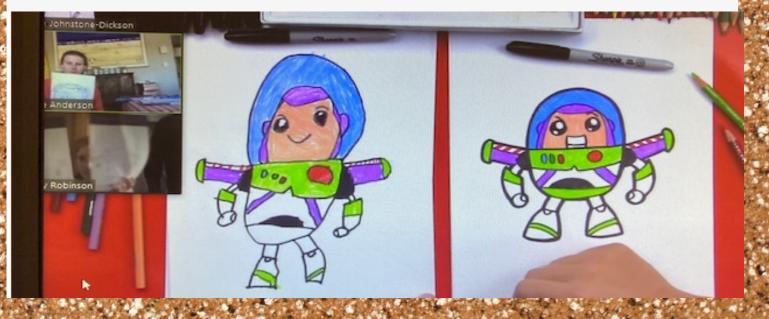
## Senior Zoom

Several of our senior students have been enjoying our daily Zoom catch ups. Each morning at 9.30 we join together for a morning circle, some exercises, a quick dance and then after our physical activities we follow up with a Smiling Minds Meditation.

We have now mixed up our 12.30 Zooms and have a different activity on each day. Included is a mix of art activities, some dancing and cooking. Our drawing sessions have been themed on the Toy Story movies. This week the students drew Buzz Lightyear.

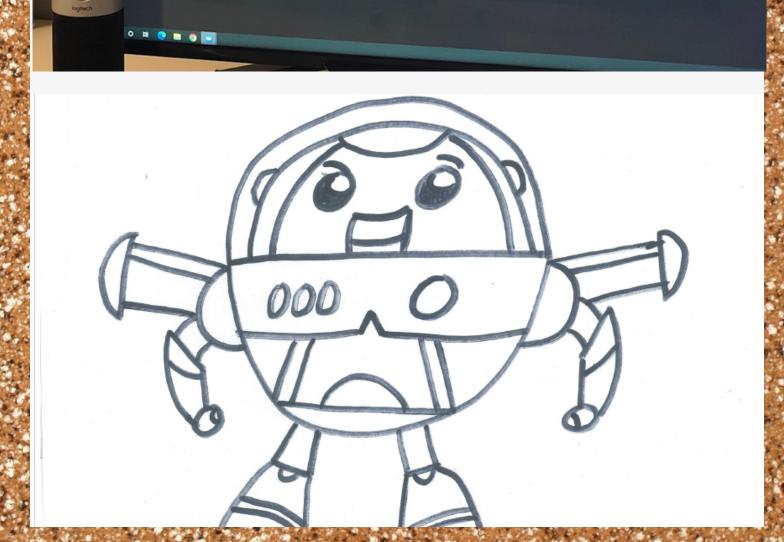
Thanks Matt





# Senior Zoom Buzz Lightyear

VEBCAM



# Junior Zoom Please Join Us

Junior Zoom.

We love seeing everyone on our daily junior zoom! The purpose of the ZOOM session is to connect and check in with our students.

It has been so much fun. We have had scavenger hunts, birthdays, stories, counting, I spy games, lots of cute pets and cuddly toys. We are having a theme each week and encourage our students (parents also!) to get as involved as they can in our themes. So far we have had an Under the Sea and a Pirate week.

Our zooms are at 12pm Monday, Tuesday, Wednesday and Friday. Thursday ZOOM is our Music Therapy Zoom with Anita. So please jump on if you would like to, we would love to see you there.

Meeting ID: 698 6565 0718

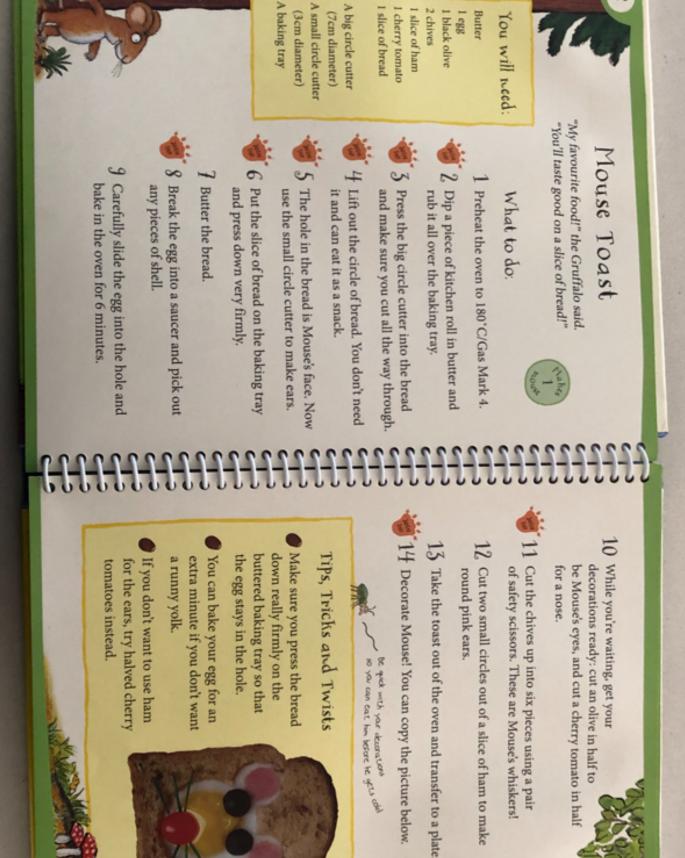
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## Junior Zoom Having fun on Zoom

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030

#### **Fun Recipes Fisher Road Please email** School with any great recipes





# Terrible Tusks

Make your very own Gruffalo tusks using lots of different kinds of fruit.

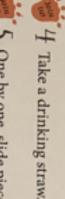
### ou will need:

ananas r 4 different inds of soft fruit: y strawberries, elon and kiwi

### What to do

- Cut the soft fruit into bite-size pieces and lay everything out on a big plate or tray.
- 2 Chop each banana into three equal pieces. Keep the curved ends to one side.
- 3 Chop up the remaining middle sections and add to the plate of fruit.

ung straws



One by one, slide pieces of fruit onto the straw. Mix up different sizes, shapes and



colours.

6 Finish off your tusk with the curved end of a banana.

### шиннининини

YELLOW Pineapple Peach

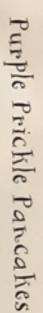
# Tips, Tricks and Twists

- Make sure the fruit is really soft and ripe, or it will be difficult to slide onto the straws.
- You can use any fruit you like! It's nice to use a mixture of different colours. Here are some ideas:





5 bet your ringers are really sticked .



99999

12

He has purple prickles all over his back - just like these delicious pancakes.



What to do

You will need

Put the flour, bicarbonate of soda and cinnamon in the big bowl and mix well These are your dry ingredients.

2 Pour the milk into a measuring jug and add the honey. Stir together.

Break the egg into a saucer and pick out any pieces of shell.

AHHHHHHHHH

<sup>14</sup> Add the egg to the measuring jug and mix well with a fork.

50 blueberries A knob of butter 2 teaspoons honey 1/4 teaspoon

cinnamon

5

1 egg 200ml milk 220g plain flour <sup>1</sup>/2 teaspoon

bicarbonate of soda

Make a little well in the middle of the dry ingredients and pour in the milk mixture.

6 Mix everything well with a whisk until you have a thick batter with no lumps.

A small ladle A whisk A big mixing bow A measuring jug A frying pan A spatula

Melt a little butter in the frying pan on a high heat.

8 When the pan is really hot, add the batter one ladle at a time and drop five blueberries in each heap of batter.

5

- $\mathfrak{T}$  Flip the pancakes over when little bubbles appear on top.
- 10 Cook until they are brown on the second side, then put them on a plate and cover with foil to keep warm. Keep going until you've used up all the mixture.

can you count out fire Weberies for each purcake?

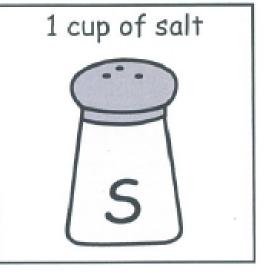
# Tips, Tricks and Twists

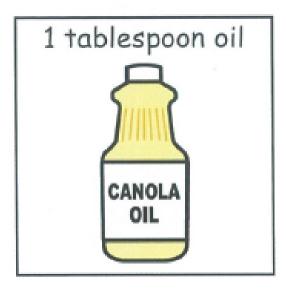
These are really delicious served with a little honey or maple syrup drizzled on top.

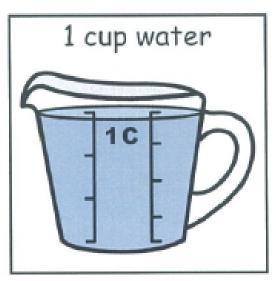
The Gruffalo's Child has pink prickles on her back. If you use raspberries instead of blueberries, these pancakes will have pink prickles too!

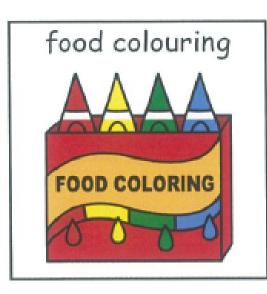
### Fun Recipes Playdough











- Combine flour and water and salt.
- Add water, food colouring and oil.
- 3. Knead well, if too runny add

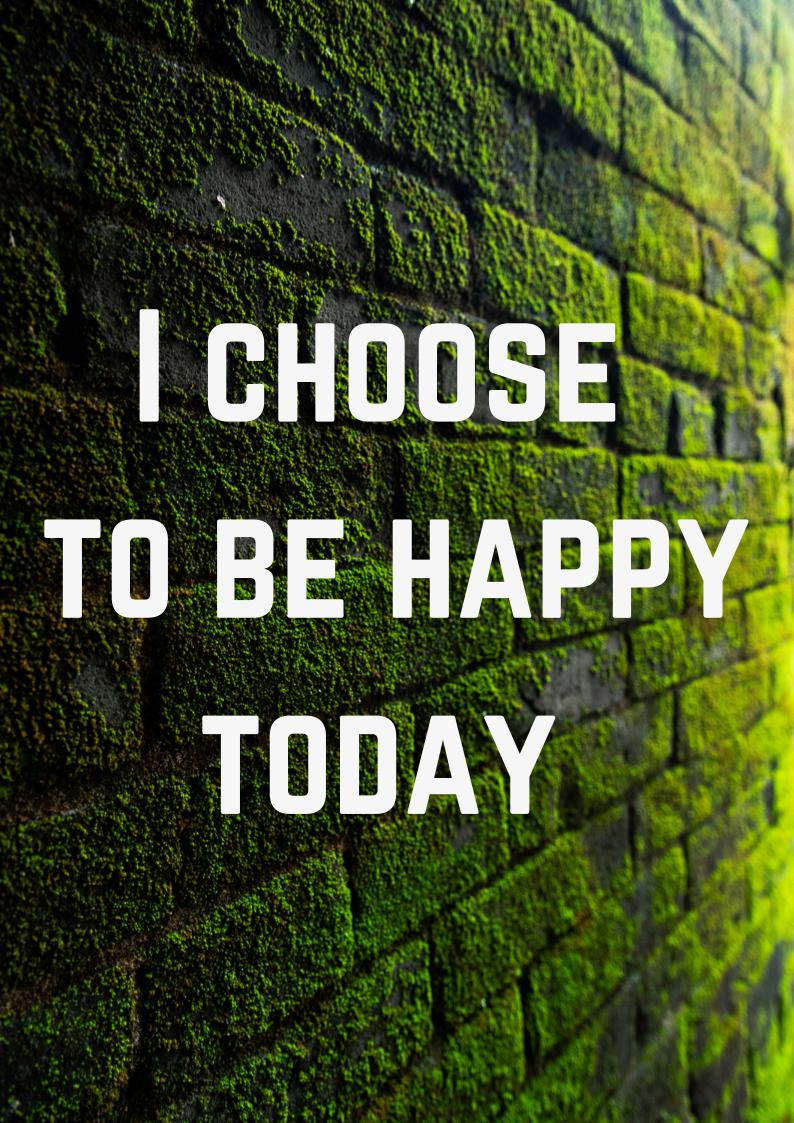
more flour

# Inspiring words on our school fence



examples of the inspiring words

# Believe in yourself



### Stay strong Stay positive Never give up

## Be the reason someone smiles today

# BRAVE

Birthday News Happy 5th Birthday Edgar



Birthday News Happy 7th birthday Tiago



Birthday News Happy 14-th birthday Charlii



Birthday News Happy 6th birthday Joshua



Birthday News Happy 13th Birthday Juca



Birthday News Happy 8th Birthday Archie



Birthday News Happy 9th Birthday Rataella



Birthday News

Happy 19th birthday Chantelle



### After School Care at Fisher Road School



Registered NDIS provider



Sunnyfield disAbility Services



- Monday Friday
- · 3pm 6pm (NSW school terms)

Based in a relaxed and inclusive setting at Fisher Road School in the Northern Beaches. The Learning Tree is an after-school care program for young people with disability aged 7 - 17.

The Learning Tree incorporates health, fitness, Skills for Life and recreational activities.

### Participants will be supported to:

- · Use their voice and foster self-belief
- · Take part in new experiences
- · Learn new skills
- · Lead and mentor peers

For more information contact Michelle Cunningham T 0466 481 155 E enquiries@sunnyfield.org.au www.sunnyfield.org.au

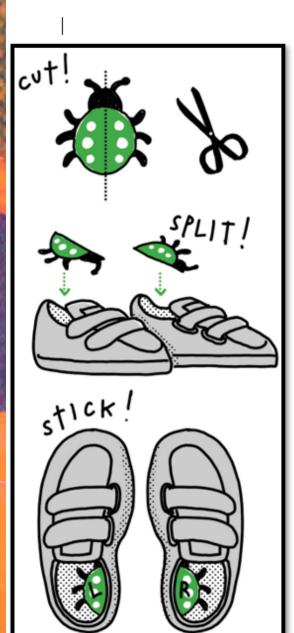
NDIS

O November 2020 Sumpl ISO 9001-2015 Quality Management System ABN 72 000 415 127 Charity Fundraising Number 13915



Sunnyfield For a brighter future

### Try This-shoe hack







Q: What do you call a boomerang that won't come back?

A: A Stick

Q: What does a cloud wear under his raincoat? A: Thunderwear

Q:What time is it when the clock strikes 13? A: Time to get a new clock

Q: What did one toilet say to the Other? A:You look a bit flushed