PRINCIPAL’S NEWS—Sue Gibson

Today many of our students have headed for Boolaroo P.S for the Pontee Konara cross country event. These events are organised to allow our students to meet, interact and compete with other students from our local small schools. I wish all the students well and will be keen to hear all their news when they return.

PBL

Our PBL focus for Week 8 is “Be Patient”. We know that it is often difficult for children to stop and wait for their turn in a game or for their time to speak, so we will continue to gently remind our students of this focus. It is clear our students are remembering all our other PBL messages from earlier weeks as I have had no “visitors” to the Reflection room all week! Keep it up and well done!

Harmony Day and Earthen Rhythms Performance

It is great to see most of our students have paid for the African Drum and Dance workshop for Harmony Day this Friday 20th March. Earthen Rhythms will be operating two workshops, a junior from 11.40-12.40 and a senior from 12.40 - 1.40 at a cost of $7.50 per student. If you are yet to pay and wish to participate please return your note and money to your class teacher A.S.A.P. Also remember to help celebrate Harmony Day students are asked to come dressed in costume representing another nationality and to contribute a plate of food representative of their chosen culture. Please let your teacher know what you intend to bring.

Easter Hat Parade

Our Easter Hat Parade is organised for Thursday 2nd April. Please come and enjoy an afternoon of fun, music and community. The event will commence at 1.45pm with afternoon tea provided by our P & C and will include musical items a hat parade and egg hunt. We ask that Easter Hats are made at home and bought in on the day. Donations for our Easter raffle of Easter Eggs, prizes or a gold coin donation may be handed in at the office.

Senior Administrative Manager Position

After notification late last week, I am advising our substantive SAM Janine Dickinson has accepted a further Term relieving at Valentine P.S. Julie Broome has been offered and accepted a further Term with us. We wish Janine well and thank Julie who is doing a fabulous job!
The community acknowledges traditional custodians of the land on which the school is located.

We are a proud Pondee Konara Community.

2/3 News

Debating

Last Monday I had the pleasure of taking four of our students, also known as the “Fassifern Fanatics” debating team, to the Premier’s Debating Workshop at Edgeworth Public School. It was an informative and entertaining day. Our team learnt the ins and outs of debating, including;

Matter - What you say.
Manner - How you say it.
Method - The structure of debating, the rules and how you follow them.

Look out parents, these students will now have some great arguments on why they shouldn’t go to bed!

Paul Harragon Cup

Fassifern Public School has combined with Teralba and Boolaroo to compete in the Paul Harragon seven a side cup. Unfortunately the competition was postponed due to the wet weather. The competition has been rescheduled to Tuesday, 21 April 2015 at Smith Park, Hamilton North.

Mr Toole

K/1 News

Wet weather last Friday did not prevent K/1 from doing physical activity. In the photos we can see our K/1 students practising their balancing skills. We constructed our own course that consisted of a series of curved and straight sections. Concentration and balance were two key ingredients to make it successfully across the course.

Mrs O’Neill

Office News

School levy - What is this made up of? Stationery including exercise books and art materials, photocopying of work booklets and laminating resources. It also includes the Mathletics subscription - this is a fabulous maths programme that is utilised in school time and also at home by all students. These funds are important to the financial health of our school. Please pay your School levy before the 26th March. If you are experiencing any financial difficulties, please contact Mrs Gibson or Mrs Broome for a confidential discussion and to arrange a payment plan.
Office News continued...

Good News! Our online payment system (POP) goes live next Monday, 23 March 2015. It is a secure Westpac site available on our website www.fassifern-p.schools.nsw.edu.au under the “MAKE A PAYMENT” icon. Easy to use instructions will be uploaded to the website, should you need them. Alternatively, you may call into the office for a quick demonstration.

Permission Notes
Copies of permission notes are available on our website under the “NOTES” icon. Paper copies will now be sent home with those families who have indicated this as their preferred method of receiving newsletters and notes. Spare paper copies are also kept in the foyer of our office. Julie Broome

P and C
Pie Drive - The pie drive due date is this Friday, 20th March. The delivery date is 27th March.
Easter Raffle - Please send in donations of Easter eggs, prizes or a gold coin donation for our Easter Raffle, to be held on Thursday 2 April. Donations may be handed in at the office. Thank you.

Health News

Recognising Dehydration - Dear Parents please take the time to discuss with your children the importance of drinking water throughout the whole day.
If your child has fever, diarrhea, or vomiting, or is sweating a lot on a hot day or during intense physical activity, watch for signs of dehydration, which can include:
⇒ dry or sticky mouth
⇒ few or no tears when crying
⇒ eyes that look sunken into the head
⇒ soft spot (fontanelle) on top of baby's head that looks sunken
⇒ lack of urine or wet diapers for 6 to 8 hours in an infant (or only a very small amount of dark yellow urine)
⇒ lack of urine for 12 hours in an older child (or only a very small amount of dark yellow urine)
⇒ dry, cool skin
⇒ lethargy or irritability
⇒ fatigue or dizziness in an older child

Preventing Dehydration
The best way to prevent dehydration is to make sure kids get plenty of fluids when they're sick or physically active - they should consume more fluids than they lose (from vomiting, diarrhea, or sweating).

How to keep them hydrated can depend on the circumstances. For example, a child with a sore throat may become dehydrated due to difficulty drinking or eating. Easing the pain with panadol or ibuprofen may help, and cold drinks or popsicles can soothe a burning throat while also supplying fluids.

Fever due to various infections can be a factor in dehydration. Although not all fevers need to be treated.

It's important that kids drink often during hot weather. Those who participate in sports or strenuous activities should drink some extra fluid before the activity begins. They should also drink at regular intervals (about every 20 minutes) during the course of the activity and after it ends. Ideally, sports practices and competitions should be scheduled for the early morning or late afternoon to avoid the hottest part of the day.

Thirst is not a good early sign of dehydration. By the time a child feels thirsty, he or she may already be dehydrated. And thirst can be quenched before the necessary body fluids have been replaced. That's why kids should start drinking before thirst develops and consume additional fluids even after thirst is quenched. For more information about this topic and others please Go to http://kidshealth.org
Come & Join Us These School Holidays, We Will Have You Reaching New Heights
Participating In Programs Such As:

- obstacle courses
- craft
- gymnastic skills
- cooking
- acro
- trampolining
- science
- tumbling
- athletics ... just to name a few

VACATION CARE IS AVAILABLE FROM TUESDAY 7TH APRIL - MONDAY 20TH APRIL
7.30AM-6PM, MEALS INCLUDED

1 HOUR GYMNASICS BASED HOLIDAY PROGRAMS ALSO AVAILABLE, PLEASE REFER TO OUR WEBSITE

<table>
<thead>
<tr>
<th>Program</th>
<th>Dates</th>
<th>Ages</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adventurer Camp</td>
<td>13 – 17th April 2015</td>
<td>7 – 12 years</td>
<td>$336.00 / person</td>
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</tbody>
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The program includes: all meals, accommodation and activities.
Activities could include any or all of the following: low & high ropes challenge course, rock climbing, abseiling, archery, giant swing, canoeing, kayaking, flying fox and much more.

**Breakfast Club**

830am to 8.45am

MONDAY - Kaylene
TUESDAY - Aleese
WEDNESDAY - Rachael
THURSDAY - Alena
FRIDAY - Paula

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