

SUMMER 2020

A MAGAZINE FOR KIDS WHO HAVE CF AND THEIR SIBLINGS

# ROZEE

2019 Sibs Camp

Meet the Member

Tips for CF at School

What is a Bronchoscopy



CYSTIC  
FIBROSIS  
Western Australia

ALL  
AWESOME!

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# Editor's Letter

Welcome to the 8th edition of ROZEE magazine!

This is Gillian's 4th edition of ROZEE and Maggie's very first!

In this edition, we hear from Michael, an adult with CF who has transformed his life with exercise. We also learn about what a bronchoscopy is, tips for talking about CF with friends and how to incorporate eating different types of foods into our diet.

We hear lots of great stories from kids with CF and their siblings, including meeting two of our members: Kieran and Mary, Stephen's new hobby BMXing, and tips from our readers about starting the school year.

There's lots of fun stuff too, like making photo holders, a recipe for reindeer chow, and Christmas themed activities galore!

We hope you enjoy this edition of ROZEE and you have a wonderful Christmas!

Bye for now,  
Gillian and Maggie

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A man with short brown hair, wearing a black tank top and orange and black boxing gloves, stands in a gym. He is smiling slightly and looking towards the camera. In the background, gym equipment like treadmills and weights are visible.

## Ask... Michael: how exercise has helped my CF

Michael is nearly 40 years old, is married to Natalie, and has an 11-year-old daughter named Zoe. He works part time, is currently studying to become a personal trainer, and he also has cystic fibrosis (CF) and CF Related Diabetes.


Michael has been working hard on his health and has been focusing on staying active and eating well to help keep his lungs healthier.

### What benefits do you get from exercise?

There have been many benefits. My health and quality of life has improved dramatically. I am stronger than I ever have been before, and my CF and diabetes treatments are so much more manageable. This has now become my way of life.

### What would you say to kids with CF about the benefits of sports and staying active?

Playing sports and staying active helps clear the lungs and airways in a much more enjoyable way than some physio treatments. Don't get me wrong we still need to do these physio treatments, and stick to all required meds, but going for a nice walk and clocking up steps in the fresh air is so much more enjoyable or going to the gym and smashing out a good workout and seeing massive body improvements is awesome.



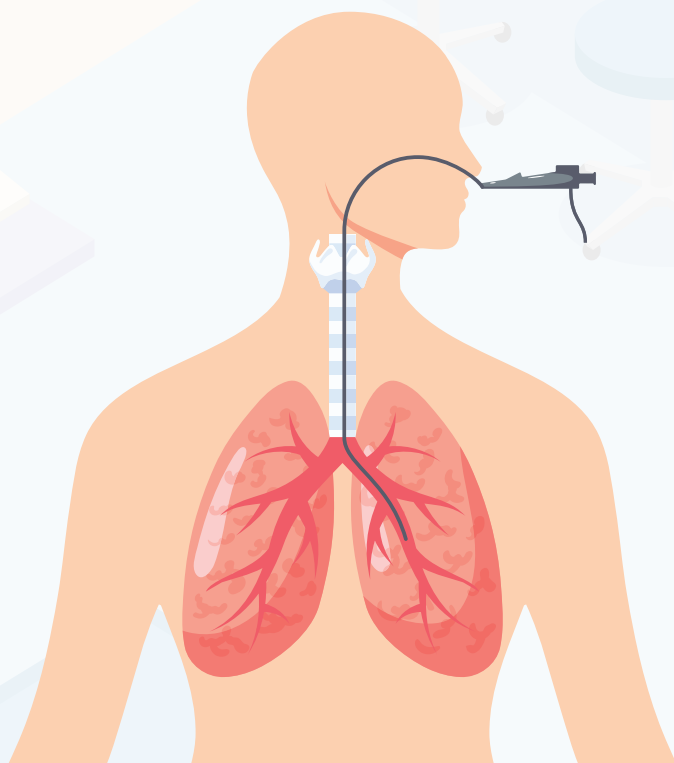
Staying active will make it easier to keep up with your friends and you will feel better and hopefully have less infections and hospital admissions. My fitness journey has seen a massive increase in my lung function, and I have had no hospitalisations since starting.

### How do you stay active as a family?


Both myself and my wife Natalie go to the gym 4 to 5 times a week for both weightlifting and cardio training. My daughter Zoe dances 5 times a week and swims once a week at the local pool. She also participates in other athletic activities available at her school.

We all eat good, healthy foods and enjoy a well-balanced diet, including the treats we all love. Weekends are always family time and we love to go out and about together.

# What is a Bronchoscopy?







**A bronchoscopy is a special procedure that lets the doctors look at your lungs and airways while you are asleep. This is really important because it helps them to see what is going on from the inside.**

**How is it done?**

A flexible tube with a bright light and camera is used; this is called a bronchoscope. The bronchoscope is passed through your mouth or nose and goes all the way down to the lower airways, or bronchi, as the doctors call them. The camera can take pictures or videos on the way down and this helps the doctors see what is happening in your lungs so they can decide on the best treatment for you. They might also put a small amount of salty water into your airways and suck it back out through the bronchoscope to see if there are any germs in there.

**How long does it take?**

A bronchoscopy takes about half an hour and mum or dad or someone you love can stay with you until you go to sleep and come back in when you are waking up. Once you are fully awake and eating and drinking, you can go home. Sometimes you might stay in hospital overnight or a bit longer if the doctors want to start treatment.

**What will I feel like when I wake up?**

After a bronchoscopy you might cough a bit more for a couple of days or have a sore throat. You might also have noisy breathing or a hoarse voice. If you are worried about anything or have any questions, make sure you ask your CF team.

# Meet the Member: Mary

Mary is a very bright seven-year-old who has lots of different interests like surfing. She lives with her mum, dad, and two cats. Rozee caught up with Mary to ask her a few questions about life and living with CF.



Tell us a little about yourself:

My name is Mary. I am seven years old and I have two cats named Maggie and Buddy. I like to read Carmen Sandiego books and watch Carmen Sandiego movies. My favourite thing about Carmen Sandiego is that she wears my favourite colour red, which is also the colour for CF.

How would your friends describe you?

My friends would describe me as the only one in my school with CF. Being the only one in my school with CF makes me special because I get to have special icy poles that all of my friends want but only I get to have (so I don't get dehydrated).

Now that we know what makes having CF special, what are some of the trickier parts of having CF?

One of the trickier parts of having CF is having to concentrate for long enough while I





am doing bubble PEP. It takes about 30 minutes which is sometimes a bit too long for me, but I know I need to do it.

What would you like to do when you grow up?

When I grow up, I want to be a year two teacher because I'd get to boss my class around.

What's your favourite food?

My favourite food is rice cakes and peanut butter. I like them because I get to eat them every day.

If you could meet one famous person who would it be and why?

I would like to meet Michael Jackson because we would make a perfect singing team. I would invite my friend Zara to sing with us because she is a good singer too. We would go all around the world and sing songs like This is the Life together.

What are you going to do over the school holidays?

Over the school holidays, I am going to write a letter to the Queen. Some of my friends don't believe the Queen is real, which is silly. I don't want to wait until I am 100 years old to receive a letter from the Queen, so I am going to ask her to write me back. I don't know what else I am going to say in the letter, but I hope she writes back.

Since this interview, Mary has sent her letter to the queen and even got a letter back from the Queen's Lady in Waiting.



# EAT THE RAINBOW

Whether you have CF or not, what you eat is important. Food gives your body energy and important nutrients to work at its best. A healthy diet should be full of colour and include a wide variety from the 5 food groups.

## **Brown**

mushrooms, dates, parsnip, turnip, bread, rice, pasta, oats, eggs, legumes, tofu, seeds, nuts.

## **White**

cauliflower, garlic, potatoes, onions, ginger, milk, yoghurt, fish, chicken

## **Red**

strawberries, apples, capsicum, tomatoes, raspberries, watermelon, red meat

## **Orange**

oranges, mango, peaches, carrots, pumpkin, sweet potatoes, rockmelon, apricots, nectarines

## **Yellow**

cheese, banana, corn, pineapple, mango

## **Green**

apples, grapes, kiwi fruit, broccoli, spinach, peas, avocado, apples, kiwifruit, green beans, celery, cucumber, lettuce

## **Blue/Purple**

blueberries, plums, grapes, beetroot, purple cabbage, eggplant



## Vegetables

Try to eat lots of different colours of vegetables, including green, red, yellow, orange, purple and white. Legumes and beans include things like baked beans, cannellini beans, chickpeas, lentils and soybeans.

These foods help your body grow and develop.

Try to eat fruit in season:

**Spring** - apples, bananas, berries, oranges, pineapple, rockmelon, strawberry, watermelon.

**Summer** - apricot, bananas, berries, kiwifruit, mango, passionfruit, watermelon.

**Autumn** - apples, bananas, grapes, mandarin, peach, pears, plums, rhubarb.

**Winter** - apples, blood orange, kiwifruit, mandarin, pears, pineapple



## Fruit

A huge source of vitamins and fibre



## Grains

These foods help your body grow, develop and learn.

Bread, cereal, rice, pasta, noodles, polenta, oats, quinoa and barley. Aim for whole grain.

## LEAN MEATS, POULTRY, FISH, EGGS, TOFU, NUTS AND SEEDS, AND LEGUMES/BEANS.



These foods are important  
for growth, and brain, nerve  
and muscle development.

Lean meat, poultry, fish,  
seafood, eggs, legumes,  
nuts and seeds

## MILK, YOGHURT, CHEESE AND DAIRY ALTERNATIVES.



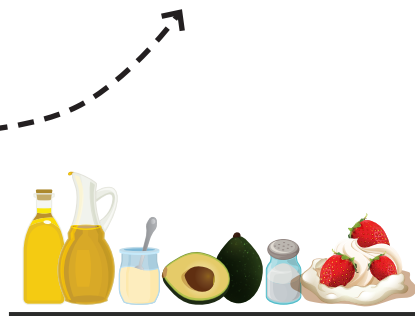
These foods help build  
strong bones and teeth.

Milk, yoghurt, cheese, almonds,  
tofu, sardines, salmon

If you have CF you might need to eat more food than your friends and family, particularly if you are pancreatic insufficient and take enzymes. The goal of eating more is to maintain a healthy weight which is very important for lung health.



Most people are told to follow the 'healthy food pyramid' diet. If you have CF you might need to follow more of a 'healthy food cube' diet, where you eat lots of everything. It is important to remember that choosing good healthy fats is important for overall health.



If you have questions about your diet, it is really important to speak to your dietitian at clinic.





Some of you will remember learning to swallow your tablets and how you were anxious about it, but don't you agree, it's easier than you think?!

Recently, our Community Nurse Sharon visited a special four-year-old named Connor who is starting kindly next year and wanted to be able to take his Creon without apple puree. He was a little scared about swallowing tablets and had refused to try when asked by mum to give it a go. So that's where we came in.



After getting to know each other and explaining to Connor what we were going to do and reassuring him that he could stop at any time, we lined up five little Nerds lolly 'tablets'. He placed the first Nerd 'tablet' on the back of his tongue, took a drink of water and down it went. Connor couldn't believe he had swallowed it, it was down!!! Connor did this successfully five times and he was so happy with himself.

It was now time to move up to a slightly bigger lolly 'tablet' and Connor choose to try the Mini M&Ms. The first Mini M&M went down, then the second and the third and then the fourth. Connor was so amazed that he was swallowing the lolly 'tablets' so easily. When it came to the 5th Mini M&M it didn't go down straight away, and he paused and starting munching. It was delicious and he just wanted to eat more!

So, we re-focused and asked Connor to go back to swallowing another 5 Nerds, which he did easily, finishing on a positive note. Connor was asked to practice every day and was reminded that he had to swallow a lolly 'tablet' 5 times in a row before he moved on to the next size lolly 'tablet'. Once tic tac's are achieved, Creon should be easy to get down.

After a week we spoke to Connor and he had good news. He was on speaker phone in the car and shouted at the top of his voice, "I can swallow my enzymes now!" He was so proud and so were we!

If you would like some help in swallowing your tablets using a fun and positive approach just ask mum or dad to call CFWA on 08 6457 7333 and/or visit our website for our pill swallowing factsheet <https://www.cfw.org.au/wp-content/uploads/2019/10/Pill-Swallowing.pdf>



# Stephen's Hobby



## Stephen is 9 years old, has CF and loves to ride BMX.

Stephen started BMX riding in May of this year at Wanneroo BMX Club. He took quickly to BMX and looks forward to training every week. He spends his Tuesdays and Thursdays practicing in order to prepare for racing on Friday nights.

Stephen says BMX is “lots of fun, especially going fast and jumping”. On race night, there are around 75 kids racing and Stephen is in Division 9. The BMX community has been incredibly welcoming, and Stephen has a few friends who also ride. BMX Australia has just done an article featuring Stephen to show how great the sport is for him and to encourage other children with CF to participate in BMX.

BMX is good exercise for kids with CF as it gets your body moving and its lots of fun. Stephen works up quite a sweat with his riding, so he makes sure to take extra salt and he drinks Gatorade after his race. He feels great after practicing and racing.

Stephen thinks other kids with CF should give BMX riding a go because it is awesome! If you're interested in BMX check out [bmxaustralia.com.au](http://bmxaustralia.com.au) for more information.



# Aaron's 'Crack a Cure' for CF!

Aaron recently took on a fundraising challenge at his school in support of his little brother Cameron, who lives with CF. His 'Crack-A-Cure' challenge was to crack an egg on his head for every \$100 donated to his fundraising page.





**His initial goal was to raise \$500, but thanks to the support of his school, Australian Christian College, he raised \$2,056 – that's 20 eggs to be cracked! As Aaron exceeded his goal, he also had a can of baked beans tipped over his head for the grand finale!**

**Some of his brave teachers put their hand up to support him and had an egg cracked on their head too. It was a messy, eggy fate for Aaron and his teachers, but a fantastic fundraising result and a great support for the CF community.**

A big thank you to Aaron, Cameron and all the staff at Australian Christian College for taking on the challenge!



# 2019 Sibling & offspring camp

This year, our Sibling and offspring camp was held at Ern Halliday Recreational camp which is near Hillary's Boat Harbour.

The last couple of years we have extended our camp to be 3 days and 2 nights which everyone prefers, as it gives us more of a chance to bond and really get to know one another.

We participated in so many fun activities at Ern Halliday camp. The camp has a maze of underground tunnels, so we got to try caving. Along with caving we played Lost Pilot, Minute to Win it Games, the crate climb and of course the good old Flying Fox, which remains a firm favourite with all our regulars.

We also took a bus to 'Aloha Surfhouse', in Joondalup, where we got to shred the waves on an indoor wave machine as well as clip and climb over 20 different climbing challenges. It was lots of fun and one of the many highlights of the camp.

Three of our older siblings who have been coming to camp for many years returned as youth leaders to give us a helping hand. They did an amazing job so a big thank you to Kaylena, Aramis and Bradley!

Sibling and offspring camp is for kids aged 8 - 16 years who have a parent or sibling with cystic fibrosis. The camp is a great way to meet other kids who know what it is like to have someone with CF in their family. If you haven't been to camp before and would like more details, contact Paula on services@cfwa.org.au or telephone 6457 7333.

Thanks to Lotterywest and Telethon for supporting this important event.

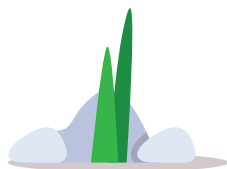






lotterywest telethon





## Sibs Camp Leaders

Kaylena, Aramis and Bradley first started coming to the Sibling and offspring camp when they were just seven years old. At this year's camp we were lucky enough to have all three come back as camp leaders, as they are now too old (believe it or not) to come as regular siblings.

Do you remember feeling nervous about coming to your first camp?

**Kaylena** I remember feeling nervous going into my first sibs camp in 2007, as I didn't know what to expect and I didn't know anyone there. It ended up being an amazing time and why I went back every year.

**Aramis** Yeah, I do remember feeling nervous for my first camp. All the way leading up to it I was super excited about it but when it came time to actually go, I started getting nervous. I didn't really understand what it was about the first time I went, but I really enjoyed it and kept coming back.

**Bradley** I remember going into my first camp, I'm pretty sure it was in 2009! I was really nervous about meeting everyone and I remember being very shy at the time. I had a lot of fun on the camp and didn't want to go home by the end!

**You made some new friends on camp, has it been good catching up over the years?**

**Kaylena** It was really easy making new friends at camp and they made it so much fun. It was great to catch up with Aramis and Bradley after all this time and getting to know what they've been up to over the last year or so.

**Aramis** I have made some good friends from camp over the years and it's been great to come back every year and see them and catch up. It's so good to be able to speak to people about CF and have them know what I'm talking about, without having to explain the disease and why certain things have to be done.

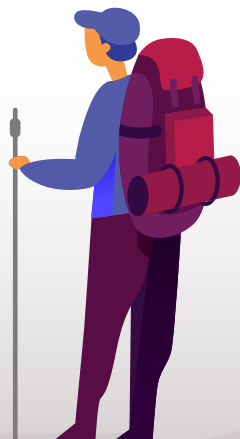
**Bradley** Seeing everyone from past camps, leaders and siblings over the years is always cool. It's nice to talk about and remember past camps.

**What's the best thing about camp?**

**Kaylena** The best part of camp is getting to experience all the different team games and making new friends that understand what you go through on a daily basis with your siblings or parents.

**Aramis** My favourite thing about camp is being able to get out of the house for a few days and just having fun and not having to worry about things. And again, being able to talk to people who know what's going on.

**Bradley** There is so many awesome things about camp, but the best thing would have to be the people there. Everybody is there for a reason and everyone is understanding of each other. We all have relatives with CF, and it is cool talking about it with people who understand.



# Brianna's Hospital Admission

Brianna is 11 years old and in year six. She recently had an admission at Perth Children's Hospital (PCH) and had a chat to Rozee about her experience.

How long were you in hospital?  
I was in PCH for two weeks.

What did you think of the new hospital?

It's cool. 'Fun on 4' is awesome, especially the pretty LED lights. The food is much better than it was at PMH. The hospital is more colourful, and everything is shiny and new! I got to be on Radio Lollipop which was fun.

Is there anything you miss from PMH?

Yes. PMH had a hot chocolate machine. Mum and I used to have hot chocolates every day.

What would you tell other kids who may be worried about staying in hospital?

I would tell them that its really fun and you", love to stay there. The Nurses are so nice, especially on Ward 2B, they become like your friends. The hospital bags from CFWA are awesome.

Rozee Tips - What to bring to hospital

Here are some ideas of what you can bring to hospital to make your stay feel more like home:

Pack your favourite teddy/toy.

Pyjamas and comfortable clothes

Things to help pass the time like arts and crafts, books, iPad and games

A pillow or special blanket.



# Tips for CF at School

Starting the new school year can be tricky no matter what year you are in. We asked some of our ROZEE readers for their thoughts about having CF at school.

“”

*It's gonna be easy, you just gotta find where you fit in*

Mary, 7 years old

“”

*Don't let having CF stop you from having fun*

David, Year 3

“”

*Stay away from people with coughs as it easy for us CF kids to get colds*

David, Year 3

“”

*People at school might give you extra care because you're extra special*

Aidan, 8 years old

“”

*At the beginning of the year my mum gets CFWA to come to our school and talk to all the staff so they're on the same page as us.*

Lilian, Pre-Primary

“”

*We make sure there is hand sanitiser available in the classroom for hygiene*

Aidan, 8 years old

“”

*Always drink lots of water. If you can drink two water bottles before end of school mum will give you treats*

Mary, 7 years old



A background image of a tennis court. A tennis racket with a blue and green frame and a white grip lies horizontally across the middle. In the foreground, a bright yellow tennis ball sits on the green grass, casting a shadow. A white line from the court is visible at the bottom.

# MEET THE MEMBER: KIERAN

**KIERAN IS 11-YEARS-OLD AND ENJOYS SCHOOL, TENNIS AND HANGING OUT WITH HIS FAMILY. ROZEE SAT DOWN TO TALK TO KIERAN ABOUT LIFE AND LIVING WITH CF.**

## **WHAT'S A TYPICAL MORNING LIKE FOR YOU?**

First thing around 6-7am I go to the kitchen and take my medication. I usually have toast and cereal for breakfast. After that I get ready for school and I catch the bus.

## **HOW DO YOU MANAGE YOUR CF?**

I've been trying to manage my CF treatments myself since I was about seven-years-old, with some prompting from my mum. I found managing nebs a big challenge and doing all my treatments was a struggle, but recently I had a wakeup call when I had a drop in lung function. Since then I have been taking my treatments more seriously and I've developed a good routine.



## WHAT DO YOU LIKE ABOUT SCHOOL?

I'm interested in microbiology. I've recently been accepted in to the Academic Excellence program for maths and sciences.

## WHAT DO YOU LIKE TO DO AFTER SCHOOL?

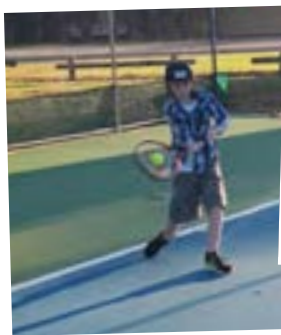
First thing I do my nebs. Twice a week I'll have one of my home care workers, Kate or Ishbel, come and help me do physio. If I'm not doing that, I go to the park and play with my baby sister Josie. I also like to play x-box.

I also really love tennis and on Mondays I usually play, but I just broke my finger while playing.

## WE HEARD YOU RECENTLY WENT ON SOME CAMPS. HOW WERE THEY?

Yes, I recently went to Canberra on a school camp. He went to the war memorial and also learned about different planes.

I also went to CFWA's Sibling and Offspring Camp as the CF child. I loved the Lost Pilot activity, surfing and rock climbing. It was great because my brother Bradley was also there as a camp leader. When I was in Canberra I felt homesick, so it was good to have him so I didn't feel lonely.



# How Do I Talk to My Friends About CF?

There is no right or wrong way to talk about CF with your friends, however we have heard a few words of wisdom from adults who have been there. The first thing is to learn self-acceptance; accepting and loving all the things that make you special and unique.

Here are a few tips:

- + **Learn to embrace your uniqueness, including CF**

CF may be something that your friends don't have. Having CF may create some challenges, but it will also give you skills you learn and benefit from e.g. knowledge of medical information, an ability to talk to adults, time off school, time alone with a parent.

- + **Let go of the things you can't change**

Having CF is different for everyone. Some people get sicker than others or are affected in different ways. Some people have blue or brown eyes and some people are tall or short. We are all different. It's important not to focus on the things we can't change and learn to love these parts of ourselves.

- + **What are your strengths?**

What are the things that you love to do or are good at? e.g. are you a good hugger, good at art, music or maths? Build on these strengths.

- + **CF is just a part of you, not everything**

The other parts of you are what draws you to your friends e.g. you and your friends might be interested in BMX bikes, dancing or have a particular sense of humour.



+ **Build trust with friends**

All friendships and relationships are built on trust, sharing and respect. When you feel you have trust, then it's easier to talk about how something like CF affects you.

+ **Set goals and celebrate your successes**

If you want to learn something new or improve on something, like dance or doing physio, set a few small goals and celebrate when you achieve them.

+ **Plan ahead**

If you know you've got a CF appointment, sleep over, school camp or something else that might require you to talk about your CF, plan and practice how to talk about it. CFWA has an educator who can help you talk this through, or you can look at our website [cfsmart.org.au](http://cfsmart.org.au) for tips on school camps and other helpful resources.

+ **Think positively and be kind to yourself**

Try to be kind to yourself. It's not always easy to have positive thoughts and feelings and thoughts change. Our feelings about having CF may also change, particularly when we are most affected. e.g. if we spend some time in hospital and miss school. You are not alone; everyone has different stuff happening. Try not to compare yourself to others

+ **Extra support**

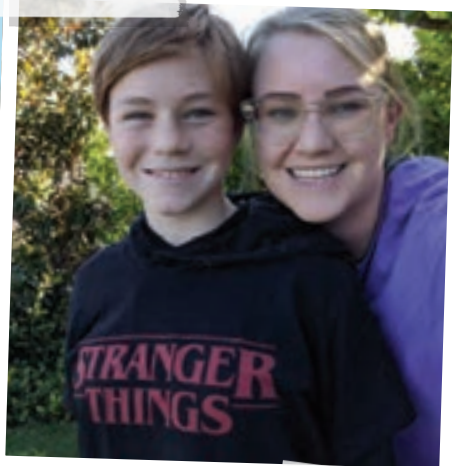
If you struggle to stay positive, find someone you trust to talk to. It might be a parent, teacher, nurse, or another adult you trust.

**At CFWA we also have social workers who you can talk to and can help you work through any issues you're experiencing. Call CFWA on 6457 7333 and ask to speak to a social worker.**

**If you wanted to speak to someone confidentially, you can contact the Kids Help Line at [kidshelpline.com.au](http://kidshelpline.com.au) or 1800 551 800.**



# Me and my Home Care Worker



**Did you know that some kids with CF have a special person that comes to see them at home and help with their physio?**

This is Elisha, she first met her home care worker, Ishbel, three years ago when she came to visit her and her sister.

**Hi, I'm Elisha and I am 14 years old and in year eight. I have a pet dog Alfie and Coco is my sister Mikayla's dog.**

My hobbies include drawing and painting. I like hanging out with my Nan in her art studio; she has lots of art equipment and paints. I like to draw anime and I'm learning realism at the moment.

**What is the hardest thing about having CF?**

When people ask you to explain it, it can be annoying. Also, it is hard sometimes when you have to be cautious about where you go, like rivers or lakes that can have bad bacteria.



**What are the best things about having a home care worker?**

You don't forget about doing your treatment and you do it completely properly. It helps you stay on top of it.

**Where is your favourite place in the world?**

I loved Paris and drawing the Eiffel Tower. I also like the beach as I love painting waves.

**If you could make a rule everyone had to follow what would it be?**

It would be for people to stop being mean to animals and treat them like they're part of your family. I hate animal cruelty.

**How would you describe Ishbel in three words?**

Ishbel is cool, she's pretty funny and caring.

**How do you think Ishbel has helped you?**

She's helped me with my physio, and she doesn't put up with any of my attitude!

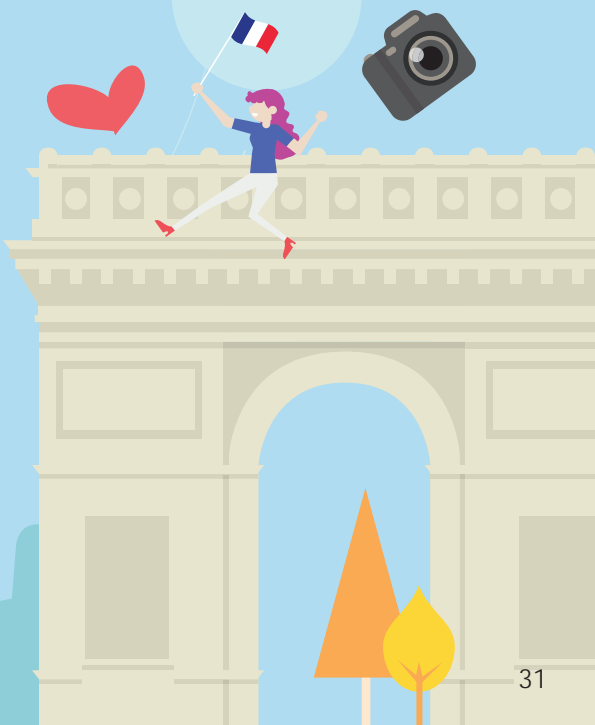
**What would you say to someone who was thinking about getting a home care worker?**

I would say do it, especially if they try not to do physio. It will be worth it.

**Do you have any advice for younger kids with CF?**

If you do your physio, you'll have a healthier life. I used to be worried, but it doesn't bother me anymore as I know that there is lots of research happening, and people are living fuller lives.

If you think you would benefit from having a home care worker support you with your physio at home, you can find out more on our website, [www.cfwa.org.au](http://www.cfwa.org.au). Ask your parents to help and discuss it with your CF team.

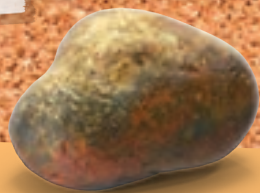




# crafty corner: Rock Photo Holders

This is an easy craft that you can personalise to your style or favourite colour. Put your photos in them to remember fun times or give them to your friends as a unique gift!

You will need to ask an adult to help you with this activity, especially using pliers and sourcing all the materials needed.



## Supplies:

- Smooth Rocks (Find your own outside or look in Bunnings or \$2 type stores)
- Copper Wire
- Needle Nose Pliers
- Acrylic Paint and paintbrushes
- Mod Podge (or other craft cover)

## Instructions

1. Paint the rocks a solid colour, this may take a few layers to cover the rock. Let dry.
2. With a small brush, add some patterns to your rock. Think about painting stars, hearts, stripes, roses, or polka dots. Be as creative as you can be!
3. Once the paint is dry, add a layer of Mod Podge over the painted part of your rock. Let dry.
4. Cut the copper wire to about 30cms.
5. Wrap the wire around a pen or marker a few times to make the loops that your photo will later fit into.
6. Wrap the non-looped side of the wire around the stone.
7. Stick a photo in between the loops to hold it upright.



Get Creative: If you are feeling creative and want more ideas for painting your rock photo holder, check out [onelittleproject.com](http://onelittleproject.com) where this craft was adapted from.



# How to Make Reindeer Chow

Reindeer Chow is a fun Christmas themed treat that is easy to make! You can leave this out on Christmas Eve for Santa's reindeer, share it with your friends, or save it for yourself. Beware, this recipe makes enough to share around!



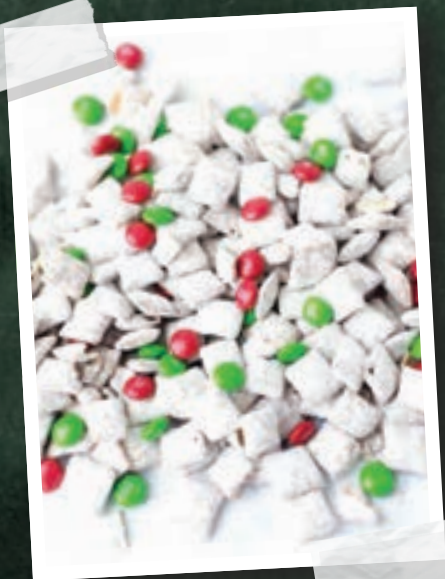
## Ingredients

- 7 cups Crispix cereal (available at supermarkets)
- 1 cup chocolate chips
- 1 cup peanut butter
- 1 cup butter
- 1 teaspoon vanilla extract
- 2 cups icing sugar
- 2 cups red and green M&Ms



## Instructions

1. Melt chocolate chips, peanut butter and butter in microwave safe bowl for 30 seconds.
2. Carefully stir your mixture and continue microwaving in 15 second increments, stirring after each time, until the mixture is completely melted.
3. Remove your mixture from the microwave (careful, it may be hot!) and gently stir in Crispix cereal. Be careful not to break up the pieces of cereal.
4. Put the icing sugar in a large zip lock bag then add your coated cereal into the bag. Seal the bag and shake well until each piece is evenly covered with icing sugar.
5. Transfer the coated mixture back to a clean bowl and stir in your M&Ms. Red and green M&Ms give this treat a Christmas feel but feel free to use any colour combination you like!



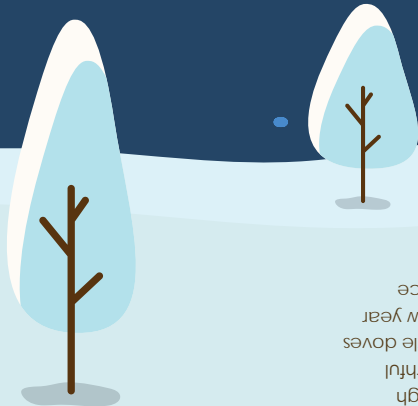
This recipe has been adapted from a recipe on the website [Tastesoflizzyt.com](https://www.tastesoflizzyt.com)



# CHRISTMAS PUZZLES

CAN YOU FILL IN THE MISSING WORDS FROM THESE CHRISTMAS CAROLS?

1. I'm dreaming of a [ ] Christmas
2. Have yourself a [ ] little Christmas
3. Silent night, [ ] night
4. Rudolph the red nose [ ]
5. Hark! The Herald [ ] sing
6. Jingle bells, jingle bells, jingle all the way, oh what fun it is to ride in a one horse open [ ]
7. O come, all ye [ ]
8. On the 2nd day of Christmas my true love sent to me, two [ ] [ ]
9. We wish you a merry Christmas and a happy [ ] [ ]
10. He's making a list and checking it [ ]



6. Sleigh  
7. Faithful  
8. Turtle doves  
9. New year  
10. Twice

1. White  
2. Merry  
3. Holy  
4. Reindeer  
5. Angels



ANSWERS

## CAN YOU ANSWER THE FOLLOWING CHRISTMAS QUESTIONS?

1. Santa Claus is also known as Saint who?
2. Where does Santa live?
3. Who wrote 'How the Grinch Stole Christmas'?
4. Which city did Kevin get lost in in Home Alone 2?
5. Santa has 9 reindeer. Can you name them all?
6. In the Twelve Days of Christmas song, how many drummers are drumming?
7. Can you unscramble the following words to reveal a type of sweet eaten at Christmastime: DNYAC ANCE
8. How many times does the number 1 appear on an advent calendar with 24 doors?
9. What meat is traditionally eaten on Christmas Day that is also the name of a country?
10. What four letter word is an abbreviation of the word Christmas?

6. 12
7. Candy Cane
8. 12 times (1, 10, 11, 12, 13, 14,
9. Turkey
10. Xmas
- Blitzen and Rudolph
- Vixen, Comet, Cupid, Donner,
- Dasher, Dancer, Prancer,
- New York
- Dr Seuss
- The North Pole
- Nick
- Dasher, Dancer, Prancer,
- Vixen, Comet, Cupid, Donner,
- Blitzen and Rudolph

  
**ANSWERS**



**FEEL LIKE YOU WANT TO RAISE  
AWARENESS ABOUT CF AND  
RAISE SOME MONEY FOR CFWA?**

You can help by encouraging your school to host a Crazy Hair Day! For a gold coin donation, your classmates and teachers can join in the fun and wear their craziest hair at school- think gel, teasing, spiking, colouring and styling your hair in a crazy way!

Visit the Crazy Hair Day website to learn more and register your school. While you're there, check out the free school resources you can access! Go to [www.crazyhair.com.au](http://www.crazyhair.com.au)

