

Dear Parents and Caregivers,

Diane has been travelling around all NSW schools looking at their innovative programs and best practices. She has been from Byron Bay to Broken Hill to the Murrumbidgee visiting all of the amazing public schools and educators. Her important work with disabilities in NSW has been extended another school term. We are all missing Diane and look forward to her returning to Clarke Road School in 2019.

TEACCH

Clarke Road School is incorporating the TEACCH structured learning program into the school.

In term four, Verney Diamantes and I will be again travelling to North Carolina University for two weeks to complete our certificate course in TEACCH. Amy Owen and Shanaya Dubash will be starting their 5 day Basic Course in Victoria these holidays. By the end of this year we will have six teachers who have been trained in the TEACCH structured program.

WHAT IS TEACCH STRUCTURED PROGRAM

TEACCH is an organisational and structured approach to learning, it has seven main features;

1. **Visual** structures (written, symbols, photos, pictures or real objects)
2. Identifiable **Physical** structures (work area, meeting area, calm area)

Dates to Remember



Last day of Term 3

Friday 28 September

First Day Term 4

Students & Staff - Monday

15 October

School Formal

Wednesday 5 December

Presentation Day

Thursday 13 December

P.B.E.L. NEWS

We enjoyed another wonderful High Flyer's assembly today where we were able to commend a student from each class who has done their best to follow our PBEL rules this term. Congratulations again to Maria from Garraway, Sergei from Bembul, Jacob from Yarra, Max from Bunya, Valentine from Buru, Will from Magura, Bene from Warrigal, Matthew from Kurrajong, Ben from Gibba and Sascha from Colo.



We are also looking forward to a great PBEL event on Thursday, September 27th, when we celebrate being a friend. Remember to dress your child in yellow for a fun day of playing together and sharing with our friends.

3. **Schedules** to inform the student where and when to do their work,
4. **Assessment** (adjusted activities to promote independence)
5. Student **learning styles and interests** are used to motivate students to learn
6. **Independent Work Systems** (what to do, how many and where to go next)
7. Work is completed **left to right or top to bottom**

The TEACCH program uses the above systems to support the student's independence and can be used at school, work and at home.

In 2019 Clarke Road School will have two thirds of all classes using the TEACCH approach and will be working towards more classes each year to support students learning.

Moving into SENIOR HIGH

When students finish year 10, to recognise them moving into Year 11 and 12 the school is investigating giving students a Jersey. This will be presented to them at Presentation Day. They will be able to individualise their jersey by selecting a name to be placed on the back of the jersey with the help from their parents.



Influenza B

This week we have had a few students and staff absent due to the Influenza B virus. Some of our students are very vulnerable to lung infections which can have devastating results such as hospitalisation.



A common indicator of the influenza virus is a fever. It is highly contagious and in more serious cases can cause life-threatening complications. Early detection of an influenza infection can prevent the virus from worsening and help you find the best course of treatment. Common symptoms of type B influenza include: fever, chills, sore throat, coughing, runny nose and sneezing, fatigue, muscle aches and body aches.

If your child is unwell, can you please keep them at home, especially if they are unable to manage their coughs, sneezes or runny nose. The recommended recovery time for children is 10 days and 5 for adults. This will reduce the spreading of the influenza to students and staff.

Tell Them From Me Survey

The tell them from me survey is now closed. Thank you for all the teachers and parents who completed the survey. We will be looking at what we have achieved and discussing how we can improve in delivering educational learning that meets the needs of all students.

Yours sincerely
Catherine Treay

NO CANTEEN

Please note that there will be no canteen operating at school for the following weeks:

Term 3 Week 10 – 27 September

Term 4 Week 1 – 18 October

Term 4 Week 2 – 25 October

Sorry for the inconvenience.

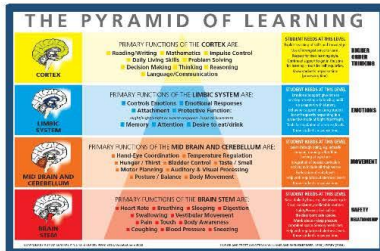
Creating a Voice (CaV) Project

Creating a Voice

“Let’s chat and learn” sessions are scheduled so that we can grow our thinking together- parents, families, SLSOs and teachers. By understanding our children and young people and how they learn, we can, together, support them to connect and communicate with us all.

On 7th Sept, we ran our 3rd “Let’s chat and learn” session.





Thank you to those families who attended and contributed during the session.



We spoke about the importance of knowing and understanding some key information about our brains. The pyramid of learning poster, helps us to understand that in order for higher-order thinking skills (like decision making, impulse control, reading, writing and maths) to occur, we have to ensure that our children are:

- feeling safe,
- connecting with us (building relationships),
- having opportunities for rhythmic movement/ music,
- getting support to get back in a zone for learning and
- given time to respond (response time or processing time), especially when they are having a bad day.

We also spoke about a concept called ‘The Flow’ from The Communication Passport. The main idea of The Flow is that in order to complete certain activities, build knowledge and gain specific skills, certain areas from the Communication Passport domains (i.e. cognitive skills, receptive language skills, expressive communication skills and social skills) need to be targeted. The 4 domains are inter-related and certain areas can’t be learnt/taught in isolation. Take a look at the example below.

How can we use our knowledge of a child’s skills in the 4 domains? Let’s look at managing feelings.			
Cognitive skills	Receptive Communication	Expressive Communication	Social Interaction Skills
Work on problem solving. Sequencing.	Work on understanding their schedule and routines.	Work on requesting and rejecting.	Work on the social skill of managing emotions from the right colour for your child. Work on asking for help.
			

Thank you to the CaV team for their contribution to this project. And thank you to Bendigo Bank, Galston for funding this unique project. We really are “growing our thinking together.”

Supported by:



Bendigo Bank

Awareness

Anticipation

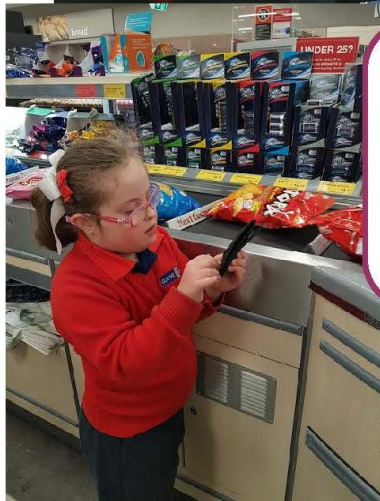
Intentional

Imitation
First – Then

Categorising

Problem Solving

Critical Thinking



Another term has flown by! Here are some of the exciting activities Magura did this term.

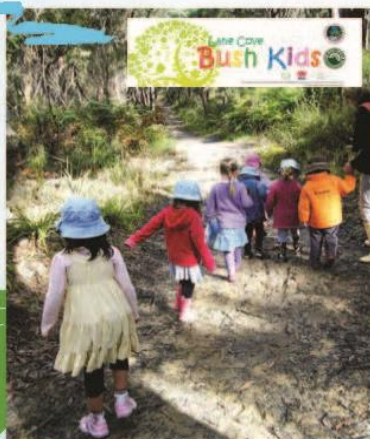




Lane Cove Bush Kids - Grandparents Day Out

A chance for grandparents to spend a morning outdoors in nature with their grandchild. We'll be tuning out of modern day life to tune into the natural rhythms of nature with a bush walk and nature games. Grandparents will also get a chance to get creative with their grandchild with our nature craft activity. This activity is for grandparents and children only - no parents please.

When: Wednesday 24 October, 9:45am - 11:00am
Where: Meet at Tambourine Bay Reserve, end of Tambourine Bay Road, Riverview
Cost: \$5 per child
Contact: To make a booking email bushkids@lanecove.nsw.gov.au or call 9911 3508. For more information and to book online visit www.lanecove.nsw.gov.au/bushkids



Lost Bird Found Project

In the lead up to Mental Health Month this October, we are looking for locals to make handcrafted birds that will pop-up around Lane Cove and beyond...

The birds can be made from any materials eg. Clay, wood, fabric, wool etc. You are welcome to make your own and drop them off to our collection points.

Each little bird wears a tag with a positive message and links to mental health support services. They will be popping up in the community in October - if you find one you can keep it; share it; or leave it for someone else to find it.

Make your own

Visit Council's website www.lanecove.nsw.gov.au/lostbird for inspiration on how to make your own.

You can drop off your completed birds in the collection box in the foyer of Lane Cove Library, Greenwich Library and Lane Cove Civic Centre until Friday 28 September.

The Lost Bird project is a North Sydney Council initiative and Lane Cove Council is pleased to partner on this project, bringing it to our community in 2018.

More details www.lanecove.nsw.gov.au/lostbird

Contact: For more information call Deborah on 9911 3501 or email dtitley@lanecove.nsw.gov.au



Lane Cove's Health and Wellbeing Month

October 2018

Celebrating Mental Health Month, Carers Week and Grandparents Day

Stitch Play: Linen Table Runner

In this meditative and absorbing workshop designed to celebrate World Mental Health Day, participants will spend the day experimenting with squillions of variations using a single hand stitch. The process will be a repetitive one of discovery, ending with the outcome of a unique linen table runner.

When: Wednesday 10 October, 10:00am - 4:00pm
Where: Gallery Lane Cove + Creative Studios, Ground Level, 164 Longueville Road, Lane Cove
Cost: \$45. All materials, equipment and resource sheets will be included
Contact: To register your place in the workshop, please visit www.gallerylanecove.com.au, click on the Events tab and select Mental Health Month or call 9428 4898

Grandparents & Grandchildren Workshop

Kara Pryor will teach this fun and exciting workshop with grandparents and grandchildren. She will take them through the process of making their own mug out of clay, then adding character to it. Students will be shown how to roll a coil, slabs and make a handle. After the mug is complete, students will then paint some colour using underglazes. The mug will then be fired in the kiln, and will be returned to the students when completed. This workshop would suit children 8-13 years old.

When: Saturday 20 October, 10:30am - 12:30pm
Where: Gallery Lane Cove + Creative Studios, Ground Level, 164 Longueville Road, Lane Cove
Cost: \$5pp, all materials included
Contact: To register your place please call 9428 4898, www.gallerylanecove.com.au

Found Inspirations

This workshop provides an opportunity to find some calm space in the everyday. It combines the activities of walking, collecting and creative making all centered on cultivating mindfulness.

The process will be something you can take away and use in your everyday life, with the collection of found inspirations as your own reminder.

The workshop, led by experienced art therapist Anne Buckingham, is open to everyone and all levels will be catered for, creatives and non creatives alike.

There will be an opportunity to view the display of the collections produced at Gallery Lane Cove + Creative Studios after the workshop.

When: Thursday 18 October, 9:30am - 2:30pm
Where: Gallery Lane Cove + Creative Studios, Ground Level, 164 Longueville Road, Lane Cove
Cost: \$20. All materials, equipment and resource sheets will be included
Contact: To register your place in the workshop, please visit www.gallerylanecove.com.au, click on the Events tab and select Mental Health Month or call 9428 4898



Mental Health and Wellbeing Seminar

Being mentally healthy is important. It is about being able to function well, have meaningful social connections, positive self-esteem and being able to cope with change.

Council invites you to come along to the free Seminar and hear from a range of guest speakers who will present the latest research into the importance of exercise, fitness and healthy lifestyles for our mental health. This seminar would be of interest to people over the age of 18.

Speakers will include:

- Snow Li, Project Leader, Mental Health Respite, Your Side
- Philippa Boss, Coordinator Peer Worker, One Door Mental Health
- 180 Health and Fitness Solutions

When: Monday 22 October, 6:30pm - 8:00pm
Where: Lane Cove Library, Library Walk, Lane Cove
Contact: To make a booking call 9911 3591 or to book online visit www.lanecove.nsw.gov.au/seminars



CARING FOR THE CARER

A 1-day workshop focusing on your health & wellbeing

Living with and caring for someone who has a serious illness, chronic pain, mental health diagnosis or a psychological disorder can be distressing.

Ultimately, carers need to care for themselves so they can care for others. This one-day workshop, facilitated by **Petrea King**, will focus on self-care and the 3 keys to leading a more resilient life:

1. **Acceptance** - learning to accept what has happened to us which allows us to become an active participator in meeting the challenge.
2. **Response** - moving beyond reacting out of despair to embracing the challenge before us.
3. **Forgiveness** - the inner process by which we liberate ourselves from the consequences of feeling wounded in the past.

You will leave this workshop with:

- the ability to manage the full range of emotions associated with being a carer
- tools for self-care
- the ability to maintain hope, humour and optimism

**To book your ticket call
1300-941-488 or visit
questforlife.com.au/1-day-programs**

In partnership with the Carer Support Service NSLHD



Health
Northern Sydney
Local Health District



DATE

Friday 7 December 2018

LOCATION

Kolling Building, Level 5
Norman Nock Room
Royal North Shore Hospital
St Leonards NSW 2065

Public transport recommended
Parking is available in Wilson Car Park at their rates

TIME

9.00am - registration
9.30am - 3.30pm

COST

\$15 per ticket (incl GST)
Bookings essential

INCLUSIONS

Light lunch provided
(Gluten free options included, welcome to bring own if preferred)

**Petrea King, Founder and CEO
Quest for Life Foundation**





**A FUN AND INCLUSIVE
DAY OF SPORT TO TRY!**



**FOR PHYSICAL, SENSORY &
INTELLECTUAL DISABILITIES**

Monday 3rd December, 2018

9:30am - 1:30pm

Hornsby-Ku-ring-gai PCYC

(1 Park Lane, Waitara NSW 2077)

Limited places available.

**To register attendance [CLICK HERE](http://sportnsw.com.au/events)
or visit sportnsw.com.au/events**

Hosted by:



Sport NSW
The Voice of Sport



Delivered by:

Contact:

Murray Elbourn
Disability Inclusion Manager
Sport NSW
0427 186 734
inclusion@sportnsw.com.au

FREE!



FREE

KIDS GARDENING CLASSES

11am Weekdays

Tues 2 - Fri 5 &

Mon 8 - Fri 12

October

The Incredible

**World of
Plants!**

**Pot
your own
seedling
to take
home.**

Kids under 5 must be accompanied by an adult.