

Dear parents, carers, family members and community members,

## *Support Staff Recognition Week*

It is time to recognise and acknowledge all our support staff. They make up more than half of our Clarke Road School team.

Who are they? They are our hard working and dedicated School Learning Support Officers (SLSOs) - Chareen, Annie, Aimee, Tara, Lisa, Sharmalie, Maria, Kathryn, Tila, Tony, Manoj, Heather, Cindy and Anita. Thank you for caring, valuing and knowing our students each and every day. And for knowing, caring and valuing the adults around you.

To our positive, thoughtful and organised office staff – Leanne, Mary, Anita and Helen. Thank you for learning and implementing so many new systems, while supporting our students, staff, parents and community with such grace and warmth.

To our General Assistant – Daniel. Thank you for fixing, maintaining and re-designing our classrooms and school grounds with such positivity and effort.

### Dates to Remember

#### 10<sup>th</sup> September

Be Caring - Green Day

#### 13<sup>th</sup> September

High Flyers Assembly  
9.30am

#### 16<sup>th</sup> September

"Let's Chat and Learn"  
9:30am

#### 18<sup>th</sup> September

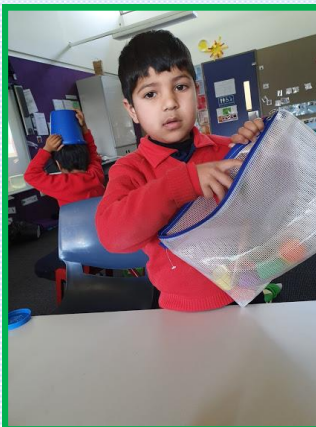
"Let's Chat and Learn"  
6:00pm

#### 23rd September

P&C BBQ – save the date

## P.B.E.L. NEWS

On **Tuesday 10th September**, Clarke Road School will be celebrating **Be Caring** day and turning **green**! In class groups students are going to **Be Caring** at school by planting and watering the gardens, cleaning toys/equipment, completing recycling tasks or organising the canteen.



**SAVE THE DATE:** Term 3 High Flyer awards - Friday 13th September. Everyone welcome!

All our support staff play an important role. They contribute significantly to our school culture of learning, caring and supporting our learners, as well as the adults around them. A genuine **thank you** from us to you.



Thank you lunch for our support staff, hosted by our teachers.



Michelle and Nisha.

Thanks and congratulations to Michelle and Nisha, our wonderful cleaning team from Facilities First. They won "Team of the month." They make our classrooms and school clean and tidy everyday, often going the extra mile to do this.

### ***Tell Them From Me Survey – your perspectives matter to us.***

This term, our school will be participating in the *Partners in Learning* parent survey, on student engagement. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

This survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online on smartphones, iPads, tablets, laptops or computers. The survey will typically take 15 minutes or less to complete and is completely confidential. Although participating in the survey is entirely voluntary, your responses are very much appreciated.

Our school will provide further information later this term about how to access the survey. In the meantime, more information about the survey is available at: <http://surveys.cese.nsw.gov.au/>

### ***Term 3 High Flyers assembly***

This term our High Flyers assembly will be a little different. Please join us as we celebrate our Term 3 High Flyers and Joy Newling, former president of Ku-ring-gai Rotary. Joy has contributed a great deal to the Clarke Road School community over many years. We hope to see you there.



“Happy Recognition Week” to our staff. Maybe you can acknowledge their work the next time you see them or send them a note via Class Dojo or diary. They make our school a better place.

**Have a wonderful weekend.**

**Warm regards**

**Kavi Razzaghi-Pour**



#### ***Food at school - allergy aware school***

- Please ensure that your child’s morning tea and lunch has a healthy food focus.  
*Some of our students have allergies to certain foods.*
- We aim to minimise the risk of exposure to allergens.
- Please ensure any food sent to school does not contain nuts, sesame, coconut etc.  
E.g, please do not send peanut butter sandwiches, Nutella.
- Please ensure any food that is sent is already cut up to the size your child requires,  
e.g. cutting sandwiches into a suitable size for your child, cutting grapes in half.

## *Creating a Voice (CaV) Project*

Understanding and managing emotions is an important skill that supports a student's ability to participate in many aspects of life. When we think about helping our students manage their feelings our first thought is often about the social skill of being able to label their own and others feelings and then to be able to control their reaction to these feelings. However, being able to manage emotions involves a wide range of social, cognitive, expressive and receptive skills.

Can you think of a time that your child became overwhelmed and was unable to control their emotions? What events lead up to this? Were there things that they didn't understand that contributed to how they were feeling? The communication passport has shown us many more ways to help our students handle their emotions.

Here are some of the many skills that can help a student stay regulated:

- Problem solving- This involves understanding things such as, that there is a problem, what size the problem is, what caused the problem and how it can be fixed.
- Understanding concepts such as time and sequence- For instance understanding, soon, later and wait. Knowing the typical sequence of an event (e.g. getting ready for school, dinner).
- Following schedules and routines- Knowing what you are doing now and being able to tell what is coming up.
- Expressing yourself through choice making, making requests, rejecting and communicating yes/no.
- Understanding questions- Being able to answer what happened, what is hurting, what do you want?
- Taking turns and sharing - Being able to wait for a turn of something you want.
- Social etiquette- Understanding the appropriate behaviour for the activity/ social group.

In order to make progress with managing emotions we must look at which of these areas a child or young person most needs to work on and start at the right level for each individual. In upcoming newsletters we will be looking at these and other skills in the communication passport that a student can work on to help them understand and manage their emotions.

Supported by:



**Bendigo Bank**

Awareness

Anticipation

Intentional

Imitation  
First – Then

Categorising

Problem Solving

Critical Thinking

# Garraway class



Garraway class have been enjoying looking at China in History – we have been practicing our imitation skills by dancing with Chinese umbrellas and following instructions when cooking fried rice and constructing a Chinese dragon and hat.



# Helping Kids Thrive

Your local paediatric experts helping educate you on how to help your child thrive!

Our 3rd Annual Parents Form is on  
**THURSDAY SEPTEMBER 12TH 6pm-9pm**

5.30pm - Hornsby RSL Club - 2 High Street, Hornsby

To register: <https://helpingkidsthive.eventbrite.com.au> - Tickets just \$40! INCLUDES DINNER



**Emma Armstrong  
& Tamara Sharps**

**Physio & Occupational Therapist:**  
The impact of poor posture, fine  
and gross motor skills



**Sara Palmer**

**Psychologist:** What is neuro  
feedback and how can it help?



**Tari Wright**

**Chiropractor:** Retained  
primitive reflexes,  
milestones, the nervous  
system and cranials



**Andrew  
Pennington**

**Integrative GP:** Nutrition,  
supplements & mental  
health in children.



**Celeste Riach**

**Occupational Therapist:**  
Sensory Processing  
Disorder: the new ADHD?



**Lauren Reinhardt**

**Speech Pathologist:** Ages  
and stages of the  
communicative journey

**Anders Hansson**

**Psychologist:** How to  
support the anxious  
child



**ALL NEW CONTENT**

# FAMILY FUN DAY

at the  
NSW Parliament  
October School  
Holidays!

**FRIDAY**  
**11 OCTOBER**  
**10 am to 3 pm**

MEMBER FOR A DAY

## Member for a Day: What would you say?

Free fun educational activities at  
Australia's oldest Parliament for  
children from 4 to 12 years.

Follow the children's trail; enter the  
guessing competition; participate in the  
arts and crafts; visit the historic legislative  
chambers and places rarely open to the  
public; give your first speech as a  
Member of Parliament in the chambers;  
be entertained by roving musicians.

## FREE ENTRY

**Activities**  
10.00 am to 3.00 pm

**Location**  
6 Macquarie Street –  
opposite Martin Place

**The public café  
will be open.**

Sausage  
Sizzle  
**\$3.00**  
per person



**FREE ENTRY • All Welcome**  
E: [dps.education@parliament.nsw.gov.au](mailto:dps.education@parliament.nsw.gov.au)  
[www.parliament.nsw.gov.au](http://www.parliament.nsw.gov.au)  
Parliament of New South Wales,  
6 Macquarie Street, Sydney

**GROUP BOOKINGS FOR  
10 OR MORE ESSENTIAL**  
9230 2047

# Inala Fair

A fun day out for the whole family!

**Sunday 22 September 2019 | 9am - 3pm**



**Arts & Craft**

**Live Entertainment**

**Gourmet Food Stalls**

**Plants**

**Trash & Treasure**

**Books & Clothes**

**Pony Rides & Animal Farm**

**Jumping Castle**

**Plus more...!**

Conveniently located right  
by Cherrybrook Station  
so catch the Metro!



Cnr Castle Hill & Franklin Rds  
Cherrybrook  
Phone: 9680 1000  
[www.inala.org.au](http://www.inala.org.au)



**CatholicCare**  
Diocese of Broken Bay  
DISABILITY FUTURES

## LORIKEETS HOLIDAY CAMP

**FOR SCHOOL AGED CHILDREN UP TO 18 YEARS**

**Come and make some friends and join in our great excursions with our experienced staff.**



**9.00am - 4.00pm**

15 Apr - 26 Apr 2019

9 Jul - 19 Jul 2019

30 Sept - 11 Oct 2019

6 Jan - 24 Jan 2020



**Arranounbai School**

5 Aquatic Drive

FRENCHS FOREST

### **Holiday program activities may include:**

- Ferry rides
- Taronga Zoo
- Picnic/park days
- Reptile park
- BBQ/park days

We can support on a 1:1 or 1:2 NDIS ratio (daily price exclusive of excursion costs and resources).

**FOR ALL  
ENQUIRIES:**

P: (02) 9488 2500

E: [lynn.murphy@catholiccaredbb.org.au](mailto:lynn.murphy@catholiccaredbb.org.au)

[catholiccaredbb.org.au](http://catholiccaredbb.org.au)

## FRIDAY NIGHT TEEN TIME

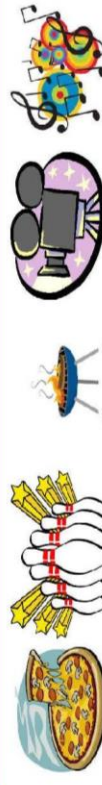


Join us at Sahara Hornsby for some awesome teen activities on the 2<sup>nd</sup> and 4<sup>th</sup> Friday of every month between 5pm and 8pm.

This group is for Teens with an intellectual disability aged between 15 and 19 years old.

The aim is to provide a safe, fun and sociable environment to facilitate making new friends and social connections as well as enjoy stimulating recreational activities.

The program will provide a variety of planned activities including movies, BBQ's, Tenpin Bowling, Arcade games, Karaoke, Bare Foot Bowls, Laser tag, outdoor games, cooking and much more.



For more information on Friday Night Teen Time contact Sonia from Sahara on **02 8406 0842** or [s.golak@saharaservices.com.au](mailto:s.golak@saharaservices.com.au)