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# Sir Eric Woodward School newsletter

**Term 4 2019**

**Week 5**

**11<sup>th</sup> November 2019**

## in this issue:

- acting Principal's report
- relieving Deputy Principal report
- dates for the diary
- birthdays
- news from the classrooms
- attachments



## Acting Principal's report

Term 4 is as busy as ever. We are involved in endless learning opportunities each day at school, out and about on excursions, at work and community placements and in our DESU learning spaces. It is always so great to be involved in and hear about the fabulous achievements our students are making each and every day.

Earlier this term we celebrated World Teachers' Day which was an opportunity to highlight the hardworking and dedicated teaching staff we have at SEWS. I would like to personally thank them all for always going above and beyond every day in the classroom and beyond. We are very fortunate to have such a great team!

Our Covered Outdoor Learning Area (COLA) is looking fantastic. The all-weather structure overhead is complete and our Assets team is working on getting a new ground surface installed. We can't wait to have this area to be available for use.

In Week 3 Classes 1, 3 and 4 went to the Australian Reptile Park for an excursion. I have since chatted to a number of students about the day and they all reported a big thumbs up!! These excursions are wonderful learning opportunities and we love organising these days to enhance and support our classroom programs. You may notice that our staff have some great new SEWS shirts to make it easy for our students to identify them when we are out of the school.

DESU staff are once again busy visiting their classes for their Term 4 field service visits. This year we have been focusing on our assessment strategies and many of our visits have been supported by executive staff. The feedback from students, staff and tutors is that this additional support has been very valuable.

Our fabulous P&C have been working very hard to secure a new bus for the school. This bus is used for the Assisted School Travel program and is available for school use at other times. The P&C have fully funded this bus and it will be available for action in 2020. I would like to thank Daryl Perry and Angela Gourlay for their hard work and support in sourcing this vehicle and managing it moving forward. I'm sure everyone would like to join me in thanking the P&C for their generosity and ongoing commitment to SEWS.

Finally, I hope you can all join us for Presentation Day on Friday 6<sup>th</sup> December commencing at 11am. We will be celebrating a great year of learning and achievement.

**Sian**



*SEWS staff on the excursion to the Australian Reptile Park!!!*

## Relieving Deputy Principal's report

It's a busy time of year for everyone, families are getting ready for summer and at school we are getting ready to celebrate our student's achievements at the end of the school year Presentation Day. I encourage all families to attend this new look and feel event which will have the sole focus on celebrating our student's amazing successes throughout the year. Teachers put forward students for awards who they believe have made a break-through in their learning smashing a personal learning goal or showing some amazing effort or learning resilience. It is heart-warming to hear the progress students are making.

This year we will be introducing a new award called the Cab-ra-nanga Award, which celebrates a student who has shown real effort in 'resting their mind' showing emotional regulation. We have a playground at school called Cab-ra-nanga that features a beautiful and relaxing Indigenous yarning circle. It is important to realise that education is more than books and sums to make us ready for life and that emotional regulation is good for everyone.

A few DESU visits have taken place to see students this term and it is exciting to welcome new students into the school. Teachers in DESU are starting to use Seesaw to really speed up the cycle of setting, marking and giving feedback on student work. This takes the process of the learning cycle from months to minutes. Students can hear the teachers giving feedback on their work via a recorded message.

Due to new student enrolments occurring during placement panel meetings student classes will be finalised towards Week 6 for DESU and Week 8 for F2F. A new teacher will bring new ideas to engage a student to thrive and develop their resilience.

### Charlotte



*Kindness rocks made in Deniliquin by DESU student Ethan's mum and placed around town by Ethan*



- Sir Eric Woodward School Presentation Day, Friday 6<sup>th</sup> December 2019
- Sir Eric Woodward School Year 6 farewell, Thursday 12<sup>th</sup> December 2019

## **birthdays**



Happy birthday to Usman, Tommy B, Thomas J, Raymond H, Andrew, Braydon W

# Gift Cards

Sir Eric Woodward School Students have been making Christmas/Gift cards as part of their Art and Design programs. These cards are made from photos of individual SEWS students' artworks. Cards will be sold on our Presentation Day in packs of five for \$5. Pre-orders can be taken now: phone 9449 6003.

All proceeds for the sale of the cards will support future programs and resources for all SEWS students.

*Sir Eric Woodward School (SEWS) offers a quality learning environment for students with learning and support needs.*





## Doug's class

All our students continue to work towards their learning goals this term.

Harry recently participated in a group activity focussed on developing his communication and social skills. He impressed the organising therapist with his advanced level of self-awareness. Harry clearly shared a few of the strategies he has learned to incorporate when he is experiencing escalations in his own emotions. He has also demonstrated his ability to write his name using verbal prompts instead of relying upon a visual scaffold. Awesome work, Harry!

Jayden has extended his range of sight words to include significant people and places within his community. His tutor has included these words in some creative activities to engage Jayden in his learning journey. Jayden continues to improve his independent living skills when helping to cook meals at home. Nice work, Jayden!

I was fortunate to visit Andrew recently to catch up and see what he has been working on. I was very impressed to be offered a cup of fresh lemon myrtle tea upon my arrival. It was delicious! Andrew participated in a range of assessment activities that showed a significant increase in his comprehension skills. Andrew's continued dedication to completing his learning activities has proven to be worth the effort. We then planted an aniseed tree, native mint, and native river mint to add to his garden containing edible native plants. Andrew has shared his knowledge of the properties and uses of the lemon myrtle tree with people in his community, and shown fabulous personal responsibility to take great care of the tree too. I'm looking forward to trying some of your native river mint tea next time I visit. Great work, Andrew!

I am wishing all our students and tutors a productive and enjoyable Term 4.

## Doug



*Harry is using his new black pen to write his name*



*Jayden is peeling potatoes to cook for dinner*

## Class 6

This term Class 6 have been enjoying their learning, in and out of the classroom actively participating in a range of learning activities, evident in the snaps below. Our theme this term is Scotland and Wales and so far the students have been making some creative Scottish artworks and baking some Scottish shortbread treats. Brooke is a huge fan of the Edinburgh Military Tattoo and will stop whatever she is doing to focus her attention on the interactive whiteboard whenever it comes on. Our PE activity this term is golf, which at times has been a bit challenging, but with a little help and perseverance, Class 6 has shown their determination and even managed to get a hole in one!

### Sarah, Sandy & Sophie



*Daniel cannot get enough of the adapted bike... go Dan!*



*Brooke and Sandy give our veggie garden a much needed drink*



*Nathan and Miss Sophie having a hit of golf*



*Sophie switches to activate the beaters*



*Lucy loves moving her body and stretching during our hydrotherapy program*



## Charlotte's class

Chris has reached another landmark moment when he told me he was now on his P Plates and able to drive around independently, whilst proud it did make me feel rather old! He was able to drive his mum part way to Sydney for another Variety Heart Scholarship event where he received his third scholarship to assist his rodeo career. It's a proud moment to support Chris in this way, as he'll now be able to better prepare to defend his world rodeo title.

Nikolina has been studying hard even when she is under the weather, she still completes her PDHPE program and pays attention to the stories her tutor reads to her using very entertaining voices. She continues to focus on her PLP goal to independently drink as she can now not only hold her bottle but also raise her arm. We just have to make that next step of tilting her head back and we'll all be shouting 'cheers'.

Katana has been out and about, visiting a new speech pathologist and been on several visits to Dubbo and Orange. It is always exciting to see Katana's decoration for the artwork display for Presentation Day; this is normally a high point opening the Set bag and pulling out her contribution.

## Charlotte



*Katana's artwork for Richard Kidziak Art Award*



## Karen's class

My students are very busy completing Set work as we are racing along to the end of the year. Justin has been smashing his goals in all areas. In the kitchen he is measuring, mixing and baking and has also learnt how to make popcorn in the microwave. This comes in handy for movie nights! Justin is now able to confidently operate the washing machine when he does his laundry. He has achieved so much already and the year is not over yet!

Seth continues to engage in all aspects of his program with great enthusiasm. He really enjoys creative arts and has been producing some fabulous artworks. He participates in weekly occupational therapy sessions, always with 100% effort, and is learning how to push himself that little bit further. Seth had been making great progress on his sight word recognition and is now able to read almost all of his sight words.

During the holidays Jules had the responsibility of looking after some friend's chooks, making sure they were fed and watered daily. She has also been helping to take care of her neighbour's dog. In addition she has been attending her regular activities, helping with chores around the house, and weeding and raking in the garden.

Nate achieved a major milestone recently. He attended a large ball in his local area and even broke out some dance moves! Prior to the ball he went shopping and chose his own outfit to wear on the night. Well done Nate for stepping out of your comfort zone and trying something different.

## Karen



*Seth busy doing some school work*



*Justin demonstrating his life skills*



*The animals Jules has been looking after*

### Class 3

Class 3 had a wonderful day at the Australian Reptile Park with classes 1 and 4. Here are some *extracts* from their written responses:

*On Monday, 28<sup>th</sup> October, we went to the Australian Reptile Park. We saw bats, spiders a huge crocodile and a giant python. I went down the biggest slide. It was fun.* Dylan

*We saw koalas climbing down the tree eating eucalyptus leaves. Koalas are endangered animals caused by dog attacks, their tree homes being destroyed and car hits.* Ethan

*I liked the big python in the cave. The black snake was hiding under the grass. The frogs were sitting on a stick. The bat was walking upside down on the roof I liked the big swing. I felt excited.* Joshua

*We saw the mammoth sized turtle named Dippy. He was eating so much lettuce it made his mouth green.* PJ

*We saw a cassowary in the aviary. There are only 1500 living in the wild. They are dangerous. They can kill people.* Thomas

In science this term we are also investigating the wildlife around us at school. We are collecting data and discussing the abundance of some species and the scarcity of others. Whilst comparing the needs of living things we will create a habitat to encourage more wildlife to our playground.

### Ms Lee and Ms Jennie



*The Galapagos tortoise was very hungry*



*One of the insects we saw in the playground*



*We touched the shingleback lizard*



*We found a lorikeet's nest in a hole in a tree*

## Melissa's class

Welcome back for Term 4! In the last few weeks I have had a wonderful time visiting Braydon, Logan and Ethan in their local areas. I will also have the opportunity to spend time with Alicia and her family when they attend Presentation Day later in the term.

Logan is in his last term of Year 12 and last term started the transition to his local service provider to participate in a day program. During my recent visit, I was able to support Logan and his tutor/mother with his initial visit to the service provider. Logan had a wonderful day accessing the community to go ten pin bowling and made many new friends. I am excited to hear about what Logan can achieve once he completes school at the end of the year.

Braydon recently celebrated his 16<sup>th</sup> birthday. Happy birthday Braydon! Now that he is 16 he is busy preparing to sit his Driver Knowledge Test. He has been practising very hard and I know that he will achieve this goal soon! For Braydon's birthday, he received exercise equipment so that he can set up a small home gym. This will be an excellent resource as he prepares to start his introduction in a personal training course this week.

Alicia continues to work hard with her schoolwork, including her literacy program where she is looking at the sound 'ch'. As part of her technology program, she has also been busy making an Emoji cushion. Please see the picture below, the cushion is beautiful and certainly brightens up my desk! The next sewing project in technology is of a Santa gnome!

In addition to visiting with Braydon and Logan, it was also lovely to catch up with Ethan and his tutor/mother Lindy during a recent field trip. Ethan continues to amaze me with the facts that he retains from Horrible Histories! As well as being a great educational lesson making a whirlybird, where Ethan is learning about the science related to flight, we also had such fun racing each other!

## Melissa



*Smiling Emoji cushion*



*Whirlybird investigation*



## Dawn's class

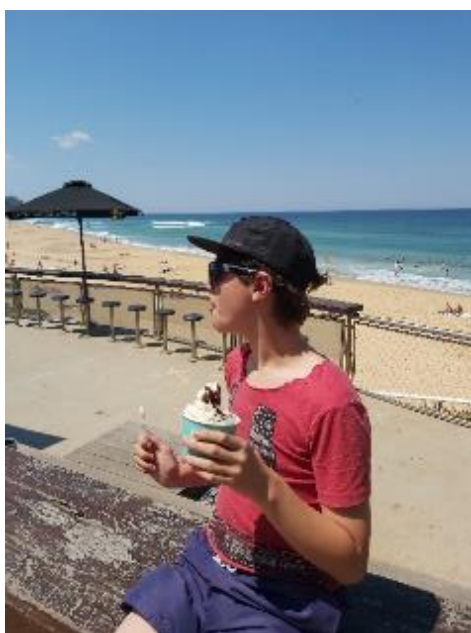
It's great to get back and see all the wonderful things my students have been up to while I have been away. Thanks to Linda for doing such a great job in looking after my class in my absence. The first four weeks of Term 4 have been busy with all students working hard to achieve their personal goals.

Izack continues to make good progress across his subjects particularly in maths where he has continued to achieve his goals and consolidate key concepts in making amounts using notes and coins, and telling the time in 5 minute increments on an analogue and digital clock. Izack continues to show a positive attitude in English and is making progress in learning to read using the Reading Eggs software program. Izack always amazes me with his artistic skills and it was lovely to see his recent masterpiece as shown in the photo below. I think I might need some art lessons from Izack soon! Keep up the hard work Izack!

Nadine has been very enthusiastic during REACT lessons and has actively participated in writing her personal details and listens intently to me demonstrating how to read and write CVC words. Nadine is working hard to recognise numerals to 20 and has shown pleasing progress in saying the numbers when her tutor shows her a flash card with a numeral displayed. With the weather warming up Nadine has been visiting her local pool and last week swam like a fish for two and half hours! Great effort Nadine!

I was very fortunate to visit Ben last week on a field trip. Ben has made great progress in his subjects this year, making high school work look easy and taking on lots of new challenges. During my field trip I was able to set Ben up with access to Sydney Distance Education High School E-learning and talk him and his tutor through the work on both the online system and the paper booklets. Ben is looking forward to the new challenge that accessing this work will bring. After all the hard work we were able to go down to the beach and enjoy a Cocowhip, one of Ben's favourite frozen desserts. Yum!

## Dawn



*Ben enjoying his Cocowhip at the beach*



*Nadine going for a swim*



*Izack showing off his latest masterpiece*



## Deborah's class

Welcome back to our last term of the year! Everyone in my class is working very hard.

Bethany has completed her topic on China for Languages by displaying some of her projects on a poster. Bethany has also contributed a collage of foam flowers in the Richard Kidziak Art Award.

Ramona has been demonstrating safe behaviours when out in the community, and is able to identify some features of weather and spring using visual charts in science.

Tommy has used his 3D printer to produce devices to open ring-pull cans for design and technology. Tommy has also submitted a photograph of his garden in the digital section of the Richard Kidziak Art Award.

Birthday congratulations to Usman who celebrated his 11<sup>th</sup> birthday at the start of this term and also to Tommy who turned 17 at the end of the school holidays.

## Deborah



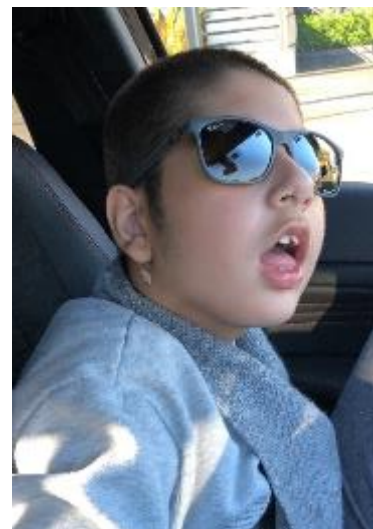
*Bethany's poster for languages*



*Tommy's 3D ring-pull devices*



*Happy 17<sup>th</sup> birthday Tommy!*



*Happy 11<sup>th</sup> birthday Usman!*

## Nicole's class

As the end of the year approaches my students continue to be actively involved in their programs.

Chris has been dazzling me with his impressive maths skills. He has been using Google Maps to find the distance in kilometres between his town and other towns in the area. This activity has also been a great opportunity for Chris to learn about some towns before visiting them.

Cruz has just started a new hydrotherapy program. Cruz loves water so I am looking forward to hearing how these regular sessions are going.

Eve also loves her hydrotherapy sessions; however recently she has been spending some quality time with her new nephew. Along with sharing some cuddles, she has been adjusting to the sounds a baby makes.

Jayden and his family have had some chicks hatch in a chicken incubator. This has been a great learning opportunity for Jayden who is fascinated about animal life cycles. Along with observing how chickens grow, he has been researching other animal life cycles and kindly shared a PowerPoint with me on the life cycle of a bee.

## Nicole



*Cruz waiting to get into the pool at hydrotherapy*



*Cruz enjoying her hydrotherapy session*



*Jayden making friends with a chick*

## Class 5

Class 5 has been learning about the importance of water in our world. We have participated in some experiments with flowers and colour dye to see how plants use water to grow. We all planted some grass heads and have been watering them each day. Together we made a model of the water cycle using sensory materials such as cellophane and cotton wool. We were creative and wrote an acrostic water poem using BIGmack switches to choose the words. This term we have been enjoying our physical education lessons with Class 6. We have started exploring the skills needed to play golf and had fun trying to get our golf balls in the hole! We need lots of practise!

**Christine, Lisa & Tanya**



*Oliver checking out the grass heads*



*Yash practising his golf swing!*



## Amanda & Kiri's class

Toby has been very busy taking some beautiful photographs of the flora and fauna found in his backyard. He has both large and small Kookaburras who are regular visitors. Toby has noticed lots of new growth from some of the trees he has been watering on a regular basis. One tree in particular has grown some purple flowers and is now attracting many bees to the garden. Toby is very excited about the bees coming to visit and hopes they will stop by his bee house that he has made. What a great idea Toby!

### Kiri



*Toby is a keen photographer*



*Toby created a brick for the Presentation Day display*



## Sharon's class

Term 4 continues to be a busy one for students and families. It is always exciting to hear about student success as they achieve their Personalised Learning Program goals.

In the past few weeks Leah has visited various places in her local community and she has also had the opportunity to travel much further to visit family. On her trip, Leah was fortunate to experience a country music festival and petting zoo; she visited a café and interacted with peers. Leah has been developing her communication skills and excelling in making choices using her visuals.

I have just returned from a visit to see Leroy. Leroy is in Year 12 and this was my last visit to him. This was a rewarding trip, visiting a service provider, observing Leroy interacting and conversing with various people and developing his money handling skills. It has been a pleasure to teach Leroy and I wish him every success as he moves on to the next stage of his life!

Ethan has been an extremely busy student. He has been working hard finishing his schoolwork; he thoroughly enjoyed building his turbo air machine in science, as well as exploring his community with his support workers. It has been fantastic listening to stories of Ethan interacting with peers at his local service provider and developing his social skills.

Last week I visited with Sharif, his tutor and his local Support Teacher Transition. As Sharif is also in his final years of school, we have commenced the important transition process to post school options.

## Sharon



*Ethan created a turbo air machine*



*Leroy was happy to buy Yu-Gi-Oh cards for \$20*

## Class 4

Last week Class 4 combined with Class 1 & 3 for an excursion to the Australian Reptile Park on the Central Coast.

All students were captivated with the wildlife on offer. The morning started with a visit to the Galapagos tortoise enclosure where the keeper demonstrated how the tortoise, Dippy, used his long neck to reach up for food. Next, we visited the Tasmanian Devils, who never stopped running, or fighting followed soon after by the reptile show. Students went on to discover, echidnas, lizards, spiders, owls, kangaroos, quokkas and much more. All-in-all, a great day was had by all!

In class we have started investigating electricity. Some of our experiments have been less than successful due to the humidity; however both Mrs Williams and I have been amazed at each student's perseverance and tolerance until we achieved a result. Class 4 is the best!

Mini golf has been a popular past time, with students practising their strokes and getting used to the format. The small format allows us to set up easily and quickly within the classroom.

All students have been actively involved in painting a scaled version of an artwork by Georges Seurat. Once again, students have been engrossed and very particular about placement of paint in their scaled quadrant. I think we are all very interested to see how the parts come together!

The Bully Stoppers program has also been thought provoking, providing students with multiple opportunities to view scenarios from different viewpoints. Students, I'm proud to say take a strong stand on bullying like behaviours, what to do if bullied and what to do safely, if someone else is being bullied.

### Sue & Paula



*It's static! - electricity*



*Cameron shows he's game!*



*It's not real!*



*Wow, the owl's feather's are so soft*

## Barbara's class

Recently, Alex has been independently opening and exploring a variety of apps including *EduMaths* and *EduKitchen*. She can slide shapes on the iPad screen to match them and identify colours. Alex has also been spending more time walking around, and relaxing in social situations. With support, she was able to walk onto the Little Athletics field to support her younger brother.

A couple of weeks ago, I visited Azra to watch her being assessed for a device that is operated by eye-gaze. In the past, Azra has shown that it is easier for her to make choices using photo cards with her eyes rather than her hands, so it is very exciting that she has been approved for a three-week trial in the new year.

Georgia is continuing to enjoy her one-on-one swimming lessons where she is learning to relax enough to lie back in the water and float. Georgia is also learning to paddle, hold the rail when getting in and out of the pool, is exploring the properties of water and pays for her entry fee among other things, all in all a very rich experience!

Jacob has been learning about the different categories of animals and most recently has been looking closely at insects and spiders. Last week Jacob explained to his music teacher, Kiri, that spiders aren't insects because they have 8 legs not 6. On a trip to Bunnings, Jacob chose a bee house for the stingless native bees in his area and helped choose the perfect location for their new home in his front garden.

## Barbara



*Azra moving the cursor with her eyes!*



*Georgia learning to float*



*Jacob with his bee house*



*Jacob's bee house installed in the garden*



## Class 1

The beginning of Term 4 brought great excitement as we started planning for our next excursion. In Week 3 we visited the Australian Reptile Park with Class 3 and Class 4. The boys had the opportunity to interact with and touch birds, crocodiles and snakes! We learnt interesting facts about reptiles and saw some really cute Australian animals including echidnas, koalas, wombats, wallabies and tiny Tasmanian Devil joey.

In science we have been looking at the water cycle and how important it is to preserve Earth's resources. We conducted our own mini-water cycle investigation and like true scientists, we were able to predict, conduct and observe our experiment and record our findings. It was interesting to see the water evaporate inside the bowl, form droplets on the plastic wrap and 'rain' into the cup.

We were so well behaved during the first couple of weeks of the term that we earned ANOTHER popcorn party which we celebrated at the beginning of Week 4. So proud of the boys!

### Nina & Anita



*Let's make some rain! - excitement builds*



*Let's make some rain! - getting hands on*



*Practicing our ball skills during PE*



*At the Australian Reptile Park*



## Class 2

Class 2 are engaging in a variety of learning experiences in this term's theme, Water in My World. Together they have completed group artworks for display on our classroom door, walls and window. Each day we eagerly look for rain to record on our Term 4 data collection sheet; so far we only have two days out of nearly twenty where we have had some rain at school. We have searched the internet for videos of a variety of water sources, eg running taps, fish tanks, waterfalls, beaches, to listen to the different sounds throughout our day. Over the last two weeks Class 2 students have been busy turning our class trolley into a large fish tank (aquarium) to house our two rainbow fish artworks. It looks amazing!

At the beginning of the term we received new switch equipment which has proved to be a hit with all of the students. The robot has given each student the opportunity to develop extended switching skills as they have quickly learnt that it will not work without continued switching!

### Jo & Trish



*Raymond shows off his switching skills*



*Quinn making a raindrop for Class 2's window display*



*Daniella developing her balance and strength as she holds on tight*



*Ariel investigates the talking chain interactive equipment*

## Rama's class

We are in the last term and the year is flying past.

Tyson is developing good communication skills and converses on the phone during our weekly phone calls. He is adept at making breakfast for himself and his brother, by toasting the bread and buttering the toast. Tyson also helps with washing up his breakfast bowl and spoon!

Isabella is interested in gardening. She is growing her own plants using the Discovery Garden seedling kits. Isabella feeds and waters the plants and monitors their growth. She also participates in cooking her favourite recipes. Isabella made her own pizza by cutting up the mushrooms and adding her favourite toppings of cheese and pepperoni. Isabella has been busy completing dot paintings and making craft to decorate her house for Halloween. I look forward to receiving photos and her email describing the amazing activities that she participates in throughout the week.

Mohamed is becoming a good conversationalist. During our weekly phone calls he fills me in on all the wonderful activities that he has participated in throughout the week. Mohamed enjoys listening to music and enthusiastically participates in regular music lessons.

Fionn has completed his SVET Primary Industries course and is gaining valuable work experience by volunteering at a mushroom farm. He is a safe driver, follows the speed limits and knows the importance of looking for the blind spot when changing lanes. Fionn has weekly driving lessons and hopes to get his red Ps by the end of this year. He is interested in horticulture and volunteers at the local Landcare native nursery. Fionn helps with planting and growing rainforest trees, shrubs and native grasses that will be used to regenerate the local waterways and create a wildlife habitat in the rainforest close to his home. Amazing effort, Fionn!

I'm looking forward to visiting my students and their supportive families over the next few weeks.

## Rama



*Isabella is growing plants out of mini seedlings*



*Isabella baked a pizza*



*Isabella made a Halloween ghoul*

## Louise's class

Term 4 has brought some changes to our class. In Term 3 Rhiannon turned 17 years of age. Rhiannon, her family and support team made the decision that Rhiannon would leave school to pursue post school opportunities. I wish Rhiannon all the best as she begins her journey having left school. I also would like to thank Rhiannon's tutor for supporting Rhiannon in her school program and to help Rhiannon to make life choices that are right for her.

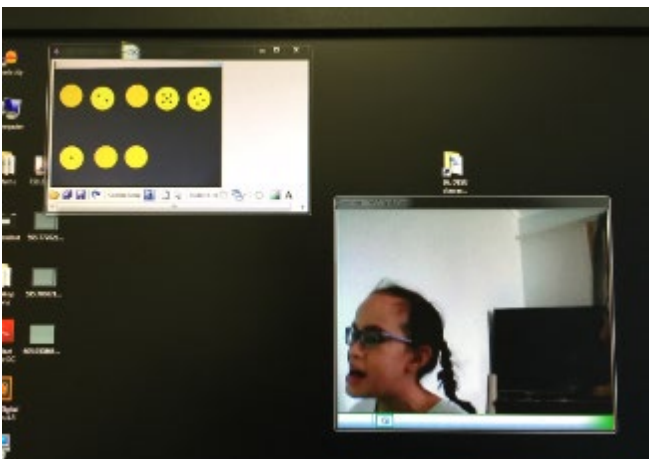
I would like to say 'welcome' to Isabel who enrolled with SEWS in October and has joined our class. Isabel is in Year 7 and lives in the New England area. Isabel likes meeting people, has a good sense of humour and really enjoys going to the local pool for a bit of a splash! By the time that this newsletter is published I will have visited Isabel for the first time – it is always exciting to meet new students (and their tutor) and to begin to plan for teaching and learning (and have the opportunity to sneak in a photo for this newsletter!).

Summer has successfully started synchronous online learning sessions = REACT. This sounds rather grand – it means that we get to see and hear each other in real time once a week via our computers. This is such a great tool for immediate feedback and assessment, to clarify student/teacher/tutor understandings, and to make timely changes to teaching in order to support student learning. Summer always impresses me with her joy of learning and her 100% commitment to all that she does – this is so exciting!

I have also enjoyed catching up with Ned via REACT now that I am back on class. During REACT Ned happily demonstrated his developing number and reading skills (and his enthusiasm). Ned also explained to me some aspects of the family's bushfire management plan that will ensure everyone's safety. Unfortunately, Ned has recently put this knowledge into action – it is going to be a long summer for some of our families.

Ashainte has recently, unfortunately, been unable to work on her learning program. I am looking forward to Ashainte participating in her schoolwork in the future.

## Louise S



*Summer had fun working with Louise in their first REACT session*



*Isabel showed amazing perseverance to demonstrate her learning when Louise visited – go Isabel!!!!*



# Live Life Well @ School

## 24 HOURS IN A DAY

*How do you  
make  
your move?*



- Grab a ball to play soccer or go for a run with a friend to add some 'huff and puff' **vigorous activity**
- Swap a drive to the shops with a bike or scooter ride for **moderate activity**
- Walk the dog or play handball for some **light activity**
- **Strengthen muscles and bones** by climbing trees or swinging on monkey bars at the playground

Read the guidelines for kids.  
Search 'Movement  
Guidelines' at [health.gov.au](http://health.gov.au)



**Health**  
Northern Sydney  
Local Health District



# Live Life Well @ School

R-E-D-U-C-E recreational screen time!



Spend less time on screens and  
more time outside  
making memories

Search 'Family Active Living' at  
[www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)



Health  
Northern Sydney  
Local Health District

# Live Life Well @ School

## Try for 5!



5 serves of  
vegetables  
each day

One serve =  
1 cup salad

or

1/2 cup cooked veg

or

1 medium potato

Developed by Murrumbidgee Local Health District

***Try veggie sticks for Crunch & Sip***

***(cucumber, capsicum, celery and carrot are great options)***

Discover new ways to add veg to  
your day, visit:

**[www.tryfor5.org.au](http://www.tryfor5.org.au)**



**Health**

Northern Sydney  
Local Health District





# International Day of People with Disability

Come and join our **free afternoon tea and art exhibition** to celebrate and create a more inclusive community for all.

Currently 4.3 million Australians are living with a disability, the time is now to break down the barriers and help build awareness and understanding of people with disability. Uniting NDIS and Studio Artes are our proud partners.

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**When:** Tuesday 3 December, 1pm-3pm

**Where:** Hornsby Library, 28-44 George Street, Hornsby.  
Entry via Hunter Lane.

**Cost:** Free.

For more information visit  
[hornsby.nsw.gov.au](http://hornsby.nsw.gov.au)







# Mocktails & Mixers

An end of year celebration for  
young people of all abilities  
5pm - 9pm • 22 November 2019 • \$10

The Secret Garden  
Gordon Library  
799 Pacific Highway Gordon

Book online: [kmc.nsw.gov.au/youth](http://kmc.nsw.gov.au/youth)

Ku-ring-gai Youth & Disability Services

