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Sir Eric Woodward School newsletter

29th March 2019 Volume 8 Issue 106

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Andrew Stevenson, Director, Farewells Jo Gardiner Principal

Dear SEWS Community,

It is with sadness and pride that we farewell, your Principal, Ms JoAnne Gardiner this week. After nearly 7 years of outstanding leadership at Sir Eric Woodward Memorial School, her promotion to Principal of Broderick Gillawarna SSP in Revesby, begins from Term 2 2019.

Whenever a community loses a dedicated and talented staff member it's always a 'bitter sweet' feeling, with on one hand the loss of a colleague and school member, but on the other, recognition of a job well done. Ms Gardiner over many years has led SEWS with a strong vision that has ensured every student is known, valued and cared for. Her creative and passionate leadership have created a school culture that is underpinned by the pursuit of continuous school improvement and equity for all students. The enhancements to school facilities and strong network partnerships are legacies that Ms Gardiner will proudly leave behind. Like all great principals she'll leave the school in a stronger position than when she arrived.

Please join me in acknowledging and celebrating the promotion of Ms Gardiner, this week. As Director, I have appointed Ms Sian Watkins as Acting Principal until I start the process of filling the vacant Principal position in Term 2.

Kind regards

Andrew Stevenson

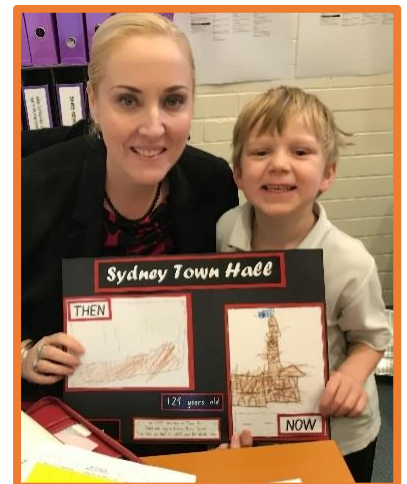
Director, Educational Leadership (Pittwater Network)

Farewell Jo Gardiner Principal

This week we farewell our principal Jo-Anne Gardiner as she begins a new chapter in her professional career. She was successful through merit for a new principal's position and what is SEWS' loss, is her new school's gain! Jo has been at SEWS for seven years and has definitely left her mark. From introducing new school logos and uniforms to leading the installation of our new inclusive play equipment, the physical aspects of the school will never be the same. Jo also worked tirelessly through the school day to ensure students were given the best learning opportunities and all things at SEWS ran smoothly. She led and worked on a number of after school initiatives including writing grant submissions and presenting often at local organisations' events in her own time which allowed for therapy programs to continue to run and provide students with a number of new resources. In Jo's time as principal, she introduced funded therapies within our school to ensure an integrated educational approach to our students' learning could take place. On a more personal note, Jo has personally mentored me from a university student to the teacher I am today. Words can't explain the journey and I am nothing but grateful for my time working alongside her. When Jo told my class she was leaving, the boys of Class 1 had tears in their eyes. If this doesn't represent a principal who will be dearly missed, I do not know what does.

We will be farewelling Jo officially as a school community at a school assembly and morning tea this Friday 5th April at 10.30am. If you are free, come down and join us. Jo's wealth and depth of knowledge was paramount to the school and leadership of the school and will definitely be missed.

Cassandra Cutuli



Kiwanis TERRIFIC Kids

Last Friday, Steve, Cathy and Nazreen from Kiwanis Sydney attended our final face to face assembly of the term to present two hard working students with a Terrific Kids Award. Terrific Kids show that they are *Thoughtful, Enthusiastic, Respectful, Responsible, Inclusive, Friendly, Inquisitive and Capable*. Congratulations to Joshua from F2F and Leah from DESU on receiving this term's prestigious awards.

Joshua was awarded his Terrific Kids Award for always displaying a positive attitude to his learning and striving to achieve his personal best. Joshua has made tremendous gains in accepting feedback, correcting his mistakes and speaking calmly with his peers and teachers. He works cooperatively and productively with his peers and has started to encourage others to participate with a kind and gentle approach while taking turns independently. Well done, Joshua!

Leah proved she was a Terrific Kid by enthusiastically embracing her educational program. She has made great strides expanding her repertoire of communication cues in routine tasks, responds positively to social interactions and has shown increased independence within familiar routines. Leah is to be commended for her efforts as she continues to develop her gross motor skills moving confidently in her walker as well as her fine motor skills as she participates in a variety of sensory-based activities. Well done, Leah!

SEWS enjoyed celebrating these achievements of both Joshua and Leah and congratulate them for their efforts and success.



Leah's teacher Sharon and Joshua accept their awards from Steve and Cathy

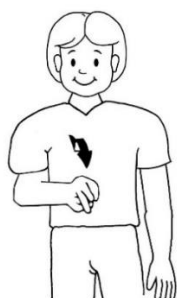
Key Word Signing

The Key Word Sign (KWS) team, on behalf of all SEWS staff, is very excited to be involving our whole school community in this new development to support our students. There are many benefits of using consistent signs at school, home, and within the community. Our students' expressive and receptive communication, behaviour, and social achievement are supported by consistently used key word signing. New signs will be incorporated at regular intervals on a needs basis as identified by staff working across the school. It would be fantastic if each and every friend and family member of our students could learn and use these signs too.

Why use KWS? Key Word Sign is used to encourage and support language development in children and adults with communication difficulties. KWS uses a core vocabulary of specially selected words that comprise concepts and ideas considered to be the most appropriate for children and adults with communication and language difficulties. Each word (concept) is matched to a hand sign. Key Word signing uses **Auslan signs**. **Auslan** is the native language of the Australian Deaf community (**Australian Sign Language**). Key Word Sign Australia gratefully acknowledges the Deaf community for the use of Auslan signs. (Key Word Sign Australia, 2017)

The focus signs for this newsletter are 'again', 'play' and 'help'.

Key Word Signing Team



Again: With the middle and pointer fingers extended apart from fist and pointing forward arc hand up and down (keeping wrist still) twice.



Help: With one hand flat, palm upwards and fingertips facing forward; hold other hand bent so that palms face each other and fingertips rest on the palm of first hand. Together, move hands forward in front of stomach.



Play: With both hands spread, palms facing upwards, at waist height, move each hand in outward circles.

World's Greatest Shave



SEWS HAIR FORCE RAISED \$8203.00 for the Leukaemia Foundation!!!

On Friday 15th March the Sir Eric Woodward School Community (Hair Force Team) shaved and coloured their way to raising a massive amount of money for the Leukaemia Foundation and had a ball doing it. I would like to thank John Landon our amazing hairdresser who made losing out locks a little easier. I would also like to thank all our generous supporters who sponsored us making it possible to reach such a great total. Finally I would like to thank the SEWS students and staff who embraced this fund raising challenge and went out of their way to support this charity and have fun doing it. It is wonderful to see what a school community can do when they pull together in support of others who are battling leukaemia.

Sian







Principal's message

Wow! I cannot believe that this is my last newsletter for SEWS, Issue 106! It is with very mixed emotions I write my final Principal's message. I am going to miss our wonderful school and all the students, parents and wider school community which I have worked so well with for nearly seven years. The staff are shining examples of this great school and I know I will keep in contact with many of them.

The time I have spent leading and managing SEWS has been some of the most rewarding of my career. While I am exceptionally sad to leave SEWS' students, families, community and team, I am also very excited about the new and wonderful challenges that lay before me at my new SSP.

I would like to say a very heartfelt thank you to my families for always trusting me with your children, a big thank you to the staff for their dedication and commitment as expert educators. I could not forget the wider school community who share the vision of this great school and work effortlessly with me as they make a difference. Finally, thank you to the marvellous students, for being the amazing individuals that you are, for the laughs and the joy I have by seeing and knowing how you all achieve.

Seven years is a wonderful length of leadership time to be able to be a part of great change in a school. I have always prided myself on looking at how we can strive to do better, looking at the best resources and programs with my team to ensure our students always had the best practice and the best access to their education.

I have been a leader in special education for the past 19 years and my time at SEWS will always be one I cherish. As part of my pedagogical practice, I hold firmly to the belief of working together with the school community and I admire our school motto which I collaboratively led to fruition 'learning in partnership'. It is these true, reflective and supportive relationships I have fostered with my community that has allowed me to do so much for our students. SEWS students never cease to amaze me. They make the best days in education for me.

I have a fire in my belly for our students, their rights and their education and the team I have had the pleasure to lead has been stellar and I know I leave you and all our students in the very best of hands.

My official last day at SEWS will be Friday 5th April 2019. Sian Watkins, Deputy Principal, will relieve in my role until the end of Term 1, 2019 and then will take on the acting role of Principal in Term 2 until the role is advertised by the Director of Educational Leadership, Andrew Stevenson, and the next principal is appointed and selected through merit. Louise Sonter and Charlotte Matthias, Assistant Principals, will be sharing the Deputy Principal role for this period of time. I would like to advise all my families that it will be business as usual and SEWS will continue to be the centre of excellence that it is.

Thank you again to my SEWS community for always welcoming me into your lives as your child's Principal or the Principal of your school in your community. I have thoroughly enjoyed getting to know all of SEWS' families and wider community. It has been my honour to know, care for and value my students.

Warm regards



Jo Anne Gardiner

Deputy Principal's message

We will be welcoming two new students to the Distance Education Support Unit over the next few weeks. I hope that Summer and Izack will enjoy being a part of the SEWS community and accessing their education at DESU. We look forward to meeting you both and working with you and your families.

Last week Louise, Charlotte and I attended the Distance Education Leaders Conference at Sydney Distance Education High School in Woolloomooloo. This was a great opportunity to meet with other distance education staff across the state to enhance learning opportunities for our students. While DESU is a state wide provision specifically for students with an intellectual disability who are unable to access a face to face setting, there are many other distance education schools that cater for different geographic areas across the state. Participating schools included Sydney DE high and primary schools, Southern Cross DE, Finigan DE, Dubbo DE, Camden Haven DE, Broken Hill School of the Air, and Aurora College. We covered a variety of areas including using film to enhance teaching and learning, the NESA registration process for DE schools and exciting programs being implemented in different schools. All in all distance education is an exciting place to be in 2019.

We were lucky enough to have another visit from the Belrose Bunnings crew. They have been supporting the implementation of our garden-based learning initiative by generously donating plants and other resources, staff expertise and time. You can see from our pictures that we had a fabulous time. A big thanks to Doug for his expertise and enthusiasm in developing and supporting these local community links.

Finally, I would like to wish you all a relaxing school holiday period and look forward to working with you all next term.

Sian



Distance Education leaders from across NSW



Bunnings visit



Cameron and Leon filling their watering cans



Everyone getting involved in the garden



Sam ready for action



Daniella planting and watering



- F2F parent local post school providers forum Term 1 Wednesday 3rd April
- school concludes Term 1 Friday 12th April
- school resumes Term 2 Tuesday 30th April

Birthdays



Happy birthday to those students and staff who have celebrated their birthdays since the last newsletter:

students: Joshua W, Leon

staff: Akram, Amber, Jo G, Doug, Jo C

News from the classrooms

Sharon's class

The term has flown with visits to students, identifying goals and writing individualised programs.

I had a most rewarding visit to Ethan where he was able to demonstrate his improved literacy and numeracy skills at home and in the community. I observed Ethan read time accurately, use a yearly calendar and calculate change from \$100. In the kitchen, he was able to prove his understanding of fractions through practical activities. During our conversations about movie release dates Ethan demonstrated he is developing a much better understanding of the past, present and future. Keep up the great work, Ethan!

Visiting with Sharif for the first time allowed me the opportunity to speak with his tutor about his personalised learning plan and develop goals we can all work towards in Semester 1.

Leah and Leroy have been engaged in their school program. Returned work and tutor feedback allows me to see the continued progress they are making.

Thank you to my students who welcomed me so warmly into their home. I look forward to visiting with Leroy early next term. Wishing families a happy, healthy and relaxing holiday.

Sharon



Sharif has completed colourful artwork this term



Ethan reading time on an analogue clock

Rama's class

We are in Week 9 and the term is flying past and all students have been working very hard towards achieving their set goals.

Tyson makes his own breakfast and follows the visual procedure to make toast. He goes for a scooter rider every night and knows he has to wear a helmet when he rides his scooter. Tyson is developing his money skills and on a recent visit to Shine Shed, a sensory play area, he went up to the counter and bought and paid for a bottle of water.

I visited Isabella and her lovely family earlier this term. Isabella has been helping around the house by hanging out the washing, unloading the dishwasher and vacuuming the floors. She completed a cross stitch that she got as a Christmas present. Isabella is also a budding photographer and has developed a keen interest in art. She enjoyed reading about the Mona Lisa and drew her very own Mona Lisa puppet.

Mohamed is adept with using Google maps to find directions. His family have recently moved to a new house and he used Google Maps to find the directions from his new home to his previous house. He enjoys going on drives with his father, catching up with his cousins and watching rugby. His favourite team are the Rabbitohs.

Fionn enjoys cooking and is adept at baking brownies. He also cooked pasta and cheese sauce adding flour, chilli sauce and salt. Fionn knows that adding lemon juice to milk makes the milk curdle. He is completing a SVET course in Primary Industries and as part of his course will be going to a cattle show in May this year. Fionn made a mood board to help convey the emotions that he experiences through the day.

I congratulate all my students on their efforts this term and wish them and their families a safe and healthy holiday.

Rama



Isabella's cross stich



Fionn's mood board

Nicole's class

What a busy term! It has been wonderful to have been able to visit all my students this term.

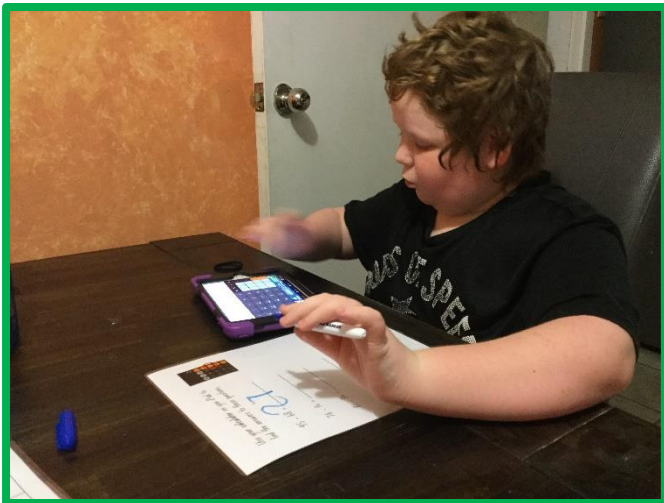
Chris has shown such dedication to his school work this year. His maths skills continue to impress me and he has become a whiz at using the calculator on his iPad to solve difficult addition and subtraction problems.

Jayden has been practicing his signature in anticipation for getting a bankcard. He practices his money skills in the community regularly with cash but now will be able to use EFTPOS to make purchases.

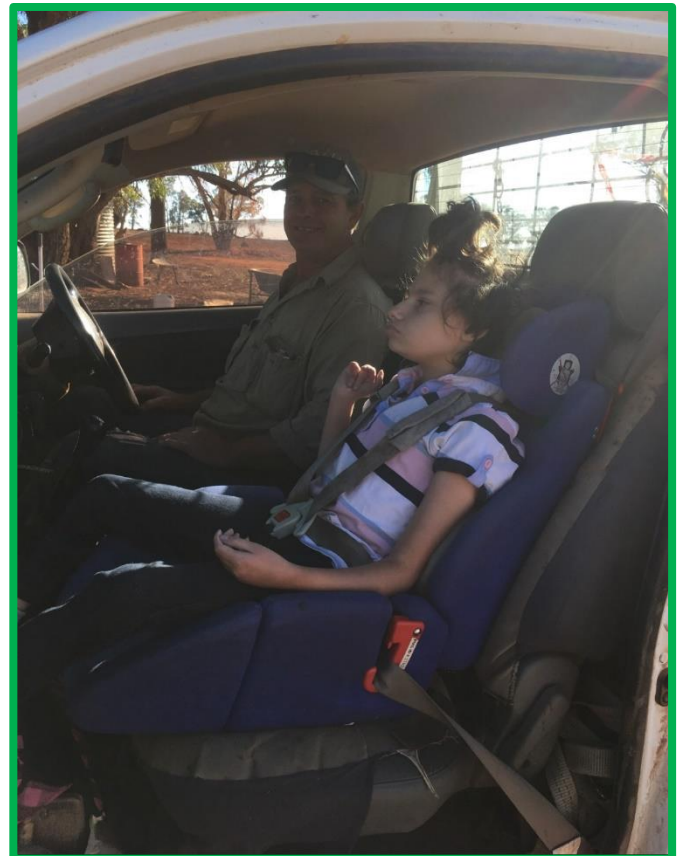
A lot of Cruz's program is based around life on the farm and her family involve her in everything they do to run it, including helping to feed the sheep. Cruz also likes to go horse riding with her family and spends a lot of time at horse related events.

This term has been very busy and as it draws to an end I would like to wish all my students and their families a safe and relaxing holiday.

Nicole



Chris using the calculator on his iPad to solve subtraction problems



Cruz heading off to feed the sheep

Melissa's class

As we head very quickly towards the end of the term I must say I continue to be delighted with the achievements of my students.

Logan continues to work through his EVET course called Creative Industries - 3D Animation Foundations. He has now finalised all the planning for his short movie and 3D Jeff is starting to take shape using the software Maya. Over the term, Logan has worked extremely hard to learn all the new skills related to Photoshop and Maya so that he is able to make the assets for his robot movie.

Braydon continues to work hard to complete all his set work. However, now that his sister is becoming mobile, he will need to keep his school work up high. As the picture shows Braydon seems to have a legitimate excuse if his set work is submitted incomplete. Braydon, I think I will have to believe the excuse 'my baby sister ate my homework'. Very cute! Braydon has been reading to his baby sister but maybe from the looks of things she might actually like to do some maths with him as well.

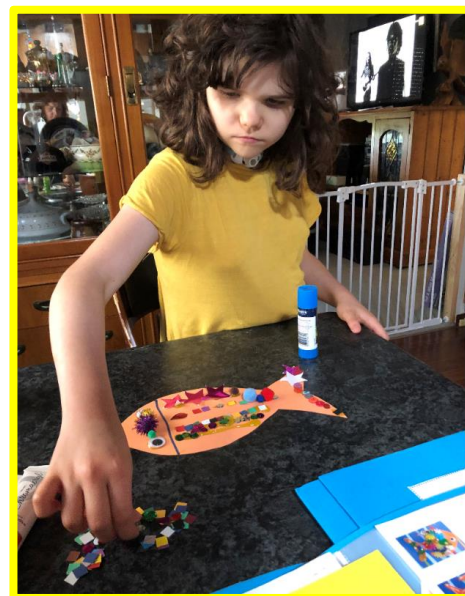
As always Alicia works very hard each week to complete her set work. She is particularly talented in the area of art and all of her creations certainly brighten up my desk. With the art work shown in the picture, Alicia had very definite ideas of how she wanted her fish to be decorated and completed the design independently. Well done Alicia the fish turned out beautifully!

I hope that all my students and their families have a safe and relaxing holiday! I look forward to another productive term, in Term 2!

Melissa



My sister ate my homework!



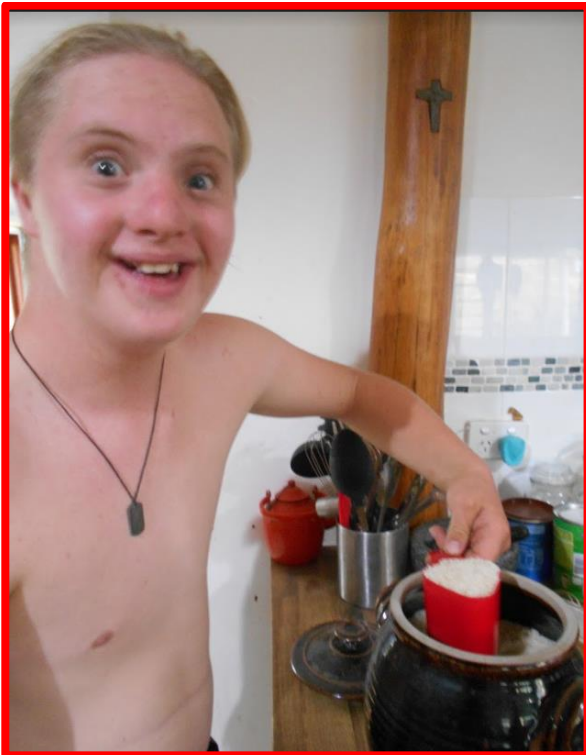
Alicia completing 'fish art'

Louise's class

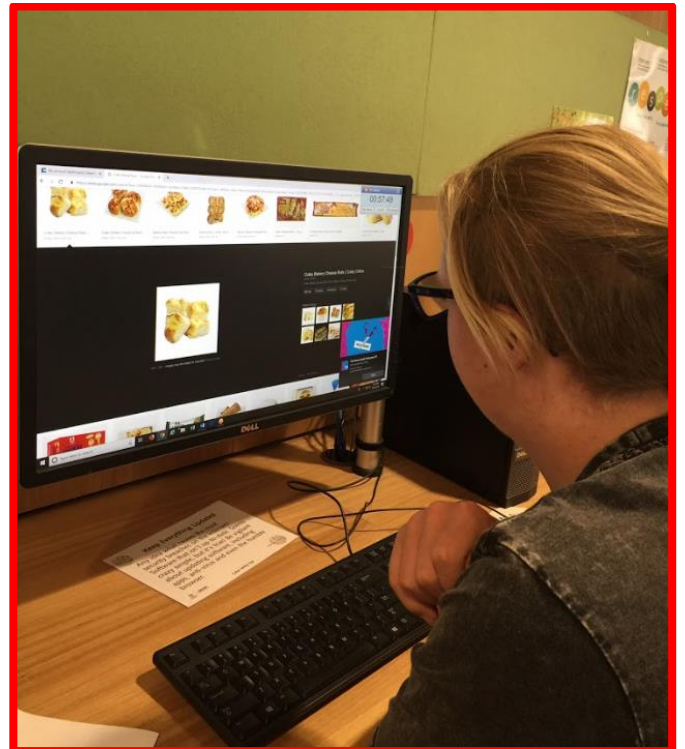
I would like to welcome a new student to our class – Summer! Summer lives on the Northern Tablelands with her mum, dad and chicken. I will shortly be visiting Summer at her home so that I can meet her and her family, complete assessment and then develop the most appropriate learning program to meet Summer's learning needs – and that takes into account her individual strengths and challenges. In the meantime, I have been very busy contacting the various people and organisations who support Summer, in order to get the most accurate picture and to really 'hit the ground running' in implementing Summer's learning program. Three of our class students now live in the Northern Tablelands region – Armidale airport is starting to feel like home!!!

It is always great to receive images of students participating in real life learning experiences (yet, another way a distance education teacher assesses student progress!). I have included two images showing just some of the great learning experiences which Ned has been engaged in recently.

Louise S



Ned enjoying food preparation



Ned working with his tutor to create a visual shopping list

Karen's class

A very happy birthday to Seth who recently celebrated his 10th birthday. Judging from the photos his mum sent, he had a wonderful time opening his presents, blowing out candles and of course, eating the birthday cake! I love receiving photos of Seth's amazing artworks and his latest collage of the Sydney Opera House is no exception. Don't you think he has done a fabulous job?

It was lovely to see Jules and her mum during my field trip. Jules worked very hard while I was there and impressed me greatly with her reading and comprehension ability. She skilfully completed a 100 piece jigsaw puzzle too. We also had an opportunity to visit a local pet shop to organise work experience for Jules. Jules recently started swimming lessons again after a break and I am looking forward to hearing more about her progress in the pool.

I met Justin for the first time on this field trip and it was great to put a face to a name. Justin did a maths activity with his tutor while I was there and showed me he can sequence numbers 1 to 20. He confidently uses Key Word Signing to indicate his understanding and to communicate his wants and needs to his carers.

Nate recently visited his local Bunnings with his carers where they purchased a small raised garden bed. Nate spent a bit of time looking at all the different plants available as well as how much they cost. He selected a variety of vegetable seeds and seedlings to plant in his new garden. This will provide many opportunities for Nate to engage in garden-based learning over the coming months.

Karen



Seth about to blow out his candles



Seth's Opera House collage



Jules getting back into the 'swim' of things



Nate plans to grow vegetables

Class 6

Class 6 have thrown themselves into their PDHPE program this term. Nathan has made excellent progress, walking unaided for long periods of time in the pool, whilst always maintaining a big smile on his face. Lucy and Brooke have especially enjoyed their physiotherapy program, which requires lots of floor movement and activity, all resulting in smiles.

This fortnight also saw our Class 6 students begin their visits to post-school options venues. We have kicked off our program with visits to Cerebral Palsy Alliance (CPA) in St Ives. CPA offers a range of experiences such as music, visual arts, technology, home and living skills, personal development, yoga, cooking and sports within a small group or with one-to-one support. Sophie and Brooke kick started the program, joining in with the other participants at CPA with some dancing and parachute games. We look forward to seeing our families again at our upcoming information session for post-school options on Wednesday 3rd April.

Sarah, Sandy & Sophie



Lucy on the floor with Jodie (physio)



Nathan loves hydrotherapy and walking around the pool with minimal support



Sophie has found her rhythm at CPA



Who said physiotherapy can't be fun... Brooke and Miss Sophie are having a barrel of laughs.

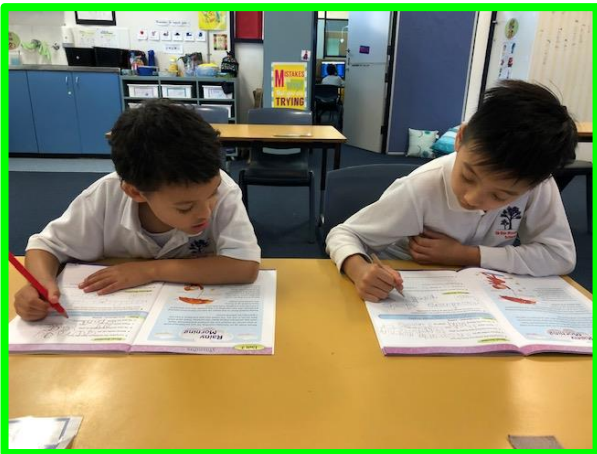
Class 3

It's hard to believe we are almost at the end of Term 1. As the saying goes, "Time flies when you're having fun!" Class 3 have been very busy in both the classroom and the playground. Last week Amanda visited us to share the lilli pilli jam she had made using the fruit from the tree outside our classroom. Some of us liked the fruit, which has a similar texture to a nashi pear and a mild taste. Others preferred the sweeter taste of the jam. Everyone bravely tried both, and voted to cook some pikelets to give the jam another opportunity to shine.

In reading, we've compared narrative, persuasive, procedural and report texts. The students are learning to look for how authors express their point of view giving reasons and information. They have also been building on their summarising skills. .

Out in the garden we have planted two rows of wheat. Our crop is doing very well, thanks to all the warm weather and rain we've had lately. We have also planted a few varieties of lettuce, which we hope will add to our salads next term. Harvesting the silver beet was fun. Everyone was very proud to take some home to share with their families.

Ms Lee & Ms Jennie



Dylan and Joshua at work



Thomas tasting lilli pilli jam



Ethan tasting a lilli pilli fruit



Sam and PJ planting wheat

Doug's class

Well done to all our students for a productive start to the year! Harry, Nathan, Jayden and Andrew have all experienced achievement in their learning activities this term.

Harry has impressed us all with his developing literacy skills. He is now able to read a sentence using the visual scaffold as illustrated in the photo below. Harry has also started using a colourful semantics framework to create his own sentences. Awesome work, Harry!

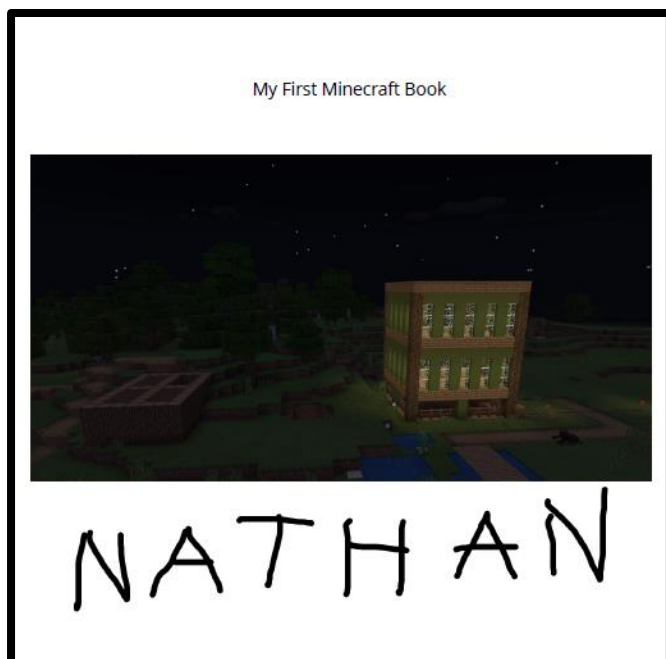
Nathan won a Deputy Principal's award for writing his own book! He has been working on creating a virtual land in the world of Minecraft. Nathan took screen shots of his creation and generated a book using the Book Creator app on his iPad. Thank you, Nathan. We are looking forward to the next book already!

Jayden has been adjusting to a different style of learning activities this year. He has already achieved success in learning to recognise a range of sight words related to his interests. Jayden can already recognise these words: tyre, pipe, seat, dirt and bike. Looking forward to learning more about motorbikes and cars together, with the support of his caring and supportive tutor. Nice work, Jayden!

Andrew has worked consistently well this term and experienced achievement in many areas of his learning program. He even organised the *Biggest Morning Tea* event at his learning centre to raise some money from all the cooking he had done in preparation for the event. Looking forward to meeting up with Andrew next week to plant a Lemon Myrtle tree that he can use the leaves from as an ingredient in his recipes in the future. Great work, Andrew!

Wishing everyone a safe and restorative holiday period. I'm looking forward to working together in Term 2 to celebrate our amazing students' achievements.

Doug



Nathan's first Minecraft book



Harry is reading a sentence

Deborah's class

Tommy has been germinating Swan River daisy seeds in technology and science. He is also growing vegetables and herbs, and learning how to use these in cooking.

Bethany completed a mixed media self-portrait using photographs of herself and her dog, Chewy. She used bubble wrap to apply paint to a printed background.

Ramona is developing confidence in number, and is applying this knowledge to counting everyday objects.

Usman continues to enjoy shared reading, and especially engages with animal sounds.

As this is the last newsletter for Term 1, I wish my students and families a safe and relaxing holiday.

Deborah



Tommy's Swan River daisies



Bethany in her swing tree

Dawn's class

I am finding it hard to believe that this is the last newsletter for Term 1. The end of term is fast approaching and on reflection I can see all the great work everyone has done and the achievements they are striving to achieve this year already.

Ben has been learning all about famous artists and creating art in the style of these famous artists. He particularly liked learning about Jackson Pollock and creating his own digital art piece in this style. Ben has continued to work hard in English and Maths. In English he is starting to learn how to write persuasive texts while in Maths he continues to whizz through topics and has been able to find fractions of amounts, such as two thirds of 30, and percentages of amounts too, such as 25% of 50. Impressive work, Ben!

I recently got the opportunity to meet Nadine and her mum for the first time on a field trip. I would like to thank Nadine and her mum for all the hard work and effort they put into making the field trip a very successful one. Fieldtrips provide us with the invaluable opportunity to carry out important assessments and allow us to discuss the student's individual learning goals that we want them to achieve. Nadine was very engaged and was keen to show me her writing, counting and money skills. Nadine thoroughly enjoyed reading books with me and particularly enjoyed joining in with a 'read with me' book that uses symbols that she could use to join in the story. In maths, Nadine will be focusing on recognising numbers 11 to 20, recognising Australian coins and will continue to learn the days of the week which she will use to build a sense of routine. In English, she will be focusing on learning to read CVC words by increasing her phonetic awareness. Nadine also showed me around her local community and impressed me with her shopping skills and social skills when talking to members of the community.

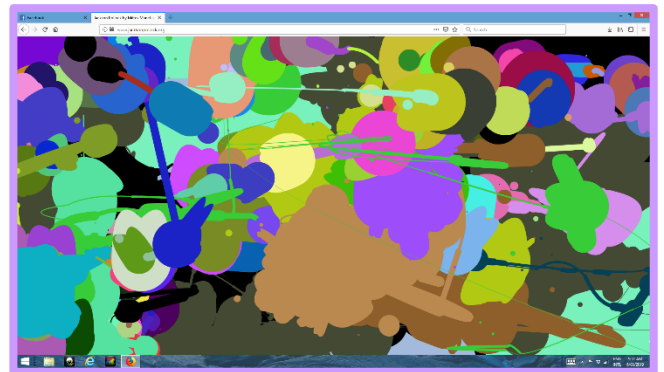
During my field trip I was also able to set up Nadine's own device with React and we were all very excited to start React lessons. We have now had our very first React lesson and we all thoroughly enjoyed the lesson and working towards achieving Nadine's new learning goals. Nadine maintained focused throughout and completed all activities with enthusiasm! Great work, Nadine!

I hope everyone has a restful holiday and I look forward to another term of great achievements!

Dawn



Nadine and myself during a recent fieldtrip



Ben's digital art in the style of Jackson Pollock

Charlotte's class

Happy birthday to Nikolina who has celebrated her 16th Birthday last week. I was lucky enough to be invited to her awesome party. As you can see from the photo below, Nikolina had a rocking haircut like mine and so we looked like twins! It was wonderful to see Nikolina surrounded by her loving family and celebrated in such style. Her birthday cake was so fancy. I also got to take a load of photos for her next Pictello and family photo book.

I had a lovely visit to see Katana out in country NSW. Katana was doing really well, I managed to take a lot of photos of her town, things that she sees on a regular basis such as the shops, post office, park and doctors. This has been made into a Pictello story and used in Katana's book of fun. It's fun to add an interesting and age appropriate commentary to the story books as its super important to keep it real.

Chris has shown me new levels of responsible and mature behaviour of late. He is taking a lead role in organising his set schedule around his farm, part-time job, and rodeo career. He also displays a genuine thoughtfulness about his financial literacy skills and the ways to save money when constructing a farm fence.

Charlotte



Nikolina and her 16th birthday cake



Katana and me hanging out

Barbara's class

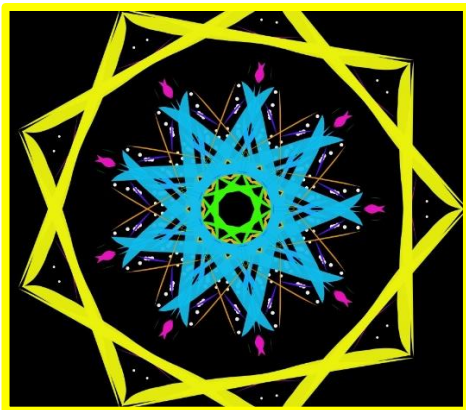
It was great to visit Alex a couple of weeks ago. She was able to show what she wanted to eat for a snack by pointing to one of two words. This is the Rapid Prompting Method Alex has begun to use to support her communication. It was also great to see Alex spending some time outside on her new swing chair. Alex is now exploring visual art using a medium with which she is comfortable – her iPad. She has been watching and helping to make patterns with the kaleidoscope app.

Azra has been working hard over the last few weeks, exploring new iPad apps, playing musical instruments, making marks on paper, eating small pieces of finger-food independently and taking her new wheelchair for a spin. She surprised everyone by reaching out, uncurling her closed hand and patting it.

Georgia has been taking her red music choice folder with her to music therapy sessions. Georgia uses this folder confidently now. To select a song she wants to hear, Georgia pulls out a song photo card from inside and sticks it onto the Velcro dot on the front of the folder.

Jacob is growing in confidence as he continues to make outings into the community. Jacob is a frequent visitor to Bunnings and is now able to have a regular haircut at the local barber. He also attends special events, such as district festivals. Jacob is particularly looking forward to his annual visit to Steamfest in April.

Barbara



Alex helped make this pattern



Azra eating independently



Jacob out in the community



Georgia feels the vibrations

Amanda's class

Jacob B has been working hard, particularly in Technology and PDHPE. He loves clocks and designed an excellent flower clock, taking great care to position the numbers correctly. He also had a go on a friend's tricycle and showed he could peddle and steer like an expert.

Toby has been working on his own design projects and enjoying his microscope activities in science. He is visiting various places in his community practicing life skills.

Ray has been stuck at home while the van has been in for repair. Instead of going into the community he has been exploring indoor activities. He showed excellent sharing skills working on a jigsaw with his carer.

Kayla has been painting. She watches a video of a new painting technique with her mum then together they recreate the painting. Last week they were looking at how to paint flowers.

Amanda & Kiri



Jacob's flower clock



Jacob trying out a tricycle



Kayla's flower painting

Class 1

The busy Class 1 have continued to engage in our 'Schoolyard Safari' science unit with great success. From drawing labelled diagrams to using our emerging reading skills to find facts to answer comprehension questions, the boys have learnt about all things bugs. Our class also had unexpected visits from a spider and a dragonfly this week – we think because they heard we were learning about creepy, crawly insects!

We have also started to expand our knowledge of adjectives in English. The boys were asked to create a mind-map with words to describe a monster. Some words that Class 1 thought of were *gigantic*, *scary* and *furry* just to name a few. Using their mind-map, the boys were then asked to draw their monsters and we can definitely report that they were very scary monsters indeed!

In our daily Crunch and Sip breaks, we love to talk about and try new healthy fruits and vegetables. We also like to explore the Cab-ra-nanga garden for any vegetables we can harvest! On our last visit to the garden, we noticed how over grown our spinach plants were so we decided to put them to good use and make some spinach pies. After collecting our ingredients from our school garden, we made our way to the staff kitchen and prepared our filling. Very carefully we returned to the classroom and the boys filled their own pastry squares with our spinach and cheese stuffing. After only thirty minutes in the oven, we enjoyed a heathy afternoon tea together.

The wonderful Class 1 have worked extremely hard this term and have proved they are ready to knock Year 1 out of the water this year. We are super proud of all their efforts and can't wait to kick off Term 2 in Class 1 style! We wish everyone a happy and safe break.

Cassandra & Anita



Happy Birthday Joshua and Leon!



Joshua and Mrs B cook spinach for our triangles



Leon working on his labelled insect diagrams



Heath and Xavier put on a puppet show

Class 4

All students have been hard at work, play and relaxation! We have all immersed ourselves in mindfulness practices, either mindful colouring or meditation. It is proving to be very successful and a calm and peaceful way to start the day for students and staff alike. The class science topic of *Forces* has had students pitted against each other in a tug-o-war. It was fun and interesting to demonstrate the impact of friction on two objects, in this case rope and hands. For example with bare hands, gloved hands, soapy gloved hands.

In visual arts all students have produced some truly creative Picasso faces. The choice of colour and compositions have been outstanding. In mathematics students have really enjoyed the 10 Ticks maths mentals trial program. Students are learning their times tables through beat-the-clock activities and fun games.

The class celebrated Harmony Day on the 22nd March and as shown the boys wrote some poems and created art works to show their understanding of this important day.

This will be the last newsletter for the term and we would like to wish Jo Gardiner the very best as principal at her new school.

Sue & Paula



Harmony Day



Tug - o - war!



We can't all win!



Picasso faces

Class 5

The past three weeks have seen the boys work on their terracotta army HSIE project as part of their Semester 1 unit of work. Having previously made our play dough, we then set about making our models. Oliver, in particular enjoyed moulding the dough into the shape of a soldier.

Following our unit of work theme, "Society, culture, history and geography of China and United States of America", Class 5 have been introduced to Chinese props during their sensory stories. The props have included soft furry dragons, hard shiny gold pigs, and the breeze from Chinese umbrellas. Every class member showing their likes and dislikes to the props used. Telecaster's favourite was the umbrella being spun close to him so he could feel the breeze.

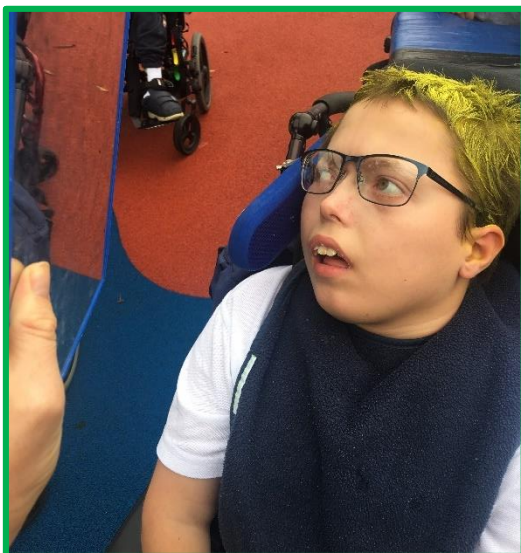
Clare and Tanya



Oliver holding his soldier that he had moulded



Class 5's Terracotta Army

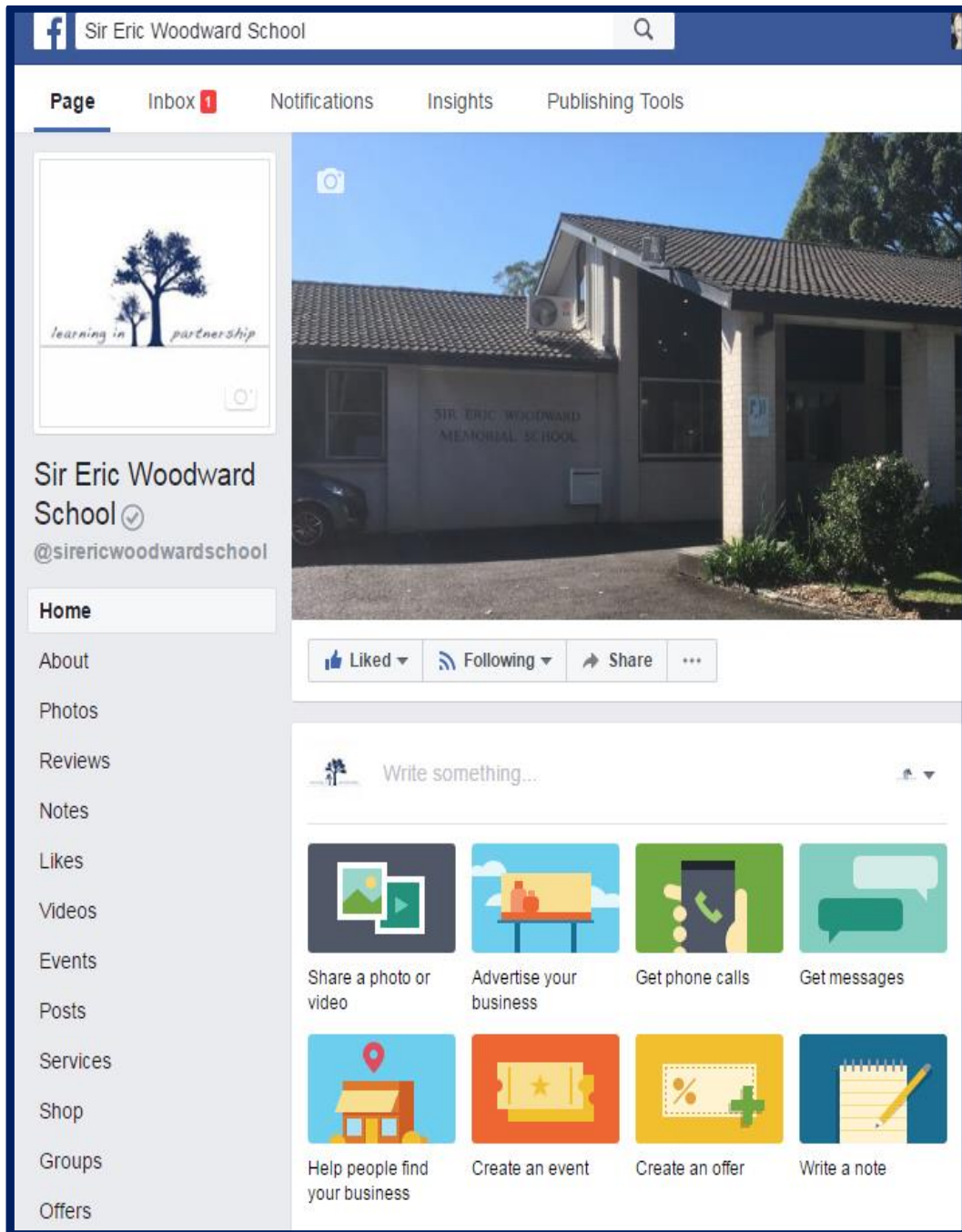


Oliver looking at his new hair colour in a mirror



Telecaster engaged in our sensory story

Attachments



Like us (or just come for a visit) on Facebook **PLEASE** at:

facebook.com/sirericwoodwardschool

Infection control and keeping our students and staff healthy and safe

As you are aware we have had a lot of students and staff very ill over the past few weeks. The NSW Health Department have been informed and our local public health unit. The school staff have been extra cautious with following standard precautions across the school.

Infection control procedures are especially important at school. Staff have been following infection control measures tightly. The school has organised a hospital grade clean which will take place this school holidays as an additional precaution and a recommendation of the NSW Health Department.

With the upcoming winter season and influenza approaching we would like to remind parents to keep their children at home and staff if they are unwell and seek medical advice. This will help to minimise the spread of infection. Influenza is a contagious respiratory illness caused by influenza viruses. The symptoms of influenza range from mild to severe. Children with special needs (such as chronic illnesses or neurological disorders) may be at higher risk of developing complications from all types of influenza. Influenza vaccination is especially important for these children. I encourage you to use the links below for further information.

https://www.health.nsw.gov.au/Infectious/Influenza/Pages/schools_and_childcare_resources.aspx

<https://www.health.nsw.gov.au/Infectious/Influenza/Pages/at-risk.aspx>

The Department of Education, Too Sick For School? Chart, will help answer your questions about common childhood illness and how long sick children need to miss school.

PLEASE NOTE: This information has been supplied by NSW Health and is not intended to replace a visit to your doctor if anyone in your family is unwell.












For more information about infectious diseases that may affect your child, contact NSW Health on









T: 93919000 or Go to: www.health.nsw.gov.au

Too sick for school?



Generally if your child feels unwell, keep them home from school and consult your doctor. This chart and the information it contains is not intended to take the place of a consultation with your doctor.

Bronchitis	Symptoms are coughing, a runny nose, sore throat and mild fever. The cough is often dry at first, becoming moist after a couple of days. There may be a slight wheeze and shortness of breath. A higher fever (typically above 39°C) may indicate pneumonia.	 ... until they are feeling better. Antibiotics may be needed.
Chickenpox (Varicella)	Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.	 ... for 5 days from the onset of the rash and the blisters have dried.
Conjunctivitis	The eye feels 'scratchy', is red and may water. Lids may stick together on waking.	 ... while there is discharge from the eye unless a doctor has diagnosed a non-infectious cause.
Diarrhoea (no organism identified)	Two or more consecutive bowel motions that are looser and more frequent than normal and possibly stomach cramps.	 ... for at least 24 hours after diarrhoea stops.
Fever	A temperature of 38.5°C or more in older infants and children.	 ... until temperature is normal.
Gastroenteritis	A combination of frequent loose or watery stools (diarrhoea), vomiting, fever, stomach cramps, headaches.	 ... for at least 24 hours after diarrhoea and/or vomiting stops.
German measles (Rubella)	Often mild or no symptoms: mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time.	 ... for at least 4 days after the rash appears.
Glandular Fever (Mononucleosis, EBV infection)	Symptoms include fever, headache, sore throat, tiredness, swollen nodes.	 ... unless they're feeling unwell.
Hand, Foot and Mouth Disease (HFMD)	Generally a mild illness caused by a virus, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area in babies.	 ... until all blisters have dried.
Hayfever (Allergic rhinitis) caused by allergy to pollen (from grasses, flowers and trees), dust mites, animal fur or hair, mould spores, cigarette smoke	Sneezing, a blocked or runny nose (rhinitis), itchy eyes, nose and throat, headaches.	 ... unless they feel unwell or are taking a medication which makes them sleepy.
Head lice or nits* (Pediculosis)	Itchy scalp, white specks stuck near the base of the hairs; lice may be found on the scalp.	 ... while continuing to treat head lice each night. Tell the school.

Hepatitis A	Often none in young children; sudden onset of fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.	 ... for 2 weeks after first symptoms (or 1 week after onset of jaundice). Contact your doctor before returning to school.
Hepatitis B	Often no symptoms in young children. When they do occur, they can include fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine.	 ... if they have symptoms. Contact your doctor before returning to school.  ... if they have a chronic infection (not the first outbreak) and no symptoms.
Impetigo (School sores)	Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.	 ... until antibiotic treatment starts. Sores should be covered with watertight dressings.
Influenza	Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.	 ... until well.
Measles	Fever, tiredness, runny nose, cough and sore red eyes for a few days followed by a red blotchy rash that starts on the face and spreads down the body and lasts 4 to 7 days.	 ... for at least 4 days after the rash appears.
Meningococcal Disease	Sudden onset of fever and a combination of headache, neck, stiffness, nausea, vomiting, drowsiness or rash.	Seek medical attention immediately. Patient will need hospital treatment. Close contacts receive antibiotics.
Molluscum Contagiosum	Multiple small lumps (2–5mm) on the skin that are smooth, firm and round, with dimples in the middle. In children, occur mostly on the face, trunk, upper arms and legs. Symptoms can last 6 months to 2 years.	
Mumps	Fever, swollen and tender glands around the jaw.	 ... for 9 days after onset of swelling.
Ringworm* (tinea corporis)	Small scaly patch on the skin surrounded by a pink ring.	 ... for 24 hours after fungal treatment has begun.
Runny nose or common cold		 ... unless there are other symptoms such as fever, sore throat, cough, rash or headache. Check with school.
Scabies*	Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.	 ... until 24 hours after treatment has begun.
Shigella	Diarrhoea (which may contain blood, mucus and pus), fever, stomach cramps, nausea and vomiting.	 ... until there has not been a loose bowel motion for 24 hours. Antibiotics may be needed.
Slapped Cheek Syndrome (Parvovirus B19 infection, fifth disease, erythema infectiosum)	Mild fever, red cheeks, itchy lace-like rash, and possibly cough, sore throat or runny nose.	 ... as it is most infectious before the rash appears.
Whooping Cough (Pertussis)	Starts with a running nose, followed by persistent cough that comes in bouts. Bouts maybe followed by vomiting and a whooping sound as the child gasps for air.	 ... until the first 5 days of an antibiotic course has been completed. Unimmunised siblings may need to stay home too until treated with an antibiotic.
Worms (Threadworms, pinworms)	The main sign of threadworms is an itchy bottom. Sometimes children feel 'out of sorts' and do not want to eat much. They may also have trouble sleeping, due to itching at night.	 ... and tell the school as other parents will need to know to check their kids.

*It is important that the rest of the family is checked for head lice, scabies and ringworm



DON'T RISK SEVERE FLU



Your condition makes influenza extremely dangerous

- + Asthma
- + Diabetes
- + Cancer
- + Immune disorder
- + Heart, liver, kidney and lung disease



Speak to your GP or specialist about a free flu shot

It's in your hands
health.nsw.gov.au/flu

BREAKFAST BRIEFING INVITATION

**Mental Health Support Services
Where do you start?**



Following the great response to our breakfast briefings in 2018, Lifeline Harbour to Hawkesbury is pleased to offer 2 new venues and dates.



We invite you to enjoy a **FREE** light breakfast and discover the services we offer to support the mental health of your clients or patients.

When
Tuesday 5th March
7:30am – 8:45am

or

When
Tuesday 9th April
7:30am – 8:45am

Where
Dunmore Lang College

130 -134 Herring Road,
North Ryde NSW 2113

Where
**Thornleigh Community
Centre**

22 Central Ave
Thornleigh NSW 2120

Book by Friday 1 March using link:
<https://www.trybooking.com/BAHSM>

Book by Friday 5 April using this link
<https://www.trybooking.com/BAHSZ>

Hear About

Way2Wellness – 1300 120 446
Counselling Services
Group Services
Gambling Help

Lifeline H2H – a Crisis Line and so much more.

Funding for Way2Wellness and some groups is provided by Sydney North Primary Health Network.
Way2Wellness is provided by Lifeline Harbour to Hawkesbury in association with Lifeline Northern Beaches.





Are you prepared for **TICK** season?

What are ticks and where are they found?

Ticks are parasites, they feed on blood from the host to which they are attached to without giving back any benefit. In fact, they can cause severe health problems.

Ticks attach to and feed on animals and humans. The most common tick in Australia is the paralysis tick or *Ixodes Holocyclus*. This species can normally be found along the state's eastern coastal strip and inland of New South Wales for approximately 30 kilometres. Since most people reside near the coast, the chances of encountering these parasites are quite high.

Just like any other insect, ticks commonly reside in humid and moist bushy areas. They attach to and feed on animals that pass by, and use this as their mode of transport from host to host. Most of the time, animals and humans get ticks from brushing past bushes or trees where these parasites are located.

Mammalian tick allergy

Tick bites can cause mild to life-threatening allergic reactions to mammalian meats such as beef, pork, lamb, kangaroo, goat and venison.

The tick bites occur before any allergic reactions to mammalian meats develop.

The allergic reactions to meat are typically delayed for 2-10 hours after eating the meat.

The allergen in the meat to which people react is called "alpha-gal".

Some people are so sensitive to alpha-gal, they react to mammal products, particularly, their milk and gelatine. Any product derived from mammals may cause allergic reactions, making avoidance very difficult as the allergen may be found in a wide range of agents used in medical treatments, as well as in food products.

OPEN 7 DAYS

Mon - Fri 8.00am - 8.00pm (Thurs until 9.00pm)
Weekends 8.30am - 6.00pm

Shop 126 St Ives Shopping Village ST IVES
UPPER LEVEL, next to St Ives Medical Centre



O'LOUGHLIN'S
MEDICAL PHARMACY

DO NOT USE TWEEZERS TO REMOVE LIVE TICKS!

If you or your child have a tick bite, it is very important that tweezers are not used to remove a live tick as it may disturb the tick and could lead to the tick injecting allergen-containing saliva and causing infection. In some cases, tick bites can cause mild to life-threatening tick-induced allergic reactions to mammalian meats such as beef, pork, lamb, kangaroo, goat and venison. This is also commonly known as mammalian disease.



If you have an adult tick:

It is very important not to disturb it during the process of removing it, so the best way is to FREEZE it with ether-containing spray, e.g. MEDI FREEZE TICK OFF - Freeze it, don't squeeze it!

Place the spray approx. 0.5 cm above the tick and spray 5 times. The tick will die instantaneously.

Wait for the tick to drop off (up to one day) or, if it doesn't drop off on its own, remove it with tweezers - it is ok now as the tick is dead - still taking the utmost care to not compress it.



If you have a small tick (larvae & nymphs):

Use permethrin cream, e.g. LYCLEAR - Dab it, don't grab it!

Just touch a bit of cream to the small tick, don't rub it in and leave for 1-3 hours for the tick to die. Then wipe it off with a tissue.



Tick irritation treatment:

1. Mild steroid cream to treat the inflammation
 - Eumovate
 - Hydrocortisone
2. Antihistamines to take down the itch
 - Zyrtec
 - Claratyne
 - Telfast
3. Cold compress to relieve the heat



Prevention from ticks:*

- DEET - containing repellents
- Natural insect repellent
- Wearing long sleeved clothes
- Tucking your trousers into your socks
- Mitey Tick-Off device - ultrasonic pulse repellent

*While no product is 100% effective, these methods may reduce the risk of tick bites.

For a complete list of references and source information visit:

www.olmp.com.au/health-information

It is also important that parents remember to check their children's bodies after walks in the bush, especially their heads and necks. Young kids will often scratch the tick bites, which can cause the tick to release toxins.

OPEN 7 DAYS

Shop 126 St Ives Shopping Village ST IVES
UPPER LEVEL, next to St Ives Medical Centre
p 9440 0030 | f 9440 0056 | e info@olmp.com.au



O'LOUGHLIN'S
MEDICAL PHARMACY

A dance party for people aged 12 - 30 years who have a disability

Discobility Beach Party

Music from DJ Andy



\$5pp

Incl. food & drinks

*Dance the
night away!*

*Meet new
friends!*

Friday 5 April • 6:30pm - 9:30pm
St Ives Community Hall, off Memorial Ave
9424 0981 • youth@kmc.nsw.gov.au
f [kcyouthservices](https://www.facebook.com/kcyouthservices)

No cash at the door. Book online at Youth Events: kmc.nsw.gov.au/youth

Discobility will be supervised by Ku-ring-gai Council staff.
Parents, carers and friends welcome at no extra cost.
Parking available at the venue.



Ku-ring-gai Council • Youth Services
kmc.nsw.gov.au/youth



VARIETY EASTER FUN DAY



Come enjoy a free day of fun, music and entertainment for the whole family at the Variety Easter Fun Day, as part of the Sydney Family Show.

Packed with activities and entertainment for kids of all abilities, performances from Rachel Coopes and Teo Gebert from Play School and a special appearance from Big Ted, the Variety Easter Fun Day promises to deliver outrageous fun during the School Holidays.

Tuesday 16th April
10am - 2.30pm

The Showring, Entertainment Quarter, 122 Lang Road, Moore Park

Free entry and special ride pass offer for the Variety community

For more details, check variety.org.au/nsw/event/variety-easter-fun-day/



**Musical
Picnic**



**Easter
Egg
Hunt**

Variety believes all kids deserve a fair go so we support kids who are sick, disadvantaged or have special needs.