



School contact details

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Sir Eric Woodward School newsletter

24th May 2019 Volume 9 Issue 101

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



Principal's (acting) report

We have had a busy start to Term 2 with lots happening at SEWS.

I would like to officially welcome Nina Gouws who is our new teacher on Class 1. Nina has settled in so well you would think she had been with us for years! I have enjoyed watching her class thrive as they enjoy some new and exciting learning activities in a safe and supportive environment. My favourite addition to the classroom is the word wall. I have been very impressed with Class 1 writing beautifully structured sentences using this wall.

Last week we had the initial site meeting for the construction of our school's covered outdoor learning area (COLA). ATS Awnings and Additions have been awarded the contract and have started the preliminary searches on site. I am very excited to say that we have been advised that we will have the COLA built for us to use sometime in Term 3.

During the holidays we had some other building and grounds work completed. We installed some synthetic turf in the Ngalawa playground which has provided a great soccer pitch for our students. DESU have had some noise minimisation panels installed in the REACT and communication rooms to allow a quieter distance learning space for our staff and students.

Highlights so far this term have been our adopt-a-farmer fundraiser. We had some great looking farmers at school and our community generously raised money for a worthy cause. We also shopped up a storm at our Mother's Day stall to show our mums/ significant females how important they are to each and every one of us. Additionally, we have rolled out the Seesaw communication platform that allows our F2F families to see the amazing learning opportunities going on in our classrooms. If you haven't returned your permission note for Seesaw get on to it because you are missing out! We have been using our new playground with great enthusiasm each day. Our garden-based learning activities continue to be a favourite as we watch our plants and vegies grow, and use them in our cooking lessons. Finally, all staff have learnt about the Tacpac music system and we will be using this as part of our music program with some of our students.

All of these opportunities and programs are a result of the hard work and commitment of our wonderful SEWS staff. I would like to acknowledge and thank them all for their ongoing commitment and willingness to go above and beyond every single day. What a great team!!

Sian



Leroy supporting the farmers



Tom and PJ in the garden



Class 1 in farmer gear!!



Mother's Day stall

Deputy Principal (relieving) report

At the DESU our teachers have been busy as always supporting the learning of our distance education students who are located throughout the state. This 'support' is varied - but always student focussed!

Some of what we have been up to this term is undertaking refresher REACT (Remote Education And Conferencing Tool) training so that teachers can get the most out of this software. REACT is software that is used for 'satellite' lessons and enables students, teachers and tutors to talk to and see each other 'live'. It is really exciting that this software is now available to a greater number of students. Over the holidays, sound minimisation works were carried out in our REACT studio and audio-visual room. This work has made our highly enthusiastic teachers of REACT and live video lessons, less audibly 'obvious' to our other hard working DESU teachers!

Planning for our Term 2 Sydney area DESU excursion is about to bear fruit with our excursion to Featherdale Wildlife Park on 7 June 2019. This is a great opportunity for DESU students, tutors and teachers to meet in an enjoyable stimulating learning environment, and allows lots of opportunities for teacher assessment of learning goals. As always, we would love to hear suggestions for future excursion sites!

I would like to welcome a new student to our school – Ethan B who is in Mel's class. I know that Ethan has a thirst for learning and was really enthusiastic to start with the DESU. The Term 2 state placement panel will be meeting shortly; we hope to be welcoming other new DESU students following this.

Lastly, I would like to say what a pleasure it has been to be sitting in Sian's seat as relieving deputy principal. It has been fabulous to be able to have more opportunities to spend time with our face to face students, and to see firsthand the great teaching and learning that is happening across the entirety of our school (and to repeatedly witness the SEWS 'can do with a smile' attitude).

Louise S



The DESU Term 2 excursion will be a lot of fun!



- Sir Eric Woodward School Fun Fair, Friday 20th September 2019
- Featherdale excursion for DESU students, Friday 7th June 2019



Earn and Learn is back for 2019

Please place your Earn & Learn stickers
in the box in the front of school so we
can get more great resources for our
school!

birthdays



Happy birthday to Alex A, Jules, Will, Tadhg, Duncan, Cruz, Kayla, Chris Wi, Chris Wo who have celebrated their birthdays.

Save
the
Date

Sir Eric Woodward School

FUN FAIR

Friday 20th September 2019

A fun day for students, parents, carers
& SEWS Community



Sir Eric Woodward School

Healthy Harold Life Education Van

Today our K-6 students visited the Healthy Harold Life Education Van on site at SEWS.

Each of our K-6 students took part in an exciting lesson appropriate for their class.

Class 1 and 2 and some of class 5 explored “My Body Matters” which focused on personal hygiene, healthy foods, physical activity and safety in the home and community.

Class 3 looked at “Safety Rules” focusing on safe and unsafe environments, behaviours that maintain friendships and places and people we can go to for help.

Class 4 enjoyed a session called “All Systems go” this was a tour of the human body where they learnt about the functions of the various body parts and the actions to keep these systems working well.

What a great experience!!! Thanks Healthy Harold!!



Class 3 giving us a giraffe wave before meeting Harold



Class 4 learning about the human body with Harold

Doug's class

Congratulations to all students who continue to kick their programmed goals!

Harry continues to develop his literacy skills. He now accurately writes his address using his individualised scaffold to guide him. Harry has also started to identify blends of two letters in addition to his rapidly developing ability to recognise all the individual letters. Awesome work, Harry!

Nathan has increased his engagement in his learning program this term. It is wonderful to receive evidence of his learning as illustrated by the images below. Nathan explored his environment to identify places with which he felt a connection. He then used these places to become the setting for projects that he has made using the Book Creator app on his iPad. The logical reasoning and thought that goes into the sequencing of Nathan's projects demonstrates his developing ability to incorporate higher order thinking skills to solve increasingly complex problems. Nice work, Nathan!

Jayden continues to experience achievement in learning sight words by engaging with his motorbike themed scaffold. He has also worked with his supportive tutor to read through some stories from The Dreamtime. I was very pleased to receive a letter from Jayden delivered to me in a recent Set bag. He correctly indicated where the address should be written, and added a stamp in the correct location. Great work, Jayden!

I was fortunate to visit Andrew and his tutor last week. Andrew showed me how he provides water each day to the lemon myrtle tree that we recently planted in his garden. He then participated in a range of assessment tasks to identify his current literacy knowledge and skills. A big thank you and congratulations to Andrew for completing three assessment tasks in one morning. These assessments will assist in developing learning activities best tailored to Andrew's current literacy ability. Well done, Andrew!

I'm looking forward to our students continuing to experience achievement throughout the second half of this term too!

Doug



A while ago I was out with my old carer and we stopped to look at Orica chemical plant. The security guard came out to see what we were doing and we told him I was interested in what they did. He went and got a lady who gave me some things including a short book on what things Orica makes.

Nathan's project using an iPad app



This is one of MyOricas old buildings that they don't use anymore because it's big and out of date. They want all the buildings to look the same so they closed this one and built smaller ones.

Nathan models his Minecraft creations from real world structures

Class 6

Scandinavia through the senses! Class 6 have been exploring Scandinavian countries with a strong focus on sensory based learning. We have been listening to and joining in with Scandinavian tunes, including some traditional music and pop songs. ABBA definitely gets us all warmed up and switched on for learning in the mornings! In Science and Creative Arts we've been learning about glacier landforms, using our senses to explore how glaciers form using shaving foam. Our artwork has been layers of blue and white hues, different textured paper and shaving foam to build glaciers on paper, we just can't wait to share our finished creations with you.

In other news, Class 6 have thoroughly enjoyed interacting with our families using the Seesaw app. Seesaw is a digital portfolio that gives you real-time glimpses into your child's school day. Seesaw helps you stay in the loop and gives you an opportunity to support your child's learning at home. Recently, we have been sharing our learning with the students' families on a daily basis.

Sarah, Sandy & Sophie



Daniel is being fanned to experience the cold and wind in time with the music - not quite as cold as it is in Norway



Sophie diligently observing as Sandy pours the water during a science investigation



Brooke using a new PowerPoint program to explore the flags from around the world



Nathan enjoying exploring the feel of the shaving foam

Charlotte's class

Nikolina is welcomed back on program after a short break. She has got cracking on her new 'Book of Fun' with a family theme featuring photos from her recent birthday party. Recognising family members is one of Niki's strengths as her face lights up when in their company, in her activity books or on her Pictello app stories. I look forward to visiting her again soon.

Katana has been creating some amazing artworks over the last few weeks. We are having a mixed theme for visual arts at the moment so there is a wide variety of colours, fabrics and textures to engage Katana in her learning. Dragons are still the favourite though and Katana has been using a range of dragon toys to explore switch use and to practise her fine motor skills.

Chris continues to have one of the busiest schedules of anyone I know! He recently competed in his home rodeo and placed joint first. He is also in a tight battle to score high enough to represent Australia internationally. On a recent phone call we completed a reading activity which was tough going on Chris but he did not give up. It reminded me of the importance of regular teacher assessment helping to ensure that as a teacher we are pitching the work just right to build confidence and give challenge, it's a fine balancing act.

Charlotte



Katana's favourite: dragons



Katana's amazing art works

Karen's class

I spent a very enjoyable day with Seth and his mum last week, carrying out assessment and creating some amazing artwork. Seth worked extremely hard on the assessment tasks and impressed me with his knowledge of letters and numbers. To finish off we did a paint pour art activity and I think you can agree that the results are spectacular.

Jules has been undertaking work experience this term in a local pet shop. Feedback indicates that Jules is a very hard worker and completes all her set duties ahead of schedule. Well done Jules and keep up the good work! Jules also celebrated her 16th birthday early this term and is looking forward to working towards her learner driver licence.

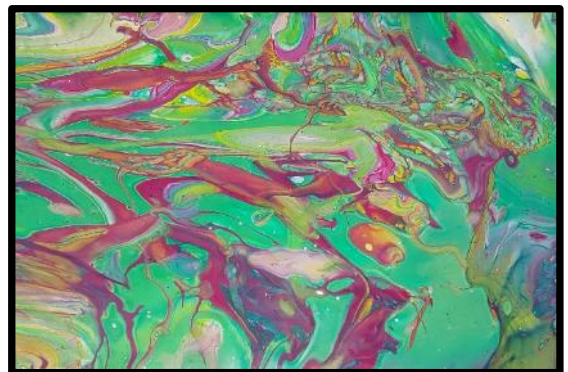
Justin has been powering through his Set work and is particularly enjoying Food Technology and Visual Arts. The images show Justin making himself a ham and cheese pineapple pizza. I am sure it tasted as delicious as it looks! Thumbs up Justin for participating so well in your program.

Nate is well on his way to achieving his learning goals. He is taking more responsibility for his personal hygiene, has been very active in the community and is now participating in cooking his meals. Well done, Nate. I am super proud of you.

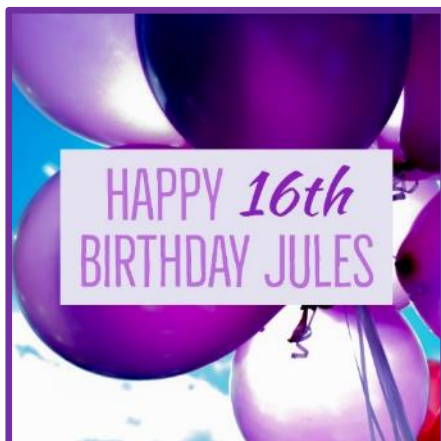
Karen



Justin making his pizza



Seth's work of art



Celebrating Jules' birthday

Class 3

Class 3 have been extra busy this term with a lot to do in the classroom and taking care of the garden outside. The wheat seeds we planted last term have sprouted, the coriander has returned, and we have some peas and sorrel as well! Our silver beet forest is very impressive so we had a second harvest and used the leaves to make some pastry shapes. The addition of a little cheese with the beaten eggs made the shapes quite tasty.

Thank you to all the families who have connected through Seesaw. The boys are keen to share examples of their work with you, and Jennie and I look forward to your comments and feedback.

Miss Lee and Miss Jennie



Dylan harvesting



Say 'Cheese' Thomas



Ethan bravely tasted his shape



Sam chopping like a MasterChef



Joshua whisking the eggs



PJ liked the pastry

Melissa's class

This term is already flying and we are now almost half way through the term. All of my students have been very busy and achieving so much already.

Logan has been working so hard with his reading and maths. He has gone up a reading level and although some of the words are becoming more challenging he continues to try his hardest and is steadily improving. Logan also continues to progress in maths, and although the maths has challenged him during this Set he has persisted. This is the exact reason why we are seeing such an improvement! Well done Logan keep up the hard work.

Over the past few months Braydon has been working in a part time job. He has worked extremely hard and has achieved so many personal goals as a result of being out in the work force. Braydon reports that he has had fun spending his pay, but is now looking towards the future and would like to start saving his money. I am so proud of Braydon's achievements.

It was lovely to spend time with Alicia and her mother Jane when they visited the school last week. Alicia had a lovely time using our new playground equipment and spending time with the students in the playground. Alicia had a lovely game of ten pin bowls with Dylan and enjoyed riding the scooter around the playground. I look forward to spending more time with Alicia and Jane when we go on the DESU excursion to Featherdale Wildlife Park later in the term.

Melissa

Vertical Addition (to 1000) Regrouping Tens 2

Use Place Value Charts (Vertical Addition to 1000) and Hundreds, Tens, Ones - Cut Outs to make each addition.

Hundreds	Tens	Ones
3	7	4
+	1	5
4	2	9

374 + 51 =

Hundreds	Tens	Ones
9	5	9

95 + 243 =

Hundreds	Tens	Ones
2	4	3
+	9	5
3	3	8

442 + 65 =

Hundreds	Tens	Ones
4	4	2
+	6	5
5	0	7

23 + 591 =

Hundreds	Tens	Ones
5	9	1
+	2	3
6	1	4

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Worksheets licensed to Sir Eric Woodward School

Expires 20/2/2020

Logan is doing addition with trading!



Alicia's scooter at school

Dawn's class

I would like to officially welcome Izack to our class and DESU! Izack is working hard on his initial assessment Sets and is already engaging well with his learning activities. He has a vivid interest in Comic Con and superheros and he has been engaging well with themed activities.

Ben is continuing to work hard and is smashing his learning goals! He has been learning how to write persuasive texts and has created a couple of very powerful pieces. In maths he has continued to work on his life skills with real life money exchanges and using time to indicate when it is time to leave for an appointment, or when it is time for lunch. Alongside these important mathematics life skills he has impressed us with tackling more complex mathematical concepts and has worked on algebra, decimals and using co-ordinates to describe a map location.

Nadine has been positively responding to REACT lessons and shows great enthusiasm and concentration while working on her communication, number recognition, telling the time and reading skills during the sessions. Nadine is recognising o'clock and half past the hour on an analogue clock now and is starting to learn about days of the week to better understand her routines. We are both very excited to have a greater use of the REACT studio to play media and use interactive whiteboards, following REACT training last week. Nadine thoroughly engaged with the educational videos to increase her reading skills.

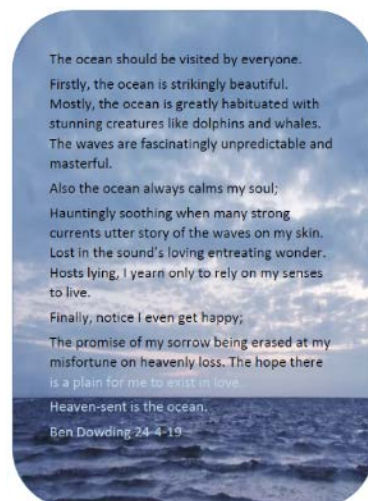
Dawn



Izack showing his number recognition by completing a dot to dot activity



Nadine during a REACT lesson



Ben's persuasive text

Deborah's class

Bethany has been engaging in Chinese-themed visual arts activities in her languages program. These have included decorating a paper lantern. Bethany recently enjoyed a drive to Brisbane with her family, and exploring some of the city's landmarks.

Tommy is developing his independent skills in food technology. He is using utensils to prepare food, following recipes, and growing some of the herbs he uses in cooking.

Ramona is develop her understanding of time in her daily routine.

Deborah



Bethany's Chinese lantern



Tommy preparing salad



Bethany in Brisbane



Tommy and his delicious salad

Nicole's class

Cruz recently got a new bed, which looks very comfortable and a great place for doing some of her school work such as using her DESU iPad.

It is a big responsibility to look after pets. Jayden helps look after his guinea pigs and was keen to share a photo of how adorable they look for the school newsletter.

Chris is developing speed and accuracy with many of his mathematics skills - money, addition and reading analogue and digital time to name a few.

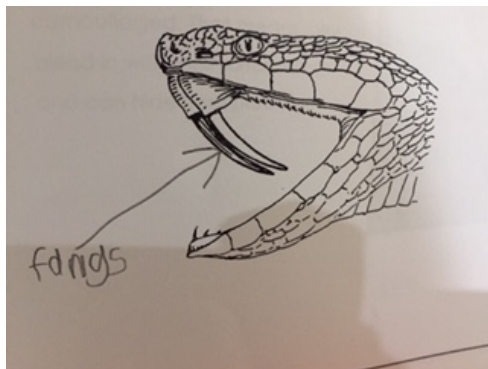
Nicole



Cruz is happy with her new bed



Cruz enjoying using her iPad in her new bed



Jayden - the expert on anything animal related, labelled the fangs on this snake picture



Jayden' guinea pigs



Chris showing how he can quickly add up a range of coins and notes (and not just on paper)!

Class 5

Class 5 have had an exciting start to Term 2, with a new member joining the class - Yash. Yash has settled in to the class quickly and effectively, already starting to make promising progress with his learning goals.

Class 5 have had an impressive and active couple of weeks, starting our mornings with lots of PDHPE activity. We have joined up with Class 6 for bowling and soccer competitions. Telecaster has also been working very hard on his communication goals, followed by reward time on the swing exploring materials.

Following our unit of work theme 'Society, culture, history and geography of China and United States of America' Class 5 students have been looking at the phases of the moon, and exploring the shapes of the eight phases of the moon cycle.

Clare & Tanya



Did someone say soccer?



Moon cycle



Telecasters communication work



Explore and swing

Amanda's class

Toby had a wonderful holiday at Phillip Island during the holidays. He saw the supercars racing and found the perfect pair of Mustangs - the car he loves! Toby also went on an overnight stay to Bowral for the All Ability Sports Special Olympics in cricket. He had the opportunity to drive a golf buggy and also visited the Sir Donald Bradman Museum. Toby is accessing the community often with his support workers and using his money skills to purchase items whilst at the shops.

Kayla has been using her Accent 1000+ communication device to make requests. On her birthday she communicated that some presents looked good and asked to open them first. Later she asked to play her new DVD by tapping the symbols for *open* and *good*. Kayla loves being able to communicate and likes to have her Accent 1000+ communication tablet near her at all times.

Jacob B has been helping with household jobs such as shopping. He has also completed several paintings, that being one of his favourite leisure activities. I am looking forward to visiting Jacob this term and seeing his art work.

Ray likes going to the park. He demonstrates good balance when climbing on the equipment and can use a swing safely. He has also practiced measuring using cups both for cooking and to make slime.

Amanda & Kiri



Jacob helps with the shopping



Kayla's communication device



Toby admiring two supercars

Sharon's class

Students are working towards achieving their learning goals.

Leah has coped well with a change in routine and has been developing her communication skills as she visits with family. Leah has enjoyed being on the farm and the many activities on offer including gardening.

Ethan has been enthusiastically greeting me on the phone each week and speaks about the movies he has liked, this includes Wonder Park and Avengers Endgame. He is learning more about staying safe in his local community and online.

I have had a most successful visit to Leroy where he demonstrated his excellent skills in the community using his personalised readers, communication supports and money to purchase groceries and lunch. It was a valuable trip where I was able to support Leroy and his family for his post school transition. Leroy was well mannered and a pleasure to visit.

I have also had the opportunity to visit with Sharif and speak with his tutor about post school transition for a Stage 6 student. This too was a successful visit.

Sharon



Leroy ready with his communication supports and money



Ethan has been investigating as part of his studies in science

Class 4

Welcome back to all our families. The boys have returned well-rested and settled back to school and class routines like they hadn't been away! Class 4 has been fortunate to have Anna, a fourth year practicum student, on class. Anna will be with us for another two weeks and has been a hit with the boys. As you would be aware, the school has introduced the learning journal app Seesaw. Seesaw provides visual access to what is happening in the class and allows students to record a message describing their learning journey. Expect to see more of your students hard at work and having loads of fun while they learn.

Sue, Paula & Anna



Coding has been a big hit with the boys



That was a lot of fun!



Move it or lose it!



Hayden on the Mother's Day stall

Barbara's class

Alex has recently received a motorised wheelchair. She has been learning how to use the controls and practicing driving herself around close to her house. When Alex can use the controls confidently, she will explore the family's sheep and cattle property more widely. Alex continues to use the Language Skill Builder app to identify and match colours, 2D shapes and numbers. The app creates a summary that Alex's tutor sends in to give me assessment information and show me Alex's great success.

Azra has been working on both her fine-motor skills as well as Maths concepts with apps such as Jelly 8, Trace Numbers and BublDraw. She has also been making musical sounds with the app Sound Box. Azra continues to venture out to explore natural environments. Recently she has been observing autumn leaves.

Georgia has been responding well to the key word sign for 'wait', even when she is being asked to wait for one of her favourite things, eg food or a swimming lesson. Georgia recently showed that she could occasionally hold and effectively use a marker in her right hand. Georgia made this swap spontaneously, because she had a drink in her other hand.

Jacob is very excited because The Voice is back on TV! He has been waiting excitedly, noting the date in his iPad schedule and discussing this season's judges and the show's format during video lessons. To help him follow the action, Jacob regularly buys TV Week, recently going in to the newsagent by himself to ask for, and pay for, the magazine.

Barbara

Number of questions	5
Number of correct answers	5
% of correct answers	100 %

Answers Given

Question	Answered	Should be
Find the number one	1	1
Find the number seven	7	7
Find the number eight	8	8
Find the number three	3	3
Find the number four	4	4

Summary sent from Alex's LSB app



Jacob buying a magazine independently



Azra using the Jelly 8 app



Georgia using her right hand

Class 1

Term 2 kicked off with a major change for the boys from Class 1. All credit goes to them for welcoming their new teacher with open arms and accepting all the changes that come with having a new teacher.

Mother's Day was a very exciting and busy time for the boys. In class they painted portraits of their mum and made wrapping paper with their handprints and heart sponges. Careful thinking was involved in selecting those very special gifts to warm mum's heart at our Mother's Day stall.

Earlier in the term we looked at time lines and the lifecycle of a butterfly when reading the story 'The Very Hungry Caterpillar'. Fortunately, some older students already had some caterpillars (with cocoons) we could borrow for a closer, hands-on inspection. We have also enjoyed picking vegetables from the garden which the boys started last term.

We are looking forward to many more valuable learning experiences in Class 1!

Nina & Anita



Buying gifts for Mother's Day



Exploring the lifecycle of a butterfly



Making up our own games in the pool



Learning to play the drums

Class 2

The past three weeks have seen Class 2 students engaging in a number of activities relating to our 'Into the Garden' themed unit. In Science, they have explored how plants need to drink water to survive, just like they do, by observing coloured food dye changing the colour of celery.

Exploring fractions, whole and halves, has been a focus in Mathematics this term with Class 2 using playdough and cooking activities to change a shape from a whole to a half. Quinn especially enjoyed holding the cold playdough from the fridge and holding in his hand to make his shape. Raymond was very unique in how he 'cut' his playdough in half - using his hand to karate chop the dough!

Jo, Trish & Kaitlyn



Quinn makes playdough shapes to cut in half



Raymond enjoys safely using a knife



Daniella watches as the cookie dough is cut in half



Ariel looks at two equal halves of the cookie dough

Rama's class

We are already in Week 4 and my students have been working very hard on their programs.

I visited Tyson and his supportive family last week. Tyson logged on to his iPad and shared the video of the song that he has learnt to play on the keyboard. He is learning about respecting people's space by working on the concept of there being a bubble around the person and how he should not invade a person's bubble. Tyson is practising answering 'wh' questions: who, when, what, why, based on a given scenario. He is also using appropriate pronouns when making sentences. Amazing effort Tyson.

Isabella is learning about the different states of matter and knows what evaporation is. She looks in the dictionary to find word meanings. Isabella enjoys reading about the various landmarks in the USA. While reading about the Walt Disney theme parks, she researched movies produced by Walt Disney. She took on the role of a news reporter by viewing and reviewing a Disney movie of her choice and videoing herself presenting the review! Fantastic effort, Isabella.

Mohamed knows what an emergency is and the number for emergency services. He knows the appropriate service he would ask for depending on the situation. During our weekly conversations, Mohamed recounts the activities he participated in throughout the week, including the places he visited and the people who accompanied him. Well done Mohamed.

Fionn enjoys participating in science investigations and made his own slime. He is completing a Primary Industries SVET course run in the local high school. Fionn is gaining valuable work experience at his local supermarket and is working twice a week at his local dairy farm as per the requirements of his SVET course. Last week, Fionn learnt the procedure to artificially inseminate cows on the farm. Fionn is an excellent sportsman and participated in his local school's swimming and athletic carnivals. He was one of the team of four chosen to represent the local high school when they competed against their neighbouring school in a tennis match. Stupendous achievements Fionn!

Rama



Tyson finding his music clip on his iPad



Fionn made slime

Louise's class

I have been enjoying my time on Louise's class this term.

Ned had the opportunity to attend an overnight camp during the holidays, challenging himself with some new activities and having a great time. This term he has been putting his recent learning to good use in the kitchen, practising his slicing and chopping, and dividing food into halves and quarters, while preparing meals for the family.

Summer has been travelling and still keeping up with all her learning activities, even when she is in the pool! She is enjoying reviewing her sight words every day, recounting her daily activities and telling stories. She is also working hard on the positional language of 'in front' and 'behind'.

Rhiannon is continuing to enjoy age appropriate activities and family gatherings, and looking at books about her favourite topic – animals.

May is assisting her parents with household tasks, making her bed and helping with cooking. She is busy practising fine motor skills with cutting, pasting and colouring, and is working hard on her sight words.

Carolyn



CHARITY CHALLENGE - SIR ERIC WOODWARD SCHOOL

2019 GOLF DAY



You are invited to register for our Charity Challenge event to be held at the Greg Norman designed Stonecutters Ridge Golf Club on Monday 1 July 2019. This is in support of Sir Eric Woodward School.

This is a must attend event.

<http://sirericwoodwardschool.com.au>

Sir Eric Woodward School (SEWS) offers a quality learning environment for students with learning and support needs across two delivery modes, Face to Face (F2F) and Distance Education (DE). It is a K-12 school that offers quality learning and support for all students. With a highly qualified and dedicated professional team all students are given maximum access to an extensive, engaging and rewarding curriculum.

When:

Monday 1 July 2019

Where:

Stonecutters Ridge Golf Club
86 Stonecutters Drive
Colebee NSW 2761

General Event Contact:

Phil Chant - Phillip_chant@ampbanking.com.au

Further Details:

Golfers see **Teams/Golfers** tab above for timings and details.

Dress Code:

For Golfers and Non-Golfers, dress throughout the Club is smart casual and in good taste.

The following types of clothing are prohibited anywhere on the golf course and in the Clubhouse;
Denim, cargo pants or cargo shorts, short shorts or board shorts, cut-off's, running shorts, tee shirts, singlet tops, tank tops, sweatshirts, bathing attire, warm-up suits, thongs.

Live Life Well @ School

FRUIT, VEGETABLE AND WATER BREAK



Budget crunching

Buying fruit and vegetables in season often means they will be cheaper and better quality.

May	June
Fruit: apples, banana, grapefruit, grapes, kiwifruit	Fruit: banana, kiwifruit, mandarins, grapefruit
Vegetables: broccoli, carrot, cauliflower, mushrooms, potato, pumpkin	Vegetables: broccoli, carrot, cauliflower, potato, pumpkin

For a full seasonal calendar, search 'seasonal produce' at healthykids.nsw.gov.au



Health
Northern Sydney
Local Health District

Live Life Well @ School

HEALTHY BALANCED LUNCHBOXES

Pack the core food groups every day to help kids...

GO

Wholegrain breads, grains and cereals give us energy to "go go go". Mix it up with sandwiches, rice or pasta.

GROW

Protein foods (dairy, meat/alternatives) help us grow healthy muscles, bones and teeth. Examples include egg, cheese, yoghurt, hummus, lean ham or tuna.

GLOW

Help kids shine bright by including fruit and vegetables. Try vegie sticks, salad in a wrap, fresh or canned fruit.

Choose to include water as the best drink!

For Go, Grow and Glow
lunchbox ideas, visit
makehealthynormal.nsw.gov.au



Health
Northern Sydney
Local Health District

Are you a **school leaver** or **someone** with a disability?

Discover the **pathway** that's right for **you** at the **Northern Sydney expo** for people with a disability



Join us at the **EXPO** to discover all you need to know about:

School Leaver Employment Support (SLES)
Education
Social Enterprise
Support Coordination & Plan Management
Apprenticeships & Traineeships
Disability Employment Service (DES)
Australian Disability Enterprise (ADE)
Supported Holidays
Community Access
and much more!

DATE: Wednesday 29th May 2019

TIME: 11am – 6pm

COST: FREE to Attend

LOCATION: THE CONCOURSE, Pavilion Room – 409 Victoria Ave Chatswood

WHO SHOULD ATTEND: Anyone with special need wanting to access community supports including Students, Parents, Guardians, Advocates, Teachers and Support Staff. We encourage all students and families to attend even if the young person will not be leaving school for several years as the information distributed at this event will enable you to make informed choices for the future.

