



*learning in partnership*

# Sir Eric Woodward School

## School contact details

address: cnr Ayres and Acron Roads St Ives NSW 2075    telephone: 9449 6003    fax: 9983 9334  
DESU telephone: 9988 0677    email: [sirericwoo-s.school@det.nsw.edu.au](mailto:sirericwoo-s.school@det.nsw.edu.au)    ABN: 98 951 675 254

# Sir Eric Woodward School newsletter

Term 3 2019

Week 8

11<sup>th</sup> September 2019

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## Principal's (relieving) report

Term 3 is hurtling to an end with fantastic learning and achievement happening in every corner of our school, including whether that's in a classroom, in the vege patch, or, for our DESU students, in student lounge rooms and beyond throughout the state.

One reason our students are able to succeed and thrive is that we have fabulous staff here at SEWS, ie our teachers, our administration managers and officer (SAMs and SAO), our School Learning and Support Officers, our General Assistant and our therapists. Our staff ALWAYS go the extra mile to ensure quality learning and the wellbeing of our students. It is a great pleasure to work in an organisation where people feel valued by their colleagues and the entire school community, and to know that we are all working together. Recently SEWS had the formal opportunity to show our appreciation of our non-teaching staff during SASS Appreciation Week. One way that we showed our appreciation for our SASS staff was to hold a 'sumptuous' morning tea. During the morning tea, SASS had a lot of fun playing a special game of Pass the Parcel and enjoyed being made to feel very special. As we said on the day, we 'thank you for everything that you do and appreciate the amazing effort you put in every day'.

Recently our teachers and SLSOs participated in a varied School Development Day professional learning session with Prue Clubb, SEWS speech pathologist. Prue presented a very informative and engaging workshop that extended our communication skills and confidence.

Our Covered Outdoor Learning Area (known as a 'COLA') is looking impressive as the structure rises above Ngalawa playground. The next phase will be to organise quotes for the slab area. We are all very excited about the fantastic learning, play and community event opportunities this space will open up for us.

Our pop-up canteen trial earlier in the term was a great success – so much so that we will be holding a second pop-up canteen in Week 8. The students and staff are looking forward to this engaging learning opportunity that has a tasty outcome!

SEWS Fun Fair on September 20th is drawing very near and the anticipation is growing. We are very excited to have the opportunity to spend a relaxed day of fun with students, their families and carers, and also with students and children from our larger community.

It has been very enjoyable to sit in the principal chair for a couple of weeks in Sian's absence. It has given me a great opportunity to spend more time with our face to face students, and to witness first-hand the joy and enthusiasm that all our teachers, SLSOs and administration staff bring to their roles across the whole school. I would also like to specially thank Louise N and Kylie on the front desk, and Brenda in DESU who have supported me as the relieving principal over the last two weeks. They have been tireless in their patience!

**Louise S**



*Thanks to Kylie, Louise N and (camera shy) Brenda for their patience!!!*



*Raymond joyfully hitting the road with Jodie*



*SAS staff enjoy a game during the delicious SASS Appreciation Week morning tea*



*PJ, Tom and Joshua J intently engaged in hands-on learning in SEWS vege patch*

## Deputy Principal's (relieving) report

### *Fun Fair*

What an exciting time of year to be at school! As the weather gets warmer, it is exciting to think that our **School Fun Fair** is almost here. DESU families are more than welcome and are encouraged to attend our Fun Fair. It will be a great opportunity to share time and a few laughs with families from across the school at a less formal event similar to our DESU excursions, which will resume in Term 4.

**Presentation Day** is coming up in Term 4. Following on from feedback on previous years we are investigating a change of format for the event. Its purpose remains the same, to celebrate the amazing achievements of our students over the year. Teachers and students are currently being asked for their views and now I'm asking for any **community feedback**. We are currently looking at three options:

Option 1: Keep presentation day the same

Option 2: Make some suggested changes to the current format – what changes would these be?

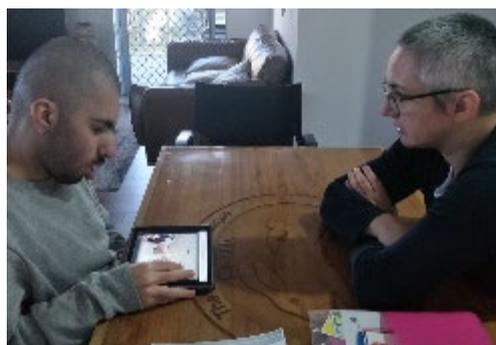
Option 3: Split the event into two: A student achievement event with more student performances and certificates and a **separate** 'Thank you to our community' event with mini student performances

If you would like to share your view about 2019 SEWS Presentation Day then please feel free to contact me with your choice or option or any other comments [charlotte.matthias@det.nsw.edu.au](mailto:charlotte.matthias@det.nsw.edu.au)

### *Field Trip Visits*

In other news, I would like to say how great it has been to meet so many DESU families this year on field trips. I realise that it can be daunting having another visitor in your home but I have to thank you for making me feel so welcome. It's been so useful to gain a better understanding of who our students are, know more about their needs and see the amazing things happening for student learning by our tutors. The process has helped the assistant principal better support teachers in their assessments and programing, meaning better results for students; two heads are better than one! It's been positive to be able to think up new learning focuses or transition ideas. It's expected that assistant principals will continue to make visits during the year so hopefully I'll meet you all one day!

### **Charlotte**



*Mohamed on a recent visit*



Sir Eric Woodward School Fun Fair, Friday 20<sup>th</sup> September 2019

school concludes, Friday 27<sup>th</sup> September 2019

school resumes, Monday 14<sup>th</sup> October 2019

school photo day, Thursday 31<sup>st</sup> October 2019

## birthdays



Happy birthday to Nathan L, Jacob L, Logan, Katana, Georgia, Toby, Daniel, Leroy, Ben, Jayden, Eve, Nate

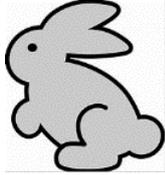
## SEWS FUN FAIR 20<sup>th</sup> September

The countdown is on for the school Fun Fair!

Friday the 20<sup>th</sup> of September 10am-1pm, the day will be packed with FUN and adventures for all.

Students and visitors prepare to enjoy these amazing events:

### Petting Zoo



### Giant Snookball



### Giant Darts



### Tug-of-War and Races



### Side-Show-Sandy games



### Putt Putt Golf



This will be followed by a sausage sizzle and ice creams while we listen to the amazing

Asquith Boys' Band.

There will even be face painting available!



The day is 100% free, come along and have fun, meet other parents, enjoy the competition and win a prize.

Only in the event of torrential rain will we be forced to postpone the event.

So get your permission form in and prepare for a SUPER FUN day!

## Doug's class

Congratulations to all our students for demonstrating such a strong commitment to learning this term.

I was fortunate to visit Harry recently to review his Personal Learning Plan and assess his learning. He competently used a mattock to prepare an area of his garden for planting some additional edible native plants. Harry now has his own lemon myrtle tree, native raspberry, and midgen berry. He is all set up to further explore the type of food that Aboriginal people have eaten for tens of thousands of years. Harry impressed me with his developing numeracy skills and knowledge, as well as his ability to identify the text that represents a range of colours. Great work, Harry!

Nathan is moving forward with his transition to post-school activities in the weeks ahead. He has produced some amazing work this year while demonstrating his vast knowledge of mining processes and construction sites. It has been a pleasure to work with Nathan and his tutor over the past year. We wish him all the best for an enjoyable journey ahead. Well done, Nathan!

Jayden continues to develop his range of sight words. He is participating in more cooking activities to increase his independent living skills. Jayden uses his knowledge of numbers to add the right amount of ingredients to each recipe. He drew the colourful picture displayed below when he was relaxing last week. Nice work, Jayden!

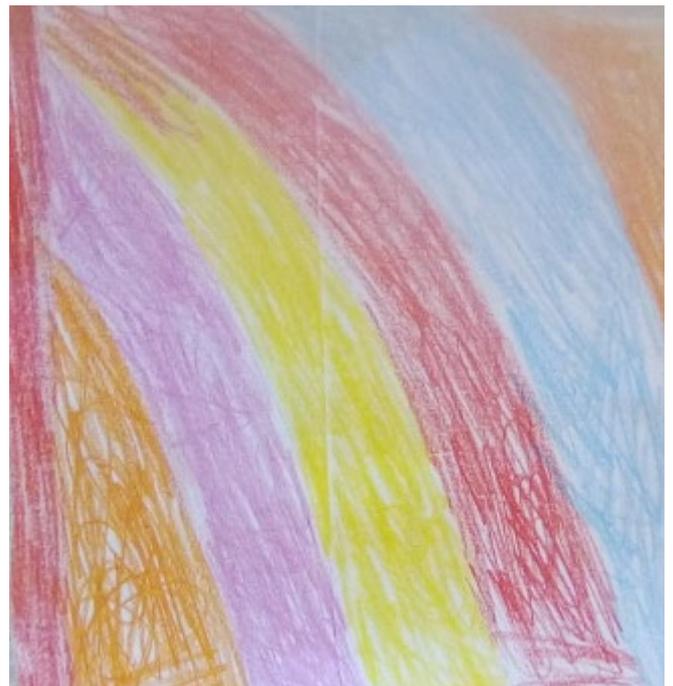
Andrew has been completing all his Set work in record time! He has demonstrated his dedication to his new job by completing his duties whether it is sunny or if it is raining. Andrew and I have had some great conversations on the telephone and is using excellent conversation skills too. Awesome job, Andrew!

Wishing all our students and tutors a safe and restorative holiday period.

## Doug



*Harry showcased his ability to correctly use some gardening tools during our recent field trip visit*



*Jayden created this picture in his 'chill out' time*

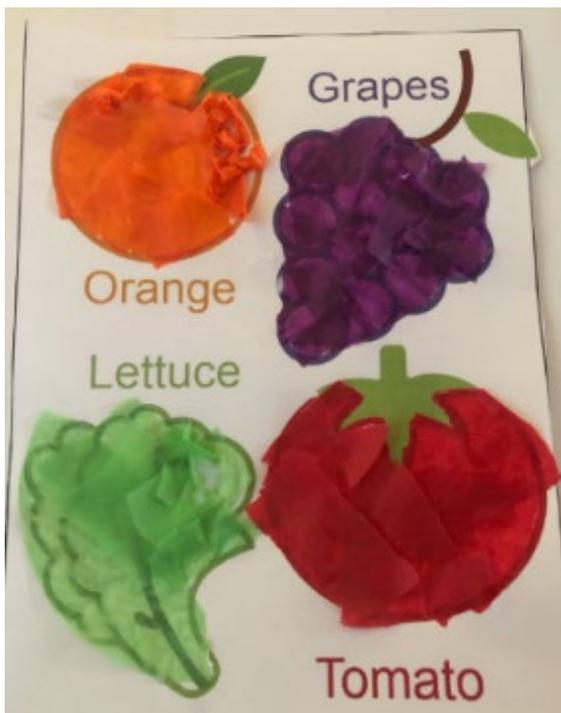
## Charlotte's class

I am excited to be visiting Katana next week so I can wish her a very happy 16<sup>th</sup> birthday! I'm hoping she will enjoy her new presents of Wubbles! These are great sensory toys that are popular with teens. I'm hoping that Katana loves them a lot as they are great for increasing hand strength as well as catching an interested eye. I will also be demonstrating Tacpac as another form of sensory simulation and a way of encouraging communication.

Nikolina is really loving having her dad home from a big trip. I heard that Nikolina's face lit up when she saw him, it's great to hear about Nikolina's emotional intelligence shining through. Nikolina has been busy creating a Father's Day card and a birthday card for dad. I hope he loves Peppa Pig as much as Nikolina!

Chris has been studying hard; despite having a break from school to compete overseas he was straight back into his reading demonstrating fluency and excellent decoding skills. Being a hardworking man of the world Chris has voiced an interest in completing his White Card training so he can get casual work on building sites in the future. It's always a proud moment for a teacher when the student takes control of their learning.

## Charlotte



*Katana's amazing artwork*



*Nikolina and her new Wubble*

## Karen's class

I spent a very pleasant day with Seth and his mum last week on my field trip. After doing some maths and English, we went for a walk to the local park where Seth showed me how adept he was at using all the equipment. I might even have tried out some of it myself! A big thank you to Seth and his mum for welcoming me as always into their home.

Jules has been busy as usual. She made yummy churros during her cooking class, attended work experience and went to the circus. She also found the time to finish sewing the felt fox that she is proudly showing in the photo. I think she has done a fabulous job!

Justin continues to impress me with his commitment to completing his Set work. The quality of his work is consistently improving and he has shown significant progress in all key areas. He is really enjoying expressing himself through his visual arts activities and has created some interesting artworks using different techniques and materials.

Nate recently celebrated his 16<sup>th</sup> birthday. I know he was counting down the days and had requested a Fireman Sam cake. A big happy birthday Nate, I hope you had the best day.

## Karen



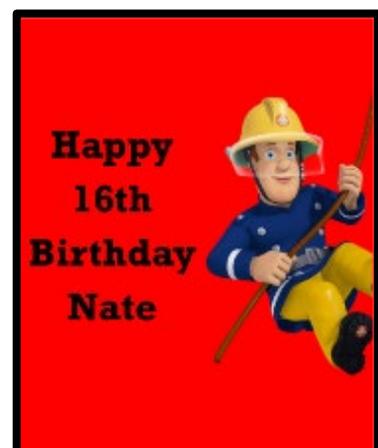
*Jules' felt fox*



*Seth having fun in the playground*



*Justin's masterpiece*



*Birthday wishes for Nate*

### Class 3

Students in Class 3 have been working hard on their literacy and numeracy skills. *They're* practicing homonyms in meaningful examples in *their* writing. *There* has been a fresh understanding with so many examples to practise.

Our iPads have been a very motivating and useful tool during reading group time, allowing each student to read and respond to a wide variety of texts at their own level.

In maths Class 3 have been working on multiplication and division. This has also included representing area using cubes to show volume is constant despite the arrangement of a given number of blocks.

Interpretation of maps involves many skills, not the least is reading a key and a grid, understanding directions, plotting moves, planning and decision making. The many purposes and uses of maps are being explored, including those that show the continents, climate, habitats, as well as our local area and special places we visit. Students are working towards using a map during an excursion early next term.

### Ms Lee & Ms Jennie



*PJ, an expert 4-leaf clover finder!*



*Dylan used cubes to make shapes*



*Sam answering questions on the iPad*



*Tom built an interesting shape*

## Melissa's class

This has been a wonderful term with many outstanding achievements in my class. During the last few weeks I have had the opportunity to witness these achievements first hand during field trips and student visits to the school.

Last week I visited both Logan and Braydon for a field trip. Logan is close to graduating Year 12 and we were busy preparing for life after school. Logan has found a wonderful post school program and after visiting to discuss the program Logan told me that he is very happy and he would like to start as soon as possible. I am so excited for Logan's future and I look forward to supporting him and his family during his final months at school.

After many months of hard work I am pleased to announce that Braydon has achieved his White Card. Whilst the course presented many new challenges with the various tasks required, such as answering 103 short answer questions and a video and audio assessment, Braydon persevered, thrived and has achieved. Now that he has achieved his White Card, it will open many opportunities for future work in the construction industry. I couldn't be more proud and I know that Braydon's family feel the same.

Alicia has also been busy completing her work. Alicia continues to learn about a new sound each week and I love the pictures of different types of food she found for her 'f' themed artwork! She has also been using her iPad to assist with her literacy program and has found several apps that she regularly uses to practise her sounds.

Ethan has been working very hard to complete his schoolwork. In addition to all the free time reading he does, he has already finished the first book in the Weirdo series by Anh Do and is now waiting for the next book to arrive in his Set. In addition to all the reading, Ethan has been thoroughly enjoying learning his spelling words each week. He loves playing memory with his tutor and I hear that he always wins!

## Melissa



*Ethan playing memory*



*F is for Food!*

## Dawn's class

Well done everyone for working so hard this term. I am amazed at how much work is completed by the DESU students. Dawn returns in two weeks and I am sure she will be happy with the progress made.

Izack has continued to work hard this term. His handwriting, reading and maths skills are improving each week and he has completed some fantastic artwork using watercolours. With all this activity underway, he still has time to get in the kitchen and cook sausage rolls. Well done Izack!

Nadine has been very busy helping her mother at the markets and enjoying lunches by the river. She has been working hard on her English and maths programs, which we practise during React lessons. It's great to see Nadine getting out in the community as well. She recently visited Ballina beach as part of her history and geography lessons and enjoyed an amazing lunch by the sea with friends and family. Well done Nadine, keep up the good work!

Ben is flying through Naplan maths and English and is enjoying learning about different countries in geography. Ben has continued to create some very interesting dishes with his dad in the kitchen, including a chocolate cake in a mug (shown below). Ben's digital literacy skills are also improving. He submits some of his work online, which is great practise for ongoing education and general life skills. Well done Ben. Enjoy the new trampoline!

Congratulations everyone. A great effort this term.

## Linda



*Ben's latest 'Masterchef' creation*



*Nadine enjoying lunch by the river*

*Izack's watercolour*

## Deborah's class

Bethany has been developing her fine motor skills by using both hands to bring kitchen utensils together to make musical sounds. She has also been enjoying regular community access visits, including the Book Week celebrations at her sister's school.

Ramona has been making great progress in her maths program; continuing two-colour patterns with minimal support.

Tommy has commenced a new topic in science, where he is observing and recording the specialised functions of ants.

As this will be our last newsletter for the term, I'd like to wish my students and their families a well-earned break in the school holidays!

## Deborah



*Bethany's flower collage*



*Bethany attending Book Week*

## Nicole's class

Since the last newsletter I have travelled across NSW to visit Chris and Cruz on a field visit. It was wonderful to spend some time with both these students in their respective communities. Chris visits a support provider centre in town each week, so it was great that I had the opportunity during my field visit, to be able to tag along with him and his support worker and spend the afternoon there. One of the many things Chris does while visiting this centre is work on his fine motor skills. I was very impressed by Chris' fine motor skills and how he carefully used a pair of tweezers to pick up small balls.

All my students have been busy working on their programs this term, with Jayden continuing to excel with his addition skills. Cruz will soon be getting a new car seat, which will make a big difference to her comfort when she travels with her family in the car.

I would also like to wish Eve a very happy birthday for earlier this September.

Recently, I braved the chilly weather and travelled with two other DESU teachers, Sharon and Rama, for the *Distance Education Special Education Network Meeting* at Queanbeyan. Distance education teachers from all over NSW came to this meeting to share resources, ideas and distance education teaching practices.

## Nicole



*Chris developing his fine motor skills*



*Chris using the computer at his local library*

## Class 5

Class 5 have been busy with a variety of art activities using different textures and painting methods. The students created paintings of Uluru as part of their geography lessons and medieval knights after learning about England. A popular activity each week is our bocce tournament with Class 6. Yash has made some very strategic moves to assist his team for the win on a couple of occasions! The students have been working hard on their learning goals as well as enjoying Tacpac music with Kiri each week. Oliver has been very relaxed participating in our weekly swimming lessons and Tele has enjoyed his floor time with switching activities. We are all looking forward to sharing SEWS Fun Fair with our families and carers!

**Lisa, Christine & Tanya**



*Oliver participating in our bocce tournament*



*Uluru inspired art*



*Yash playing bocce*

## Amanda's class

All the class are enjoying the warmer weather now spring is here. During weekly phone calls, we enjoy hearing about their progress as they work towards achieving their Personal Learning Plan goals.

Ray enjoys having his morning tea at the park or the beach. New sensory equipment is being installed in his garden which will add to his sensory diet. Very exciting, Ray! Jacob and Ray both enjoy sensory activities. Jacob recently completed the painting of a boomerang in traditional Aboriginal colours. He then enjoyed the tactile experience of the wet paint on the textured tabletop.

Kayla is continuing to develop her communication skills. She regularly combines two symbols on her communication device to make requests and comments on the world around her. She is beginning to independently hold paintbrushes and markers, and has created some lovely art works.

I (Kiri) have just returned from a field trip with Toby. It was a great day. A little windy and cool but lots of fun with a visit to the Koala Park. Toby was very interactive with the birds in particular and was able to make a number of the birds say 'hello' and to also dance. We saw wombats, emus, kangaroos with joeys, sheep and a lamb, goats, geese, dingoes and the stars of the day were the koalas. Toby was able to fulfil one of his dreams when he was given the opportunity to pat a koala. He was so brave and the koala fur was so soft. What a great day out!

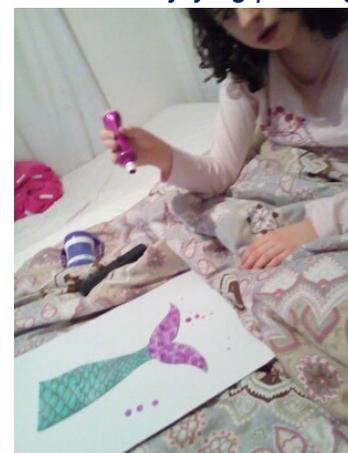
## Amanda & Kiri



*Toby fulfilling his dream!*



*Jacob enjoying painting*



*Kayla independently using a marker*

## Sharon's class

I have been excited to hear of the progress Leah has made making choices using her visuals; she has explored her environment using her senses and interacted enthusiastically with carers. Well done Leah!

Leroy celebrated his 18<sup>th</sup> birthday and was keen to tell me all about his birthday preparations. Leroy packed up his old toys and games as he investigated what it means to be an adult. Happy birthday Leroy!

Ethan had an exciting visit to the local fire station where he learnt how the fire officers could help protect him during bushfire season. He was fortunate enough to ride in the fire truck to a nearby town. I could not believe it when Ethan told me that two days later they actually had a visit from the fire brigade when a fire broke out in the scrub near his home. I am glad to know Ethan is on the ball and alerted his mother to the blaze.

Sharif has enjoyed interactions with family members in his home environment.

Wishing students and families a restful and enjoyable break.

## Sharon



*Leah created a winter theme art*



*Leah enjoyed using her hands to create her artwork*

## Class 4

Class 4 has had a busy few weeks since the last newsletter. In PDHPE we have been learning about road safety and how to spot dangerous situations. It is great to see how engaged the boys have been. In science, we have conducted experiments to investigate the properties of light. Students have been able to describe how light travels, and identify materials as transparent, translucent or opaque. Using mirrors students have had fun experimenting with reflecting light and also showing how light is refracted in water. Using the class iPads, students have engaged with making observations about their findings.

Last week, the school took delivery of a therapy stand and hammock/ wrap. The stand is to be used for calming and organising activities and has been an instant hit with students. Student comments included 'this is really calming'. If you haven't already seen photos of students from Class 4 using the equipment checkout more photos on the school's Facebook page. A further stand and accessories will be purchased to accommodate students across the school.

Father's Day was a highlight during Week 6 with Hayden and Tadhg managing the taking of money. The exercise gave students an opportunity to practise 'small talk' and greetings. The stall always creates great energy and excitement among students.

This week Class 4 will also be organising the second pop-up canteen. While being able to order food at school remains a novelty, important money skills are also being developed.

It is hard to believe this is the last newsletter for the term! Thank you again to our families for all your support. It will be Term 4 before we know it!

## Sue & Paula



*Students collaborating on a science investigation*



*Darcy tests the sensory swing*



*Reflection in action*



*Complete focus!*

## Barbara's class

Alex remained relaxed and happy during some recent family outings, even though it was a change to her routine. Alex enjoyed a big car trip to Dubbo with her siblings and also a Fathers' Day lunch at a local RSL club. During the lunch, Alex stayed seated in the lounge area, ate her food with minimal support, and smiled through the whole event!

Azra has enjoyed playing a new game using a Talking Tile switch. She is assisted to press the switch to ask the question, 'What's in the bag?' and then becomes excited when the surprise in the bag is revealed. Azra is continuing to work on communicating 'stop' and 'go', but has swapped from using laminated symbol cards on a clip board to using the much more engaging *GoTalk NOW* app.

With Fathers' Day and several family birthdays just passed, Georgia has had quite a few opportunities to work towards her new social skill goal of giving a gift. Georgia's clever tutor came up with the idea of also playing 'pass the parcel' as a way to regularly practise handing over a package, then waiting and attending as someone else opens it. Georgia also had plenty of her own presents to open during extended 16<sup>th</sup> birthday celebrations last week. After viewing videos of birthday events when she was much younger and excitedly blew out candles, Georgia seemed to be able to overcome some of her recent fear of birthday candles and enjoyed her spectacular cake.

I had a very interesting visit to Jacob recently, which started with a Tai Chi lesson! I was able to observe Jacob from the back of the class and appreciated how tiring the positions and concentration involved must be. Jacob has become very good at introductions, introducing me to his Tai Chi instructor and his carers. Jacob's handshake grip is also becoming firmer – someone gave him the tip to press down firmly with his thumb, rather than crush with his fingers!

## Barbara



*Azra doing upper body lifts*



*Jacob greets his Tai Chi instructor*



*Georgia giving a gift to her dad*

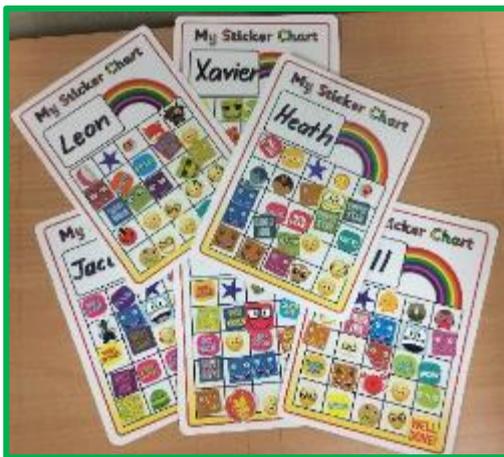
## Class 1

Last term the boys all agreed to have a popcorn, pizza and/ or burger party as soon as everyone completed their sticker chart. In Week 6 we reached our goal as each student had 25 stickers! To make it fair we all voted and won ourselves a pizza and popcorn party. We rolled out the dough, put our preferred toppings on, popped our pizzas in the oven and snacked on popcorn while we waited. We have already started our second sticker chart, so hopefully Term 4 will have a burger party in store for us!

Last week, because of our hard work, we also received a whole class award during assembly *'For their collective effort in taking responsibility for their own learning through improved focus, persistence and managing their feelings'*. Let's keep up the good work!

During the past two weeks (before the hectic winds), we had such beautiful weather outside that we decided to take both our music and art lessons outdoors. We played the ukulele and xylophones on the grass on Wednesday. On Friday we did some watercolour landscape painting in the playground. It was a very calming and peaceful painting session...just the thing for a lazy Friday afternoon.

### Nina & Anita



*We did it!*



*Exploring with watercolours outside*



*Yummy pizza!*



*Trying out our new sensory equipment*

## Class 2

A couple of weeks ago Class 2 said goodbye to Kaitlyn who left as she secured a permanent job in a very different industry. Kaitlyn has been greatly missed but we wish her all the best in her new career!

Class 2 are continuing with their unit on reducing, recycling, and reusing waste. We have created bees wax food wraps which were sent home for Father's Day and also turned 1.8 kilos of ripped paper into recycled paper products such as bookmarks and a wall display. All students enjoyed the sensory aspect of this task touching the dry ripped paper, feeling the water as it was poured onto the paper, squishing the paper mulch through their fingers, and patting it with their hands into the paper frame used for drying the mulch. The students had to be very patient as our new recycled paper took a week of sunny weather to dry.

### Jo & Trish



*Quinn feels the dry ripped paper*



*A bird's eye view of the wet paper!*



*Raymond presses the paper mulch into the drying frame*



*Kaitlyn is enjoying her new job!*

## Rama's news

We are nearly at the end of term and all my students have been working very hard on their school programs.

Tyson is becoming adept at cooking his lunch. He follows the visual board and remembers to wear his apron and follow safety procedures when he is cooking. Tyson is learning about capacity and is able to identify the capacity of different containers. He uses the Clips app on his iPad to create videos of all the numerous activities he participates in throughout the week. He chooses the poster, inserts photos, emojis and music while creating his video! Amazing effort Tyson.

I visited Mohamed and his lovely family earlier this term. Mohamed is very musical and enjoys his bi-weekly vocal music lessons. Mohamed knows the number for emergency services, as well as his parents' and sister's mobile numbers. He likes visiting the local shopping centre and logged onto his iPad to correctly identify the goods that he can purchase at certain outlets. Well done Mohamed.

I enjoy receiving emails from Isabella and reading about all the amazing activities that she participates in through the week. During our weekly telephone calls, Isabella confidently communicates with me. She was very excited to meet her new baby cousin and was happy to share the news with me when we spoke on the phone. She enjoys needlework, and is completing her first tapestry project! Fantastic effort, Isabella.

Fionn is very articulate and I enjoy our weekly conversations during which he tells me all about his week. As part of his SVET course, he has learnt about the personal protective gear that he has to wear when he is working with pesticides, to prevent him from inhaling toxic fumes. Fionn is interested in mushroom farming and is gaining valuable experience by working a couple of hours a week on a mushroom farm. Fionn went panning for gold with his NDIS mentor and found 'fool's gold'. He is receiving driving lessons and hopes to take his driving test at the end of the year. Superb effort, Fionn.

I would like to thank all my students and their families for their commitment to their school program and wish all my students and their families a very safe and happy holiday.

## Rama



*Tyson cooking his lunch*



*Isabella is learning tapestry*



*Mohamed using picture cards*



*Fionn panning for gold*

## Louise S's class

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

Summer is showing greater independence at home and in the community. She helps out at home by sorting the recycling, and uses the self-serve checkout at the library to borrow books. Summer's tutor has set up an obstacle course in the garden and Summer is learning to step over objects in front of her. She is practising sight words every day, typing them on the computer and putting them into interesting and thoughtful sentences. Thank you for your enthusiasm Summer!

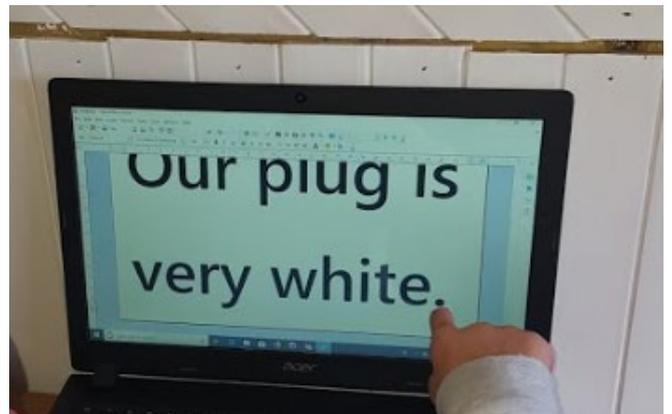
Ned has been helping his dad to build an extension at home, getting some real life work experience and practising his functional maths skills at the same time. Ned loves to cook and makes a healthy meal each week for his family. Ned has been working hard on his sight words and it is certainly paying off, as he demonstrated during our REACT lesson. He also showed off his artwork in progress – a wire sculpture of a figure in the style of Henry Moore. I look forward to seeing the finished product!

Louise recently travelled to the Broken Hill region to visit Ashainte and had a really interesting time. It was great for Louise to meet with Ashainte and her tutor.

## Carolyn



*Louise visited Ashainte in the Broken Hill region*



*Summer typed sentences using her sight words*

SEWS would like to say a very special thank you to all parents/carers for considering the health and well-being of all our students (and staff) to keep your unwell child at home – **THANK YOU**

## Too sick for school?

school  
A to Z



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.

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



Information provided by NSW Health.

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<b>Hepatitis A</b>	Often none in young children; sudden onset of fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.	 ... <u>for</u> 2 weeks after first symptoms (or 1 week after onset of jaundice). Contact your doctor before returning to school.
<b>Hepatitis B</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), <u>dark</u> urine.	 ... <u>if</u> they have symptoms. Contact your doctor before returning to school.  ... if they have a chronic infection (not the <u>first</u> outbreak) and no symptoms.
<b>Impetigo</b> (School sores)	Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.	 ... <u>until</u> antibiotic treatment starts. Sores should be covered with watertight dressings.
<b>Influenza</b>	Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.	 ... <u>until</u> well.
<b>Measles</b>	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.	 ... <u>for</u> at least 4 days after the rash appears.
<b>Meningococcal Disease</b>	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.
<b>Molluscum Contagiosum</b>	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.	
<b>Mumps</b>	Fever, swollen and tender glands around the jaw.	 ... <u>for</u> 9 days after onset of swelling.
<b>Ringworm*</b> (tinea <u>corporis</u> )	Small scaly patch on the skin surrounded by a pink ring.	 ... <u>for</u> 24 hours after fungal treatment has begun.
<b>Runny nose or common cold</b>		 ... <u>unless</u> there are other symptoms such as fever, sore throat, cough, rash or headache. Check with school.
<b>Scabies*</b>	Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.	 ... <u>until</u> 24 hours after treatment has begun.
<b>Shigella</b>	<u>Diarrhoea</u> (which may contain blood, mucus and pus), fever, stomach cramps, nausea and vomiting.	 ... <u>until</u> there has not been a loose bowel motion for 24 hours. Antibiotics may be needed.
<b>Slapped Cheek Syndrome</b> (Parvovirus B19 infection, fifth disease, erythema <u>infectiosum</u> )	Mild fever, red cheeks, itchy lace-like rash, and possibly cough, sore throat or runny nose.	 ... <u>as</u> it is most infectious before the rash appears.
<b>Whooping Cough</b> (Pertussis)	Starts with a running nose, followed by persistent cough that comes in bouts. Bouts may be followed by vomiting and a whooping sound as the child gasps for air.	 ... <u>until</u> the first 5 days of an antibiotic course has been completed. <u>Unimmunised</u> siblings may need to stay home too until treated with an antibiotic.
<b>Worms</b> (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.	 ... <u>and</u> 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



# LIVING WELL PHOTOGRAPHY COMPETITION 2019



1st Prize: \$300

2nd Prize: \$200

3rd Prize: \$100

## THEME: MY TRIBE

We are social beings. We connect and interact with people and places that we feel close to. Environments where we feel safe, secure, strong or supported. We are seeking photographs that portray people that you feel comfortable around and/or places that you feel comfortable being. It could be your family, relatives, friends or an iconic person in your life. It could be an event that you attend, gathering that you hang out at, or a place that you visit to refresh and be inspired. Tell us about the people and places where you feel acknowledged, accepted, loved by submitting a photograph with a title and description (maximum 100 words) that captures your idea.

SLHD Staff Award \$100  
Technical Award \$100

**FREE ENTRY**

## Information & Registration

<https://www.slhd.nsw.gov.au/MentalHealth/photocompetition.html>



**Health**  
Sydney  
Local Health District

Submission By  
**30.09.2019**

# Live Life Well @ School

## MEAL TIME CONVERSATION

Meal time conversations can be a time to develop healthy eating behaviours and encourage food exploration.

Child centred nutrition phases and repeated exposure to foods can develop kids willingness to try healthy foods.



### Try some of these:

- Eating your greens will make you run faster
- Whole grains help you jump high
- Broccoli trees make you strong

More healthy eating tips at  
[healthykids.nsw.gov.au](http://healthykids.nsw.gov.au)



Health  
Northern Sydney  
Local Health District

# Live Life Well @ School

NSW HEALTHY SCHOOL CANTEENS ARE...

## Using the Health Star Ratings

Health stars  
are on the  
front of many  
packaged  
foods.



Fresh is  
best, but  
when buying  
packaged  
food use the  
health stars.

Discover more at:  
[healthstarrating.gov.au](http://healthstarrating.gov.au)  
[healthyschoolcanteens.nsw.gov.au](http://healthyschoolcanteens.nsw.gov.au)



Health  
Northern Sydney  
Local Health District

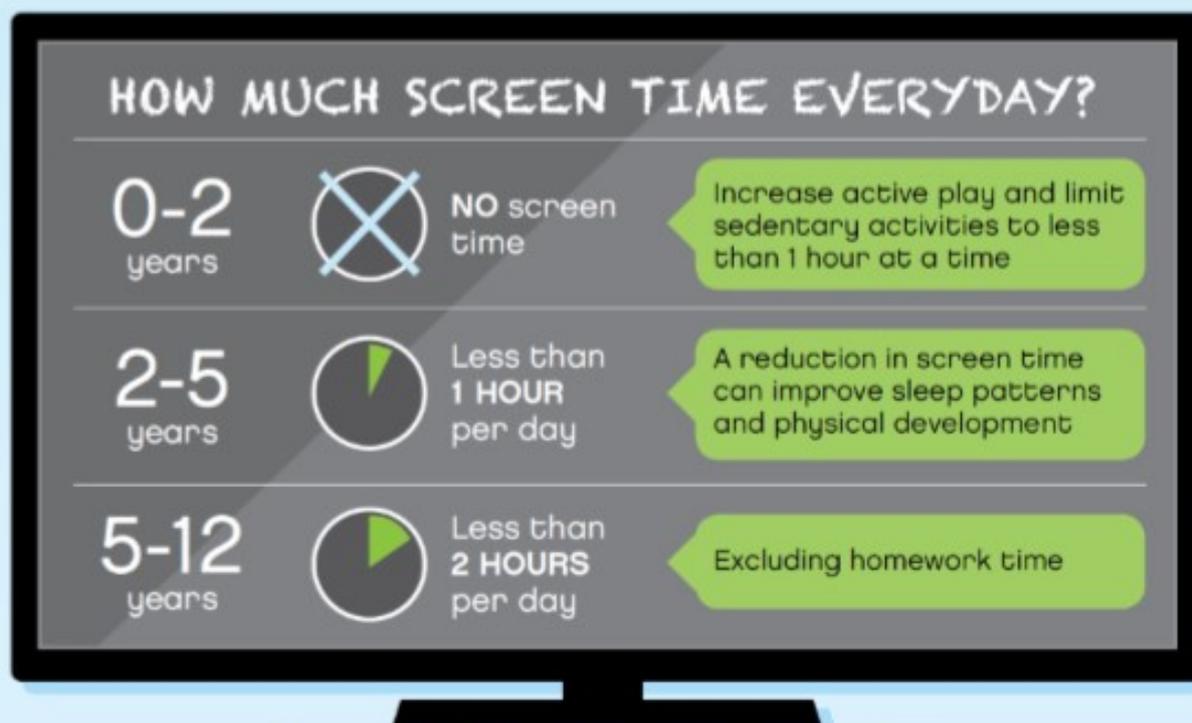
# Live Life Well @ School

## TURN OFF SCREENS + GET ACTIVE

Screens can be great for learning, play and communication.

Too much screen time can be unhealthy.

***Try to sit less and move more!***



\*\* Based on Australia's Physical Activity and Sedentary Behaviour Guidelines 2014

### Types of screens?



TV/DVD/BLURAY



Computer



Game Console



Tablet/Portable Games



Phone



Based on WSUHD Screen time poster

More information at:  
[healthykids.nsw.gov.au](http://healthykids.nsw.gov.au)



**Health**  
Northern Sydney  
Local Health District

# School Holiday Activities



## Free activities for primary school students at **The Reserve Bank Museum**

Students will receive an interactive presentation on banknote security features and get a sneak peek at the new uncirculated \$20 banknote. They will also be taken on a guided journey through the Museum and learn about the history of Australia.

### Cost:

Free (Registration essential)

### Booking Information:

- Expressions of interest are now open for the Spring school holiday period.
- For further information, session times, and to register your child please visit the Museum website.
- Registrations will close on 20th September at 5.00 pm.



[museum.rba.gov.au](http://museum.rba.gov.au)



[museum@rba.gov.au](mailto:museum@rba.gov.au)



(02) 9551 9743



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**Tuesday 3rd December 2019**

**10am - 1pm**

**PCYC Marrickville**

**531 Illawarra Rd, Marrickville**

**Limited places available.**

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

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