



Principal's News

Hard to believe that one term is nearly over and only 3 terms to go! Staff are not only busy with students and programs but also presently undergoing their twice yearly Supervisory Meetings, when they report to their supervisors about their work, their professional learning and make targets for development of their skills.

We are fortunate to announce that Arianne McCombie has been successful at interview for our Assistant Principal position which was made vacant with the retirement of Robyn Talbot. Arianne is well known at the school and is not only an excellent teacher but has amazing technology skills. Congratulations to Arianne and to us for securing her as an Executive at the school. My thanks to the Selection Panel for their work during the interview process. In term 2 we will be advertising 2 teacher positions made vacant by the transfer of Louise Evans at the end of 2013, and the teaching position made vacant with Arianne's promotion.

Many of our students attend additional ABA therapy sessions and I have been asked by parents about our view of the therapy. To clarify, ABA (Applied Behavioural Analysis) techniques are the basis of how we program and instruct. ABA has its basis in a Behavioural Psychology which involves, breaking tasks into component parts, utilising reinforcement schedules, data driven decision making, discrete trial instruction and functional analysis of behaviour. All these techniques are used at Fisher Road, however we do not apply these as rigidly as is usually done in strict ABA therapies. We have a very functional approach to instruction as we believe (and is supported by the research evidence) that, for students with intellectual disabilities, learning in real situations is more effective and that learning to generalise skills (use a skill in different situations) is critical to learning. If a student cannot use a skill repeatedly, with different people in different situations then that skill cannot be classified as a "learned" skill. We have no problems with parents engaging in external therapies as long as we are kept in-the-loop with what is happening and not too much time is spent away from school to attend such therapies. We are presently working on a framework so we can have ongoing contact with therapists who work with our students and also working on having shared websites to communicate this information. More on that in term 2.

Our Annual School Report for 2013 is now available on our school website:

www.fisherrd-s.schools.nsw.edu.au .

If you do not have access to the internet please write in your child's communication book and a hard copy will be sent to you.

Wishing everyone a safe and enjoyable Easter break.

Dates to remember:

April 11th Last day of term1

April 29th First day for students Term 2 (staff have a School Development Day on 28th)

March 31st- April 4th –Swim week (parents to visit swim sessions)

April 11th Junior Easter Hat Parade.

From The Office

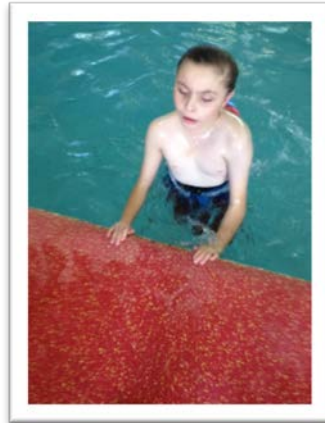
Please note the uniform shop is not open all the time. We advise you when it is open and give a date when the shop will close again, to enable the office to process orders and manage our suppliers. We are still trialling this process but if we leave the shop open 24/7 then orders and payments from parents will sit in the system for a longer time. As we do not have the community of a larger school, it is impossible for uniforms to be ordered weekly or monthly, unless parents want to pay a surcharge to cover additional costs associated with this. Please phone the office if you are in urgent need of a uniform item or need assistance with ordering on-line. **You will not be able to access the site when the shop is closed.** All the information on accessing the uniform shop is available on our website under the "About Us" tab.

We will be selling Entertainment Books again this year. Be sure to buy your book from us.

Class NS

Swimming is a very important activity and is a great leisure skill as well as being an excellent form of exercise. The students in Class NS practise a variety of exercises and games designed to improve their fitness, their lower body strength and their walking skills. They also love having free time at the end of the session to be able to splash, kick and jump up and down in the pool. In the photo below you can see James enjoying the swimming session.

Nick, Fran and Monika



Class RR

We were so pleased that Angelina was chosen as our Class Captain. Although she was inter-state for the day of the Special Assembly, she had her very own ceremony at the Junior Assembly and we all made a big fuss of her.

Angelina now has to do jobs around the school, and very importantly, ensure that Tess the Fisher Road School therapy dog is down at the gate to farewell students in the afternoon. So far she is doing a great job.

Ruth & Carmel

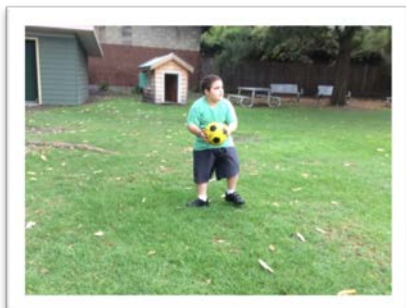
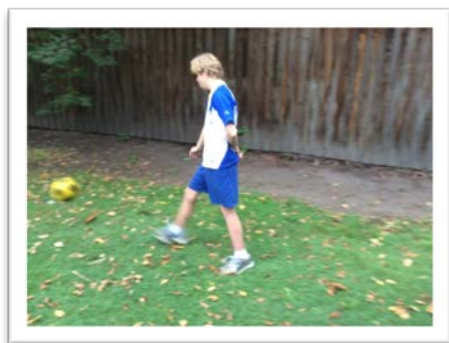


Class AM

Class AM had a great time at harmony day. It was a great morning with all sorts of sports set up and the whole school involved, including Tess.

Dressed in sports shirts all students from AM enjoyed a game of soccer ending with a feast of cut up oranges.

Arianne, Sue & Jenny



Seniors CW & JP

Seniors have been accessing the community to go on a nature walk. So far we have been going on regular trips to Jamieson Park at Narrabeen Lakes and reached our goal of walking four kilometres on the track there and back. Our next adventure was walking along the track to the lookout at Griffith Park, Long Reef. At Long Reef we enjoyed looking at the view, watched ships out at sea and stopped to watch the parasailing on a windy day. We also ventured down the stairs to the point at Long Reef and watched the birds on the rocks. Our weekly walking is great exercise and improves our muscle tone and fitness.



Class LE

Class LE enjoy our sensory art sessions which offer the opportunity to manipulate paint and other tactile materials, we do get messy at times but that is all part of the experience. Taking advantage of the lovely weather last week we ventured down to the oval to take turns on the Liberty swing. Last week we planted green peas and look forward to watching them break through the soil and grow.

Virginia and Di



Class TH

Integration to Forest High School (FHS) started this month for Class TH. Two different year levels (Years 7 & 8), have been assigned to work alongside our students. So far, we have attended an 'Arts' lesson, as well as a 'Textiles' lesson. Class TH have been able to demonstrate their artistic and fine motor abilities, supported by the assistance of their Year 7 and Year 8 peers. Some fabulous design work has been carried out. The final product is yet to be revealed!

Trish & Sue



Class MP

Bush walking on Mondays has given Jasper, Geoffrey, Arun and Henry freedom to move around and enjoy the beauty of nature. The Billarong reserve wildlife sanctuary at Narrabeen offers a variety of native plants, birds and the lake. All four are attempting to walk from Billarong reserve wildlife sanctuary entrance to Deep Creek and back. Hopefully, we'll succeed such attempt before this term ends.

The park around the reserve is also a good place where our students interact with other children. Arun enjoys using the swing, Henry and Geoffrey love the slippery dip and Jasper is only starting to enjoy himself when using the see-saw. They are all well-behaved when using the public facilities.



Class MT

Every Tuesday class MT and JM join together for a joint cooking session. This term we have been making healthy homemade pizzas. We use wholemeal lebanese bread bases and the toppings used are red and green capsicums, mushrooms, pineapple, tomato paste, ham and cheese. The students all take turns at cutting and preparing the raw ingredients before we assemble the pizzas. Both classes then sit together at a big table to eat the pizzas.

Matt, Julie and Sue



Class JM

Class JM is looking very bright and colourful as we continue with our ocean theme. The students have been very busy participating in painting and sponging activities. We have made some paper plate fish and have created some cute little jelly fish to hang in our display. Painting has become a favourite activity for a couple of our students. We are also looking at the colour yellow at the moment and have been discovering many items that are yellow. As you can see, Lachlan took a liking to the yellow laughing toy!

Julie & Sue



Three Beans Coffee

A big thank you to the 'Three Beans' coffee shop in Balgowlah (near the new Woolworths). They were very generous and shouted our senior shopping group chocolate milkshakes this week.

What a wonderful business with friendly staff, great coffee and delicious milkshakes!!

Lion King

Have a look at this link for information on an autism friendly performance of the Lion King.

<http://www.disney.com.au/lionkingautismfriendly/>



Healthy Eating

Is dried fruit OK for Crunch&Sip*?

Although fresh fruit is the best choice, a small amount of dried fruit (eg sultanas or apricots) is an acceptable Crunch&Sip* option.

Dried fruit tends to cling to the teeth, so is best eaten with a meal or when a toothbrush is handy.

NOTE fruit straps, bars or rolls are NOT permitted as they contain large amounts of sugar.



Building healthy habits

Children are learning habits that will often last them a lifetime. Consider the following:

- Breakfast is important. Children who eat breakfast have better concentration. Eating breakfast can reduce snacking on high-energy foods in the afternoon in both adults and children.
- Be realistic about the size of the serve you offer children. Forcing children to finish what is on their plate when they are not hungry may lead to overeating and/or strong food dislikes.
- Avoid giving children processed snack foods high in sugar. Encourage brushing teeth in the morning and before bed to develop good dental habits.



Fisher Road Stars

Group RR

*Jordan – Participation in assembly

Group MP

*Henry – Participation in music

*Arun – Independently posting blocks

Group JM

*Lachlan – Good sensory work

*Ben – Participation at Integration

Group MT

*Finnian – Staying with a group

Group CW

*Neri – Work Skills

Group NS

*Eddie – Good kicking in the pool

*Dylan – Good PECS work

Group LE

*Emily – Great walking

Group TH

*Thomas – Great swimming

*Harrison – Independence in canteen

Group JP

*Chelsea – Great tea making

*Emily – Buttering sandwiches

Here is a letter from two high school students that spent time here at Fisher Road

LORETO KIRRIBILLI



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Dear Caroline White,

Thank-you so much for allowing us to experience and take part in the Fisher Road School community. We can see that this is more than just a school but a place where students can feel safe and families can feel supported. The staff are lovely people who we know do everything they can to maintain this supportive atmosphere. The experience was eye-opening and some of the time difficult to witness but also heart warming and it will stay with us and continue to inform our ideas about disability.

We know these children will be so much better off for the services Fisher Road School have provided them.

Many thanks and the best of luck in the future,

Eliza Baume, Georgia Berriman





- ▶ Kindifarm
- ▶ Sausage Sizzle
- ▶ Spinning Tea Cups
- ▶ Arts & Crafts
- ▶ Reflexology

Face painting,
crazy hair, tombola,
books, lucky dip,
toys, sensory room,
trampoline, games,
clothing, jewellery,
badges and lots
more!



For more information:
Ph: (02) 9454 8359 or
Email: vbschool@autismspectrum.org.au

Avalon Recreation Centre

59a Old Barrenjoey Road

Sunday, 6th April

10:00am - 3pm



Fundraising Sausage
Sizzle and Auction
for 'Rallying for Ruby'

Clothing, Toys, Homewares,
Jewellery, Gifts and Much More!

Children's Craft Activities, Crocodile Encounters

Easter Hunt, Face Painting and even a

Special Appearance from Dora the Explorer!



Easter
Northern Beaches Mums ^ Market

Come and Support your local Mums in Business whilst doing your Shopping and Entertaining the Kids!

Like our page to be updated with stalls and entertainment www.facebook.com/NBMumsMarket