



Fisher Road School Newsletter

2015 . Term 1 . Week 4

STUDENT Events

**T2 - Wk 1
School Resumes
for students
Tuesday 21st
April**

**T2-Wk1
Friday 1st May
Anzac ceremony**

PARENT/CARER Events

Term 2 Week 2

Wed. 29th
April

Post School
Options
Information
Night
(Transition)
Year 10, 11 &
12

6.30-7.30pm

* Receive the NEW
Fisher Road School
Transition Meet
Lin Strauchan DEC
Transition Teacher
& talk with Fisher
Road teachers re-
garding the tran-
sition process.

Wheel-a-thon

On Monday 23rd March, Fisher Road School supported National Ride to School day by holding a school Wheel-a-thon. Students rode bikes, scooters, wheelchairs and go carts around the oval with help from staff and the students from SHORE school.

Students were sponsored a dollar amount per lap or given a one off donation for participating.

We raised a massive \$981 !

Congratulations and thank you to all the families that supported this school event. The smiles and laughter on the day were priceless and I am sure you will notice how our students responded and engaged in this activity. The money raised will go towards the purchase of another specialised bike. At Fisher Road we already have a great leisure program which teaches our students how to safely ride a bike and provides opportunities for those students to ride with the extra modifications needed.



*Always believe that something wonderful is
about to happen...*

It's hard to believe that already we are at the end of Term 1. This term has been filled with a variety of activities in each classroom that have engaged and supported our students.

This term we congratulated our Year 6 and Year 12 School Captains and Class Prefects with a special assembly. The captains and prefects received a badge that has been sewn onto their shirts identifying them as holding a special responsibility.

We end the term on a high with some truly fabulous events. Thank you to the families that attend the Parent Information Night, this night provided opportunities for families to meet with class teachers and do a classroom walk around with information on the yearly program. This also provided a networking opportunity with parents indicating they wanted contact with each other more readily. This saw the creation of a Junior and Senior school parent email list. If you could not attend and would like to be included on this list please contact :

Senior School Contact: Charmaine Collins

Junior School Contact: unfortunately no-one took up this role, however, Polly Jobb who is a senior parent has this list until a junior parent volunteers to oversee this networking.

Our Wheel-a-thon-, Easter Hat Parade and Senior Café opening also highlighted how when our team work together we provide rich and authentic learning opportunities and celebrate our truly marvellous school.

Again, I am proud to lead such an innovative and dynamic school. Our highly experienced staff, our creative and vibrant students , our positive and enthusiastic families and our generous school community.

Many well wishes to our two teachers Jen and Julie who are getting married in the holidays.



**Congratulations
to Ella our Year
6 School Cap-
tain for 2015**



**Congratulations
to Lachlan our
Year 12 School
Captain for 2015**

Together we can.

Donna Blatchford

Principal



Class SB

We have been having a fantastic time during our art and craft session with our lovely volunteer Nerryl. We make a HUGE mess each and every week, exploring new and interesting sensory crafts. Paper Mache, coloured spaghetti and warm slimy goop just to name a few are some of our favourites to date. We have also been using scissors and exploring lots of different materials to cut up. Making playdough snakes and cutting them into different sizes is a great fine motor activity that our students enjoy.

Sally and Mandy



Charlii and Kanga getting nice and messy!

Class TH

Part way through this term, Class TH resumed their 'Integration' program at 'The Forest High School'. This could not have come quick enough, as students demonstrated a huge level of enthusiasm to go back!!

Our first session was textiles technology, with a Year 9 group, of similar students who work alongside Class TH last year. This was great, as the students were able to reconnect, using appropriate social skills. The Forest High School students assisted Class TH with stencilling fabric paints on to material. All our students enjoyed the hands-on experience of this activity, and welcomingly accepted the Year 9 assistance. A few more sessions are required to complete the overall product, which will be a pencil case.

Trish & Wendy



Class TH working collaboratively with our Forest High Friends.

Class RR

Swimming remains a firm favourite for most of the students in Class RR. Carrying their own swim bag down to the pool area is still a work in progress, but we are now making it to the destination independently! Getting into bathers, and getting dressed afterwards remain targets for all our students, so they are very busy changing rooms, trying to include the students in all areas of independence. During the swim sessions, all the children's abilities are catered for, with some reluctant swimmers, some over confident ones, and some who enjoy water play.

This is a terrific time to promote communication with the children- singing rhymes, asking for 'more', watching water being poured/ sprayed etc. and no 2 swim classes are ever the same.

Class RR's swim time happens to be on a Friday and it is a lovely way to end the week- and a tiring one too!

Ruth & Fran



From the Office

Entertainment Books

The books for this year will be available next term. Please remind your family and friends that the books are available for purchase from our school for \$70 with \$14 from the sale of each book going to the school.

Early Bird offers are available to advance purchase buyers of the book for 2015. See last page of newsletter.



School Start Times

Just a reminder that school starts at 9.15am and ends at 2.50pm. Students who arrive after or before these times will need to be signed in as a late arrival or early leaver.



Class NS

The students in Class NS have been busy working on their KLA outcomes in PDHPE, Science and

Maths through their hard work in gardening. Twice a week the students collect the wheelbarrows, shovels and rakes, and then shovel the mulch into the wheelbarrows and spread it over the gardens. It is hard work at times, but the students all seem to love the activity, especially when it is a nice day outside. In the photos you can see Lachlan pulling his wheelbarrow to the garden area.

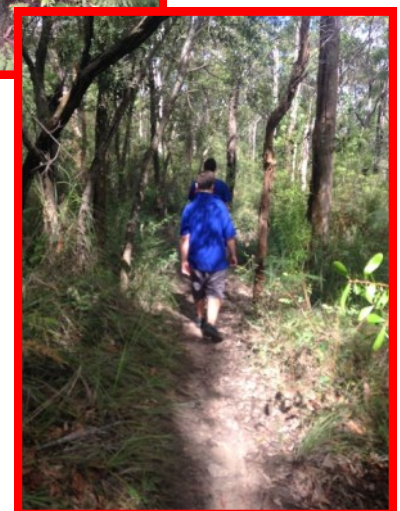
Nick, Jenny and Donna



Class AM

Class Am have been enjoying their weekly bushwalk at Frenchs Forest. On Wednesdays they complete a 2km loop through the bush near the Aquatic centre. The combination of a single trail, fire trail, stairs and uneven ground is a fantastic way of building up balance, stamina and general fitness. Whilst the boys find some sections a little difficult they have been working hard on not giving up and are all completing the trail. We look forward to lengthening our walk and perhaps exploring new bushwalks that would suit our group.

Matt & John



Class MP

Class MP is fortunate to access community facilities every Wednesday and Thursday.

On Wednesday we go to Warriewood shops to get some ingredients for our cooking program.

Monika alternately takes Dylan or James to pick up an item at the supermarket while Eddie pushes a trolley with Amy. Kyle, Laragh and Jasper have a look at the pet shop. After going around the square, we head back to the bus for a much awaited lunch at a restaurant. Laragh, James, Eddie, Kyle, Dylan and Jasper have exhibited excellent behaviour during waiting time. They have to be commended not only for their behaviour but also for the way they sit and eat their food.

As the weather has been so lovely we have been able to head to Collaroy Beach Accessibility Precinct every Thursday. The students have been super keen to participation in all the park has to offer. The enclosed park has a 6-seater rocker, a spinner, which could take 3 students comfortably. A the new style swing where you can lie down (like a hammock). And an interactive water play where children run their fingers into a running water are only some features of the park.

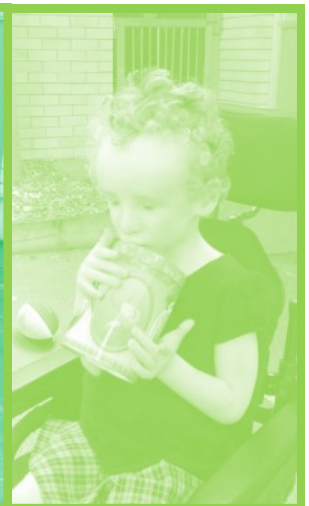


Class VR

Each week this term our students have experienced the sensory story "The Farm" and each week we focus on a different farm animal as an extension to the story. Related songs, puppets and art activities continue the theme with the art activities making a colourful display on the classroom wall.

Our communication session is generally conducted outside in the paperbark playground where students engage with a favoured book, toy or iPad app. To promote communication, staff engage students individually for 2-3 minutes before removing the favoured item; students are then encouraged to request "more" or "again" of that item. It is an enjoyable session for all with students working at their level and method of communication within the peaceful surrounds of the paperbark playground.

Virginia & Sue



Class JP

All students in class JP go shopping every Tuesday. We enjoy the challenge of finding each item on our list and navigating our way around Woolworths. Everyone tries their best and we all help each to count the correct number of each item. When it's time to go to the register we all work as a team to scan items, put money in the machine, return the trolley and carry the bags to the bus. I am a very proud to see all students working hard, listening to instructions and demonstrating sensible behaviour in the community.

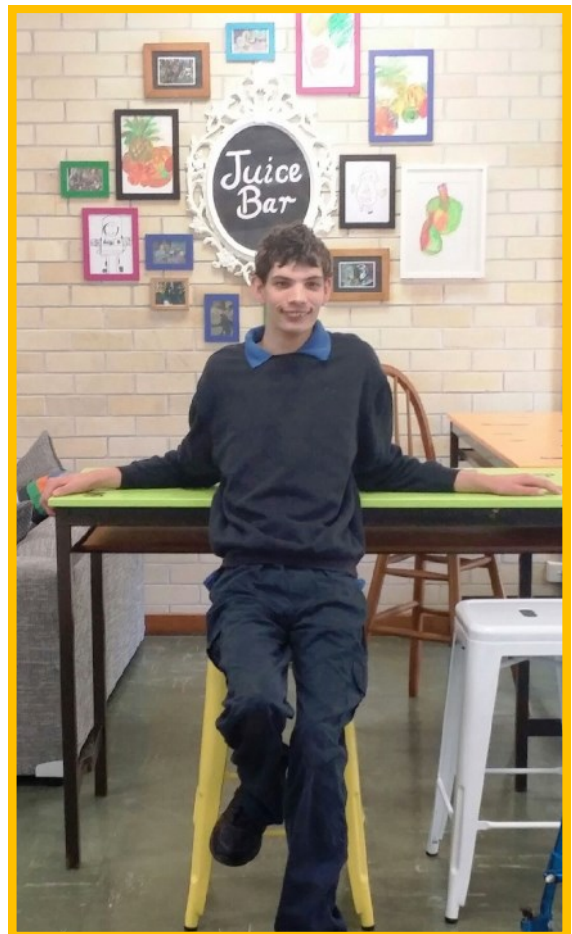
Jen & Sue



Class CW

Class CW have been working hard to put the final details together for the opening of the senior café. The official opening is on Thursday 2nd April at 12:15pm. I am very proud to see all students working so hard this term on preparations such as shopping for items in the café, unpacking and sorting items in the Kitchen, testing out recipes for the café menu and helping with interior design in the Food Technology room. Well done!

Caroline & Sue



Class JM

The colour we have been exploring during our sensory sessions this fortnight has been pink. We use all of our senses to feel, smell, look, listen and taste items that are pink. Each student is encouraged to manipulate an item which is then passed onto the next student. We make a display in our class for the fortnight and we also do some artwork in our chosen colour. The pink feather boa was a firm favourite as were the pink sunglasses- as you can see in the picture Nathaniel looked really cool wearing the pink sunnies! Kiang Kiang loved listening to the air escape from the pink balloon and watched it wizz around the room as it deflated. Our new colour is purple to tie in with Purple day.

Julie & Carmel



On Thursday 26th March students wore purple and with a gold coin donation in raising awareness and funds for Epilepsy Australia.

Jenny (another highly valued SLSO) inspired other staff and organised a 'high tea' with staff contributing a \$5 donation towards this important cause.

We raised \$100 towards this cause, congratulations!

[Epilepsy Australia](#) provides education, information and assistance to the 400,000 Australians living with epilepsy.



Harmony Day 2015



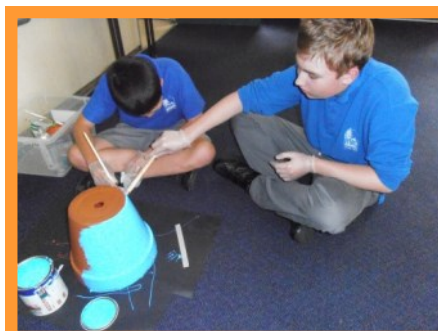
This year students celebrated Harmony Day on Friday 20th March as the official day held every year is on 21st March. The message of Harmony Day is everyone belongs. It's a day to celebrate Australia's diversity—a day of cultural respect for everyone who call Australia home.

At Fisher Road School, students worked on a class artwork in the fortnight leading up to Harmony Day. Each class discussed the meaning of Harmony Day and worked together to decorate a terracotta pot.

Our Year 6 captain Ella chose a winner and our Year 12 captain Lachlan also chose a winner.

Students and staff raised awareness of Harmony Day by wearing orange.

What a truly harmonious day!



**Year 6 Captain Ella
with her chosen win-
ner Class JM**

**Year 12 Cap-
tain Lachlan
with his cho-
sen winner
Class AM**





Professional Learning

This term staff completed the DEC mandatory Child Protection training which included three modules on identifying and responding to domestic and family violence, education neglect and working collaborative with other agencies, and identifying and responding to sexual behaviours in students.

Matt and Virginia volunteered their afternoon time on Thursday 19th March to attend the **Move and Improve—connecting teaches with physical activity**, which explored the K-6 PDHPE syllabus and allowed networking with colleagues to share ideas and best practice in delivering physical activity lessons to our students. Thank you Matt and Virginia for volunteering your time to attend this training which will benefit the students at Fisher Road School.

Next term the staff will be involved in professional learning on Monday 20th April (no students at school on this day). The teaching staff will be focusing on the New Syllabus documents in English, Mathematics, Science and Life Skills along with a refreshed on PECS and learning about the new Performance Development Framework underpins the professional learning plan for teachers.

SLSO staff will be attending the annual SLSO conference which is targeted learning in accessing the DEC computer system and presentations by a Dr who specialises in Autism and another Dr specialising in emotional health and wellbeing. We look forward to sharing with you updates from these sessions next term.



P&C News

A big thank you to all the parents who responded to the P&C questionnaire. We had wonderful response, with lots of parents indicating they are both available and enthusiastic about participating in some capacity.

A special thank you to the following parents who have volunteered to be on the P&C Committee:

Peter Bahar, Sarah Barwell, Tammy Bignell, Claire Cavanaugh, Matthew Dixon, Gordana Kovacevic, Colleen Leel, Dereck Leel, Richard Marreiros, Brett McPherson, Joanne Ragen-Nath

Michelle Anderson has very kindly agreed to return as our esteemed President, I am happy to continue as Secretary, and Donna Jones has very kindly agreed to fill the position of Treasurer. We had some fantastic ideas put forward as fundraising possibilities and I think this year is going to be a really exciting opportunity to try these new ideas. Looks like the bake sale and the white elephant stall might be things of the past as we move on to bigger and better events !!! We have now scheduled our first P&C meeting for **Tuesday 28th April, (Week 2 of second Term) for 10am in the Schools**

Food Technology Room, good coffee assured! Please note this in your diary. I will send out an agenda in the first week of second term, but on this occasion the meeting will largely be a meet and greet, a quick run through of essential business, and a discussion about fundraising options.

We expect the meeting to only take about half an hour, but of course, those of us who enjoy good chat will be around longer. Please also note that even if you didn't nominate to be on the committee, it would be really good if you could come along to the meeting. We would love to see you. Polly Job

Parent/Carer and Community Support Page

The Free Wheeler takes you where most wheelchairs can only dream of – onto the sand and into the water. Warringah Council has two Free Wheelers available for loan free of charge. How do I book the Free Wheeler? Please complete the Loan Application Form or contact Council's Disability Development Officer on 9942 2560.



ARE YOU A SINGLE PARENT?

Every week **Single with Children** provides fun and exciting activities especially for single parents and their children (many activities are subsidised or even free)



It's a great way to meet and get to know people in your area

To find out more and get a **FREE** copy of our social calendar, contact us today.

Call 1300 300 496

Or visit our website:

www.singlewithchildren.com.au

Discobility at Ku Ring Gai

What? Young people aged 12-24 years with special needs, their carers, friends and family members are invited to the non-stop dance party. Ku-ring-gai Council Youth Services encourage everyone to dress up in a "70's Disco/Hippy" style. This is a great chance to meet new friends at a fun and exciting social event. Music will be provided by the very famous DJ Andy. Supervised.

When? Friday 17 April, 7pm-10pm.

Where? Fitz Youth Centre (Behind St Ives Shopping Village), off Memorial Avenue, St Ives. Wheelchair access and a disabled toilet onsite.

Cost? Entry is \$5 which includes food and drink during the evening.

RSVP? To register and obtain the Discobility Indemnity Form, contact Ku-ring-gai Youth Services on 9424 0981 or youth@kmc.nsw.gov.au.

All attendees must bring a completed Indemnity Form - see www.kmc.nsw.gov.au/Services_facilities/For/Youth/Youth_events_and_workshops/Discobility.

PDHPE Update

This term has seen the trial of our dedicated PDHPE teaching role, with Matt Tonkin focused on PDHPE lessons for each class each week.



Some of the term 1 Highlights have been:

1. Swimming/ Hydrotherapy in the school pool with qualified swim teachers 2 days per week. We also work closely with a school employed physiotherapist to get ideas and advice on pool movement activities.

2. Swimming at Warringah Aquatic Centre (WAC)- We have had 2 classes swimming at the WAC each week. This is a great opportunity to integrate into the community as well as enjoy an excursion off site and a swim in a 25 metre pool. For anyone interested in swimming lessons for their child, the Rainbow Club offer swim lessons to children with disabilities at Warringah Aquatic Centre. See link below.

<http://rainbowclubaust.com.au/index.php/warringah-rainbow-club>



3. Bushwalking – A group of senior students have a weekly bush walk starting and finishing in the bushland behind Warringah Aquatic Centre.

4. Bike riding – Several students have been enjoying bike riding around the school oval. We have a range of bikes that the students use, including conventional 2-wheels bikes of various sizes, several three-wheel trikes of different sizes and our latest addition to the bicycle fleet is a modified trike including a handle on the back for a staff member to help control the bike whilst the students are learning to control it. For anyone interested in purchasing a bike suitable to their child's needs contact Larry from DeeWhy Bike Hub on 9971 7659 and mention your child goes to Fisher Road School and he will look after you. Or you can also contact Matt Tonkin and he can do the arranging for you, based on his knowledge of your child's current ability level.

5. Liberty swing – The students with high support needs have been enjoying the use of the liberty swing, enabling them to swing whilst still seated in their wheel chair.

6. Physio / stretching programs – the school physiotherapist has also been assisting with ideas for a regular stretching program.

Term 2 will see the above activities continued. In addition, several students will be starting a program at Manly Warringah Gymnastics club <http://www.mwgymclub.com/> and we are also exploring the possibility of taking a group to play Tenpin Bowling.



NSW PREMIER'S SPORTING CHALLENGE



In addition to the active programs above, we have successfully applied for **2 funding grants** this term - the Premiers Sporting Challenge and Australian sports commission School Sports. The funds will be used to purchase new equipment or to subsidise sports participation costs for our students.

Following the sad passing of our much loved colleague Lisa Wakabayashi, peace poles were installed as a place to remember the difference she made to our school. Lisa's mother, grandparents joined us to see the school that Lisa spoke highly of. Thank you to Asato Tanaka (Kanga's Dad) who generously made a pendant for her mother as a school memory of the students and staff that Lisa worked alongside.



Peace Poles



Year 6 Leadership Camp

This term we had an opportunity to participate in the Year 6 Leadership Camp organised by Brookvale Public School. This camp saw Year 6 captains and prefects from various schools on the northern beaches come together for two days of teamwork and leadership activities.

Ella, our Year 6 school captain and Finnian a Year 6 class prefect attended this excursion due to the generosity of Sue Ranger (our highly valued SLSO) who volunteered her time to sleep over and support their attendance.

Both Ella and Finnian worked with a team during the high ropes, raft building, swimming, canoeing, team building games and cooked sausages on the campfire.

Ella enjoyed the being around the other girls from our local schools whilst Finnian was cheered on by the other boys during the high ropes.

Big thank you to Brookvale Public School Principal Bev Maunder who kindly invited Ella and Finnian to visit their school prior to the camp to meet the Year 6 captains and prefects attending. This really helped with familiar faces upon arrival.





Grand Opening of the Senior Cafe



Visual Supports



Michael Regan – Mayor of Warringah officially opened our Café today



Jesse working at the Juice Bar. Delicious !

Employee of the week : Chelsea



Prue (Fisher Road Speech Pathologist) helping Charlii make a choice using Proloquo2go



The feedback from families was extremely positive.



Easter Hat Parade



CARER WORKSHOP

with

Petrea King

Who takes care of the Carer?

Date: 16th June 2015 9.30am -1pm

Norman Nock level 5. Kolling Building, Royal North Shore Hospital campus. Reserve Road, St Leonards. Train to St Leonards.



How to care for yourself so you can care for a loved one

Living with and trying to care for someone who's suffering or who's unwell causes its own particular type of distress. For carers of people diagnosed with some form of cancer or serious illness, or any number of chronic illnesses including the range of psychological disorders, life can be pretty hard.

In fact according to the World Health Organisation approximately one third to one half of these carers are suffering significant levels of psychological distress themselves. In addition, many carers suffer in silence as they feel guilty about asking for help when they believe the focus should be on those they are caring for.

Ultimately however, carers need to care for themselves so they can care for others; it's not about being selfish, it is about ensuring the best possible outcome for everyone involved.

During this program you will learn how to...

- accept the full range of emotions you might experience during the course of your role as carer and how to manage these emotions
- look after your health and wellbeing so you have the energy to look after others
- maintain hope, humour and optimism as much and as often as possible
- support using your key strengths
- utilise support and resources remembering you don't have to do it alone!



***Petrea King** is Founder and CEO of the Quest for Life Foundation. She provides a practical and spiritual perspective in the challenging arenas of life including facing mortality, grief, loss, depression and trauma. Petrea is a cancer survivor, naturopath, meditation teacher and has authored many books and CDs. She is a regular guest on ABC and in the media and has many awards for her work.*

Bookings essential

Register your name and number with Carer

Support: **9462 9488** (leave your name and number we will not return your call unless we specifically need to, take your message as confirmation of your booking)

or Email:

nsldh-carers@health.nsw.gov.au

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		\$50 value	\$50 value	\$50 value	\$50 value	\$45 value	\$50 value	\$40 value
CASUAL DINING	480+ OFFERS!	Praza	CRINITI'S	MU MU GRILL	fix st james	VIA ALTA	SUSHI HUB	chefs' gallery
		\$40 value	\$45 value	\$45 value	\$40 value	\$35 value	\$50 value	\$25 value
TAKEAWAY AND ATTRACTIONS	215+ OFFERS!	McDonald's	MAD MEK	oportito	Yogurtland	EVENT	TARONGA ZOO	AMF
		2 for 1	\$20 value	2 for 1	2 for 1	25% off	25% off	2 for 1
RETAIL AND TRAVEL	1,600+ OFFERS!	CROWN TOWERS MELBOURNE	DANIEL JONES	HYATT	Emirates	BRANDON'S	CARTER	virgin australia

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Phone: 0299815222

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*CVV is the 3 digits on the back of your credit card

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Together we can''

