



## DATES FOR YOUR DIARY

### Week 8

- 21st March Harmony Day
- 21st March P & C Annual General Meeting
- 22nd March Parent training

### Week 9

- 26th March Purple day and Easter activities

### Week 11

- 9th April Year 7 vaccinations

### Week 10

- 4th April Captain and Prefect assembly 2:30

## Parent information



On Wednesday the 28th February we held our parent information evening. Nibbles and drinks in our beautiful front gardens provided an opportunity for families and staff to gather and chat. Families then visited their child's classroom and listened to the class program for 2018.

Thanks to everyone who was able to attend. If you were unable to attend and would like to speak with your child's teacher, please make a time to do so.

Meetings for PLP's are now underway. These meetings are to plan learning goals for your child for 2018. Any professionals you think may have some valuable input are welcome to attend. These meetings are essential to plan and discuss what is most important for your child to reach their full potential and how we can best support them to do it.



# GO PURPLE

## GET TALKING ABOUT EPILEPSY

We hope many of you can join us to support purple day. It is a global initiative dedicated to raising awareness about epilepsy. Lavender is the internationally recognised colour for epilepsy. Put some purple on and come and join us on the 26th March and participate in some fun purple activities with your child.

**NEWS FLASH**

Please come along if you can spare some time to be part of our P & C annual general meeting.

We will be electing a new President, Secretary and Treasurer.

Meetings are generally held once a term. Times are flexible. There is an option for an evening meeting.



Check out the flyer on the next page about a *Sound Bath*. Come along and participate in this unique experience. Bookings are online. The sound bath will be held in our amazing sensory room. Bring your partner, a friend or relative. We have organised for 2 different times on the 1st of May. One during the day and another in the evening.

The school is looking to purchase 2 -4 new interactive whiteboards. Many of the Smartboards we currently use are failing and the technology team are struggling to keep them up and running.

**Caroline Ghatt**, one of our many amazing mums at Fisher Road School was nominated by the P & C for "Blackmores Mercie Whellan Women & Wellbeing Awards 2018" for the category - *Community Being: Caregivers who work tirelessly for others including carers, health and community care professionals..*

Caroline was selected runner up for the category from 130 entrants and 40 finalists. Caroline has worked tirelessly alongside Northern Beaches council to create inclusive play-grounds on the Northern Beaches.

Caroline was also responsible for getting the project for our Sensory room at Fisher Road up and running. A huge thank you to Caroline for her efforts and achievements in creating a more inclusive community.



# EXPERIENCE DEEP RELAXATION

## MEDITATION & SOUND BATH

VENUE: FISHER ROAD SCHOOL  
DEE WHY

DATE: TUESDAY 1ST MAY 2018

TIME: 2PM - 3PM OR 6PM - 7PM



Fee: \$25 p/ person OR \$40 for two

Register at:  
[www.carerescapes.com.au/events](http://www.carerescapes.com.au/events)



## Class TA Tess and Jenny

On Wednesday the 28th of February class TA excitedly had their first excursion for the term. This is a continuation of the program called 'Picnic In The Park' which saw all students access the Newport All Inclusive Park on a weekly basis. This year TA wanted to expand upon those past experiences and emerging interests by exploring a new physical environment at Mona Vale Flying Fox Park. At this park students embraced a large open space and happily took on new challenges as a result of engaging with new play equipment. Upon arrival Lachlan wasted no time in finding the highest point on the play equipment with the best aspect. Arun eagerly walked around trying all the swings available before choosing a shady picnic location for the class. Riley tested his grip and upper body strength on the flying fox and used his turn taking skills to share the equipment with members of the public. Charlie investigated all pieces of equipment and found the fastest spinning seat.



## Class VR Virginia and Shayne



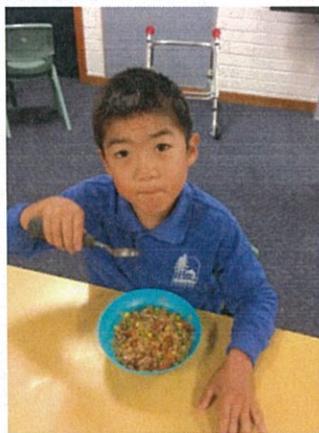
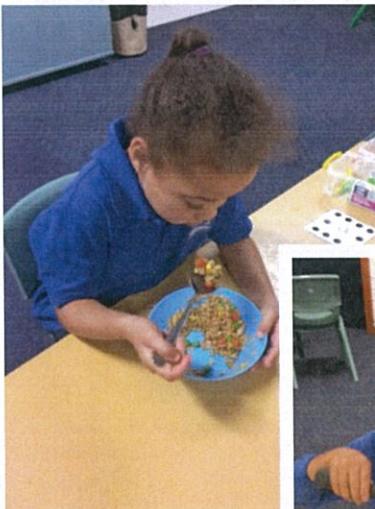
Thanks to the Sailability Pittwater volunteers, Class VR and RP have the opportunity to go sailing fortnightly on a Wednesday. Our first excursion was such an enjoyable experience. Although there was little wind, our students were treated to a wonderful ride out on the water. The four little boats stood out with their brightly coloured sails and our students looked so relaxed and happy as they sailed around the bay. We look forward to future excursions to Pittwater for more sailing fun.



# Class NS

Nick and Sue M

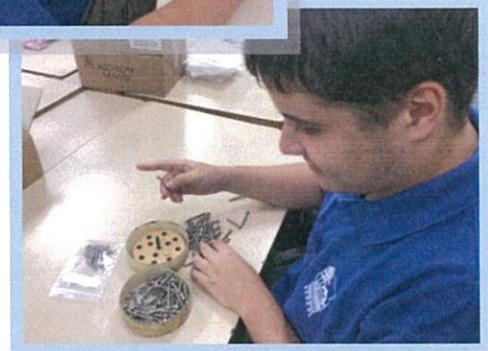
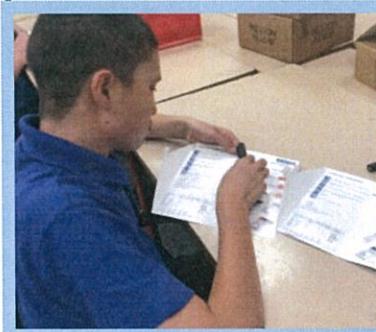
Class NS is trying a very exciting new recipe for cooking this semester; we are making Mr Stevenson's special fried rice. The recipe consists of a packet of pre-cooked rice, a cup of frozen vegetables, some diced Chinese BBQ pork, and kecap manis (a sweet soy sauce). This is then all cooked in the microwave for approximately 2 minutes on high or until it is thoroughly cooked. The students all really enjoy making this, especially using the microwave. It also helps them to work on their targets in the KLA's of Maths, Science and Technology, and English. In the photos you can see Kangga and Sekayi enjoying their fried rice.



# Class CW

Caroline and  
Mandy

Class CW have been practising work skills boxes and class jobs in preparation for work activities in the community, such as pamphlet delivery and Packforce. Students have a turn at delivering tea towels, messages within the school and packaging items. Students have also been practising literacy skills by reading short stories in the Reading Eggs program.

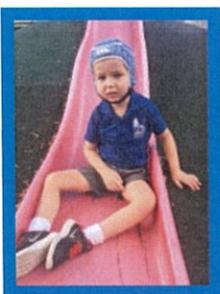


# Class KF

Fran, Kari and  
Sue

Every Wednesday morning, class KF enjoy doing a gross motor lesson. Gross motor skills are important as they help us to access everyday functions such as walking, running, jumping and even sitting at a table. Our goal is to increase our agility, coordination and improve our muscle strength. This lesson also allows us to work on our turn taking skills as many of the activities are so much fun the children want to keep having a go. Some of the activities include obstacle course, climbing up and down the mats, catching and throwing balls, walking up and down steps and we all love going down the slippery dip! We are lucky to have Margaret, a volunteer, come in and join our class as extra hands are

al-  
ways  
use-  
ful.



# Professional Learning



Teachers have been learning new ways to enable students to communicate and express their feelings and emotions through art. Art Therapist, Pensri Rowe, led teachers in a hands on Professional Learning session to show us how art materials and art making can provide another way to participate in an experience. There were lots of smiles and happy staff during the workshop, as people engaged with materials in their own unique way. Also, Pensri has been working with senior classes using a range of art materials such as clay, paint and drawing pencils to encourage students to engage in other forms of communication.





## *Aboriginal Education at Fisher Road*

A member of the Northern Sydney Aboriginal Community, Adam Cryer, recently visited Fisher Road School. Adam led students in Indigenous games, lessons and stories during break time in the playground. The hunting game was very popular as students had to throw a tennis ball at a moving basketball for a direct hit. Adam explained that Aboriginal People would use a spear to hunt a moving wallaby or wombat. Also, Adam showed students how to use some of the reeds from the Lomandra plants in the playground to weave rope. Ella, Phoenix and Jake did a great job of splitting the reeds into thinner pieces and helping to hold them together as they were woven. We learnt that the Aboriginal Totem for the Dee Why area is the stingray. Students have started to make stingrays in art making groups that will be displayed in the foyer.



## *Visual Art Integration*

It was fantastic to see students from the Senior Visual Art Group engaging and participating in clay work alongside students from The Beach School. Each Wednesday until the end of term 1, students from Fisher Road School have been invited to have morning tea with students at The Beach School, followed by a short game of basketball. Afterwards, students get busy making ceramics. This week students have made a textured clay tile. Nathan and Jar-ryd were experts at using the rolling pin to make a clay slab. Russell demonstrated how to use the wooden skewer to cut a square shape in the clay. Ella and Henry enjoyed using small eucalyptus nuts to press patterns and shapes into their clay tiles. Maia did an amazing job rolling a pine cone over the clay to make interesting marks. Chantelle made detailed patterns and textures using a skewer. The weekly integration has proved to be a valuable experience and has enabled students to learn a new skill set in ceramics.



# Class RP

Staff: Rebecca, Wendy, Leisa & Alena



Our students all enjoy being outside in the fresh air and sunshine.

In the last few weeks we have walked to the park for a picnic and to PCYC to watch the basketball and eat morning tea there. Our Manly Sea Eagles fan, James, also had the opportunity to meet Toafofoa Siplely who is playing for them this season. "Go Toaf!"



# Transition

## information evening

On Wednesday, 14th March parents and carers met together for the Post School Options infor-



mation Evening. Questions and open discussions were welcomed along the way as parents and carers were given invaluable advice about post school transitioning and the NDIS process.

Lin Strachan, Support Teacher Transition, spoke about the various options for service providers in NDIS plans and gave useful suggestions about the type of questions to ask service providers when making choices for post school options. Helen Watson, Sarah and Gerard Barwell, who are parents of ex-students who finished year 12 in 2017 and 2016, gave a valuable insight into their experiences. Useful tips were suggested about the documentation process for NDIS plans. Also, Cate Archibald from Catholic Care, Brookvale spoke about how service providers work together to best support young adults in their NDIS plan.

Reminder: NDIS Expo  
Wed, 11th April,



# Class TH

**Staff: Trish, John & Justine**

During Week 4 of this Term, Class TH went on an excursion to the Power House Museum in the city.

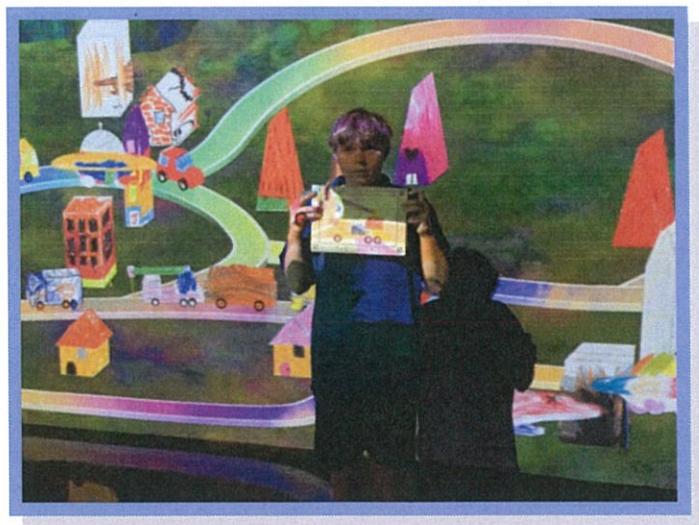
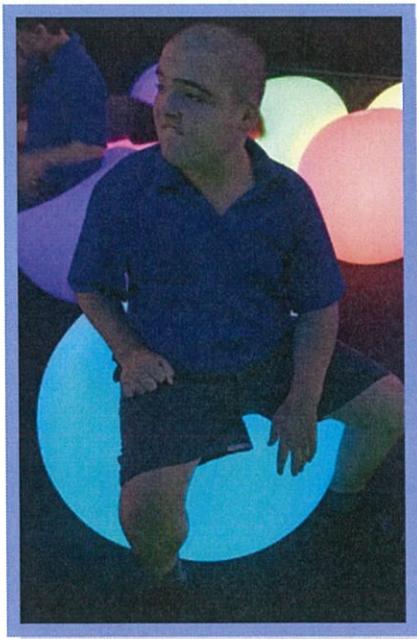
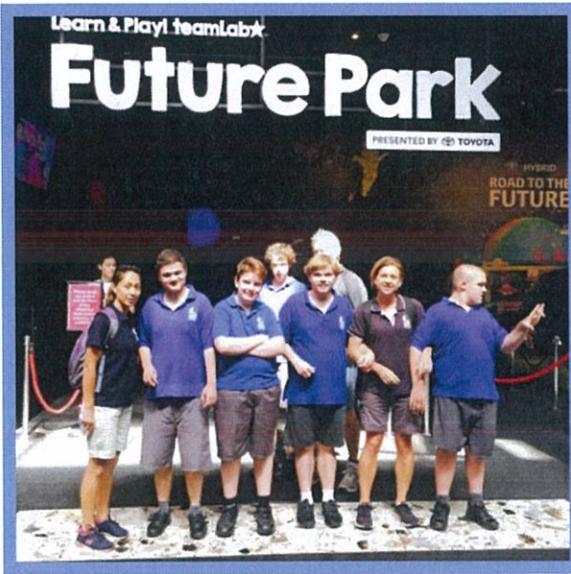
At the Museum, the class visited the Future Park Exhibition. This interactive exhibition immerse the students in a world of colour and lights. The boys especially enjoyed the sketchpad installation room. This area focused on students colouring in, and then scanning their pictures on to the big screen. Jonny, James and Matthew loved seeing their pictures come to life in 3D form.

Lachlan and Dylan enjoyed the fluorescent interactive balls. These were the size of a big fitness ball, only with extra buoyancy. All the boys enjoyed releasing energy by bouncing up and down on the balls.

The other installation that was of interest to the boys was the graffiti pit. The boys were able to slide down into this, and sit and admire all the different lights and shades that came over them.

This was a successful and meaningful excursion for Class TH.

We hope to be able to attend more like this in the near future.



# Swimming at Dee Why Rock Pool



This term classes CW and SB have been joining together each Thursday for a swim at Dee Why Rock Pool. The students all love swimming in the rock pool and it provides for some great teaching and learning opportunities. Some of the skills students are working on during this activity are independently dressing for swimming, taking care of their own belongings, making sure not to leave anything in the public bathroom, applying sunscreen and then of course improved water confidence and swimming skills.



# Class JK

Staff: Julie & Carmel



This semester class JK are exploring an "under the sea" theme in conjunction with our coloured sensory boxes. We have

done some wonderful painting with various hues of blue where we squeezed paint onto a sheet of paper and used our hands to rub over paper placed on top of the paint. We have then turned the paper into beautiful fish that are swimming through the seaweed display in our classroom. As you can see from the photo, they look amazing. This week we will be making purple jelly fish to add to our water wonderland. We will be using handprints of purple on top of purple bubble wrap to create a sensory jellyfish. Class JK are becoming quite the artists!



# Class SB

**Staff: Sally & Ebony**

Class SB have been enjoying using HERB otherwise known as "The Magic Carpet". It is fun, educational and interactive. The students have been competing in cycling races, kicking goals in soccer and learning about colours. It has so many different games that we are still exploring them all. We have also helped some of the younger classes access HERB and showed them how to use it.



# Class MP

**Staff: Maria and Sue R**

Class MP is fortunate to swim twice a week. We have been focussing on enhancing our swimming skills and working hard to extend our swim strokes.



Jarryd has been working on his freestyle, with good arm extension and a strong alternate kick movement. He also started submerging his head more when doing the breaststroke and has tolerated water getting into his eyes as he surfaces to breath. Russell is confident in most aspects of the swimming program. His focus is on refining his backstroke using alternate arm movement and a strong kick to keep him afloat. Callum has a good streamlined body position when

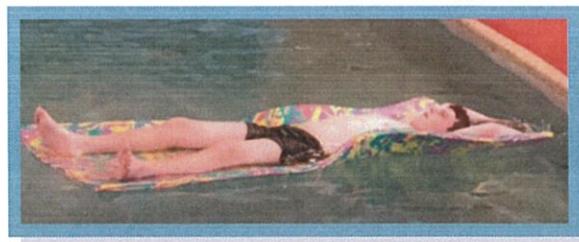
floating on his front or his back. He has a strong kick and a good arm extension. Callum is working on submerging his face on the water. Geoffrey has shown confidence



in propelling himself across the pool using dog paddle. He is working on blowing bubbles just above the water surface. Ty enjoys being in the water. He also has a strong kick and a good arm extension when moving from one end of the pool to the other. Ty is working on blowing bubbles and submerging his face just on the water surface.



With all the skills that we need to learn, we are all worn out by the time we get out of the pool.



# Healthy Minds & Healthy Bodies

A free school holiday program for families with children with disability

Join Northcott Early Links for fun family activities this school holidays.

- For families with children with developmental concern and/or disability up to 12 years old
- Siblings welcome at all family activities
- Attend as many activities as you wish
- Spaces are limited so book quickly
- All activities are free of charge

Funded by  
Willoughby  
and Ryde RSL  
Community  
Club Grants

## ZUMBA



### Dates:

Friday 20 April  
Friday 27 April

**Time:** 11am – 1pm

### Location:

Yogabowl, Lane Cove

## YOGA



### Dates:

Thursday 19 April  
Thursday 26 April

**Time:** 11am – 1pm

### Location:

Yogabowl, Lane Cove

## GYMNASTICS



### Dates:

Monday 16 April  
Monday 23 April

**Time:** 10am-12pm

### Location:

6 Powells Road, Brookvale

## HEALTHY LUNCHBOX COMPETITION

Send a photo or video of your child's healthy lunch box and the three most creative and healthy lunchboxes will take home an amazing prize.

To enter, send your photo or video to [sarah.barker@northcott.com.au](mailto:sarah.barker@northcott.com.au) by Friday 27 April 2018. The winning entries will be notified by Friday 4 May 2018.

### Prizes:

**1st** - \$150 gift voucher for activity of your choice (e.g. Zumba class, Gymnastics, Flip Out, Chipmunks Indoor Play Centre)

**2nd** - \$100 gift voucher for activity of your choice

**3rd** - \$50 gift voucher for activity of your choice



### RSVP by Friday 6 April:

📞 1800 818 286

✉️ [northcott@northcott.com.au](mailto:northcott@northcott.com.au)

🌐 [northcott.com.au](http://northcott.com.au)



**Northcott**  
Let's see what you can do