2023 Term 4 Week 4



Fisher Road School Newsletter

A MESSAGE FROM OUR PRINCIPAL

We are looking forward to the Comedy for a Cause evening. We would love it if you could share galabid amongst your friends and family. Please see the QR code or link on the Comedy for a Cause page.

Professional learning - staff attended a twilight professional learning session on Monday 23rd. Bush To Bowl Is A Social Enterprise Aimed At Creating A Healing Space & Platform For First Nations People By Connecting To Country And Their Traditional Foodways.. They Practice their Culture On A Daily Basis By Giving Back To Country, their Mob And The Wider Community. AJ took us on a guided walk along the headland to Turrimetta beach exploring bush tucker and land use. We explored ways to make soap and get rid of warts from local plants!

Teachers day - Fisher Road's Teacher's Aides put on a fabulous morning tea for Teacher Appreciation Day. The staff room was covered in posters appreciating the work our teachers do daily. Gifts were given, food shared and words of spoken. Thank you to our SLSO team for a fabulous day.

We are going to be introducing a SMS service for student absences in the coming weeks. Parents and carers will receive an SMS if their child is absent from school. Parents will need to respond to the SMS and give a reason for the absence.



SAVE THE DATE!



Upcoming Dates To Remember

Saturday 11th November Comedy for a Cause

6.30pm - Manly Leagues Club Please come to our fantastic fund raiser

> Sunday 19th November Graduation

12-2 pm - Senior graduates & their families

7th December

Junior School Presentation

Award winners & families - 2pm

8th December

Senior School Presentation

Award winners & families - 2pm

12th December

Special Morning Tea-PBL

15th December

Last Day

February - Thursday 1st

School Resumes

please
go onto Galabid
and bid for our fantastic
Auction Items
Please share this link
with family & friends









Can you help us get a new school bus?



How to bid

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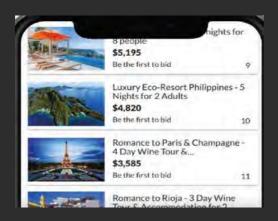




Scan the QR code OR text fisherroad followed by your full name to 0458 678 678

galabid.com/ fisherroad

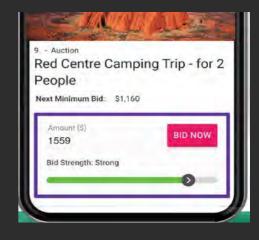
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View items

3

Bid- enter the amount and press BID



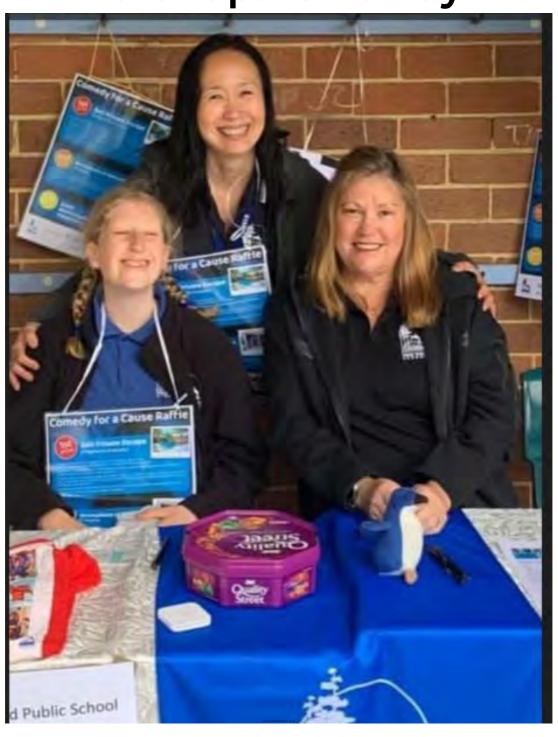
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Pay- click the link in the winning text to pay securely

A Huge Thank you to

Cromer Public School

for letting us sell Raffle Tickets on Grandparents Day



Holloween Fun

On Tuesday many of our students dressed up for the age-old tradition of Trick or Treating.

The ramp up to the juniors was decorated with all things spooky - spiders, goblins, ghosts and ghouls. Each class took a turn to knock on the office door. Lurking behind that door was a witch, a wizard and a Creepy Indian Sharman ready to give our students a big scare....and a bag of Iollies. It was a fun morning which I believe the teachers enjoyed more than the students!

Happy Halloween everyone!





Holloween Fun







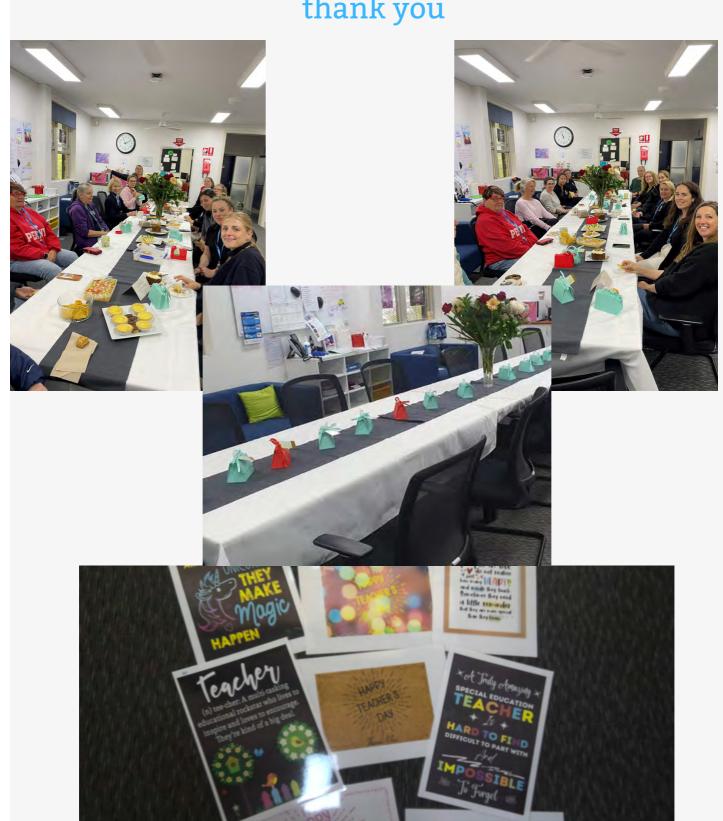




YOUR PARAGRAPH TEXT

TEACHERS DAY

We loved our wonderful morning tea - thank you



Executive Director Recognition Award

Principals were asked to nominate staff for the 2023 Executive Director Recognition award. It is an opportunity to acknowledge those non-teaching staff and community members, who reflect, in their daily work, the NSW Department of Education's values. Jenny Knowles was selected to receive this award for the Pittwater network.

In recognition of her exceptional dedication and unwavering commitment to the wellbeing of students, staff, and parents of Fisher Road. Jenny is a fierce advocate for students with disabilities and their families.

Jenny's commitment to the students at Fisher Road goes far beyond her job description. Her genuine passion for inclusive education and her exceptional ability to connect with students with diverse needs have had a profound impact on the entire school community. Jenny creates an environment of inclusivity and compassion, ensuring that every student under her care feels valued, understood, and supported.

She has proven herself be an invaluable resource, offering guidance, support, and a compassionate ear to colleagues, staff and parents. Jenny exemplifies the qualities of an exceptional school learning and support officer who consistently goes above and beyond the call of duty. Her dedication to the well-being of students, staff, and parents is an inspiration to us all.

Thank you for all you do Jenny!







Professional Learning

Bush to Bowl







Fisher Road School is putting together our 2nd Support Booklet for the year.

If any parents/carers have any fantastic therapy ideas, holiday programs, doctors, hairdressers etc please email or ring the school with your information so it can be placed into our booklet.

Thank you

CLASS AB

Welcome back to term 4! We are so shocked with how fast this year has gone. Throughout the year we have done a cooking program where the students follow a recipe to make pancakes, fried rice and corn fritters. Now in term 4, the students are very familiar with cooking and are getting much more comfortable with trying new foods.

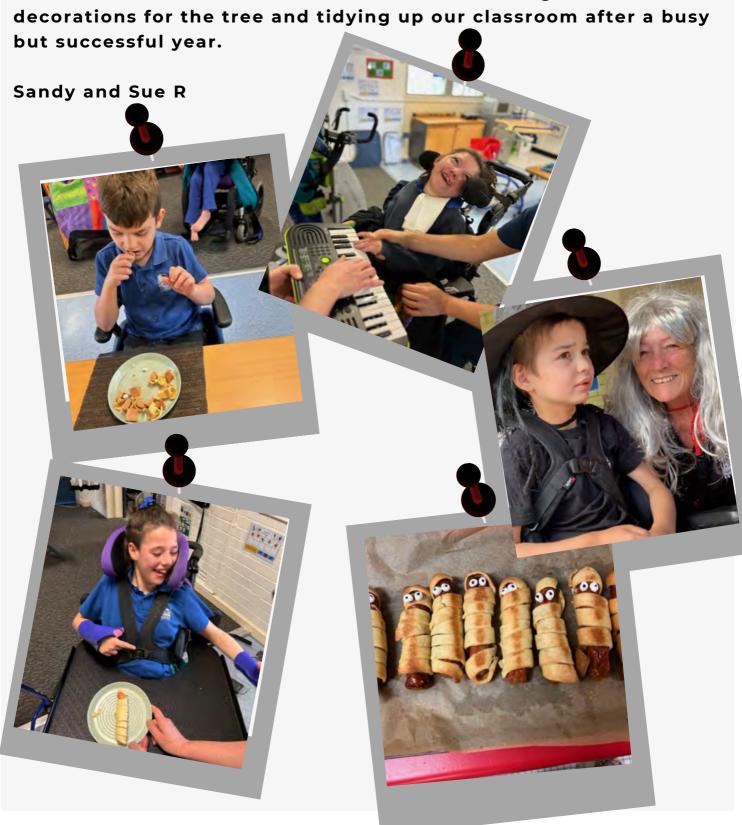
We also have a new student Jesse in our class this term! Welcome to Class AB Jesse, we are very excited to have you join.

We are very excited to see how the students excel the rest of



CLASS SL

Where has this year gone? We can't believe we are almost halfway through Term 4! This week we celebrated Halloween by dressing up and 'trick or treating' the ladies in the office. Everyone looked amazing in their costumes, with big grins on their faces. Class SL made some very special Halloween treats in Food Tech on Wednesday. After Comedy for a Cause next week, it will be the downhill slide into Christmas. We will start making Christmas decorations for the tree and tidying up our classroom after a busy



CLASS SB

Summer is almost here and what a great time to learn all about the beach! The ocean is so fun to learn about, there are countless animals, plants and creatures to explore. We have been diving head first into everything Under The Sea! We have our very own class pond and have been really enjoying hands-on learning activities.



CLASS SH

Term 4 is well and truly underway and It's time to celebrate Halloween! This week has seen Class SH dress up in either their scariest or favourite costume and walk up our scary ramp laden with spiders, bats, and jack-o-lanterns to receive a trick or treat. Zebedee dressed as a scary black spider, Jude as our wise old Wizard and Heath as Spidey all enjoying a moment of fright and excitement to receive a lollie bag for their efforts.



CLASS MP

Class MP was thankful to Class GK from Cromer Public School for coming to Fisher Road to watch us during the school concert. It was lovely to see them and a good opportunity for us to show them our classroom and other areas of the school.

In Term 4 during the Integration program, we are focussing on enhancing our fine motor skills through a joint activity with Class GK. We do toasted sandwiches and students have to perform most of the tasks independently or with minimal prompting.

It is also a privilege to play with or alongside students in the Junior playground of Cromer Public School during recess and lunch play. Sam, James, Marius, Edgar, Jonathan, Sai and Rafaela enjoy the atmosphere of the school. They love being with children of similar or close to their age, chasing each other, kicking balls, digging in the sandpit, etc.



CLASS CJ

Well Class CJ certainly went off with a bang at the end of last term. Our concert performance was first class. Thanks to the creative and hard work by John our class SLSO, we had the best-looking prop out there with our Italian gondola and the students well and truly complimented the overall look. Lucas took the hand as our gondolier, Lachie roamed the stage as a pizza delivery boy, Luca a pizza salesman from down south, Isla and Alexsandra looking magnificent as our special guests gracing the waters of Venice.

This term we welcome our new student Will. His happy smiling face brings a lovely touch to our classroom. We will have a small celebration with him next month for his birthday, something we do with each of our students as their big day arrives. It is our tradition in Class CJ to cook a cake at the beginning of the school day, then have some fun later on with the Happy Birthday cheers and some taste testing of our product.



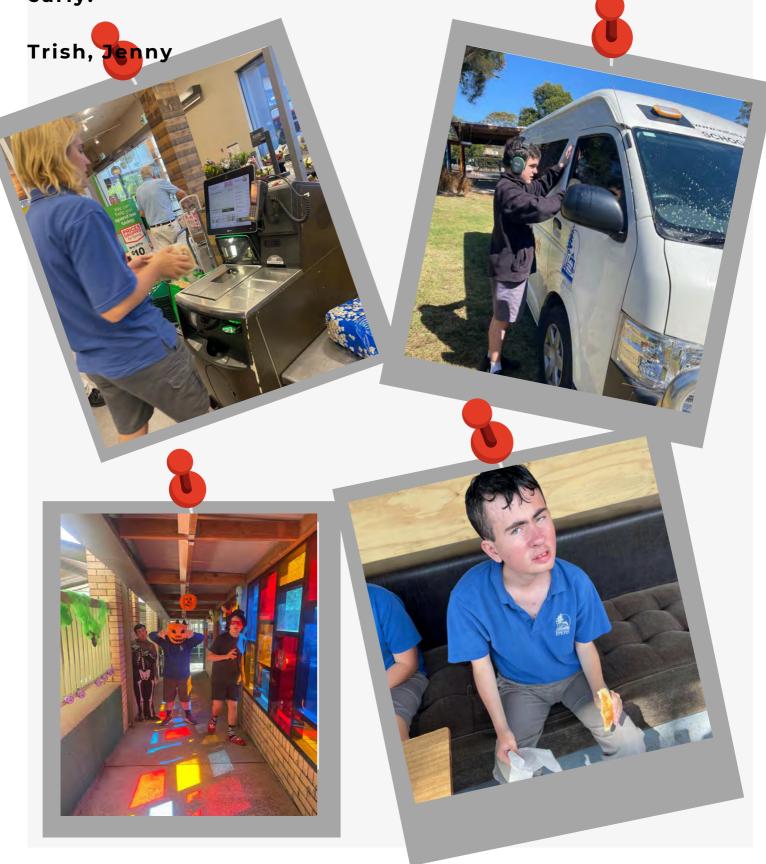
CLASS JK

We have been very fortunate to have some lovely coaches from Blast Cricket come to our school each Wednesday for 4 weeks so we can learn the skills we need to play cricket. We have been practising our catching and batting using large balls to develop our coordination skills and when we have practised we play with regular sized balls. The whole class loves participating in this fun filled game. We also practice running and play lots of games. The students listen to the instructions of the coaches well and are developing their turn taking, fitness and overall skills in this adapted version of cricket. Well done, class JK!



CLASS TH

Term 4 is well under way for Class TH. We have our two Year 12 students Dylan and Liam trialling and attending post school option programs. It's going to be a big move for the boys next year, so it's important to prepare them early.



CLASS FS

HOWZAT! Term 4 is off to a great start for Class FS, with our students learning some cricket skills on Wednesday mornings. The crew from BLAST Cricket rock up with great enthusiasm each week and this is rubbing off on our students who are loving learning how to catch, bowl, and bat. Our oval is the perfect place for Whitney and Tyron to smash a few FOURs, for George to bowl fast paced over-arm missiles, for Masato to catch high and low balls and for Lachie to enjoy running between the wickets. "Aussie, Aussie, Aussie, Oi, Oi, Oi!"



CLASS LV

Welcome to term 4! It's hard to believe that it is already the last term of 2023! The students of LV have welcomed Vito to our class. Vito is having fun exploring the grounds of Fisher Road school and getting used to our daily routines. Vito is loving our gymnastics program, bushwalking excursion and he is enjoying our Friday swimming session. This term we are continuing our 'Crunch n Sip' Program, where the students are exposed to new foods. It has been great watching the students try foods that they would normally not eat. Apple, carrot and cucumber seem to be the most tried new foods, so far. This is also a wonderful communication opportunity for the students as they have been supported to use Proloquo2go and LAMP to identify the colours and names of the foods they are trying.

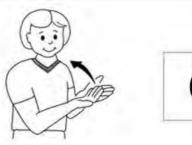
Our class tree is filled with birds and wildlife now and we have started looking at native land animals. We have already made an Emu and are looking forward to exploring the interesting features of wombats and echidnas in the coming weeks.



COMMUNICATION TEAM

Our CORE WORDS for this week are ON and OFF. Please encourage your child to use these in different ways at home. For example, 'Jump ON the trampoline' or 'Take OFF your jumper'.

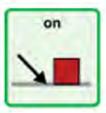




OFF

With hands both flat, palms up and fingers on top of the other at a slight diagonal; lift top hand upwards.













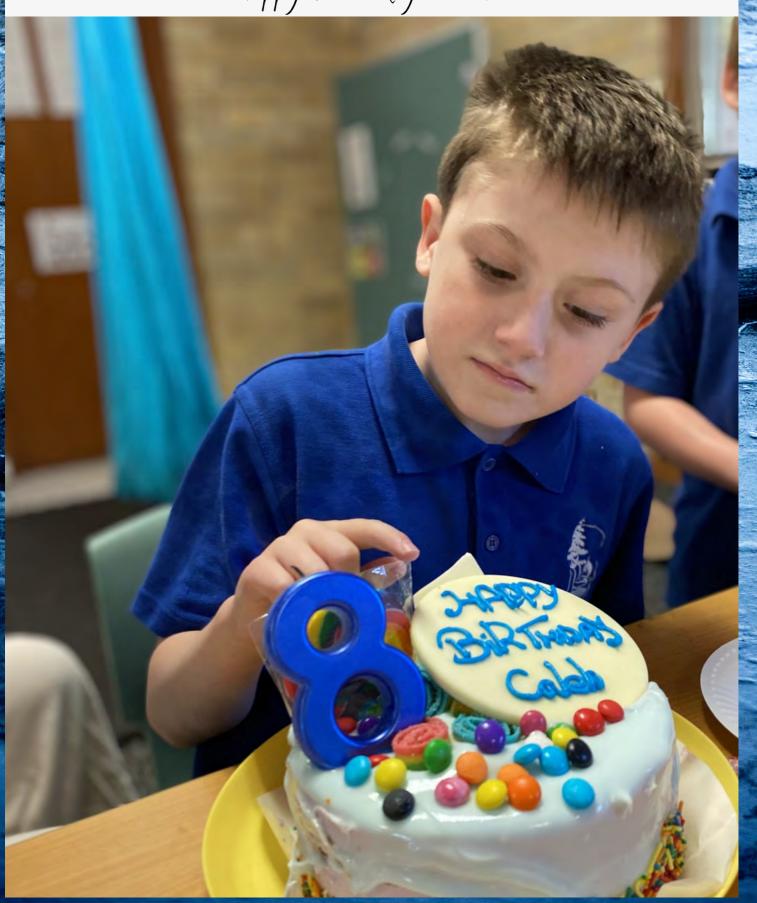
All of our FRS students have been working hard to collect stickers on their PBL charts, in line with our core values. If a student collects 20 or more over the semester they will enjoy a special assembly on Tuesday 12th December, where the Principal, Arianne will present them with a certificate.

Sandy

Birthday News Happy Birthday Heath



Birthday News Happy Birthday Caleb



Birthday News Happy Birthday Dylan







NOW **ACCEPTING NEW REFERRALS**





Essence Community Care is established with a vision of providing NDIS support to people with disabilities and their families. We focus on providing a wide range of lifestyle services to improve the well-being of people with special needs. With an aim of making people with special needs independent, we craft a special support plan with a list of services according to their requirements which certainly helps them in the best possible way.

Essence Community Care is etched to the fact that every person is special. The services provided by us are delivered to achieve the happiness of our clients.

Participants will be matched to qualified and skilled support staff, who are experienced to support our participants best.

OUR SERVICES INCLUDE SUPPORTING NDIVIDUALS WITH:

Physical impairment / Mobility Issues Frederick's Ataxia Multiple Sclerosis Acquired Brain Injury Spinal Cord Injuries Motor Neurone Disease Stroke Intellectual Disabilities Mental Health illness Cerebral Palsy Autism and Asperger Syndrome Down Syndrome Visual and Hearing Impairment And more



OUR SERVICE TYPE INCLUDES:

Household Tasks Accommodation/Tenancy Assist-travel/Transport Innovative Community Participation Daily Tasks/Shared Living Assist-Life Stage, Transition Assist-Personal Activities Development-Life Skills Group/Centered Activities Participate Community Support Coordination SIL Accommodation Respite Accommodation Assistance in Medication Behaviour Support







165 Queen St, St Marys, NSW 2760 235 Sydney Rd, Coburg VIC 3058



info@ssencecommunitycare.com.au

Northern Beaches Men's Groups Directory

At Lifeline Northern Beaches we make a difference every day.

Brothers 4 Brothers

A safe space where men can be vulnerable without judgement or expectation. www.brothers4brothers.com.au

Freshwater Mankind Project iGroup

Community men's group, dedicated to supporting growth and maturity by sitting together in deep presence. www.mankindproject.org.au

Head Above Water

Activity-based charity who aims to build mental fitness on the Northern Beaches & beyond through funded workshops with our program partners. www.headabovewater.com.au

Lifeline Northern Beaches

Low cost face-to-face counselling. www.lifelinenb.org.au

Man Anchor

Man Anchor is a mental health education provider passionate about building mental health literack across Australia to improve support networks, connection and ultimately reduce suicide.

meditationHQ

The perfect mix of education, experiences & inspiration as we create seemingly simple yet powerful experiences utilising life-changing meditation and wellness practices, delivered in practical and accessible ways. www.meditationhq.com.au

Men's Kitchen

If you are an older man and are looking to increase your confidence in the kitchen or have had to take over the role of preparing meals, and most importantly, would like to join a group of men who enjoy each other's company while preparing a meal, the Men's Kitchen is for you. www.menskitchen.org.au

Mentoring Men

Provides free long-term one-to-one life mentoring for men who are going through some challenges or changes in their life. www.mentoringmen.org.au

Mongrels Men Health and Wellbeing

Mongrels Men run close to 300 events and activities for men on the Northern Beaches every year designed to get blokes off the couch, outdoors, moving, communicating, connecting and developing new social and support connections with other men in their local community so they have somewhere to go, something to do, someone to talk to and support when needed. www.mongrelsmen.com

MoWaNa Northern Beaches Safe Space

FREE drop-in style space opened out of hours to support you if you are experiencing emotional distress and/or suicidal thoughts. www.mowana.org.au



PROGRAMS Flintwood Brookvale F



October November Dec 2023

Monday Mornings

Program: Location: Cost: Time: Category: Description:	Relaxation Benefits-Improve Muscle Tone Community integration	
Program: Location: Cost: Time: Sites: Category: Description:	Bocce Competition Cerebral Palsy Alliance \$5 a month fortnightly Arrival at 10:00 CPA at St Ives Social, skill & confidence building	
Location: Time: Cost:	search for household necessities while learning to read labels, compare products and prices, select fresh foods, order at the Deli and go through checkout. Local Supermarkets 10am -12pm Free	
	Cost: Time: Category: Description: Program: Location: Cost: Time: Sites: Category: Description: Theme: Program: Description: Location: Time: Cost: Cost:	Location: Harbord Bowling Club Cost: \$10_15 \$ fortnightly Time: Arrival at 10:45 Social, skill & confidence building Description: Team work skills, Friendly Competition, Relaxation Benefits-Improve Muscle Tone Community integration Releases Stress and includes Social interaction Program: Bocce Competition Location: Cerebral Palsy Alliance Cost: \$5 a month fortnightly Time: Arrival at 10:00 Sites: CPA at St Ives Category: Social, skill & confidence building Description: Team work skills, Friendly Competition, Releases Stress and includes Social interaction Theme: Skill Building Program: Shopping -Groceries Description: Join us as we navigate down the grocery aisles in search for household necessities while learning to read labels, compare products and prices, select fresh foods, order at the Deli and go through checkout. Location: Local Supermarkets Time: 10am -12pm

Tuesday Morning

Curl Curl Community Garden



Theme: Skill Building

Program: Community Garden

Description: Join us as we celebrate gardening

and composting at the <u>Curl Curl</u>
<u>Community garden</u>. Watch the
wonders of nature and join in this
great community garden, learning
how to grow fruit and vegetable and

composting.

Location: 2 Griffin Road North Curl Curl

Time: 10:30am to 1:30

Cost: Free

What to Bring: Compost, hat, and sunscreen

Skill Building Theme: Cooking Program: Cooking Description: Join us as we prepare a healthy meal for lunch whilst learning to chop, slice, pour, measure and to use a variety of kitchen utensils and appliances safely. Location: Kitchen onsite 10am -12pm Time Cost 3-5 \$

What to Bring: Apron and a willingness to wash up

Tuesday Afternoons

Barista	Theme	Skill Building	
5011010	Program:	Barista	
25	Description:	Learn to temper milk and make a great froth,	
The second		grind coffee beans, and pouring safely as you	
		navigate around a barista machine.	
	Location:	Kitchen, onsite	
-Fina	Time:	10am -12pm	
	Cost:	FREE	
	What to Bring	Perseverance through trial and error, here	
		practice makes a perfect cup of coffee!	
Scrapbooking	Theme:	Creative and Performing Arts	
	Program:	Craft/ Scrapbooking/ calendar making	
	The second secon		
	Description:		
4 5 200 -	Description:	your personal scrap book or calendar book	
1-11		your personal scrap book or calendar book for 2023	1
	Location:	your personal scrap book or calendar book for 2023 Onsite	
	Location: Time:	your personal scrap book or calendar book for 2023 Onsite 12pm -2pm	
	Location:	your personal scrap book or calendar book for 2023 Onsite 12pm -2pm Cost of the calendar	

Wednesday Mornings

Sailing/Sailability	Theme:	Recreation & Leisure	
Sum ig/ Sumabiney	Frogram:	Sailing fortnightly	
	Description:	Join us on the water in a vessel catering for	
1		all abilities. Feel the wind in your hair as you sail in protected waters steered by trained	
		and experienced volunteers.	
	Location:	"Sailability" @ McCarrs Creek Reserve, Dee Why	
	Time:	10am -12pm	
	Cost:	\$10 fortnightly	
	What to Brin	Sunscreen, firm fitting hat & sunglasses, and	
		an appreciation for water safety!	
	(Please note:	you must be prepared to wear a provided	
		lifejacket for your safety)	

Bowling Theme: Recreation and Leisure Program: Ten Pin Bowling fortnightly Description: Join us at Dee Why RSL fortnightly for a FUN and action-packed morning, see how many strikes you can get Dee Why RSL Location: Leaving site at 10:00 am, returning at Time: 12.30pm \$6.50 Cost What to Bring: Comfortable closed in shoes, water bottle, sunglasses, sunscreen, packed lunch

Wednesday Afternoons

Theme: Program: Description: Location: Timer Cost: What to Brio.	Health & Wellbeing Sensory Explorers Foot spas, burn essential oils, listen to the sounds of nature, enjoy a hand massage, beauty, explore different textures, and discover your tastebuds as you awaken your senses in a fun, relaxing and at times messy way. Onsite 12:30-2:30pm FREE	
Program: Location: Cost: Time: Sites: Category:	Return and Earn Brookvale ANA 14:00 am Brookvale Social, fitness and skill building	
Theme: Programs Description: Location: Time: Cost:	Leisure & Recreation Fishing Visit your local bait store and head on to your favourite fishing spots. Learn how to bait a hook, cast your line and reel in your catch while enjoying the great outdoors and the company of others. Local Fishing Spots can be arranged on different days weather dependant 10am -2pm FREE	
	Program: Description: Location: Time: Cost: What to Brin. Program: Location: Cost: Time: Sites: Category: Description: Theme: Programt Description: Location: Time:	Program: Sensory Explorers Foot spas, burn essential oils, listen to the sounds of nature, enjoy a hand massage, beauty, explore different textures, and discover your tastebuds as you awaken your senses in a fun, relaxing and at times messy way. Location: Onsite Timer 12:30-2:30pm Cost: FREE What to Bring: A healthy curiosity! Program: Return and Earn Location: Brookvale Cost: ANA - Time: 14:00 am Sites: Brookvale Category: Social, fitness and skill building Description: Walk or Drive to the return and earn and earn some cash for the Christmas party Theme: Leisure & Recreation Frogram: Fishing Description: Visit your local bait store and head on to your favourite fishing spots. Learn how to bait a hook, cast your line and reel in your catch while enjoying the great outdoors and the company of others. Location: Local Fishing Spots can be arranged on different days weather dependant Time: 10am -2pm

Thursday Mornings

Yoga/Zumba/	Theme:	Health and Wellbeing	
	Program:	Exercise	
Stretch	Description:	Get your body moving and have the	
		opportunity, to learn some different aerobic styles and techniques with our resident staff	
		coaches.	
	Location:	Onsite or parklands	
	Time:	12:00pm-2pm	

	Cost: What to Brin	FREE Comfortable walking shoes, water bottle and sunscreen!	
Coffee Shop		Coffee Shop Flying Fox café or Clontarf, can be held also on Friday weather dependant \$ 5 weekly 10:00 am Brookvale Social, and skill building Go for a walk in the park with your friends and grab a coffee	
Arts & Craft	Theme: Program: Description: Location:	mache, scrapbooking, flower pressing, tie dyeing, rock painting and card making. Challenge your fine motor skills, learn a new hobby, and design your own creation to take home or give to a loved one. Art Room onsite	
	Cost: What to Brins	12:30pm-2:30pm FREE Old shirt or apron, and your clever self!	

Thursday Afternoons

Location: Time: Cost:	My Community St Vinnies-personal shopping and things for the centre Shopping and giving St Vinnies Brookvale 10am -12pm dependant on choice A smile and shopping list	
Theme: Program:	Social Fitness and community BBQ & Sport	
Description: Location: Time: Cost:	game of sport and finish the match with a BBQ lunch. Jamison Park 10:30pm-2:30pm \$5	
What to Bring drinks!	Sports shoes, water bottle, snacks and	

Friday Mornings

Performing Arts	Theme.	Creative & Performing Arts	
	Program	Performing Arts The Grinch	
California California	Description:	Learn dance routines, sing, play an	
Selling.		instrument and get in character to deliver	
The same of the sa		your lines when you join the Flintwood cast	
hat acatein thursday		as you rehearse and prepare for the end of	-
- indition		year concert. Explore your expressive side	4 144
STATE OF THE PARTY OF		and build your confidence to perform in	
		front of an audience.	
	Location.	Onsite	
	Time:	12:30pm-2:30pm	
	Cost:	75	
	What to Bring	Enthusiasm and energy to work as a team!	
Sight Seeing Sydney	Theme:	Rec and Leisure/ Community	
MARIE	Program:	Sight Seeing Sydney	
	Description:	Join us as we head out and about Sydney,	
No.		either via company van or public transport,	
		you will have the opportunity to see some	
		of our best landmarks and planes, trains,	
		and ferries	
	Location:	Sydney	
	Time:	10am -2pm	
	Aliberta Dono	Lunch and Drink, opal card!	

Friday Afternoons

Savoury Des	me: Leisure & Recreation gram: Indoor Games cription: Baking for special events and afternoon teas you will have the opportunity to mix and stir and measure your way around the kitchen. Whilst making a bakery treat. ation: Onsite 10am-12pm	
Domestic Cleaning The	k: Skilr Building Briang: You will still need to bring your lunch and Skilr Building Briang: Domestic Cleaning	
Des	cription: Be more independent at home. Learn to wash your clothes, vacuum the floor, and load a dishwasher safely. This is dirty work, but great fun to learn to do it (for themselves). Onsite	

Cost:	FREE	
What to Bring:	Readiness to roll up your sleeves and get	
	cleaning!	

Special Events:

 The NSW Art Gallery, The Movies dates and films TBA, we are also planning a trip to the Zoo, Halloween The Flintwood Farm and The Brookvale Christmas Party

Dear Participant/Parent/Carer,

Please find above proposed group programs for the upcoming quarter for you to indicate your preferences. You can do so by placing a tick in the box to the right of each program for every morning and afternoon session each day. Please then sign and date below or we can accept verbal consent instead. All programs are subject to change pending on the number of responses we receive.

To ensure a timely response to your preferences, please return this proposal to **Brookvale** by 26.9.23 upon which a confirmation of your programs will be forwarded to you with commencement of the new term.

Your feedback or further program ideas are greatly appreciated in our efforts to continually develop in meeting your needs, please add any comments you may have below:

If you have any questions or need assistance, do not hesitate to contact **Rachel Johnson** (Service Manager) on 0448177718 Rachel Johnson@flintwood.org.au

Participant's Name	Participant or Nominated	Date
	Person's Signature	

OR

Verbal Consent Received:

Staff Name	Person Providing Verbal Consent	Date



CHILD
ATTENDING
AFTER SCHOOL CARE
AT FISHER ROAD SCHOOL
PLEASE CONTACT
Jessie Quinn 0412 571 051
AT SUNNYFIELD

Try This-shoe hack







ACKNOWLEDGEMENT OF COUNTRY

Fisher Road School acknowledges
the
Gaimaragal people of the
Eora Nation
and the traditional custodians of
the land
in which we learn and
pay respect to
Elders past and present.