

**2023**

***Term 4***  
***Week 10***



FISHER ROAD  
SCHOOL

***Fisher Road School***  
***Newsletter***

# **A MESSAGE FROM OUR PRINCIPAL**

**I would like to congratulate Caroline White in her appointment to Deputy Principal at Sir Eric Woodward. Staff and students at Fisher Road will miss her calm approach and wish her all the best in her new role. Sally Burt has been doing a fabulous job relieving in the Assistant Principal role this year and into 2024. A panel has been assembled and the advertisement for the Assistant Principal role will be published early next year.**

**On Wednesday morning Fisher Road staff are having a breakfast to thank the community for their support throughout 2024.**

**I would like to wish our school leavers all the best on their journey in Post school life. Congratulations Alexandra, Dylan, Liam and Lachie.**

**Arianne McCombie**



# SAVE THE DATE !



## Upcoming Dates To Remember

### **Community Breakfast**

**7.15am-Wed 13th December-**

**For Volunteers and the Community who have helped  
the school during the year**

**12th December**

**Special Morning Tea-PBL**

**14th December - Thursday-12pm**

**Junior Xmas Party**

**15 December - Friday 12pm**

**Senior Xmas Party**

**15th December-Friday**

**Last Day**

**February - Thursday 1st**

**School Resumes**

# For updates on these important dates, please be sure to check the school diary regularly  
for reminders.



# Presentation Day

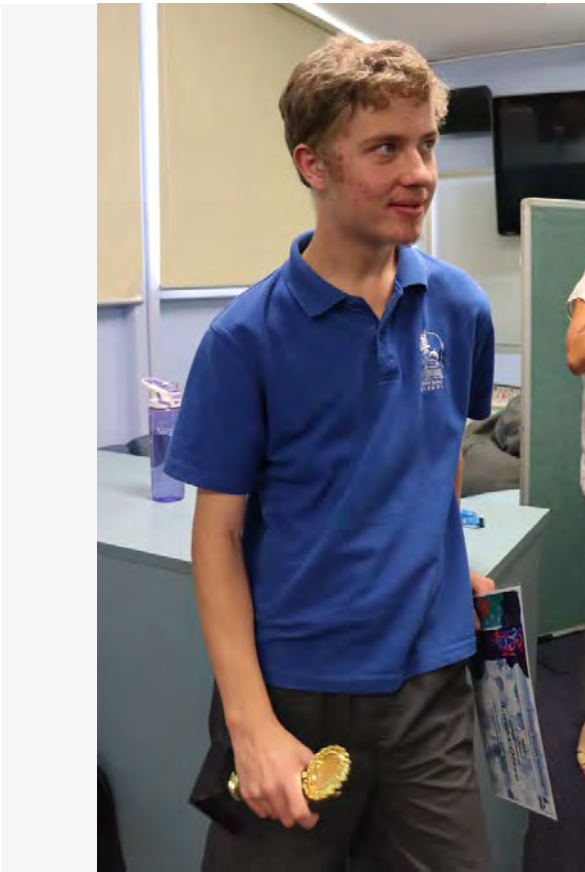
## Seniors











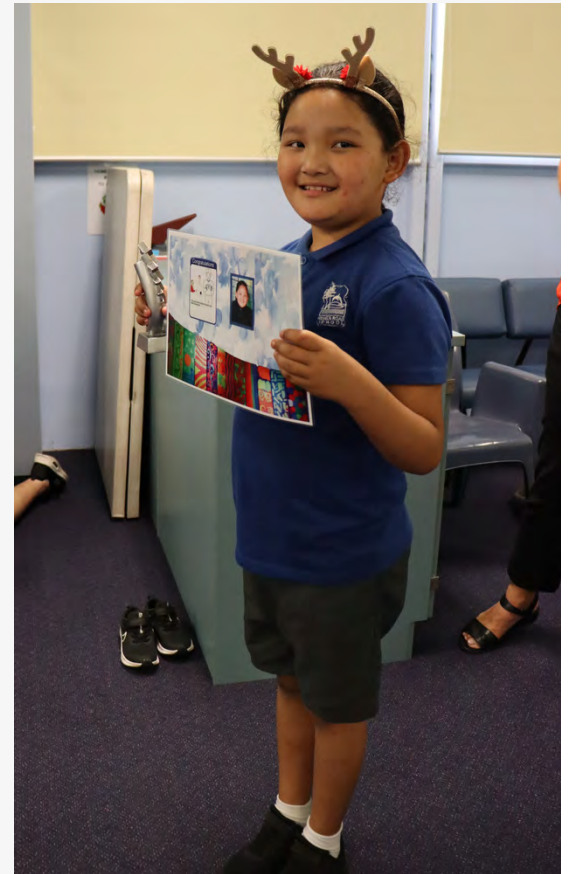






# Presentation Day

## Junior

















# Santa Visits Fisher Road School























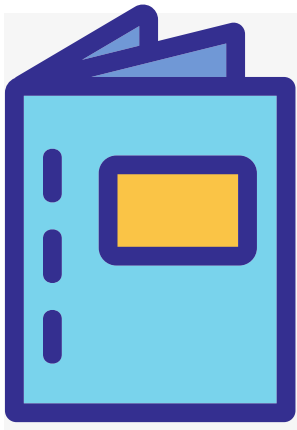












# Support Booklet

**OUR 2ND BOOKLET IS HERE!!**

**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 SL

Class SL had a chance to go to the beach last week as part of our studies about sea animals and plant life. We had morning tea at Collaroy beach then walked around toward the rock pools. The students were able to smell the salty ocean air, touch and feel seaweed and shells and listen to the waves crashing against the rocks. They saw and heard a few seagulls as well, who had come to visit us as we ate our morning tea.

Now that it is December, we can begin our Christmas craft. Keep an eye out for these in your child's school bag. We will also start to send artworks home as we tidy up the classroom for next year.

It has been a busy term and everyone is feeling tired but we have some exciting events coming up - the PBL special assembly and the Junior school Christmas party.

Have a safe and happy holiday everyone. We look forward to seeing you again in 2024!

Sandy and Sue R





# CLASS AB

To celebrate the end of year, Class AB and SB went to C-Side Messy Play in Collaroy for an excursion! The students absolutely loved it. There were stations that involved paint, food and senses exposure, water play, beads, playdough and stickers. The staff were fantastic there, and did well to accommodate for the children.

It's safe to say the students enjoyed their trip to C-Side Collaroy, and we definitely recommend parents and carers to consider it for the Holidays!

What a great year we have had in 2023. We hope everyone enjoys their holidays and we are looking forward to seeing you back at Fisher Road in 2024!

Classes AB and SB

Ashley, Alena, Sally and Mandy





# CLASS SB



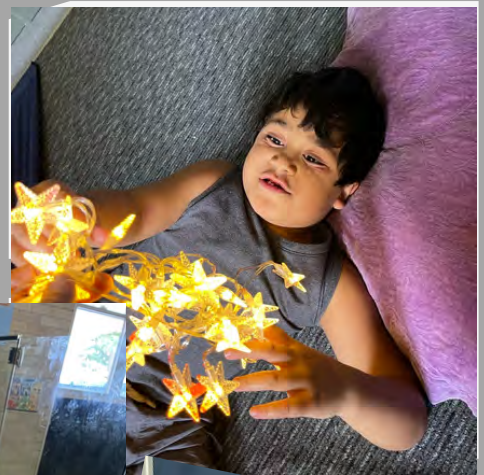
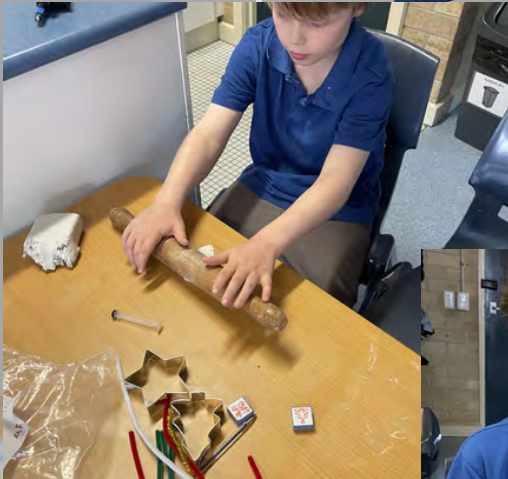


# CLASS SH

**Ho Ho Ho, Merry Christmas!**

**We've been celebrating Christmas by enjoying a special Christmas sensory story and hand making gifts to commemorate the silly season. We've had a busy term 4 with our regular outings, including Jump'd and our Friday park visit which is always a class favourite. We have a big day on Wednesday 6th our class had been invited to join in A Special Christmas Party held at Rosehill Race Gardens. Thanks for another amazing term. Everyone has worked hard this semester to complete their learning goals. We wish you all a safe and happy holiday!**

**Sam, Justine & Nanaako**





# CLASS MP

School year 2023 has been a challenging but overall fun and great year for us in Class MP. Matt, Lauren and myself have been fortunate to have your children and are thankful for the support you've given us.

Throughout the year, Sam, Edgar, Rafaela, James, Sai, Jonathan and Marius worked hard to achieve goals that we, parents and teachers, set out for them. They have demonstrated progress in aspects of social, physical, emotional and intellectual development. We are all proud to be part of their learning.

On a different note, our friends from Cromer Public school (Class GK) will join us here at Fisher Road for a swim and picnic on the last Tuesday of the term. We have been so lucky to be part of their educational learning. There is also the PBL special assembly and the Junior school presentation that we look forward to.

We wish you all a safe and relaxing holiday.

Maria, Matt and Lauren





# CLASS CJ

Our run up to the end of term is fast approaching and our busy class has got even busier. We are all enjoying swimming and our students have really refined their routines around preparing for these sessions two mornings a week, getting to the pool and making the most of their one-hour swim time. It's a happy start to the day for Class CJ.

We have made the most of the warmer weather getting some outdoor community access in our visits to Seaforth Oval. An opportunity to have some lunch out or pick up our favourite treats with some hot chips or hot donuts.

This term we welcomed Will to our class. And this term we also say farewell to one of our longest attending students, Alexsandra. She has been a big part of our class over the years with her cheeky and mischievous personality. We will miss her and wish her and her family the best as she embarks on a new era of her life beyond the gates of Fisher Road.

Class CJ wishes all our families a happy and safe Christmas. See you all next year.  
Chris, Lauren & John





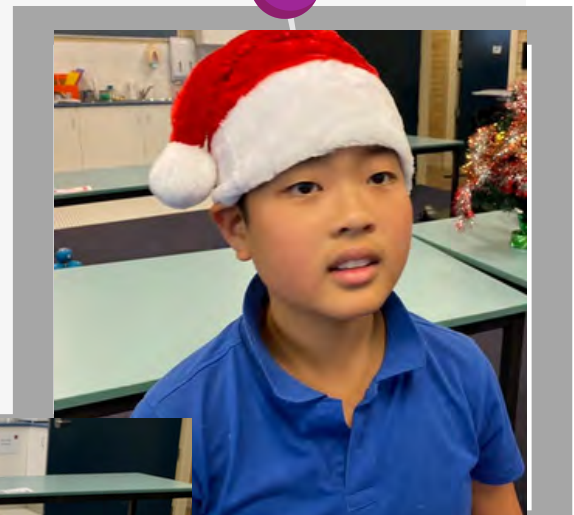
# CLASS JK

Wow!! We can't believe we are coming to the end of a wonderful year. Class JK have all worked really hard at achieving their goals and have developed quite a comradery. Gymnastics has been a huge hit this year and the students have all looked forward to the sessions each week and it has provided fun, excitement and valuable exercise. Combining with class LV for our "Living Things" unit has also been a highlight where the students get used to interacting with their peers and have fun while learning. We are all very excited to end the year with a fantastic excursion to the zoo in the last week of term with class LV as the culmination of this theme. We have been looking at video cam of certain animals at the zoo and I think everyone is looking forward to having a fun day out!

Class JK is busy getting into the xmas spirit and will be baking cupcakes and decorating a gingerbread house.

T and I would like to wish everyone a safe and happy xmas and a wonderful New Year!

Julie and T





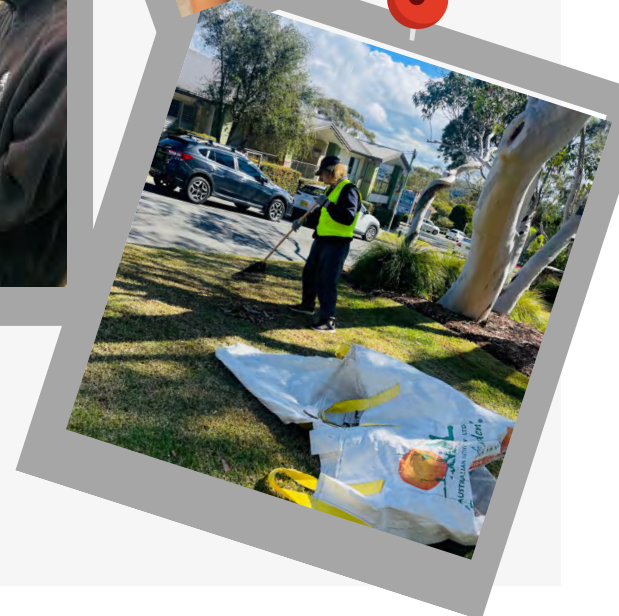
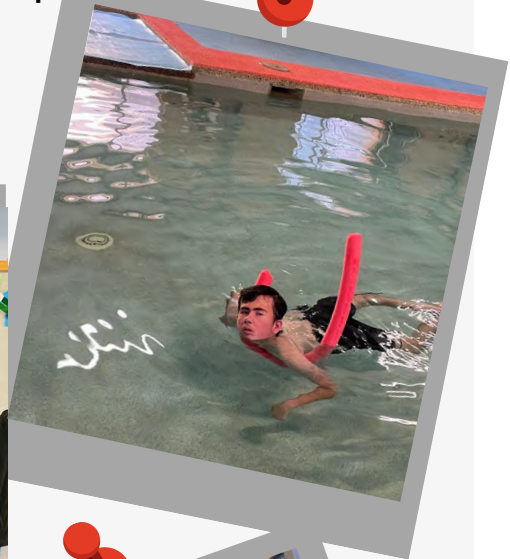
# CLASS TH

Wow... our last newsletter for the year! What a great year it has been overall for Class TH. The boys have had amazing progress both personally and academically which has been extremely pleasing to witness. Our focus now is finishing the year on a high. In class we have made our own Christmas tree and decorations. The boys gathered branches from around the school. They used white snow spray paint to spray the branches white. They made decorations using dried clay and had fun doing this while listening to Christmas songs.

Sadly, Class TH will be farewelling two students. Both Dylan and Liam are at the end of their schooling years and will be moving on to post-school options next year. We are sad to see them go but at the same time, excited for them to start the next phase of their adult lives.

Wishing everyone a safe and joyful Christmas!

Trish & Jenny





# CLASS FS

Did someone say December? Wow, another great year has flown by and the students in class FS made sure we were kept on our toes at all times!

As the year comes to a close, we reflect on the achievements and growth of our wonderful students, particularly in their self regulation skills and their blossoming independence. We remember the fun times we have had participating in new activities such as Gymnastics and Blast Cricket as well as some old favourites Music Therapy with Anita, shopping at Glenrose, STEM and swimming.

We say Goodbye to our much loved friend, Lachie Ellis as he graduates from Fisher Road. Lachie has been at our school since he was 4 and he will definitely be missed by many of the staff and students next year.

We wish our students and their families a happy Christmas and a wonderful new year.

Fran, Kari, Ebony, Cuban and Lani





# CLASS LV

Here we are at the end of a wonderful year. Class LV have enjoyed many and varied experiences during 2023. Among some of the highlights have been our Music Therapy sessions, Morning Circle time, gymnastics, art, bushwalking, and our time spent down at the oval to name a few.

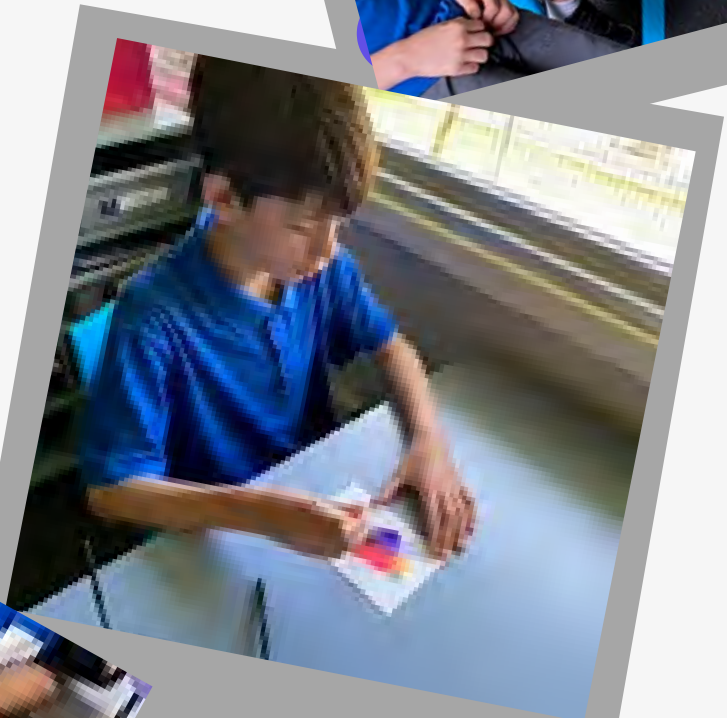
Our classroom tree has featured throughout the year changing and growing with each season and with the addition of animals and birds studied during our Living Things lessons. In a fitting end to this enjoyable year, we are all looking forward to our excursion to Taronga Zoo on Thursday, December 14th with Class JK where we will see many of the animals and birds we have discussed and learned about. Wishing our Parents and families a wonderful and safe holiday period.

Lainie, Virginia, Anat & Lynn





# CLASS LV





**We were asked by School infrastructure to write a few words for the International Day of Disability (3 December), featuring 3 SSP schools. This day promotes awareness, understanding and acceptance of students with disabilities in our community and we want to shine a spotlight on schools that are making a difference. Please read the published article on the next page.**

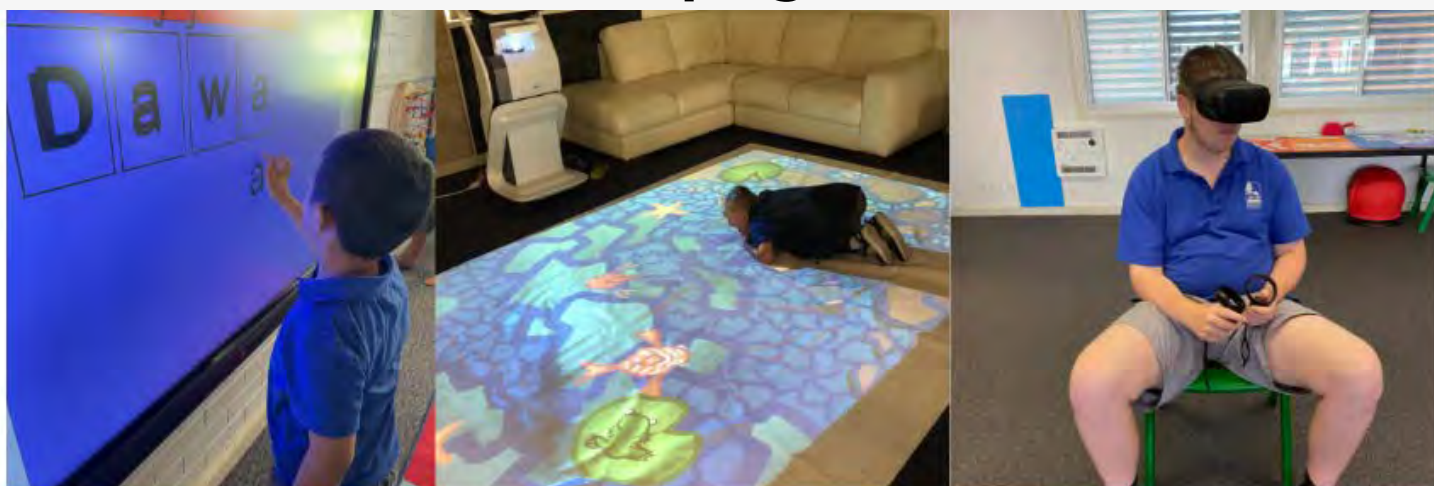


Image: Digital screen, interactive flood projector and virtual reality at Fisher Road School



Image: Sensory room at Fisher Road School





[School Infrastructure Home](#) ➤ Celebrating International Day of People with Disability and spotlighting schools making a difference

## Celebrating International Day of People with Disability and spotlighting schools making a difference

**Release date:** 05 December 2023

International Day of People with Disability (IDPWD) is celebrated on 3 December each year to increase public awareness, understanding and acceptance of people with disability. By acknowledging this important day, we can take action to remove barriers for the 4.4 million Australians with disability and contribute to positive change in our classrooms and our community.

This year we are marking the day by spotlighting 3 incredible Schools for Specific Purposes (SSPs) in NSW - Fisher Road School, Yandelora School and Mainsbridge School. These schools exemplify a commitment to providing quality education and state of the art, inclusive facilities for students with disabilities to thrive. From cutting-edge technology to purpose-built, accessible facilities designed by School Infrastructure NSW and sensory enrichment programs, these schools stand as beacons of support for students and families.

### Fisher Road School

Located in Dee Why, Fisher Road School is a leader in special education, providing a safe and supportive learning environment for students from Kindergarten to Year 12 with moderate to severe intellectual disabilities. Embracing innovative technology, Fisher Road fosters engagement using tools such as interactive white boards and floor projectors, virtual reality headsets, STEM materials and adaptive technologies to support each student's individual learning goal at their own pace.

"Fisher Road School offers innovative diverse learning spaces to support our student's growth, engagement and unique learning needs. This International Day of People with Disability we are proud to showcase our school and the great access our students have to a range of programs and tailored learning opportunities which maximise their potential in every way. At Fisher Road School we strive to support student communication and build independence to empower students and their families on their journey to post school."

- Arianne McCombie, Principal, Fisher Road School

What's more is their game-changing sensory room which provides students with targeted stimulation to their primary senses: sight, sound, smell, touch, and movement. Understanding the diverse sensory needs of its students, this specialised room provides students with a haven for relaxation, featuring soothing music, multi-colored lights, aromatherapy, and massage — a testament to the school's dedication to the holistic development of each student.



# Graduation

We had four Year 12 student's graduate this year. Dylan, Liam, Lachlan and Alexandra. A special graduation was held for the four of them at school on Sunday the 19th of November. It was an intimate event with close family members and staff who attended. The students were celebrated for their schooling journey's and success throughout their entire school years. This was showcased in individual slideshow presentations. It was a tearful moment for both families and staff. As the year draws to a close, we want to take this opportunity to congratulate Dylan, Liam, Lachlan and Alexandra and wish them the very best in their future endeavours.

Trish





# Graduation





# COMMUNICATION TEAM

**This year the Communication Team has been busy focusing on three main areas. These have been:**

**Increasing communication in the junior playground**

**To increase communication in the junior playground we:**

**increased access to AAC, engaged students with novel activities, upskilled staff in the use of high tech AAC, modelled the use of AAC in the playground. In a recent staff survey, staff reported an increase in observing turn-taking skills, peer to peer communication and overall usage of AAC in the playground. Next year our focus will be on implementing a system into the senior school.**

**CORE Word program**

**This year we introduced a CORE word program across the whole school. CORE words refer to the small number of words that make up >70-90% of what we say on a daily basis. For example, 'more', 'finished', 'help', 'go'. Each fortnight we focussed on a CORE word. We developed resources for teachers to implement into their classes using a multimodal approach. This program will continue next year.**

**LAMP Come and Try Day**

**In September we had two speech pathologists provide the opportunity for some of our students to try LAMP (language acquisition through motor planning) on a variety of AAC devices. This day was successful with attending parents reporting that they had an increased understanding of LAMP, AAC devices, modelling and the processes to access high tech AAC. We hope to offer a similar event early in 2024 so please look out for more information about this before the end of the year and share with your speech pathologist if you are unsure.**

**Brooke and Trish**



# COMMUNICATION TEAM





# CSUS

**This year Sally, Sandy and Arianne were very lucky to be working with Gillian Keogh and Damien Feneley from the Collaborative Support in Unique Settings Team (CSUS). This initiative provides literacy and numeracy support to schools with specific purposes, hospital schools and/or schools with less than 100 students. This support aligns with our Strategic Improvement Plan, in particular SD1 - Student Growth and Attainment.**

**Using the CSUS team's expertise and experience to guide them, Arianne, Sandy and Sally identified a particular area of literacy they wanted to focus on - the Interacting indicators (National Literacy and Numeracy Learning Progressions), which monitor and measure the way our students might interact with peers/adults, indicate refusal, listen in groups settings and, use language to convey meaning.**

**This project is long term and will hopefully, help all teachers with their planning as well as giving them rich data about where students are at and where they need to go next.**

**Sandy**



# Aboriginal Education Team


**We are delighted to announce our Fisher Road School Reconciliation Action Plan (RAP) has now been published and is presented as part of our commitment to build respectful relationships and demonstrate our commitment to providing opportunities for Aboriginal and Torres Strait Islander peoples and culture.**

**The thoughtful development of our RAP was a collaborative effort developed by our Aboriginal Education team and has provided us with the opportunity to reflect on our commitment to reconciliation, to build on achievements we have already made and to make both tangible and meaningful learning experiences designed and developed in consultation with local Aboriginal and Torres Strait peoples. Our RAP can soon be viewed on our website and is an ongoing plan, continuously developing to represent our commitment to reconciliation.**





# MORHAVEN



Spend time with friends  
Learn new skills  
Hang out with people your own age  
Experience new & exciting things

We have a team who is experienced, passionate, dedicated & FUN! We enjoy finding ways to provide social, recreational & community participation opportunities for young people with mild to moderate disabilities & mental health conditions.

Our unique, real-life experiences are specifically tailored for this age group & promote capacity building in a fun, safe, supportive, & age-appropriate setting. We find that this approach strengthens social connection, confidence & inclusion.

## WHY CHOOSE MORHAVEN ?

- We help you maximize the benefits of your NDIS plan by tailoring our support to meet your goals.
- Our team has experience supporting young people with disabilities where we promote acceptance & inclusion
- We listen and focus on fun, exciting & preferred activities.
- We aim to provide the highest standards in quality, customer well-being & safeguards
- Our program promotes a range of capacity-building opportunities for independence & everyday living skills, social & interpersonal skills as well as developing meaningful & lasting friendships



scan me to see  
upcoming events

## CONTACT US

1800 168 468

[hello@morhaven.com.au](mailto:hello@morhaven.com.au)



@morhavensocial

[WWW.MORHAVEN.COM.AU](http://WWW.MORHAVEN.COM.AU)

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**Adaptive clothing  
for children with a  
disability  
or limited mobility**

**Suited for:**  
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## HYDROEASE FEATURES

Adaptive Swimsuit for Children with a disability



## FLEXEASE FEATURES

Adaptive jumper for children with a disability and/or limited mobility



Zipper Back Trackpants

## PRODUCT FEATURES

ADJUSTABLE WAIST

**Larger than standard sizing**  
\*Extra room for a happy or continence aid

**Adjustable waist**

**Front Pockets**  
\*Designed with the Back Pockets for wheelchair users

**Zip access for Orthotics**  
(E.g. AFOs/SMOs)



@rarewearau



# 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](http://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](http://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](http://www.headabovewater.com.au)

## **Lifeline Northern Beaches**

Low cost face-to-face counselling. [www.lifelinenb.org.au](http://www.lifelinenb.org.au)

## **Man Anchor**

Man Anchor is a mental health education provider passionate about building mental health literacy across Australia to improve support networks, connection and ultimately reduce suicide.  
[www.mananchor.com.au](http://www.mananchor.com.au)

## **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](http://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](http://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](http://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](http://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](http://www.mowana.org.au)

[www.lifelinenb.org.au](http://www.lifelinenb.org.au)

Phone: (02) 9949 5522

 **Lifeline**  
Northern Beaches



# PROGRAMS Flintwood Brookvale

October November Dec 2023

## Monday Mornings

<b>LAWN BOWLS</b>	<p><b>Program:</b> Barefoot Bowls</p> <p><b>Location:</b> Harbord Bowling Club</p> <p><b>Cost:</b> \$10_ 15 \$ fortnightly</p> <p><b>Time:</b> Arrival at 10:45</p> <p><b>Category:</b> Social, skill &amp; confidence building</p> <p><b>Description:</b> <u>Team work</u> skills, Friendly Competition, Relaxation Benefits-Improve Muscle Tone Community integration Releases Stress and includes <u>Social</u> interaction</p>	
<b>BOCCE COMP</b> 	<p><b>Program:</b> Bocce Competition</p> <p><b>Location:</b> Cerebral Palsy Alliance</p> <p><b>Cost:</b> \$5 a month fortnightly</p> <p><b>Time:</b> Arrival at 10:00</p> <p><b>Sites:</b> CPA at St Ives</p> <p><b>Category:</b> Social, skill &amp; confidence building</p> <p><b>Description:</b> <u>Team work</u> skills, Friendly Competition, Relaxation Benefits-Improve Muscle Tone Community integration Releases Stress and includes <u>Social</u> interaction</p>	
<b>Shopping- Groceries</b> 	<p><b>Theme:</b> Skill Building</p> <p><b>Program:</b> Shopping -Groceries</p> <p><b>Description:</b> 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 <u>Deli</u> and go through checkout.</p> <p><b>Location:</b> Local Supermarkets</p> <p><b>Time:</b> 10am -12pm</p> <p><b>Cost:</b> Free</p> <p><b>What to Bring:</b> shopping bag and ready to push the trolley!</p>	

## Tuesday Morning

<b>Curl Curl Community Garden</b> 	<p><b>Theme:</b> Skill Building</p> <p><b>Program:</b> Community Garden</p> <p><b>Description:</b> Join us as we celebrate gardening and composting at the <u>Curl Curl Community garden</u>. Watch the wonders of nature and join in this great community garden, learning how to grow fruit and vegetable and <u>composting</u>.</p> <p><b>Location:</b> 2 Griffin Road North Curl <u>Curl</u></p> <p><b>Time:</b> 10:30am to 1:30</p> <p><b>Cost:</b> Free</p> <p><b>What to Bring:</b> Compost, hat, and sunscreen</p>	
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<b>Cooking</b> 	<b>Theme:</b> Skill Building <b>Program:</b> Cooking <b>Description:</b> 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.  <b>Location:</b> Kitchen onsite <b>Time:</b> 10am -12pm <b>Cost:</b> 3-5 \$ <b>What to Bring:</b> Apron and a willingness to wash up after!	
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## Tuesday Afternoons

<b>Barista</b> 	<b>Theme:</b> Skill Building <b>Program:</b> Barista <b>Description:</b> Learn to temper milk and make a great froth, grind coffee beans, and pouring safely as you navigate around a barista machine.  <b>Location:</b> Kitchen, onsite <b>Time:</b> 10am -12pm <b>Cost:</b> FREE <b>What to Bring:</b> Perseverance through trial and error, here practice makes a perfect cup of coffee!	
<b>Scrapbooking</b> 	<b>Theme:</b> Creative and Performing Arts <b>Program:</b> Craft/ Scrapbooking/ calendar making <b>Description:</b> Let <u>your</u> imagine run wild, whilst creating your personal scrap book or calendar book for 2023  <b>Location:</b> Onsite <b>Time:</b> 12pm -2pm <b>Cost:</b> Cost of the calendar <b>What to Bring:</b> Creativity!	


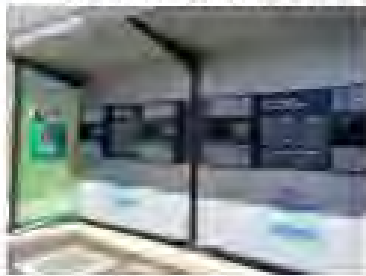
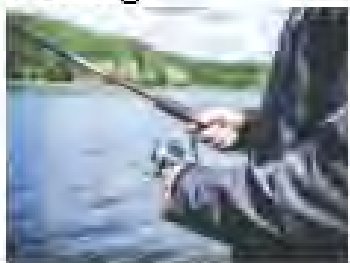
## Wednesday Mornings

<b>Sailing/Sailability</b> 	<b>Theme:</b> Recreation & Leisure <b>Program:</b> Sailing fortnightly <b>Description:</b> Join us on the water in a vessel catering for all abilities. Feel the wind in your hair as you sail in protected waters steered by trained and experienced volunteers.  <b>Location:</b> <u>"Sailability"</u> @ <u>McCarrs Creek Reserve</u> , Dee Why <b>Time:</b> 10am -12pm <b>Cost:</b> \$10 fortnightly <b>What to Bring:</b> Sunscreen, firm fitting hat & sunglasses, and an appreciation for water safety! (Please <u>note</u> : you must be prepared to wear a provided lifejacket for your safety)	
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<b>Bowling</b> 	<b>Theme:</b> Recreation and Leisure <b>Program:</b> Ten Pin Bowling fortnightly <b>Description:</b> Join us at Dee Why RSL fortnightly for a FUN and action-packed morning, see how many strikes you can get <b>Location:</b> Dee Why RSL <b>Time:</b> Leaving site at 10:00 am, returning at 12.30pm <b>Cost:</b> \$6.50 <b>What to Bring:</b> Comfortable closed in shoes, water bottle, sunglasses, sunscreen, packed lunch.	<input type="checkbox"/>
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## Wednesday Afternoons

<b>Sensory Explorers</b> 	<b>Theme:</b> Health & Wellbeing <b>Program:</b> Sensory Explorers <b>Description:</b> 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. <b>Location:</b> Onsite <b>Time:</b> 12:30-2:30pm <b>Cost:</b> FREE <b>What to Bring:</b> A healthy curiosity!	<input type="checkbox"/>
<b>Return and Earn</b> 	<b>Program:</b> Return and Earn <b>Location:</b> Brookvale <b>Cost:</b> ANA <b>Time:</b> 14:00 am <b>Sites:</b> Brookvale <b>Category:</b> Social, fitness and skill building <b>Description:</b> Walk or Drive to the return and earn and earn some cash for the Christmas party	<input type="checkbox"/>
<b>Fishing</b> 	<b>Theme:</b> Leisure & Recreation <b>Program:</b> Fishing <b>Description:</b> 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. <b>Location:</b> Local Fishing Spots can be arranged on different days weather dependant <b>Time:</b> 10am -2pm <b>Cost:</b> FREE <b>What to Bring:</b> hat, sunscreen, and lots of patience!	<input type="checkbox"/>

## ⛶ Thursday Mornings

<b>Yoga/Zumba/Stretch</b>	<b>Theme:</b> Health and Wellbeing <b>Program:</b> Exercise <b>Description:</b> Get your body moving and have the opportunity, to learn some different aerobic styles and techniques with our resident staff coaches. <b>Location:</b> Onsite or parklands <b>Time:</b> 12:00pm- 2pm	<input type="checkbox"/>
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	<p><b>Cost:</b> FREE</p> <p><b>What to Bring:</b> Comfortable walking shoes, water bottle and sunscreen!</p>	
<p><b>Coffee Shop</b></p> 	<p><b>Program:</b> Coffee Shop</p> <p><b>Location:</b> Flying Fox café or Clontarf, can be held also on Friday weather dependant</p> <p><b>Cost:</b> \$ 5 weekly</p> <p><b>Time:</b> 10:00 am</p> <p><b>Site:</b> Brookvale</p> <p><b>Category:</b> Social, and skill building</p> <p><b>Description:</b> Go for a walk in the park with your friends and grab a coffee</p>	<input type="checkbox"/>
<p><b>Arts &amp; Craft</b></p> 	<p><b>Theme:</b> Creative &amp; Performing Arts</p> <p><b>Program:</b> Arts &amp; Craft</p> <p><b>Description:</b> Explore various form of craft including <u>paper mache</u>, 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.</p> <p><b>Location:</b> Art Room onsite</p> <p><b>Time:</b> 12:30pm-2:30pm</p> <p><b>Cost:</b> FREE</p> <p><b>What to Bring:</b> Old shirt or apron, and your clever self!</p>	<input type="checkbox"/>

## Thursday Afternoons

<p><b>St Vinnies</b></p> 	<p><b>Theme:</b> My Community</p> <p><b>Program:</b> St Vinnies-personal shopping and things for the centre</p> <p><b>Description:</b> Shopping and giving</p> <p><b>Location:</b> St Vinnies Brookvale</p> <p><b>Time:</b> 10am -12pm</p> <p><b>Cost:</b> dependant on choice</p> <p><b>What to Bring:</b> A smile and shopping list</p>	<input type="checkbox"/>
<p><b>Sports and BBQ</b></p> 	<p><b>Theme:</b> Social Fitness and community</p> <p><b>Program:</b> BBQ &amp; Sport</p> <p><b>Description:</b> Meet up with our peers, to enjoy a social game of sport and finish the match with a BBQ lunch.</p> <p><b>Location:</b> Jamison Park</p> <p><b>Time:</b> 10:30pm-2:30pm</p> <p><b>Cost:</b> \$5</p> <p><b>What to Bring:</b> Sports shoes, water bottle, <u>snacks</u> and drinks!</p>	<input type="checkbox"/>



## Friday Mornings

<p><b>Performing Arts</b></p> 	<p><b>Theme:</b> Creative &amp; Performing Arts</p> <p><b>Program:</b> Performing Arts <u>The Grinch</u></p> <p><b>Description:</b> Learn dance routines, sing, play an instrument and get in character to deliver your lines when you join the Flintwood cast as you rehearse and prepare for the end of year concert. Explore your expressive side and build your confidence to perform in front of an audience.</p> <p><b>Location:</b> Onsite</p> <p><b>Time:</b> 12:30pm-2:30pm</p> <p><b>Cost:</b> 7 \$</p> <p><b>What to Bring:</b> Enthusiasm and energy to work as a team!</p>	<input type="checkbox"/>
<p><b>Sight Seeing Sydney</b></p> 	<p><b>Theme:</b> <u>Rec and Leisure/ Community</u></p> <p><b>Program:</b> Sight Seeing Sydney</p> <p><b>Description:</b> Join us as we head out and about Sydney, either via company van or public transport, you will have the opportunity to see some of our best landmarks and planes, trains, and ferries</p> <p><b>Location:</b> Sydney</p> <p><b>Time:</b> 10am -2pm</p> <p><b>What to Bring:</b> Lunch and Drink, opal card!</p>	<input type="checkbox"/>

## Friday Afternoons

<p><b>Baking- Sweet or Savoury</b></p> 	<p><b>Theme:</b> Leisure &amp; Recreation</p> <p><b>Program:</b> Indoor Games</p> <p><b>Description:</b> 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.</p> <p><b>Location:</b> Onsite</p> <p><b>Time:</b> 10am-12pm</p> <p><b>What to Bring:</b> You will still need to bring your lunch and drink.</p>	<input type="checkbox"/>
<p><b>Domestic Cleaning</b></p> 	<p><b>Theme:</b> Skill Building</p> <p><b>Program:</b> Domestic Cleaning</p> <p><b>Description:</b> 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).</p> <p><b>Location:</b> Onsite</p> <p><b>Time:</b> 10am -2pm</p>	<input type="checkbox"/>



	<b>Cost:</b> FREE <b>What to Bring:</b> Readiness to roll up your sleeves and get cleaning!	
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## 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:

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

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

OR

Verbal Consent Received:

Staff Name	Person Providing Verbal Consent	Date





Essence Community Care



## 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 INDIVIDUALS 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



(03) 9118 4141  
+61 402 268 640



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



[info@essencecommunitycare.com.au](mailto:info@essencecommunitycare.com.au)



# Donors and Supporters

Alana Maria Jewellery		Garfish		<a href="#">Old Civic Cafe</a>
Alfresco Emporium		Ginger Cartel Co		Old Bull Health
Allambie Pizza shop		Girdlers		Old English <a href="#">Fish'n'chips</a>
Allan Scott-Brown		Grew & Co		OPSM <a href="#">Forestway</a>
Ascend Skin Clinics		Guzman Y Gomez		Pat Taylor Swim School
Barefoot Bowls		Harvey Norman		Pilu
Bayview Golf		<a href="#">HideOut</a>		Pittwater pharmacy
Beach Club Hair		Hills Flower Market		Q Station
<a href="#">Beach Optique</a>		<a href="#">HoseLink</a>		Ray White Fairweather Group in the Forest
<a href="#">Bedthreads</a>		Hugos		Richard Shoes
Big4 Holiday Park		Hunter Valley Gardens		Rotary Club of Warringah
Blooms Pharmacy Forestville		Illie		Rusk hairdressing
Boarders Skate		Keel Surf		Sarah Taylor
Boutique Wines		Kid's Paradise Forestville		Sideways Surf Outlet
Brilliant Skin Australia		Killara Golf Club		Skin Smart
Boutique Wines		Kid's Paradise Forestville		Sideways Surf Outlet
Brilliant Skin Australia		Killara Golf Club		Skin Smart
BS Cafe		Laser Therapy Sydney		Sophie Scamps
<a href="#">Bucketty's</a>		Lego		Sue Larkey
Bunnings Warringah Mall		Lions Club Frenches Forest, Manly, Balgowlah, Chatswood		T5 Football
Canva		Livoti's		Talk Shop
Caroline Shorts		Long Reef Golf club		Taronga Conservation Society Australia
Cavallino		Long Reef Surf Co		Tastebuds
Climb fit		Louise Beck		Taylors Cabernet <a href="#">Savignon 2016</a> wines
<a href="#">Cordony Hair</a>		Lovats		Thai Garlic
Cromer Golf Club		<a href="#">Lovestone Jewellery Design</a>		The Avid Gardener
Dad and Daves Brewery		Magnolia		The Basin Dining Room
Dee Why Bowling Club		Manly Leagues Club		The Boathouse
Dee Why Hotel		Manly Observer		The Bright Canine
Dee Why RSL		Manly Spirits		The Burek Guy
Deep Seafood Freshwater		Manly Warringah Gymnastics		The Butcher and the Chef



Devitt		Marisabel Gonzalez Studio		The Friendly Grocer
Dolton House		Melt-Pizza Express Collaroy		The Gym Factory
Doyle Spillane Real Estate		Mercure Sydney		The Shine Shed
Dr Frank Brennan		Merivale		Three Wishes
Dublin Meats		Michael Regan MP		Tibetan Peach Restaurant
Eco treasures		Michelle Cirilo Hair Stylist		<u>Toymate</u>
<u>Ecodownunder</u>		Midden by Mark Olive		Upper Crust
Elisabeth Sparks Bridal Couture		Mike Pawley		Urban beauty
Elite Dentistry		Muscle Republic		Vine Apparel
Fella Hamilton		Nailed on Beauty		Virgin Active
Fight Gym		Narrabeen Boat Hire		Vision Balgowlah
<u>Forestway</u> Pharmacy		New Seasons in <u>Bloom</u> (Nursery) Brookvale/Belrose		Westfield Warringah mall
Four Pillars		Nic Marshall Jewellery		Wild Forager
Freshwater Brewery		Nourished		4 Pines
Gala Bid - Peter Hair		<u>OfficeWorks</u>		5th point





# FREE PROGRAM

## Art Therapy Group 7-14 years Opening now for Term 1, 2024

### Join, Be Centre's 'Good planet studio'

Does your child have an artistic flare?

Do they struggle with anxiety, social hurdles, or have challenges regulating?

Do they care about climate change?

We have a free 10 week art therapy group program for 7 - 14 year olds where artists, using a variety of mediums, will share their unique perspectives on climate change.

#### More about 'Good planet studio':

- Weekly term based program
- Led by Art Therapist
- 1.5 hour after school
- Various artistic mediums
- Various special guest local artists workshops
- Participant artworks, if desired, will be showcased in a local Art Exhibition in 2024.

**Enquire now to find out more and secure your place. Space limited.**

E: [info@becentre.org.au](mailto:info@becentre.org.au) T: 02 9913 7000 [www.becentre.org.au](http://www.becentre.org.au)

Founded in 2009 Be Centre Foundation is a Northern Beaches based children's mental health for-purpose service based in Warriewood.



### Laser Tag



**TIME TO GEAR UP!**  
Step into a neon-lit battlefield of laughter and excitement with laser tag.

**Date:** Mon 8 Jan **Time:** 8.30am - 4pm

**Cost:** \$35

**Meeting Place:** Cromer Community Centre

**Please Bring:** Hat, water bottle, weather appropriate clothes and footwear, Morning tea, Lunch and Afternoon tea.

### Mini Golf Day Adventure



Mini Golf Day is a swirl of giggles, tricky holes, and mini golf mastery under the sun – where little putters become big-time champions!

**Date:** Tues 9 Jan **Time:** 8.30am - 4pm

**Cost:** \$32

**Meeting Place:** Cromer Community Centre

**Please Bring:** Hat, water bottle, weather appropriate clothes and footwear, Morning tea, Lunch and Afternoon tea.

### Bubble bonanza - Soap making extravaganza!



Dive into a bubbly adventure with our soap-making extravaganza! Unleash creativity and mix magic to make the best smelling soap ever!

**Date:** Wed 10 Jan **Time:** 8.30am - 4pm

**Cost:** \$10

**Meeting Place:** Cromer Community Centre

**Please Bring:** Hat, water bottle, weather appropriate clothes and footwear, Morning tea, Lunch and Afternoon tea.

### River Rascals Lane Cove Boat Shed



Embark on a water adventure! Our pedal boat river day for kids is a splash of joy, where tiny captains navigate laughter-filled waves in a pedal-powered paradise.

**Date:** Thurs 11 Jan **Time:** 8.30am - 4pm

**Cost:** \$30

**Meeting Place:** Cromer Community Centre

**Please Bring:** Hat, water bottle, weather appropriate clothes and footwear, Morning tea, Lunch and Afternoon tea.

### Zone Bowling



Get ready to roll and rock at our Kids Bowling Day! Strikes, spares, and laughter galore – a day of pin-tastic fun awaits.

**Date:** Fri 12 Jan **Time:** 8.30am - 4pm

**Cost:** \$43

**Meeting Place:** Cromer Community Centre

**Please Bring:** Hat, water bottle, weather appropriate clothes and footwear, Morning tea, Lunch and Afternoon tea.

## School Holidays Program - Northern Beaches

January 2024

### Charlie and the Chocolate Factory



Indulge in a day of sweet creativity at our Kids' Chocolate Wonderland! From crafting chocolate bars to the magic of chocolate-making.

**Date:** Mon 15 Jan **Time:** 8.30am - 4pm

**Cost:** \$32

**Meeting Place:** Cromer Community Centre

**Please Bring:** Hat, water bottle, weather appropriate clothes and footwear, Morning tea, Lunch and Afternoon tea.

### Little Explorer's Picnic Day



Pack your giggles and grab your snacks! It's 'Little explorer's picnic day' – a day of laughter, games, and sunshine-filled munchies and outdoor fun!

**Date:** Tues 16 Jan **Time:** 8.30am - 4pm

**Cost:** \$38

**Meeting Place:** Cromer Community Centre

**Please Bring:** Hat, water bottle, weather appropriate clothes and footwear. Swimmer's for the water park, change of clothes, Morning tea, Lunch and Afternoon tea.

### Sailability



Sail into Manly Sailing Club's 'Ahoy, Abilities!' day. Join the wind-whispering adventure, where every ripple tells tales of courage and joy on the high seas!

**Date:** Wed 17 Jan **Time:** 8.30am - 4pm

**Cost:** \$20

**Meeting Place:** Cromer Community Centre

**Please Bring:** Hat, water bottle, weather appropriate clothes and footwear, Morning tea, Lunch and Afternoon tea.

### Tie-Dye Delight: Kids' Color Carnival!



Dive into our Tie-Dye Extravaganza! Let creativity swirl and colors twirl as kids craft their own masterpieces – a splashy day of vibrant fun awaits!

**Date:** Thurs 18 Jan **Time:** 8.30am - 4pm

**Cost:** \$15

**Meeting Place:** Cromer Community Centre

**Please Bring:** Hat, water bottle, weather appropriate clothes and footwear, Morning tea, Lunch and Afternoon tea.

### DINOSAUR WORLD LIVE SHOW



Roar into excitement with 'Dino World Live' – a prehistoric spectacle where life-sized dinosaurs come to life!

**Date:** Fri 19 Jan **Time:** 8.30am - 4pm

**Cost:** \$85

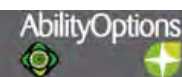
**Meeting Place:** Cromer Community Centre

**Please Bring:** Hat, water bottle, weather appropriate clothes and footwear, Morning tea, Lunch and Afternoon tea.



## School Holidays Program - Northern Beaches

January 2024



### Powerhouse Museum



Embark on a day of wonder at the Powerhouse Museum: where curiosity sparks, imagination, turning learning into a cosmic adventure!

**Date:** Mon 22 Jan **Time:** 8.30am - 4pm

**Cost:** \$15

**Meeting Place:** Cromer Community Centre

**Please Bring:** Hat, water bottle, weather appropriate clothes and footwear, Morning tea, Lunch and Afternoon tea.

### Golden Ridge Farm



Join us for a fun filled farm adventure with the Kids' Farm Fiesta! As city kids discover the rural wonders of life on the farm.

**Date:** Tues 23 Jan **Time:** 8.30am - 4pm

**Cost:** \$50

**Meeting Place:** Cromer Community Centre

**Please Bring:** Hat, water bottle, weather appropriate clothes and footwear, Morning tea, Lunch and Afternoon tea.

### Slime fun - Goopy Ewey Day



Dive into the oozy, gooey world of 'Slime fun day'! Join us for a day of messy, slimy, marvelous adventure!

**Date:** Wed 24 Jan **Time:** 8.30am - 4pm

**Cost:** \$10

**Meeting Place:** Cromer Community Centre

**Please Bring:** Hat, water bottle, weather appropriate clothes and footwear, Morning tea, Lunch and Afternoon tea.

### Clip n Climb



Reach new heights of fun at our 'Clip 'n Climb Carnival' for kids! Strap in for a day of thrilling adventures that'll leave our little climbers on cloud nine.

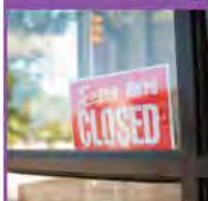
**Date:** Thurs 25 Jan **Time:** 8.30am - 4pm

**Cost:** \$40

**Meeting Place:** Cromer Community Centre

**Please Bring:** Hat, water bottle, weather appropriate clothes and footwear, Morning tea, Lunch and Afternoon tea.

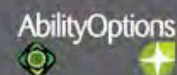
### Public Holiday



Closed for Australia Day

## School Holidays Program - Northern Beaches

January 2024



*Please select your activities carefully and consider whether you would like to attend them, and if you are able to pay for them!*

### Important Notes

- Please make sure to have a charged **OPAL CARD** when required.
- Activity costs may change subject to cost variation by the activity vendor.
- Some excursions require a valid Companion Card. Please enquire if you do not already have one.

**Contact:** Arpit on 0438 781 087 or arpit.kothari@abilityoptions.org.au

**Please note:** Start and end times for activities vary, please ensure you check this programs details, any changes will be notified to you via phone.

### Activity Costs:

- Additional NDIS support cost required at a 1:1 or 1:3 ratio, or fee for service.
- Cancellation fees will be incurred for any changes within 7 days of the activity.

Please see your service agreement for further details.

All related Health Care Plans and Medication will require further documentation prior to registering with a program activity.

Please select which activities you will be joining by ticking the boxes below:

Name: \_\_\_\_\_

WEEK 1	8.30am - 4pm	DATE	COST	ATTENDANCE
	Laser Tag	Mon 8 Jan	\$35	<input type="checkbox"/>
	Mini Golf Day Adventure	Tues 9 Jan	\$32	<input type="checkbox"/>
	Bubble bonanza - Soap making extravaganza!	Wed 10 Jan	\$10	<input type="checkbox"/>
	River Rascals Lane Cove Boat Shed	Thurs 11 Jan	\$30	<input type="checkbox"/>
	Zone Bowling	Fri 12 Jan	\$43	<input type="checkbox"/>

WEEK 2	8.30am - 4pm	DATE	COST	ATTENDANCE
	Charlie and the Chocolate Factory	Mon 15 Jan	\$32	<input type="checkbox"/>
	Little Explorer's Picnic Day	Tues 16 Jan	\$20	<input type="checkbox"/>
	Sailability	Wed 17 Jan	\$20	<input type="checkbox"/>
	Tie-Dye Delight: Kids' Color Carnival	Thurs 18 Jan	\$15	<input type="checkbox"/>
	Dinosaur World Live	Fri 19 Jan	\$85	<input type="checkbox"/>



WEEK 3	8.30am - 4pm	DATE	COST	ATTENDANCE
	Powerhouse Museum	Mon 22 Jan	\$15	<div></div>
	Golden Ridge Farm	Tues 23 Jan	\$50	<div></div>
	Slime fun - Gooey Ewey Day	Wed 24 Jan	\$10	<div></div>
	Clip n Climb	Thurs 25 Jan	\$41	<div></div>
	Public Holiday - Australia Day	Fri 26 Jan		



## Specialised sport and social skills groups for children with disabilities

- Multi-sport social skills programs developed by an experienced Occupational Therapist & Psychologist
- Children with disabilities aged 2 - 16 yrs
- Learning new skills in a group setting, whilst making friends and having fun
- Promoting social and physical skill development
- 10-week program in school terms
- 9 sports across the year
- Building a community for the whole family

[www.abletoplay.com.au](http://www.abletoplay.com.au)

**Register Now**

0493 657 420  
[info@abletoplay.com.au](mailto:info@abletoplay.com.au)





# Birthday News

Happy Birthday George





# Birthday News

Happy Birthday Tayla





# Birthday News

Happy Birthday Mosato





# Birthday News

Happy Birthday Will



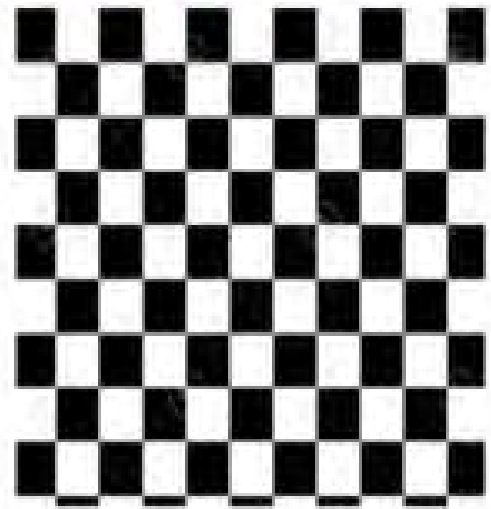


# AFTER SCHOOL CARE



IF YOU ARE INTERESTED IN YOUR  
CHILD  
ATTENDING  
AFTER SCHOOL CARE  
AT FISHER ROAD SCHOOL  
PLEASE CONTACT  
Jessie Quinn 0412 571 051  
AT SUNNYFIELD

School will be finished

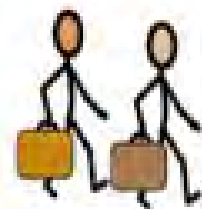


then

Christmas Holidays



CHRISTMAS DAY												
DECEMBER		1	2	3	4							
5	6	7	8	9	10	11						
12	13	14	15	16	17	18						
19	20	21	22	23	24	25						
26	27	28	29	30	31							



Merry Christmas



# Thankyou to the Orchid Society

Thanks so much for always supporting  
Fisher Road School and for your fantastic donation, which we  
have purchased much needed equipment for our Sensory Room



Fantastic Effort Laura – we are so proud of  
you!!!  
2nd in the Australian title at short course  
(rowing) in Swansea



# 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.