Willoughby Integration Program

The Willoughby program has got off to a great start this year. The students from Willoughby Public School have been enthusiastic buddies who enjoy using the Kochia playground to play a variety of outdoor games. Each week we play different outdoor games which include ball games, lego, Trampolining and lots more.
Welcome to The last newsletter for term one. Although it has been an eleven week term it does seem to have gone quickly. Next term is a short term of nine weeks but it will be an extremely busy one as we are scheduled to move to Ronald Street mid-term if the completion of Clarke Road goes to schedule. We should have confirmation of this by day one of next term and if the date does not change we will be sending home the social stories we have created for our students to help prepare them at the end of week one.

This week’s edition is a double one due to last week’s brief Easter edition. We highlight two classes, Red class and Blue class as well as our successful primary integration program with Willoughby Public. As previously mentioned we will be maintaining as many of our community programs as possible as we believe their value outweighs the issue of additional travel time. We are currently in the process of obtaining the loan of an additional small bus to enable our integration and community access programs to be maintained during the time we are at Ronald Street.

I am including a link to a webpage which may be of interest and/or assistance to families of students with autism. It contains a range of articles, online learning modules for parents or teachers but also contains a LINKS tab which has some very useful references to support agencies and ideas for behaviour management. The link is www.positivepartnerships.com.au

As the weather turns cool we see an emergence of a range of illnesses in our classes. Whilst colds are expected if your child has a fever, a level of congestion which is distressing them, diarrhoea and/or vomiting they should not come to school. Students get very distressed when ill at school and the potential for spreading viruses to other students and staff is very high. At times students become ill at school and we need to contact you. Please ensure that the contact numbers and emergency contact numbers you have provided the school are up to date and the contact provided will be able to be reached.

Lastly, as mentioned last week our teachers often need to prepare our students for the break away from their school routines so if you know of any specific routines or activities your children will be involved in over the break please let your child’s teacher know in the communication book to assist them to prepare students for the two week break from school.

I wish our students, families and staff a very restful and enjoyable break and look forward to the challenges of term two.

Christine
Blue Class News

The four boys in the new blue class have been working very hard to achieve expectations and outcomes. We are lucky to have our outside space where we can work on ball skills and positive behaviour (PBEL) such as taking turns and waiting. In the classroom all are doing well at focusing on their individual desk work and developing work skills. Of course communication using PCS symbols with developing language skills wherever possible, is a major focus. Each student helps display the daily timetable and has a copy of the timetable at home to follow with their families to know what is happening each day. This also helps students to communicate at home about what they did at school. Our eating times in the classroom have been a great time to develop appropriate social skills and using visuals for asking for help, more and to indicate when they are finished. These eating times have become a calm and relaxed time together with all students doing excellently with their skills here. We have sensory items available at all times during activities throughout the day to assist with focus and individual sensory needs. We also have sensory sessions a couple of times a week to try new things such as the foot spa or weighted items or just different textures to touch and explore. Music in the classroom has also been useful to the boys. Due to the variety of favourite types of music and to change the atmosphere, we play a variety of music from classical such as Debussy and Vivaldi, classical guitar, the Bee Gees, Jazz, the Beatles, popular rock and simple rhyming songs among many more.

Thank you very much blue class parents for working together with us to support your son as this will be a big part of what has begun to be a fantastic year together.

Janice and Liz
Red Class News

Red class has been working with great enthusiasm throughout the whole of term 1. Everyone has been busy working together on class activities. Every day during morning circle we discuss what activities we will be doing, the weather and who is in class.

We have started to work on our ITPs and are making steady progress. It is great to see Maddy making choices for an activity and she does have very clear preferences. Dom is swimming regularly in the pool and Kalim has been very receptive to instructions. Well Done!

Students love music in Red class. Scott goes with Aqua class every Wednesday to Special music. The students participate with Kylie, the music teacher on Friday afternoons.

Swimming has been great fun and fantastic exercise. Dom, Maddy, Kalim and Scott have all been involved in the swimming scheme or weekly swimming lessons.

Students have had a wonderful time in art. Tahani is our art teacher and many of the pieces of artwork decorate red class.

We will all miss Scott who is leaving to another school at the end of term one. The class is having a farewell party for Scott on Thursday afternoon.
Water

Tap water makes the best drink!
Not only is it thirst quenching, but also contains fluoride which helps make teeth stronger. Here’s what water has to offer:
- it is cheap and readily available
- it doesn’t contain any kilojoules or sugar
- it encourages optimal function of the body
We should all aim to drink between five to eight cups of water a day. In the warmer months it is important to keep well hydrated. Always have water available when children are active. Encourage them to drink water regularly, even in cooler months.

Fruit juices

Many people think fruit juice is a healthy option. While fruit juice contains some vitamins, they lack fibre, antioxidants and other nutrients found in fruit. Fruit juices are high in sugar and energy, often containing similar quantities of sugar found in soft drink. Drinking large amounts can lead to tooth decay and excess energy consumption.

Here are some things to consider if choosing juice:
- Limit fruit juices to no more than half a glass per day.
- Too much juice can lead to diarrhoea.
- Consider diluting juice 50:50 with water to reduce the number of kilojoules whilst still enjoying the taste of juice.
- It is easy to drink too much juice. One popper of juice is equal in energy to two pieces of fruit.
- Consider eating a piece of fruit instead. Whole pieces of fruit and veggies have higher levels of many vitamins, minerals, antioxidants and fibre, some of which are protective factors against some cancers and heart disease.

How much water do children need?

The amount of fluid that children need varies between individual children. The older the child, the more fluid they need. Children should drink approximately 1–1½ litres of fluid a day. Children will need more when they are physically active and on hot and humid days. Water is the best drink – for both children and adults – in all situations.
## Awards

<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
<th>Awarded For:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jack</td>
<td>Rainbow</td>
<td>Excellent communication using PECS</td>
</tr>
<tr>
<td>Gelo</td>
<td>Purple</td>
<td>Trying very hard to use the toilet every day</td>
</tr>
<tr>
<td>Bennie</td>
<td>Orange</td>
<td>Playing and sharing with his Willoughby Buddies</td>
</tr>
<tr>
<td>Kain</td>
<td>Red</td>
<td>Do your best</td>
</tr>
<tr>
<td>April</td>
<td>White</td>
<td>Staying with the group during swimming</td>
</tr>
<tr>
<td>Charleen</td>
<td>Yellow</td>
<td>Staying with the group at Cromehurst Sports Day</td>
</tr>
<tr>
<td>James A</td>
<td>Blue</td>
<td>Joining in all class activities</td>
</tr>
<tr>
<td>Lucy</td>
<td>Art</td>
<td>Great painting with Rainbow Class</td>
</tr>
<tr>
<td>James Y</td>
<td>Music</td>
<td>Always singing wonderfully in all music lessons</td>
</tr>
<tr>
<td>Kai</td>
<td>Rainbow</td>
<td>Following directions in yoga</td>
</tr>
<tr>
<td>Gelo</td>
<td>Purple</td>
<td>Good work skills and doing file folders</td>
</tr>
<tr>
<td>Hamish</td>
<td>Orange</td>
<td>Performing independent work skills in class and working well in the gym</td>
</tr>
<tr>
<td>Nancy</td>
<td>White</td>
<td>Always remembering her hat</td>
</tr>
<tr>
<td>Jedd</td>
<td>Yellow</td>
<td>Going to work in Aqua class with the group</td>
</tr>
<tr>
<td>Daniel</td>
<td>Blue</td>
<td>Participating in group learning</td>
</tr>
<tr>
<td>Xavier</td>
<td>Aqua</td>
<td>Carrying both lunch boxes to class</td>
</tr>
<tr>
<td>Hikaru</td>
<td>Aqua</td>
<td>Helping Xavier by carrying one of the lunch boxes</td>
</tr>
<tr>
<td>April</td>
<td>Music</td>
<td>Playing drums in drum circle</td>
</tr>
<tr>
<td>Aidan</td>
<td>Art</td>
<td>Carefully painting a beautiful sunset</td>
</tr>
</tbody>
</table>
To create a consistent whole school approach for safe and effective learning

Our students continue to develop social skills linked to our expectations of “Be Safe” “Be Friendly” and “Learn Together”.

This week our students of the week are:

Pulasthi—Being Safe & Calm
Zac—Being Safe and communicating with others
Hamish—Learning together Following instructions and working with others
Bridge—Being friendly watching out for his friends

save the date
post school options expo for students with a disability is back for 2013.

Wednesday 22nd May 2013
The Concourse Chatswood
More details will be coming in early April 2013.
Events for your Diary

(Please note: Newly added events will be in bold)

12th April—Last Day Term 1
25th April—Anzac Day
29th April—Staff Development Day
30th April—Staff Development Day
1st May—Students Return

20th June—Immunisation Yr 7 Boys & Girls Yr 9 Boys
13th Aug—Immunisation Yr 7 Boys & Girls
6th Nov—Immunisation Yr 7 Boys & Girls Yr 9 Boys

The temporary relocation of Cromehurst School to Hornsby South Public School.

Please contact Christine Watts, Student Services Coordinator, Northern Sydney Region.

Telephone: 9987 3900
Mobile: 0439907146
email: christine.watts@det.nsw.edu.au

Christine is available to work with us on any issues that are concerning the Cromehurst school community in relation to our temporary relocation.