Rainbow Class

James, Jack, Ashlee and Kai continue to make steady progress with skills that assist their independence. Ashlee and Jack carry their lunch boxes to their table at mealtimes with very little prompting. James is becoming very proficient with his PECS folder to request food and leisure activities. Jack is making exchanges with his photos at mealtimes and Kai is wearing ‘big boy’ pants all day!

We have settled very well at Ronald Street and continue most of our usual activities: art with Joanna, swimming, Line Dancing, integration at Killara, and playing with our friends in class.

A big thank you to Kai’s grandmother, who purchased our wonderful beanbag chairs and cushions with money raised selling delicious homemade jam. It has been a favourite ‘go to’ place for reading or just a bit of time out from the hustle and bustle in the room.

Rainbow Class joins with their friends in Purple Class for many activities during the week. We play music during morning circle while we greet our friends, join together for fitness activities and play circle games together. On Mondays you can see us in our RED hats when we are playing together at the local park.
Welcome to week 7

Last Tuesday some of our secondary parents attended our annual bus trip to post-school program centres with our Support Teacher Transition Eileen Lyons. We managed to overcome the disaster of a flat battery in our big bus and squeezed many people into our smaller bus and some parents traveled in their own vehicles. The staff at Chatswood Job Centre and Sunshine at Allambie provided valuable information for families to consider. We do these trips every year and would recommend all parents of secondary students attend whenever possible as we visit different sites each year. Thank you to Eileen Lyons for organising these annual visits and to Claire Saunders for driving the bus enabling more parents to attend.

Rainbow class are growing up and can regularly be seen doing messages and working in a range of environments within the school and the community. Some of Rainbow class will be graduating to Purple class next year and are more than ready. Our Willoughby integration program has continued with the only change being that our students always go to Willoughby as the distance is too prohibitive to fit into the timetable for Willoughby to travel to Hornsby. It still remains the highlight of the week for the students who attend and for their buddies at Willoughby.

I have received information from Warringah Council in regard to a workshop they are running on the evening of 18 September for young adults over 16 with intellectual disabilities and/or autism and their parents. The workshops are conducted by Family Planning NSW and will provide resources and strategies for talking to adolescents about sexuality and relationships which is often a difficult subject for our older students. The workshops are free and the flyer information is later in this newsletter. If you would like to make enquiries regarding the workshop contact Marjorie Janz on 9942 2686 or email her at janzm@warringah.nsw.gov.au

A reminder to families to fill in and return the medical forms that were sent home two weeks ago. Please fill in the required information and return it to school as soon as possible including any medications only given at home and any allergies or conditions regardless of how long it has been since the condition affected your child. The school will contact you if your child’s Health Care Plan is due for reviewing as these will also now need to be uploaded into the ERN system. This is part of our commitment to ensuring the health and safety of all students in our school.

The building meeting held last Tuesday was productive and they still believe they can aim for a mid-March 2014 handover. They have made amazing progress which is obvious from the updated photos provided later in the newsletter. Last week I signed the application for a new electricity meter for the site and there is serious construction occurring on the front of the school. They have yet to encounter any significant issues or very much rain and we continue to celebrate the relatively dry weather. Countdown update (if the schedule remains unchanged): 106 school days. The next meeting regarding the rebuild is Tuesday 8 October due to the vacation period. I look forward to seeing the site in another 5 weeks and any updates provided at that time will be communicated in the following newsletter.

Let the countdown continue.

Christine
Friendships, Relationships and Sexuality - Workshops for Parents and Youth

What? Parents and their young adults with intellectual disability or autism are invited to participate in free parallel workshops to explore the continuum of experiences encountered by people with intellectual disability when developing intimate relationships. Staff of Family Planning NSW will meet with parents and professionals, while Liz Dore (counsellor and educator) will participate with the young people in an adjoining room. Easy to read resources and tips for talking about sexuality and relationships will be available.

When? Wednesday 18 September, 6.30pm-8.30pm.

Where? Warringah Civic Centre, 725 Pittwater Road, Dee Why. Library carpark on Pittwater Road and St Davids Ave. Two groups: parents in the Chamber, youth in Flannel Flower Room.

RSVP? Contact Nikki Welch on 9942 2354 or nikki.welch@warringah.nsw.gov.au. Enquiries to Marjorie Janz on 9942 2686 or janzm@warringah.nsw.gov.au.

School Bus Trip

Many thanks to the parents who came on the school bus trip last Tuesday. It was good to see parents from all the secondary years being represented – Sarah, James Y, Paddy, Xavier, Jedd, Tom N, April.

It was an informative day with visits to JobCentre at Chatswood, Sunshine at Allambie and CatholicCare at Waitara.

Thank you to Eileen Lyons for organising our visits to the post school places – it was very much appreciated by us all.

It’s Coming! Fruit & Veg Month is Almost Here

Fruit and vegetables are crucial components of a healthy lifestyle and they help create healthy bodies. This year, Fruit & Veg Month will be held 26 August – 21 September. We are excited to participate to help make kids and families more aware of the importance of eating fruit and vegetables everyday. Fruit & Veg Month 2013 will be loaded with classroom and school activities and some highly anticipated competitions to help foster love and appreciation for fruit and vegetables.

Make Meal Time A Fun Time!

Involving children in food selection and preparation is proven to increase the likelihood that they will choose to consume fruit and veg on their own. So take your kids grocery shopping and let them help plan and prepare family meals. Afterwards, sit down and enjoy the food together. Children often learn by example. They will be more open to trying new foods if it becomes a family activity. They will also appreciate the praise you give them in front of the family for all their help shopping, preparing, cooking, and serving meals!
Willoughby Integration

Students from our junior classes continue to enjoy weekly visits to Willoughby to have fun with their buddies they travel every week on our school bus to Willoughby. Sometimes we go into the classrooms at Willoughby and other times we do a range of fun activities on their playground and on the oval.

The Students look forward to Thursdays and we are very grateful to Willoughby Public School for their involvement over the last 20 years.
People with disability, their families and carers want to know more about getting ready for person-centred approaches, the NDIS, self-managed funding and individualised supports.

They should be encouraged to participate in one of the free My Choice Matters Workshops.

What happens at a “Getting Started Workshop”?

• People will learn more about how to get the most out of the changes towards person-centred supports.
• Hear from people with disability who are already exercising choice, voice and control.
• Find out what they have learned.
• Think about how this could work in their life.

Who is it for?

It’s for people with disability and their families and carers.

When and where are they on?

• Bathurst - Thursday 28 August - click here to find out more
• Ulladulla - Friday 30 August - click here to find out more
• Gundagai - Saturday 31 August Workshops for South West Communities - click here to find out more
• Dubbo - Tuesday 10 September - click here to find out more
• Wagga Wagga - Saturday 14 September - click here to find out more
• Tamworth - Wednesday 17 September - click here to find out more

Bookings will open soon for these locations:

• Workshop for Aboriginal and Torres Strait Islander Communities - Kempsey - 22 September
• Tamworth - 19 September
• Wingecarribee - 22 September
• Sydney Ultimo - 24 September
• Wagga Wagga - 26 September
• Griffith - 26 September
• Sutherland - 28 September
• Sydney CBD - 2 October
• webinar - 3 October
• Queanbeyan - 4 October
• Coffs - 17 October
• Armidale - 17 October
• Fyshwick - 19 October

How do people book or find out more?

• Register online at www.mychoicematters.org.au/registeration-form
• Phone My Choice Matters on 1800 144 433

If you would like flyers or posters to distribute, please let us know.

Want to know more about My Choice Matters?

Stay up to date on news, events and activities by signing up to the MyChoice Matters Newsletters on www.mychoicematters.org.au/newsletter-sign-up.html

My Choice Matters is a project of the NSW Office of Disability Services and is an initiative of the New South Wales Government.
Rainbow Class (con’t)

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:

James M — Learning together,
James A — Being Friendly,
Chris, Sarah, Hikaru, Xavier — Being Safe

Staying calm during an emergency
## Cromehurst

**Week 6 & 7 Term 3**  
**19th Aug—30th Aug**

### Awards

<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
<th>Awarded For:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kai</td>
<td>Rainbow</td>
<td>Excellent work using the toilet</td>
</tr>
<tr>
<td>Gelo</td>
<td>Purple</td>
<td>Learning to dance with Hikaru in line dancing</td>
</tr>
<tr>
<td>Lex</td>
<td>Purple</td>
<td>Great Swimming Skills</td>
</tr>
<tr>
<td>Edward</td>
<td>Orange</td>
<td>Waiting independently at desk doing Maths work</td>
</tr>
<tr>
<td>Scott</td>
<td>White</td>
<td>Great swimming skills on Tuesday &amp; Fridays at Abbotsleigh</td>
</tr>
<tr>
<td>Aidan</td>
<td>Yellow</td>
<td>Consistently doing good work in class</td>
</tr>
<tr>
<td>James A</td>
<td>Blue</td>
<td>Happily greeting staff and students around the school</td>
</tr>
<tr>
<td>James Y</td>
<td>Aqua</td>
<td>Doing great swimming at Abbotsleigh pool</td>
</tr>
<tr>
<td>Hikaru</td>
<td>Aqua</td>
<td>Teaching Gelo the steps in line dancing on Tuesday</td>
</tr>
<tr>
<td>James M</td>
<td>Rainbow</td>
<td>Completing a 6 piece puzzle independently</td>
</tr>
<tr>
<td>Gelo</td>
<td>Purple</td>
<td>Counting objects and pictures independently up to 5</td>
</tr>
<tr>
<td>Hamish</td>
<td>Orange</td>
<td>Returning to work with enthusiasm and working very hard</td>
</tr>
<tr>
<td>Brige</td>
<td>Yellow</td>
<td>Taking turns when playing games</td>
</tr>
<tr>
<td>Tom N</td>
<td>Blue</td>
<td>Following instructions and class routines for 1hr 20mins</td>
</tr>
<tr>
<td>Xavier</td>
<td>Aqua</td>
<td>Great travel training and being independent on the train</td>
</tr>
<tr>
<td>Daniel</td>
<td>Art</td>
<td>For completing his art</td>
</tr>
<tr>
<td>Hikaru</td>
<td>Music</td>
<td>Singing with a big voice</td>
</tr>
</tbody>
</table>
9th—13th Sept—Senior Camp
17th Sept—School Sports Day
6th Nov—Immunisation Yr 7 Boys & Girls Yr 9 Boys
20th Sept—Last Day of Term

8th Oct—Students Return to School
4th Dec—Graduation and Secondary Awards
11th Dec—Christmas Concert

Building Progress - Week 13