



Week 9 15th Sept 2014

## Yellow Class

The secondary school has been learning about weather this term. We looked at sun safety, snow, hail and rain that fall from the clouds, what we need to wear in different weather and the water cycle. Yellow and White Class participated in various sports activities to simulate those weather conditions and conducted experiments in relation to them.

For sports, we jumped in puddles (hoops), rolled snowballs (tunnel ball), threw and caught hailstones (tennis balls). For experiments, we used shaving cream to simulate clouds where a few drops of food colouring soaks through to make rain. We also explored the water cycle with water and steam.

It has been a very busy term for Yellow Class; everyone has worked well together, doing their best to learn together, be friendly and be safe.



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# Cromehurst

## Your school. Your community.

Welcome to week ten and the last week of term three.



Last week was a big week for our senior students with the senior three day camp. The students had a great time on their trip to Woy Woy, Cremorne and Bobbin Head. Our students travelled well on trains, buses and ferries and they had a great time. Thank you to those parents who volunteered to attend to support their child's participation and assisted generally with all students on the days. These three days were organised in place of the overnight camp due to the number of students whose health or physical conditions made it difficult for them to participate on overnight events. The last day was particularly busy with a whole school excursion in the morning to Macquarie ice-rink followed by a senior barbeque at Bobbin Head. Although staff and students were extremely tired on Thursday afternoon all agreed it was a very valuable three days and worth repeating next year.

This week we feature our oldest students in Yellow Class and their work in class, around the school and in the community. This class has our three school leaders in it and all students are engaging in learning activities to prepare them for their post school lives. It has been great watching these students mature into young adults and the gains they have made over the years.

A reminder that this Wednesday we are holding our special "Crunch and Sip" assembly to reinforce our healthy eating program. Notes have already gone home requesting that parents dress their children in the colour of their favourite fruit or vegetable. Following the assembly we will be having a whole school crunch and sip morning tea so please send in fruit or vegetables which your child eats for our sharing plate. We will be preparing the plates during assembly so please do not pre-cut the fruit to minimise vitamin loss.

I have included information regarding an application for apple or android portable devices called 'Many Minds Link' which is a free application containing a community directory for services for persons with disabilities. It uses the GPS link on your device to list services closest to where the device is being used. It is obtained through the app store or google play for android. The notice contains the live link to these sources.

As this is the last newsletter for term three I would like to take the opportunity to wish all our families and my staff an enjoyable and hopefully restful (and healthy) school vacation. I look forward to productive and hopefully sunny term four.

Christine

### **Many Minds Link (MMLink): Community Directory**

A community directory for people with a disability and their carers that is also researched and compiled by people who have a disability for mobile devices (mobile phones and tablets).

Project auspiced by the **Differently Abled People Association Inc. (DAPA)**

**Search online** <http://www.mmlink.com.au/Search.aspx>

**Available as a mobile phone/ tablet application**

**iPhones App Store** <https://itunes.apple.com/au/app/manymindslink/id556813006?mt=8>

# Get up and go go go!

We all know breakfast is the most important meal of the day. Make sure your child starts every school day with a nutritious breakfast that includes foods from at least two of the five food groups. Here are some good examples of meals that will help your child get ready for some great learning during the school day. They are quick and easy for busy mornings.

wholegrain cereal with milk

fruit smoothie

boiled eggs and toast

slices of fruit with yoghurt

raisin toast with sliced banana

muesli, chopped fruit and yoghurt



At school, we've attempted an easy, delectable fruity delight.

Here are some photos of the students in Orange class enjoying making their own version of an 'Up and Go' shake. Try it at home.

Ingredients:

1 cup of milk

A handful of mixed berries (fresh or frozen)

1 – 2 weetbix

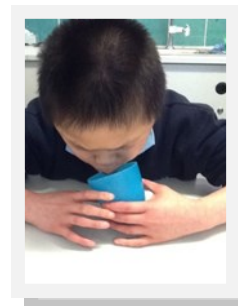
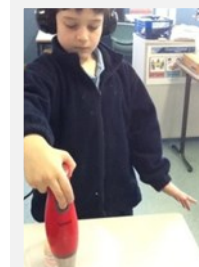
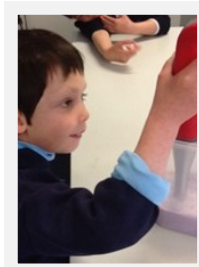
1/2 tbsp honey or rice malt syrup

Procedure:

You can use a stick blender, like the children did,

or put all the ingredients in a blender and press 'Go'! Easy peasy!

Live Life Well Team



## Zoo Visit

Variety Club are having their annual Dream Night at the Zoo on Thursday 4<sup>th</sup> December.

They are offering families the chance to visit the zoo for free.

Students have to be aged between 4 and 16 years of age.

The pass is for themselves and 3 family members (parents and siblings)

Please write in the communication books if you are interested or ring the school

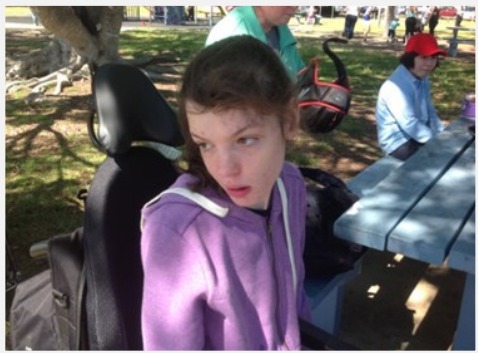


# Senior Camp Week

Twenty one students participated in activities during our three days of Senior Camp Week. We all had a fantastic time and we were fortunate that the weather was beautiful. On Tuesday 15 students travelled by train to Woy Woy and six students met us there after travelling on our school bus. We met at a park where students enjoyed using the equipment and relaxing before walking back along the water to have fish and chips together before the journey home. The train travellers did us proud with their safe behaviour waiting at the stations and on the trains. Wednesday morning started out as a rainy day but by the time the entire group of senior students boarded the train to Circular Quay the weather had turned into a fine and warm day. Changing trains at Wynyard was no problem as the group stayed together and again displayed their best behaviour in public. We had morning tea near Circular Quay then boarded a ferry to Cremorne Point. It was wonderful being on the Harbour and enjoying the sights. After alighting at Cremorne Point we walked along the path and had lunch sitting near the water before walking back to the ferry for the return journey by ferry and train. The final day was taking a "bendy bus" with the whole school to Macquarie Ice Rink for "Ice Skating". On return to school we boarded our school buses for a barbecue at Bobbin Head. After school we held an afternoon tea and disco for the students that could stay and be met by their parents and families. Thanks to all of Cromehurst senior staff: Yolanda, Kylie and Nicola for organising and running each day; Kerrie, Michael L., Cheryl, Gary, Jessica, Zahra, Mike and Bec for their support during the excursions; and to the parents and carers who joined us for all or parts of this very special "Camp Week". It was a huge success and enjoyed by our senior students, always doing their best while Learning Together, Being Friendly and Being Safe. An extra thank you to Joseph and Josh for cooking the sausages at the barbecue and to Gary for driving the bus to Woy Woy.







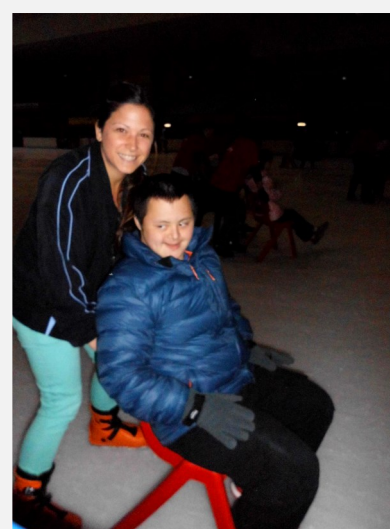


# Ice Skating

All students had a wonderful time at ice skating last Thursday at Macquarie Centre.

Thank you to all the Variety volunteers for helping to make the morning so enjoyable and especially to Heike (Kai's mum) for skating with our students.

Thank you to the staff who went on the ice to ensure our students had many turns and a lot of fun.





## Free Parent Workshop

## Parents As Career Transition Support

## PACTS

## PACTS—Disability Program

## Part 1 Beginning to Explore

## Part 2 Training and Further Educa- tion Options

### Part 3 World of Work

## Part 4

### Resources



## What is PACTS—Disability?

This 2 hour Express Workshop is an opportunity to get together with other parents to learn about study and work options for young people with a disability.

**Term 4 Workshop details:**

**Who:** Parents of Year 9-12 students

**When:** Tuesday 21 October 10am to 12noon **OR**  
Thursday 23 October 6:30pm to 8:30pm

**Where:** 29 Oxford St. Epping  
Our Lady Help of Christians Primary School  
(Old building /JP Academy) Room 8

**You must register to attend. Each workshop is limited to 20 parents / carers.**

Please contact Erica: [ericajackel@sunshinelgd.org.au](mailto:ericajackel@sunshinelgd.org.au) 0408 529 641  
Dennis: [dennis.seo@2realise.org.au](mailto:dennis.seo@2realise.org.au) 0434 744 910





# Events for your Diary

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

19th Sept—Last day of Term

17th Dec—Last day Term 4

6th Oct—Public Holiday

7th Oct—Staff & Students return to school

27th Oct—Dentist Visit

3rd Dec—Graduation

DON'T FORGET TO RETURN YOUR FORMS FOR THE DENTAL VISIT.  
FORMS MUST BE IN BY TUESDAY 16TH SEPTEMBER (TOMORROW)



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