

Cromehurst News

11 NOVEMBER 2019

Term 4 Week 5

- 13 Nov - Parent Wellbeing Workshop
- 26 Nov - Variety Christmas Party
- 4 Dec - Graduation & Secondary Social Event
- 11 Dec - Cromehurst Christmas Concert
- 16 Dec - Primary Awards
- 18 Dec - Students last day Term 4

Purple Class

Purple Class have been busy this term working on their individual goals, participating in class activities and enjoying this term's topic of Summertime safety.

Nathan and Pranish have shown great improvement in their reading and are able to recognise many words in their books. Ashton and Jess are able to trace the letters of their names with greater precision and are able to order the letters in their name with minimal assistance. Henry is a star using his fork to eat and indicating more with his switch accurately and Adam is using Proloquo2go to communicate more consistently while completing his deskwork.

Purple Class are back in the pool this term and everyone is enjoying practising water safety and moving through the water. Pranish is our most improved student for swimming this year as he is more confident being in the water and will attempt the strokes, monkey walking and floating with a smile.

With the onset of summer, sun safety is a priority in Purple Class and we have been talking about Slip, Slop, Slap, Seek and Slide with great results.

We are currently working on our end of year concert item and are looking forward to seeing all of you there in week 9.

Lani, Naomi, Kylie, Adam, Ashton, Henry, Jessica, Nathan and Pranish



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Principal's Message

Welcome to week five

As the weather becomes warmer the risk of bushfires increases dramatically. The Royal Fire Service has indicated that this summer will potentially be a very high risk season due to the lack of rain we have had as well as the forecast for continued high winds on some days. We are fortunate not to be in an area deemed high risk however some schools around us are and we have a significant amount of trees in the area should a fire begin to spread from the National Park or other close by high risk areas. We do have a bush fire plan and a risk management plan in place which includes monitoring the RFS site for updates on bushfire alerts and communicating fire risks to parents. In the event of an active bushfire alert parents will be contacted in regard to any potential evacuation or temporary school closure. I have attached a summary of the key points of our bushfire plan in the General News section of this edition.

Monday 11 November is Remembrance Day. As well as observing a one minute silence at school our school leaders will be attending a Remembrance Day ceremony with their teacher at the Blair Wark VC Community Centre. It is being arranged by Ku-ring-Gai Council and participating schools will be laying wreaths which the students have designed and created following the ceremony. We are very proud to have been included in this event and I am

sure our School Leaders will do an outstanding job representing our school. We hope to have photos of the event in next week's newsletter.

We have received information from a service provider regarding a school holiday program that some families may be interested in. Sahara Services conduct day programs for students with an intellectual disability aged from between nine years and eighteen years old and application can be made to attend specific days when the activity is most suitable for the student. I have included the program as a separate attachment for families to view. Sahara are registered NDIS providers and there will be an additional NDIS support cost to provide children with staffing support. This money generally comes from core support but in some cases capacity building funds may be used. Prices on the program are for the out of pocket activity/day costs.

Ratio's of support vary from 1:1 support through to 1:3 support depending on the support levels of the participant, the numbers in the group and the nature of the activity.

If you have not accessed Sahara Services programs previously, please contact Sahara to arrange the completion of intake and participant information forms on 8406 0842.

Whilst on the subject of the NDIS there is a new form for families who need to notify regarding a change of circumstances for



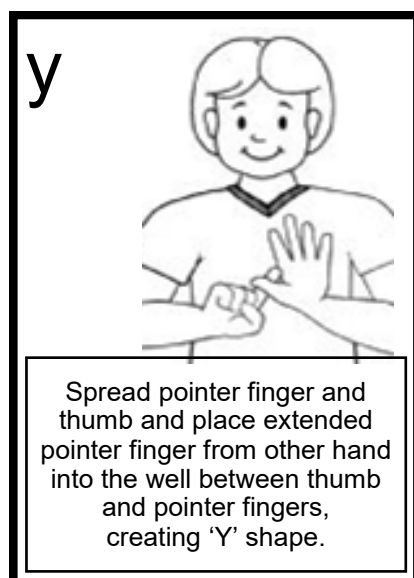
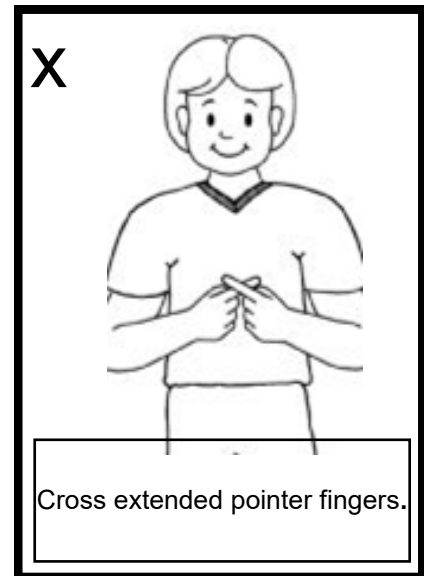
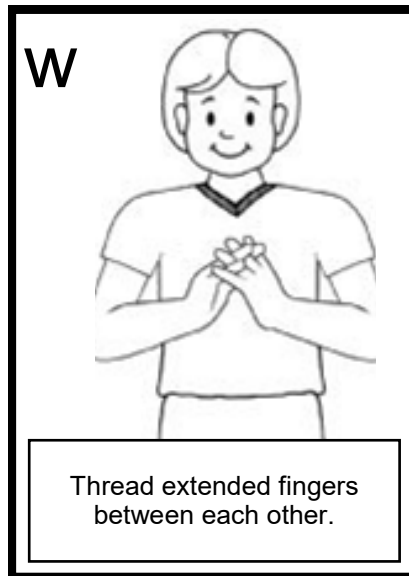
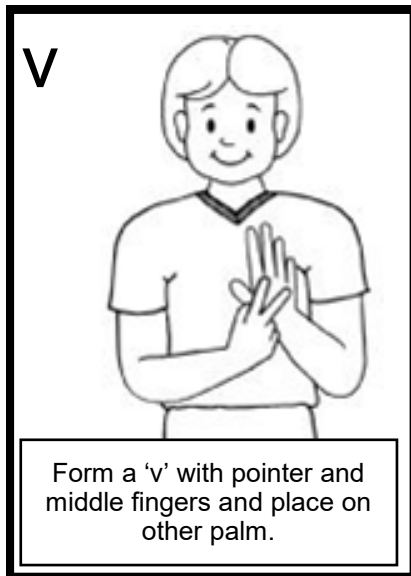
whatever reason. This can include any emerging issue which impacts upon your NDIS plan either in the funding level, area of support, family compositions or changes to the goals for your child. The link to the Change of Circumstances Form is on the NDIS website and the direct link is: <https://www.ndis.gov.au/participants/using-your-plan/changing-your-plan/change-circumstances#change-of-circumstances-formn>

Finally, a reminder about our parent workshop this Wednesday 13 November here at school. The focus of the workshop is to provide families with information about our wellbeing and resilience program which is embedded across the school and how families can support their children and themselves in this area. The workshop will commence at 10:00am and if you would like to attend but have not yet returned the RSVP please contact the school office to let them know.

Christine

General News

Signs of the week



OUR NEW BIKES

Last week in our newsletter we thanked the Dwyer family for their fundraising efforts for the two new bikes that were donated to our school.

The fundraising was in fact a team effort - the Dwyer family arranged and hosted a lovely high tea and they were supported with donations by many businesses and individuals who so generously donated to the bike cause. A big thank you to everyone who contributed.



Plans for specific risks

Bushfire plan

Hazard Identification Type/Cause	Elimination or Control Measures
Fire in local vicinity	<ul style="list-style-type: none"> • Ensure Emergency services are aware of the needs of our school in the event of a fire • Contact parents if fire risk is moderate or above in regard to evacuation if necessary • Ensure staff are aware of bushfire response procedures • Evacuation plan
Active bushfire alert	<ul style="list-style-type: none"> • Monitor RFS site for updates • Notify State Emergency Operations Centre • Contact Director in regard to closure or relocation • Notify H&S Directorate • Contact parents and assisted travel unit • Evacuate to safe area
Catastrophic or Extreme FDR issued	<ul style="list-style-type: none"> • One continual blast of school bell • Implement D.E.A.L (attached) • Exit via route on evacuation map (attached) • Notify Fire Brigade • Check all staff and students have left the premises
Difficulty moving students with complex physical disabilities in event of fire	<ul style="list-style-type: none"> • Students at risk identified and plan created • All available staff assist in physically assisting students off the premises
Students refusing to leave the premises during an evacuation	<ul style="list-style-type: none"> • Students likely to resist leaving premises identified and plan created for safe physical assistance in moving • Regular fire drills with visual schedules • All staff assist as per plan
Students and staff at risk of health complications due to smoke	<ul style="list-style-type: none"> • Students at risk identified and names noted on bushfire plan • Notify parents if RFS site indicates likelihood of fire next day, students remain at home if possible • If evacuation necessary emergency services notified of students at extreme risk from smoke



SCHOOL HATS & SUN SAFETY

Now that winter is definitely behind us and as we move through the sunny spring/summer months, it is important that we continue to teach our students about sun safety.

If your child does not have a hat for the school playground, please ensure that you send one in. Hats are available for purchase from the school uniform shop. The bucket hats in particular provide very good coverage from the sun.

CROMEhurst SCHOOL

Term 4 Week 4

4 - 8 Nov 2019

Assembly Awards

Name	Class	Awarded For:
Aayushi	Blue	Remaining calm in the classroom when there are lots of loud noises
Abdullah	Rainbow	Choosing letter 'O' independently during literacy
Pranish	Purple	Great session in the pool
Ryan	White	Great sportsmanship at the Athletics Carnival
Sofie	Orange	Trying her best to pedal when riding a bike
Noah	Red	Completing deskwork independently
Ethan	Yellow	Listening and following instructions during swimming session
Sevene	Green	Correctly answering science questions about recycling
Ben	Pink	Great focus on work skills and contributing well in discussions
Heather	Art	For great attention to detail in group art collage
Grace	Music	Great participation in music this week

PBEL

Positive Behaviour Engaging Learners

Stars of the Week

To create a consistent whole school approach for safe and effective learning.

This week our students of the week are:

Xavier - All Rounder

Eddy - Learn Together

Luke, Heather, Daniel, Noah & Philip (Red Class) - Learn Together



It was great to see a few new faces at the P&C meeting which was held last week. Minutes will be forthcoming in due course.

You may not be aware but three years ago my family and I relocated to the Central Coast and have been commuting daily to the school since then. The time has come for us to make the final relocation step and move to a much more local school and so we will be leaving Cromehurst at the end of the year. It has been my privilege and honour to serve as the Treasurer and then President of the P&C for the last few years but I am now calling for someone to step into the President's shoes for at least term 1 next year. The AGM is held in term 2 - so consider it a trial term if you like! We have a very capable team in Catherine Dixon (Treasurer), Francine Johnson (Secretary) and Nimali Dissanyake (uniforms) and the role is really not that onerous. If anyone would like any information about it or would like to start straight away while I am still around to support you it would be much appreciated!

Karen Hickmott
President P&C

cromehurstpandc@gmail.com / 0413 807 413

Positive Wellbeing Workshop **Wednesday 13 November 2019 - 10.00–11.00am** **Cromehurst School**

As a result of feedback from parents we have planned a presentation titled **Modelling Positive Wellbeing and Resilience**

On Wednesday 13 November, Tina Wang (school counsellor) and Melinda Ritsinias (communication teacher) will be presenting the workshop at Cromehurst School.

The workshop will cover:

- What is Positive Wellbeing?
- Using self-compassion as a tool - caring for yourself so you can care for others.
- Addressing difficult emotions - label and acknowledge the distress and pain.
- Practical strategies - how do I do it?
- Wellbeing lessons being delivered across the school
- Specific strategies students can use in their everyday life.

We look forward to seeing you there!

Please complete the form below and return to the school by **5 November 2019**.

Communication Workshop

Name: _____

I **will / will not** attend the Positive Wellbeing Workshop at Cromehurst School on Wednesday 13 November at 10.00am.



GRADUATION AND SECONDARY SOCIAL EVENT 2019

Our annual Graduation & Secondary Social Event is a wonderful opportunity for our school community, secondary school students and their family and friends to socialise outside of the school environment. The evening will farewell our graduating students **Sam, Bronte and Jodi** and celebrate the achievements of our secondary students with the presentation of awards.

All Cromehurst parents, secondary school students, family members, staff and other members of our school community are warmly invited to join us on this special night.

Date: Wednesday, 4 December 2019

Venue: Roseville Golf Club

Time: 6.00pm for 6.30pm start

Cost: \$55 per person for a 3 course meal
A child's meal will also be available to all students for \$15

As this is a school function with students attending, no alcohol will be served in the dining room but can be purchased at the bar and consumed on the terrace.

Please complete and return the enclosed form with payment by Friday, 15 November 2019.

Please note that staff will not be available for student supervision on the night.

Notes (continued)

Graduation & Secondary Social Event 2019

Please find attached cash, cheque (made payable to Cromehurst School) or the receipt number for my Parent Online Payment (POP) for the following guest/s attending the annual Graduation & Secondary Social Event being held on Wednesday, 4 December 2019.

Name/s _____

Number of adult meals required _____

Number of child meals required _____

Please indicate your child meal options & quantity

___ Chicken schnitzel, chips & salad or

___ Fish, chips & salad

Cash / Cheque for _____

POP Receipt No. _____

Please list any special dietary requirements _____

If possible, please seat us with _____

Please return with payment by Friday, 15 November 2019.

Thank you to the Cromehurst P&C for their fundraising efforts and contribution towards the cost of this celebration for our graduates.

What's On



The NDIS approach to housing simplified

Cerebral Palsy Alliance and the Summer Foundation are partnering to run an 'NDIS & Housing 101' workshop for people with disability and their family members to explain the NDIS's approach to housing.

Why should you attend?

Are you feeling confused about how housing works with the NDIS? You are not alone! In this workshop, we'll break down the jargon, lay out the options available and help you take the next steps. We will also tell you about some exciting projects the Summer Foundation is working on that may help with your search for a home.

Outcomes

You will understand:

- How the NDIS approaches housing
- What it can fund
- What steps you can take
- What housing options are available
- What Specialist Disability Accommodation (SDA) is and if you might be eligible

Who is this for?

People with disability, their families and supporters, and CPA employees.

Presenters

This workshop will be facilitated by Mishele Cavanaghdowns, the Summer Foundation's Housing Engagement Manager and Libby Ellis, the Summer Foundations Person Centred Facilitator.

Who are the Summer Foundation?

The key aim of the Summer Foundation is to change policies and practices related to young people in nursing homes. They believe that the NDIS is the single biggest opportunity to stop young Australians with disability going in to aged care, and for those already living in nursing homes an opportunity for a pathway back to living in the community.

When

Tuesday 12th November
2pm - 4pm

Wednesday 13th
November
5pm - 7pm

Venue

Cerebral Palsy Alliance
Allambie Heights

Address

187 Allambie Road,
Allambie Heights 2100



What's On (continued)



Luke Abdallah, Exhibiting Artist



International Day of People with Disability

Come and join our **free afternoon tea and art exhibition** to celebrate and create a more inclusive community for all.

Currently 4.3 million Australians are living with a disability, the time is now to break down the barriers and help build awareness and understanding of people with disability. Uniting NDIS and Studio Artes are our proud partners.

When: Tuesday 3 December, 1pm-3pm

Where: Hornsby Library, 28-44 George Street, Hornsby.
Entry via Hunter Lane.

Cost: Free.

For more information visit
hornsby.nsw.gov.au



ndis **Uniting**
Delivering the NDIS in your community

STudio ARTes
INCLUSION EQUITY RESPECT



HORNSBY
SHIRE COUNCIL

What's On (continued)



KIDSFLIX CHATSWOOD INVITATION



Kidsflix Chatswood Movie Screening of "FROZEN 2"

When: Saturday 7 December 2019

Time: 9am start for 10am movie screening

Where: Hoyts Cinema

Westfield Shopping Centre Chatswood

Level 6, Anderson Street

Chatswood NSW

Please contact Anna if you require further information

Email : kidsfix@arthritissa.org.au

Phone: 08 8423 0949 OR

[Click here to book online](#)

RSVP by Friday 29 November 2019