

28 OCTOBER 2019

Term 4 Week 3

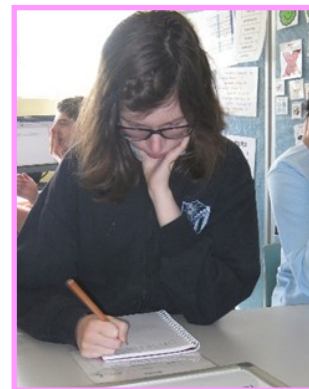
- 30 Oct - Yr 7 Vaccinations
- 7 Nov - P&C Meeting, 7pm
- 13 Nov - Parent Wellbeing Workshop
- 26 Nov - Variety Christmas Party
- 4 Dec - Graduation & Secondary Social Event
- 11 Dec - Cromehurst Christmas Concert
- 16 Dec - Primary Awards
- 18 Dec - Students last day Term 4

Cromehurst News

Pink Class

Pink Class (Sam, Jodi, Bronte, Edward, Ben, Caelan, Anita and Yuumi) have had an amazing year together. They have all met our school expectations of "Learning Together", "Being Friendly" and "Being Safe" with flying colours. Because of this they have worked hard to achieve their individual and class outcomes. Their social interactions have helped them to connect and support each other, to increase their communication and to become more resilient. We will dearly miss Sam B, Jodi and Bronte who will graduate this year. Please come to the graduation on 4 December to celebrate these graduates and to enjoy this social event. Our program this year focused on independence in completing work tasks (including writing, typing, filling in forms, money skills and the important work skills); learning further community independence in things like shopping and travel training; cooking skills making slices to sell to staff has been very popular with all students. All have increased their fitness with our morning exercises, yoga, secondary fitness sessions at morning tea time, line dancing and of course community access.

Janice, Angela & Gary



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Principal's Message

Welcome to week three

Last week our students who participate in the Willoughby Buddies program attended a combined excursion with their Willoughby Buddies at Pittwater Sports Centre. They engaged in a range of activities and had an amazing time with their friends from Willoughby Public School. The buddy program with Willoughby has been in operation for over 25 years and is valued by both of our schools. Photographs of the day are placed later in this edition.

One of our local schools has reported an outbreak of Chickenpox. Chickenpox is a viral infection that causes fever and an itchy rash with spots and blisters all over the body. It is less common than it used to be due to the varicella vaccine, however some children still contract a mild version of Chickenpox despite being immunised. Chickenpox is extremely contagious and is spread through droplets in the air (coughing or sneezing), contact with body fluids and fluid contained in the blisters. The virus is contagious from approximately two days before the rash appears until all of the blisters have dried out. A fact sheet with more information will be emailed out with this edition to assist parents but if your child develops a rash I encourage you to visit your doctor. Students with Chickenpox cannot attend school until the

rash is gone and all of the blisters have completely dried out.

I mentioned last week that we are organising a parent workshop on 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. It will be presented by Tina Wang (our school counsellor) and Melinda Ritsinias (our communication teacher). A note was sent home regarding this last Friday but I have included a copy in this newsletter. Please complete the RSVP and return it to the school on or before 5 November.

Last Friday, 25 October was World Teachers' Day which is a day for everyone to recognise and appreciate teachers and the important role they play in shaping the next generation of young minds. I would like to take this opportunity to thank all of the Cromehurst staff who every day do such a professional and committed job in supporting our students to learn and achieve in all areas. Our staff are the most important and effective resource our students have and I am very fortunate to lead such an amazing group of professional educators.

The theme for World Teachers'



Day this year is "The future's so bright, I have to wear shades" which leads on to a reminder regarding sun safety. Please ensure that your child has a hat each day and you apply sunscreen before they leave for school. We are able to reapply sunscreen during the day with either school supplied sunscreen or if you prefer sunscreen you send in. A reminder to return the permission note regarding sunscreen which was in last week's edition and is repeated this week. Thank you to those families who have already returned the note.

Finally, this week we will be sending out invitations to our Graduation & Secondary Social Event (on 4 December) and our Christmas Concert (on 11 December). Please keep an eye out and save the dates.

Christine

Secondary Community Access

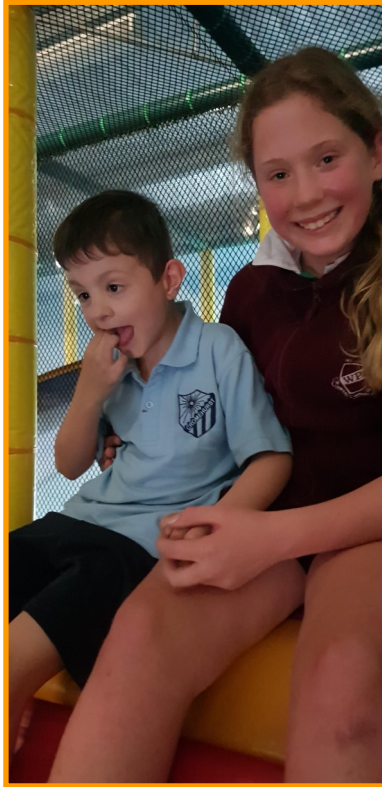
Community Access is an important part of the Secondary Program. The students are able to demonstrate the practical skills as taught across the “Life Skills” curriculum. All students in the secondary participate in a group that supports each individual to increase their skills in areas including PDHPE, English, Maths and Geography. This term there are three groups all with the focus on increasing physical activity for fitness and wellbeing and learning appropriate and useful skills toward being as independent as possible within the wider community. One group will be walking from school to local parks (some bushwalking) and venues, including shopping for shared cooking at school. They may also travel to nearby venues on the school bus to access different areas. Another group is going to travel by school bus to a gym at Cromer, learning to participate in group circuits and accessing equipment such as trampolines, rings, tumbling mats and balance beams which are not available at school. They will then travel to a nearby National Park to explore and have a picnic lunch together. See photos of the students at the park as the gym was not available last week. The third group is continuing to plan different activities of interest each week. This week they explored the Royal Botanic Gardens travelling by train to Martin Place Station (changing at Town Hall). They take photos of things of interest and discuss what they enjoyed when back at school. In two weeks, they are planning to play mini-golf. They are particularly learning to stay together as a group and to be aware of sharing space on transport and elsewhere with other community members. A few photos are below to show the variety of places the students went to last week for Community Access.



Willoughby Buddies Excursion

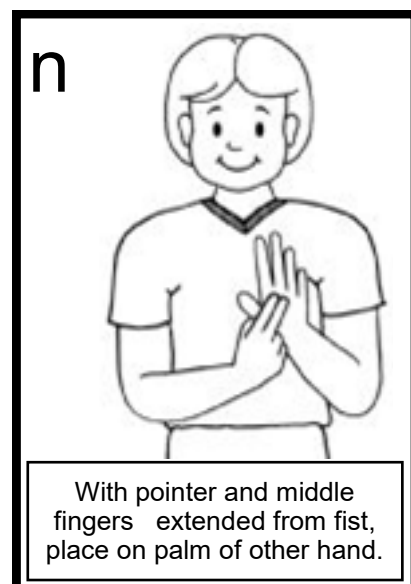
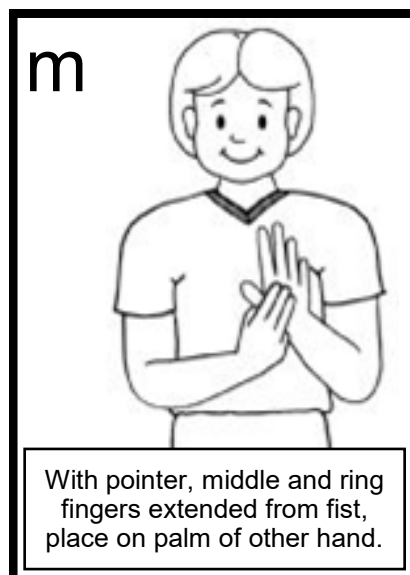
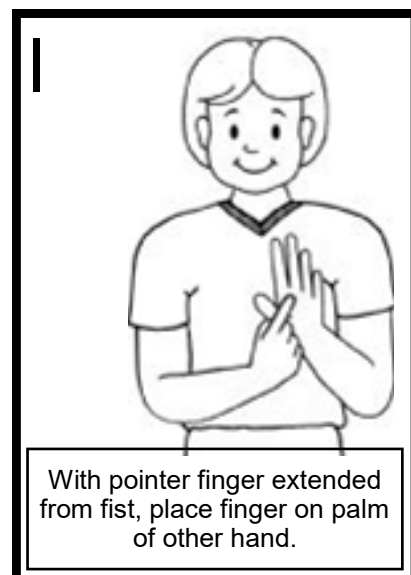
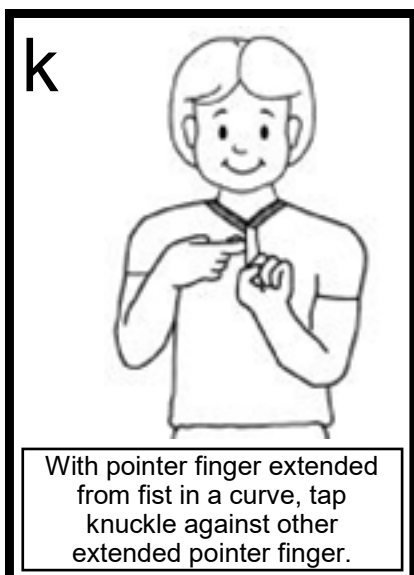
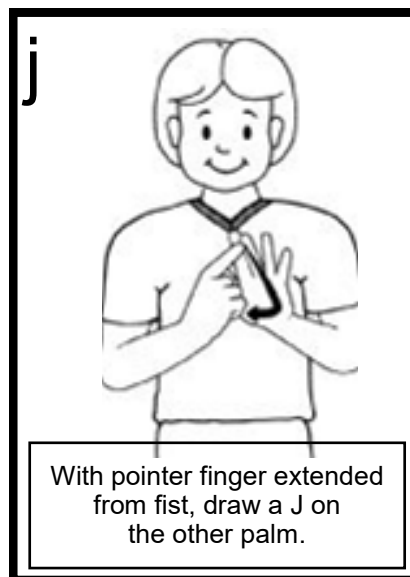
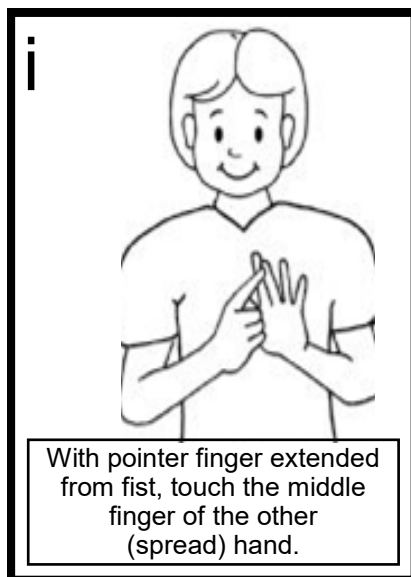
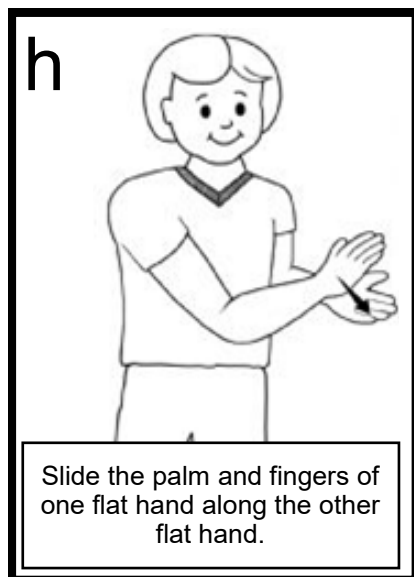
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Last Thursday, 24 October 2019 our students who participate in the Willoughby Buddies program went to the Sandbucket Café & Play Centre at Pittwater Sports Centre with their buddies from Willoughby Public School. It was a great opportunity for our students to cement the friendships they have developed with their buddies throughout the year.



General News

Signs of the week





WORLD FESTIVAL OF MAGIC

The Rotary Club of North Sydney have kindly given our school tickets to the 4pm World Festival of Magic performance on Saturday 16 November 2019 at the Darling Harbour Theatre at the International Convention Centre Sydney.

If you would like to receive tickets please contact the school office.

For further information please visit www.wfom.com.au.



CAREFLIGHTS CHRISTMAS MAGIC MANIA

CareFlight are offering our school tickets to their 'Magic Mania' performances at 12.30pm, 2.30pm and 4.30pm on Saturday 14 December 2019 at Quaycentre (Sydney Olympic Park Sports Centre), Homebush.

If you would like to receive tickets please complete and return the form in the What's On section of this newsletter.



DREAMNIGHT AT THE ZOO

Variety are once again offering tickets to our students and their families to the 'Dreamnight at the Zoo' event being held on Thursday 5 December 2019.

Each ticket is for a student plus 4 family members.

Parking is complimentary and the carpark is open from 5pm for this event. Zoo entry begins at 5.30pm and the event finishes at 8.30pm.

Please contact the school office if you would like to receive tickets. The tickets are limited and will be allocated on a first come first serve

CROMEhurst SCHOOL

Term 4 Week 2
21-25 October 2019

Assembly Awards

Name	Class	Awarded For:
Zoe	Blue	Using the toilet during the day and keeping her clothes dry
Olav	Rainbow	Recognising and saying lots of days of the week
Ashton	Purple	Waiting for his turn during morning circle
Max	White	For being focussed during desk work
Grace	Orange	Keeping her helmet on when riding a bike
Isabella	Aqua	For her confidence & commitment during swimming lessons
Luke	Red	Consistent and reliable desk work. Fantastic effort.
Sam Z	Yellow	Cooperating and participating well in class in term 4
Zac	Green	Wonderful start to term 4 in all areas
Bronte	Pink	Fantastic improvement with focus on work

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.



Mocktails & Mixers

An end of year celebration for
young people of all abilities

5pm - 9pm • 22 November 2019 • \$10

**The Secret Garden
Gordon Library
799 Pacific Highway Gordon**

Book online: kmc.nsw.gov.au/youth

Ku-ring-gai Youth & Disability Services



CareFlight's **Christmas Magic Mania**

PO Box 6333 Alexandria 2015

Telephone: 02 96993925

Fax: 02 96901280

"CAREFLIGHT'S Christmas MAGIC MANIA"

A project by Magic Mania for special needs children and families throughout New South Wales

We would like to invite any members and their families from your organisation to **"MAGIC MANIA"**. It will be held on **Saturday 14th December 2019** at **QUAYCENTRE (Sydney Olympic Park Sports Centre)**, Homebush.

There are three (3) available show times commencing promptly at **12.30pm, 2.30pm and 4.30pm**, although we ask those needing assistance to arrive **at least 30 minutes prior**.

We are offering FREE tickets to this event to all special needs as well as care givers and family members who would like to attend. These tickets to you are completely **FREE OF CHARGE** and made possible by the generosity of your local business and professional people. If you could please reply by email or fax by Wednesday 11th December.

We request that you email or fax us the number of tickets you require. If you need any further information, please do not hesitate to call **Jenny Goodman** during business hours on

02 9699 3925

Yours sincerely

Jenny Goodman

Jenny Goodman project coordinator
Magic Mania



FOR YOUR FREE TICKETS PLEASE EMAIL OR FAX:

FAX: 02 9690 1280

careflightsmagicandmoviemania@magicmania.com.au



NUMBER OF TICKETS: **SHOW 1 @ 12.30PM** _____

SHOW 2 @ 2.30PM _____

SHOW 3 @ 4.30PM _____



CONTACT NAME: _____

ORGANISATION from or heard about show from _____

Your Tel: _____ Your Fax: _____

POSTAL ADDRESS: _____

YOUR EMAIL ADDRESS: _____

☐ Please tick if you would like your tickets emailed (saves paper and postage)
Proudly supporting

CareFlight

Po Box 6333 Alexandria 2015