

Cromehurst News

23 SEPTEMBER 2019

Term 3 Week 10

- 24 Sep—Travel training workshop for parents
- 27 Sept—Last day Term 3
- 14 Oct—Students return for Term 4
- 4 Dec—Graduation & Secondary Social Event
- 18 Dec—Students last day Term 4

White Class

Ice Skating

by Thomas, Moon, Max, Conor, Sophia, Tara and Ryan

We went on the bendy bus.

We played I Spy with Paul.

We went to the very special shops.

We stayed together and walked to the ice skating.

We sat on a chair and someone pushed us around the ice.

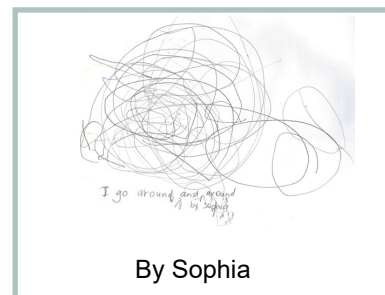
We had to wait for another turn.

We saw a big truck making the ice smooth again.

We ate biscuits.

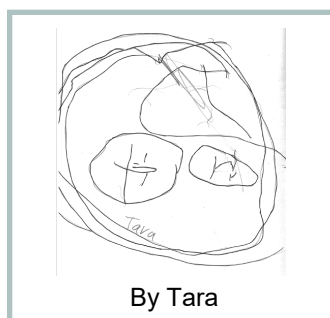
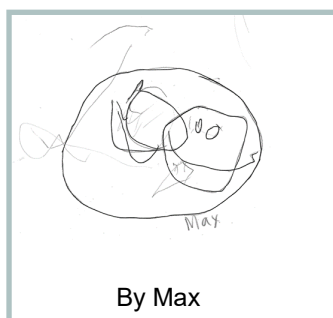
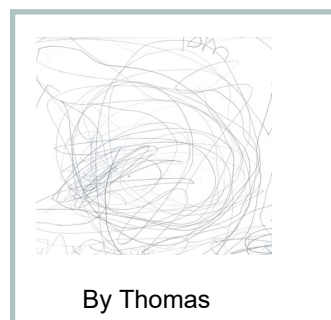
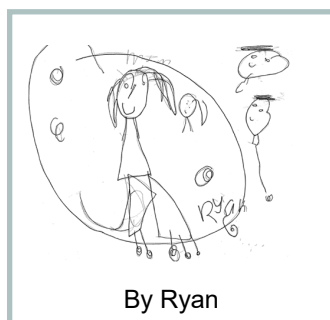
We went back to Cromehurst.

We had fun!



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Principal's Message

Welcome to Week 10 (and the final newsletter for Term 3).

Last Thursday all of our students attended the Variety Club's organised ice skating for students with special needs at Macquarie Ice Rink. This is an annual event in which all of our students are able to participate due to the support from Variety and volunteers. The students all enjoyed the event which comprised of students sitting on chairs that were pushed around the ice rink by staff from Variety and our school. There are some great photos later in this edition.

Last Wednesday we announced the winners of the Chamber of Commerce Fathers' Day art competition at our assembly. Each year we enter this competition our students are acknowledged with prizes in their age category. Congratulations to the following students:

- Pranish - first prize
- Conor - second prize
- Siena - third prize

Also, congratulations to all the students whose work was entered, they all did a magnificent job with maximum effort.

A reminder that our travel training workshop for parents is tomorrow **Tuesday, 24 September** from 10:00-11:30am. The workshop is focusing on travel training and

is being presented by Desiree Galimore who has had a long history of successfully supporting student with disabilities to travel safely and independently. The workshop will cover topics such as road crossing, using public transport safely, risk management including stranger awareness as well as techniques to support students beginning to travel in the community as a group or if ready independently. If you plan to attend but have not yet responded please let the school office know. Desiree has also requested that if parents have any specific questions of travel training that they email her prior to the workshop so she can ensure the maximum relevance for parents. Her email address is dgallimore@traveltrainingsolutions.org.

As mentioned last week we are celebrating Fruit & Vegetable Month which is a NSW Ministry of Health and Healthy Kids Association initiative. The theme this year is "Fruit and Veg are Superheroes" and will focus on the superpowers of fruit and vegetables. On Wednesday 25 September we will be holding a Superhero dress up day and request that students come dressed as a superhero or in the colour of their favourite fruit or vegetable and our weekly school assembly will announce which class has eaten the most fruit and vegetables that week. I



have repeated the full information on this activity posted last week later in this edition.

This Friday 27 September is the last day of the school term. I would like to take this opportunity to wish all of our families and staff an enjoyable break from the regular school routine. A reminder that term four does not have a Staff Development Day on the Monday as days are scheduled at the end of the term. Therefore the first day for students next term is Monday 14 October. In regard to this date I have included information regarding a carer's pamper day being conducted by Ku-ring-gai council in Gordon Library on this day which is a no cost event.

Happy holidays!

Christine

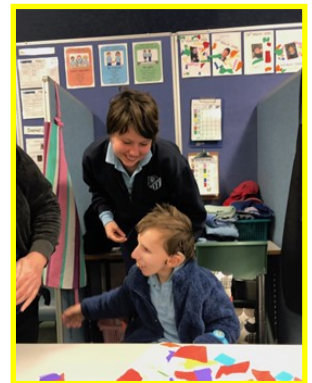
Yellow Class

This term Yellow class has been busy with a variety of learning experiences both in and out of the classroom. We have become quite skilled at our School Service Jobs, as each week we have taken on the responsibility of ensuring all classes and common areas around the school have ample daily supplies of tissues, wipes and gloves, as well as paper towels. We also have a weekly laundry collection service and paper shredding job.

We have really enjoyed our geography unit of work this term, Neighbours of Australia. We have immersed ourselves each week in the culture and everyday life of four neighbouring countries of Australia - India, New Zealand, Indonesia and Fiji. We especially loved our Indonesian Dance incursion and Multicultural lunch which provided an opportunity to try dishes from around the world.

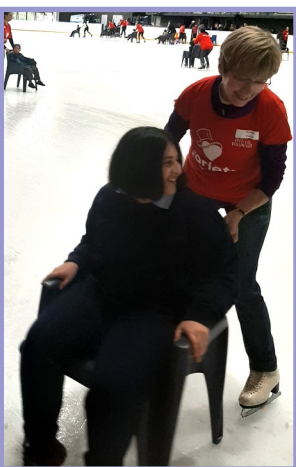
We are also doing well in our canteen and cooking classes, as we sharpen our hygiene knowledge, as well as our food preparation skills. We especially enjoy being able to sample our efforts whether that is making our own lunch for Wednesday canteen or our pizza or pikelets.

Yellow Class' skills have continued to develop throughout term 3 as they follow the school PBEL goals of Learning Together; Being Friendly and Being Safe.



Ice Skating

Last Thursday all of our classes climbed aboard a bendy bus and attended Variety's annual ice skating event at Macquarie Ice Rink for students with special needs. The students had a great time being pushed around on the ice by Variety volunteers and staff. Please enjoy the photos below.



Superheroes get your capes ready...

It is Fruit & Veg week at Cromehurst!

It is Fruit & Veg Month again! The theme for this year is **'The Adventures of Captain Fruit N Veg'**. It's all about linking eating fruit and vegetables with good times, superheroes, superpowers and adventures!

Remember to send in an extra piece of fruit or veg for your child to share with their class this week and on Wednesday.

DRESS AS A SUPERHERO or come dressed in the colour of your favourite fruit or veg.

For more information about Fruit & Veg month or great superpower recipe ideas visit the [Fruit & Veg Month 2019 Recipes webpage](#).

Be a Fruit and Veg Superhero!

Live Life Well Committee



Live Life Well @ School

FRUIT & VEG MONTH 2019



Captain Fruit n Veg is on a mission!

Fruit & Veg Month is all about linking eating fruit and veg with good times, superheroes/powers and adventures! Many schools will be supporting kids to eat more fruit and veg.

Fruit and Veg Month

Monday 2nd September - Friday 27th September

Try to sneak a few extra vegies in the lunchbox or meals at home.

- Add chopped/grated veg in meals
- Keep cut veggie sticks in the fridge
- Offer variety—it can take some kids up to 10 tastes of a veg before they come around

Did you know? Only 5% of Australian children and adults eat enough fruit and veggies.

For more ideas, search 'more fruit and veggies' at healthykids.nsw.gov.au



Health
Northern Sydney
Local Health District

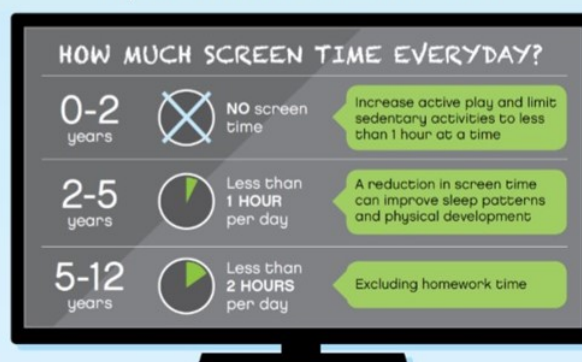
Live Life Well @ School

TURN OFF SCREENS + GET ACTIVE

Screens can be great for learning, play and communication.

Too much screen time can be unhealthy.

Try to sit less and move more!



** Based on Australia's Physical Activity and Sedentary Behaviour Guidelines 2014

Types of screens?



TV/DVD/BLURAY



Computer



Game Console



Tablet/Portable Games



Phone

Based on WHO Screen Time poster

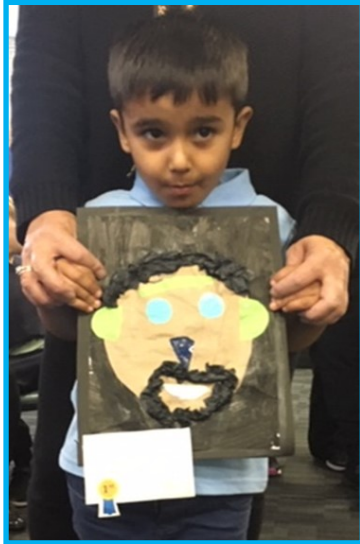
More information at:
healthykids.nsw.gov.au



Health
Northern Sydney
Local Health District

Fathers Day competition

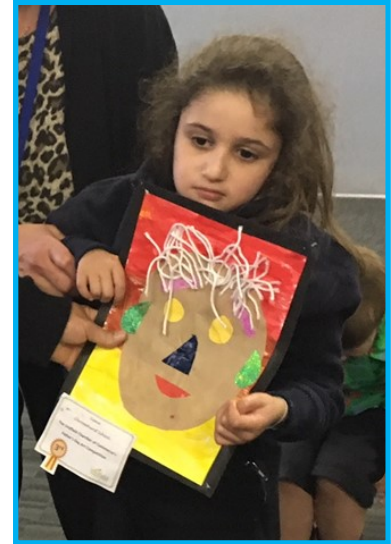
Congratulations to Pranish, Conor and Siena who all received prizes for their entries in the Lindfield Chamber of Commerce's Fathers' Day art competition.



1st place - Pranish



2nd place - Conor



3rd place - Siena

THE AMAZING KAREN HICKMOTT

Our incredible P&C President, Karen Hickmott, who works tirelessly supporting our school also works tirelessly supporting the Toowoomba Bay Surf Lifesaving Club in a number of important roles.

The Toowoomba Bay SLSC nominated Karen for Rotary's 2019 Inspirational Women's Awards and we are pleased and very proud to report that she has made it to a list of four finalists.

We couldn't think of a more deserved winner and wish Karen all the best for the final vote.



General News (continued)

The High Tea in the Southern Highlands for the Trike Fundraiser was held yesterday, and was a great success, with 88 people attending the event. Karen Hickmott serenaded the guests with her wonderful harp and, luckily, it was a lovely sunny day in the Highlands, with everyone enjoying the event. Over \$5K was raised and whilst the exact amount is still being finalised, we will be able to purchase 2 Rehati trikes for the older primary and senior school students. This will allow the older students an opportunity to use the bike track at the school and engage in a fun, outdoor activity to build skills and enjoy exercise. Thank you to the Dwyer family (Amelia, Orange class) for all their hard work organising and hosting the event, organising the raffle prizes and for the donation of the two trikes. All items were donated and all funds raised were donated towards the trikes. The first trike is assembled and will be delivered to the school for term 4, with the second trike still needing to be purchased and assembled.

Elissa Dwyer



CROMEhurst SCHOOL

Term 3 Week 9

16 - 20 Sept 2019

Assembly Awards

Name	Class	Awarded For:
Aayushi	Blue	Walking with the group in the community
Xavier	Rainbow	For being friendly to Siena in the playground
Pranish	Purple	Greeting staff with a verbal "hi"
Ryan	White	Fabulous work in White class
Ashlee	Orange	Listening & completing 2 stepped instructions independently
Gelo	Aqua	Helping other students to stay safe
Heather	Red	Being safe by wearing her life jacket when canoeing
Jack	Yellow	Great participation during camp week
Romina	Green	For independently canoeing on Narrabeen camp
Anita	Pink	For showing care and compassion for her classmates on camp

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:

Saskia - Learn Together
 Zoe - Learn Together
 Gelo - Being Friendly
 Anita - Being Friendly

Notes



Dear Parents,

We are conducting a parent information session on Tuesday 20 August here at Cromehurst School from 10:00-11:30am. The workshop will be presented by Desiree Gallimore who has been involved with many of our students over the years assisting them to learn to travel safely in the community (eg crossing roads and travelling on public transport to access work & leisure activities). The session will be approximately 1.5 hours in duration and will focus on:

- Awareness of best practice travel-training techniques and risk management practices
- Tips on safe road crossing practices
- Tips on the way to use public transport safely (buses and trains)
- Stranger-awareness strategies to keep children safe in the community

Please see the attached flyer regarding the services which Desiree can provide and return the RSVP form below to the school by Monday 19 August. Desiree has requested that if parents have specific questions they would like to raise in the session that they email her at dgallimore@traveltrainingsolutions.org prior to the session to ensure she covers your questions in her session.

Regards.

Christine

RSVP

(Please complete and return by 19 August 2019)

Parent Name: _____ Student Name: _____

☐

I will be attending the travel training session on Tuesday 20 August 2019.

Number of attendees _____

Notes (continued)



TRAVEL-TRAINING®
solutions

Behavioural intervention applied to travel-training programs to reduce anxiousness, learning challenges, phobias and challenging behaviours.

A National Disability Insurance Scheme & Medicare Provider

www.traveltrainingsolutions.org

Notes (continued)



TRAVEL-TRAINING®
solutions

People with disabilities travel to school, work and leisure activities. To access these environments a person needs to have safe and independent travel techniques. Most importantly, a person needs to know what to do when things go wrong.

As a solution we provide both parents and professionals with mentoring, knowledge, and confidence to deliver a range of safe and effective mobility programs.



DR DESIRÉE GALLIMORE

Desirée holds Master degrees in Psychology; Deafness and Communication; and Business Administration. She also has a Ph.D. in Education (Sensory Disability). Desirée is a psychologist, a leading mobility specialist, and a published academic.



traveltrainingsolutions.org/the-essential-guide-to-safe-travel/

COMPLETE GUIDE ON HOW TO TRAIN CHILDREN WITH AN INTELLECTUAL DISABILITY TO TRAVEL SAFELY & INDEPENDENTLY

"For those growing up with an intellectual disability or autism, safe and independent travel will prove an invaluable life skill. Dr Gallimore's straightforward five-step system will guide parents and professionals through successful training for children of any age and ability. It is necessary reading for anyone working with a child to get them on their path to independent travel."
Jessica Kingsley Publishers

MOBILITY SERVICES

WORKSHOPS FOR PARENTS AND PROFESSIONALS

Includes extensive information, and a practical component applying travel-training techniques. A 'next step' travel-training plan is provided for each participant's child/client tailored to their needs.

ASSESSMENT TRAINING

An assessment of the individual's needs is completed followed by a mobility and training plan.

ON-LINE ADVISORY SERVICE

If you are experiencing a mobility problem, then email a description and/or a video of the problem. A solution can most likely be found.

PACKAGES

FOR PARENTS

These packages provide you and your child with three levels of individualised training and support tailored to your needs.

FOR PROFESSIONALS

These provide staff with mobility skills, techniques, and resources to train clients. The topics of risk management and duty of care are included.

FOR SCHOOLS

These include both parent and teacher workshops; assessments and 'next step' student plans; tailored packages for preschool, primary, and high schools.



0411 479 981 • dgallimore@traveltrainingsolutions.org
www.traveltrainingsolutions.org



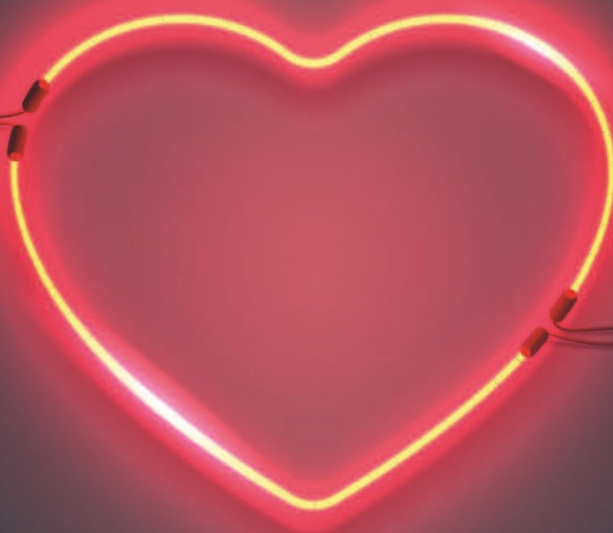
What's on

Carer's pamper day

We love what you do!

To say thank you and show our appreciation, Ku-ring-gai Council, Ku-ring-gai Neighbour Aid, and Ability Links are inviting local carers to a **special pampering day**.

Have a **free massage, mini manicure, mini facial or a meditation session** on us while we look after those who you care for.



Monday 14 October

10am-3pm ♥ Free

Meeting Room 2 Gordon Library (old school building)

To book contact Lesley Burt:

☎ 0437 726 905 @ lburt@uniting.org



Linking people and communities with opportunities

