

18 SEPTEMBER 2023

Term 3 Week 10

- 20 Sept - P&C Annual General Meeting via Zoom at 7.30pm
- 22 Sept - Last day of Term 3
- 9 Oct - Students return for Term 4
- 30 Nov - Graduation & Secondary Awards Dinner
- 6 Dec - Christmas Concert
- 15 Dec - Last day of Term 4 for students

Cromehurst News

Principal's Message



Welcome to Term 3 Week 10.

This is our last week of Term 3. Our last day of term will be this Friday 22 September. All of Cromehurst staff wish our students and families a lovely two weeks of holidays. We look forward to seeing all our students back at school on Monday 9 October.

Last week we welcomed two new students to our school.

Welcome Eli into Aqua class! He is 5 years old and this is his first time at school. We welcome Eli's parents Maral and Maz into our school community.

Welcome Harry into Purple class! Harry is 13 years old and we welcome Harry's mother Susan into our school community.



"Special Olympics Australia is a year-round multi-sports program for people with intellectual disability." Here is the link to their website: <https://www.specialolympics.com.au/about/index>. We have been offered free one hour a week Special Olympics sport sessions for every class in Term 4. We have put the request in and hope to hear back from Special Olympics soon on when this program can start.

Thank you to the P&C for funding our special incursion last Wednesday. Thank you also to the students of Vincentia High School and their staff (Jonathan Hill, Jannine Brown and Taylor-Lee Byrne). The students came to perform Aboriginal dances for us. They also brought along a didgeridoo and clackers. A lot of music and dancing was enjoyed by all of our Cromehurst students. Thank you to Sarah for organising this special incursion which was enjoyed by all the classes at the school.



Inside this issue:

<i>Principal's Message</i>	1-2
<i>Pink Class</i>	3
<i>Vincentia Dance Group Visit</i>	4
<i>General News</i>	5
<i>Awards</i>	6
<i>P&C News</i>	7
<i>Cottage Update</i>	8
<i>Studio Artes Holiday Program</i>	9
<i>Fruit and Veg Month</i>	10

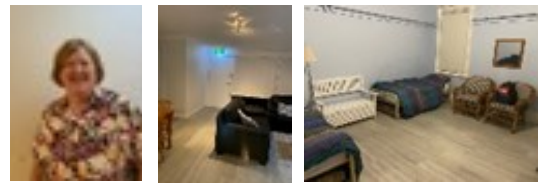
Our whole staff worked on refreshing our PBEL (Positive Behaviour Engaging Learners) expectations. A committee has been formed and is working on updating the PBEL lessons, expectation banners and signs. We hope to send out a new PBEL brochure to the school community outlining how we use PBEL at Cromehurst. This PBEL plan will be presented to parents at the next P&C meeting this Wednesday night.

Principal News (continued)

We have had a few cases of Covid-19 at our school. All staff and school community are back to wearing masks for this week. Due to the cases of Covid-19, if your child becomes unwell and has flu like symptoms, please keep them at home until their symptoms are no longer present. If you need additional RAT test kits please let the school office know.

Please join the P&C meeting this Wednesday night, 20 September. Zoom details will be sent out prior to the meeting. We really appreciate all the parents who are involved in the P&C. Thank you to Dusanka our President who has been our President since 2021. She has really been a fantastic President. This year, the P&C have already raised funds for new school resources such as basketballs, iPad apps, school banners, incursions and sponsorship money for the graduation dinner in November. Thank you Dusanka and P&C parents who are so supportive of our school and attend our P&C meetings. This Wednesday we will be discussing the next proposed P&C function - the school disco.

Green class had another lovely visit to the Cottage last week. If you would like any information about visiting the Cottage please call Kylie at the Cottage on 9416 1810.



This Wednesday is very exciting, we have organised to re-do our school video. We would like a new video to highlight the wonderful activities and learning we do at our school. We would like to show the video to new parents, to our integration schools who visit and to put on our website. If you would like your child to be in the school video, please fill in the video permission form and return it to school before Wednesday.

Just a reminder, to ***please dress your child in full school uniform for the production of the school video on Wednesday.***

Everyone loves having Bendigo, our school dog, visit. He was away last week and we have missed him. He will be at school this week on Monday, Wednesday and Friday.

Finally important dates events coming up in Term 4:

Friday 30 November - Graduation & Secondary Awards Dinner at Roseville Golf Club for all Secondary students.

Wednesday 6 December - Christmas concert at 12pm.

And I hope to see you at the P&C zoom meeting this **Wednesday night at 7:30pm**

Christine will be on leave for Term 4 so I will be Relieving Principal again next term.

Wishing all students, staff and school community a very safe and enjoyable holiday break.

Melinda

Pink Class

PAGE 3

Besides all the exciting adventures with Pink class this term including our weekly shopping trips, canteen cooking, sports program and camp week activities, we have also been spending time on our literacy, numeracy and work skills program.

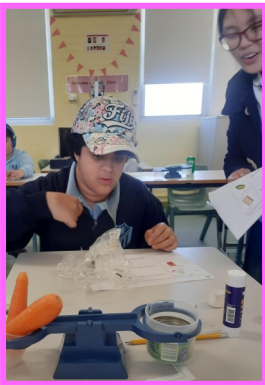
In numeracy, we looked at the map around our school, mapping out our route for when we go out for walks and shopping. We also worked on money calculations and money skills – how much to pay etc.

We have had the Newington College boys join us for our Numeracy Program on some Monday afternoons. They worked with our students on the topic of measurement, measuring the length of various playground items, how far we can jump, comparing the weight of items and the volume of drinks.

It's been a wonderful term and we wish everyone a safe and happy holiday!

Pink class

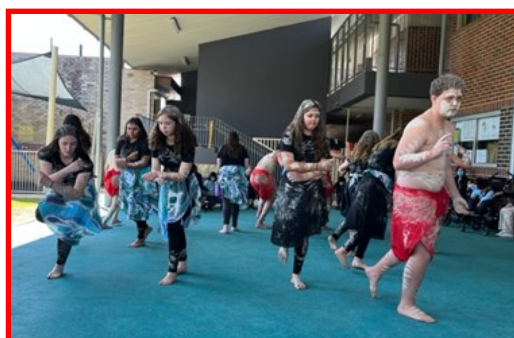
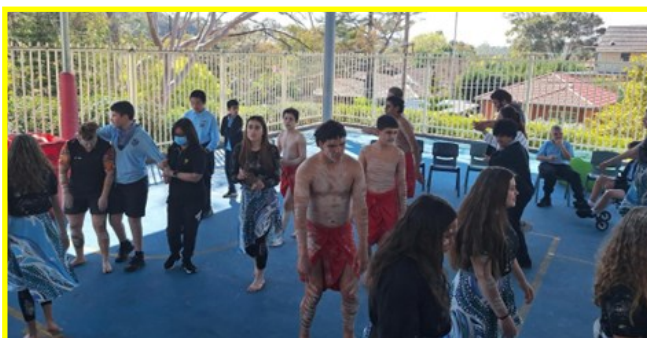
(Conor, Oliver, Ryan, Sam, Tara, Tom, Lisa, Mitch and Yolanda)



Vincentia Dance Group Visit

On Wednesday 13 September a group of students from Vincentia High School came to perform both traditional Aboriginal dances and some from their local area for our students. They did movements such as the Snake, Lyrebird and Turtle Dances accompanied by the didgeridoo, singing and clapping sticks. Cromehurst students enjoyed engaging with the visiting pupils across Junior and Senior Classes and learning and copying the associated movements as a group along with the music.

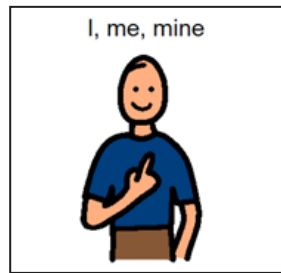
We thank the students and accompanying staff from Vincentia High School; Jonathan Hill, Jannine Brown and Taylor-Lee Byrne for their time and energy. They prepared an excellent range of music and dance routines for each of the two sessions.



General News

Sign of the Week

Mine



Place fist, palm in, on chest.

It's Fruit & Veg Month Again!



Fruit & Veg Month is a health promotion event that aims to encourage increased fruit and vegetable consumption amongst **NSW school children** through engaging activities for the classroom, whole of school and at home. The event is funded by NSW Health.

Cromehurst School has been participating in Fruit & Veg month for the past 8 years. This year we will celebrate it in week 10 of this term. We will be discussing the different types of fruit and vegetables that we like to eat. It has become a tradition at Cromehurst to come to school dressed in the colour of your favourite fruit or vegetable, this will be on **Thursday 21 September**. We encourage everyone to participate in this fun whole school event.

For more information <https://healthy-kids.com.au/teachers/fruit-veg-month/>

Live Life Well Team



P&C Annual General Meeting

Awards

CROMEhurst SCHOOL

Term 3 Week 9
11 Sep — 15 Sep 2023

Assembly Awards

Name	Class	Awarded For Learning Together
Kaira	Aqua	Working hard on developing her pincer grip during fine motor
Liam	Orange	Adapting well to new deskwork tasks
Dean	Yellow	Sitting with Willoughby class students to listen to a group story
Nevaeh	Rainbow	Very clear indication of 'yes'
Eitansh	White	Good participation in yoga
Ryan	Pink	For outstanding effort during 'letter' bingo in Pink class
Daniel J	Red	For participating in fitness and gardening
Amelia	Purple	Looking and following her visual work schedule to do her work

Name	Class	Awarded For Being Friendly
Mathew	Blue	Excellent greeting his peers during circle time

Name	Class	Awarded For Being Safe
Nathan	Green	Using a loud voice to tell the group 'it is safe to cross' when on

P&C News

Dear Parent & Carers,

The Annual General Meeting of the Cromehurst P&C Association will be held at 7.30pm on Wednesday 20 September via (Zoom details to follow):

Agenda

1. Welcome by President
2. Apologies
3. Minutes of Last Meeting
4. President's Report
5. Principal's Report
6. Financial Statements and Auditors Report
7. Election of Office Bearers
8. Other Business
 - Bunning BBQ report
 - School Disco
 - Voluntary Contributions
 - Term deposit renewal - expired
9. Close

We welcome all parents and friends to join us for the AGM.

You should have received in your child's bag a note to become a member of the P&C. Your involvement can be minimal, we would appreciate parents pay the membership fee. We encourage more input from the parent body on ways we can support our students more AND foster a better community amongst the parents and community.

I would also like to notify the P&C community that I intend to step down from the role of President after 3ish years, I am honoured to have spearheaded our little P&C through the covid lockdowns and gained some traction last year and this year with the raising of much needed funds. I hope our contribution has been satisfactory.

We would welcome more involvement from you all, we have a fellow committee member who has kindly put his hand up to take on the role as President - Brett Anslow. In the spirit of fairness and our constitutional requirement, there will be voting for all office bearer positions (President, Vice President, Treasurer, Secretary), please do get in touch if you would like to find out more information.

Thank you all,

Dusanka Matic
President
Cromehurst School P&C

Cromehurst Cottage Update

During this term we have welcomed two new students to the cottage: Nathan and Jessica. Nathan has enjoyed cooking brownies and listening to the Wiggles and dancing. Jessica has enjoyed listening to music and playing with the ball. This term Gelo has learnt how to hang the washing out and fold his clothes. James has enjoyed doing some puzzles and reading some books.

We will have some open afternoons next term on 23-25 October from 3pm to 4:45pm. If you would like to attend please rsvp via email cromehurstcottage@gmail.com or 9416 1810.

Have a great holiday.



Studio Artes Holiday Program



SCHOOL HOLIDAYS ARE APPROACHING!



These school holidays, Studio ARTES is hosting a range of creative programs for students 16 years and over at both our Hornsby Studio & Inner West Studio.

Centred around visual arts, performing arts and life skills, Spring is the time to try something new! Engage in art, photography, music, film, drama, independence, make new friends and most important of all – have fun!

[MORE INFO](#)

Our School Holiday Programs run from Monday, September 25th to Friday, October 06th, from 9am - 3pm each day.

Monday October 2nd, Studio ARTES will be closed for the Labour Day public holiday.

Fruit and Veg Month

Need ideas on how to eat enough fruit?

Try these simple ideas to get more fruit in your day!



Add fruit to your breakfast



Enjoy fruit with yoghurt



Put out a plate of chopped fruit



Put fruit in a smoothie



Pack fruit to eat on the go



Need ideas for veggie-ful snacks?

Try these simple ideas to fuel your day with veggie snacks!



Veggie sticks and dip



Veggie muffins



Baked beans on toast



Cheesy sweet corn



Cherry tomatoes



Need ideas for a veggie-ful dinner?

Try these simple ideas for your dinner mains and sides!



Cottage pie with mixed vegetables



Stir fry noodles with vegetables



Curried vegetables



Roasted vegetables



Salad bowl with dressing



Need ideas for easy and affordable veggies?

Try these ideas to help save money when grocery shopping!



Buy canned veggies



Buy frozen veggies



Try odd-shaped veggies



Buy local and in season



Look for specials



Need ideas for a veggie-ful breakfast?

Try these simple ideas to eat more veggies at the start of the day!



Mushroom and spinach omelette



Corn and zucchini fritter



Avocado and tomato on toast



Tomato and melted cheese on toast



Veggie frittata



Need fruit & veggie lunch box ideas?

Try these simple ideas to eat more fruit and veggies!



Add colourful veggies to sandwiches & wraps



Use veggies in muffins, slices & pizza



Add veggies to sauces e.g pasta sauce



Pack veggie sticks



Pack whole or sliced fruit

