

Wednesday, 13th June 2018

Dear Families,

NEWSLETTER – Week 7, Term 2

Keeping your kids healthy – Winter Season

Winter has finally arrived and, unfortunately, so has cold and flu season. While winter should be a time for sipping hot cocoa and building snowmen, it's often overtaken by germs, infections, and illnesses.

- Provide Kids With More Immune-Boosting Food and Drinks eg beef, citrus fruit, garlic and yoghurt.
- Limit Children's Sugar Intake – sugar depresses the immune system
- Keep Kids Hydrated - water not only carries nutrients to cells, it also sweeps toxins out of the body.
- Make Sure Children Get Enough Sleep – allows the body to heal itself.
- Change Your Children's Toothbrushes – germs often hide in the bristles so replacing your child's toothbrush after illness is essential.
- Teach Kids to Wash Their Hands – before and after each meal, after a toilet break, after sneezing, coughing or blowing their nose
- Know When to Take Children to the Doctor – when there is a fever, sore throat with fever, vomiting and or diarrhoea, wheezing and or trouble breathing.

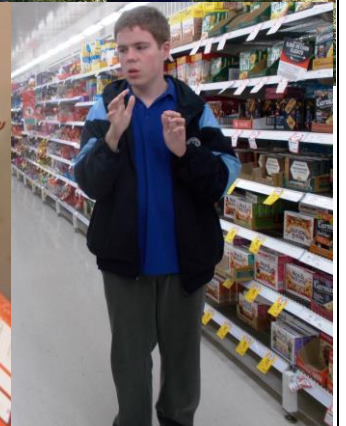
Community Based learning

Community Based Learning including work experience and TAFE is critical for students to practise their independence, social, communication and vocational skills. We thank Lyn Norman who is our school's job coach (on Mondays and Wednesdays) for her patience with sometimes the most challenging students.

Lyn also volunteers her time on Tuesdays and Thursdays to ensure our students have more opportunities. In regular schools students and families organise the work experience, transport, and associated costs and complete the associated documentation.

We are fortunate to have wonderful staff who happily transport our students to any school event or community activity including out of school hours. Staff from other schools do not transport students in their own vehicles during excursions. Our school's staff are always willing to assist students and their families as much as possible.

Anne McMahon accompanies her granddaughter Shayne to Etcetera Beauty Salon on Fridays (below left) and Carrie Leader has organised Ethan's supervision at the Jockey Club with Mark and Paige Storey (below right).



Conor & Nixon

Aidan & Seamus

Alex at Coles



Heath & Dyllan at FDC Playgroup

Jayden practising pedestrian safety

P&C Charity Golf Day

Thank you to our hardworking P&C who organised and ran the annual Charity Golf Day on Sunday 10th June. Thank you to the sponsors, players, volunteers, current and former students, staff members Kath Lord, Kerry O'Shea, Fiona Blake and Deb Smith (Picken) who supported the event too. It was a great opportunity for families and siblings to be able to catch up which was a real bonus! Final figures are not through yet but approximately \$3000 was raised.



Kerry O'Shea, Charlotte Gander, Carrie Leader, Ava Mizzi, Bec and Kate Gander, Beck Dridan, Karen Mainey and Rebecca Mizzi



Noah Mizzi, Ethan Leader, Jesse & Jamie Hinton, Heath King and Beau Mainey

DATES

Book Fair – 'Paws for Books', 28th May – June our library

RDA – Friday 15th June

WEEKLY NEWS

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ENDEAVOUR TO ACHIEVE

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STAR OF THE WEEK



Hugo Young – welcome to your new school!