Dear Parents and Carers,

We’re half way through term 4 already. I can’t believe where the term has gone! It was lovely to be able to spend some time with you at the junior and senior sports carnivals. The competition was friendly and each of the students had a fun day. Our staff, as always, worked hard to ensure students could participate in the events.

This week we are enrolling a new group of students to commence in 2015 and we will spend some time getting to know them at orientation next week. These new students will fill the spaces of the 26 year 12 school leavers. We will celebrate with Year 12 students, families, friends and staff at the graduation ceremony and dinner on the 4th December. If your son or daughter is in year 12 and you haven’t returned the note about attending the function, please do so quickly, so Toni, Jan and the team can finalise the organisation of the event. We want it to be a spectacular night for our graduands.

A number of you have been invited to attend a ‘focus group’ on 26 November so that we have ideas from parents to help inform school planning for the next three years. Each public school in NSW is currently evaluating the 2012-2014 school plan and developing the school plan for the next three years (2015-2017). We look forward to hearing your ideas so that our school can best meet the learning needs of our students. As part of the evaluation process, we have also reviewed our school values. They will be posted on our website shortly and are already on display in the school foyer.

Teachers are in full swing reporting on the progress your children have made with their learning in Semester 2 this year. The reports are starting to come to me and I will enjoy reading all 188 of them. I know you will be looking forward to receiving them too. Please remember that you are welcome to talk to your child’s teacher any time throughout the year about their progress.

There are a lot of things to fit into the second half of the term and I hope you can share in some of it with us. They include year 7 and year 9 vaccinations on 18 November, MHS class camp 26, 27 & 28 November, senior school swimming carnival 1 December, Special Children’s Party Rosehill 3 December (selected classes), Holroyd Council Art Award Night 3 December, Graduation 4 December and Variety Christmas Party (selected classes) 16 December. If your child is involved in any of these events, the teacher will send home notes. Keep an eye on the communication book.

Until next time,
Anne Flint
Hello from S14,

Our class has been super busy this year participating in many engaging and interactive activities both at Holroyd School and at Merrylands High School. We have enjoyed socially integrating in the playground and at special events at Merrylands High School. Recently, our two graduates Nazaneen and Nasrullah attended the MHS Formal at Curzon Hall where they danced and dined with their peers.

Our week involves:

- travelling to Flemington Markets to buy fruit and vegetables that we count, sort and pack to sell to staff at Holroyd School. The money raised through this venture will help to subsidise our school camp.
- getting active by participating in swimming, soccer, track and basketball skill development activities.
- being creative in Art.
- travelling to various places of interest practising the money skills we have been working on in the classroom.
- purchasing items to use in our science and cooking lessons during the week.
- measuring and observing changes in science experiments.
- creating tasty meals as we slice, dice, grate and stir.

A highlight of this year has been watching a number of performances at the Riverside Theatre in Parramatta. The most popular performance was ‘Monkey Into the West’ which entertained us with humour, giant puppetry, acrobatics and amazing visual effects.

The next exciting adventure for S14 is the school camp at Myuna Bay Sport and Recreation Centre later this month which we are looking forward to.

Cheers from S14—Anthony Aboumelhem, Mohammad Sarwari, Tara Allen, Lan Chau, Ayman El Chafie, Yousef Rima, Nasrullah Sakhidad, Nazaneen Ansari, Brad and Lena.
S17 have had an exciting year filled with lots of different activities. This term especially we are enjoying our Wednesday outings, sailing at Rodd Point. We each get to go out in a sailboat with a volunteer helper. If there is time we also get to have a turn in the rubber dinghy which is great because it goes very fast! After sailing we get to share a delicious BBQ lunch with our friends. When we are out in the community we are learning to use our good manners, stay safe by staying with the group, wearing a life jacket and listening to our teachers. We also learn to show how to be kind to each other and take turns. Thank you to everyone at sailability for allowing and giving us this great lifetime opportunity which is helping us to develop confidence out in the water. From Daniel, Amara, Maymuna, Alex, Sean, Hussain and Kosta
News from S22

S22 have had a very fun filled start to the year. We are a class of seven boys with a lot of energy to put into everything we do. This term we have been going to Sydney Olympic Park for community access. At the park we eat hot chips as our weekly treat, play on the equipment and feed the ducks and eels.

Greetings from J11

J11 has had a very busy but exciting year so far! We can’t believe we are nearly halfway through the last term of the 2014 school year. It has really flown by as we have been working hard on achieving our learning goals and having lots of fun while doing so.

The cake run is just one of our whole class programs that we participate in weekly to improve our communication and money skills. We get the staff bakery and fruit orders at school then travel to Sunrise bakery and IGA at Merrylands West Shopping Centre to purchase them every Wednesday.

We are quiet and stay as a group when we are walking around the junior school and waiting for our classmates to take staff bakery and fruit orders.

We use our manners and knock before entering other classrooms.

We use pictures to communicate what staff want to purchase and wait while staff hand us the money.

At the bakery, after the staff orders have been made, we use Proloquo2Go on the iPad and money from our own wallets to buy a cake for ourselves.

Our teachers are so proud of the progress we have made this year and the wonderfully dynamic personalities we all bring to make such a beautiful class.

Goodbye for now,
Elizabeth, Serena, Billal, Ben, Vincent, Luke, Tu, Margaret and Simone
Lend Lease pitch in to promote Live Life Well Program

Well known property developers Lend Lease recently chose Holroyd School as the recipient of their giving back to the Community Day. 50 volunteers from Lend Lease converged on the school on Thursday 18 September to install eight raised garden beds that will complement the schools existing Live Life Well program. The program is aimed to promote healthy lifestyle through exercise and nutrition and the garden beds will be used to grow a range of herbs and vegetables to be used in school kitchens for a range of healthy and nutritious recipe’s.

Two Dulux volunteers were on hand to assist in creating some fantastic murals to compliment the new play areas in both the senior and junior schools.

Special mention goes to Baker’s Delight, Hornsby for donating buns for the lunchtime sausage sizzle as well as to a generous father of one of the Lend Lease volunteers who assisted with his woodworking skills to cut out some of the 3D murals.
With thanks to TAD Disability Services for new custom designed BMX bikes

TAD Disability Services recently donated three custom build 20” BMX bikes for students of all ages and abilities to use on the Holroyd School Bike Track. The bikes will allow our upper primary students to experience the joy of bike riding with various supports. The bikes have been extremely well received by students and teachers alike and they will be used as both a leisure activity and for structured lessons. The Bike Track will be utilised over the years by all students to help build confidence as well as balance and coordination.
Fruit and Veg month is over but it is still important to send fresh fruit and vegetables to school each day for your child to enjoy. There are many health benefits to eating fresh fruit and vegetables, so please remember to supply these in your child’s lunch box. It is also important to incorporate eating vegetables into your food choices at home. The Australian Dietary Guidelines recommend 2 pieces of fruit and 5 vegetables each day.

Thanks also for helping to raise money with our ‘out of uniform’ day on the last day of term. We raised $248.60 for Gasto-Intestinal cancer research.

With thanks,
Holroyd School Live Life Well @ School Committee
Turn off the TV or computer and get active

Did you know?

- Spending too much sedentary or 'still' time watching TV, surfing online or playing computer or electronic hand-held games is linked to children becoming overweight or obese.
- Children who watch TV for more than 2 hours every day are more likely to have an unhealthy diet, less likely to eat fruit and less likely to be physically active.
- Nearly half of children aged between 5 and 15 years spend more than 2 hours every day on 'small screen' entertainment.
- Children are more likely to snack on foods that are high in sugar, salt or saturated fat when they’re watching TV.

How much time in front of the screen?

When kids and teens spend time in front of small screens – whether it's the TV, computer or hand-held games – it takes away from the time they could spend playing sport, games or being active.

Australian guidelines recommend that kids and teens spend no more than 2 hours each day on small screen entertainment.

While computers and TV can be valuable for education and learning, the health benefits, skills and enjoyment that kids and teens get from being physically active are just as important.

“Set limits for computer games and being online”

Tips for parents

- Before you switch on the TV or the computer for your children, stop and think – could they spend the time being active and have some 'small screen' time later on?
- Set limits on TV viewing. If there is a specific program that your child wants to watch, turn the TV off once it has finished. Alternatively, record the program and watch it together later on.
- Set limits for computer games and being online – no more than 2 hours a day and not during daylight hours when they could be outside and active.
- Don’t allow a TV or computer in your child’s bedroom. Keep them in a common area of the family home so you can monitor use.
- Have a list of active indoor and outdoor games or activities for your children, so you can suggest alternatives to watching TV or playing on the computer.

For more information and ideas on healthy eating and physical activity, go to www.healthykids.nsw.gov.au
Life Links Walking Group & BBQ lunch
For people of all abilities

Regatta Centre - Enter via Gate A. Please meet at first BBQ bay at 10am.
$7.50 per person (carers free) BBQ lunch and drink provided

Bookings essential to ensure adequate catering.

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Bookings please email admin@lifelinksws.com or sms 0406 865 380
(phone unattended during business hours)

People under 18 years of age or needing support are required to be accompanied by a carer.

Please like us on Facebook as this is how we will notify of cancellations due to bad weather

www.lifelinksws.com
IMPORTANT NOTICE TO PARENTS

Re: Whooping Cough - Public Health alert

There has been an increase of whooping cough (Pertussis) notifications in the Western Sydney area since June 2014, particularly in the 2155 postcode area.

In order to prevent further cases of whooping cough Western Sydney Public Health Unit advises the following:

If your child (or any member of your family) has any of the symptoms of whooping cough, such as a dry or persistent cough, which may be especially bad at night, please see your doctor and take this notice with you. A nose and throat swab test can be performed to confirm the diagnosis.

If your child has whooping cough, your doctor will arrange a course of antibiotic treatment. Antibiotics given early in the illness are effective in stopping the cough and in preventing spread to other people. If your doctor diagnoses whooping cough please advise the school and keep your child at home until s/he has taken 5 days of antibiotics.

A whooping cough fact sheet is enclosed. More information on whooping cough is available on the NSW Health website at http://www.health.nsw.gov.au/Infectious/whoopingcough/Faces/default.aspx or please call Western Sydney Public health unit on 9840 3603 if you have any queries.

Thank you for your attention.
S22 have had a very fun filled start to the year. We are a class of seven boys with a lot of energy to put into everything we do. This term we have been going to Sydney Olympic Park for community access. At the park we eat hot chips as our weekly treat, play on the equipment and feed the ducks and eels.

The school has been given 20 tickets only for each of the show times above. Please contact Debi in the office on 96371219 if you would like some tickets. Tickets will be distributed on a first in first served basis.

---

**INVITATION**

**WORLD FESTIVAL OF MAGIC**

**PROUDLY HOSTED BY THE**

**Lions Club of Bondi**

**WHERE:** Hordern Pavilion, Moore Park Precinct

**WHEN:** Saturday 15th November 2014

**COMPLIMENTARY ADMISSION**

(see separate admission ticket, one numbered ticket per person)

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**APPability: iPads for Learning**

With the growing popularity of iPhones, iPods and iPads, Northcott offers a 3 hour training session for parents and carers of children 2-8 years of age, to explore how these devices, with the assistance of ‘apps’ can be used to help children learn.

Many people see ‘apps’ as entertainment for themselves or their children, but there are many apps available that will help your child learn and practice skills such as writing, reading, communication and much more.

You will also learn how to navigate the internet to find the best apps for your child. It will help you to think about apps as more than just games. The session will include hands-on use of an iPad.

---

**Where:**
Warragamba Public School Hall
Fourth Street, Warragamba

**Date:**
Tuesday, 25 November, 2014

**Time:**
9:30am – 12:30pm

**How to register:**
Phone (02) 4625 1061
Email: campbelltown@northcott.com.au by 18 November, 2014

**Cost:**
FREE
Places strictly limited to 24, so only people who have registered can attend.

PLEASE NOTE: Child care will not be available on the day.
Morning Tea will be provided

www.northcott.com.au
S22 have had a very fun filled start to the year. We are a class of seven boys with a lot of energy to put into everything we do. This term we have been going to Sydney Olympic Park for community access. At the park we eat hot chips as our weekly treat, play on the equipment and feed the ducks and eels.

Family & Carer Mental Health Program

Am I a Carer?
A carer doesn’t have to be someone who cares for a person all the time. They can be anyone who is involved in helping someone with a mental illness. If you care for someone with a mental illness then get in touch with us. We can help you learn more about mental illness and provide individual support.

What is the Family and Carer Mental Health Program?
As of 1st July 2006, NSW Health funded the Family and Carer Mental Health Program: to achieve the following aims:

- To improve family and carer coping
- To increase carer’s knowledge of mental illness
- To enhance carer’s wellbeing, resilience and relationships
- To assist carers in finding services to meet their needs and circumstances
- To provide individual emotional support to carers.

The Family and Carer Mental Health Program operates in partnership with Sydney West Area Health Service from Auburn to Lithgow. This includes the local government areas of Auburn, Blacktown, Baulkham Hills, Blue Mountains, Hawkesbury, Holroyd, Lithgow, Parramatta and Penrith.

The Family and Carer Mental Health Program provides

Carer Education and Training
Carer education and training aims to build resilience and improve the ability to cope with the challenges of caring for someone with mental illness.

Education and training:
- focuses on carer strengths
- provides information and skills
- offers opportunities to share experiences

Individual Carer Support
- Emotional support
- Information
- Individual Advocacy

Planning and Infrastructure
Support to Carer Support Groups

Family and Carer Mental Health
UnitingCare Mental Health
Locked Bag 5360, Parramatta NSW 2124
Ph: (02) 8842 8289
Fax: (02) 9891 4577
Email: fcmhinfo@ucmh.org.au

Funded by the NSW Health Department

NSW HEALTH

Parramatta Mission

H O L R O Y D  N E W S   P A G E  1 3