Dear Parents and Carers,
We have enjoyed two events at school with parents recently. The first was open day celebrating Education Week. It was an opportunity for you to share some wonderful learning activities with your children and observe some of the ways our teachers and learning support officers engage your children and facilitate learning. It was also a lovely time for our staff to see the interaction and bond that exists between parents and their children and for us to learn from you.

Our second event was held yesterday. A number of parents joined us in small workshops to learn about using computer and internet technology to make communication and behaviour support resources. There were some very tech-savvy mums and dads learning to build communication supports on iPads using the app Proloquo2go. Keep your eye out for further opportunities to meet together, make friends with other parents and learn ways to share information and ideas between home and school.

Don’t forget to follow Holroyd School on Facebook for up to date information and event announcements

Until next time
Anne Flint
Principal
Hello from J1

The students and staff of J1 have had a busy start to semester 2.

We have 6 boys in our class: Isaac, Montathar Kazim, Hassan, Ellis, Yehh Ya and Montather Zair with their teachers Michelle and Teresa and school learning support officer, Renee. The class enjoys many learning activities throughout the week that we would like to share with you.

We start each day with morning circle activities and songs. The boys enjoy using the touch switch to greet each other during morning circle. The highlight of Monday is when Josh arrives in the afternoon with his trolley of instruments for music therapy lesson. The boys are able to choose different instruments to play while listening to Josh play his guitar and sing songs.

Tuesday is our mobility day where the boys venture out of the classroom to use the trampoline, liberty swing and carousel.

Wednesday Kay comes to visit our class for COGS. We enjoy the art activities related to the COGS unit about our community.

Thursday is hydrotherapy day. The warm water of the pool is perfect for the boys to stretch out and complete their individual mobility programs. We end the day with a visit to the library to listen to and interact with the characters from a sensory story.

Friday ends our week with assembly in the hall where we join the rest of the junior students to celebrate birthday awards, class awards and PBL awards. We enjoy watching the students as they present their item.

Cooking is another Friday activity we enjoy. We use our senses throughout the lesson but the best part is tasting the final product. We hope you enjoy our photos. Goodbye from J1.
This year S28 have been busy with our community access programs. We love getting out of the room and have enjoyed our excursions to Yamble Reserve at Ryde and Auburn Gardens. Every Friday we are helped to deliver newspapers in the local community and are learning to stay as part of our group during these outings.

Music therapy is another big part of our week. We all really enjoy our lessons with Josh in the music room. Gaby loves the guitar and banging on the drums. Kimberley likes to listen to Josh sing. Damian is happy with the bells. Daniel likes the drums too. Sebastian is happy just to sit and listen to the music. We all come back to the room each week relaxed and happy.

For three of us, this is our last year at school and our last newspaper article. We are busy getting ready to graduate and make our move to our new post school options centre for next year. Exciting times ahead.

S28 – Daniel, Damian, Sebastian, Gabriel, Kimberley along with Sharon and Tania
Greetings from S21

The students and staff in S21 are enjoying the 2014 school year and we can’t believe we are halfway through the year already! We have been busy working hard and participating in a range of activities to achieve students’ educational goals. The majority of our activities take place inside the classroom, however, we try and get out and about as often as possible to the quad, sensory garden and the Liberty Swing.

On Mondays S25 visit us in middle session and we have a BBQ in the beautiful sensory garden, which is always fun. So while we don’t have the opportunity to get out and about on community access we certainly are a group of social butterflies who utilise the wonderful school facilities.

Every Tuesday we participate in music therapy, where we experience a range of different musical instruments. In music therapy we are learning to control movements in order to create music and to move our bodies in response to music.

We have recently paired with J3 on Wednesdays and we love seeing them with all their energy. Whilst this program is very new, we can see it’s going to be a lot of fun. Some of our favourite times of the week are when we have friends visit. S17 visit us each Thursday and we do a cooking activity with them. We love having the students in S17 greet us by our names when we see them in the playground at recess, lunch and assembly.

Dorothy, Krista, Marina, Michelle, Khaled, Mariam, Merna, Hanna and Jennifer.
**Welcome to J13**

J13 have had a busy semester. We started with swim school in term 3 and our new community access program. Our swim school participants all did very well and were very impressive in the pool. The COGs unit for this semester is Working Together and we have done some lovely art work that the class has worked on as a group project.

J13 have enjoyed learning about and cooking foods from different countries. During cooking sessions Anthony and Jack keep track of the recipe’s steps for us by writing each part on the whiteboard then read it back to us which is a great help.

Every week we go to Coles at Stockland Mall in Merrylands and shop for the whole of the junior school. During our outings we have had a chance to practise our money skills and road safety skills.

Well that’s it for now we hope to see you at our end of year concert which is coming very soon. Bye from Anthony, Jack, Ethan, Catherine, Kevin Lim, Kevin Mai, Michael, Andy, Casey, Naomi and Tammy.
Celebrating Literacy and Numeracy at Holroyd School
National Literacy and Numeracy Week 2014

At Holroyd we integrate literacy and numeracy into all our educational programs in fun and exciting ways.

Most classes actively participate in the Premier’s Reading Challenge by reading a number of books on the list. The Premier’s Reading Challenge encourages a love of reading by selecting a number of popular children’s books which staff read aloud. Students who participate are given a certificate.

As a whole school we engaged in the National Simultaneous Storytime initiative where we read ‘Too Many Elephants in this House’ by Ursula Dubosarsley and Andrew Joyner using our interactive whiteboards. A number of classes also did some artwork and other activities associated with the book. One of the highlights of National Literacy and Numeracy Week is a visit by Poppy the Possum who will share some great stories, songs and lots of laughs.
We also celebrate literacy and numeracy in lots of practical ways. As a school, we are participating the Live Life Well program. August is our Healthy Eating Month. As part of this, many classes are engaging in ‘Crunch and Sip’ activities which get students to use their numeracy and literacy skills to count and request healthy items of food and drink.
Get active each day

Did you know?

★ In NSW, only about a quarter of children aged between 5 and 15 years do at least 60 minutes of moderate to vigorous physical activity each day.
★ Boys in Years 6, 8 and 10 are more active than girls, however physical activity declines with age.

Why get active?

Regular physical activity is an important part of getting healthy and staying healthy.

Encouraging kids and teens to be active from a young age sets good habits early on and helps them develop the skills they need to stay active throughout their lives.

Regular physical activity helps kids and teens to:
- grow and develop healthy
- build strong bones and muscles
- improve balance and develop skills
- maintain and develop flexibility
- achieve and maintain a healthy weight
- improve cardiovascular fitness
- reduce stress and feel more relaxed
- improve posture
- boost confidence and self-esteem
- have fun with their friends and make new ones.

Kids and teens who don’t get enough physical activity are at a greater risk of becoming overweight or obese. This makes it harder for them to be active and keep up in sport or play.

Being overweight can also make kids more prone to conditions such as asthma, flat feet and joint sprains. In the long term, it can contribute to conditions such as high blood pressure and cholesterol, heart disease, Type 2 diabetes and liver disease.

Research tells us that the warning signs for these conditions can be present in overweight teenagers as young as 15 years of age.

“Physical activity doesn’t all have to happen at the one time. It can be accumulated throughout the day”
How much activity?

Kids and teens should get at least 60 minutes of physical activity every day, including vigorous activities that make them ‘huff and puff’. They can get even more health benefits from doing a couple of hours of physical activity every day.

To help kids and teens be active every day, they need opportunities for sport, play and exercise at school, after school and on weekends.

Physical activity doesn’t all have to happen at the one time. It can be accumulated throughout the day by walking or riding to and from school, being involved in activities at school, active play at home or taking part in organised sport after school and on weekends.

How to help kids and teens be more active

- Be a good role model and have a positive attitude to being active. If your children see you enjoying physical activity and having fun, it can motivate them to participate.
- Encourage them to play in the backyard, dance to music, ride a bike or get involved in vigorous activities like running, swimming or playing sports like soccer, netball or basketball.
- Make time to be active as a family – walk to the local park, go bike riding or take the dog for a stroll.
- Encourage ‘active play’ by buying gifts that get kids and teens up and moving, such as balls, bats, skipping ropes and other equipment. It also helps them develop and practice new skills.

- Park some distance away from your destination – school, sport or the shops – and walk the rest of the way.
- Make sure kids and teens have an opportunity to be active after school, either through active play or organised sport.
- Encourage kids and teens to try different sports or activities so they can find one or more that they really enjoy.
- Start slowly and build up the amount of physical activity that your children do, particularly if they haven’t previously been very active.
- Limit the amount of time that kids and teens spend on ‘small screen’ entertainment – such as watching TV, going online or playing computer games – to no more than 2 hours a day.
- Kids and teens should wear hats, appropriate footwear and 30+ sunscreen when they’re being active outdoors.
- Make sure they drink plenty of water when they are physically active or playing sports.
- An active lifestyle is fuelled by healthy foods – make sure your children make healthy food and drink choices and limit foods that are high in added sugar, salt and saturated fat.

For more information and ideas on healthy eating and physical activity, go to www.healthykids.nsw.gov.au
Parenting a child with a disability comes with exceptional challenges. How do you know what’s best and what works? We can supply specially-tailored parenting support but we need your help.

This is your chance to tell us about your child’s experiences as well as your own. Let us know if you’re getting enough parenting support and share with us the types of support you would like to receive.

We’ll use your views to deliver a parenting program in ways that suit families across Queensland, Victoria and New South Wales.

If you have a child with a disability, aged 2-10, go to the My Say website and help us improve parenting services for your family.

To have your say and find out more about the program, visit www.mysay.org.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.

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**WE WANT YOUR OLD MOBILE PHONES, iPADS AND TABLETS**

Dear Parent or Guardian:

Holroyd School is now recycling mobile phones, iPads and tablets with Australian Mobile Recycling. For every mobile phone our school collects we will receive $3 cash and for every iPad or tablet we will receive $25 cash.

We are asking all students’ families and friends to dig out any working or non-working mobile phones and tablets you no longer need and send them in to school with your child. Any money raised will go towards interactive play equipment at our school. Australian Mobile Recycling recommends to all persons sending in phones to restore your phone to factory settings and remove any sim cards or memory cards. If you do not know how to do this or simply forget do not panic as all phones will be wiped of all data and any sim-cards or memory cards that have been left in phones will be destroyed.

Phones can be either be handed into our front office or to your teacher. Thank you in advance.
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**Free Tickets**

I have a small quantity of free tickets, donated by Rotary Club of Ryde Inc, to attend the Circus Quirkus performance at Blacktown Workers Club on Sunday 31st August 2014 at either 11.00am or 2.00pm.

Please contact Debi in the school office on 9637 1219 if you are interested.
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FREE NRL TICKETS

Eels v Bulldogs: Friday 15 August, 7.45pm

It’s the battle of the west when the Parramatta Eels tackle their western Sydney rivals, the Canterbury-Bankstown Bulldogs, in a classic bout of Friday night footy at ANZ Stadium.

The boys in blue and gold will be hoping for a repeat of their 22-12 win over the Bulldogs in Round 14, but with Des Hasler’s Bulldogs playing impressive footy, the Eels will have to lift their game to seal another upset.

This fierce contest is for the Bandaged Bear Cup, celebrating the hard work and dedication of staff and volunteers at The Children’s Hospital at Westmead.

The Round 23 clash occurs in the NRL Close the Gap Round. This round is dedicated to raising awareness of the importance of closing the gap in health equality between Indigenous and non-Indigenous Australians. The game is set to be a blockbuster and you are invited! Be sure to get you and your friends to the game for a great night of footy action!

To take up this fantastic offer, students and their parents should:

1. Simply go the website: [www.nrl/onecommunity](http://www.nrl/onecommunity)
2. Click on the link [Premier’s Sporting Challenge Ticket Giveaway](http://www.nrl/onecommunity)
3. Register their details.
4. Print out the voucher and bring it with you on the day to gain entry through the gates.

Please note: Students must have parental permission to participate in this offer. Each student is entitled to 2 free tickets (limited to one registration per person). Match ticket voucher must be downloaded for entry and presented at ANZ Stadium entry gates.

For any enquiries, please phone 02 9266 8404.

Accessible seating is available within the allocated ticket area.

**Match Times:**
6.00pm - Gates Open
7.45pm - Main Game
News from S22

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TRANSITION FOR CARERS FORUM

Transition is the period when a child moves from adolescence to adulthood. It is a complicated process for children with chronic health conditions, but is far more complex for those who have additional issues such as an intellectual disability, cognitive impairment, autism or brain injury.

As a part of our Carers Week activities, The Carer Support Program at the Children’s Hospital at Westmead invites parents and carers to attend the Transition for Carers forum and expo.

REGISTRATION IS FREE. Morning Tea and lunch provided.

WHO: This forum is for parents & carers of young people aged 14 – 18 years who have a chronic health condition & who, because of a disability, will have difficulty managing their own care as adults.

WHEN: 15th October 2014, 9.15am - 2.30pm

WHERE: Lorimar Dods, Education Centre
The Children’s Hospital at Westmead.
Cnr Hawkesbury Rd and Hainsworth St, Westmead.

Topics include:
- Navigating the adult Health system
- Consent and decision making
- Employment and post-school programs
- Panel discussion with carers who have transitioned
- Expo of services and organisations providing support after transitioning

REGISTRATION IS ESSENTIAL

To register call 9845 3590.
Email SCHN-CarerSupport@health.nsw.gov.au
Registrations close on 10/10/2014.
Places are limited.

NOTE: Professionals in this field may register, but will only be offered a place if all available places have not been filled by parents and carers at close of Registration. Registration is on first come basis.
Transition for Carers Forum

Wednesday 15th October 2014, 9.15am-2.30pm

Lorimer Dods, Education Centre, Level 4
The Children’s Hospital at Westmead
Corner of Hawkesbury Rd and Hainsworth St, Westmead

To register for this free Forum, please complete the registration form and return it to the seminar organiser by Friday 3rd October 2014.

By post:
Carer Support Program
The Children’s Hospital at Westmead
Locked Bag 4001
Westmead NSW 2145

By email:
SCHN-CarerSupport@health.nsw.gov.au

By phone: 9845 3590

Title: ____________________________ First name*: ____________________________ Surname*: ____________________________
Address: ____________________________ Post code*: ____________________________
Home phone*: ____________________________ Mobile: ____________________________
Email*: ____________________________

* Required information

Do you have any dietary requirements? (Morning tea and lunch will be provided.)

Do you have any other requirements? Please let a know if you need help to cover parking?

The disability(s) that my child has is?

The health condition(s) that my child has is?
(This information may also be used for evaluation and planning purposes.)

How did you hear about the Forum?

Type of registration: This seminar is aimed at parents and carers so priority will be given to them! If the numbers allow it, professionals will be able to attend.

Parent or Carer

Staff/Professional
(You will be offered a place dependent upon availability after close of registrations)

Would you like to go on our email list for the quarterly Carer Support newsletter and information on carer activities coming up at the Hospital? And through other organisations

For any queries contact: Carer Support Program
Ph. 9845 3590
SCHNCarerSupport@health.nsw.gov.au

Carer Support Program
the children’s hospital at Westmead