Dear parents and carers,

We have enjoyed a week of celebrations. Last week was SASS Recognition Week. SAS Staff includes our school learning support officers (too many to name) our school administration officers and manager (Deborah, Debi, Janelle, Jacy and Lauren) and John, our general assistant. Although our cleaners are employed by a contractor, we include them as our staff as they are committed to the school and do a great job. We celebrated their efforts with a breakfast and each teacher provided a certificate to their team member. Our school would not function without the efforts of this dedicated and professional team. Thanks from us all!

Our second celebration was the official opening of the new school facilities. Our students led the assembly and the Hon Adrian Piccoli, NSW Minister for Education officially opened our facilities. Thank you to the many parents who were able to join us on this special occasion. It is good for our politicians to understand our school context and that our school community is keenly interested in the school.

Our third celebration was the most important of all; It was the Holroyd concert and it celebrated the learning of your children. We know the efforts our students went to, to participate with their classmates and friends. They watched their teachers and learning support officers and as they went through their paces. I could not have hoped for a better outcome! Our staff showed their true colours...dedicated and creative professionals who are deeply committed to providing a great education for your children.

Holidays are almost here. Enjoy the time with your families. I look forward to a productive term 4! Thank you all for your interest in our school. Don't forget to like us on Facebook for updates between the newsletters.

Until next time,

Anne Flint
Hello from J5

The last few weeks we have been busy participating in the Live Life Well programme. As part of this programme we have been learning about how we can stay healthy and fit by eating healthy food and exercising.

We have enjoyed tasting a variety of different fruits during fruit break and cooking lessons. Our favourite cooking lessons were making fruit pizzas and fruit smoothies.

Some other activities we have enjoyed include art and craft activities like painting our favourite fruits and vegetables. To help us stay active we have also had fun participating in a variety of fitness activities like aerobics, bike riding and jumping on the trampoline.

Until next time, Sinclair, Wisa, Germaine, Gordon, Lachlan, Tracy, Jo and Katherine
Welcome to Fruit and Vegetable month!

S19 is one of the many classes at Holroyd who have been exploring, preparing and eating a rainbow of fruit and vegetables throughout the month of September. Melanie, Luke, Aaron, Michael and Robert would like to give you a glimpse of some of the wonderful activities they have participated in and out of their classroom.

To begin with they ask the high school class to buy their fruit and vegetables for them from the markets at Flemington every Monday. Their wonderful parents also send fruit and vegetables in every day to make sure they stay strong and healthy. We make a shop in our class room and we purchase the fruit and vegetables of our choice three times a week for “Crunch and Sip”.

S19 have been decorating a rainbow chart documenting all the different coloured fruit and vegetables consumed.

S19 also enjoy exercising many times during the school week. We visit Wentworth Common at Homebush Bay each Wednesday. We enjoy the many paths available such as the brick pit walk whilst looking at the birds, plants and people around us.

To students, staff, parents and care givers, we say “THANK YOU” for assisting us to make great lifestyle choices such as eating healthily and exercising regularly. From Melanie, Luke, Aaron, Michael, Robert, Carol, Guy and Anne. (S19).
Greetings from S26

S26 have had an exciting year so far. In Term 1 we travelled to Olympic Park each week to enjoy water sports and eat our lunch. In Term 2, we greatly enjoyed our experiences at bowling and in Term 3 we have been buying sausages for our weekly BBQ at Holroyd Gardens. We are looking forward to sailing next term.

In the classroom we have been cooking many different things, including fried rice and burgers. We have all enjoyed tasting new recipes and trying new foods.

We look forward to seeing you all at the school concert!
Emma, Kirily, Charlie, Anderson, Fatma, William, Yasmin and Sheraz
Welcome to J7

We have had a busy and exciting year so far. We are fast approaching the end of Term 3 and the students of J7 are preparing for the Holroyd Annual Concert and also practising our class item for the assembly presentation. Our COGs unit this semester is “Working Together” and “Making Informed Choices.” So far we have been learning about class rules, school rules and community rules. We are trying our best and working hard to follow PBL rules which encourage Positive Behaviour for Learning at school. We are also learning about our community and which people are safe to approach if we need help.

Last week we had a fire truck come to our school from our local Merrylands Fire Brigade. We took big steps and climbed the truck to sit and feel what it is like to be a brave fireman. From the photos you can see how much fun we had. We were given the opportunity to touch and feel the hose that the firemen use to put fires out.

J7 continue to enjoy active school programs that include swimming, special olympics, mini gym, music and playing on the outdoor equipment at both school and Holroyd Gardens.

We are happy to be busy and are enjoying our Holroyd programs and the company of our classmates as we grow and learn.

Until next time,
Kalan, Mohamed, Ramy, Regina, Salmaan, Vanessa, Marcelle and Kusum
On Friday 15 August Pepe Turk, Dylan’s mum; Terry Rose, from the Merrylands Rams and Paul Spiteri, Disability Services Officer from Holroyd Council were special visitors to our senior school assembly.

Pepe and Terry, with the help of Graeme Bradley from Spartan sporting equipment have been very busy gathering sporting equipment to donate to Holroyd School. They have kindly donated 2 portable soccer goals, 6 basketballs, 6 soccer balls and 20 spray jackets for our Sailability program. The inspiration behind this initiative started with Pepe Turk wanting to give something to the school on behalf of Dylan, who will graduate at the end of the year.

The students were very excited to see the new equipment and were very disappointed that the rain meant that they had to wait for the weather to clear before they could use it! Staff and students are very appreciative of the time and effort that Pepe and Terry spent making sure we got everything we needed. We are looking forward to working with the Merrylands Rams in the future and strengthening the community partnership that has come from this initiative. Many thanks Pepe and Terry!
04/09/2014

Holroyd School
Willara Ave
MERRYLANDS, NSW 2160

Dear Sir/Madam,

I would like to thank you for holding a Crazy Hair Day and fundraising on behalf of Cystic Fibrosis NSW, raising a total of $1533.00.

Every four days a child is born with cystic fibrosis. Every nine days a young person dies from it. We are working to change this. Your gift will provide in-home care on days families can’t manage. Essential medicines and vitamins they can’t always afford. And someone to talk to when life gets tough.

If you have any queries regarding your donation please contact me on 02 9878 2075 or email michele@cfnew.org.au.

Thank you again for your generous support, please find your receipt attached below.

You have made a difference.

Regards,

Michele Adair
Chief Executive Officer
Parent visits to post school service providers
Official Opening of Facilities
Monday 8th September 2014
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.

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.
FACT SHEET

ENCOURAGING CHILDREN TO TRY NEW FOODS AND MANAGING FUSSY EATERS

Feeding young children can be a challenging experience. Preschool-aged children often have small appetites and very definite likes and dislikes.

As a parent, it can be concerning and frustrating when your child refuses to try new foods or to eat what you have provided.

Tips to encourage new foods and prevent (or minimise) fussy eating

Setting the scene

• Consistent meal and snack times helps to ensure your child knows when to expect food and can help your child develop good eating habits.
• Eat together as a family and try to keep meal times relaxed and calm.
• It’s best to avoid distractions such as toys, games and television during meal and snack times.
• Offer your children the same foods as the family eats, and try to avoid preparing separate meals for family members wherever possible.
• Set a good example by eating and enjoying a range of healthy foods yourself.

Sparking your child’s interest in trying new foods

• Offer your child a new food regularly. A child may need a try a new food many times before liking or accepting it. Don’t give up and put a food on your child’s ‘dislike list’ after just few tries.
• Encourage your child to explore new foods. Invite looking, touching and smelling of a new food before tasting it. Talk about the food with your child.
• Involve your child in choosing new foods to purchase.
• Children love to help with food preparation tasks such as pouring, stirring, spreading, dipping and shaking. Children who are actively involved in preparing food are more likely to try that food.
• Growing vegetables and fruit is a fun way to help children learn where food comes from. Try growing cherry tomatoes, herbs, beans or strawberry plants in pots or in the garden.
• Start with only a small amount of the new food on the plate so that it doesn’t overwhelm your child.
• Make meals and snacks look appealing by using different coloured foods, interesting shapes and textures.
• Try varying the way new foods are prepared. Some children prefer cold, crunchy foods while others enjoy cooked. This can change over time.
• Give your child a choice of healthy food – offer a small range of healthy foods on the plate and allow your child to choose what s/he wants to eat.
• Congratulate your child when s/he tries something new even if it’s just a small mouthful – give cuddles, smiles and lots of praise!
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.

**FACT SHEET**

**Tips to encourage new foods and prevent (or minimise) fussy eating (continued)**

**Don’t force the issue**
- Meal times shouldn’t feel like a battle ground. Your child will associate stressful feelings with eating and this will make the situation worse and can have lasting effects.
- It’s best not to force your child to eat if s/he is not hungry.
- Likewise, don’t insist that your child eats everything on the plate. Children need to learn to respond to their body’s natural signals of fullness and hunger in order to develop healthy eating habits and be able to control their food intake.
- Try not to use foods as bribes. For example, don’t say ‘No ice-cream unless you eat your broccoli.’ This just makes the ice-cream more desirable and the broccoli less desirable!

**What if my child refuses to eat?**
- Keep calm and don’t make a fuss if your child is refusing foods. Unless ill, children won’t voluntarily starve themselves. If your child is healthy and energetic, s/he is eating enough.
- Set some ground rules and make sure your child knows what will happen if s/he doesn’t eat the meal or snack provided. Children feel more secure when they know what to expect. One approach is to allow a certain time for snacks (10 - 20 minutes) and meal times (20 - 30 minutes). If the food is not eaten within this time period, allow your child to leave the table. Store the uneaten food safely (eg covered and refrigerated) and offer it one more time later on that same day when your child is feeling hungry.
- Try not to substitute uneaten healthy meals and snacks with ‘sometimes’ foods such as lollies, soft drink, fruit juice, crisps or biscuits. Your child will quickly learn to refuse the healthy meals and snacks knowing s/he will be rewarded later on with snack foods s/he prefers. Wait until the next scheduled snack or meal time before offering healthy food again.
- Think about your child’s food intake over the week rather than daily to see if s/he is eating food from all of the food groups and therefore getting the nutrients s/he needs. Children rarely eat a balanced diet each day, but do over a week if the majority of foods offered are healthy everyday foods.
- If you are still concerned that your child is not eating enough, check the growth charts in your baby’s Blue Book. Alternatively, speak with your doctor, Child and Family Health Nurse or Accredited Practicing Dietitian.

For more information and ideas on healthy eating and physical activity go to [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)
**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.

**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](mailto: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:**
- SCHR-CarerSupport@health.nsw.gov.au

**By phone:** 9845 3590

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*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.

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| 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  
SCHR-CarerSupport@health.nsw.gov.au

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Carer Support Program  
the children’s hospital at Westmead