Dear Parents and Carers,

I hope all our mums had a lovely Mothers’ Day last Sunday. We enjoyed a cup-cake workshop with about twenty of our mums and three brave dads! Connie and Tracy did a great job teaching the group how to decorate cup-cakes using a variety of techniques. Many thanks for their efforts in getting the event ready, including baking the cupcakes and preparing the icing and decorations. The workshop was a wonderful opportunity for parents to meet other parents and school staff in a relaxed and fun way.

We have a wonderful parent group in the school that are very welcoming to any parent who comes along. Keep your eye on Facebook, notes sent home and our newsletter for more upcoming events. We will be hosting a number of informative and fun events throughout the year.

If you’ve been keeping your eye on Facebook, you will already know that our school was one of three community beneficiaries of the Holroyd Council Mayoral Golf Day. Thanks to the generosity of the local clubs and businesses and Holroyd Council, our school received $11,000. Thanks to the dads and staff who gave up their time to form our two golf teams. Thanks too, to the many parents who sent in donations to fund our two teams in the day. Despite the rain, I think they had a good day. One team won a prize for coming last!

Our teachers are working with their colleagues planning lesson observations. This is a well-researched professional learning strategy that allows teachers to work together to continue to reflect on and refine their already amazing teaching skills. I am so proud of the way they have embraced this opportunity to continue to improve the teaching and learning at Holroyd School. Our students are so lucky to be supported by such professional teachers, learning support officers and executive staff.

I look forward to continue to work with you all to improve the learning outcomes of our students.

Until next time,
Anne Flint
S23 has had an excellent and very productive start to term 2. All the students have been working very hard on their Individual Education Programs and are showing excellent progress and improvement in all the work they do!

Our community access is an important part of our program because it develops students’ social skills and enables them to practise travel training and road safety. On Wednesdays S23 visit Bicentennial Park at Homebush to explore and develop an understanding of Australian landscape such as parks and animals and their purpose. The students are taught to walk appropriately at the park. They enjoy looking and listening to different species of plants, animals and birds.

S23 also participated enthusiastically at Harmony day. They enjoyed completing a variety of art activities.

Until next time, Gordon, Lachlan, Yazen, Germaine, Manuel and Pankaj.
Hello from J8

We have been working very hard, learning a lot and having fun in J8.

This term, we have been exploring our science unit ‘Let’s experiment’. We have enjoyed getting our hands dirty while participating in various experiments and learning about solids, liquids and gases.

As a class we explored liquids through water play. Selena laughed and giggled as she poured water from one container to another. Khadija enjoyed it so much she decided to sit in a tub full of water!

Adam had a great time learning about solids when we played with coloured ice, and also enjoyed eating it. According to Awel the ice was too cold! She did not like touching it.

Vanessa and Simon enjoyed the experience of blowing up and deflating balloons when exploring gases. Simon thought it was hilarious to try and pop as many balloons as he could while Vanessa tried to save all the balloons from him.

The students and teachers in J8 are fast on our way to becoming real scientists, so stay tuned!

Until next time,
from Adam, Awel, Khadija, Selena, Simon, Vanessa, Debbie and Amy in J8.
Welcome from S26

Our year has been fantastic so far and we can’t believe that we are already approaching halfway through 2015. Our class consists of 4 boys and 3 girls aged between 15-17. We are a happy, vibrant group who like to learn and be engaged in a variety of activities both at school and in the community.

Some of the highlights of our week include:

Community Access: We are so fortunate to access some fabulous programs in the community. In Term 1 we went sailing and were supported by a lovely group of volunteers at Dobroyd Point. Our class thoroughly enjoyed this program and whilst a few had nerves to begin with, all were keen sailors by the end of the program. Well done to Safar who was extremely hesitant to begin with but whose confidence soared over the course of the term.

This term we are going bowling and to McDonalds. Everyone is showing their maturity and behaving well whilst out and about. We are a rather competitive bunch and have a bowling competition up and running with our friends in S22 who join us weekly. It’s a lot of fun and when we return to school we look at the results and graph these with our friends in Vicki and Sharon’s class. Ashley is our leading sport star so far with the highest score for our class. A fabulous effort, Ash! We thank Frances and Jessica who have been our additional staff and helped these programs take off without a hitch!

We also get to go out and do newspaper delivery each Friday and are quickly learning to place the newspapers in each letterbox independently. Special mention goes to Daniel who has joined us for this program. Keep up the good work, Daniel!

At school, we enjoy our music therapy sessions and we’ve all learned that we each have unique talents and abilities. Our girls have shined with their instrument playing and together with the boys have created some extremely interesting sounds!

Cooking is another of our class’s favourite activities and all students have been involved in cooking and sampling an array of dishes including pizzas, fried rice, corn fritters and Alex’s favourite, Aussie burgers. With their typical teenage appetites the students have no problems polishing off the food. We think we shine in the kitchen and may be hot on the toes of those competing on Masterchef! Our wonderful SLSO, Marina is just amazing in the kitchen along with having many other wonderful skills and we thank her for her ongoing contribution to our class.

We are looking forward to spending the rest of the year as one happy bunch!
Welcome from S26
NOTICE TO PARENTS

Sadly sometimes relationships break down and the court makes orders that change the contact parents can have with their children or the role they play in making decisions about their children’s education. These can be Family Court Orders or Apprehended Violence Orders.

If this happens it is important that you provide the school with a copy of any court orders that could impact on your child’s education.

In the absence of any notification to the contrary, the school will assume that both parents continue to retain a shared and equal parental responsibility for their children and should be involved in making any decisions regarding their children’s education.

This means that the school will recognise that each parent has equal duties, obligations, responsibilities and opportunities in relation to matters involving the school.

If any changes occur in your family relationships which have the potential to impact on the relationship between the school and your family, please advise the school immediately and provide a copy of any court orders that may be obtained.

These orders will be stored securely and only accessed by staff who need to see them in order to plan for your children’s learning and support and related issues.

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"Precious"
BMS Multicultural Carer Support Group
A project of Boronia Multicultural Services in partnership with The Meadows SaCC

Are you caring for a child with special needs?
Concerned about the changes to the disability services?
Want to know how can other services support your role as a carer?

Healthy Lifestyle and Eating Practice by Dietician and Nutritionist Priya Iyer
Priya is an Accredited Practising Dietitian & Accredited Nutritionist with over 19 years experience in the field of Nutrition & Dietetics.

Information session by Ability Links workers from SSI

The support group can offer Carers:
- Confidential listening and support
- Help to access existing services, activities and resources

When: 25th May 2015 from 10am – 12pm
The group meets every fortnight
Next meeting date—22nd June 2015
Where: Toongabbie Community Centre,
244 Tyrso Road, Toongabbie, NSW 2146
Contact: Malika Ratha—Facilitator on (02) 9631 1777

Morning tea provided
Children available upon request—booking need to be done a week in advance
R.S.V.P. essential
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.

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**How to pack a Healthy Lunchbox**

When packing a lunchbox for your child, you should feel confident that you’re providing them with a nutritious supply of food that will get them through the day with the energy they need to function.

Follow this rule to make packing a healthy lunchbox easy:

**PACK THE CORE 4** (plus 1 for active and fast growing kids).

**What are the CORE 4?**

1. **Main lunch item** – a sandwich, roll, wrap or salad based on grains such as pasta, rice or quinoa.
2. **Nutritious snack** – choose a snack from the five food groups such as a cold chicken drumstick, crackers with cheese, veggie sticks and hummus, or yoghurt.
3. **Piece of fresh fruit** – whatever is in season.
4. **Drink** – always include a water bottle. Add an additional small reduced fat milk drink (less than 300ml) or a 99% fruit juice drink (less than 200ml) once or twice a week.

**PLUS 1 additional snack**

Every child is different and depending on their activity level or rate of growth, they may need an additional snack in their lunchbox. If this is the case, we recommend choosing a fifth item from the five food groups first, such as those listed in lunchbox item number 2 (the nutritious snack). This will provide the extra nutrients some kids need.

**Occasionally…**

For variety and enjoyment it’s OK to include an occasional “extra” item in place of this fifth snack option. Extra foods include sweet biscuits, muesli bars, packets of chips, confectionary or dry noodle products. These kinds of items should not make a daily appearance in the lunchbox, but can be added once a week for variety and enjoyment and to teach balance.
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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### Healthy Kids Association

#### Need some inspiration?

Try these ideas for a nutritious lunch:

<table>
<thead>
<tr>
<th>MAIN LUNCH</th>
<th>NUTRITIOUS SNACK</th>
<th>FRUIT</th>
<th>DRINK (in addition to water)</th>
<th>PLUS 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken, hommus and cucumber sandwich</td>
<td>Reduced fat cheese slices with wholegrain crackers</td>
<td>Apple</td>
<td>Chocolate flavoured reduced fat milk</td>
<td>Air popped popcorn</td>
</tr>
<tr>
<td>Ham, reduced fat cream cheese and salad wrap</td>
<td>Sultana snack pack</td>
<td>Fruit salad</td>
<td>Water</td>
<td>Dry breakfast cereal</td>
</tr>
<tr>
<td>Pesto pasta salad with chicken and capsicum</td>
<td>Reduced fat yoghurt</td>
<td>Orange</td>
<td>99% fruit juice (200ml or less)</td>
<td>Vegetable sticks with dip</td>
</tr>
<tr>
<td>Egg, celery and reduced fat mayonnaise sandwich</td>
<td>Homemade pita chips with hummus</td>
<td>Frozen grapes</td>
<td>Reduced fat plain milk</td>
<td>Tinned fruit in juice</td>
</tr>
<tr>
<td>Tuna, corn, lettuce and reduced fat mayonnaise wrap</td>
<td>Reduced fat cheese with crackers</td>
<td>Fruit kebab</td>
<td>Water</td>
<td>Muesli bar (weekly extra)</td>
</tr>
<tr>
<td>Ham and sweet corn frittata</td>
<td>Reduced fat custard</td>
<td>Banana</td>
<td>Water</td>
<td>Rice crackers or cakes with dip</td>
</tr>
<tr>
<td>Chicken salad with chick peas, baby spinach and pumpkin</td>
<td>Vegetable sticks with dip</td>
<td>Fruit salad</td>
<td>Strawberry flavoured reduced fat milk</td>
<td>Reduced fat yoghurt</td>
</tr>
<tr>
<td>Tuna and sweet potato patties</td>
<td>Reduced fat cheese stick</td>
<td>Frozen melon balls</td>
<td>Water</td>
<td>Fruit spice English muffin</td>
</tr>
<tr>
<td>Turkey, tomato, spinach and reduced fat cheese sandwich</td>
<td>Avocado, carrot and lettuce rice paper rolls</td>
<td>Apple</td>
<td>Reduced fat plain milk</td>
<td>Reduced fat custard</td>
</tr>
<tr>
<td>Sweet chilli chicken and lettuce wrap</td>
<td>Muesli and reduced fat yoghurt</td>
<td>Kiwi fruit and strawberries</td>
<td>99% fruit juice (200ml or less)</td>
<td>Small packet potato chips (weekly extra)</td>
</tr>
</tbody>
</table>

**REMEMBER!** Always pack an ice-pack or frozen water bottle with your child’s lunch. This will help prevent the growth of bacteria and keep it cool until lunch time.

*Healthy Kids Association*

www.healthy-kids.com.au | p: 02 9876 1300 | e: info@healthy-kids.com.au