


## What's On

Fri, 3 August	Book Parade & Scholastic Book Fair (theme—Find Your Treasure)
Mon, 6 August	Making it Happen meeting 9.15am
Wed, 8 August	Parent/Teacher meetings
Fri, 10 August	The Ponds School Athletics Carnival
Wed, 10 September	Year 7 Immunisation



CARE
LEARN
BE SAFE

Dear Parents and Caregivers,

Welcome to our first newsletter of Term 3! Please take the time to sit and read this newsletter as it is full of interesting information.

### School Uniform

The Ponds School has always had and will always have a unisex school uniform. If you wish to order an item of clothing from the Uniform shop you can:

- Go to the school website and print the Uniform Order sheet, complete the form. Send the money and form to school and the uniform will be placed in your child's bag.
- Pay for the uniform on POP (school website), complete the uniform shop order form and send it to school
- Visit the school during school hours and purchase the pieces of uniform your child requires

Please don't forget to label all your child's items, including shoes.

### Structure of the Day

When The Ponds School first opened, all of our students were very young and we were situated at Riverstone with a lack of playground equipment. Our solution to students becoming bored and not making good choices was to have three twenty minute breaks. Since then, on a yearly basis, the staff have voted on whether to remain with three breaks or go to two breaks. With the average age of our students increasing, along with their social skills, the construction of the new playground, increased integration and community access, and the opportunity to be able to fit more education into each day, the staff voted that we trial two breaks.

The day now looks like:

9.00am	session one begins
11.00am	session one finishes and break one begins
11.30am	break one finishes and session two begins
1.30pm	session two finishes and break two begins
2.00pm	break two finishes and session three begins
2.50pm	going home bell

We understand that this change has meant that staff have had to negotiate a change of times with some therapists. Most have been able to make adjustments to their timetables and now our school times fits in with other school

times. Our students and staff are enjoying the change also.

If you have questions in regards to the change of the structure of the day, please do not hesitate to contact the school. There will also be a parent Information session (see below) where further discussion will take place.

### Bike Helmets

Students are flocking to the bike track now with more time to ride. There are different options in regards to wearing bike helmets and being safe:

- Students can bring and wear their own helmet – ensure it is labelled
- Students can wear a hat (regular) and use a school bike helmet over their hat

Students are required to wear shoes and a bike helmet to be able to ride a bike on our bike track.

### Do Something Day

A huge thank you goes to Gladys for organising Do Something Day last Thursday. Thank you to parents/carers that assisted their child wear something red. Thank you to the parents/carers that attended on the day. Thank you to the services that attended and were able to assist parents/carers. Thank you for the most amazing morning tea!



### Book Week/Education Week

Parents, caregivers and families are invited to our school for our Book/Education Week celebrations on Friday, 3 August from 9am -11am.

As part of our celebrations we will be holding a Book Fair and pirate costume parade in line with the 2018 Book Week theme *"Find Your Treasure"*.

The **Book Fair** will be open from **8.45am – 9.15am** and again from **10.00 am – 11.00am** in our library. There will be many Scholastic books for you to purchase and enjoy. Every purchase supports our school and enables us to add to our own library. Cash is welcome and we will be able to provide credit facilities either through a Scholastic machine or online through the computer.

The **costume parade** will take place from **9.15am - 9.30am**. Students are encouraged to dress up as a pirate. Parents and Caregivers are invited to attend our parade and see our wonderful students in costume and hopefully a visit from Geronimo Stilton.

Following the parade, there will be an opportunity for parents and caregivers to participate in a lesson with their child from **9.30am – 10.00am**. Morning tea will then be served from **10.00am – 11.00am** where you can catch up with other families and visit the Book Fair if you haven't already done so.

We look forward to seeing our student pirates and their parents and carers on Friday, 3 August.

## Parent Teacher Meetings

By now you should have received a note in regards to Parent/Teacher meetings on Wednesday, 8<sup>th</sup> August. Please complete the booking sheet and return it to school. Bookings will be made in order of receiving replies. We look forward to seeing parents take up the opportunity to speak to the staff that teach your child, see their classroom and work samples, review their Personalised Learning Plan and discuss their first semester report.

## Athletics Carnival

A note will be sent home soon regarding the Athletics Carnival which will take place on Friday, 10<sup>th</sup> August from 11.30am to 1.30pm. Please assist your child to wear their house colours.

## Making it Happen Meeting

A Special General Meeting will be held for Making It Happen – for children with disabilities on Monday, 6<sup>th</sup> August at 9.15am. If you are a financial member of the charity you will be able to take part in the nominations for all positions.

## Playground

According to the schedule our accessible playground equipment will be completed by 28<sup>th</sup> August. CRS will be back on Monday, 13<sup>th</sup> August to continue with the playground base preparation and the playground set out.

## Circus Quirkus

Watch out for a note coming home in regards to Circus Quirkus. Free tickets are available for Sunday, 26<sup>th</sup> August at 11.00am and 1.30pm at Blacktown Workers Club. The duration of the show is 90 minutes, and there are no animals used in the performance. Notes will need to be returned to the school by the due date.

## Parent Information Meeting

The next Parent Information Meeting will be held at 9.15am on Wednesday, 22<sup>nd</sup> August. We will be presenting information on the new structure of the day, Class 19, wellbeing and external validation. Looking forward to seeing you there.

## Carpark

Just a reminder about carpark safety. It is extremely important that all vehicles follow the arrows in the carpark. It is a **one-way** circuit. We had a very close call this morning between a car exiting in the wrong direction and a bus entering the school and do not want to see a situation arise like this again.

Leonie Donaldson

Principal





## Learn ways to build resilience and emotional intelligence in our families

We are excited to launch the **Living Mindfully: Building Resilient Families** 1-day workshop. Please find below details, and attached flyer. We would be most grateful if you could share with your school community.

The greatest gift you can give yourself, your children, your family and your community is the gift of your own good physical, mental, emotional and spiritual wellbeing. By being a living demonstration of how to care for these aspects of yourself, you teach your children how to do the same for themselves. Spend a day with [Petrea King](#) to learn more.

You'll leave this day

- Highly motivated to implement strategies for self-care
- Excited, rather than overwhelmed by life
- With deeper understanding of neuroplasticity and the brain's ability to change
- Equipped with tools and strategies for remaining calm during change or turbulence
- With greater respect for an individual's 'story'
- Feeling empowered in difficult circumstances

This workshop would be suitable for any parents, carers, teachers or anyone interested in learning ways to improve their emotional intelligence and who want to lead more resilient lives.

**DATE** Saturday 18<sup>th</sup> August 2018  
9.30am to 3.30pm

**COST** \$110 per person, Pension concession \$85  
Includes light morning tea, lunch at own cost

**VENUE** Mantra Chatswood, 10 Brown St, Chatswood NSW 2067  
Parking: \$15 subject to availability

For further information please head to [questforlife.com.au](http://questforlife.com.au) or call our Centre on 02 4883 6599  
If you do not wish to receive further information from the Quest for Life Foundation, please reply STOP.

Kind regards,  
Sarah

**Sarah Potter | Administration | Quest for Life Foundation**

PO Box 390 Bundanoon, NSW 2578

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[www.questforlife.com.au](http://www.questforlife.com.au) | [sarah@questforlife.com.au](mailto:sarah@questforlife.com.au)







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## ALL ABILITIES GALA DAY

DEAR ATHLETES AND FAMILIES,

HILLS FOOTBALL AND NOVA EMPLOYMENT INVITES ALL FOOTBALLERS TO ATTEND OUR ANNUAL ALL ABILITIES GALA DAY. IT IS A FANTASTIC OPPORTUNITY FOR PLAYERS WITH A DISABILITY TO PARTICIPATE IN A FUN DAY OF STRUCTURED SKILLS TRAINING AND MODIFIED GAMES, AND ACTIVITIES.

THE GALA DAY IS OPEN TO INDIVIDUALS, GROUPS FROM SCHOOLS AND CLUB TEAMS TO ATTEND. ANYONE OVER 5 YEARS OF AGE ARE WELCOME, PREVIOUS EXPERIENCE IS NOT ESSENTIAL. THE EMPHASIS WILL BE ON INCLUSION, PARTICIPATION AND FUN. SO PLEASE COME ALONG AND HAVE A GO!

ALL PARTICIPANTS WILL RECEIVE A MEDAL, SAUSAGE SIZZLE AND A DRINK. CANTEEN FACILITIES WILL ALSO BE AVAILABLE FOR FAMILIES.

PLEASE MAKE SURE YOU ARE REGISTERED TO PARTICIPATE

DATE: SUNDAY 12TH AUGUST, 2018  
TIME: 9.30AM - 12.30PM  
VENUE: THE HILLS CENTENARY PARK  
WITHERS ROAD, ROUSE HILL

REGISTRATIONS CLOSE 5TH AUGUST 2018

TO REGISTER OR FOR ANY QUESTIONS,

PLEASE CONTACT YOUR CLUBS ALL ABILITIES MANAGER OR EDDIE PALACI (EDDIE.PALACI@HILLSFOOTBALL.COM.AU OR 0408206865).



## Get More Skills: Good Life Workshop

A workshop for people with disability, their families and carers.

- Understanding your NDIS plan
- Practise setting goals and speaking up
- Take home tools to prepare for a good life



**Mount Druitt Workshop – Thursday 23 August**

10am – 2.30pm

The Mount Druitt HUB

Level 1, 9 Ayres Grove, Mount Druitt, NSW 2770

Register now! Limited spaces available!

James Ansumana, Community Access Worker, Blacktown City Council, 02 9839 6067 or My Choice Matters 1800 144 653

info@mychoicematters.org.au

www.mychoicematters.org.au

Workshops are fully accessible. We can provide support to ensure everyone can come. Lunch will be provided.

Find out more [www.mychoicematters.org.au](http://www.mychoicematters.org.au)



## Green Gym



*More than 1 in 10 NSW residents are unpaid carers, supporting friends or family with a health condition, disability or dependency. Could this be YOU?*

Green Gym allows those who undertake unpaid caring to take time out for themselves and get back to nature. Entirely free, Green Gym is a great way to meet new people and improve fitness—all while contributing to the community by propagating seeds for green spaces.

14 Week program commences 4th September 2018

Tuesdays 9AM – 12PM OR 1PM – 4PM | Cumberland Council Nursery, Auburn

Not sure if this is for you? Call or email the Western Sydney Office for a chat [westernsydney@cva.org.au](mailto:westernsydney@cva.org.au) or 02 4721 4625.

Open to anyone who undertakes unpaid caring and is aged 18 to 80. Complimentary transport from Auburn station available or make your own way. For more information visit [www.cva.org.au/green-gym](http://www.cva.org.au/green-gym)



## hireup

The online platform for people with disability to find, hire and manage support workers who fit their needs and share their interests.



### How can we help



Help around the house



In-home care



Personal care



Out & about



Education & employment



Therapy support



Transport



Specialist (high needs)

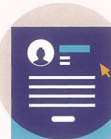
### How to get started

1. Visit [www.hireup.com.au/register](http://www.hireup.com.au/register)
2. Build a Hireup profile
3. Get verified by the Hireup team
4. Connect with other Hireup users

- ✓ We use a contractor-free model so all of our support workers are employed by Hireup
- ✓ Hireup is compatible with all forms of disability support funding, including the NDIS
- ✓ All Hireup users are covered by our comprehensive insurance policy

## How it works

[www.hireup.com.au](http://www.hireup.com.au)



**Build**

Build a Hireup profile, get verified and join the community.



**Find**

Find people who fit your needs and share your interests on Hireup.



**Hire**

Hire workers who are verified and supported by us as their legal employer.



**Manage**

Manage your own support team online. Leave insurance, tax and super up to us.

hello@hireup.com.au | (02) 9113 5933

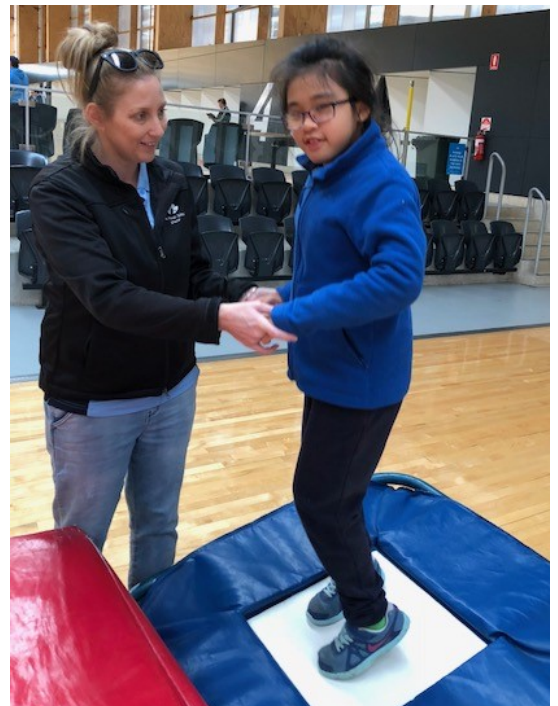
hireup



# Class 1



In Class 1 we have been busy exploring our community! We have attended community access programs at local parks and playgrounds, gone to the circus, and attended an inclusion sports day at Sydney Olympic Park. We have been learning how to care, learn and be safe in a community environment by following our teacher's instructions, staying with the group and using equipment appropriately. We've been having so much fun! We hope you like our photos, who knows where we might end up next!





# Class 10

Class 10 were very busy last semester. We enjoyed reading about The Very Hungry Caterpillar and learning about days of the week, healthy food choices and the life cycle of a butterfly. We also learnt about the sounds of the alphabet, whilst practicing our reading, and writing skills. In Maths, last semester we developed our number knowledge further and learnt concepts of more, less, most and least. We are also able to identify Australian coins and values. In History, we studied about past and present and some Australian History, learning about the original inhabitants of our land, the Aboriginal people. Our favourite activities are hydrotherapy, walking and going to the bike track. We are looking forward to the second semester and learning about weather and the earth in Science and Geography.

