

What's On

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| Fri, 22 Nov / Sat, 23 Nov | Schools Spectacular Performance |
| Thu, 28 Nov | International Day for People with Disability Assembly |
| Fri, 29 Nov | Year 6 Graduation |
| Wed, 4 Dec | Special Childrens' Christmas Party |
| Thu, 5 Dec | Celebration Day Assembly |
| Fri, 6 Dec | The Ponds School Christmas Party |
| Sat, 7 Dec | Carols at The Ponds School |
| Thu, 12 Dec | Amazing Achiever & PBL Assembly |
| Wed, 18 Dec | Students' last day of school 2019 |

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| CARE |
| LEARN |
| BE SAFE |

Dear Parents and Caregivers,

This week is show week for our students participating in Schools Spectacular. If you have not been able to purchase a ticket, Schools Spectacular is usually televised sometime in December so keep an eye out for it. Thank you to parents and carers who have been dropping off their child at school early so they arrive at rehearsals on time. Thank you to staff that have been and will continue to support students throughout the four performances; two on Friday and two on Saturday. Look out for some photos of our performers next newsletter.

Athletics Carnival

The winners of the Athletics Carnival are: Koalas and Echidnas! It was a draw.

Age Champions will be receiving their certificates at our special assembly on Thursday, 28 November.

Disco Thank you

What a great time everyone had at the Sausage Sizzle and Disco on Friday, 15th November. It was great to see families enjoying themselves. We have some great singers and dancers at The Ponds School.



Life Skills Thank You

Thank you to those parents and carers who have generously donated items that will be used in our life skills program for our High School aged students. Please see the Face book page for the updated list.

International Day for People with Disabilities

We will be highlighting International Day for People with Disabilities at our special assembly at 9am on Thursday, 28th November. The theme is *Let's grow inclusion in our community*. We will take this opportunity to thank our community of schools for including our students and being inclusive. We will also thank all the people that volunteer and go above and beyond to assist The Ponds School.

Hope to see you there!

Year 6 Graduation

On Friday, 29th November at 11.30am our Year 6 Graduation will begin. This year we will have the biggest group of students to ever graduate from Year 6 at our school. After the presentation and the lunch there will be a disco. All the High School aged students will be invited to attend the disco.

Celebration Assembly

Our Celebration Assembly will take place at 9am on Thursday, 5th December. You will be notified if your child is receiving an award.

The Ponds School Aussie Bush Christmas Party

The Ponds School Christmas Party will take place from 11.30am to 1.30pm on Friday, 6th December. There will be bush dancing, jumping castles and face painting, just to name a few of the activities available. Parents, carers, grandparents and families welcome to attend.

Carols at The Ponds School

On Saturday, 7th December carols will be at The Ponds School. Please see the flyer in this newsletter.

Student Reports

Student Reports will be sent home on Friday, 13th December.

Regards

Leonie Donaldson
Principal



Year 10 Work Experience

Clarisse and Denzel went to Sunnyfield Disability Services, Mt Druit for Work Experience on Monday, Weeks 2, 4 & 6. The students participated in a range of work activities alongside the employees at Sunnyfield.

Both Clarisse and Denzel did an outstanding job at learning the routines of the workplaces and completed some different jobs as seen in the photos below.

More opportunities for work experience will be available for selected Year 9-11 students in 2020, both in school and out of school.



Class 4

Where has 2019 gone?

We are all very busy in Class 4. We are enjoying our usual routines and programs such as shopping, cooking and hydrotherapy. We have also been having lots of fun playing with the Blue Bots and Spheros in technology- even though the Sphero can be a bit tricky at times!

Class 4 had a great day out to Featherdale Park with our friends in Class 3. We saw lots of beautiful animals (and some not so pretty ones). Big thanks to Alan for taking us there and picking us up, and to Skye and Leanne for inviting us. It was fantastic!

Our favourite time of the week is cooking, and of course eating, our creations! Very much looking forward to banana sundaes this week in this hot weather.

We wish all of our friends the best of luck in their performances at Schools Spectacular this week. We know how hard they have all been working.



Harry is making friends with a potoroo



Janin checking out the weasels in the log

Class 4



Victor looking at the kangaroo



Amon is very curious about the wombat



Toni making goopy slime



Joshua sorting out his learning cards



Thanks Alan for driving us to our community access excursions and everything you do !

Class 5

Class 5 have had so much fun this term!

Our favourite subjects are Cooking, Science and Geography because we get to use all of our senses.

We love going outside and enjoying the sunshine.

There are always really cool things we can bring back to class and talk about.

We can't wait to try the goodies we planted in our Discovery Garden.



CLASS 3 & 4

Featherdale Wildlife Park



COMMONWEALTH CUMBERLAND PROSPECT RESPITE AND CARELINK CENTRE

An Australian Government initiative

Who are we?

The Commonwealth Respite and Carelink Centre is a respite service that is funded by the Australian Government to provide respite for Carers living in the The Hills, Blacktown, Cumberland, Auburn, Parramatta local government areas.

What is Respite?

Respite is a break for the Carer from the responsibility of their caring role. Respite may be for a few hours a day/evening, (or overnight), or even weeks. Respite is a way of relieving the stress of being a Carer. It is important for the Carer's health and wellbeing that they make time for themselves. Respite helps a Carer sustain their caring role for as long as possible.

The Commonwealth Respite and Carelink Centre provides short term and emergency respite to Carers.

What do we do?

The Commonwealth Respite and Carelink Centre provides Carers with respite services that are:- in the carer's home, in the recipient's home, booking into a respite residential facility, a day care centre, an overnight respite cottage, or a planned social outing.

Who can use our Respite Services?

The following people can use our respite services:- Ageing Carers, Carers of frail aged people, Carers of younger people with a disability, employed Carers, Carers of people with dementia, Carers of people needing palliative care, and Carers of people with a mental illness.

Who is a Carer?

A Carer is a person who provides regular, sustained care and assistance (that has been ongoing or is likely to be ongoing for at least 6 months) and provides everyday types of activities without payment for their caring role (other than a pension or benefit). A Carer can be a parent, family member, partner, friend or neighbor.

We know that caring can be physically and emotionally exhausting, regular breaks from caring can help relieve some of the stress and exhaustion that a Carer may feel from time to time. Breaks can also provide benefits for the person being cared for.

HOW DO YOU CONTACT US?

Free call 1800 052 222 *calls from mobile phones are charged at applicable rates

Emergency Respite is available 24 hours, 7 days a week

Planned Respite please call Mon-Fri 8.30 am – 5 pm ask for the Cumberland Prospect Region



Australian Government

Carer
Gateway



Caring for a friend or relative can be complicated.

Get one-on-one support from a professional counsellor over the phone.

The Carer Gateway phone counselling service is a free service for carers. Each weekday from 8am to 6pm, professional counsellors are waiting to talk through the concerns you have and how you feel about your carer role.

To use the service call **1800 422 737** (select option 1)
or visit www.carergateway.gov.au (select phone counselling)



Carer
Gateway
Counselling Service

1800 422 737
8am to 6pm weekdays

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