



VERNEY ROAD SCHOOL

NEWSLETTER

ISSUE #12 29th July 2016



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UPCOMING EVENTS

Wednesday, August 3rd.....Fun Run
Thursday & Friday, August 4th & 5th.....SSG Parent Teacher meetings



Hello and welcome to our fortnightly newsletter. News from the principal's desk...



SCHOOL SUPPORT GROUP MEETINGS Family and teacher meetings are next week. Meetings will occur from 3:30pm- 6:30 pm on Thursday, August 4th and from 8.30 am - 4:00 pm on Friday, August 5th.

All Parents are encouraged to bring their child along to school. Senior and Middle Years' students will participate in all or part of the family meeting.

No classes for students on this day.



ADIDAS SCHOOL FUN RUN will be held next Wednesday, August 3rd from 11:50 am-12:50 pm here in the school

grounds. Sponsorship forms have been sent home and can be returned to the front office on or before the day. This is a healthy, fun and active fundraiser and parents/ carers are most welcome to come along and enjoy the day with their child. We sincerely thank those families who have been supporting the fundraising.

We are having a 'Sausage Sizzle' following the run, \$1 per sausage

HAYLEE PARFETT our consultant Speech Pathologist was back in the school this week, working with students using **PODD's** in the classrooms, consulting with parents and providing professional learning for staff.



VALE We were saddened by the sudden passing of Middle Years student James **Bezzina's father Ronald** last Sunday. WE send sincere condolences to James, his mum Rhonda and siblings. Gerarrd and Lauren.

RAFFLE A 'Wonky Quilt' has been donated to the school by **Olivia Hardie's** grandmother, Jeanette Steel and her friend Sharyn Gee. We are going to raffle this quilt with proceeds toward our Breakfast Program. Many thanks to these ladies for their generous and beautiful donation. Quilt pictured below.



Janet Gill Kirkman

**Janet Gill Kirkman
Principal**

HEALTHY EATING

CRISPY, CRUNCHY, HEALTHY SNACKS

CRUNCHY BAKED CHICKPEAS

Ingredients

- 400g can chickpeas, drained, rinsed
- 1/2 teaspoon sea salt
- 2 teaspoons sweet paprika
- 1 1/2 teaspoons ground cumin
- 2 teaspoons mild curry powder

Method

1. Preheat oven to 170°C/150°C fan-forced. Line a baking tray with baking paper.
2. Place chickpeas on prepared tray. Sprinkle with spices. Toss gently to coat. Roast chickpeas for 1 hour or until golden and crispy. Cool chickpeas on baking tray.
3. Store in an airtight container, at room temperature, for up to 2 days.



DUKKAH AND LEMON SALT KALE CHIPS

Ingredients

- 1 bunch (about 250g) curly kale
- 2 tablespoons olive oil
- 1/2 teaspoon sea salt flakes
- 1/2 lemon, zested
- 1 tablespoon almond dukkah

Method

1. Preheat oven to 180C. Line 2 baking trays with baking paper.
2. Trim centre stems from kale and tear into small bite size pieces. Combine the oil, salt and lemon zest in a large bowl. Add kale leaves and sprinkle with dukkah. Toss to coat in oil mixture. Spread kale out in a single layer on prepared trays.
3. Bake, swapping trays halfway through cooking, for 15 minutes or until leaves are crisp.



INDIAN SPICED POPCORN

Ingredients

- 60ml (1/4 cup) olive oil
- 110g (1/2 cup) popping corn
- 1 tablespoon cumin seeds
- 1 teaspoon sea salt flakes
- 20g butter
- 2 teaspoons ground coriander
- 2 teaspoons garam masala
- 1/4 teaspoon chilli powder

Method

1. Heat 2 tablespoons oil in a large saucepan over medium-high heat. Add corn. Cover with a tight-fitting lid. Cook, shaking occasionally, for 3-5 minutes or until popped. Transfer to a bowl.
2. Stir the cumin seeds in a frying pan over medium heat for 1-2 minutes or until aromatic. Transfer to a bowl. Stir in the salt.
3. Melt butter and remaining oil in the frying pan over low heat. Stir in the coriander, garam masala and chilli powder for 30 seconds or until aromatic. Add to the popcorn. Toss to coat. Sprinkle with the cumin mixture.



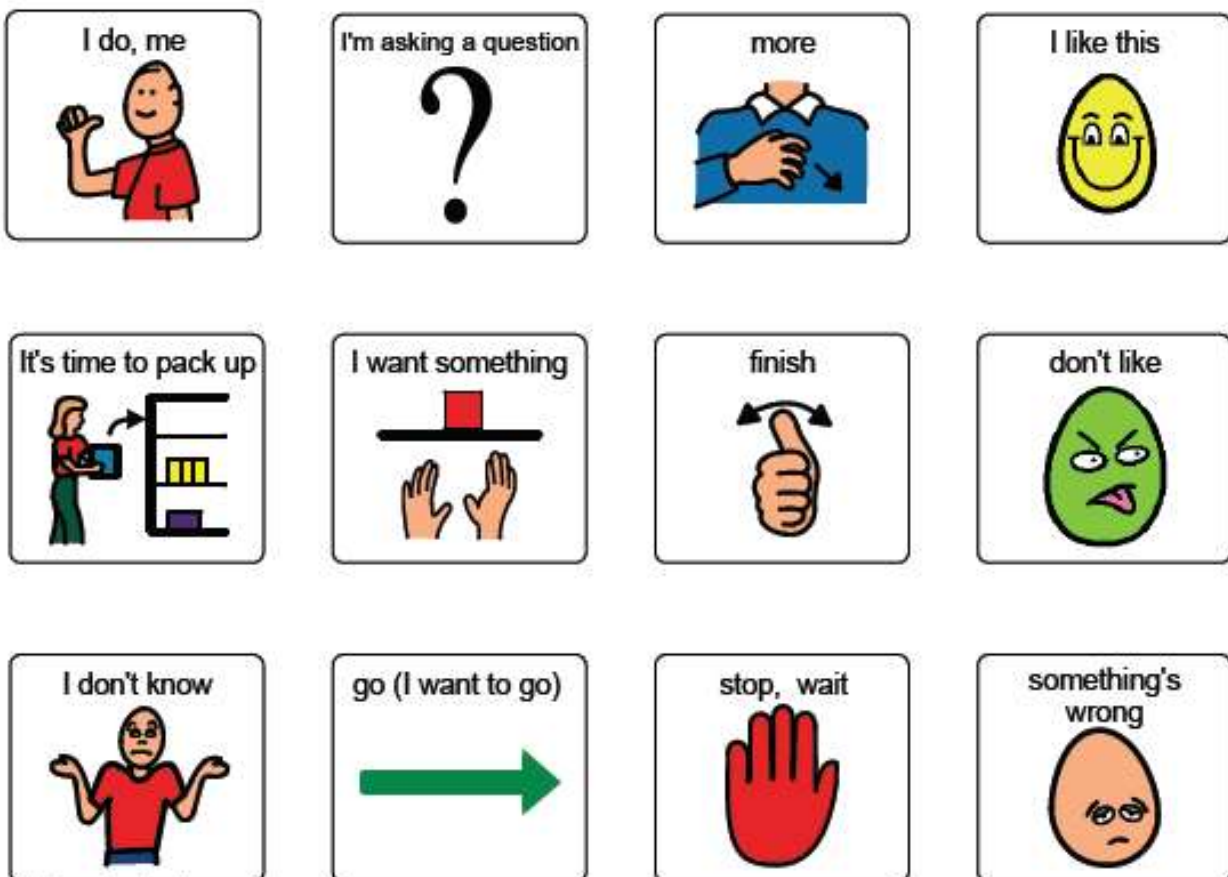
AIDED LANGUAGE DISPLAY (ALD)

The ALD below is a general interactive display that can be used at home. For an early communicator, the adult would only produce short modelled sentences. The adult does not need to have all of their words backed up by the vocabulary on the display.

Example 1: "I like it when you wait for me." as he points to the word "I like this and stop, wait" on the display of a beginning AAC communicator.



Example 2: "I want to go the shop, so you need to finish what you're doing and pack up"





DISCUSS THIS...

with D.J. Miles

Anxiety in children with Autism Spectrum Disorder -(ASD)

Part 1. Anxiety is a normal part of children's development, but children with Autism Spectrum Disorder (ASD) can experience anxiety more intensely and more often than other children. It can help to get your child to notice anxious feelings and use strategies for managing anxiety.

How anxiety affects children with autism spectrum disorder

The world can be a confusing place for children with ASD. They might find social or unfamiliar situations overwhelming and hard to understand. They often have difficulty working out what another person might be thinking or feeling, or how that person might react. As a result, people and situations can seem unpredictable, which can make children feel stressed and anxious. On top of that, children with ASD, especially younger children, might have trouble telling you if they're feeling anxious. Instead, you might notice an increase in challenging behaviour. So your anxious child might:

- Insist even more on routine and sameness
- Have more trouble sleeping
- Have meltdowns or temper tantrums
- Avoid or withdraw from social situations
- Rely more on obsessions and rituals, such as lining up or spinning objects
- Stim – for example, rocking, spinning or flapping
- Do things to hurt themselves - such as head-banging, scratching skin or hand-biting.



Reducing anxiety and managing anxiety

Anxiety is a natural part of life and something that everyone experiences at some stage.

You'll never be able to get rid of everything that makes your child anxious or stressed. Even if you could, it wouldn't be helpful for him. But there are some things you can do to help ease your child's worries, and encourage him to manage his own anxiety levels. Because children with ASD can have trouble with understanding and communicating emotions, you might need to read your child's signals and work out what makes them feel stressed.

Find out what makes your child anxious

Because children with ASD can have trouble with understanding and communicating emotions, you might need to read your child's signals and work out what makes them feel stressed. Some of the common triggers for anxiety include:



Changes in routine – for example, when a weekly piano lesson gets cancelled because the teacher is sick

Changes in environment – for example, when some furniture gets moved, there's new play equipment at the local park, or you move house

Unfamiliar social situations

Sensory sensitivities – children with ASD might be scared by certain noises or be sensitive to bright lights, specific flavours or food textures

Fear of a particular situation, activity or object – for example, sleeping in their own bed, going to the toilet, balloons or vacuum cleaners.

Once you've worked out some of the things that make your child feel anxious, it can help to make a list of them, so that you can find ways to help your child manage these situations.

Give your child lots of opportunities to practice dealing with these things and situations in a safe environment. It helps if other people who look after your child – for example, child care workers, teachers and family members – also know what makes your child feel anxious and what they can do to help him with managing anxiety in these situations.

Help your child recognise anxious feelings

Your child might need to be taught what anxiety is, what it feels like in their body – for example, sweaty palms, increased heartbeat, hands flapping – and then what they can do to calm down.

You could try drawing an outline of a person's body. Inside the outline, help your child draw or write what happens in each part of his body when he feels scared or worried.

Use relaxation and calming strategies

Help your child come up with a toolbox of things she can do to help herself calm down when she starts feeling anxious or stressed. These might be:

Counting slowly to 10

Taking five deep breaths

Running around the yard five times

Doing 50 jumps on the trampoline

Reading a favourite book

Looking at her collection of favourite or special things

Closing her eyes for a few moments

Going to a quiet part of the house.



Get your child to practice these strategies when he's calm.

Once he knows the strategies well, you can gently guide him to try them when he feels anxious.

DARREN MILES
SOCIAL WORKER





WELCOME COURTNEY SIMPSON OCCUPATIONAL THERAPIST

Courtney Simpson commenced duties here at Verney Road School this week. Courtney grew up in Shepparton, studied in Albury and returned to Shepparton following university. She is married to Brad and they have four children; Steele (13), Harper (9), Tully (8) and Kit (3). She loves spending time with family and friends, playing netball, tennis and water skiing. She loves holidays and sunshine and her family has enjoyed many trips caravanning. She is really looking forward to working here with all the children and staff and hopes to meet many of you soon.

HAYLEY PARFETT VISIT



B3 SCIENCE

EARTHQUAKES

We have begun doing a 'Primary Connections' science unit. This was a part of the training Colette and Kelli did in Melbourne during Term 1.

We are learning about earthquakes in the world. The program also looks at scientific literacy and we are compiling a class science journal.

We are looking forward to learning a lot of information about earthquakes in the next few weeks.





Josh



Fraser



Tristan



Daniel



Kyle



Victor



Noah



Justin



Carter

These little ray's of sunshine in A23 are very excited about this term's Science theme 'Weather in My World'.



Fun-Run School Newsletter



We will be holding an *adidas School Fun-Run* as a major fundraising event this year. The event will be held on Wednesday 3rd August within the school grounds.

The *adidas School Fun-Run* is a healthy, fun and active fundraiser that ensures we send the right message to our students about getting active, having fun and maintaining a healthy lifestyle. The main focus of this event is on participation. Family support is most appreciated as we encourage all students to get involved.

All students have received a Sponsorship Form to help collect sponsorship on behalf of the school.

We ask all parents to read the Sponsorship Form and sign the front page to grant permission for their child to fundraise and participate in this event. Students who raise just \$10 or more will receive a reward for effort. In the Sponsorship Form you will also find many other benefits like the chance to win a family holiday to Disneyland!

Finally, we would like to welcome parents and family members to attend the *Adidas School Fun-Run* event day at the school on Wednesday 3rd August to help cheer on the students. The Fun Run will start at 11.50 and run through to 12.50 where a BBQ will be available for parents and students at a cost of \$1 each.

Thank you, good luck and happy fundraising!

Troy Watts

Fun Run Coordinator.



Verney Road School

Name _____

Address _____

Phone _____

\$1 per ticket
Thank You



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Name _____

Address _____

Phone _____

\$1 per ticket
Thank You



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