



*Inspiring Independence, Transforming Lives*



Dear Parents, Students and Friends of St Edmund's,

**REMEMBRANCE DAY:** The College held its annual Remembrance Day Assembly today to mark the anniversary of Armistice Day, 11th November 1918. It was also the first time that we were able to join together as a whole school community since Term 1, prior to COVID-19 restrictions. Together as staff and students, we marked this solemn occasion in prayer, silence, the Last Post, lowering of our flag to half-mast and reciting The Ode, followed by the Reveille. I also take this opportunity to thank our College

Captains, Jack and Kristian, for representing the College on Wednesday where they attended a local Remembrance Day service with other student leaders to mark this occasion and laid a wreath on behalf of St Edmund's.

***We will remember them.  
LEST WE FORGET***

**COVID 19 UPDATE:** Early next week I will send another update to families about changes to COVID-19 restrictions and end of year events. As we have limited space to hold functions and other venues are unable to cater for us, as has been done in the past, there is limited opportunity for parents to engage with our events onsite. We have, in our planning, considered how parents can continue to engage with these major events online. Further information will be provided early next week and I thank you for your ongoing support and understanding during what has been a very challenging year.

**CYBER SAFETY PARENT INFORMATION SESSION:** Thank you to the many parents who joined the online cyber safety session presented by Leonie Smith last Tuesday evening. Leonie provided a wealth of information and some practical guides for keeping children safe online. I thank Janine Eastham, our Parent Group Leader, for her support and coordination of this event, with the support of Candice Palin – Head of Marketing and Development, for organizing what was an informative evening. Additional resources and a recording of the webinar was sent to all families by email early this week and I recommend those who missed the evening to utilise these resources.

**NAIDOC WEEK:** This week we recognise that First Nation's people have occupied and cared for this country for over 65,000 years. Together with Aboriginal people, we are spiritually and culturally connected to this country. Aboriginal and Torres Strait Islander people were Australia's first explorers, first navigators, first engineers, first farmers, first scientists, first astronomers and first artists. NAIDOC Week 2020 acknowledges and celebrates that our nation's story didn't begin with documented European contact in 1770. The very first footprints on this continent were those belonging to First Nation's people.

### **CONDOLENCES: Padric Mills (1995-2020)**

I received the sad news that a former student of St. Edmund's, Paddy Mills, passed away after being very unwell for some time. Paddy will be sadly missed and is remembered for his love of his family and friends, his fascination and knowledge of technology and amazing sense of humour. There are many staff here at St Edmund's who fondly remember Paddy, his Mum, Margie and Dad, Peter. Please pray for Paddy and keep his family in your thoughts and prayers at this very sad time.

Margie Mills was the parent speaker at Paddy's Year 12 Formal in 2013 and these were her words: 'I have felt secure in the knowledge that Paddy was with friends that he loved at St Edmund's and in an environment that always had his best interests at heart'.



Best wishes for the week ahead

Jon Franzin

**Principal**



## Deputy Principal's Message ...

**Excursions to Sydney Zoo:** Over the past few weeks, each year group from Years 7 to 10 have had the opportunity to visit the new Sydney Zoo. This excursion day was organised to provide our students with some valuable time together as a cohort as excursion restrictions have eased. This year many important events have been postponed and this fun day out provided much needed time to enjoy each other's company in a wonderful setting. The feedback from staff and students has been very positive and we look forward to more excursions in the future.

**Presentation Day:** This year, due to COVID restrictions, Presentation Day will take place on Tuesday 1st December here at the College. The Presentation Day Awards ceremony will be recorded and shared with parents and friends. Students will be preparing for this occasion as it celebrates the wonderful success of each student in their learning journeys. Also on this day, students will have time to meet their 2021 Homeroom teacher, Aide and peers. This will allow for a smooth transition into next year. A letter with details of the new Homeroom teacher will be sent on this day.

A reminder that for our Presentation Day ceremony we ask all students to wear their summer College uniform with their blazer, tie and have their shoes polished. This emphasises to our students that this is an important ceremony and there are occasions where formalities are celebrated.

**A Reminder about Student illness:** As our weather is in constant flux, a general reminder that if your child is not feeling well, has a fever, vomiting or diarrhea, bad pain or coughing that will not stop that they need to remain at home to rest and/or see your doctor. Here at the College we are encouraging constant use of hygienic practices, especially hand sanitising for staff and students. It is essential that this is also encouraged at home to promote health and reduce illnesses within our community.

**Remembrance Day:** This week I had the pleasure of accompanying our College Captains, Kristian and Jack, to a Wreath Laying Ceremony in Wahroonga for Remembrance Day. This was organized by Ku-ring-gai Council, adhering to social distancing COVID 19 restrictions. The photographs below will be shared with the Council and with local veteran communities. Congratulations to our Captains who showed the solemn respect that this very important duty deserved and were wonderful representatives of their College.



Jason Scanlon  
**DEPUTY PRINCIPAL**



# Relationships Matter

## Conflicts

Conflicts are an expected part of life. All children need tools to help them resolve the conflicts they experience. Conflicts are not a behavioural concern, but the way students handle conflicts can become a concern. Here are basic guidelines we use at St. Edmund's to assist students when dealing with conflicts:

### Prevent

We cannot always prevent conflicts but there are things we can do to limit the occurrences. Students are reminded daily of our school rules and expectations: Be Kind. Be Caring. Be a Good Learner. Where needed, students are provided with their own visuals or contracts with expected behaviour and staff wear lanyards with visuals to remind students of the rules throughout the day. For our students with verbal abilities, we discuss how things went and what could be done differently next time. Role-play is an effective way to teach our students about conflicts and how to handle them.

### Teach

Social skills lessons are taught as part of Pastoral Care on conflict resolution including accepting responsibility and sincerely apologising for our part in conflicts. This can be very difficult for some of our students. Some students with Autism have a very hard time seeing the other person's perspective in a conflict. They may also misinterpret another person's behaviours or intentions. This requires a lot of practise and processing of conflicts. It's important to always wait until the student is calm to do this processing.

We often give our students a script, e.g. "Please don't talk to me like that" to help them deal with unexpected situations.

Our students know that it is okay to ask for help and identify their 'OK Helper' if they are feeling sad, scared, lonely or are struggling with their friendships. Students are taught calming strategies: taking deep breaths, counting to ten, taking a walk (if appropriate and can be done in a safe and acceptable place), using a fidget toy or going to Breathe Easy.

We also use the Zones of Regulation to help students identify their feelings and teach them to self-monitor so that they can recognize signs that they are getting angry or upset. We teach students to reflect on conflicts - what they handled well, what they could have handled better. One format includes writing or drawing pictures about what happened: How did I feel? How did the other person feel? What did I do? What could I have done differently?

### Reinforce

Praising students for resolving conflicts by themselves or asking for help is a crucial part of this process. Conflicts are going to happen. The above techniques are ways to help our children prepare for and handle conflicts in an appropriate way. This will be a lot harder for some students than for others. Helping build up students' "tools" is a big part of helping them know what to expect in conflicts and how they can stay calm and resolve conflicts peacefully.

Karen Houlcroft  
Head of Wellbeing



# Around the College

## Leadership and Remembrance Day Assembly

Today was the first chance for many months that the whole College could come together for an Assembly. It was certainly an occasion to celebrate!



# Christmas Raffle - Wahroonga Rotary

The proceeds from this Raffle will fund bursaries for families who need it most to send their child with a disability to St Lucy's and St Edmund's special schools, which is a very worthy cause. This year Wahroonga Fair will not go ahead due to COVID restrictions. The raffle that is usually a major part of the Fair has gone online.

For further details and to purchase tickets go to: <https://www.rafflelink.com.au/rcwchristmasraffle>



**Rotary Club of Wahroonga**

## Rotary Club of Wahroonga Christmas Raffle 2020

**Over \$3,000 total prizes. 1st Prize value \$1,750**

**Support St Lucy's and St Edmund's Schools**

Every year the Rotary Club of Wahroonga holds a Christmas Raffle to support St Lucy's and St Edmund's schools. The funds raised will allow us to offer a bursary to two families who otherwise may not have the opportunity to have their child with a disability attend one of these special schools.



**Tickets are priced at:**

- \$5 each
- 3 tickets for \$12
- 5 tickets for \$20
- 8 tickets for \$30
- 15 tickets for \$50
- 25 tickets for \$75
- 35 tickets for \$100

**A huge thank you to our sponsors:**



# Around the College

## Awards

### Students of the Week:

**7S** Amie and Nathan

**8C** Hugh and Summer

**9F** Dominic and Tom

**10J** Brendan and Bianca

**11G** Arabella and Kiara

**12M** Sam and Melanie

**7T** Lauren and James

**8L** Harry and Krish

**9H** Olivia and David

**10V** Indira and Owen

**11T** Michaela and Lachie J

**12O** Luca and Matthew

### Eddie's Best:

**7S** Alessio

**8C** Luke

**9F** Mikayla

**10J** Ben M

**11G** Mitch

**12M** Kingsley

**7T** Emma

**8L** Krish

**9H** Ben P

**10V** Josh

**11T** Grace

**12O** Aaron



St Edmund's  
COLLEGE

# EDDIE'S BIG NIGHT OUT

*Save The Date* 2021

SATURDAY 17TH JULY  
Miramare Gardens, Terrey Hills



Eddie's Mates  
PROUDLY SUPPORTING ST. EDMUND'S SCHOOLS & THEIR STUDENTS



## Community News

### From the Parent Group

Thank you to everyone who purchased a Gingerbread House. Orders have been finalised and your Gingerbread House will arrive shortly.

A reminder of the generous grant that is providing 10 x free individual wellbeing counselling sessions for our parent community. These sessions are confidential and the College does not know the individuals who are participating. For an appointment contact AccessEap on 1800 818 728 or visit <https://accesseap.com.au>.

Thank you also to the families who have supported the The Dish program this year by providing a meal for the homeless in the Hornsby community. This program is run by St John's Uniting Church and for Christmas they are providing individual food hampers for this community in need.

We are able to help by donating some "little luxury" Christmas food items that wouldn't be experienced in such circumstances such as chocolates, fruit mince pies, fruit cake or cookies. These items can be sent into College by no later than **4th December**. Please see the flyer in this Newsletter.



*"Share with the Lord's people who are in need.  
Practice hospitality"*  
**Romans 12:13**

Enjoy the weeks ahead.

Janine Eastham  
(Tom's Mum)  
**Parent Group Leader**

### Mufti Day thank you!

We raised \$170.70 last week for our final Mufti Day for the year. These proceeds have been sent to the Best Foot Forward Campaign which is aimed at providing education for women and girls all over the world. Thank you everyone for your contribution and for making it such an enjoyable day.



# ONE ON ONE COACHING FOR FAMILIES

PART OF OUR SELF CARE AND NOURISHMENT PROGRAM

- Please book in for your confidential and private coaching session with AccessEAP professionals, Netta Dolev or Pol Miles McCann.
- 10 Sessions available per person. Be early, limited spaces.
- Sessions up to 50 minutes at a time.
- Support strategies, Self care, Networks, Counselling



**Call 1800 818 728 to book your appointment  
or visit AccessEAP's website  
on <https://www.accesseap.com.au/>**

' Cost of these sessions are covered under the My Community Project Grant funded by the NSW State Government'



**St Gabriel's**  
SCHOOL



**St Edmund's**  
COLLEGE



## Around the College - Important Dates

### Term 4

Tue 17th Nov	Orientation Day
Fri 20th Nov	Abbotsleigh Concert ( <b>cancelled</b> )
Fri 27th Nov	Year 12 Graduation Formal ( <b>proceeding</b> )
Tue 1st Dec	Presentation Ceremony ( <b>new format - to be filmed</b> )
Fri 4th Dec	Year 7 Immunisation
Wed 9th Dec	Year 12 Farewell Mass and Leave Taking Ceremony
Wed 9th Dec	Last day of Term 4

## Absentees

If your child is absent from the College for any reason during term time:

- ⇒ Please phone Mrs Acret in the College office or email: [secretary@stedmunds.nsw.edu.au](mailto:secretary@stedmunds.nsw.edu.au) on the first morning your child is absent so that the Homeroom teacher can be advised; and
- ⇒ A written note (or email) must accompany your child when he/she returns to the College - this is a legal requirement for the class roll.

## Requesting Leave during College term (for any reason)

It is expected that every endeavor is made for students' leave to be taken during the College holidays. If however, this is not possible, a request should be:

- ⇒ Emailed to Mr Franzin on [franzin@erses.nsw.edu.au](mailto:franzin@erses.nsw.edu.au) asking for permission and giving the reason for the leave. The necessary form will be emailed back to you to be completed and returned to the College. Mr Franzin will respond to your email, copying in the Homeroom teacher and Mrs Acret. This is also a legal requirement for the class roll.

## Community News

### For Sale:

- ⇒ Fantastic 3 wheeler adult bike (owned by a former St Edmund's student)
- ⇒ Excellent condition (hardly used)
- ⇒ \$220.00
- ⇒ Please contact Karla on 0402 065 650



### Lost property -

If anything looks familiar please contact Mrs Acret in the College office.



## **The Dish Christmas Food Drive**

**Give a little, help a lot.**

This year The Dish are going to make up small individual food hampers to give to our “friends” this Christmas. We are hoping that The Dish Community groups will help us by generously donating some little luxury Christmas food items.

Some examples: mince pies, dried fruit, nuts, cookies, chocolates. Something a little special that they wouldn't naturally buy for themselves.

Please send these items into the St Edmund's College office by no later than Friday 4th December.



# School to Work

For secondary students with disability

**Are you a parent or family member of a secondary student with disability and are considering their future after school?**

Many people with disability don't have the same opportunity to obtain real employment, with many attending a day program or sheltered workshops after school.

Employment opportunities are available for ALL people regardless of their disability. This project will show you how...

**School to Work** aims to inspire, increase the confidence of and motivate students with disability and their families to make a start on the road to meaningful, paid employment in the community. Our free, introductory webinars are now open for registration:



## Imagining Work - Getting Started in Years 7 & 8

- Tuesday, 17 November 12pm-1pm OR
- Wednesday, 25 November 12pm-1pm

Imagining Webinars will cover:

- Developing a vision for employment • Strengths, passions, interests • The value of community connections

## Discovering Work - Getting Started in Years 9 & 10

- Wednesday, 18 November 12-1pm OR
- Thursday, 26 November 12-1pm



## Discovering Work - The Next Steps in Years 9 & 10

- Wednesday, 2 December 12-1pm

Discovering Webinars will cover:

- Strengths-based conversations • Creative work opportunities • Exploring pathways to work

## Finding Work - Getting Started in Years 11 & 12

- Tuesday, 24 November 12-1pm OR
- Monday, 30 November 12-1pm

## Finding Work - The Next Steps in Years 11 & 12

- Tuesday, 8 December 12pm-1pm

Finding Webinars will cover:

- Learnings from work experience - where to next? • Developing a resume and getting your pitch right • Thinking about working for yourself? Customised employment and micro-enterprise options

**Find out more and register at [ric.org.au/events](http://ric.org.au/events)**

The webinars will include relevant NSW information related to employment.

Not residing in NSW? Find out more about your local state/territory:

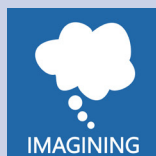
QLD: Community Resource Unit CRU - [cru.org.au](http://cru.org.au) | ACT: Imagine More - [imaginemore.org.au](http://imaginemore.org.au)

This project is being provided as part of the Community Inclusion Capacity Development program through The Department of Social Services



resourcing  
inclusive  
communities

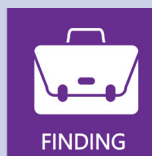
An initiative of Family Advocacy



IMAGINING



DISCOVERING



FINDING

**School To Work**  
for Secondary Students  
with Disability



# Parent User Guide – Sentral Academic Reports

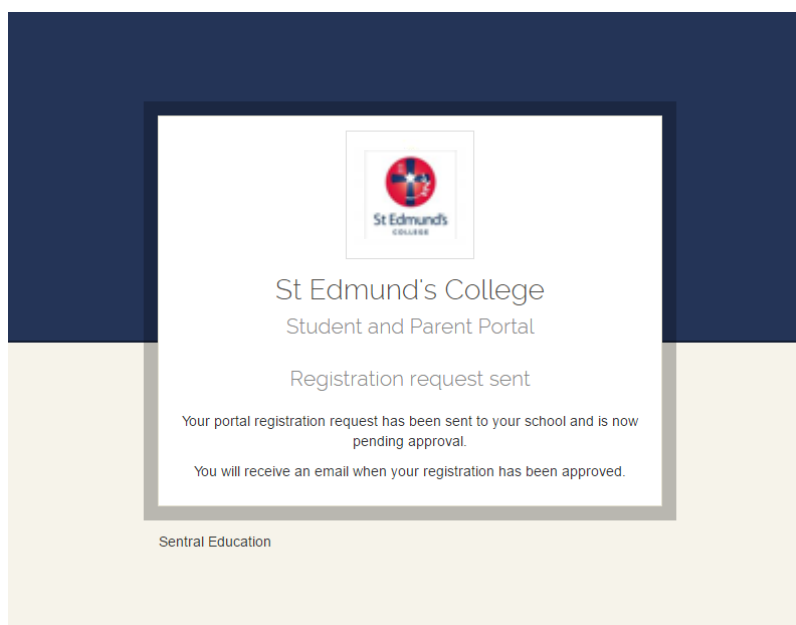
The Sentral Parent Portal provides online access for parents to a range of information specific to their child including their timetable, attendance records, the College calendar and reporting. This guide outlines the steps needed to access the student reports.

## **New Users**

1. Open your browser (e.g. Chrome/ Firefox/Internet Explorer) and go to <https://sentral.erses.nsw.edu.au/portal/register>
2. Use your email address as a username and fill in the other required details to create your account.

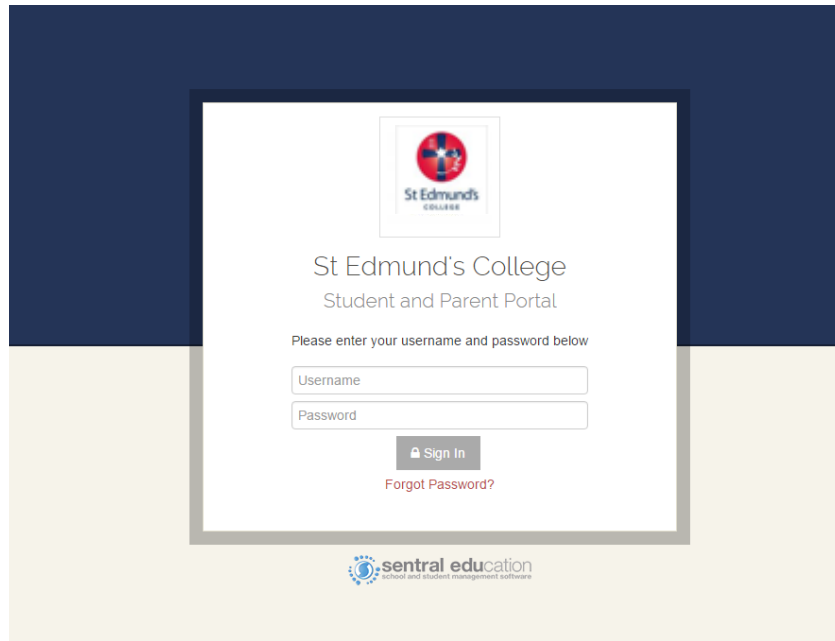
A screenshot of the registration form for the St Edmund's College Parent Portal. The form is titled "St Edmund's College Create a Portal User Account" and includes the following fields: Username (with a note "MUST BE A VALID EMAIL ADDRESS"), Password (with a note "MUST BE AT LEAST 8 CHARACTERS"), Password (Confirm) (with a note "PLEASE CONFIRM PASSWORD"), Title (a dropdown menu), First Name (with a note "PLEASE PROVIDE YOUR FIRST NAME"), and Surname (with a note "PLEASE PROVIDE YOUR SURNAME"). A "Create your Account" button is located at the bottom of the form.

3. You will then see a screen which looks like the one below – wait for your approval email from the school. This may take 24-48 hours.

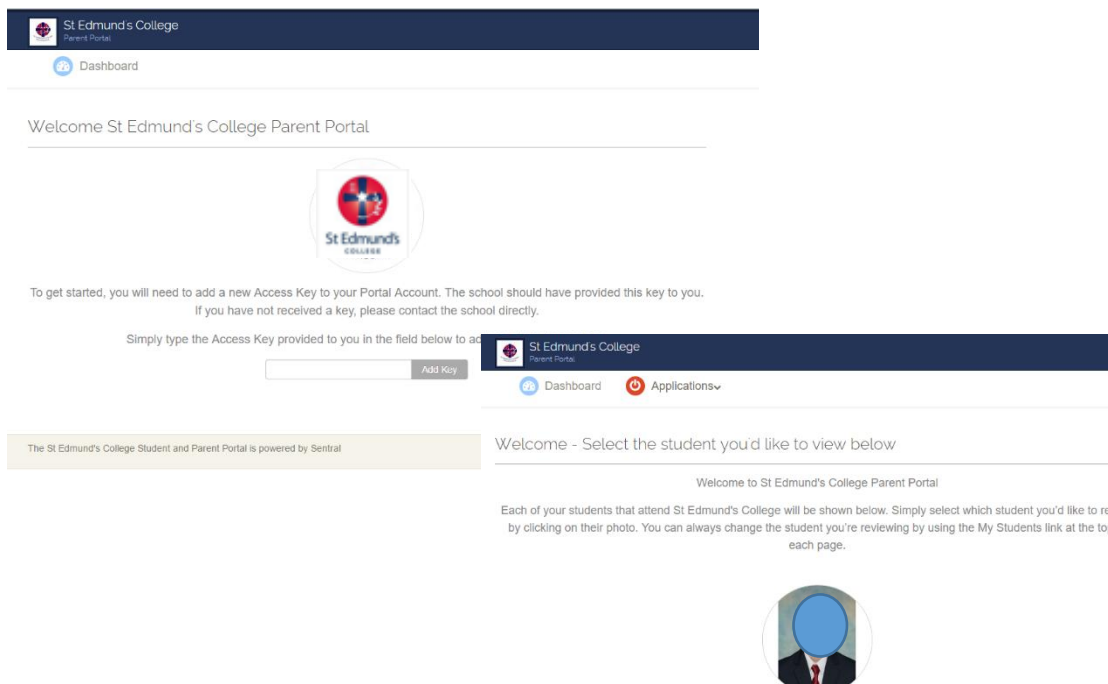




- Once you have received the email confirming your registration, use your web browser again and go to <https://sentral.erses.nsw.edu.au/portal> Log in using the username and password you created earlier.

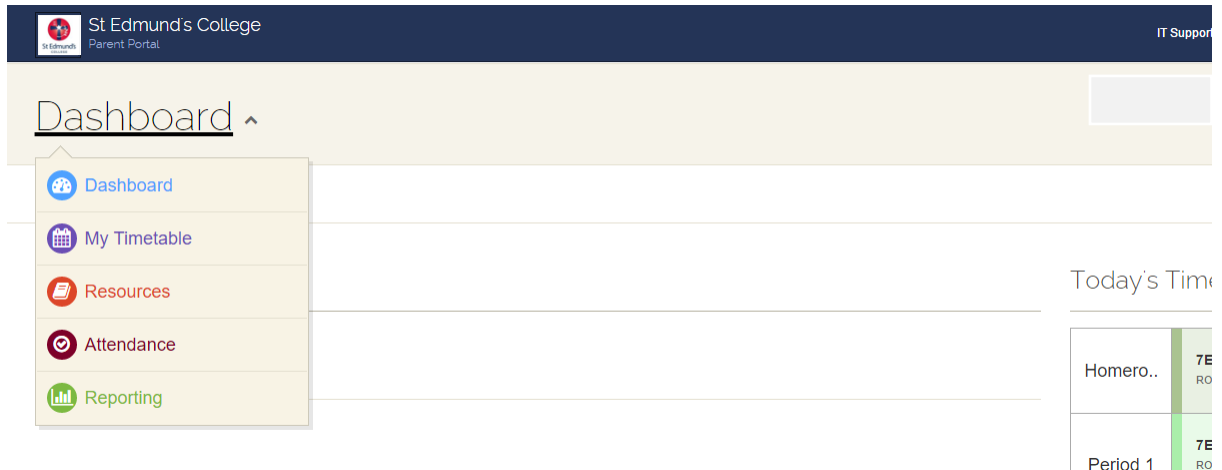


- You will then be prompted to add your child to your account by entering an Access Key. This Access Key was provided in both letters sent to you during this Semester and consists of letters and numbers e.g. **JZZ45m22jF**. Your child's photo will appear when you have successfully linked your account.

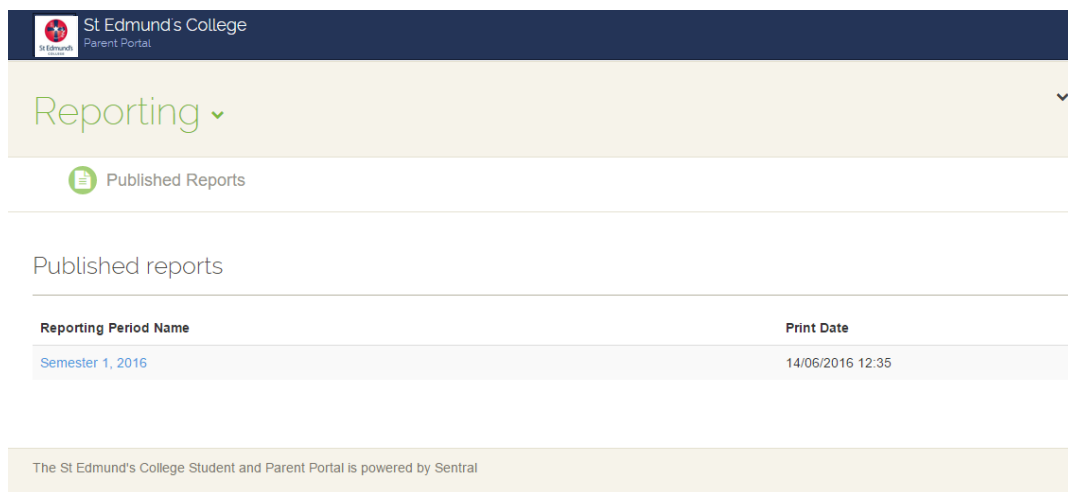




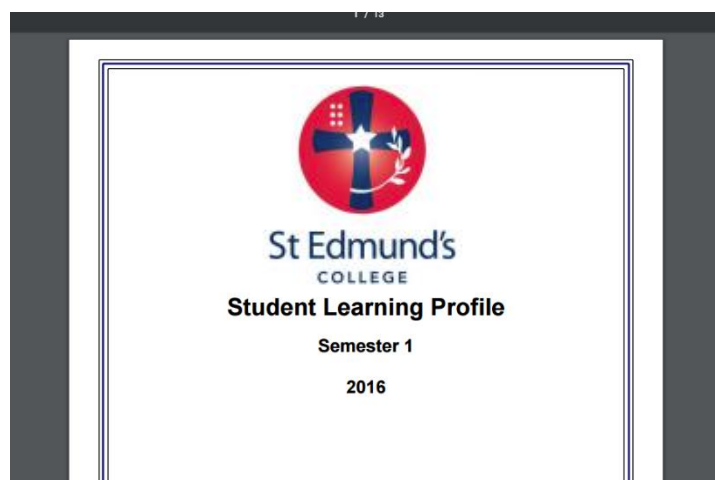
- Click on the photograph of your child and you will see the 'dashboard.' Click on the word 'Dashboard' and you will see the drop down menu below. Select 'Reporting.'



- The published report will appear once released and you will see as below:

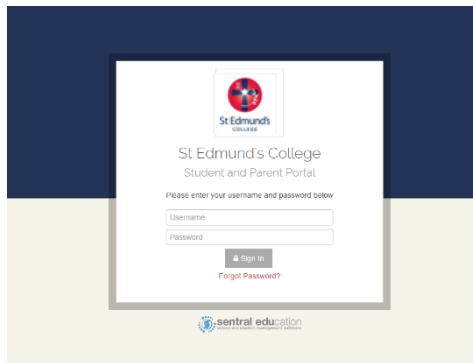


- Once you click on 'Semester 1, 2016', a PDF file will open and you will be able to view the report.

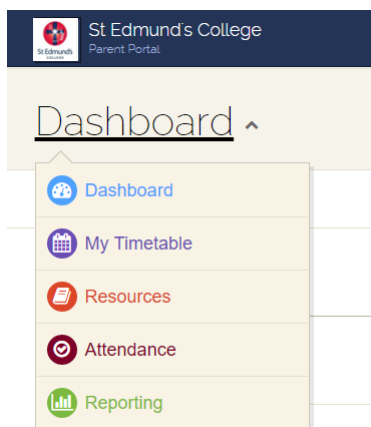


## Registered Users

1. Open your browser (e.g. Chrome/ Firefox/Internet Explorer) and go to <https://sentral.erses.nsw.edu.au/portal/>



2. Click on the photograph of your child and you will see the 'dashboard.' Click on the word 'Dashboard' and you will see the drop down menu below. Select 'Reporting.'



3. The published report will appear once released and you will see as below:



4. Once you click on 'Semester 1, 2018', a PDF file will open and you will be able to view the report.



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www.saharaservices.com.au

# Sahara School Holidays (Dec 2020 - Jan 2021)

Nominations 27<sup>th</sup> of November

## Week 1

### Flip Out – Castle Hill

Today we'll have a bouncing good time on trampolines at Flip Out in Castle Hill. Afterwards we can head to Fagan Park to enjoy our lunch and explore.

**December 15, 2020 (Tuesday)**

**9:00 AM – 3:30 PM**

**Cost: \$30 (Please bring lunch, snacks & drink)**



### Hornsby Pool

Let's have some water fun and enjoy a swim at Hornsby Aquatic Centre where there is an outdoor pool, indoor leisure pool and water slide.

**December 16, 2020 (Wednesday)**

**9:00 AM – 3:30 PM**

**Cost: \$20 (Please bring lunch, snacks, drink & swimming gear)**



### Sydney Santa Spectacular

Come and join in the Christmas fun at the POP UP Santa's Fun Fair with the whimsical Double Decker Carousel, taboggan rides and much more

**December 17, 2020 (Thursday)**

**9:00 AM – 3:30 PM**

**Cost: \$35 (Please bring lunch, snacks & drink)**

SYDNEY SANTA SPECTACULAR



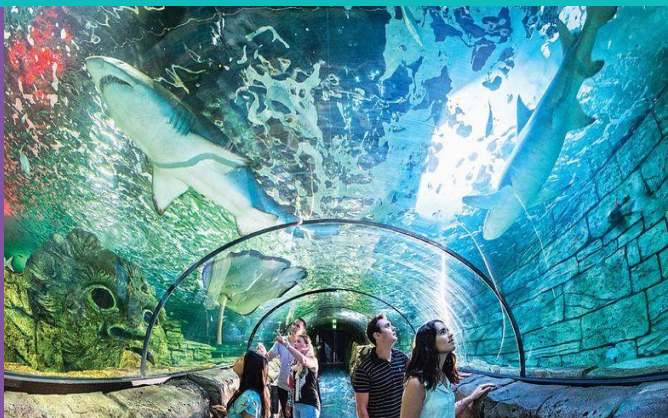
### Aquarium

Join us at the Sydney Aquarium for an adventure under the sea. We will see more than 13,000 individual fish and other sea and water creatures from most of Australia's water habitats.

**December 18, 2020 (Friday)**

**9:00 AM – 3:30 PM**

**Cost: \$40 (Please bring lunch, snacks, drink & Companion Card)**







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## Week 2

### Christmas Craft & Party

We will be able to create beautiful Christmas cards and gifts for our families today whilst enjoying our festive surrounds.

For lunch we will make our own pizzas and decorate some xmas cupcakes for afternoon tea.

**December 22, 2020 (Tuesday)**

**9:00 AM – 3:30 PM**

**Cost: \$30 (Bring snacks & drinks)**



### Crosslands BBQ/Water Play

Please join us for some fun in the sun at Crosslands Reserve. We will enjoy a BBQ lunch, have fun on the play equipment and flying fox, then if it is hot have some water play with water buckets and water balloons.

**December 23, 2020 (Wednesday)**

**9:00 AM – 3:30 PM**

**Cost: \$30 (Please bring drinks & sunhat)**





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Nominations Due 27<sup>th</sup> of November

## Week 3

### Dee Why Bowling & Long Reef

Time for some bowling fun. After we can enjoy a beautiful coastal walk to the Long Reef lookout and enjoy lunch overlooking the ocean.

**January 4, 2021 (Monday)**

**9:00 AM – 3:30 PM**

**Cost: \$30 (Bring lunch, drinks & snacks )**



### Time Zone Arcade

Please join us for 90 minutes unlimited play at timezone Hornsby where you will be able to play some basketball, race cars, enjoy virtual rides and much more.

**January 5, 2021 (Tuesday)**

**9:00 AM – 3:30 PM**

**Cost: \$30 (Bring lunch, drinks & Companion card)**



### Sailability

Today you will be able to sail on what is acknowledged as one of the most spectacular waterways in the world.

We will sail from Manly Yacht Club, East Esplanade, Manly, and use the expanses of Manly Cove and North Harbour, part of magnificent Sydney Harbour.

**January 6, 2020 (Wednesday)**

**9:00 AM – 3:30 PM**

**Cost: \$25 (Please bring lunch, snacks & drink)**



### Ryde Aquatic Centre

Who loves swimming? Off to Ryde Aquatic Centre we go for fun in the whirlpool, leisure area, spas and water slides.

**January 7, 2021 (Thursday)**

**9:00 AM – 3:30 PM**

**Cost: \$20 (Bring lunch, drinks, swimming gear & Companion card)**



### Wildlife World

Which is your favourite Animal? Come and meet a range of exotic and Australian species at Wildlife World

**January 8, 2021 (Friday)**

**9:00 AM – 3:30 PM**

**Cost: \$45 (Please bring lunch & drink)**



Sydney Wildlife World



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# Sahara School Holidays (Dec 2020 – Jan 2021)

Nominations Due 27<sup>th</sup> of November

## Week 4

### Maritime Museum

We're off to the Maritime Museum to enjoy their amazing exhibitions and ships.

**January 11, 2021, 2020 (Tuesday)**

**9:00 AM – 3:30 PM**

**Cost: \$30 (Bring lunch, drinks & Companion Cards )**



AUSTRALIAN  
NATIONAL MARITIME  
MUSEUM

### Homebush Aquatic Centre

Always a great day out. The homebush aquatic centre is awesome with four indoor heated pools, rapid river ride, giant water slide, spa, leisure pool and aqua playground.

**January 12, 2021, 2020 (Tuesday)**

**9:00 AM – 3:30 PM**

**Cost: \$20 (Bring lunch, drinks, swimming gear & Companion Card)**



### Kite-Making Workshop

Use your art-skills to design your own (or colour a pre-designed) kite. After lunch, we're off to see which kite flies highest & brightest.

**January 13, 2021 (Wednesday)**

**9:00 AM – 3:30 PM**

**Cost: \$30 (Bring lunch, drinks, swimming gear & Companion Card)**



### Lunch & Movies

We are heading to Events Cinema's to watch a latest release movie. After we can purchase some lunch of your choice from the food court. We will heads to the park for a play in the afternoon.

**January 14, 2021(Thursday)**

**9:00 AM – 3:30 PM**

**Cost: \$30 (Please bring Companion Card)**



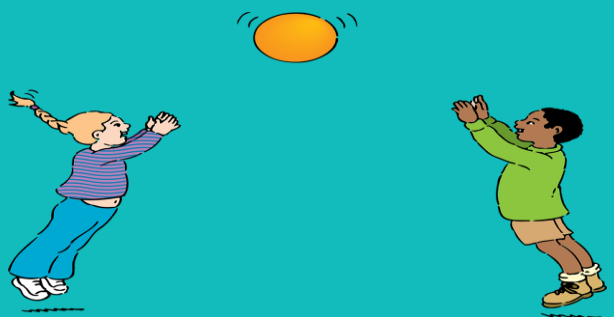
### Ball Games, Sport Skills

Today is all about learning some ball skills and having fun playing sport and games including soccer, basketball and cricket.

**January 15, 2021(Friday)**

**9:00 AM – 3:30 PM**

**Cost: \$30 (Please bring lunch, drinks & sunhat)**





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# Sahara School Holidays (Dec 2020 – Jan 2021) Nominations Due Due 27<sup>th</sup> of November

## Week 5

### Aquatopia

Come and have fun on the 10m and 20m high giant slides, the adventure aqua tower with 79 unique and amazing elements, a toddlers pool and the Wave Rider.

**January 18, 2021, 2020 (Monday)**

**9:00 AM – 3:30 PM**

**Cost: \$35 (Bring lunch, drinks, swimming gear & Companion Card)**



### MCA – Bella Creative Arts Program

Today we will be led by the education team at the Museum of Contemporary Art in a creative arts session & a tou of the Museum. We will enjoy a picnic lunch overlooking the beautiful Sydney Harbour today

**January 19, 2021, (Tuesday)**

**9:00 AM – 3:30 PM**

**Cost: \$20 (Bring lunch, drinks, swimming gear & Companion Card)**



### Sailability

Today you will be able to sail on what is acknowledged as one of the most spectacular waterways in the world.

We will sail from Manly Yacht Club, East Esplanade, Manly, and use the expanses of Manly Cove and North Harbour, part of magnificent Sydney Harbour.

**January 20, 2020 (Wednesday)**

**9:00 AM – 3:30 PM**

**Cost: \$25 (Please bring lunch, snacks & drink)**



### Madam Tussauds

Madame Tussauds Sydney gives visitors a chance to step into the world of glitz and glamour for a close up look of around 100 of the world's famous icons and stars.

**January 21, 2021, 2020 (Thursday)**

**9:00 AM – 3:30 PM**

**Cost: \$40 (Bring lunch, drinks & Companion card)**



### Stony Range Botannical Garden Walk

Today we're off to enjoy Dee Why's Botannical Gardens. We will enjoy a picnic lunch then return in the afternoon for a relaxing afternoon and an end of holiday program celebration.

**January 22, 2021(Friday)**

**9:00 AM – 3:30 PM**

**Cost: \$20 (Please bring lunch & drinks)**



# 2020 School Holidays with Sahara

**Nominations Due Friday 27<sup>th</sup> of November**

## **Please Read & Note:**

*COVID-19 safety rules apply to all our community group programs and activities*

- Nominations for your preferences must be received via email or phone by **Friday the 27<sup>th</sup> of November 2020**.
- **Reservations made post Friday the 27<sup>th</sup> of November will be placed on a wait list and spaces allocated only if cancellations are made.**
- We will try our best to personalize days to your needs but can only offer what is available for those booking past the 27<sup>th</sup> of November.
- **Please consider carefully the suitability of the activity for your child, we want everyone to have a fantastic day out.**
- If you have not accessed Sahara Services programs previously, please contact Sahara to arrange the completion of intake and participant information forms on: ph - 84060842
- The Meeting and Pick-up point for all days will be at Sahara Services Hub located in Hornsby (not far from Hornsby train station)
- Once you have nominated your preference of activities a confirmation letter will be emailed out to you before the program starts.
- The meeting and collection point on days of attendance will be out on the front veranda of Sahara services. At this point temperatures and check-in information will be taken and hand sanitizer given. Your child will then be escorted by their support worker into Sahara.
- This Program only shows the cost of activity and does not include the associated NDIS cost of staffing support on the day. This additional cost will be determined by the level of support required by your child, the numbers of children in the group and the nature of the activity.
- Please give at least 7 days notice if you need to cancel attendance to any activity to avoid being billed for the day in accordance with NDIS guidelines.
- Once booked in if you are unable to attend any of the above activities, or if you have any queries, please contact [s.zgolak@saharaservices.com.au](mailto:s.zgolak@saharaservices.com.au)
- If you require your days on the program to be longer or need travel assistance to access the program please let us know prior to the 27<sup>th</sup> of November so we can make arrangements that will suit your needs.

We look forward to meeting with you soon.

Sonia Zgolak  
Sahara Services  
[s.zgolak@saharaservices.com.au](mailto:s.zgolak@saharaservices.com.au)

Marion Tiindall  
Sahara Services  
[m.tindall@saharaservices.com.au](mailto:m.tindall@saharaservices.com.au)



# SYDNEY NORTHERN BEACHES CLUB

Special Olympics New South Wales



## ATHLETICS

Winter

Friday 4:00 - 5:00pm

Summer

Friday 5:00 - 6:00pm

Sydney Academy of Sport  
Wakehurst Parkway, Narrabeen NSW 2101



Gabriela Medrado



0420 713 007



[sydneynorthernbeaches.athletics@specialolympics.com.au](mailto:sydneynorthernbeaches.athletics@specialolympics.com.au)



## AQUATICS

Monday 6:30 - 7:30pm  
Warringah Aquatic Centre  
Allambie Heights

Thursday 7:00 - 8:00pm  
Brooke Wither Swim Centre  
Mona Vale

Thursday 5:45pm - 6:30pm  
Dee Why Fitness First  
Dee Why



Helena Gallardo



0477 562 396



[sydneynorthernbeaches.swimming@specialolympics.com.au](mailto:sydneynorthernbeaches.swimming@specialolympics.com.au)



## BASKETBALL

Sunday 4:30 - 6:00pm  
Sydney Academy of Sport  
Wakehurst Parkway, Narrabeen



Vicki Liddy



0404 650 660



[sydneynorthernbeaches.basketball@specialolympics.com.au](mailto:sydneynorthernbeaches.basketball@specialolympics.com.au)



## BOCCE

Narrabeen RSL Club Bowling Green  
Nareen Park Parade, North Narrabeen



Lorraine Clark



0413 440 706



[sydneynorthernbeaches.sport@specialolympics.com.au](mailto:sydneynorthernbeaches.sport@specialolympics.com.au)



## DANCE

Thursday 4:30 - 6:00pm  
Cromer Community Centre  
South Creek Road, Cromer NSW 2099

 Bev Hull      0408 233 452  
 [sydneynorthernbeaches.dance@specialolympics.com.au](mailto:sydneynorthernbeaches.dance@specialolympics.com.au)

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## GOLF

**Winter**  
Wednesday 4:30pm  
Warringah Driving Range  
1500 Pittwater Road, Narrabeen

**Summer/Autumn/Spring**  
Wednesday 4:30pm  
Long Reef Golf Club  
Anzac Avenue, Collaroy

 Rex Langthorne       0419 407 201  
 [rlangthorne@specialolympics.com.au](mailto:rlangthorne@specialolympics.com.au)

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## TENNIS

Monday  
4:00 - 5:00pm

Wednesday | Friday  
4:15 - 5:15pm

Christian Covenant School  
Dell Road, Belrose

 Andrea Werner       0408 870 899  
 [sydneynorthernbeaches.sport@specialolympics.com.au](mailto:sydneynorthernbeaches.sport@specialolympics.com.au)

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## TENPIN BOWLING

Saturday  
8:00am start for 3 games league  
8:30am start for 2 game league  
Dee Why RSL Zone Bowling  
932 Pittwater Road Dee Why NSW 2099

 Cathy Vineburg       0406 601 106  
 [sydneynorthernbeaches.bowling@specialolympics.com.au](mailto:sydneynorthernbeaches.bowling@specialolympics.com.au)



## My Health Information Folder

### Seeking your feedback

Northern Sydney Local Health District is seeking support from family carers of children with an intellectual disability to trial the resource: *My Health Information Folder*.

The folder has been developed in collaboration with Northern Sydney Local Health District's Carer Support Service and is designed to keep important health care information accessible, when presenting for health care appointments or hospitalisation.

Participants in this trial are asked to complete a pre- and a post- survey to help us review and continuously improve this resource and our services. Responses will not be linked to personal information.

### Sign up for your folder



Register to receive a folder and participate in this trial via our online survey via the QR Code or this link:

<https://www.surveymonkey.com/r/MyHealthInformationFolder>

Registrations will remain open until all folders are distributed. Folders will be delivered to schools for collection by family carers as they complete the online survey.

There will be no requirement to return the folder once used.

### More information

This folder is developed through the Intellectual Disability Mental Health Drug and Alcohol (ID MHDA): Team and Training Program. This folder and other ID MHDA program resources aim to build our capacity to care for people with an intellectual disability who present to our health, and mental health services.

For more information please contact: Kerry Hides-Pearson, Senior Project Manager, Northern Sydney Local Health District, Mental Health Drug & Alcohol. P: 8877 5375 | E: [Kerry.HidesPearson@health.nsw.gov.au](mailto:Kerry.HidesPearson@health.nsw.gov.au)



## MY HEALTH INFORMATION FOLDER

*My Health Information Folder* helps you to keep important health care information readily accessible, when presenting for any medical appointments or admission to hospital.

### What can you put in?

Any relevant and important information about the health of the person who owns the folder e.g.:

<b>Support or management plans or reports</b>	<ul style="list-style-type: none"> <li>• for nutrition or eating and drinking needs</li> <li>• to help with behaviour</li> <li>• for specific health conditions ( e.g. Epilepsy, Diabetes, Bowel, Pressure care management etc.)</li> </ul>
<b>Doctor / therapist reports</b>	Keep the latest reports handy in the folder

### What have we put in?

<b>Front page</b>	<ol style="list-style-type: none"> <li>1. Fill this in with the person's name, MRN (if known) and contact number</li> <li>2. Tick the box to indicate who can give permission to view the folder's contents ...</li> <li>3. ... and fill out name of their person responsible or guardian.</li> </ol>
<b>Standard hospital admission forms</b>	<ul style="list-style-type: none"> <li>• Cerner Client Registration Form</li> <li>• Communication and Care Cues</li> </ul> <p>The barcode on these forms indicate they can be scanned and kept in the NSLHD electronic medical records.</p> <p>Staff can access this information to inform care during an admission.</p> <p>✓ Keep these up to date and ready in the folder.</p>
<b>Medication charts</b>	This chart is designed to record one medication per sheet. If a medication dose changes, your doctor can simply strike out the current record and update it.
<b>Dividers, plastic sleeves &amp; pouches</b>	Use these to store relevant and important information about the person who owns the folder.
<b>Information brochures</b>	These are for you to browse through.

### Tips

- ✓ Keep this folder with you or the person you care for, so information in it can support medical decisions on the specific care needed.
- ✓ After providing information, make sure the folder or information is returned to you, so it can be referred to again.
- ✓ Remember to update this folder when any details change.

Facility: \_\_\_\_\_ ADDRESS \_\_\_\_\_  
**CERNER CLIENT REGISTRATION**  
 LOCATION / WARD \_\_\_\_\_  
 COMPLETE ALL DETAILS OR AFFIX PATIENT LABEL HERE

Please complete all sections below      Office use only:  
 Admit/Attend Date: \_\_\_\_\_ Admit/Attend Time: \_\_\_\_\_ hrs

**PERSONAL DETAILS**  
 Have you been a patient of this hospital/clinic/service before?     No     Yes    If yes, in the last 28 days?     No     Yes  
 Title: \_\_\_\_\_ Family Name: \_\_\_\_\_ Given Name: \_\_\_\_\_ Middle Name: \_\_\_\_\_  
 Preferred Name: \_\_\_\_\_ Maiden Name: \_\_\_\_\_

**Health information for**

MRN: \_\_\_\_\_  
 Contact phone number: \_\_\_\_\_  
 Information can be accessed:  
 with my permission  
 with my Person Representative permission      Guardian permission

CERNER CLIENT REGISTRATION

Facility: COM HIGH MGE MVH RNS RVD ADDRESS \_\_\_\_\_  
**COMMUNICATION AND CARE CUES**  
 M/C \_\_\_\_\_  
 LOCATION / WARD \_\_\_\_\_  
 COMPLETE ALL DETAILS

**Care/Family Member of Patient, or Nurse, to Complete**  
 We know that you have information about your relative/friend that will help us provide compassionate care. Please share this information with us.

**Preferred Name** (of relative/friend): \_\_\_\_\_ Time Lived \_\_\_\_\_  
 Where Born: \_\_\_\_\_ Language Spoken at Home: \_\_\_\_\_ English  
 Interpreter Required

**Names and relationships of significant family members:**  
 \_\_\_\_\_  
 \_\_\_\_\_

**Names of significant friends or other family members** (may already be listed):  
 \_\_\_\_\_

**Names of other special people or loved pets** (including type of pet, sex, color, etc.):  
 \_\_\_\_\_

**Cultural or religious practices:**  
 \_\_\_\_\_

**Current or past major occupation:**  
 \_\_\_\_\_

**Current and/or past hobbies and interests:**  
 \_\_\_\_\_

**Favourite music and movies/books/television shows:**  
 \_\_\_\_\_

**Occasions of importance** (e.g. wedding anniversary or other celebration):  
 \_\_\_\_\_

**Special issues and/or important habits** (e.g. likes, dislikes, fears, allergies, etc.):  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

BINDING MARGIN - NO WRITING

