



Tallowood School Newsletter

20 November 2020

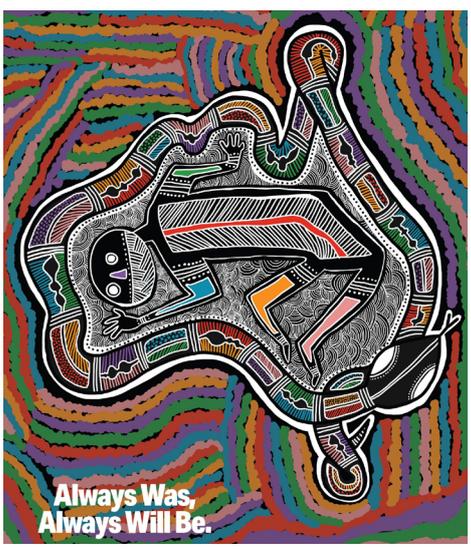
MESSAGE FROM THE PRINCIPAL

Dear Parents and Carers,

Hard to believe there are only 4 weeks of this school year left! Things are very busy around the school with staff finishing off reports, class planning and organisation for next year along with lots of great learning continuing around the school every day.

NAIDOC WEEK

Last week we celebrated NAIDOC week and classes enthusiastically participated in creating NAIDOC themed artworks for our school foyer. These are currently on display, so if you are visiting the school please ensure you check them out. Some photos are also included in this newsletter.



FIRST NATIONS BEDTIME STORIES

This week classes are participating in the First Nations Bedtime Stories challenge. Each day classes are watching a short 5 minute video story online and then talking about the things they see in the story. Part of the challenge is to help raise funds for the continued preservation of First Nations history and culture around Australia. The school is collecting gold coin donations or you can make a donation directly online at <https://www.firstnationsbedtimestories.com/t/tallowoodschoolsteam>.

NEW STUDENT MEET AND GREET

Over the past couple of weeks we have welcomed visits from new students who will be enrolling at Tallowood in 2021. Sixteen new students will be joining us next year ranging from new Kindergarten students through to students moving into their high school years. It has been great to meet these new students and get to know them as part of their transition to our school. We are looking forward to having them at Tallowood next year.

YEAR 12 FORMAL

Next week we will be celebrating our Year 12 students and the culmination of their schooling at the Year 12 Formal at The Fiddler in Rouse Hill. I look forward to sharing some photos from this important event with you in the next newsletter.

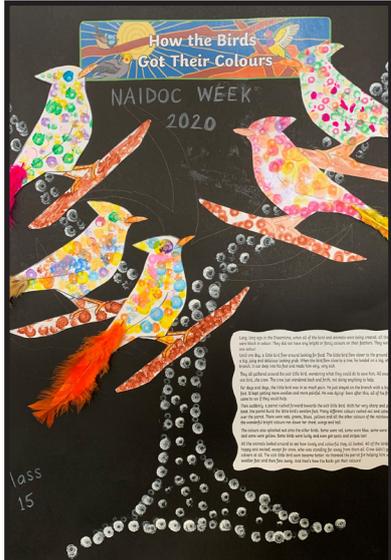
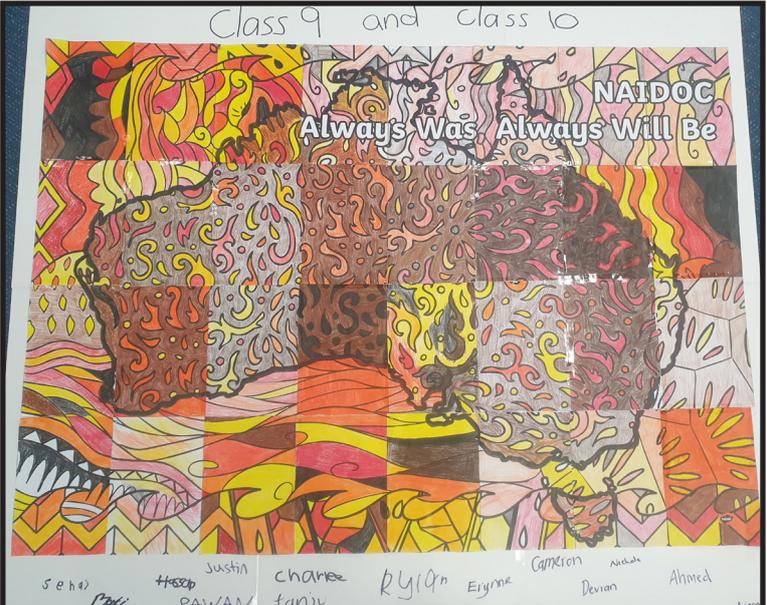
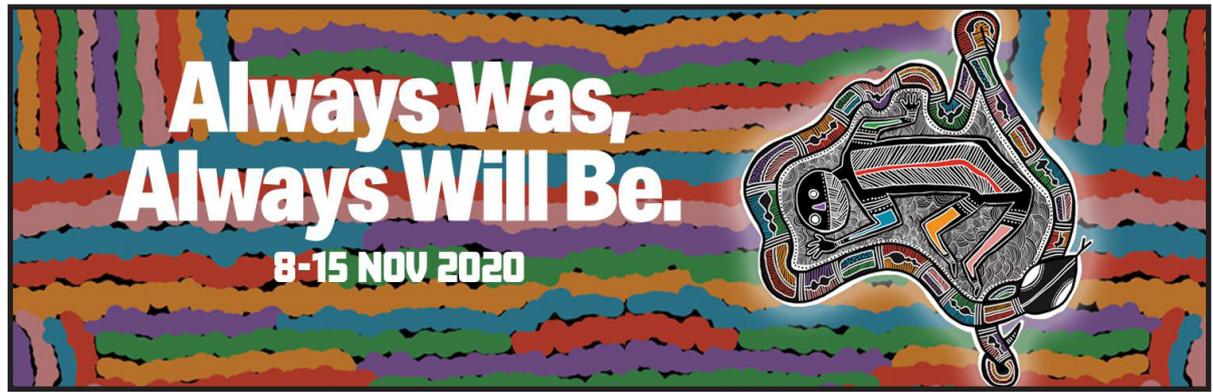
Kind regards,
Greg Wood
Principal

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@TallowoodSchool

DATES FOR YOUR DIARY

27 November	Year 12 Graduation
2 December	Move & Groove Day
10 December	Santa Photos & Disco
16 December	Last day of school for the year
29 January 2021	First day back at school for 2021

NAIDOC WEEK



CHAPLAIN CHATS ...

Boundaries

The Oxford Dictionary defines boundaries as a line which marks the limits of an area or a dividing line. And while this is true for land and space, it is also true for us as individuals.

Boundaries in the wellbeing sense are limits that we set to establish and protect our own spaces to keep us safe and healthy. They align with our values and self worth and evolve over time, protecting our self esteem, identity and ability to make our own choices. If we don't establish healthy ones that we are comfortable with, we allow others to determine our thoughts, feelings, needs and wants through their behaviours.

I love how [Psychology Today](#) encourages boundaries showing that good boundaries come from recognising your own worth intellectually (thoughts), emotionally (feelings), physically (space), socially (relationships and social activities) and spiritually (beliefs).

If you experience discomfort or distress due to someone's behaviour towards you, maybe it's time to examine your boundaries? I encourage you to reflect on the point below, in light of the 5 areas mentioned above.



1. **Determine your boundaries:** Examine times where you felt uncomfortable, angry, resentful, frustrated, stressed, anxious or scared. What made you feel this way? It's possible that this behaviour may have crossed your limits of what is acceptable and what's not. List what behaviour is ok, and what's not.
2. **Apply your boundaries:** Your boundaries apply to everyone. This includes people in your home, your work. Strangers and friends or family, even though the boundaries may be slightly different for each group.
3. **Be assertive about your boundaries:** We worry about what people may think when we speak up about our boundaries. But it's important to speak up, otherwise the unfavourable feelings or experiences we have had in the past will continue. Start with the small things, and build confidence in steps.
4. **Expect pushback:** If you've always allowed people to treat you in a particular way, then changing these boundaries will come with challenge and uncertainty for them. Expect people to be unsure what to do when you tell them "no" or express what you want to occur. Some people will also try to challenge new boundaries because this is not what they're accustomed to.

And if your boundaries are not respected then "Remind yourself of your own worth, and that no one has the right to make you feel uncomfortable or take your self-defined space away from you."(Mariana Bockarova, Ph.D, 2016) You have permission to distance yourself from behaviour that is hurtful or unhelpful.

For helpful information on Boundaries (without all the jargon), [Psychology Today](#) and [Road to Growth Counselling](#) are great blogs.

Juanita McMillan
Chaplain

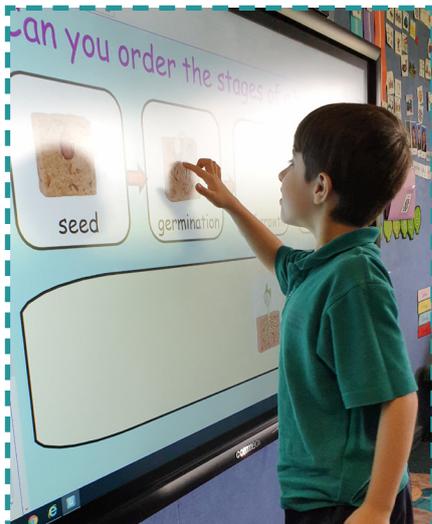
DARING TO SET BOUNDARIES
IS ABOUT HAVING THE
COURAGE TO LOVE
OURSELVES EVEN WHEN
WE RISK DISAPPOINTING
OTHERS.

-BRENE BROWN



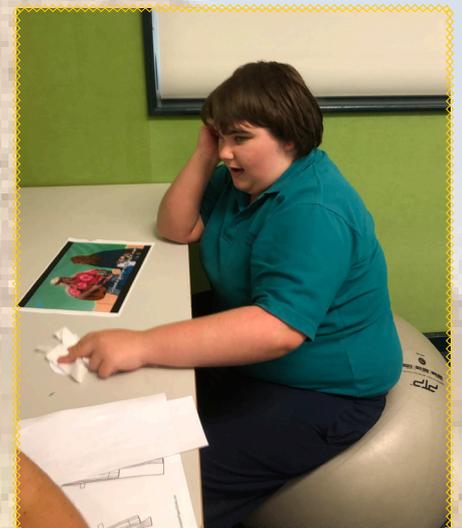
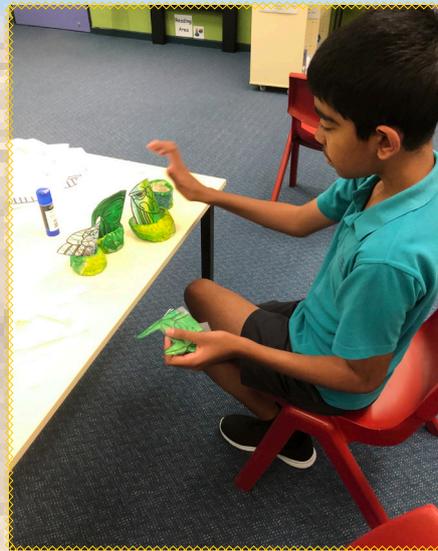
Class 8

Class 8 enjoyed learning all about 'Living Things' in Science this term. Mason thoroughly enjoyed planting bean seeds in jars, quickly popping ALL the bean seeds into his jar while Cassie was not looking! Jariyah enjoyed ordering the stages of plant growth on the interactive board. Victor enjoyed feeling soil while planting a bean seed. Parth enjoyed playing the part of an explorer with his trusty binoculars as we went hunting for seeds in the school gardens. Erin smiled as Cassie crept her finger up her arm pretending to be a silk worm about to make a cocoon. Lawson expertly ordered pictures showing how milk travels from the farm to his fridge! We miss our friend Ryan and hope he is well enough soon to come join in our adventures on living things!



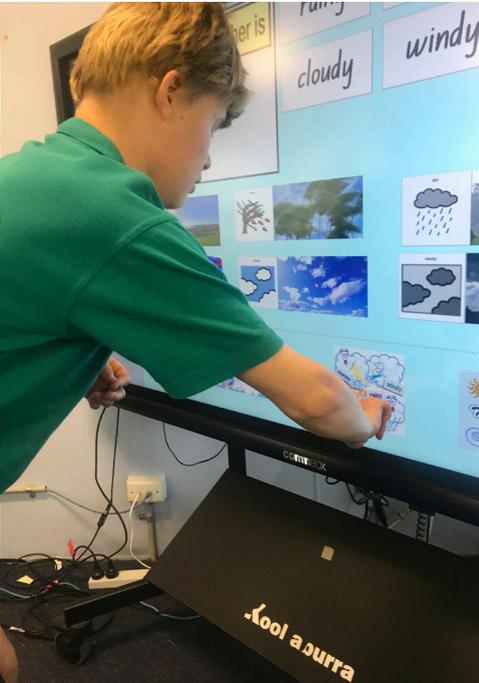
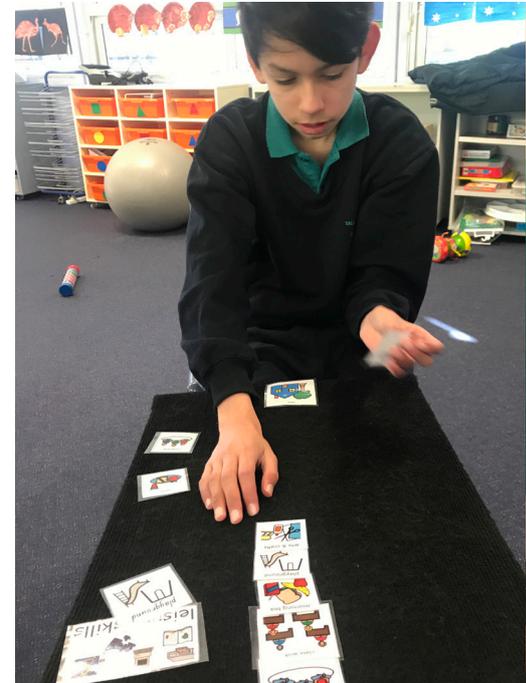
Class 14

Class 14 have been learning about Ancient Egypt and the different aspects of life during this time. As a class we have looked at lots of books, stories and songs about Pharaohs, mummies and ancient Gods. Anant particularly enjoyed making salt dough canopic jars and Barry did a great job painting the jars once they were dry. Keira decorated the lids to the canopic jars and placed them nicely in each one. Joshua has loved singing the Groove like an Egyptian song and making Egyptians paper dolls. Belinda and Hayden thought making mummies was pretty funny. We have enjoyed doing all the different activities whilst learning about Ancient Egypt times.



Class 16

This term Class 16 welcomed Cooper to Tallowood where he has joined in many of our fabulous weekly activities. Each morning we organise our day during circle time by making our daily timetable, choosing songs to listen to from a selection of picture cards and practicing our reading, money and time work before we begin our desk work. During desk work we undertake individual activities while following a work schedule of activities and are developing our independent work skills. Desk work activities include money, time, reading, sorting, threading, matching and puzzles to name a few. During History we have been making Ancient Egyptian pyramids, necklaces, cuffs and mummies. We all enjoyed dressing up as Ancient Egyptians. Some of our other favourite activities during the week are cricket, swimming, music engagement, visual arts and coding activities on the interactive panel. As you can see from the selection of activities we do each week Class 16 has had a fabulous year.



Help Variety spread joy this festive season!



This year we're spreading festive joy a little differently with Variety's first ever Variety Xmas Evening at the NEW Sydney Zoo for kids who are sick, disadvantaged or have special needs.

For thousands of kids, their families and carers; the annual Variety Kids Xmas Party in Sydney is a chance to experience the magic of the festive season. But this year, due to COVID-19 the Xmas Party we all love is unable to go ahead but we wanted to still make sure kids in need did not miss out on some festive fun.

With that in mind we are thrilled to introduce the very first Variety Xmas Evening at Sydney Zoo!

There is something special about a day at the zoo and even more special when you get to experience it in the evening. Join us for a evening of safari-like experiences and festive fun where the zoo is ours for the evening. On the way out families will be gifted with a present to take home.

Sydney Zoo was designed to be inclusive for all guests. The zoo is accessible by wheelchair, mobility scooter and pram and is relatively flat with wide pathways, making their visit easy. In fact, there are no stairs in the entire Zoo!

For children with sensory issues, we anticipate low noise levels on the day as we are able to keep crowds limited. The zoo is also large enough to find a quiet spot to sit.

Please note we only have a limited number of spots for this event so it is first in, best dressed.

To register click on the link below:

<https://fundraise.varietynswact.org.au/event/varietyxmasevening>

This is a COVID Safe event and is in compliance with relevant NSW public health orders.



JIGSAW

A vibrant document and data management business which creates workplace training and Award-wage employment for people with disability.

We believe that people prepare best for work, in work.

Jigsaw gives people with disability the opportunity to develop work skills in a real business, join the workforce for the first time, and use those experiences as a springboard into mainstream roles.



What We Do

At the centre of the Jigsaw model is a fast-growing document management business, providing high quality business-to-business services to over 80 corporate and government clients.

Jigsaw has earned a reputation across Australia as a leader in its field by harnessing the skills of a diverse and unique workforce who deliver quality results that win large commercial contracts.

Training For Work, In Work

Jigsaw revolutionises the way people with disability prepare for the workforce by embedding an innovative training program, tailored to each individual's needs and abilities, within a real business.

Through group-based learning, 1:1 mentoring and work experience, participants focus on growing key employment skills with an aim to transition to mainstream employment.



We believe people prepare best for work, in work.

Ask us about becoming a Jigsaw participant using your NDIS funding today!

hello@jigsawaustralia.com.au



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Jigsaw Mount Gravatt, Brisbane

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Empowered by
**FIGHTING
CHANCE**

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

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 | ACT: Imagine More - 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



School To Work
for Secondary Students
with Disability