



Tallowood School Newsletter

3 July 2020

MESSAGE FROM THE PRINCIPAL

Dear Parents and Carers,

As we come to the end of term 2, I have taken some time to reflect on the changes, challenges and successes that this term has brought us. We started the term with the majority of students learning at home, staff working flexibly some days on site and some days at home and learning being delivered online and through work packs sent home. The school day as we knew it was very different and we all needed to adapt quickly. The very strong feedback I have received from our school community is that by working together we were able to meet these challenges head on.

Mid-year reports will be coming home today and whilst they look a little different this time round, it has been great to see that all our students have still made gains in their learning this semester. I encourage you to take this opportunity to celebrate these successes with your child as we move into the holiday break.

As outlined in the last newsletter, most school-based activities that have been on hold due to COVID will recommence in term 3. We are hopeful that there will be further lessening of restrictions as the term progresses and I will keep you updated as information is provided.



Creating Pathways for Life - We Learn - We Care - We are Safe



PARENT/TEACHER MEETINGS

We will be holding parent/teacher meetings next term on Tuesday 4 August (Week 3) from 3.30pm. Please mark this date in your diaries now and more information will be provided early in term 3. If you don't want to come into school to meet with your child's teacher, other options will be available.

AFTERNOON PICK-UP PROCEDURES

Thank you for adhering to our new afternoon pick-up procedures. These procedures will remain in place for term 3. Please continue to use the hand sanitiser when you arrive and wait on the coloured dots to ensure social distancing. We also ask that once you have collected your child that you leave the school grounds as quickly as possible.



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DATES FOR YOUR DIARY

3 July	Last day of term 2
21 July	Term 3 commences
29 July	P&C Meeting
4 August	Parent/Teacher Meetings

NDIS THERAPY AND SUPPORT ARRANGEMENTS

External therapists are able to recommence visits to school in term 3. Please ensure that your child’s therapist has contacted their class teacher to arrange a suitable time for the visits.

If you want your child to access therapy outside of school but during school hours, you will need to contact me to discuss these arrangements. In order for me to be able to approve leave, your therapy provider will need to provide a letter stating the day/s and time of the therapy appointment. Leave can only be approved for a maximum of 1 term and if an extension is required, then a new letter from the provider is needed. Wherever possible therapy should be scheduled outside of school hours or a request should be made for therapy to be provided at school.

If your child is going to be picked up from school by an NDIS support worker, please ensure that you write this in your child’s communication book on the day and wherever possible provide the name of the support worker who will picking them up. All support workers coming into the school must carry identification from the service they work for and be able to produce this if requested. We ask that you please remind your support workers of this requirement.

PARENTS & CITIZENS MEETING

Our next P&C meeting is scheduled for **Wednesday 29 July (Week 2) at 9.30am** at the school. Please put this date in your diaries and come along.



Term 3 begins for students on Tuesday 21 July. Monday 20 July is a Staff Development Day and our staff will be participating in training on that day.



I wish you all a relaxing and safe holiday break and look forward to getting back to a more normal term 3.

Kind regards,
Greg Wood
Principal

SOME PHOTOS FROM PYJAMA DAY



CHAPLAIN CHATS ...

ANGER - PART 2

Last edition we looked at anger being a symptom of another feeling, and that it's not a "bad feeling" but that it tells us that something is triggering us to be unhappy or upset.

This edition we are going to talk about 3 strategies to help deal with our anger.

- 1 **Finding your calm:** If we are feeling like we are going to explode, we need to find a way to settle down before we address the situation. I talk a lot with kids about counting elephants. 10 elephants, 9 elephants, 8 elephants and so on. The more complex the word, the more you have to take your time and concentrate. It gives our minds time to formulate an appropriate response rather than react poorly. Exercising is also a great way to work out that intense energy, and gives us space to figure things out. If an argument is becoming heated, we can give ourselves permission to come back to the discussion in 10 mins after we've cooled down. Use this link to try other relaxation techniques: <https://blackdoginstitute.org.au/docs/default-source/factsheets/mindfulnessineverydaylife.pdf?sfvrsn=6>
- 2 **Finding perspective:** Perspective is important. It can help us remember what our key goal is: functioning relationships. We have permission to not be best friends with everyone. But we want to be able to do all that we need to do, unhindered. By remembering this in the heat of the moment, it helps us choose which battles we actually take up. We can take a few minutes to practice self awareness: What's triggering me? How is my body responding? Why am I really upset? Can I see this from a different perspective?
- 3 **Fighting Fair:** When we're seeking resolution, talking with the other person is definitely key. Additionally, backing this talk with action displays our commitment to resolution. So it's vital that we set some ground rules to fight fair:
 - a) **DON'T:** name call, tease, have physical contact, threat, interrupt, point score, withhold (eg: silent treatment).
 - b) **DO:** take turns to speak, use "I statements", exercise self discipline, stay on topic and focus, actively listen, think and respond rather than react, be self aware, model fair fighting and learn to apologise.

<https://www.blackdoginstitute.org.au/news/news-detail/2018/02/28/how-to-deal-with-anger-to-better-ourselves>

SCHOOL HOLIDAYS IDEAS

Lets talk about school holidays. With more facilities reopening, our opportunities to explore are also widening. I've put together a list of accessible activities for all ages and abilities.

- 1 Whale watching or a seaside walk. Try North Head's Fairfax Walk for an easier path. Don't forget your binoculars!
<https://www.nationalparks.nsw.gov.au/.../walking.../fairfax-walk>
- 2 Picnics and walks are one of my favourite things to do. For easy access try Bernie Mullane Sports Complex or Fagan Park in Galston.
<https://www.hornsby.nsw.gov.au/.../parks-and-play.../fagan-park>
- 3 A trip to the Blue Mountains is well worth the drive. Mount Tomah Botanical Gardens is beautiful but has limited accessible facilities. You could also head to Echo Point and look in awe at the Three Sisters or maybe some fruit picking and afternoon tea at The Gingerbread House.
<https://www.gbhousekatoomba.com/>
- 4 There are some local attractions that have reopened including Sydney Zoo at Bungarribee, Skyline Drive in Movies at Blacktown and the brand new Shine Shed North West. The original Shine Shed is also open in Campbelltown. Or if you're a foodie, try The Grounds of Alexandria.
<https://www.shineshed.com.au/>
- 5 If you'd prefer to stay home during the holidays you could also try a day of baking or cooking, watching shows like the Australian or New Zealand Ballet on the internet, or spending some time googling things you love.

Whatever you do, please continue to follow distancing and hygiene recommendations and have a wonderful break.

Juanita McMillan

Chaplain





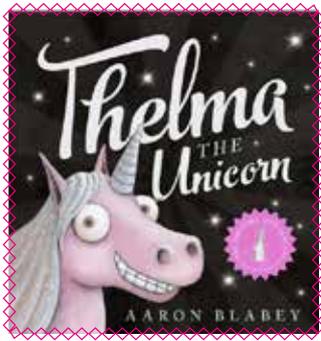
It has been a busy term 2 for Class 3 this semester. The students are happy being back in class and doing a variety of activities that they like. They are all excited during morning and afternoon circles as they sit, listen and choose items with smiles on their faces. They eagerly press the interactive panel and BIGmack switches to indicate their preferred choices.

In science the students are learning about living things particularly plants. They have visited the garden few times and a few of them have enjoyed eating passionfruit, tomatoes and capsicum.



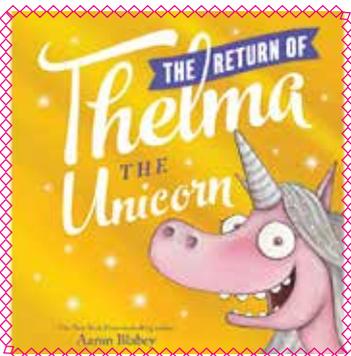
CLASS 3 CONTINUED ...





CLASS 12

Class 12 have had heaps of fun studying “Thelma the Unicorn” and “The Return of Thelma the Unicorn” by Aaron Blabey. Thelma went missing in the second book so we were inspired to have our own search for her at school. We followed clues inside and out and found Thelma - in our storeroom!



GROSS MOTOR FUN

CLASS 14

Class 14 have been going to the hall to do gross motor activities for PE whilst the pool has been closed, therefore they can't swim.

Anant, Belinda, Hayden, Joshua and Keira have been enjoying playing parachute games and completing obstacle courses.

This exercise has been contributing to some improvement in their crawling, stepping, jumping, climbing and balancing skills.



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- For students in years 9 to 12 with a disability
- Website available from 21st July
- Expo website will remain up for you to use until February 2021
- Expo website includes lots of great resources and guest speakers



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