



# Tallowood School Newsletter

19 February 2021

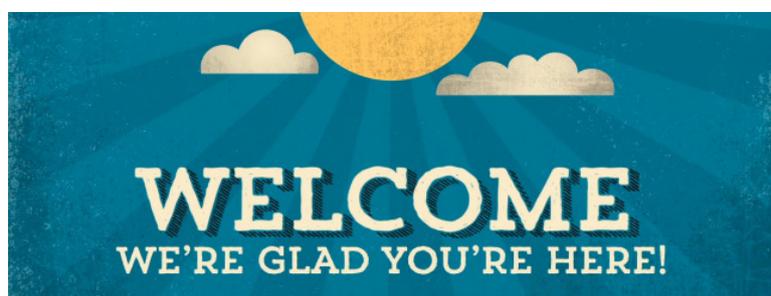


## MESSAGE FROM THE PRINCIPAL

Dear Parents and Carers,

This year we have welcomed seventeen new students and families to Tallowood School. Seven of these students are in Kindergarten and the others are spread across Years 1 to 7. I would like to officially welcome Jamie, Zorawar, Muhammad, Juntong, Lachlan, Adam, Ahamjot, Isabelle, Sacheen, Advait, Gurshaan, Jack, Austin, Isaac, Lance, Elliott and Alexis.

All have settled well into school routines and are finding their niche. It is also great to welcome all these new families and I look forward to their collaboration and support as part of their child's learning journey.

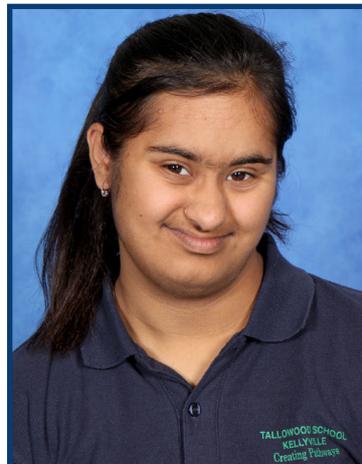


## MEET THE TEACHER

Last Tuesday we held out Meet the Teacher evening and it was great to see so many of our parents and carers attending, and taking the opportunity to talk with the staff who will be working with their child this year and have a look at the classroom and around the school. If you were unable to attend last week, teachers are currently scheduling PLP and review meetings with all families which is another opportunity for you to meet with the class teacher, discuss your child's priority goals and plan together to meet their individual needs and review their placement here at Tallowood School, ensuring that it continues to meet their needs. If you haven't booked in your PLP and review meeting time with your child's teacher, please ensure you send back the note as soon as possible.

## 2021 SCHOOL CAPTAIN AND VICE CAPTAIN

Our 2021 School Captain is Sehaj Johal and our Vice Captain is Jiandre Cena. I know they will be great representatives of Tallowood School throughout the year.



44 Redden Drive, Kellyville NSW 2155  
 9836 3810  
[tallowood-s.school@det.nsw.edu.au](mailto:tallowood-s.school@det.nsw.edu.au)  
<https://tallowood-s.schools.nsw.gov.au>  
<https://www.facebook.com/tallowood5459/>  
 @TallowoodSchool

### DATES FOR YOUR DIARY

23 February	P&C Meeting
19 March	Harmony Day
1 April	Easter Fun Day and last day of term

## AFTERNOON STUDENT PICK-UP

If your child is going to be picked up from school by a carer from a service or a relative who is not known to the school, can you please ensure that you let your child's class teacher know by writing in the communication book each day this will occur? We ask that you provide the name of the carer and the service they are from so that we can check these details before handing students over. We also ask that you liaise with the service provider to ensure that they carry appropriate identification from their service. They should wear this ID whenever they are on school grounds.

Your support will help us to streamline our afternoon pick-up procedures and ensure all students are safely handed over to their correct carer.

## MEDICATIONS AT SCHOOL

If your child has medication that needs to be administered at school, we must have a signed Medication Consent Form for each medication. The consent form outlines the name and dosage of the medication, the time it is to be given and how it is to be given.

If the medication is a prescription medication, then it must be sent to school in the original packaging with the prescription label that shows the child's name. Many families choose to send their child's medication to school in a Webster or Blister pack prepared by the chemist, and this is an easy way to ensure that all medications and correct dosages are sent to school.

Any non-prescription medication such as Panadol must also be accompanied by a Medication Consent Form and should also be sent in the original packaging.

If there are any changes to your child's medication – type, dosage, time of administration, method of administration, then a new Medication Consent Form must be completed. Medication Consent Forms are available on our school website for you to download or you can request a form from your child's class teacher through the communication book. It is also important to let the class teacher know if anything changes during the year so that Health Care Plans can be updated.

## P&C MEETING

Our first P&C meeting for the year is next Tuesday, 23 February at 9.30 at the school. Please come along to hear about the things that are happening in and around the school, it is a great opportunity to ask questions and have some input. Light refreshments will be available and it is also a great way to meet other parents and carers.

Kind regards,  
Greg Wood  
Principal



### MEDICATION CONSENT

Student: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Name of prescribed medication: \_\_\_\_\_

Prescribed for (name of medical condition): \_\_\_\_\_

Please note: All medication needs to be in either the original packaging, OR a webster pack from the chemist.

Prescribed dosage: \_\_\_\_\_

Time medication given: \_\_\_\_\_

Special storage requirements: \_\_\_\_\_

Instructions for administration (eg with a glass of water):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Parent/Carer signature: \_\_\_\_\_ Date: \_\_\_\_\_

Teacher signature: \_\_\_\_\_ Date: \_\_\_\_\_



# AN IMPORTANT REMINDER ABOUT ATTENDANCE

Student attendance is marked online each day by the classroom teacher.

This online roll marking system requires teachers to mark any day-to-day absence as 'unjustified' until an explanation has been provided. The Department of Education Attendance Policy states that explanation of absences must be provided in writing within 7 days of the date of the first day of absence. The online roll marking system now locks the roll on the 7th day and no changes can be made, any absences that are marked as 'unjustified' cannot be changed after the 7th day.

Explanation of absence notes should clearly state the reason for absence, e.g. sick, doctor's appointment, etc. so that the appropriate code can be entered into the online roll. Extended absences in excess of 3 days due to medical reasons should be supported by a medical certificate and this still needs to be provided within the 7 days so that rolls can be marked accordingly. Where families know in advance that their child will be away from school due to a health related issue such as upcoming surgery, the school should be notified and medical documentation provided so that the roll can be marked accordingly.

If students arrive at school late or leave school early, they must be signed in or out at the front office by a parent or carer clearly stating the reason for the late arrival or early departure. These are classed as partial absences and are also required to be entered into the online roll marking system.

If families are travelling within Australia or overseas outside of school vacation periods, an application for extended leave needs to be submitted before the travel occurs. If the reason for the leave is accepted, a Certificate of Extended Leave – Holiday, will be issued.

## ACCESSING EXTERNAL THERAPY DURING SCHOOL HOURS

Some families have requested that their child be allowed to attend therapy delivered outside of the school but during school hours which results in their child arriving at school late, leaving school early or not attending school for whole days.

We understand that in some extraordinary circumstances there may be a need for external therapy to occur during school hours for short periods of time, particularly for students starting school for the first time as they transition from delivery of therapy during the day to attending school. These requests must be made in writing to the Principal and are considered on a case-by-case basis and approval will only be given for up to one term. The request must be accompanied by a letter from the therapy service provider that clearly shows the day/s and time/s of the therapy.

We strongly support therapists coming into the school to work with students to achieve their educational goals and to ensure strategies used at school are consistent with those used at home. If your therapist is not able to come into the school, then therapy should be scheduled outside of school hours to ensure that your child's attendance at school is not compromised.

Absences to attend external therapy that have not been approved or are beyond one term will be marked in the roll as unjustified and referred to the Home School Liaison Officer as appropriate and in line with Department of Education guidelines.

If you have any questions about student attendance, please contact the school.

Regular attendance at school is essential to assist students to maximise their potential and we thank you for the ongoing support you provide your child to ensure they attend school every day.

# CHAPLAIN CHATS ...

## Self Relection

Self reflection is described by many mental health and wellbeing professionals as holding a mirror up to our subconscious selves, examining our thoughts, feelings and behaviours in order to bring new insight and self growth. I have also heard it described as “looking at the past to forge a new way into the future.”

Therapists and wellbeing educators agree that we are driven towards self growth, developing our idea of who we are and what we want out of life. And a lot of this happens in our subconscious. So how do we assess this? How do we check our mental processes? How do we know how we are doing?

The key is self reflection: looking at our strengths, weaknesses, beliefs, values, our skills and areas of development, habits, our likes and dislikes, any achievements, perspectives and an overall evaluation of our level of happiness.

There are endless ways to look internally: you could try a life assessment such as [The Level 10 Life](#), you could make a list of all the fabulous things you have done, want to do, challenges you have met, your achievements, dreams and goals for the future and so on.

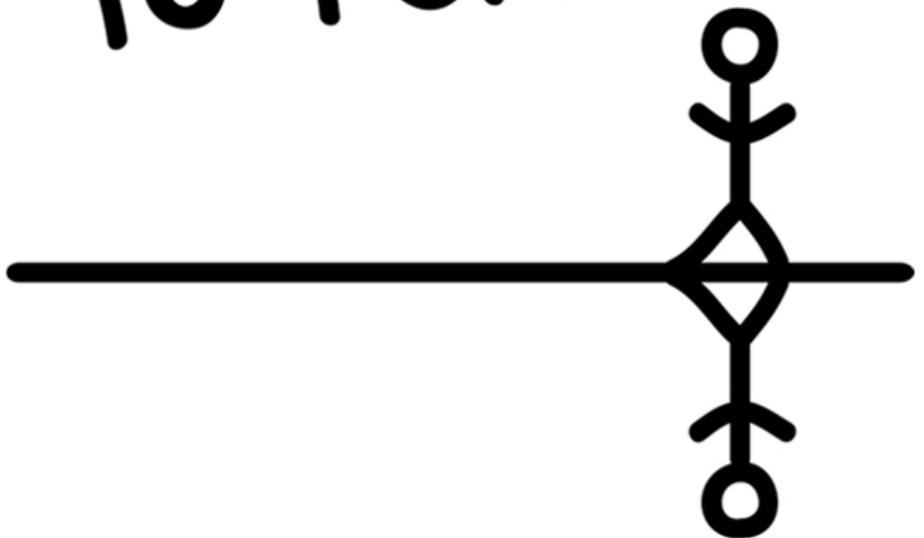
Some great ideas can be found here: <https://positivepsychology.com/introspection-self-reflection/>

In the end though, it's important to have a look at who we are, and ask if we are satisfied with that or not. If we are, then GREAT! Keep going! If not, then little by little we can work on pieces of ourselves, and learn how to grow.

Juanita McMillan  
Chaplain



# Take time to reflect



# Class 2



Class 2 have settled quickly into a new year at school. We welcome Lachlan and Jack to the school and to our class. All students have enjoyed a wide variety of activities in our first few weeks. Hydrotherapy saw many big smiles as did sensory activities. Students have also enjoyed circle time activities, including using props for songs and looking at their own photos. Craft and music activities are also a highlight and we have listened to music and made crafts related to Australia Day and Valentines Day so far this term as part of our history unit.





Welcome to the new Class 5 of 2021 in Blue Block!

We are a class of Kindergarten, Year 1 and Year 2 students. Our names are Adam, Ahamjot, Aiden, Alister, Lachlan and Sacheen.

Our teacher is Linda. Manmohan takes us for Road Safety and Swimming on Thursdays and Javier takes us for Creative Engagement on Wednesday mornings. Our Learning Support Officers is Craig, and Yousra is helping our class at the beginning of the year. We will enjoy a range of activities this year including library, swimming, farm garden, gross motor, play skills, road safety, sensory play, bike riding and music as well as the curriculum subjects of English, Art, Science, PDHPE, Geography, Maths, and History.

At this time, we are getting to know each other, our classroom and our routines. We are busily painting covers for our books to keep all our work in. Here are some photos of us hard at work.



# Class 11



'Love those lights'



'Ahh pretty'



'Beautiful lights'



'Making Monet'



'Polly want a cracker?'

It has been a great start to the year in class 11. The students have settled in beautifully to our class routine. This term we are focussing on integrating sensory activities across our subject areas and the students have enjoyed visual and tactile activities linked to Science, Art and Food Technology. In Science our topic is Earth and Space and we are learning about our earth, the planets and day and night. We are working on making a class movie in Digital Technologies related to our science theme. In Visual Arts we are having great fun recreating famous artworks from Monet and Van Gogh to Picasso and Kandinsky. A very busy and fun-filled term ahead.



'My Picasso Portrait'



'Happy days!'



'Is this enough strawberries?'



'Yum, milkshake!'



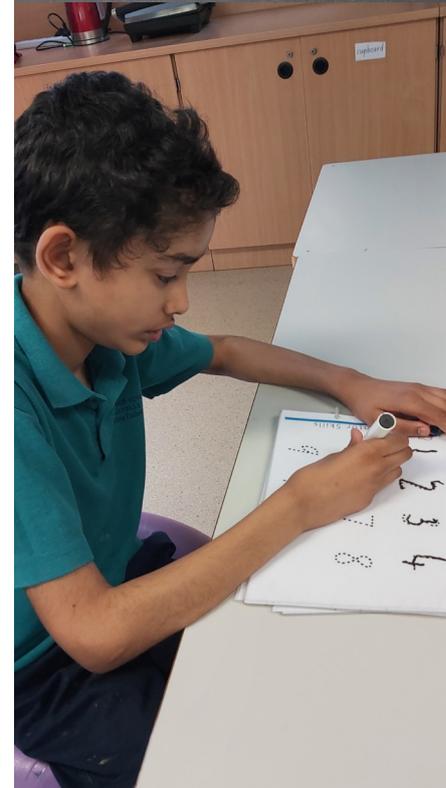
'Is there a dog in there?'



'Cool sound pattern'

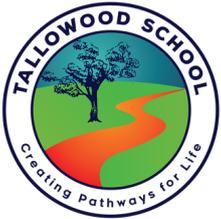


# Class 15



Hello All. We welcome in a new year and a new term. Class 15 have been settling in well and engaging in lots of fun learning. This year, we have introduced 'Ted' – our teddy bear who will be sent home on Friday to the student with the most 'Ted' awards! We are all excited about this incentive. We have been busy trying to do our best in tracing, reading and lining up, amongst many other activities. In the morning we practise our balance on stability balls and reach up high when breathing in and out. We just know it's going to be wonderful year and look forward to lots of great learning.





## P&C Meeting Invitation

Please join us for the first P&C meeting for the year

**WHEN:** Tuesday 23 February 2021

**TIME:** 9.30am

**WHERE:** Tallowood School

*The P&C meet once a term. Light refreshments are available and it is a great way to meet other parents and carers and develop your support network.*

*A large portion of P&C funds come from the school bus run and the annual Rattle and Hum car show run by Castle Hill RSL. The P&C meet to make decisions about how funds are spent to best support our students and the school community. P&C meetings are also the place to find out about upcoming school initiatives and any changes that may be occurring across the school.*

*We look forward to seeing you at the next meeting.*

## NEW DATES FOR 2021

# Puberty, Sexuality and Relationships:

## A workshop for parents and carers of people with intellectual disability and autism

**Find out how to support your family member's personal development and sexuality in a positive way!**



Come join the team at Family Planning NSW for an interactive workshop that will cover issues across the lifespan including:

- Disability and sexuality
- Preparing for puberty
- Decision making and safety
- Taking care of health and hygiene
- Supporting positive and safe sexual expression
- Tips for talking about sex and answering tricky questions

Parents, foster parents, relatives and other unpaid carers of people with intellectual disability and autism are welcome.

We are unable to accept registrations from professionals for this workshop.

Visit [fpnsw.org.au/education-training](https://fpnsw.org.au/education-training) to view our courses for support workers, teachers and other professionals.

### Date & time:

**Thursday 11th March, 2021**

Morning workshop: 10:00am - 12:00pm

Evening workshop: 5:30pm - 7:30pm

### Venue:

Castlereagh Room

Penrith RSL Club

8 Tindale St, Penrith NSW 2750

### Register:

[Click here to register online](https://fpnsw.org.au/parentworkshops) or visit: [fpnsw.org.au/parentworkshops](https://fpnsw.org.au/parentworkshops)

### Cost:

This workshop series is fully funded by the Nepean Blue Mountains Local Health District.



### For more information:

**Erin Donnelly**

Family Planning NSW

**E:** [disability@fpnsw.org.au](mailto:disability@fpnsw.org.au)



CPSARA (Cerebral Palsy Sporting and Recreation Association) is pleased to announce the first big day of our **CPSARA Connect series – Multisport social days for people with a disability**. These free events are planned to be a monthly event in the wider Sydney area for the community, starting this February! We would like to extend this invitation to you and your community, in the hope that you can help spread the word to individuals that could benefit from this day!

CPSARA aims to encourage both sporting and recreational opportunities for people of all ages with cerebral palsy and other neurological conditions. We are dedicated to supporting children, adults and their families with cerebral palsy by providing sporting and leisure opportunities with an emphasis on inclusion and enjoyment. The association supports athletes on their sporting journeys, firstly by providing information and tools to help connect them with sport and thereafter by connecting them with the CPSARA community through regular newsletters, sporting and social events.

**Our CPSARA Connect Multi-sport social day** will be an opportunity for participants to try new sports, make new friends and create connections for support and networking to get involved in sporting and recreational activities in their area. These events are for people **with all disabilities** to try new sports and recreational activities with adaptations in a safe, inclusive environment.

**When:** Sunday 21st February 2021, 12.30pm to 5.30pm

**Where:** [The Centre, Dural](#)  
1 Pellitt Lane, Dural NSW 2158

**Who:** All ages, all abilities, all disabilities, all sporting and recreational levels of experience.

**On the Day:** Opportunity to try up to 5 sports and meet representatives/athletes – Football, Netball, Tennis, Athletics and an Obstacle course!

CPSARA will provide a light lunch to all attendees on the day.

**How:** Due to COVID, numbers are limited. Please register by clicking the link below.

For more information, please email Rae Anderson, [secretary@cpsara.org.au](mailto:secretary@cpsara.org.au)

To register, please sign up on our website:

<https://www.cpsara.org.au/events/cpsara-connect-multisport-social-days-for-people-with-a-disability>