DATES TO REMEMBER

TERM 3 2015

AUGUST
Monday 3rd
Circus Quirkus

Tues to Thurs
4th-6th
Healthy Harold

Thursday 13th
Work Experience
Begins

SEPTEMBER
Tuesday 1st &
Wednesday 2nd
Positive
Behaviour
Learning Staff
Training

Friday 4th
Footy Colours
Day
Tue/Wed/Thur
8th,9th &10th
Buddy Reading
Program

Friday 18th
Last Day of Term

CIRCUS QUIRKUS

On Monday 3rd August Minerva students and staff were treated to a wonderful and awesome Circus Quirkus. The terrific skills of the Circus Quirkus performers at Sutherland Entertainment Centre was fantastic. The skill of the acrobats and jugglers thrilled the audience.

Many thanks to the Sutherland Lioness Club for their wonderful sponsorship which made it possible.

Mitchell Doucette
Class L
**PRINCIPAL’S MESSAGE**

Miss Laura

Congratulations to Laura and her husband Michael on the safe arrival of a healthy baby boy, Sebastian James Faber. Both mum and bub are doing well and we are looking forward to a visit soon at school.

**Healthy Harold** The Healthy Harold program now in its third year at Minerva has once again been a big hit with the students. It was very pleasing to hear from the Healthy Harold staff how much they enjoy coming to Minerva and in particular how impressed they were with the way all of the students had conducted themselves during their lessons. A credit to the students and the staff. It is always such a pleasure to hear and share good news with the staff and school community.

**Cook Classic** Thank you to Trish who attended the Cook Classic information evening with me last Wednesday to enrol the school. There were many charities represented on the night and sponsors of the event. We had the opportunity to meet Mr Scott Morrison, MP, a long standing supporter of the Cook Classic Event. I would like to take this opportunity thank to all the families who have taken raffle tickets to sell. The staff are also keenly supporting this initiative by selling raffle tickets to their network of family and friends. This is a wonderful opportunity for the school to raise money. All proceeds of the raffle tickets sold by the school community goes directly to the school. The money raised through this initiative is being committed to upgrading classroom computers. We still have sixty books at school if you would like more raffle tickets to sell. Contact the office or send in a note and we will send them home.

**NDIS Update** A date for your diary!

Rec-Ability, is providing a free information session for people with disability their families and carers to hear about: the changes to the disability support system and what the NDIS will mean for you with the opportunity to ask questions. You will also hear from Andrew, a father, who will give an account of what families accessing the NDIS may encounter. Please see the flyer attached in the newsletter and the school website for your information.

**Principal Position Update** The Principal position at Minerva will be advertised and filled by the merit selection process to be held in Term 3 this year. Russell Hely has been nominated by staff as their representative on the panel. I will provide you with further details as they come to hand.

**WOOLWORTHS EARN & LEARN** is back. In previous years Minerva School has been very successful at being able to redeem shopping docket for valuable school resources for our school. From Wednesday 15th July to Tuesday 8th September 2015, when you shop at Woolworths collect the Earn & Learn Stickers from the checkout operator or through an online order and place them on a Woolworths Earn & Learn Sticker Sheet. Once completed, simply place the Sticker Sheet in the Collection Box, either in the school office or at the Caringbah or Menai Woolworths stores. There are thousands of products available through the Woolworths Earn & Learn program, and we’d like to get lots of new gear! Products range from resources for mathematics, English, science, art & crafts, through to sports gear & library supplies.

**REMINDERS**

**Late Arrivals** All students are required to be at school by 9am each day. Students who arrive late often find it difficult to settle into their regular classroom routine and disrupt the learning of their class peers. Students arriving after the 9.00am bell must be signed in at the office by a parent or carer. This is a legal requirement of the Department Of Education Attendance Policy.

Fiona Young, Principal
Class A learning how to mix secondary colours.

Jonathan learning about electronics and building a closed circuit to power a small light globe.

James engaged in a silk screening activity for creative arts.

Nicholas enjoys his favourite book

Kieran is set to sink another basketball

David having fun during fitness

Warwick enjoys playground time

Ewan is good at Fine Motor Skills

Class R boys enjoyed the Healthy Harold experience
Class N has been enjoying Community access up to Sutherland Shops. We have been enjoying interacting with the Sutherland Community.

Minerva’s Art & Craft Expo
Minerva held its annual arts and craft expo in the school hall on Mon 27th of July. It was a resounding success with many visitors commenting on the high standard of art produced by our Minerva students.
It’s not too late to purchase your child’s art and craft work if you were unable to attend. Contact the office for further details

CONGRATULATIONS to the following students who have received awards during the month of July/August

Excellence Awards
Anthony, Ronan, Mitchell D, Peter, James G, Michael P, Daylan,
Prize Cabinet
Sebi, Ewan, Kieran, Kurt, Daylan, Ethan, Mikayla, James H
Keep up the good work! Fiona Young, Principal

Happy Birthday to the following students for the month of August
Corey, Jake, James H, Chris and Julian
This term **Class T** has been becoming scientists, looking at living and nonliving things, finding out their differences and conducting many scientific experiments. We have been enjoying working out the different reactions in our experiments.

We also extend a warm welcome to our new staff member Miss Nicole, and continued help from Mr Scott, and our new student Jarnte

Miss Edie, Miss Nicole, Miss Kylie and Mr Scott
Class S are currently studying the theme Explorers. In Science lessons we have been looking at water experiments and buoyancy discovering what makes things sink and float. As part of our HSIE program we have been investigating ships, sailors and the first explorers to Australia including Captain Cook. Here we are testing the buoyancy of our homemade play dough boats wearing our Captains hats.
Healthy Harold came to visit our school this week providing fun interactive programs for our students' to participate in. The senior student sessions focussed on improving students' decision making skills by looking at choices, consequences, responsibility, facts, information and influences regarding the use of a range of legal drugs and safe use of communication technology. Junior student sessions explored relationships and friendships including managing feelings, influences on food choices regarding healthy eating, benefits of physical activity and safe use and storage of medicines.

We all received a booklet and sticker for participating and look forward to welcoming Harold back again next year!
Cooking in the kitchen.

This week in the kitchen we made pizzas. We practiced spreading and sprinkling. It’s hard to make sure every slice gets covered in yummy toppings like ham, pepperoni, capsicum, mushroom and most importantly cheese.
**Class C** enjoy weekly outings to Cronulla each Friday. During the outing students are practising traveling safe in the community whilst in a supported group and their money skills to purchase lunch at a beach side Kiosk. We have been fortunate to have some beautiful weather and enjoy watching the waves as we are walking along the esplanade to and from the train.
On Monday the 10th of August Class L had the pleasure of spending the day at Luna Park with Mr Bill and Mrs Karen. They caught the train from Sutherland to Milsons Point, changing at Town Hall. All the students had an amazing time going on all the rides and ending the day having lunch overlooking beautiful Sydney Harbour, before heading back to school. This was a rewards excursion paid for with the money earnt through the senior snacks school business plan, making and selling “Squeezy Cheezys” throughout the school.

Also, as part of their Business Planning, the senior boys have decided to purchase a large 4 slice toaster and donate it to the school. This toaster will be used as part of the “Brekky Club” initiative which was introduced to ensure that our students start the day with a good breakfast. Well done and thank you to our senior boys for their generosity.
A huge thank you to the Miranda RSL Sub-Branch for their generous donation of books to our library, we greatly appreciate your continued support.

What books light up your world? This semester in the library we are sharing books we love, some of our favourites.

More information coming soon.

**Library News**

‘Books Light Up Our World’

We learnt from Amelia and Chloe and Harold about healthy eating and different parts of the body as well as road safety and how to stay safe in places like the park. We were asked to choose the healthy options from the junk food and to point to different parts of the body on a mannequin. It was informative and fun. We all participated and answered the questions correctly. Greetings from Kat, Sharon, Jane, Alexander, Bailey, James G, James H, Roland, Lachlan and Adam.
**Crunch & Sip**

Children are more likely to enjoy their Crunch & Sip if their produce is fresh and delicious. Choose fruit and veg that are currently in season and that feel firm, smell nice and look appealing.

Did you know that good quality cranberries will bounce when dropped? While we don't want children dropping good fruit on the ground, cranberries are full of Vitamin C, E and fibre so pop them in your child's bag for Crunch & Sip.

Crunch & Sip does not have to be limited to school days. Encourage your children to crunch on fruit & vegetables and drink plenty of water over the weekend and during holidays. Don't forget to join in! Be a positive role model by enjoying Crunch & Sip with your kids as you set them up for a lifetime of healthy eating habits.

Involve your child in choosing the fruit & veg that you buy at the supermarket. Remind them that they need to choose fruit & veg that can be eaten easily and eaten raw. Use this as an opportunity to discuss different types of fruit & vegetables and encourage them to try unfamiliar ones.

Choose fresh fruits & vegetables over dried and tinned varieties for Crunch & Sip. Dried & tinned fruits contain more sugar than fresh fruits so only have those occasionally. Muesli bars, roll ups and fruit leathers have far too much sugar and not enough actual fruit so they are not allowed for Crunch & Sip.

Did you know that prunes are dried plums? Choose plums over prunes as they have less sugar and pop them in your shopping basket over February & March when they are at their best. They are sure to be a hit for Crunch & Sip with their juicy, burst of flavour.

A few chopped up pieces of honeydew are a great idea for Crunch & Sip as they are full of Vitamin C, potassium and fibre. Give them to your kids when the flesh is ripe and green in colour as this is when they are at their sweetest.

Choose apricots with a sweet fragrance and a golden to deep orange colour as this is when they are at their sweetest. Let your child know that the carotenes in the apricot will help them see in the dark and they'll be asking for apricots everyday for Crunch & Sip.

Strawberries are always a favourite with children due to their sweet taste. To keep them sweet and looking their best, remove them from their punnets, when you get home, and place them on a paper towel on a plate and cover it with cling wrap.

Cherry tomatoes are great for Crunch & Sip as they can be eaten without creating a mess. Don't make the common mistake of placing them in the fridge, leave them at room temperature until they are very ripe, then place them in the fridge.

Crunch & Sip is a good opportunity for children to stay hydrated as they lose fluid running around and being active, especially over the summer months. Over the warmer months, a cold drink bottle is ideal for hydration but also keeps lunchbox food items cool.
August P2E Event

NOVA invites you to our Pathway to Employment Event

See flipside Calendar for dates & locations
→ Free light lunch
→ Lucky Door prize
→ Learn about NOVA’s programs & activities
→ Chat with local NOVA staff

www.novaemployment.com.au
www.transition.com.au
www.focusonability.com.au

For more info call:
Meg 0414 322 911 ◆ Leisha 0410 358 973
Terry 0414 239 505 ◆ Phil 0424 503 625

### AUGUST 2015

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<tr>
<th>Date</th>
<th>Location</th>
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<tbody>
<tr>
<td>3</td>
<td>Kelvincoe</td>
<td>11 am to 3 pm</td>
<td>Shop 10, 32 Cypress St, Kelvincoe</td>
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<tr>
<td>4</td>
<td>Rockdale</td>
<td>11 am to 3 pm</td>
<td>Level 1, 639 Prince Highway Marayna Malawa (02) 9508 8490</td>
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<td>5</td>
<td>Richmond</td>
<td>11 am to 3 pm</td>
<td>34 Berwick Street Richmond Terry Spinster (02) 40 30 1300</td>
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<td>6</td>
<td>Bankstown</td>
<td>11 am to 3 pm</td>
<td>Level 1 Unit 16-18 309 Chapel Road Bankstown Phil Duren (02) 8713 9990</td>
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<td>7</td>
<td>Bankstown</td>
<td>11 am to 3 pm</td>
<td>Level 1 Unit 16-18 309 Chapel Road Bankstown Phil Duren (02) 8713 9990</td>
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<td>10</td>
<td>Dandenong</td>
<td>11 am to 3 pm</td>
<td>Camden (Shop 4 31-31 Apple Street David build (02) 6555 9379) Dugdale (Shop 3, 25 Station St, Eln Mackinnon (02) 9794 7560)</td>
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<td>11</td>
<td>Springfield</td>
<td>11 am to 3 pm</td>
<td>Shop 7 127 Macartney Street Springfield Rachel Hampshire (02) 4752 3000</td>
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<td>12</td>
<td>Rose Hill</td>
<td>11 am to 3 pm</td>
<td>Suite 105, Level 1, The Gateway Rose Hill Town Centre Louise Burnett (02) 9618 7790</td>
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<td>13</td>
<td>Blacktown</td>
<td>11 am to 3 pm</td>
<td>Unit 4 &amp; 18 Third Avenue Blacktown Nicola Wilks (02) 8886 1700</td>
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<tr>
<td>14</td>
<td>Windsor</td>
<td>11 am to 3 pm</td>
<td>169 &amp; 197 Queen Street Samuel Bestle (02) 4767 6900</td>
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<td>15</td>
<td>St Marys</td>
<td>11 am to 3 pm</td>
<td>Shop 10, 32 Cypress St, Kelvincoe</td>
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<td>16</td>
<td>Penrith</td>
<td>11 am to 3 pm</td>
<td>20 Super Plaza, Penrith</td>
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<td>17</td>
<td>Liverpool</td>
<td>11 am to 3 pm</td>
<td>Suite 103, 142 Bigge St, Liverpool Phil Duren (02) 9612 2563</td>
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<tr>
<td>18</td>
<td>Ingleburn</td>
<td>12 pm to 3 pm</td>
<td>Shop 3/4, 3 Ingleburn Road, Ingleburn Donna Spiteri (02) 8713 3000</td>
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<tr>
<td>19</td>
<td>Campbelltown</td>
<td>11 am to 3 pm</td>
<td>Suite 12, 29-31 President Ave Springbank Gemma Matheson (02) 9513 9890</td>
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<tr>
<td>20</td>
<td>Penrith</td>
<td>11 am to 3 pm</td>
<td>Level 5, 34 MacArthur Street, Penrith</td>
</tr>
<tr>
<td>21</td>
<td>Liverpool</td>
<td>11 am to 3 pm</td>
<td>Suite 103, 142 Bigge St, Liverpool Phil Duren (02) 9612 2563</td>
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FREE FOOD PANTRY
When: Wednesdays from 9.30 to 12.30pm.
Who: Southside Care aid to people on Centrelink or low income.
Where: At 175 Port Hacking Rd Miranda
Contact: Phone 9522 4300 for more details

LOW COST FOOD PANTRY
When: Wednesdays
Who: Free fruit, vegies, bread for people on Centrelink or low income.
Where: Hub Community Centre 38/52 President Avenue, Caringbah.
Contact: 9525 4971 for more details.
NDIS Update –

A FREE Information Session for people with disability and their families

- Hear about changes to the disability support system and what the NDIS will mean for you
- An opportunity to ask questions

Monday 28th September
7pm - 8.30pm

Miranda Community Centre (95 Karimbla Rd, Miranda)

Our guest speakers Rob Watkins and Andrew Richardson are both highly qualified to talk on the subject having been involved in the NDIS launch process.

Rob is the Executive General Manager, NSW & ACT for House with No Steps and previously was the NDIS NSW Launch Manager with responsibility for establishing the NDIS in NSW.

Andrew is the Managing Director of House with No Steps and a Director and Vice President of National Disability Services, the peak body which led the Every Australian Counts campaign for the NDIS. Andrew is also a dad and is able to give an account of what families accessing the NDIS may encounter.

RSVP to 9522 8016 by 16 Sept
VOLUNTEERS NEEDED FOR KNITTING BLANKET SQUARES

“Wrap with Love” is a volunteer organisation that distributes blankets within Australia and to over 75 overseas countries, particularly countries that have suffered natural disasters and civil unrest. These blankets are made from 28 squares that are knitted by volunteers. The Rotary Club of Como Jannali has a band of volunteers that knit, crotched and help sew the 28 squares to make beautiful warm blankets. If you would like to help knit and/or sew please Contact Diane Curtis from Como-Jannali Rotary on 0408 125 971
Live Life Your Way

We help people with disabilities live the life they choose.

We provide a wide range of services and programs for people of all ages, their families and carers and the wider community.

We offer:
- support for individualised or self managed funding packages
- group and independent living
- work ready and life skills
- children and youth services
- rest and recreation
- community programs

For more information, please contact Jayson De Oliveira, RAC Manager, on 0438 236 715.

Call Out for Cooks!

Do you love to cook dishes from your homeland?

Would you like to prepare a meal for people with an intellectual disability?

Sylvanvale’s Rockdale Activity Centre (RAC) is looking for people who have a couple of hours to spare over lunchtime on a Tuesday or Thursday to cook and share a meal with us.

We can provide the ingredients, pots and pans, cooking facilities... and great company!

We hope you will join us.