



MINERVA SCHOOL

NEWSLETTER

Learning for Life

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WEBSITE: www.minerva-s.schools.nsw.edu.au

DATES TO REMEMBER

TERM 2 2015

MAY

WORK EXPERIENCE CONTINUES

Monday 25th & Tuesday 26th ADHC

Assessments for Year 12 students

Wednesday 27th Years 7, 11 & 12 VACCINATIONS

JUNE

Monday 8th PUBLIC HOLIDAY QUEEN'S BIRTHDAY

Friday 26th LAST DAY OF TERM 2

MOTHERS DAY

On Friday 8th May, the students had a wonderful time shopping for that special Mother's Day gift. Our SRC and Class L students did a fantastic job helping the younger students with their choices. We would like to thank some of our mothers, Mrs Youssef, Mrs Bakouris and Mrs Hunt who gave up their time to help set up the stall and assist the students with their purchases.

A special mention must also be made to Mrs Hunt for her hard work, continued involvement and assistance each Mother's Day. We could not do it without you! It was a very successful day with a profit of \$188 made. We hope all our

Mothers had a wonderful day.



CROSS COUNTRY RUN/WALK CARNIVAL

On Tuesday 12th May we held our Minerva Cross Country Run/Walk Carnival. This was a whole school event with both staff and students participating in this healthy activity to the best of their ability. Participants could choose to either run or either walk the course. Thank you to staff who helped supervise, cheer and encourage our students throughout the carnival. See Page 6 for some great photos.

Miss Nicole
Sports Coordinator

PRINCIPAL'S MESSAGE

WELCOME

This Term we give a very warm welcome Ewan and his family to Minerva School.

SCHOOL PLAN 2015-2017

On behalf of the school I would like to express our thanks to the parents, carers and community members for the rich and valuable feedback you provided in the survey from Term 1 which has greatly contributed to the future directions of the school in the next 3 year cycle. The school newsletter will be a platform where the school can provide updates and information to keep families informed of new initiatives and programs. The School Plan for 2015-2017 has now been completed and is available on the school website. If you would like a copy please contact the school office.

MIND MATTERS

At the beginning of this term, all staff attended a combined Professional Learning Day with colleagues from Bated Drive, St George, Cairnsfoot & Wairoa Schools on Mind Matters. Mind Matters is a whole school approach to mental health and wellbeing. The framework aims to provide schools & community with information, skills and resources to create positive & proactive schools. Watch this space for Mind Matters information, links and tips as a regular feature of the school newsletter.

CLASS CHANGES

Due to the recent wild weather several of our classrooms have been affected by water damage. Whilst the Department undertake inspections and repairs we have relocated the students from the affected classrooms to alternative rooms for safety reasons. The students have adjusted well

to this change. I will keep you informed as to the progress of repairs.

PLAYGROUND UPDATE

Our playground is undergoing a makeover. Stage 1 of the playground restructure has been to form 2 groups of students, the juniors & seniors. They divide into their separate groups at lunchtime so they can access the oval on a weekly rotation. The oval provides an area for the students to kick balls, have a go at tennis & burn off some energy. Miss Sarah has been focussed on improving the internal playgrounds. Sarah applied for & was successful in receiving a grant from 'Live Life Well' to have games & activities professionally marked. These include handball, hopscotch, snakes & ladders & a bike track with a zebra crossing. The games are bright & colourful & make the playground much more inviting for the students. They have been a great success & the students are enjoying the games at recess & lunchtime.

STUDENTS VS STAFF SPORT

Following on from the success of last term's students vs staff Newcombeball match, Miss Nicole, our Sports Coordinator, has organised another highly successful event. This time it was a Soccer -Softball match. I am pleased to report that the students once again displayed great skills & sportsmanlike behaviour. The students beat the staff hands down! The tally stands at: students 1—staff 0. Stay tuned for the next staff v students match.

LIVING SKILLS ROOM UPDATE

Our Living Skills kitchen has been undergoing a makeover in recent weeks. We are all very excited and I will provide you with an update and further details about the official opening once work is complete.

ECO SCHOOLS GRANT UPDATE

In 2013 Minerva applied for and was successful in receiving a grant in 2014 from the Environmental Trust NSW. This grant was used to help implement programs in the Sensory Garden. As part of the conditions of the grant we were asked to prepare a report on the project outcomes. The Environmental Trust was so pleased with the report prepared by Miss Carolyn that they have requested it to be included on their website as a valuable resource for other schools to use. Well done Miss Carolyn.

PAST STUDENTS

It is always a pleasure to have ex-students pop in for a visit. We were very pleased to receive a visit from one of our ex students, Annaleise. Annaleise is now working at Victoria Park Pool in the city 2 days a week performing administration duties. Annaleise graduated from Minerva in 2012 and was part of the Post School Nova Transition/Employment Program. We are all very proud of Annaleise.

Regards

Fiona Young, PRINCIPAL

MINERVA'S POSITIVE BEHAVIOUR REWARD SYSTEM

CONGRATULATIONS to the following students who have received the following awards during the months of April and May -

Principal's Medallion

David, Luke B and Chris

Excellence Awards

Mikayla, David, Ethan

The following students had earned enough stickers to choose from Mrs Young's Prize Cabinet

Mikayla
Corey
Dante



Keep up the good work!

Fiona Young
Principal



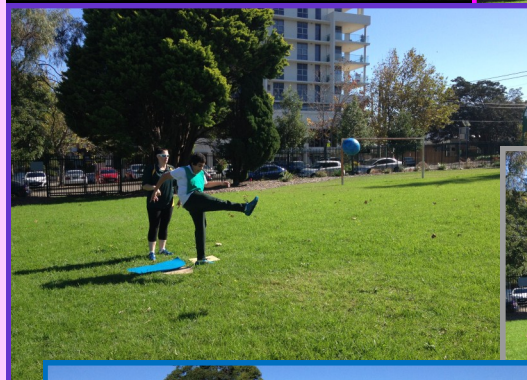
Happy Birthday to the following students for the months of April and May

Cooper
Ronan
Jack O'L
Adam
Luke B
Luke D

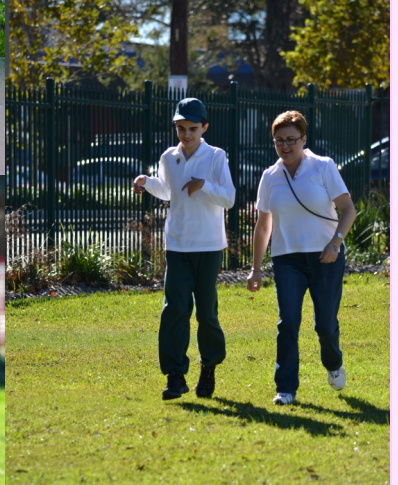
STAFF vs STUDENTS SOCCER SOFTBALL

On Wednesday 6th May, staff and students were prepared to go face to face on the field for Soccer Softball. A galant effort was put in by the staff but this was to no avail as the students were convincing winners with a score of 38-10. Great fun was had by all with the students' displaying great sportsmanship. We all look forward to the next match where staff will hopefully win the trophy back from the students.

Miss Nicole
Sports
Coordinator



CROSS COUNTRY RUN/WALK



SEMESTER ONE WORK EXPERIENCE

SYLVANVALE GARDEN HOUSE

Luke B, Sebi, Adam, Roland and James G busy doing gardening chores.



Michael H at **BUNNINGS CARINGBAH**



Ronan at **LARK ELLEN AGED CARE**



CIVIC Bailey, Alex, Anthony and Jake at Sutherland train station. The boys continue to develop independence with purchasing tickets as part of their Civic Lifestyles placement.



The boys put on their safety vests and are ready to start

Peter and Mitchell sign on for work.



Class L using their muscles during sport lessons with Miss Margot. Miss Margot has been completing her university practicum with the class for the last four weeks. She will be very much missed by the students when she leaves.



This term **Class T** has been continuing looking at our community and environment, comparing and contrasting First Settlement Australia with the modern Australian community. We have also been concentrating on how to look after our physical environment and community. We have started growing our own classroom herbs and enjoy our Monday visits to the Sensory Garden where we look after our plant life and read our favourite books.

Our Class have also started the Premiers Reading Challenge, attempting to read as many books as we can from the School Library. Every Thursday some of our senior classes have been working hard with Civic Work Experience, participating and developing our skills in the work environment.



How much fruit and vegetables do children need?

It is recommended that adults eat at least 2 serves of fruit and 5 serves of vegetables each day. The minimum amount recommended for children (aged 10-14 years of age) is 2 'child-sized' serves of fruit and 4 'child-sized' serves of vegetables per day. A 'child-sized' serve is approximately half the adult serve as defined by the *Australian Guide to Healthy Eating*.

One 'child-sized' serve of fruit equals:

$\frac{1}{2}$ medium piece of fruit such as apple, banana, pear, orange

1 small piece of fruit such as an apricot or kiwi fruit

1 tablespoon sultanas

2 dried apricots

$\frac{1}{2}$ cup of canned fruit (in natural juice).

One 'child-sized' serve of vegetables equals:

$\frac{1}{4}$ cup of cooked vegetables

$\frac{1}{2}$ cup of salad vegetables

$\frac{1}{4}$ cup of legumes such as lentils, chickpeas or kidney beans.

The amount a child will eat at one time will vary depending on their age, appetite and activity levels. Older children may well be consuming more than 2 'child serves' of fruit and 4 'child serves' of vegetables.

For more information on fruit and vegetables including great recipe ideas, visit the Go for 2&5 website

www.gofor2and5.com.au

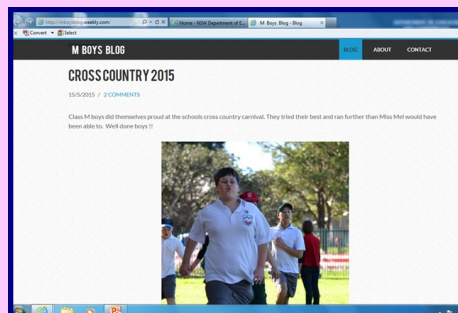


M Boys Blog

Check out our class blog at

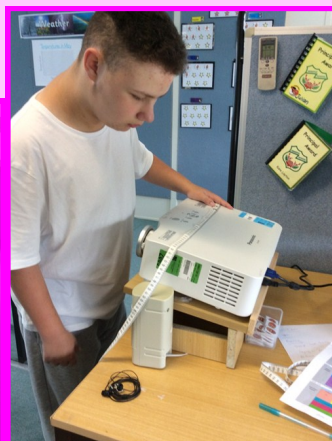
www.mboysblog.weebly.com.

The boys have had so much fun checking, updating and commenting on our class blog.



Measurement in Class M

Class M have been practising their measuring skills. Jartne measured the projector, Chris though the activity was easy and Ewan enjoyed the measuring activity. He had to think hard about place value and worked out that the table was 120cm long.



Class S have had a very busy term learning about the natural environment that we live in as well as looking at the Aboriginal Culture. We have been learning how the first people of Australia used to live as well as learning about Aboriginal art and dreamtime stories. Here we are hard at work.



Class S loves to relax together after a hard day on the books! Here we are reading and playing with our new ipads.



Kieran and Warwick enjoy lunch in the sensory garden

Joshua and Nicholas enjoy looking at the Autumn leaves.



CLASS R

David and Joshua take turns with the new Connect 4 game

Joshua won !





Class C have had fun making a mini greenhouse as part of their science program.
We are going to watch coriander and water cress grow



LIONESS CLUB OF THE SUTHERLAND SHIRE



Presents Circus Quirkus

District 201 N5 NSW Australia

ABN 27 844 652 260

President: Jenni Warren

Secretary: Marilyn Morrison

Project Office Contacts Ph: 1800 097 052, Fax: 1800 823 287 | P.O Box 3219, Kirrawee, NSW 2232

<http://www.circusquirkus.com.au/>

<http://www.sutherlandshirelions.org.au>



ATTENTION: Debra Hunt
COMPANY: Hunt G & P

DATE: 7th April 2015
FROM: Bernadine Thomas

Thank you for your interest in this year's Circus Quirkus, a family-orientated event with internationally renowned clowns, jugglers, acrobats and more. Often this is the only outing these families have to entertainment of this calibre.

This years' show is being held at the Sutherland Entertainment Centre where we hope to get close to 2,500 special needs and disadvantaged children along.

The Lioness Club of Sutherland Shire conducts its telesales campaign annually. The major portion of funds raised enable disadvantaged & disabled people to attend Circus Quirkus for an exciting, fun time. In 2015, the surplus funds raised will be used to assist those individuals and families affected by Motor Neurone Disease, as well as other local Lioness community projects.

Businesses have supported our telemarketing project for many years and are rewarded by the opportunity and the fun that their generous donations afford to those less fortunate. The Lioness Club of Sutherland Shire is very grateful to the many businesses and clubs that have donated in the years since 2002 when this project commenced.

Since 2002 over \$500,000 has been raised by the club and donated to a huge number of causes such as Assistance Dogs Australia, Camp Kookaburra, St George Hospital Cancer Lodge, the Lions Cord Blood Bank Project, Australia Lions Children's Mobility Foundation (Sydney), Children's Hospital Eye Clinic, Cystic Fibrosis, the Melanoma Foundation, Civic Disability Services, Cerebral Palsy Alliance, the Neonatal Nursery at the Sutherland Hospital, lifesaver and rescue helicopters, and (last year) Kookaburra Kids.

This year we are again reaching out to our business community and asking for your assistance by sponsoring a group of less fortunate, terminally ill, severely disabled or disadvantaged children from your local area to attend Circus Quirkus. The cost for a child and carer is only \$110, and we are hoping you will support our project with one of the following groups?

4 Showpasses = \$440 5 Showpasses = \$550 7 Showpasses = \$770

We are pleased to accept payment by EFT, credit card (below), or cheque (*cheques made payable to Lioness Club of the Sutherland Shire, posted to our PO Box above*). Please be sure to include your details with any payment so that we can send you your certificate of support.

Again our thanks for your support; your participation makes a difference in the lives of many families.

Bank Details: Lioness Club of the Sutherland Shire, BSB: 062 164 ACC: 28002683

Our Ref: BT070415

Please enter your credit card details below and fax 1800 143 304.



Credit Card Type:	Visa / MasterCard
Name on Card:	
Number on Card:	
Date of Expiry:	
Receipt Address:	
Sponsorship Amount	\$

No more than 80% of the funds will be used for the administration, marketing and production of the show. The balance will be retained for charitable purposes

If you are interested in donating, please contact the Lioness Club of Sutherland Shire or alternatively contact the school office for further details.



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 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.



**SENSORY SCREENING
FOR FAMILIES WITH SPECIAL NEEDS**



Sensory Movie Day is an inclusive monthly event for families with special needs or sensory processing disorders.

Children are free to roam around the cinema, flap or stim, talk and generally be themselves. This is a non-judgmental session and there is no need for families to feel uncomfortable. Lighting stays on dim (not dark) and sound is lowered. Fire exit doors are monitored by volunteers for those escape artists.

Tickets: \$8 each (You will need a membership card to purchase tickets at the cinema, but these are available in the foyer on the day). Children 2 years and under are free. Companion ID cards accepted.

Cronulla Cinemas 2 - 6 Cronulla St, Cronulla NSW 2230
sensorymovieday.cronulla@hotmail.com
<https://www.facebook.com/SensoryMovieDayCronulla>




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The Cronulla movies are screened at Cronulla Cinemas, 2 - 6 Cronulla St, Cronulla NSW 2230. Movies start at 11am, but there will be free entertainment, such as face painting and balloon sculpting, in the foyer beforehand (from 10am).

For more details, visit <https://www.facebook.com/SensoryMovieDayCronulla> or contact me at sensorymovieday.cronulla@hotmail.com

Dear Parents/Carers

To help increase awareness of mental health services, resources and programs within Sutherland Shire, a Mental Well-Being Initiatives webpage has been created:

<http://gymeacommunityaid.org.au/community-developmenthealthy-minds/>

Any questions, feel free to contact me.

Regards

Rosanna Commisso

Community Development Service Manager

Working Days: Mon, Wed, Fri

GyMEA Community Aid and Information Service Inc.

39 GyMEA Bay Rd, GyMEA NSW 2227

Opening Hours: 9.30am-4pm: Monday - Friday

Phone: 9524 9559 Fax: 9524 1179

www.gymeacommunityaid.org.au

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.



Autism Community Network



A COMMUNITY OF SUPPORT FOR AUTISM

- ✓ Free support groups for parents and carers
- ✓ Social groups to help children with an ASD and their siblings
- ✓ Connecting families with similar interests or situations
- ✓ A regular newsletter and a website to provide information and options

Tel: (02) 9584 0073 | 0431 724 229
5/154 Broadarrow Rd Riverwood NSW
PO Box 188 Riverwood NSW 2210
info@autismcommunity.org.au
www.autismcommunity.org.au
ABN: 64 103 662 535

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

CLUB PROJECTS



ABOVE: Members and friends of the Rotary Club of Como Jannali, NSW, picked up their knitting needles to produce 70 blankets for the Wrap With Love project. LEFT: Kids in Africa sleep warm at night thanks to Wrap With Love.



Spreading the love – one SQUARE at a time

THE ROTARY CLUB of Como Jannali, NSW, has garnered the help of members and friends to knit and crochet thousands of squares to produce colourful blankets for the Wrap With Love organisation.

With the assistance of family, friends, a local school, members of the Probus club and Golf club, the Rotary club was able to supply 70 completed blankets last year and the tally this year should exceed that number.

Wrap With Love is a volunteer organisation and has distributed blankets within Australia and to over 75 countries. They distribute to countries all over the world, particularly countries that have suffered from natural disasters and civil unrest.

Founded by the late Sonia Gidley-King OAM in 1992, the idea has gained considerable momentum, with over

30,000 volunteers around the country knitting and sewing constantly. Over 255,000 wraps have now been shipped all over Australia and around the globe.

Past President of the Rotary Club of Como Jannali Diane Curtis gathers the knitted and crocheted squares and regularly holds sewing days where 28 squares are sewn together to make beautiful, warm blankets. Diane delivers the completed blankets to volunteers at the Wrap With Love warehouse in Alexandria where the blankets are sorted to be deployed to areas where the need arises.

Club President Lyn Bates says the blankets represent the coming together of so many people in the community united in their efforts to provide warmth to those in need.

Your Community. Your Banner

We are proudly licenced to print and manufacture for Rotary in Australia, New Zealand & Papua New Guinea and have been supporting the Rotary community for over 30 years.

Friendship Banners - Vinyl Banners
Table Cloths - Bow & Teardrop Banners
Pennants & Ribbons - Stickers & Posters



Free Call 1800 686 858
info@screengraphics.com.au
www.screengraphics.com.au

Screengraphics
Flags and Printing

Parents As Career Transition Support



Careers and Transition Workshop for Parents of Young People with a Disability

Learn about the career options for your teenager
Help them choose subjects for Year 9 and beyond
Learn how to help them if they –

- Decide not to stay at school, TAFE, University or in employment
- Have difficulty getting a job
- Don't get into University or TAFE
- Want to learn about Apprenticeships, traineeships, the Job Services Australia system, Disability Employment Services, VET, TAFE, University and employment pathways.



Learning Without Limits, in partnership with NDCO, Sutherland Dyslexia Support Group and Southern Sydney BEN is running a workshop for parents called PACTS (Parents as Career Transition Support). This PACTS workshop is specifically developed for parents of secondary school students with disabilities (Years 7 – 12) to bring them up to date with current career transition information.

Monday 15th June 2015 7.00pm – 9.00pm

**Venue: Southern Sydney Business Education Network
Sutherland Public School Cnr of President Ave and Eton St, Sutherland
Cost: FREE**

**Workshop is limited to 15 parents so registration is essential
To register contact Paula Goulden, Sutherland Dyslexia Support Group
on 9528 4638 or by email psgoulden@tpg.com.au**

'The PACTS workshops have really helped us to learn about all the other options and to keep exploring, don't just give up', Parents of Year 9 student

'It's just blown my mind how much information there is. Things are so different to when I left school'. Parent of Year 8 and Year 10 students

"The workshops were very relaxed and lots of fun, and we learnt so much". Parents of Year 8 student

