



Learning for Life

MINERVA SCHOOL

NEWSLETTER

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Donations to Minerva School are now tax deductible.

DATES TO REMEMBER

TERM 4 2016

NOVEMBER YEAR 12

FORMAL

Thursday 24th
At Club on East

PRESENTATION DAY

Wednesday 30th

DECEMBER LAST DAY OF TERM 4 FOR STAFF AND STUDENTS

Friday 16th

TERM 1 2017

JANUARY FIRST DAY OF TERM 1 FOR STUDENTS

Monday 30th

Official Opening of the new Parent Resource Room

As a direct result of the Kids Matters Parent Survey, the Minerva Mind Matters Team has established a Parent Resource Room to support Parents in accessing relevant and worthwhile information on mental health and appropriate supports. The official opening was well supported with parents supportive of the initiative stating it will be of benefit to many families. The parent resource room will be accessible on Fridays from 1.30 to 2.30pm weekly, all parents are welcome to just pop in. The resources will be reviewed periodically and updated with worthy additions. We will be seeking feedback and suggestions towards the end of year.

Russell Hely **Mind Matters Coordinator**



PRINCIPAL'S MESSAGE

Dear Parents & Carers,

The start of Term 4 was marked by our transition to Learning Management & Business Reform (LMBR), a huge and daunting change for a number of local schools who adopted the new financial, student administration and learning management systems. After a long period of preparation and trainings, we have made the leap successfully thanks to Trish and Mel - our amazing School Administration team - with any ripples barely felt for most across the day-to-day running of the school. Well done Team and thanks to everyone for your patience and understanding as we continue to iron out any minor wrinkles during this time of significant state-wide reform.

With the term now well underway, we are counting down to a couple of big dates in the Minerva School calendar:

- the Year 12 Formal where we thank and farewell our departing year 12 students, and
- Presentation Day, where we recognise the achievements and contributions of our whole school community.

Term 4 has also been a fun and active period to date, with students participating in Sailability, Rugby League coaching clinics and a Surf Awareness program for our senior students. We have been lucky with great weather so far!

Our PBL and Mind Matters Teams are continuing to stay busy, planning ahead into 2017 and recently opening our Parent Resource Room. This initiative was the result of consultation with our parents and school community and we are grateful to everyone who was able to attend the opening last week.

Finally, thanks to all for your support during Term 4. Sara Swift will be returning in Week 9 to see the year out.

Travis Baird
Relieving Principal



HALLOWEEN DISCO



Safety

Caring

Learning

The SRC's "Good Choice of The Week" has included:

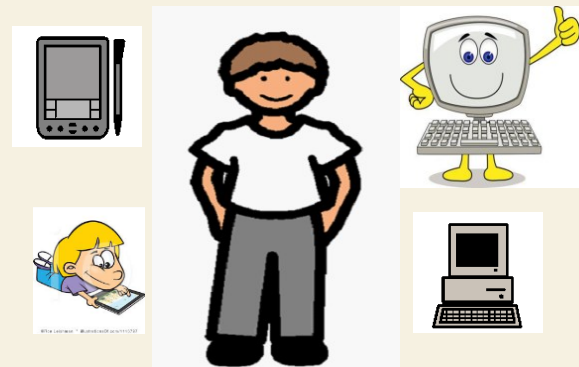
- 'follow staff instructions'
- 'use computer appropriately'
- 'share and take turns' and
- 'Let others learn'.

Students have been working hard to learn exactly what it means be a safe and caring learner and earning lots of dojo points and rewards for their efforts. Families could reinforce what students have learned by talking about these 'Good Choices ' at home.

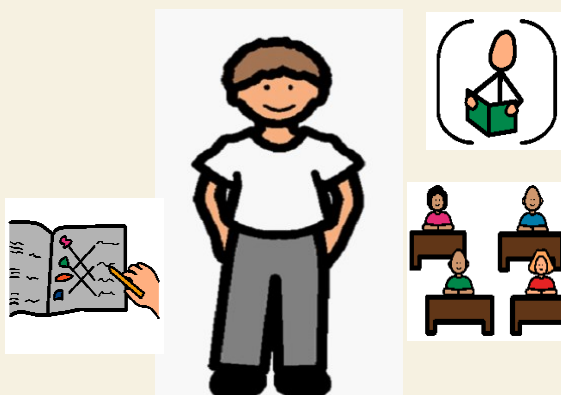
Follow staff instructions



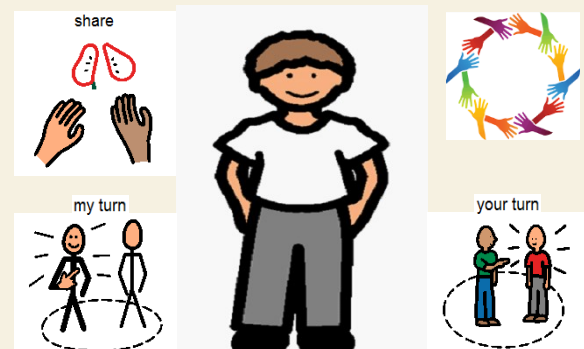
Use computers appropriately



Let others learn



Share and take turns



A week in the life of **Class Eucalyptus**



Charlton engaged in his literacy and communication activities

Joshua and Daylan enjoy making a healthy fresh strawberry smoothie.



Here is Sam painting a cylinder tube and transforming a cylinder tube into a didgeridoo.

Here is Dante spinning around the hall on a scooter board developing his core strength and balance.





SAILING

We would like to thank the wonderful people at Kogarah Bay Sailing Club who volunteer their time every year to provide such a wonderful opportunity for our students.



From the producer of the Lion king and Mary Poppins, the beloved story of Aladdin comes to thrilling theatrical life in this bold new musical comedy.

Tickets to the Sydney Autism friendly performance are on sale now for Saturday 4th March 2017, 1:30pm.

Go to ticketmaster.com for further information.

BOTTLE BRUSH CLASS

Class Bottlebrush enjoys PDHPE lessons every Monday with Miss Margot. We have been learning different ways to keep fit and healthy by playing team sports, bouncing on the trampoline and using equipment to balance and bounce.



Happy Birthday

to the following students for the month of November. Flynn, Perry, Bailey, Alex and Ethan



SURF AWARENESS

The senior students are currently taking part in a Surf Awareness program at Cronulla Beach. The program runs for several weeks and provides valuable education, awareness and skills. More pictures to follow in the next newsletter.



Summer Drinks

With the hot summer weather already beginning, it's important to make sure our students are keeping hydrated during the day.

But children need help to make good choices about healthy drinks.

Energy drinks (such as V or Mother), **soft drinks** (such as Coke or Fanta) and **sports drinks** (such as Gatorade, Powerade etc) are high in sugar and associated with increased energy intake, and in turn, weight gain and obesity.

It is well established that obesity is a leading risk factor for type 2 diabetes, cardiovascular disease and some cancers.

There is also evidence that students with high sugar intake may also have greater difficulty concentrating, learning and remembering.

We are asking our students, with assistance from parents and carers, to rethink their sugary drink consumption and switch instead to water, reduced-fat milk or unsweetened drink options.

Go to www.rethinksugarydrink.org.au for more information.

Drink Type

Teaspoons of Sugar

Soft drink 600ml bottle	16 tspns (64g)
Soft drink 375ml can	10 tspns (40g)
Sports drink 600ml bottle	9 tspns (36g)
Vitamin/Mineral-style water 600ml	7 tspns (29g)
Fruit drink 250ml 'popper'	6 $\frac{1}{2}$ tspns (26g)
Energy drink 250ml	6 tspns (27g)
Cordial 250ml cup	6 tspns (23g)



my **choice** matters
NSW Consumer Development Fund

Living Life
My Way



Thinking about a good life

- **Hear** about the NDIS and what it will mean for you
- **Talk** about planning and things to consider in your life
- **See** what some people are already doing

Cronulla Workshop
Thursday 17 November
10.00am – 2.30pm
Cronulla Central Hall 1
38-60 Croydon Street,
Cronulla NSW 2230



To Register



1800 144 653



info@mychoicematters.org.au



www.mychoicematters.org.au

Lunch will be provided. Workshops are fully accessible.

For people with disability, their families and carers. Registration essential.
Get in touch if you have any support or dietary needs.

Find out more www.mychoicematters.org.au

Class Wattle has had the opportunity to learn new skills while participating in an NRL clinic. They practiced kicking and passing drills. Class Wattle along with **Class Banksia** has been participating in a Surf awareness program at South Cronulla beach.



Class Waratah have been developing their living skills during cooking lessons. The students are being taught food preparation skills. They discuss safety and hygiene in the kitchen and are expected to clean their utensils and work space after use. Class Waratah loved drinking their cold-pressed juices





Black Dog Institute

Presentation: Navigating Teen Depression



20% of teens will endure teen depression before they become adults.

Everyone at some moment in their life will experience depression.

Tuesday 11th October 2016
10.00am-11am

Guest Speaker from the Black Dog Institute speaking from experience.

Menai Community Centre
34-40 Allison Crescent
Menai NSW 2234
RSVP: 1300 327 434 by 10th Oct 2016




The Australian parenting website

Children's brains have a massive growth spurt when they're very young. By the time they're six, their brains are already about 90-95% of adult size. But the brain still needs a lot of remodelling before it can function as an adult brain. How teenagers spend their time is crucial to brain development. So it's worth thinking about the range of activities and experiences your child is into - music, sports, study, languages, video games. How are these shaping the sort of brain your child takes into adulthood? This website has a lot of information out how children's brains develop, what behaviours are typical for teenagers and helpful advice about strategies to encourage good behaviour and promoting thinking skills.

http://m.raisingchildren.net.au/articles/brain_development_teenagers.html



NRL COACHING CLINIC



SAILING



