

# HRCS Happenings



Term 3, Week 3

9 August 2019

17 Melaleuca Drive Metford NSW, 2323



Phone: (02) 4933 5844

Fax: (02) 4933 5557

**Principal: Tracey Rapson** Assistant Principals: Amanda Worton - John Winters - Natasha Brown/Jackie Bright

## Principal's Message

Dear families and friends

Welcome to Education Week!

**Donations:** We are always humbled by the generosity of individuals and businesses who have donated money to our school. Last week I was honoured to accept a donation from Odette and Manning Mury. These two young entrepreneurs got 'bored' in the school holidays and decided to hold a car wash. After a day of 'keeping busy' they had raised \$40. They made the decision to donate the money to our school, as their brother attends here, so that the other students could "have fun". Thank you Odette and Manning - you are amazing!

This week we also received a generous donation of baby wipes from the Twaddell family. Debbie and Rob donated boxes of wipes to the school, and they have been divided up between all of the classes. Thank you Twaddells - you are fabulous!

**Education Week:** Education Week provides an opportunity to recognise the wonderful work that is happening in schools, and to celebrate the amazing achievements of all students. The theme of this year's Education Week is Every Student Every Voice, which is a motto we certainly strive to uphold. Whilst HRCS is holding our Education Week activities on Friday 23 August, this week we have all been excited to share in state wide celebrations.

**Recipe Book:** One of our Senior Work Education Programs for the latter half of this year is to produce a Hunter River Community School Recipe Book. We are looking for your assistance to provide 'favourite recipes' in a variety of categories including:

If you have a recipe that you would like to contribute, please send in. We would like your recipes to have the following features:

Starter	Main	Desserts	Vegan	Gluten Free	Fussy/Finicky Eaters
---------	------	----------	-------	-------------	----------------------

- ♦ Typed or clearly handwritten - there is a big difference between a tablespoon (tbsp.) and a teaspoon (tsp.)
- ♦ Recipes can be sent by the following:
- ♦ Email: [hunterrivc-s.school@det.nsw.edu.au](mailto:hunterrivc-s.school@det.nsw.edu.au)
- ♦ Faxed to 4933 5557
- ♦ Sent via the communication book (on a separate piece of paper)

We look forward to all of your wonderful contributions. If you have questions, please don't hesitate to contact the school.

**NAIDOC Day:** Everyone is very excited about our NAIDOC Day celebrations which are being held next Wednesday 14 August 2019.

## Dates For Diaries

2019

<b>**Monday 12 August**</b> Parent Chat @10am
<b>Wednesday 21 August</b> P&C Meeting @6pm
<b>**Thursday 22 August **</b> K-6 Movie Night
<b>**Friday 23 August **</b> Education Week—Book Parade & Tabloid Sports Day
<b>**Friday 30 August**</b> 7-12 Movie Night
<b>Wednesday 4 September</b> Year 7 & 10 Vaccinations
<b>**Friday 20 September **</b> World—Games Sports Carnival
<b>** Friday 27 September **</b> Footy Colours Day
<b>Friday 27 September</b> End of Term 3 2019
<b>Monday 14 October</b> Staff & Students for Term 4 2019
<b>Monday 28-Thursday 31 October</b> Senior 4 day Camp
<b>**Monday 4 November**</b> Halloween Disco
<b>Friday 6 December</b> Year 12 Formal
<b>Wednesday 11 December</b> Presentation Day
<b>Wednesday 18 December</b> Year 12 Day
<b>Wednesday 18 December</b> Last day of Term 4 for Students

**We are Safe - We Learn - We Care**



Our Aboriginal Education Committee have coordinated a day of fun filled activities that include traditional sports, food tasting, and music and dancing. We hope that you will be able to join us next Wednesday! If you have any questions or queries about the day, please do not hesitate to contact the school.

**My Community Grants:** As you may be aware, our P&C have submitted a submission for an electronic school noticeboard through the NSW My Community Grants. Successful applications will be determined by the number of votes for the project. Voting online can be somewhat complicated: to assist our families and friends to register their vote, we will have a computer in the front office available. Members of the admin team will be able to assist anyone who would like to vote. If you would like to register your vote for our proposal, please pop into school and let us help you. The link for those wanting to vote at home is <https://www.nsw.gov.au/improving-nsw/projects-and-initiatives/my-community-project/>

Thank you for your assistance in voting for our application!

**Thank you:** We would like to sincerely thank Dungog Primary School for their kind donation of several computer monitors. Sometimes, our monitors do not always make it through the week, and we are always looking for replacement screens. Dungog Primary recently updated all their technology and were kind enough to rehome their older models. Thank you DPS, we are certainly grateful for your gesture!

**Parent Chat:** Our Parent Chat forum provides a platform for families and friends to connect, share stories, ideas and troubleshoot problems. Our next session is Monday 12 August commencing at 10:00am. After a sharing session, P&C President Kiley McDonald will be talking about the P&C, its role and future projections. We hope you can join us for a cuppa and chat! For more details, please contact the school.

**Voluntary Contributions:** Semester 2 family voluntary contributions are now being accepted. Our contributions are \$25 per semester or \$50 per year. All money received from this scheme is tagged to purchase specialised sensory equipment for our students. Payments can be made through the office or via P.O.P. Please do not hesitate to contact the school if you would like to discuss this matter further.

**Pride Work Education:** Our PRIDE (Personalised Retail Independent Development Experience) Program aims to provide our senior students with an opportunity to develop skills that will promote independence. Hornbill Class have commenced a recycling program and are looking for items that can be redeemed at the Return and Earn Centres. If you are able to assist, all donations can be left at the school. If you know of a small business or organisation that may be interested in having our student come and collect their recyclable items, please contact the school. Thank you for your assistance.

I hope that everyone has a wonderful week and makes it through the anticipated severe weather event predicted for the weekend

**Kind Regards - Tracey**

**Wellbeing Quote:** "People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily".  
**Zig Ziglar**

## Student Leader Awards

**Captains Awards:** Today's Captain's Award was selected by Jacqueline and was awarded to Haysam for supporting peers and staff in daily cricket games.



**House Captain Awards:** Today's House Captain's

Award was selected by Brennan and was awarded to Haysam from Hyena Room for amazing running skills at Integration Program.



## Sign of the Week

**Word:** Thank

Move fingertips of  
open right hand  
forward from chin,  
once.



**Prefect Awards:** Our Prefect's Award for this week was selected by Adam and was awarded to Breanne from Toucan Room for lots of green choices.



## Browny's Blog

This week at shopping we focused on handling money. The students used the canteen money to pay for the shopping and they each had a turn of putting it into the cash register. We then, not only requested a milkshake using the PODD book, but also handed over money and waited for the change. There was a lot of eye contact and the students had great manners!! Well done guys!!



## August Birthdays

**Jesse B**  
2 August

**Seth**  
7 August

**Zac S-W**  
19 August

**Jonathon**  
25 August



## HRCS is Always So Busy





# **PBL Awards Term 3 Week 3**

## **25 Paws 50 Paws 75 Paws 100 Paws**

Jesse K Joshua Mattie Lochlin  
Sam Brielle Jack D Blake  
Seth Mitchell F  
Alivia  
Elsie

## **100% Attendance 2 August - 8 August**



Koby A
Jackson
Hayden
Jesse
Christopher
Liam
Mitchell
Chloe
Charleigh
Adam
Justin H
Alivia
Lochlin
Lewis
Joshua
Bevan
Jesse
Samuel
Blair
Emma
Luke
Emilia
Charles
Jonathon
Hayley
Lillian
Darcy
William S-G
Zachary T
Jacqueline
Braith
Koby









## 'Principal Leuca Awards'

**Adam**

**Darcy**

**Justin A**

**Zachary S-W**

## PBL Staff Awards Term 3 Week 3

### Teachers of the Week

Amy  
Gazelle Room

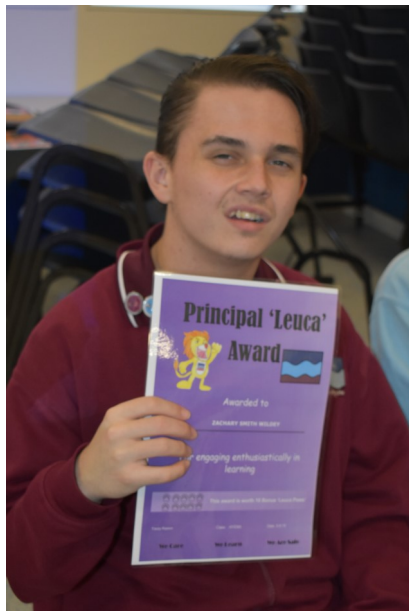
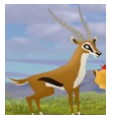


### Non-Teacher of the Week

### Top Playground of the Week Elephant

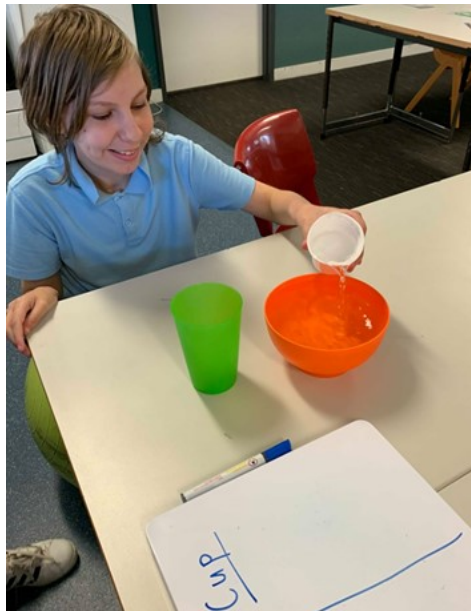


### Bottom Playground of the Week Gazelle (2 weeks in row, Congratulations Gazelle)





## Meerkat Room



This week in Room 3, Meerkats have kept busy by exploring volume and capacity in mathematics, balancing skills in PDHPE, writing our weekly book in English and finding cultural differences in musical instruments in Music.



**You are invited to attend**

# SELF-MANAGING your supports - NEWCASTLE

**A Workshop to achieve more Choice and Control**

**Are you thinking of Self-Managing your NDIS plan?**

**What is involved in Self-Management?**

**What are the benefits and challenges of Self-Managing?**

**How do I employ my own staff?**

**Topics:**

- Management options
- Setting up and using the My Place portal, organising supports, paying providers
- Direct employment or contractor - Working with service providers – increasing your Choice & Control
- Legal and taxation requirements, risk management



**When?** Wednesday 4<sup>th</sup> September, 2019  
9.30am - 12.00pm; Registration at 9.20am

**Where?** To be advised

**RSVP:** Please contact Brenda Melling on **0435 657 235**



Delivering the NDIS in your community

**You are invited to attend**

# Making the most of your NDIS Plan Funded Supports - NEWCASTLE

**A Workshop for Participants, Family and Carers**

**Have you received your approved plan?**

**Do you have some supports in place?**

**Do you want to know more about how your plan  
and your funding work?**

**How do I employ my own staff?**

**Topics:**

- Funding, budget categories and which supports you can purchase
- Working with service providers – increasing your skills and confidence
- Your consumer rights under the NDIS
- How to make a complaint
- Learning from, and connecting with others



**When?** Wednesday 11<sup>th</sup> September, 2019  
9.30am - 11.30am; Registration at 9.20am

**Where?** St Vincent de Paul, LAC Office  
1 Tudor Street, Newcastle West

**RSVP:** Please contact Jessica Edwards on 0435 963 303 or Dianne Lawrence on 0481 911 258

**You are invited to attend**

## LAC INFORMATION SESSION Access and Getting Started

**for individuals, family members and carers**

St Vincent de Paul works in partnership with the NDIS to provide the Local Area Coordination program.

The information session is an opportunity to see what we do and the support we provide.

### Topics

- Understanding the NDIS
- Accessing the scheme
- What the NDIS funds
- Getting Started with a new plan
- Choosing and setting up your supports
- Finding Mainstream and Community assistance

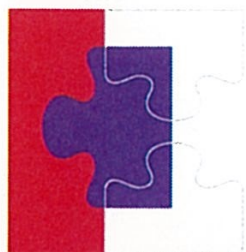


**When:** First Friday of every month  
9.30 am – 11.00 am

**When:** St Vincent de Paul LAC Office  
Level 4, 1 Tudor Street, Newcastle West

**RSVP:** Not necessary - but if you would like more information,  
please contact Brenda Melling on 0435 657235





# Strive

For Autism Inc.

Families Supporting Families Coping with Autism



## Tim & Judy Sharp

The internationally recognised artist and animator; Tim Sharp, and his mother; Judy Sharp, join us to share their inspiring family story, encapsulating Judy's incredible experiences escaping from a domestic abuse situation to go on to raise her two wonderful sons; Tim and Sam, and Tim's journey on the spectrum and his many achievements to date.

As a young boy, Tim was unable to communicate and seemed isolated in his own world. Judy, wanting the best for her son, expresses their struggle and her desire to connect. Depicting how their lives changed for the better, the day Tim picked up a pencil and began to draw.

Through Judy's immense love and dedication - "where there is a will, there IS a way" we see the amazing outcomes of focussing on Tim's abilities opposed to disabilities. Judy shares how they discovered Tim's love of drawing and incredible talents as an Artist, with his super hero creation "Laser Beak Man"; a cartoon character from his imagination.

Tim began to share his creation and artworks with the world in 1991. His work was recognised with a nomination for Young Australian of the Year in 2005 and in 2010, "Laser Beak Man" was made into an animated series which has been seen in Australia and overseas, with many of Tim's artworks selling worldwide.

Well known for their work in helping to advance people's understanding of the lives of those on the Spectrum, and having spoken at numerous conferences including twice at the Sydney Opera House. Tim and Judy's talk will provide real life examples of the difficulties faced by those on the Autism Spectrum and the importance of using individual strengths, tailored strategies to achieve life goals and exploring the possibilities.



## Dr Lee Sturgeon

Dr Lee Sturgeon is a Consultant Senior Clinical and Developmental Psychologist. He has specialized in the assessment and treatment of children, adolescents and adults with Autism Spectrum Disorders (ASD) and other developmental disorders for over 25 years. He has reviewed approximately 2300 clients and their families over this time.

Lee has completed a doctorate in Clinical Psychology. He has a private practice for 15 years with a focus on ASD and developmental disorders in children and adolescents. Prior to this he worked for Hunter New England Health Service in a similar capacity.

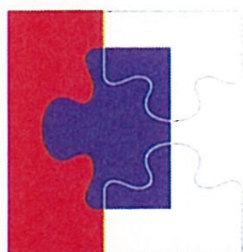
Lee is a proud Ambassador for Strive for Autism and lectures widely across Australia and conducts regular educational seminars specialising in the provision of practical behavioural interventions. His extensive experience in working with individuals on the Spectrum has lead him to develop some keen insights into the challenges these individuals may face in navigating and interacting with the world. Lee's presentation will focus on understanding what Autism is and identifying the main issues associated with it. He will also provide some guidance on the strategies that can be used to address these issues and to capitalize on the strengths that are often found associated with Autism.

**"Pun for Fun"**  
Art Competition!



Great prizes to be won sponsored by 'The Sensory Clinic Maitland'  
Refer to website for more details [www.striveforautism.org.au](http://www.striveforautism.org.au)  
Artwork will be on display at the seminar and winners will be announced





# Strive

For Autism Inc.

Families Supporting Families Coping with Autism

## SEMINAR

### Autism - Exploring the Possibilities

featuring

**Tim Sharp & Judy Sharp**

Laser Beak Man

Tim Sharp is a young man on the spectrum who is an artist, animator and the creator of Laser Beak Man. He and his mother; Judy Sharp; a passionate speaker and strong Autism advocates, travel the world sharing their story and the pathways that lead to Tim finding his passion and how they continue to raise Autism awareness and share his talent with the world.

**Dr Lee Sturgeon**

Consultant Senior Clinical & Development Psychologist

D. Psyc(Clinical), M.A.P.S., M.C.C.Ps

Lee specialises in the assessment and treatment of children and adolescents with Autism disorders (ASD) and development disorders for over 25 years.

#### Providing you with a unique insight into the world of Autism

With Tim & Judy Sharp's personal perspectives and firsthand experience coping with Autism and our proud Ambassador for Strive For Autism; Dr Lee Sturgeon's wealth of experience gained over years of operating a professional practice. The "Autism - Exploring the possibilities" seminar will provide you with an unique insight into the world of Autism and is tailored for GP's, Specialist, Nurses, Principals, Teachers, SLCO, Parents, Carers & Community Members alike.

**When:** Tuesday 10<sup>th</sup> September 2019

**Time:** 6:00pm - 9.00pm

**Venue:** Cessnock Performing Arts Centre  
198 Vincent Street, Cessnock

**Cost:** \$25.00

**Tickets By:** 198 Vincent Street, Cessnock (02) 4993 4266  
Box office [www.cessnockperformingartscentre.com.au](http://www.cessnockperformingartscentre.com.au)

**Entertainment:** Sophie Kerslake

**For further information:** Contact Maxine Baird - President on 0419 913 033



**Autism - Exploring the Possibilities will contribute 2 hours of QTC Registered PD addressing 6.2.2 from the Australian Professional Standards for Teachers towards maintaining Proficient Teacher Accreditation in NSW.**

[info@striveforautism.org.au](mailto:info@striveforautism.org.au) [www.striveforautism.org.au](http://www.striveforautism.org.au)

Postal Address: 101 Vincent St, Cessnock NSW 2325





Find us on Facebook

# Le Tour de Glen William

25th August 2019



## 6th Annual Bike Ride

Bike Rides - 26km & 10km  
with Rest Stops & Free Refreshments

Market Stalls

Family Entertainment

Free Face Painting

Fabulous Food

Free Jumping Castle

9am to 2pm

Glen William Public School

717 Glen William Rd, Glen William

Get on your bike!







# PUN FOR FUN

## Art Competition!



*Are you a Primary School Student?*

**CREATE A PIECE OF ART THAT TELLS A FUNNY JOKE!**

*& you could win up to \$250 RIOT! art supplies vouchers for your school or homeschool group.*

**JUDGES:** **TIM & JUDY SHARP**  
**'LASER BEAK MAN'**  
**WILL BE CHOOSING**  
**THEIR 3 FAVOURITE**  
**ARTWORKS TO WIN**



**WINNING PRIZES:**  
**DONATED BY 'THE SENSORY CLINIC'**  
**1ST \$250**  
**2ND \$150**  
**3RD \$100**  
**RIOT!**  
**ART & CRAFT**  
**GIFT VOUCHERS**

Gift vouchers will be allocated to the winning student's school to the value of the prize. Prizes are not redeemable for cash.

## SUBMIT YOUR ARTWORK

to 'The Sensory Clinic' Maitland or 'Baird Real Estate' Cessnock by 2nd of September 2019.

One entry per student. Each entry needs to be A4 size & have your Name, Age, School & Phone Number clearly written on the back.

The winning entries will be picked on the 10/9/2019 and will be on display at the Strive For Autism 'Autism - Exploring the possibilities' seminar at Cessnock Performing Arts Centre on 10/9/2019.

For more information about the 'Pun For Fun' Art Competition including full terms & conditions visit: [www.striveforautism.org.au](http://www.striveforautism.org.au)



**Strive**  
For Autism Inc.  
Families Supporting Families Coping with Autism

[STRIVEFORAUTISM.ORG.AU](http://STRIVEFORAUTISM.ORG.AU)



**THE SENSORY CLINIC**  
**220 HIGH STREET**  
**MAITLAND NSW 2320**  
**(02) 4933 9986**

the sensory CLINIC

**BAIRD**  
**REAL ESTATE**

**101 VINCENT STREET**  
**CESSNOCK NSW 2325**