Hi Families,

Work continues at a steady rate on our building project. It has been most exciting to see surveyors parading around our school with their tripods and high visibility clothing. Our dream finally looks set to become a reality.

Architectural drawings are now on display in the front foyer of the school. These drawings illustrate what the school will look like after our current scope of works has been completed. We have also included in our display illustrations of our grand master plan for the school.

It is necessary to have a long term vision for our school so we can be strategic when planning future construction. Too often in the community we see good well maintained buildings, some relatively new, pulled down because of poor foresight and strategic planning. We are determined for this not to be the case at Frankston SDS. I invite you next time you are in the school to have a look at the drawings. We will welcome your feedback both positive and critical.

I have been alarmed recently by the number of concerning incidences involving the inappropriate use of social media and technology by our students, outside of school hours. The introduction of technology to our students, particularly through the iPad program, has greatly enhanced learning opportunities for our students. It is fantastic to see students using written text to communicate with each other.

A key component of the I Can Be Safe program is to teach our students to use technology effectively and more importantly appropriately. We will continue to reinforce to our students that messages and visuals of a sexual nature are not only against our school rules but against the law. We would appreciate your support by monitoring your child’s use of technology at home. I understand this issue spans far wider than Frankston SDS but I am particularly concerned about the vulnerability of our students if we do not teach them the necessary skills to use technology appropriately.

Thank you for your participation in the recent Student Support Group Meetings that have been happening in the school. I have been fortunate to sit in on some of them where I could and I was impressed by the level of understanding displayed by both parties. It is essential for the development of our students that home and school are working together. There is no one who knows a child as well as their family and we appreciate advice and strategies you may have to enable us to better connect with your child.

Our junior school students are participating in the Specialist Schools’ music festival in the next fortnight. This event, always a favourite with our families, will be held at the Kingston Town Hall and showcases talent from across a number of Specialist schools in Melbourne. I encourage you to get along to this event if you are available. It will be a highlight of our junior students’ school year.

Have a great weekend!

Scott Tucker
Principal

DATES TO REMEMBER

Friday 14th August  
Curriculum Day (Student free day)
Friday 18th September  
Last day Term 3
COFFEE CLUB
All Parents and Carers are welcome to come along to enjoy a cuppa, a chat and a laugh with other parents and carers from FSDS.

Every Tuesday in the Conference Room 9.30—11.30am.

FREE DENTAL CHECK UP AND TREATMENT FOR STUDENTS
Dental Health Services Victoria’s School Based, Special Services Dental Van is arriving at Naranga School in August 2015.
During their stay at Naranga, their services have also been offered to the students at Frankston SDS.
If you choose to utilise this service, the students will need a parent/carer to take them to their appointment at Naranga School.
The Dental Van will remain at Naranga School for a number of months, even working during the school holidays.
If you would like your child to have a free dental check up, please collect a form from the office at FSDS and return it here by Friday August 21st.
Dental treatment in the dental van is free of charge.

HAPPY BIRTHDAY TO THE FOLLOWING STUDENTS
24th July Chris Schraag
31st July Emily Mills

SCHOOL BANKING DAY REMINDER
Don’t forget that Thursday is School Banking Day and this is the day students should bring in their weekly deposit.
You can get involved by opening a Commonwealth Bank Youthsaver account at any Commonwealth branch or getting the appropriate paperwork from the school.
To encourage regular saving, the program offers an exciting Rewards Program.

PARENT AND CARER MEDITATION
Take some time out for yourself and come along to our weekly meditation group to help increase feelings of calm and inner peace.

Every Friday in the Library from 9.30—10.00am. Please contact Patrycia if you require more details.

PRINCIPAL’S AWARDS
The Principal’s Awards are awarded to students according to Our School Values. These awards are given out at the fortnightly assemblies throughout the year.

CARING— for others in our classroom, school and the wider community.
Mitchell O’Donnell Amy Naughton Tim Nelson

RESPECT—for yourself and others, being kind, and learning our school rules.

SHARING—with others, taking turns and working with others.

INDIVIDUALITY—being the best you can and doing the best you can.
Thyvia Srikanthan John Ah Fa Emily Mills
Brittney Rolleston Brodie Moore Teagan Daniels
Helping Students with Autism: Toilet Training

Sue Larkey, in “Making it a Success” with autism has many tips for managing behaviour at school and home.
Children need toileting routines, as they don’t notice they need the toilet until there bladder is full, when it is often too late!
Here are Sue’s 10 top tips for toilet training:

- **Avoid potties!** Children with autism (and intellectual disabilities) often have trouble generalising and the last thing you want is to carry their potty with you wherever you go.
- **Visuals are very important.** Make up some visuals to help the child understand the process and provide a prompt (we can help you with these at school).
- **Prepare lots of fun activities.** Making going to the toilet fun takes the pressure off and makes it a motivating place to go.
- **Rewards are one of the most important elements of toilet training.** Children need a motivator as it is just too easy to go in their nappy. Rewards need to be instant and powerful. Reward immediately and reward every time.
- **Base yourself in or right next to the toilet for the first few days of toilet training.** Have as many home comforts in the toilet to make the child feel relaxed.
- **Remove nappies.** Once you start toilet training do not let the child put on any form of nappy until they go to bed at night. If you let them wear them during the day at all they will learn to hold on until they are in their nappy.
- **Toilet time.** Put the child on the toilet every thirty minutes for 10 minutes at a time, increasing time between visits as they get the hang of it.
- **Teach the child the steps of toileting, including putting on underpants, flushing the toilet and washing hands.**
- **Some children may have sensory sensitivities related to toileting.** Sensory sensitivities need to be respected and worked on (again, we can help you with this at school).
- **Create good routines around toilet timing.** Have set times when the child must go to the toilet.

(Sue Larkey is a teacher who specialises in working with students with autism. [www.suelarkey.com](http://www.suelarkey.com))
FLEXIBLE AND COMPATIBLE GROUPS:

Our School Holiday Programs are open to clients between the ages of 7 and 18+ years with an intellectual, cognitive, physical, psychiatric and/or acquired disability.

- Juniors: 7 - 12 years
- Seniors: 13 - 17 years
- Adults: 18+ years

Age groupings are flexible and can be changed depending on needs requirements, or to take into account siblings and varying abilities.

All groups are carefully organised to match clients of like ability/disability to ensure compatibility.

Our model of staffing supports higher than recommended ratios to facilitate maximum benefits for all clients. Groups are kept small, usually 6 - 8 per group.

- 1:1, or max 1:2 staff ratios
- Small groups of typically 6 - 8

HOW TO BOOK:

Please call our friendly staff at St Mary’s to find out about upcoming holiday programs on offer. They will happily advise you of all details, costs involved and booking procedure should you wish to proceed.

St Mary’s can also advise you about Disability Funding options that may be available to you.

St Mary’s Health Services
Call 03 9773 8234. After Hours 0421 118 886
Email info@stmaryshealthservices.com.au
PO Box 5600 Mordialloc VIC 3195
ATRN 50 147 846 142
Web stmaryshealthservices.com.au

WHY CHOOSE ST MARY’S SCHOOL HOLIDAY PROGRAMS?

- Carefully picked 1 day programs that are engaging, wheelchair friendly, and offer MLAK Key access.
- Fun-filled indoor/outdoor activities that encourage hands on learning.
- Staff are police checked, reference checked, Disability Exclusion List checked and VWC checked.
- Small groups of 6-8 with staff/client ratio max. 1:2 clients, 1:1 if required.
- Scheduled pick ups and drop offs from families’ homes in the St Mary’s van or wheelchair buses when required.
- Always flexible with arrangements.
- Reliable, punctual staff who turn up when they say.
- Full activity report provided to parents/carers.
- Fully accredited organisation (JAS-ANZ) endorsed by the Victorian DHS.
- Provide families with suggestions of disability funding options available.

WIDE RANGE OF FUN ACTIVITIES INCLUDING:

We base our activities around fun, and only travel to destinations we know and have previously visited. We avoid destinations where long queues or lack of disability friendly facilities impact on our fun!

- Taskworks
- Luna Park
- Indoor Play Centres
- Tunza Fun
- Sailing
- Trout Farm
- Dinosaur Park
- Horse Riding
- Lysterfield Park
- Bowling
- Easter Egg Hunt
- Lunch out
- Rock Climbing
- Laser Tag
- Gumby Park
- Gravity Zone
- Movies
- Enchanted Maze
- ACMi Movies
- Sorrento Ferry
- Mini Golf
- Sand Castles
- Phillip Island
- Royal Melbourne Show
- Wonderland Fun Park
- Myuna Animal Farm
- Werribee Zoo
Benefits of eating fruits and vegetables

The Dietary Guidelines for Australians advises that the key to eating well is to enjoy a variety of nutritious foods from each of the five food groups.

Most Australians eat only about half the recommended amount of fruit and vegetables. You need to eat two serves of fruit and five serves of vegetables every day (one serve is roughly a handful of fruit or veg).

Fruits and vegetables have many benefits:
- Reduce your risk of getting some cancers
- Maintain a healthy weight
- Keep you regular
- Reduce your risk of cardiovascular conditions
- Lower your blood pressure
- Boost your immune system

Try the following to get more fruit and veg into your diet:
- Eat fruit as a healthy snack
- Add pieces of cut up fruit to your cereal
- Blend different fruits along with a little bit of water and yoghurt to make a fruit smoothie
- Use carrots, celery, capsicum or cucumber with dips instead of crackers
- Add canned lentils to a curry or even a spaghetti sauce
- Have a warm vegetable soup in winter
- Have a refreshing garden salad in summer

For more great ideas on how to get enough fruit and veg, visit www.gofor2and5.com.au.

Have you had your 2&5° today?
It’s easier than you think!
INFORMATION SESSION ON THE NATIONAL DISABILITY INSURANCE SCHEME

You are invited to attend an Information Session on the National Disability Insurance Scheme.

Currently the NDIS is operating in seven launch sites across Australia with the national rollout planned for this year. Karingal Southern Disability Services are offering information forums across the area to help parents, carers and the school community prepare for the upcoming transition, in order to make it as supportive and easy as possible.

Our school has booked the following time for the information session:
Date: Wednesday September 16th
Time: 1:00pm- 3:00pm (this will allow for question and answer time)
Location: School Hall

If you have any concerns please feel free to contact me.
Sincerely
Patrycia Podgorski
Welfare Officer