

Newcastle Middle School

Newsletter



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Term 1 - Week 6

Friday, 6th March, 2015



Principal's Message

COLES Donation - We were very fortunate to receive a cheque for \$3000 from COLES Express via Meghan Whittaker. Meghan participated in a volunteer program and through her efforts was awarded money and time to donate to charities, one of which was our school! Your support is greatly appreciated.

**Thank you Meghan and
Thank you COLES Express.**



It was with some sadness that we farewelled our valued School Administration Manager, Susan Horton as she begins her transition to retirement. Susan has been with Cameron Park / Newcastle Middle School for over 20 years and she will be greatly missed. On behalf of the school I would like to wish Susan and Noel all the very best as they enter into the next phase of their lives.

Susan was the consummate professional and dedicated to the students and families at school. I personally will miss her greatly but am also excited for her as she can now spend time travelling and spending time with her lovely family. We will be holding a formal retirement function later in the year.

**THANK YOU SUSAN and ALL THE VERY
BEST!**



Regards

**Belinda Ryan
Principal**

Diary Dates - Term 1

Week 8

Monday, March 16th

Year 7 Immunisations

Book Club Orders Due

Message from our Lead Principal - Mr Ian Hughes

Dear Parents and Carers,

This week both staff and Principals have been busy learning more about the National Disability Insurance Scheme and how their services interface with schools.

On Tuesday afternoon, staff from all schools met with representatives from Firstchance who are providing many services to younger students through NDIS packages, mainly at the Junior School. Yesterday Principals met with Sean Pearson, Educational Liaison Officer with the NDIS and Robert Goodman, Assistant Director, Disability, Learning and Support with the Department of Education and Communities to discuss the NDIS trial in the Hunter in order to learn from experiences and put some processes in place for the interface between schools and NDIS service providers.

The biggest lesson we have learned is the critical need for schools and parents to work together around the implementation of NDIS plans in an order to make collaborative, informed decisions around the most appropriate environment for the provision of therapy services.

Currently our three Newcastle Schools are receiving requests from over 85 service providers to access students during school time; as you could imagine this has the potential to be very disruptive to class routines and student learning. However, in saying this we are very supportive of students and families receiving the services they both need and deserve.

Could I ask all parents and carers to take a few minutes to discuss their plans with school staff over the coming weeks so we can work together to support students and families.

Regards

Ian Hughes

Leading Principal

Friends News

Easter Egg Raffle

We are planning another Easter Egg Hamper Raffle again this year!

This has been a great fundraiser for several years now due to the generosity of student families and staff with over 30 hampers usually to raffle.

Please look out for your Friends News Flyer that will go

home with students this week letting families know what our fundraising plans are for 2015.

We are so grateful to our families for their ongoing support and are looking forward to another year of fundraising to help fund valuable resources to purchase for our students and school.

Bus Levy

Due to increase in running costs for our school bus, it has been decided to increase the bus levy from \$3.00 to \$4.00 per student when going out of the school on excursions.

We hope that this causes no financial concerns to our families.

Membership

If any families would like to join the Friends committee please contact school and talk to Jenny Lewis.

Thanks again for your ongoing support.

Friends Committee

Office News

Immunisations

Immunisations are commencing on Monday, 16th March, forms were sent home today, please send them in with your child before this day.

Three doses of the vaccine are required for optimal protection. If your child misses out on the first dose/s they can start the course during the next visit.



Friends Charity Fundraising News Flyer for 2015



Dear Parents/Carers

We would like to let you know that we have planned some projects to help raise funds to purchase valuable resources for our school to help promote our students' educational and recreational programs.

- **Easter Egg Raffle** – will start next week 6 – staff and students are invited to send in chocolate Easter eggs or anything Easter related so that we can bundle up hampers to raffle – we have been running this for several years now and are always thrilled at the generosity and the quality of the hampers with usually over 25 prizes created. Raffle tickets will be sent home with all staff and students to sell to family and friends. If you do not wish to sell/buy, just please return tickets to school.
- **BBQ Bunnings Kotara** – Sat 9th May from 8.30am to 4pm - we would like to invite our staff & students families to be involved in assisting to cook/serve on this day - please fill in the attached slip and return to your child's teacher if you are able to assist for anytime at all for 1hour or longer.
- **Cadbury Chocolate Drive** – will be running over Term 2 and Term 3 – notes will go home later this term to families to see if they would like to take some chocolate boxes to sell to family and friends.
- **SAVE THE DATE for our Charity Golf Day at Merewether Golf Club** on Friday 6th November, 2015 – this is our 3rd golf day and are planning on making it bigger and better! – we had a tremendous day last year and we hope to have families join us again on the course! - we will send home information soon regarding sponsorship for the day, so if you or a family member have a business that could sponsor or would like to be involved in some way, please have a think about it and let us know.

Please complete and return to school

I/we would like to help at the BBQ at Bunnings Kotara on Saturday 9th May, 2015 from 8.30 -4pm

YES NO (please circle)

The times that suit me/us are:

.....

Signed:.....Date.....

Student Name:.....Teacher:.....

Clean Up Australia Schools Day 2015

Last week Newcastle Middle School students participated in the 25th year of "The Clean Up Australia" campaign. As the school organiser of this event I was so proud of everyone's efforts in collecting 3 very large bags of litter waste from a variety of sites in and around Newcastle.

Classes 1 and 2 cleared rubbish from the beach parking area.



Class 3 worked hard to clear the area around the PCYC gym.



Class 4 picked up litter on the footpath from the streets of Waratah.



Class 6 beautified Civic Park in Newcastle.



When surveying the contents of the litter collected it was found that two thirds of the rubbish should have been placed in recycling bins.

Thank you to the five participating classes who removed rubbish from our precious environment. Your efforts have made a positive difference and it was great to be part of the 2,500 schools across Australia who took part in this community event.



Lenore Hanney
Assistant Principal



SibsRule 2015

Training for parents and young carers who share their life
with a child or young person with a disability

SibsRule 2015

SibsRule is a parallel program that Firstchance Strengthening Families has developed with the view to promoting strong lifelong relationships between a child or young person with a disability and his / her siblings.

After experiencing 2 years of positive outcomes, we are very proud to be offering SibsRule via NDIS.....

We are seeking expressions of interest from families who wish to discuss this being added to their child / young person's NDIS plan.

Firstchance values the notion of building strong networks around youth with disability and recognizes the role that each family member plays in allowing this to occur over the lifespan. SibsRule supports families to grow strong relations between all children in the family unit with the understanding that sibling relationships (especially those with carer /advocacy roles) are the longest lifetime relationship and possibly the most important for a person with a disability.

SibsRule Program criteria are :~

- ◇ Siblings must have a brother or sister with a diagnosed disability yet not have one themselves.
- ◇ Siblings attending must be primary school students aged 8-12 years
- ◇ Young carer AND parent must be able to commit to sessions together.

Promoting Family Resilience



SibsRule focusses on building resilient family units that have strong capacity to advocate for the needs of a member of that family relating to disability. We do this by developing skills of functional self awareness, and optimistic communication.

PARTICIPANT BOOKLET

for 3-12 year old siblings of children with special needs



BUILDING NETWORKS WITHIN FAMILIES

Firstchance ~ Strengthening Families

Telephone ... 4921 8723

Email ... louise.harris@newcastle.edu.au

Express Your Interest before April 1..

in participating in 7 weekly
sessions held on Thursday
evenings in Term 2, 2015.
5.30pm to 8 pm @ Newcastle
University Special Ed Centre
May 7—June 18 inclusive
(each Thursday evening for 7 weeks)

August 6 (one booster
evening to review and reunite)

What is in SibsRule?

- **2 Private pre and post program meetings with your family in your home**
(Coordination of Supports NDIA line item)
 - ⇒ A time to discuss the specific needs of you family around sibling resilience, family resilience, emotional intelligences and how to move towards positive lifelong sibling relationships within your family.
- **8 Program sessions (Parent Training PLUS Training for Carers NDIS NDIA line items)**
 - ⇒ A chance for parents to build personal and family resilience + understand sibling needs and the additional challenges for young carers
 - ⇒ A chance for children to build emotional intelligence, resilience and share experiences related to being a young carer / advocate
- **Light supper for parents**
 - ⇒ Provides a 'mental break' for less formal discussion of content
- **Light meal for children**
 - ⇒ A time for friendship building and facilitated conversations
 - ⇒ Sharing challenges and successes
- **Social evening for parent and child**
 - ⇒ Celebrating with a sense of togetherness
 - ⇒ Building family based relationships

SibsRule

Parallel program for parents and siblings who
are also young carers

Participants will be broken into 2 groups—a parent group and a youth group which will be facilitated by experienced staff.

An individual time for us to meet your family is available to set some preprogram goals then again, between the last weekly evening and the booster night, to recognise your family is moving toward them.

Parents and young carer siblings will participate in their programs in separate rooms within the one venue.

There are LIMITED spaces each program to ensure individual family needs are met

How does the expression of interest work?

1. **CONTACT** our service by telephone 4921 8723 or email louise.harris@newcastle.edu.au BEFORE 1st April.
2. **PROVIDE** the following information
 - Name of parents / young carer wishing to attend
 - Name, DOB, gender of primary school sibling/s aged 8 to 12 yrs
3. **REQUEST** a quote to take to your NDIS planner

Why a parallel program ??

In the separate groups, the specific needs of the parent group are addressed while the children are supported to explore their specific needs as a young carer to their sibling.

There is a weekly conversation homework topic offered for communication / discussion within the family to bring the content from each participant's group together in a way that has family meaning.

Our aim is to deliver specific content to each group but encourage everyday opportunities to chat about strategies and concepts with, for and around the family member with disability and the family unit as a whole.

Most of the costs may be covered by NDIS line items

- Parent Training
 - Training for Carers
 - Coordination of supports
- FAMILY CONTRIBUTION**
- \$20 / week (to cover non NDIA items)

**REQUEST YOUR QUOTE FOR NDIS
asap (before April 1)**

Strengthening Families

Telephone Louise ... 4921 8723

OR

Email louise.harris@newcastle.edu.au

