



Education &
Communities

Public Schools NSW



Issue 5

Broderick Gillawarna School

School vision: Connecting communities to enhance the development of students' living and social skills through innovative practice.

Empowering students to become independent successful lifelong learners.

Dear Parents and Caregivers,

This semester saw the recognition of both Education and Science Week to celebrate and highlight the amazing achievements of our students. Thank you to all those families who were able to visit the school and join in with our special assembly, participate in our 'Dr Strange' experiments and enjoy morning tea with our students and staff. We are always very aware that it can be difficult for our parents and carers to participate in special school events so we thank you for spending some time with us and making the Education Week celebrations that much more eventful.

Students are currently completing rehearsals for the 'Dancesport' challenge, with the performance to occur on the night of Tuesday, September 6th. The students have enjoyed the experience of ballroom dance and of working with students from a mainstream setting.

The school has recommenced integration with Revesby Public School as of this Monday, 22nd

August. We are very happy to have one of our local schools engaged with our integration program and we are currently talking to Sir Joseph Banks HS to develop a reverse integration program for term 4 onwards to support students across the school. Thank you to both schools for your support.

We look forward to supporting our students once again in the Schools Spectacular, 2016. As always we have several students performing this year. Dates are November 25th and 26th. Please remember to book your tickets early as they sell out very quickly. Thank you in advance to Lisa Grenfell and Dani Sinclair for their time and dedication to this performance.

SAVE THE DATE: Our school sports carnival will be held on September 8th this year. It will be a combined.

carnival with George Bass SSP and it will be held on their site. We are looking forward to the opportunity to combine carnivals this year to support our students developing communication and social and

sporting skills. Thank you to George Bass for hosting!!

Our pool continues to be closed due to ongoing maintenance. We hope to have it up and running term 4.

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A BIG THANK YOU TO ALL AT NICK'S SEAFOOD RESTAURANT



This term, the students in Class Suarez had experienced a great outdoor dining experience with outstanding food and ambience.



Waratah Class



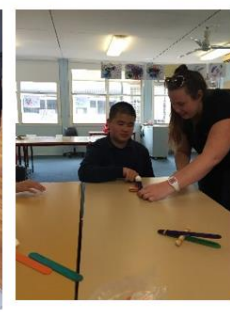
Waratah class have embraced National Science Week by participating in a variety of different science experiments this term.



We have built catapults, dyed flowers, grown grass, made our own plastic and experimented with colours just to name a few.



Have a look at all our fantastic work!!





Sink or float?



Magic bucket



Fossil impressions



Tornado in a bottle

Science and Education Week

Class Platypus Nanda spent the week investigating, observing and exploring scientific concepts



It's magnetic!



Magnetic!



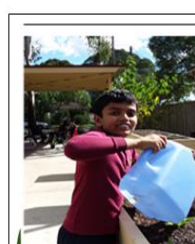
Ooblek



Floating ping pong



Senior Akuete's class has been learning about the relationship between the environment and people. They visit the school garden daily to assist in watering the raised vegetable garden. Gardening helps to promote real experiences about how things grow. It also provides opportunity for the students to work outdoors.



CLASS ALLEN

SCIENCE WEEK AND THE RIO OLYMPICS



Hammoudi shaking a tree and looking at the insects that fall.



Thomas setting up our ant farm.



Robert creating a 'worm' painting using spaghetti.



Rickhan with a magnifying glass looking at a fossil he created.

Our class participated enthusiastically in the Science Week Activities. We also followed the Rio Olympics with great interest.

GO AUSSIES!!!

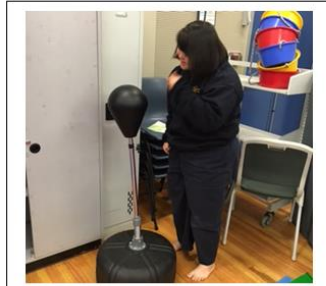


We had great fun making an Olympic pizza.



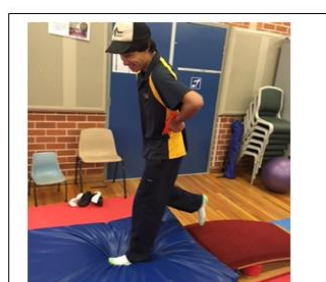
Abdul creating a Lava lamp.

Senior Barrett



Senior Barrett's class have been very busy participating in School Sport this year. These are some of the activities in which we participate

but sometimes we just need to have a rest after all of the hard work!



Class Pauschmann

It has been an exciting and productive four weeks, Class Pauschmann have been working hard and participating in different activities. Adam has been spelling words using magnetic letters;

Alisha and Christiana are completing their literacy activities, Aaliyah is learning to balance and Olivia is engaging in morning circle activities.

Keep up the good work everyone!



Class Daughton



Science week was a big hit with the members of Class Daughton. They have been creating marshmallow catapults, paper rockets, testing materials to discover their properties, and exploring virtual reality through some amazing goggles!

All these experiences have also allowed them to use appropriate social interaction skills as they work with their classmates to accomplish common lesson goals. Not to mention they had great fun. Another highlight of the last few weeks was making smoothies. Yum!





CLASS GRENFELL

There is always something to do in our class!

The weeks are filled with English, Maths, Science, Creative Arts, History and PDHPE. Here is a snapshot of the students participating in regular weekly activities.



Class Hawthorne



Student in Hawthorne's class participated in Education Week activities with enthusiasm. The favourite activities were making a lava lamp, bird feeder and spaghetti printing. With the assistance of an adult, students observed oil and water separating with food colouring helping to show the chemical reactions. Bubbles were created by adding an effervescent aspirin which dissolved. Students utilised recycled bottles to make a bird feeder and hung it in the garden, and sensory spaghetti printing had all students painting.

The lava lamp activity must be conducted by an adult due to the ingredients utilised.

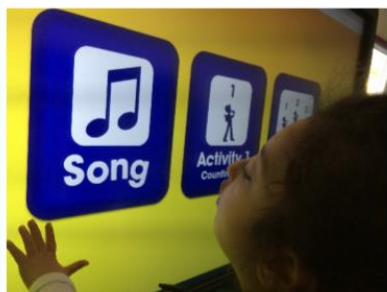


Term 3 Parke Class

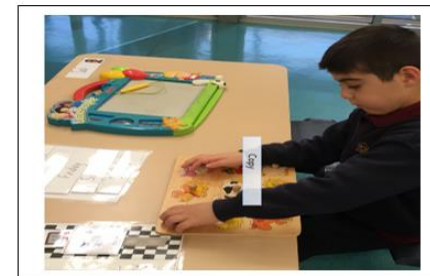
Term 3 has been a busy start. We have all been very busy learning our new unit of work 'Fairy Tales'. For the last three weeks we have been constructing our own sensory story about 'The three Little Pigs'. We have use straw, sticks and next we have bricks, it has been very sticky.

We have also been working on out social skills, turn taking, waiting for our name and sharing with our friends. We have all loved switch stories and switch games, we have become very good at sitting and waiting for our turn.

Cooking has been fun we have explored soup, smoothies and hommus, they all feel strange, but some of us liked them very much.



Class Cartledge



Term three has been full of energy and excitement for Infants Cartledge. We have explored healthy foods and simple snacks that we can help to make and investigated colours, shapes, and sounds in art, music, maths, and during sports time. We have also been working on waiting, turn taking, and sharing classroom equipment.

Class Gardener

Class Gardener has focused this term on getting out of as a class and exploring the surrounding school environment. During the lessons we are demonstrating following the school rules of 'Be Safe', 'Be a Learner' and 'Be Friendly'. This is to complement our focus on healthy lifestyles and nutrition in all classroom activities.



We are setting our sights on being active participants in the upcoming school sports carnival. During the process we are learning to take turns, look out for our other class mates and stay together as a class.



Get Out & Go!

A REMINDER



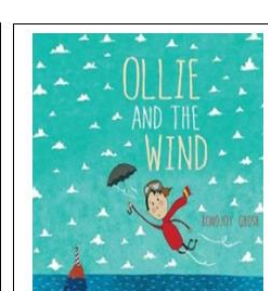
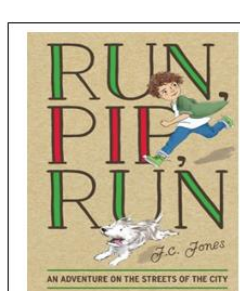
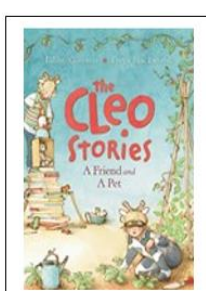
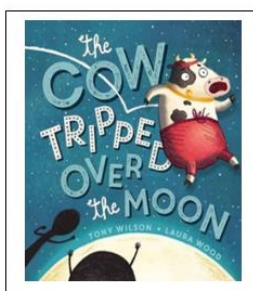
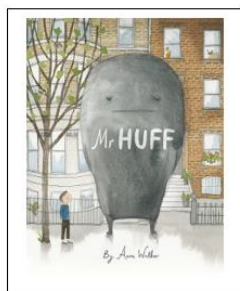
IF YOU ARE BRINGING YOUR CHILD TO SCHOOL, YOUR ENTRY POINT IS ALBERT STREET. IT IS VERY DANGEROUS TO WALK YOUR CHILD THROUGH MOVING BUSES AND GOES AGAINST OUR SCHOOL SAFETY POLICY

Please only use the Victoria Street entry after 9.00am. However, you are reminded that school commences at 9.00am and all students should be at school prior to the gates closing

Book Week Parade: Monday 29th August

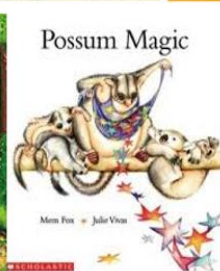
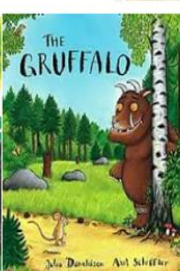
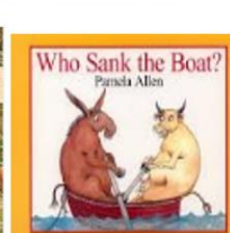
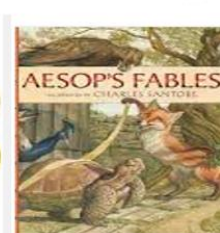
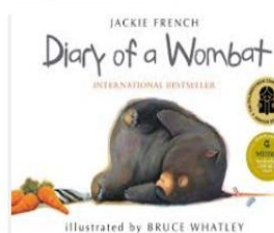
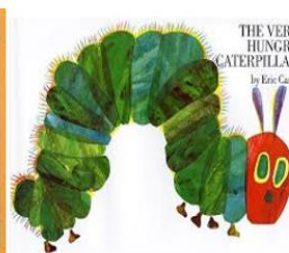
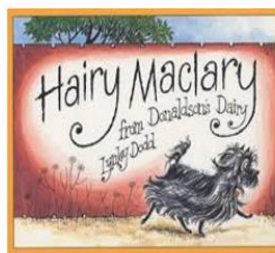


To celebrate Book Week 2016 and in line with the opening of our new school library students are invited to come to school on Monday the 29th of August dressed as their favourite story book characters. Assembly will begin at 9.15 and include a chance for each block to show off their costumes.



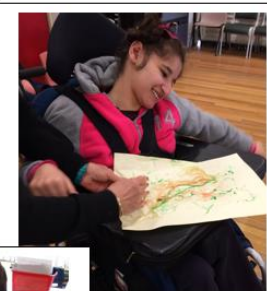
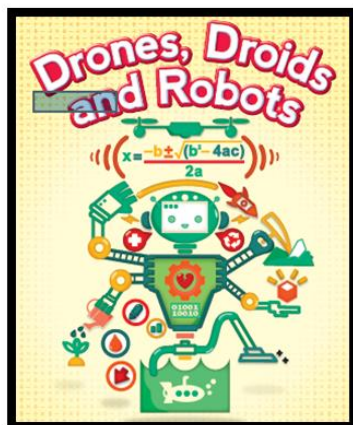
Library Launch: Monday 29th August

Come along and help us celebrate the opening of our new school library on Monday the 29th of August. Beginning with a wonderful morning tea at 10am. The official opening will be held at 10.30am. This will be followed by a mini book fair where families can purchase and donate their favourite book to our collection.





national science week 2016




Week 3 marked the celebration of the annual Science Fair at BGS, as part of National Science Week. The students enthusiastically participated in investigations of scientific phenomena, watched some astounding demonstrations, and the school even enjoyed a guest appearance from the Crazy Professor!



national science week



5 Day Healthy Lunch Box Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday
Recess	Vegie dippers (Carrot, celery, cucumber and capsicum sticks with reduced fat dip like hummus and rice crackers)	Banana or mandarin or cherries & Slice of fruit bread spread with cream cheese	Fresh pear or apple or piece fresh seasonal fruit. Cheese stick or wedge of reduced fat cheese	Fresh dates and carrot sticks. A slice of reduced fat cheese and Jatz biscuits or rice crackers	Halved Kiwifruit (include a plastic spoon to eat it) or a bunch of seedless grapes or frozen orange wedges. Reduced fat cereal bar or a cream cheese pikelet
Lunch	Avocado, ham, cucumber & lettuce wholegrain sandwich. Fresh seasonal fruit salad	Cherry tomato, cucumber & tuna pasta salad. Apple or pear or small bunch of seedless grapes or mandarin	Crunchy salad & cream cheese wrap. Banana & (optional) Small tub of vanilla fruche or yoghurt	Pita pocket bread with boiled egg, lettuce, celery and a little reduced fat mayonnaise or hummus. Fresh seasonal fruit salad	Crunchy celery, grated cheese & lettuce wholegrain roll. Melon balls (rockmelon, watermelon and/or honeydew melon) or a piece seasonal fruit
					

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Site Map

Lunch box checklist

Is there a food from each of these groups in your lunch box?



Bread, cereals & grains



Lean meats & alternatives



Fruit



Vegetables



Reduced-fat dairy



Water



Health Promotion Service





positive partnerships

Working together to support school-aged students on the autism spectrum

Free one day workshop for parents and carers

Workshop: 16-17NSWPC9

Location: Canterbury NSW

Like all school-aged students, young people on the autism spectrum benefit from strong, positive Relationships between home and school. Positive Partners hips uses evidence based materials and practical resources to help support these relationships by facilitating workshops for parents and carers

This workshop is suitable for parents, full time carers and grandpa rents.

What will you gain?

The Positive Partnerships parent/carers workshop intends to:

- Increase understanding of the impact of autism on learning
- Introduce a planning tool that can be used to share an understanding of your child
- Explore ways to work in partnership with your school
- Share information about how to access support both inside and outside of school
- Provide an opportunity to network and share strategies with other parents/carers

Workshop details

Venue: Canterbury Hurlstone Park RSL Club
20-26 Canterbury Road
Hurlstone Park NSW 2193

When: One day workshop - Tuesday 20 September 2016
9.15 am – 3.00 pm (Registration from 8.30 am)

Online registrations open on Tuesday 9 August 2016 and close two days prior to the workshop.

If you have an email address and access to a computer please register directly through our secure website www.positivepartnerships.com.au.

You will receive a confirmation email of your registration.

If you have any enquiries phone the Positive Partnerships Infoline 1300 881971 or email parentcarer@autismspectrum.org.au.



8 August 2016

The Principal
Broderick Gillawarna School
Victoria Street
REVESBY NSW 2212

Dear Principal

REVESBY WORKERS' FATHER'S DAY FUN RUN

This letter is to request your assistance to promote the Revesby Workers' Father's Day Fun Run through your school community.

This Charity Fun Run is being conducted by the Revesby \Workers' Senior Athletics Club, and will be held on Sunday, 4th September, at the Marco Reserve, Panania. The entrance fees are: \$20.00 for adults and \$10 for children

This is a family and community event, with all funds being donated to Bankstown Lidcombe Hospital.

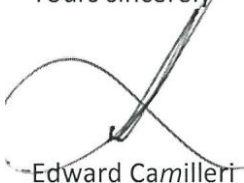
Medals and prizes are awarded to adult and children placegetters, but the emphasis is on a fun activity for all age groups.

More details are available on our website at rwc.org.au/fathersdayfunrun.

It would be greatly appreciated if you could bring this event to the attention of the school community, either via your newsletter, website, or by displaying the enclosed flyer on your notice board.

Thank you for your assistance with this worthwhile cause.

Yours sincerely



Edward Camilleri

Chief Executive Officer

FOR A HEALTHY LUNCHBOX

PICK&MIX

SOMETHING FROM EACH GROUP 1-6!



Developed in conjunction with the Healthy Together Achievement Program to support a whole-school approach to healthy eating. Healthy Together Victoria is improving the health of Victorians, funded by the Victorian Government.

FOR A HEALTHY LUNCHBOX

PICK & MIX

SOMETHING FROM EACH GROUP

1-6!

FRUIT

1

- FRESH FRUIT**
- Apple
 - Banana
 - Mandarin
 - Orange quarters
 - Passionfruit halves (with spoon)
 - Watermelon, honeydew, rockmelon chunks
 - Pineapple chunks
 - Grapes
 - Plums
 - Nectarines, peaches, Apricots
 - Strawberries
 - Cherries
 - Kiwifruit halves (with spoon)
 - Pear
- MIXED FRUIT**
- Fruit salad
 - Fruit kebabs
- DRIED FRUIT**
- Dried fruit, nut, popcorn mixes*
- TINNED FRUIT/SNACK PACKS/CUPS**
- In natural juice (not syrup)



VEGETABLES

2

- FRESH CRUNCHY VEGIES**
- Corn cobs
 - Carrot sticks
 - Capsicum sticks
 - Green beans
 - Cucumber sticks
 - Celery sticks
 - Snow peas
 - Tomatoes (e.g. cherry and Roma tomatoes)
 - Mushroom pieces
- Can serve with either:**
- Hummus
 - Tomato salsa
 - Tatziki
 - Beetroot dip
 - Natural yoghurt
- SALADS**
- Colelaw and potato salad (reduced fat dressing)
 - Mexican bean, tomato, lettuce and cheese salad
 - Pesto pasta salad*
- BAKED ITEMS**
- Grilled or roasted vegetables
 - Wholemeal vegetable muffins or scones
 - Vegetable slice (with grilled zucchini and carrot)
 - Popcorn
- SOUP** (In small thermos)
- Pumpkin soup
 - Potato and leek soup
 - Chicken and corn soup

MILK, YOGHURT AND CHEESE

3

- Milk
 - Calcium-enriched soy and other plant-based milks
 - Yoghurt (frozen overnight)
 - Custard
- Tip:**
- Freeze the night before to keep cool during the day
- Can serve with either:**
- Cheese cubes, sticks or slices
 - Cottage or ricotta cheese
 - Cream cheese
 - Tatziki dip

MEAT OR MEAT ALTERNATIVE

4

- Tinned tuna or salmon in springwater
- Lean roast or grilled meats (e.g. beef, chicken, kangaroo)
- Folicel balls
- Lean meat or chicken patties
- Tinned tuna or salmon patties
- Lentil patties
- Lean deli meats (e.g. ham, silver-side, chicken)
- Baked eggs
- Baked beans (canned)
- Tofu cubes
- Hummus dip
- Lean meat or chicken kebabs sticks
- Pecan nut butter*

Can serve with:

- Fruit
- Wholegrain cereal, low in sugar
- Vegetable sticks
- Rice and corn cokes
- Wholegrain wheat crackers

Can serve with:

- Wholegrain sandwich, roll, pita or wrap bread with salad
- Rice and corn cokes
- Wholegrain wheat crackers
- Side salad

GRAIN AND CEREAL FOOD

5

- MAINS**
- Wraps
 - Sandwiches
 - Rolls
 - Toasted sandwiches
- Tip:** Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, kovash, white fibre-enriched, soy and linseed, heirloom, bogels, focaccias, fruit bread and English muffins.

- Pasta dishes
- Rice, quinoa or cous cous dishes
- Noodle dishes
- Sushi

SAVORY BAKED ITEMS

- Homemade pizzas
- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)
- Vegetable based muffins
- Pasta or noodle bake

SWEET BAKED ITEMS

- Fruit loaf
- Wholemeal fruit based muffins

SNACKS

- High fibre, low sugar cereal (e.g. muesli)
- English muffins
- Crackers
- Claspieads
- Rice cakes
- Corn thins
- Wholemeal scones
- Pilelets
- Cumpets
- Hot cross buns (no icing)

WATER

6

- Take a water bottle (for refilling throughout the day)
- Tip:**
- Freeze overnight to keep foods cool in lunchboxes

Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be **limited** in lunchboxes. They can lead to excess energy intake if consumed in large amounts.

Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.



For more information about healthy eating and for many tasty recipes, visit the Healthy Eating Advisory Service: www.healthyeatingtogether.vic.gov.au

*Check your school's policy regarding the use of nuts and products containing nuts.