Hi Families,

Can you believe we are half way through the year already? Speaking with our senior students during the week one of them excitedly reminded me that they had only two terms left of school in their life. Upon further conversation I realised they were quite anxious about the prospect of leaving a place they attended each school day since they were three.

Graduating from school is a significant event in any student’s life but particularly for a student with an intellectual disability. Many of our students do not like change at the best of times. A small change in the day can sometimes alter behaviour significantly creating much anxiety. What would be the outcomes with a change of this magnitude?

Many of our graduating students have attended Frankston SDS for fourteen / fifteen years. They and their families have developed long and trusted relationships with staff members who may have supported them through some challenging times.

Preparing students and their families for life after school must be seen as a priority. A well rounded curriculum should set the foundations when students first begin school. As we set goals for our students in their early years of school we must always be thinking about the skills they will require to function most effectively in post school life. These skills include being more flexible, resilient and open to change.

As our students enter their final years of school the focus on these skills becomes even greater. We are presently refining our senior curriculum to better prepare our students for life after school. Our intention is to challenge each individual to work to their maximum. Functional skills related to their post school options are taught and reinforced. As you might guess work experience is an important aspect of this work.

I am pleased to inform you there is a greater choice for students graduating from school today than there was ten years ago. Adult training services are now a competitive industry. Service providers are keen to attract future clients by offering them a wider range of activities and vocational options. Anne Tierney, one of our senior teachers and futures coordinator, has an extensive knowledge of post school options available to our students. She works with the students and families and will offer recommendations based on her expert opinion.

Please contact me if you wish discuss this important issue further.

Have a great weekend!
Scott Tucker
Principal
SICK DAY OR SCHOOL DAY?

Should they stay or should they go? Check this cold guide to help you make the sick day judgement call.

Keep kids at home and consider seeing your GP
- Fever of 38.5° or higher
- Wheezing or shortness of breath
- Disruptive cough
- Constant runny nose with a yellow/green tint
- Excessive fatigue

Kids can resume most regular activities
- Fever – free for 24 hours
- Sporadic cough
- Minimal green/yellow runny nose

OK to send kids to school
- Mild, infrequent cough
- Clear runny nose
- Active, playful and rested
5 steps to smiling better

1. Visit the dentist
   • Visiting the dentist can help maintain a healthy mouth
   • Peninsula Health Dental Services recommend visiting a dentist at least every 12 months
   • Head over to Peninsula Health’s online community dental referral form and book an appointment for your family
     www.peninsulahealth.org.au

2. Brush twice a day
   • Brushing at least twice a day helps keep your gums healthy, teeth clean and breath fresh
   • Helping children brush their teeth until they are eight years old is important to help keep their baby teeth healthy. It also sets good habits for the rest of their life
   • For more information head to www.dhsy.org.au

3. Drink tap water
   • Drinking tap water is healthy for your teeth and your body
   • Rinsing with tap water after eating helps clean your teeth in-between meals
   • Make tap water your number one choice of drink, it hydrates you and has no sugar
   • Take the 30 day water challenge www.h30challenge.com.au

4. Eat a healthy diet
   • A healthy diet can help keep your teeth healthy
   • Aim for five serves of vegetables and two serves of fruit a day
   • Avoid sugary foods and drinks as these can damage your teeth
   • For more information check out live lighter www.livelighter.com.au

5. Dairy food
   • Eating dairy food helps strengthen your teeth and bones
   • Dairy foods such as cheese helps reduce acid in your mouth after eating sweet food
   • Choose dairy products low in fat with no added sugar or flavouring
   • For more information head over to www.eatforhealth.gov.au
Kids Chat is a Scope pilot program that provides individualised non-electronic communication aids to children with complex communication needs in Victoria.

Through Kids Chat, children under the age of 17 can receive a customised communication aid that is theirs to keep. The Kids Chat aids are fully funded, thanks to the generous funding from Westfield’s Charity Partnership with Scope. The pilot is running for 6 months.

To qualify, children must meet the following criteria:
- Be 17 years old or younger
- Live in Victoria
- Have complex communication needs (where speech alone does not meet communication needs)
- Be eligible for services under the Disability Act (2006)

How to apply:
- Complete a Kids Chat Application Form
- Make sure you have all the information before submitting the application. The application cannot be processed without all the relevant documents and files.
- Send the form back to Scope’s Communication and Inclusion Resource Centre by email, post or fax:

  Email: circ@scopevic.org.au

  Post: Communication and Inclusion Resource Centre
  830 Whitehorse Road
  Box Hill 3128 Vic

  Fax: 9843 2033

If you would like to discuss your application or would like some advice from a consultant speech pathologist about selecting or designing communication aids, please contact Scope’s Communication and Inclusion Resource Centre on 9843 2000 or email circ@scopevic.org.au

Follow this link for more information:

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Monday, 27 June</td>
<td>Training Day</td>
<td>$53.88</td>
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<tr>
<td></td>
<td>Lace up your running shoes, and get ready for an amazing day of holiday fun! Speak to the onsite Coordinator to find out what exciting fun awaits, in a club-based incursion.</td>
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<tr>
<td>Tuesday, 28 June</td>
<td>Opening Ceremony</td>
<td>$68.88</td>
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<td>Make an Amazing Torch - Let the AMAZING Games Begin! Today we’re getting creative and making our own Olympic Games torch!</td>
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<tr>
<td>Wednesday, 29 June</td>
<td>Let the Games Begin</td>
<td>$68.88</td>
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<td>Sports &amp; Relays Extravaganza - Ready, Set and Go! The ultimate sports and racing activity day is here. From fun relays to activity challenges.</td>
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<tr>
<td>Thursday, 30 June</td>
<td>Where’s Dory?</td>
<td>$78.88</td>
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<td>Finding Dory - It’s time for us to help our friends Nemo and Marlin find the friendly-but-forgetful Dory!</td>
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<td>Please arrive by 8:45am</td>
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<tr>
<td>Friday, 01 July</td>
<td>Games Quest</td>
<td>$53.88</td>
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<td>Today we’re off on a quest to find the best games! Speak to the onsite Coordinator to find out what exciting fun awaits, in a specially designed program,</td>
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<tr>
<td>Monday, 04 July</td>
<td>Body Movin’ and Groovin’</td>
<td>$68.88</td>
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<td>Make a Dance Mat- Are you ready to get moving and grooving on your own light up dance mat?</td>
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<td>Tuesday, 05 July</td>
<td>Fun with Flags</td>
<td>$53.88</td>
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<td>Today we’ll celebrate amazing flags from around the world. Speak to the onsite Coordinator to find out what exciting fun awaits, in a specially designed program.</td>
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<td>Wednesday, 06 July</td>
<td>Reach for the Stars - Bayside...</td>
<td>$83.88</td>
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<td>Bayside Rockclimbing - Up, up, up we climb as we reach new heights at Bayside Rockclimbing.</td>
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<td>Please arrive by 8:45am</td>
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<td>Thursday, 07 July</td>
<td>All that Glitters</td>
<td>$71.88</td>
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<td>Silent Disco - Put your dancing shoes on as we dance up a storm... in silence! SShhhhh!!</td>
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<td>Friday, 08 July</td>
<td>Silver and Gold</td>
<td>$70.88</td>
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<td>Make a Talking Coin Bank - What better way is there to store gold and silver?</td>
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