

St George School Newsletter

Diana Murphy Principal

13 February 2015



Key Dates:

Thursday 5 March –
P&C Meeting AGM

School photos –
postponed to 2nd
term Wed 13 May

Friday 20 March –
Coffee & Chat

Thursday 2 April –
Easter Show School
program excursion

Thursday 2 April – Last
day first term

Many happy returns to our
February Birthdays



Dylan Chaplin – 17 on 3 Feb
Bella-Rose Thiel – 4 on 11 Feb
Sebby Lara- Barris – 17 on 27 Feb

Message from the Principal

Dear Parents/Carers

Class programs are well underway. Most teachers have contacted you regarding a meeting to identify your child's individual learning needs. This meeting (PLP meeting) assists class staff to develop and implement a personalised learning plan. The meeting also assists the teacher in updating health care plans and to discuss any therapy needs. You may wish to have therapists or other professionals attend this meeting.

Goals for 2015

We are in the process of finalising our new School Plan 2015 -2017. A number of our goals are in partnership with families. In our first Strategic Direction, *Students are engaged and successful in their learning, attain increasing independence and have a voice*, we have three specific focus areas:

- Promotion of student ability and celebration of successes
- Consolidation of learning and practice of skills across setting
- Effective use of communication tools and strategies

To support the celebration of achievements we ask that families acknowledge all awards that students bring home. We are aware that most families do this already. We will also acknowledge awards in our fortnightly newsletter.

In your child's PLP meeting and throughout the year your child's class teacher will liaise with you regarding opportunities to practise skills and extend learning at home. We acknowledge that homes are busy places and regular support may not be practical, even with the best intentions.

Staffing

Barbara McAneny, School Learning Support Officer, leaves today for long service leave after which Barbara will retire. We wish Barb well in her retirement. She has been an outstanding employee at St George School for more than 15 years. Many families have had the good fortune to have had Barb on their child's class.

Barb's presence, her professionalism and commitment will be missed.

Congratulations to our students who received awards this fortnight:

Class awards

Primary 1 - Joshua Welch
 Primary 2 - Lara Palmer
 Primary 2 - Samuel Sirio
 Primary 3 - Ashleigh Kelly
 Middle 1 - Alysia Dalianis
 Middle 2 - Brett Houdek
 Secondary 1 - Jessie Neal
 Secondary 2 - Kate Beardsley
 Secondary 3 - Liam McManus
 Secondary 4 - Jim Chen

Sports award:

Sebby Lara-Barris in Secondary 4



P&C Notice

Next P&C Meeting

Thursday
5 March 2015

in the staffroom
at 11.30am

All welcome

This meeting will also
be the Annual
General Meeting

Community Notices

Stepping Stones Triple P Project – The My Say Survey

Masonicare fundraiser was a success. We thank Pam and Philip Miller for their outstanding support of St George School.

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Stepping Stones Triple P Project – The *My Say* Survey Frequently Asked Questions for Parents

1. What is the Stepping Stones Triple P Project?

The Stepping Stones Triple P (SSTP) Project is a multi-state parenting study funded by the National Health & Medical Research Council, Australia. We will be rolling out the Stepping Stones Triple P parenting programs to families **free of charge** across NSW over two years, starting from early 2015. We aim to improve access to evidence-based programs in the community, reduce emotional and behavioural problems in children with a disability, and help parents to feel more confident and less stressed. The first stage of the project is a state-wide survey for parents called *My Say*.

2. Who is behind the Stepping Stones Triple P Project?

The Chief Investigators are Professor Stewart Einfeld from the University of Sydney, Professor Matthew Sanders from The University of Queensland, and Emeritus Professor Bruce Tonge from Monash University.

3. How do I get involved in the SSTP Project?

The first step is to complete the *My Say* survey. You can do this:

- Online at www.mysay.org.au, or contact us for a personal link - call (02) 9114 4060 or email fhs.steppingstones@sydney.edu.au
- By hard copy - call (02) 9114 4060 or email fhs.steppingstones@sydney.edu.au
- Over the phone – call (02) 9114 4060 or email fhs.steppingstones@sydney.edu.au

To be updated on programs when they're available, make sure you select the box at the end of the survey. We'll contact you when programs are being delivered in your area.

4. Who can participate in the *My Say* Survey?

Parents and caregivers of children, aged 2-10 years, diagnosed with one of the following types of disability or developmental delay:

- Intellectual disability or (global) developmental delay
- Autism Spectrum Disorders (including autism, Asperger's Disorder, PDD-NOS)
- Communication or language disorders or delay
- Motor, physical or sensory disabilities (e.g., cerebral palsy, hearing or visual impairment)
- Genetic syndromes (e.g., Prader-Willi syndrome, Down syndrome, Williams syndrome)

Your child may also have some emotional or behavioural difficulties. However, if your child has an emotional or behavioural disorder (e.g., anxiety, depression, conduct disorder), but does *not* have a disability listed above, then you are not able to participate in this study.

Parents whose children are currently aged 11-12 years may also be eligible to participate in a Stepping Stones program. Contact the research team to register your interest.

5. What am I being invited to do as part of participating in the *My Say* Survey?

- Complete the *My Say* survey and tell us your story. How does your child's disability impact on your family? What challenges do you face? What sort of parenting support do you need? We'll use your voice to shape the roll out of the Stepping Stones parenting programs. For example, we aim to train more professionals in areas identified as being in high need of parenting support. The information from the *My Say* survey will be used to advocate for ongoing funding and support for families.
- Register your interest in receiving a Stepping Stones Triple P program in the future. We'll keep you updated about when programs will be available.

6. What types of questions are in the *My Say* Survey?

You will be asked questions about your own and your child's emotions and behaviours, your parenting style, and your awareness of available parenting programs.

7. How long does the *My Say* Survey take?

Between 30 to 60 minutes for most parents.

8. How happens after the *My Say* Survey?

The *My Say* Survey will be open in NSW throughout 2014. Professionals across NSW will be trained to deliver Stepping Stones programs in the community in early 2015. Stepping Stones programs will be available for two years after the survey closes, throughout 2015 and 2016. If you register your interest in hearing more, we'll be sure to let you know when programs are available in your area.

9. What are the Stepping Stones programs?

Stepping Stones Triple P (SSTP) is an evidence-based parenting program specially tailored for parents of children with a disability. It doesn't tell you how to be a parent; it's more like a toolbox of ideas. You choose the strategies you need and how you'd like to use them.

There are different versions of the program. In New South Wales, there will be:

- **Stepping Stones Triple P seminar series** - There are 3 seminars in the series, which teach about positive parenting, increasing positive behaviours and teaching new skills, and managing challenging behaviours. Seminars are generally held in a public venue, delivered to a large group of parents, and last around 90 minutes. Seminars are a great introduction to the Stepping Stones strategies and a way to get to know other parents.
- **Primary Care Stepping Stones Triple P** - A brief individual program delivered to families one-to-one. It will help you with specific behaviour problems or developmental skills (e.g., temper outbursts, communication, social skills) by teaching parenting strategies and how to use parenting plans. You'll get a chance to talk to a professional, choose an area you'd like to work on, and get suggestions about strategies that might help. There are 3-4 sessions that last from 15-30 minutes. These may be done in person or over the phone.

10. What if I have more questions?

Please contact the NSW SSTP Project research team by calling (02) 9114 4060 or emailing fhs.steppingstones@sydney.edu.au. We are happy to help.

Contact the research team: (02) 9114 4060 or fhs.steppingstones@sydney.edu.au