

# St George School Newsletter

Diana Murphy, Principal

22 February 2016



## Key Dates:

Thursday 3 March:  
**P&C Meeting**

Friday 25 March - Monday 28  
March

**Easter long weekend**

Friday 18 March  
**Coffee & Chat**

Thursday 24 March – **Easter  
Show School program  
excursion**

**Easter weekend** Friday 25  
March to Monday 28 March –  
public holidays

Friday 8 April – **Last day first  
term**

## February Birthdays



Many happy returns to:  
Dylan Chaplin – 18 on 3  
Feb

Bella-Rose Thiel – 5 on  
11 Feb

Sebby Lara- Barris – 18  
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. Therapists and other professionals are welcome to attend this meeting.

## Goals for 2016

We are entering our second year of our three year school plan (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.

Last year to promote the celebration of ability we engaged our students in a variety of initiatives external to the school such as the Schools Spectacular, Boccia inter-school competition, Koori Arts program, Operation Art, Sydney Theatre Company and many more. We will continue these activities again this year.

A recognition of our students' work was highlighted when the artwork of students of Primary 3 (2015) was selected for this year's Department of Education's Calendar for Cultural Diversity. Our students' artwork feature in the month of April. Congratulations to Mark Maurizi, Oliver Mai, Yamma Rammo, Nicholas Threlfo, Ashleigh Kelly, Dominic Cheuk and to class teacher, Caroline Cass.

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.

## Annual Report

The Annual Report for 2015 will provide an evaluation of the progress of the plan in 2015 and directions for 2016. Our Annual Report will be uploaded onto our school website in first term 2016

## Congratulations to our students who received awards in February:

**Primary 1:** George, Gerry (Gerisamos), Anthony and Sophie

**Primary 2:** Eva and Adania

**Primary 3:** Mouemin and Oliver

**Middle 1:** Brett, Ashleigh, Jay and Dean

**Middle 2:** Julia and Jessie

**Secondary 1:** Thomas

**Secondary 2:** Jordan and Jim

**Secondary 3:** Angela and Hayden



## P&C Notice

Next Meeting: Thursday 3 March 2016 at 11.30am  
In the staffroom  
All welcome

## Intensive Swimming

Intensive swimming continues this week with the Primary classes and Middle 1. The Secondary classes and Middle 2 had a successful intensive swimming program two weeks ago.

## Coffee & Chat

Our first Coffee & Chat session for this year is scheduled for **Friday 18 March**. I am endeavouring to get a community contact person for NDIS to speak at one of Coffee & Chat sessions this year. On 18 March we will be looking at the NDIS site to become more familiar with the information available.

I have attached information from 'My Choice Matters' (State funded initiative) to support the understanding of NDIS (Federally funded).

## Community Information:

**The St George Children with Disabilities Fund** is a charity to support children with disabilities. A number of families at St George School has been supported by the Fund. Some parents use the Fund to hold money for their child whilst saving to purchase a particular item. One advantage is that if a family member or friend wishes to make contribution towards the item then the contribution can be tax deductible.

**The Rotary Club of Hurstville** – Charity event to support the Children's Ward at St George Hospital

**The Rhythm Village** – Josh, music therapist, has forwarded information for families who may be interested in purchasing equipment for home

**Don & Doff Orthotics**

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# THE RHYTHM VILLAGE

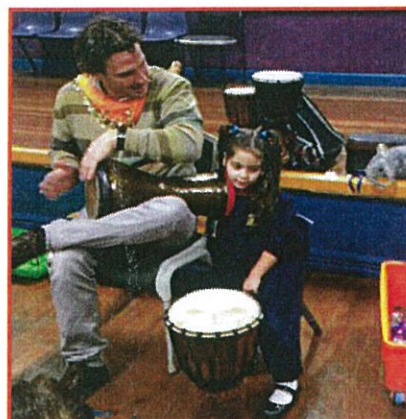
MUSIC SPEAKS BEYOND WORDS

## Now selling Musical Instruments online!

We are happy to announce that we are now selling a great selection of musical instruments online at [www.rhythmvillage.com.au/shop](http://www.rhythmvillage.com.au/shop)

Music provides far reaching therapeutic benefits, including:

- increasing focus
- improving physical dexterity
- promoting relaxation
- releasing tension
- stimulating brain development
- providing pure, unrivalled enjoyment

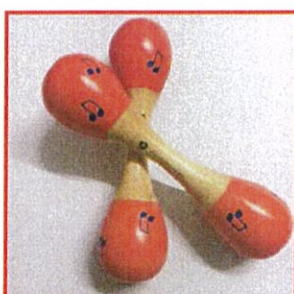


## What you can expect

With many years experience working with people with Special Needs, we have selected a range of instruments that are particularly functional and easy to use, including:



Djembe Drums



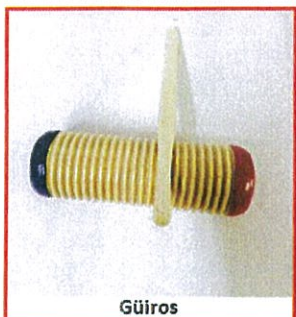
Maracas



Chimes



Wristbands with Bells



Güiros



Gongs



Xylophone



Wristbands with Egg Shakers

**PLUS much, much more!**

For details on all our products, please go to: [www.rhythmvillage.com.au/shop](http://www.rhythmvillage.com.au/shop)

**Music is a precious resource!** It engages, inspires and educates, but most of all, music lights up the faces of those in its presence and creates big smiles - which are invaluable!

For further information, please contact:

0401 597 628

| [shop@rhythmvillage.com.au](mailto:shop@rhythmvillage.com.au)

| [www.rhythmvillage.com.au](http://www.rhythmvillage.com.au)



**PLEASE JOIN US**

*For our*



***Business in Motion!***

***Rotary in Motion!***

***Dinner***

————— 0 —————

***Special Guest Speaker***

***Matt Alderton***



*Matt is a very successful entrepreneur and multiple business owner as well as best selling author, professional speaker, coach and trainer. Winner of many various business awards.*

*Matt's address will be on  
"Success in **Business** and life"*

***MC will be Paul McGrath of Radio***



***Proudly presented by***

***The Rotary Club of Hurstville***

*Friday: April 8th 2016 Time: 6:00 PM*

*Venue: Gardens on Forest 764 Forest Rd Peakhurst*

*Reservations: 0428 417 043 rsvp 4th April 2016*

*Cost: \$35.00 includes a 2 course meal*

*Cash bar available*

***All Proceeds go to creation of  
"The Fairy Garden"***

***The St George Hospital's Children's Ward***

HOME VISITS

Call to make an appointment on

0410 609 089

or email

[donanddoff@gmail.com](mailto:donanddoff@gmail.com)



**Anastasia Stefanis**  
Certified Orthotist

**Don and Doff Orthotics** is a new facility for children with ambulatory needs that have limited access to Orthotic lower limb management in NSW.

Anastasia is a certified Orthotist committed to ongoing learning and development, with over twelve years experience working with children and adults in rehab settings.

Her qualifications include a Bachelor of Science in Anatomy from UNSW, Sydney and Bachelor of Prosthetics and Orthotics from La Trobe University, Melbourne.

Anastasia is a member of the Australian and International Prosthetics and Orthotics Association.



Don&Doff Orthotics

Correct  
Control  
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Don&Doff Orthotics

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We are located on the ground floor  
and are wheelchair accessible



# NDIS- Things you need to know: 2

## What should I know about plans?

### What is a plan?

A plan is like a guide of what you want to happen in your life. A plan also talks about how you will make things happen. A plan will say the support you need to do the things you want.



### Do I need a plan?

Yes. If you want to get funding from the National Disability Insurance Scheme (NDIS), you must have a plan.

### How do I get an NDIS plan?

You must meet with a person called a Planner from the National Disability Support Agency (NDIA) to work out a plan. The NDIA is the Agency that manages the NDIS.

You can take whoever you like with you when you talk about your plan.

### What should be in the plan?

A plan from the NDIA has 2 parts.

**Part 1** is about **what you want to achieve**. The Planner will call this your goals and aspirations. The Planner will ask you about the people you know and how they help you. They will talk about where you live and who you live with. They will also talk about things like whether you work or not. They will ask what you do during the day. They will ask who you know in your area.



**Part 2** of the plan is all about these things.

- Help you get from family and friends. Sometimes people call this informal support.
- The supports that will be funded by the NDIS.
- How the funding for your supports will be managed.
- A date for the plan to be looked at again.

### What will be funded?



There is no easy answer. No 2 people with a disability are the same. Your dreams will be different so the supports you need will be different.

One way some people think about this is to work out what you need to have a good life. Then to work out how much is ok to spend on what you need. Your Planner may call this reasonable and necessary support.

### How will I know if what I am asking for is ok?

If you are not sure whether something is ok you should ask. If you are told that you cannot have what you ask for that is alright. At least you know.

Supports must:

- ✓ relate to your disability
- ✓ be value for money
- ✓ be useful and helpful to you.



## Can I change my plan?

Yes. Most plans are for 6 months or for 12 months. Then they should be considered again. This is called a review. The review date needs to be written in the plan.

But things do change. If your life changes and you need more or less support your plan should change. You can contact your Planner and organise a meeting to change the plan.

## What is informal support?

Informal support is the support we give each other free of charge. We normally do not talk about it as informal support. It is just what we do for some other people in our life and they do for us. We do it because we want to.

Informal support could include:

- cooking a meal
- watering the garden
- picking someone up from the train station
- helping someone choose a new shirt
- helping a friend sort out a problem.





## What can I ask for from the NDIA?

You can ask for things to support you to do what you want to do.

In the past people have asked for programs like the Community Participation Program or the Supported Living Fund.

The NDIS will not have programs. You need to start thinking about **what you want to do**. Also think about **what support you need** to do what you want.

You can ask for things like:

- transport to take you places
- help with things you do at home like cooking and cleaning
- help at work
- therapy type supports like physiotherapy
- changes you need to your home
- equipment so you can go the places you need to
- changes to a car so you can use it.



To find out what else could be possible, you can get the NDIS newsletter.

Click on **NDIS updates**

You can also get ideas by looking at videos about what other people are doing.

Click on **Living a good life**

## Will I get everything I ask for?

You may not get everything you ask for. But if you do not ask for what you want you will not know what you could get.

If you are told that you cannot get what you want you can ask about why. If you are unhappy with the answer it is possible to question that answer by appealing.

Appealing means that your question and the answer you got will be looked at by someone else. You can find out how to appeal in **NDIS FAQ 5 – What if I am not happy?**

## Will I have to have an assessment?

The Planner will work out your support needs by asking about your life. There are 10 parts of life that they will ask about. They will be trying to work out what support you need to do things like the ones listed below.

1. Understanding and remembering information, learning new things, practicing and using new skills and ideas.
2. Doing daily tasks, managing things you do each day, knowing what to do when things go wrong, making choices.
3. Being understood and understanding other people.
4. Things like getting in or out of bed and moving around in your home and community.
5. Things like having a shower and eating.
6. Things like getting food ready, cleaning, making sure the house is well looked after.
7. Making and keeping friends, dealing with feelings and emotions.
8. Doing things you enjoy with other people and what you do in your free time.
9. Learning things.
10. Work.

The Planner can look at an assessment you have already done. A Planner can also ask you to have another assessment done by a specialist.

## Should I prepare for my planning meeting?

Yes. The NDIS is different to the funding you are getting now. For lots of people it will give you the chance for more control of your life. To make sure you make good choices you should prepare.

There is information about planning on the NDIS website. This includes a workbook to help you get ready for your planning meeting. There are also videos you can watch. Click

## The planning process

### What can I do to get ready now?

1. Think about the things that are important in your life and write down your ideas. This can also be things that you want to do in the future.
2. Start trying new things to see if you like them.
3. Learn more. Learn from other people. Talk to people you know. Go to workshops. Look on the internet.



### Other fact sheets that may help you

We have made 5 fact sheets that have information about things you should know.

- 1: Can I get the NDIS?
- 2: What should I know about plans? (this fact sheet)
- 3: How do I manage funding?
- 4: How do I make my plan happen?
- 5: What if I am not happy?

# Contact Details



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