FROM THE PRINCIPAL

SCHOOL VALUES

EMPATHY ~ RESPECT ~ RESPONSIBILITY

Dear Parents, Carers and friends of the school community,

Welcome Back to Term 4

Hope you all had a good break and shared some wonderful memories with your child(ren)

As you are aware Corinne and Denise are on a study tour in the UK attending an ASD conference and visiting schools in England and are due back at work next Monday. By all accounts they have lots of information to share with us.

Administration Upgrade

Over the school holidays building works commenced on the Administration upgrade. The school has invested $400,000 for the project, which will deliver:

- Secure reception and waiting areas
- Additional staff meeting spaces
- Expanded Professional Learning Centre area
- Functional office spaces for school technicians, admin and principal class team
- New telephone system

New reception area

2015 TERM DATES:

Term 1: 30 January—27 March  
Term 2: 13 April—26 June  
Term 3: 13 July—18 September  
Term 4: 5 October—18 December

Parents visiting reception will notice the new security system for the safety of our students. To access the reception area, enter via the first double doors, then ring the doorbell on the left. The office staff will then unlock the door for you to gain access into the reception area.

While there are still finishing touches to be made to these spaces, there has been minimal disruption to student learning. We have seen lots of interest by many students to come and check out the new spaces and point out the things that are different.

2016 Class lists

Staff are currently in the process of designing class groups for 2016. This process will be underway for most of term 4 and is often a long process where consultation and collaboration is of utmost importance.

If you have any particular requests for 2016 please speak to your sub school leader. We anticipate the 2016 class list to be sent home to families on Friday 11th December, 2016 and this will provide adequate time for an effective transition program to be implemented. If you have any questions please don’t hesitate to contact a member of the Principal Class Team.

Staffing

Welcome to Manish Soni who has commenced in room 9 this term.

We are still in the process of recruiting staff for 2016 and selection panels will be running early term 4 so that we can finalise our staffing for next year.

Family Support Meetings

Term 4 dates:
Thursday 22nd October – Immunisation – Angela Duncan, Immunisation Team Leader from Hume City Council will present to the group changes to immunisation and the DET 100% target rates.
Thursday 19th November – This meeting will provide families with an overview of some of the changes to how we set Individual Learning Goals (ILP’s) and Reporting for 2016. Sue Johnston our Teaching and Learning Assistant Principal will be presenting the overview to families. Please mark this date on your calendar.

Fundraising Committee

Our last term of fundraising for the year will see the following events taking place;

Bus Shopping Tour— Is now booked and will be on this Sunday
Christmas Stall – Date to be confirmed
Special Lunch order day - Date to be confirmed
Lisa Sette is our Fundraising Co-ordinator and can be contacted via the school office or sette.lisa.l@edumail.vic.gov.au

Teaching and Learning Information

Upcoming events to put in your diary
The exhibition will be open during the day and also on the evening of Wednesday 28th. All students will have work on display to show case the Visual Arts program. It will be great to see all families attend to support their students learning. More information will be sent out shortly.

“Count Us In” – On Thursday 29 October students from JSA will be participating in Music Count Us In Australia’s biggest school initiative, at the same time as more than 500,000 students from over 2,100 schools nationwide. This year we will be singing “Gold”, the song for 2015, as well as revisiting songs from previous years.

Curriculum Day will be held on Monday 2nd of November. Staff will be investigating and exploring the use of the program “Zones of regulation”. We will be having outside speakers in the morning to talk to us about the program, followed by presentations by some of our staff who are currently implementing this program in their classroom, before moving into team discussions and planning of how this program may work for our students. Parent information sessions are being planned for 2016.
VCAL information night – 18th November at 5:30pm. Please stay tuned for more information.

SSG’s will be held week 9 & 10 of this term.

**Being Sun Smart in Victoria**

**Slip**

Slip on sun-protective clothing that covers as much skin as possible.

**Slop**

Slop on SPF30 or higher sunscreen – make sure it is broad spectrum and water resistant. Put it on 20 minutes before you go outdoors and reapply every two hours. Sunscreen should never be used to extend the time you spend in the sun.

**Slap**

Slap on a hat that protects your face, head, neck and ears.

**Seek**

Seek shade.

**Slide**

Slide on sunglasses – make sure they meet Australian Standards.

UV levels are the highest during the middle of the day. When the UV Index is forecast to be 3 or above, the SunSmart UV Alert with sun protection times, is issued for that day.

To check the daily sun protection times:

- on the free SunSmart app
- online at sunsmart.com.au or bom.gov.au/weather/uv
- in the weather section of newspapers

Live UV levels for capital cities are available from arpsans.gov.au/uvindex/realtime

**Which type of hat?**

Wear a hat that provides good shade to the face, back of the neck, eyes and ears. Broad-brimmed and bucket hats provide the most UV radiation protection for the face and head. Legionnaire hats also provide good UV radiation protection.

Wearing a hat with a brim that shades the eyes can also reduce UV radiation to the eyes by 50%.

<table>
<thead>
<tr>
<th><strong>Broad-brimmed hat</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Brims should shade the face, neck and ears.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Bucket hat</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Bucket or surfer-style hats should have a deep crown and sit low on the head. The angled brim should provide the face, neck and ears with plenty of shade.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Legionnaire hat</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Have a flap that covers the neck. The side flap and front peak should meet to protect the side of the face. Legionnaire hats are more suited to people who are active or doing activities involving bending.</td>
</tr>
</tbody>
</table>

Just a reminder that all JSAS students need to be wearing a hat for all outdoor activities.

For students who are not keen on wearing a hat, staff will build ‘keeping a hat on’ into the individual child’s program. So it is really important that you supply a hat for your child to wear at school so this learning can occur.

Please be mindful when purchasing hats with strings as the string can become stuck in play equipment and create a choking hazard. We have been made aware that there are now hats available with a snap release for a few extra dollars.

Also please send in sunscreen.

**Naming student items**

We ask that parents please check their child’s belongings and make sure that their name is clearly identifiable on it. We get large collections of clothing items in our lost property box each term. Those items that are not claimed or we cannot identify may go into spare clothing cupboard or thrown out at the end of each term.
Early term 4 sees a peak in jumpers. As the day warms up students take off their jumpers and may leave them lying around the school. It helps staff to return the items if they are clearly labelled.

**Bush fires and student safety**

There may be the possibility over the coming months that some of our bus runs may not operate due to bush fire activity. We may also need to delay bus travel where there is a risk or a perceived risk. As a school we work in conjunction with the department and the Mees bus company. At all times the safety of our students is paramount.

**2014/15 School Councillors**

<table>
<thead>
<tr>
<th>MEMBER</th>
<th>POSITION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corinne Pupillo</td>
<td>Executive Officer (Principal)</td>
</tr>
<tr>
<td>Lisa Sette</td>
<td>President</td>
</tr>
<tr>
<td>David Edgar</td>
<td>Vice President</td>
</tr>
<tr>
<td>Dianna Lauria</td>
<td>Treasurer</td>
</tr>
<tr>
<td>Nikki Davis</td>
<td>Parent Representative / DET Employee</td>
</tr>
<tr>
<td>Bridget Kille</td>
<td>Parent Representative</td>
</tr>
<tr>
<td>Edward Stolinski</td>
<td>Parent Representative</td>
</tr>
<tr>
<td>Steve Shenman</td>
<td>Parent Representative</td>
</tr>
<tr>
<td>Virginia Smedley</td>
<td>Community Representative</td>
</tr>
<tr>
<td>Denise Clarke</td>
<td>DET Representative</td>
</tr>
<tr>
<td>Kristie Giannakis</td>
<td>DET Representative</td>
</tr>
<tr>
<td>Sue Johnston</td>
<td>DET Representative</td>
</tr>
</tbody>
</table>

The next School Council Meeting will be held on Thursday 29th October, 2015 at 5.30pm

**Reminder:** Our newsletter is published each fortnight and will provide you with important information about the school and events that may be of interest to you. I encourage you to read the newsletter that will be sent home with your child, emailed to you or on the school website.


JSA also has a Facebook Page administered by the leadership team.  https://www.facebook.com/JacanaSchoolforAutism

www.jacanaschoolforautism.vic.edu.au
Mad About Mini-Beasts!

Throughout the course of Term 3, Room 11 delved into an Inquiry Unit which was all about Mini-Beasts. The students learnt about a wide variety of mini-beasts, including spiders, snails, bees, worms and butterflies. Through hands-on activities and class activities, such as a worm hunt in the school yard, the students investigated and discovered how different mini-beasts move, eat and what they look like. Room 11 had a fantastic time when they visited the Melbourne Museum to see the 'Bugs Alive' exhibition, in which they saw many mini-beasts in their different habitats.

The students were active participants in the Inquiry Unit and they immersed themselves in books about mini-beasts. Overall, the Mini-Beasts Inquiry Unit was a huge success and the students are still identifying and discussing different mini-beasts that they see. Well done, Room 11!
Term 3: Room 13 were busy building the set, costumes and practicing the performance. It was great to see the students working hard together to produce a good performance on the day.

Students found time to do some travel training which involved learning about historical buildings within the Melbourne CBD. The students visited historical buildings like Cook’s Cottage, Parliament house and Queen Victoria Market.
CONGRATULATIONS to Tobias Ward Boas whose work – **INDIGENOUS HEART**

was selected for the 2015 Young at Art online art competition! You can view Tobi’s entry online - http://www.youngatatart.com.au in the Indigenous Category
The Importance of Fibre & Water Intake in Preventing Constipation

Approximately 10% of children are affected by constipation. Signs of constipation include two or more of the following symptoms in the last eight weeks: hard stools (pebble-like), three or less bowel movements a week, pain whilst passing stool and more than one ‘poo accident’ (soils) per week. Constipation is the greatest cause of soiling. Of children who soil, approx. 95% have chronic constipation.

Children with ASD have an even higher prevalence of gastrointestinal problems, such as constipation. This is most commonly due to children with ASD being more inclined to be ‘selective’ or ‘fussy’ eaters (preference for starch and carbohydrate foods and/or an aversion towards fruits and vegetables). If you suspect your child is constipated please see your GP.

Inadequate fibre & fluid intake = constipation
Constipation = ↑ irritability + ↓ appetite + possible ↑ soiling
Inadequate nutritional intake = ↓ growth + ↓ development + ↑ fatigue

Fibre;

- Only found in foods that come from plants. Foods such as meat, fish and dairy products do not contain any fibre.
- Fibre helps soften stools making them easier to pass and therefore helps to prevent constipation from occurring. It keeps the digestive system and bowels regular.
- Foods high in fibre include: fruits (particularly berries, apples & pears with skin on, bananas and dried fruits eg, apricots, raisins) vegetables (especially; broccoli, peas, corn, carrots & potatoes with skin on), wholemeal bread & pasta, bran, whole grain cereals, brown rice, nuts, rice crackers and seeds.

Fluid intake;

- It is essential that children drink plenty of water. Increasing fibre alone will not prevent constipation. Fibre and fluid need to be consumed together to be effective!

<p>| RECOMMENDED DAILY FIBRE INTAKE | RECOMMENDED DAILY FLUID INTAKE |</p>
<table>
<thead>
<tr>
<th>Age</th>
<th>Amount per day</th>
<th>Age</th>
<th>Amount per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 to 3 years</td>
<td>14 grams</td>
<td>4 to 8 years</td>
<td>1200mL</td>
</tr>
<tr>
<td>4 to 8 years</td>
<td>18 grams</td>
<td>9 to 13 years</td>
<td>1600mL boys/ 1400mL girls</td>
</tr>
<tr>
<td>9 to 13 years</td>
<td>24 grams boys/ 20 grams girls</td>
<td>14 to 18 years</td>
<td>1900mL boys/ 1600mL girls</td>
</tr>
<tr>
<td>14 to 18 years</td>
<td>28 grams boys/ 22 grams girls</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Tips for increasing fibre and fluid intake;

- Choose wholemeal/wholegrain breads, pastas, cereals and brown rice.
- Make fresh fruit (preferably with skin on) and vegetable snacks available throughout the day.
- Add more grated vegetables, bran products and legumes in your cooking.
- Add a squeeze of lemon or lime to water to enhance the flavour.
- Encourage the family to drink a large glass of water each meal.
- Encourage your child to drink at least two large bottles of water each day.

- Written by the JSA Occupational Therapists

Resources:
Girvan, S (2015). Diet and Autism presentation handout
National Health and Medical Research Council (2013). Australian Dietary guidelines
Individuals with ASD are literal thinkers. Avoid sarcasm and say what you mean. It’s no joke!
The effect of pet ownership on the social skills and empathy of people with Autism Spectrum Disorder (ASD)

Participants Wanted

Who can take part?

- Anyone with an Autism Spectrum Disorder (ASD) aged 12 years and over (those aged 12-18 must have a parent/guardian present)

Why are we conducting this research?

To provide information regarding the role pets may play in enhancing the social skills and empathy of people with ASD across the lifespan, as it could be a cost effective and viable option for many families.

What will it involve?

I (Victoria) will meet with participants personally at a time and place that suits the participant to complete two short questionnaires, and a parent/close person will also complete two questionnaires about pet ownership, empathy and social skills. Participation is anonymous and takes approximately 20 minutes.

How do I sign up?

If you would like to participate, or if you have any questions about this project, please contact Victoria by email or phone:

Email: petASDresearch@gmail.com
Phone: 0403 694 986

To thank you for your participation your school will be entered into a draw to win a $100 Dymocks Bookstore voucher

Thank you for your interest!

Student investigator: Victoria Eddington (Bachelor of Psychological Science Honours student), petASDresearch@gmail.com [ph: 0403 694 986]
Staff supervisor: Dr. Janine Cooper, janine.cooper@acap.edu.au [ph: 03 8613 0632]
Villa Verde Gardens invites you to come spoil yourself by strolling through meticulously manicured gardens. Be overwhelmed by the undeniable magnificence of this local garden and join us for our 2015 Annual fundraiser 'OPEN GARDEN WEEKEND'.

NOVEMBER THE 14TH AND 15TH, 2015
GATES OPEN FROM 10AM TO 5PM
805 MICKLEHAM ROAD, GREENVALE

Join us on Saturday for 2 acoustic performances from Caroline Music Entertainment (12pm and 3pm)

$10 ADULT ENTRY & CHILDREN UNDER 15 FREE
STRICTLY UNDER ADULT SUPERVISION

Join us for AFTERNOON TEA, PONY RIDES & REFRESHMENTS AVAILABLE FOR PURCHASE (weekend pony rides 1pm - 3pm only)

PARKING STRICTLY AT THE GREENVALE SHOPPING CENTRE - NO WHEELCHAIR ACCESS AVAILABLE

For further inquiries please call Antoinette on 0409 171519, email us on info@villaverdegardens.com.au or leave a message on our Facebook page.