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# Newsletter

 Week 9 Term 3 – Thursday 17<sup>th</sup> September 2020 

*I am so pleased the weather is finally getting warmer. I took the advantage of the weather last weekend and used it as an opportunity to 'top' myself up. Promptly at 3pm Friday afternoon I hitched up my camper and travelled (a great distance) to Narrabeen Lakeside. What a glorious weekend I spent on a cheeky ensuite site with no neighbours – this is truly unheard of. Such a perfect place to re-energise and only a stone's throw away. I highly recommend it 😊*

Stephanie Hopkins: Principal

## Visual Reminders

This year has been quite strange, and we have altered many things. Everyone has adapted so very well and taken everything in their stride. Yesterday it was very obvious that perhaps we are missing things more than we think. I had used the Variety bus and parked it in the bus bay for the first time since March. After lunch Mrs Osborne and I were in a zoom meeting in my office when there was a definitive knocking on the door and the handle shuddered (door was locked) but then stopped. Apparently, Rex had raced up to the office, knocked on the door, then moved to the clinic and directed staff to collect and take the First-aid back pack down to the bus bay, where he promptly sat on the chairs waiting for his outing on the bus. Rex like many of us are ready to get back out on excursions and into the community. Fingers crossed we can safely do this very soon. Thanks Rex for letting us know so clearly and I am so sorry you are missing your bus rides so much.

## Developing the School Improvement Plan 2021-2024

Yesterday the executive team spent the day planning the start of the new 2021-2024 School Improvement Plan (SiP) We spent the day looking *Inwards*, *Outwards* and *Forwards*, discussing the School Excellence Framework and where Arranounbai sits in each domain. It was a great opportunity to work together and discuss various possibilities and plans for Arranounbai. I am so grateful to work alongside such dedicated leaders that want the very best for each individual student. Thank you for making Arranounbai such a great place to work.

Next term you will have the chance to join staff in further discussions and planning for the 2021-2024 School Plan. Please join us on Wednesday 4<sup>th</sup> November at 10am.

## Morning tea with Ms Hopkins



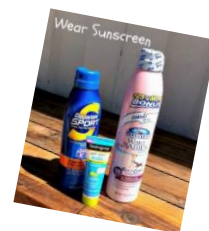
This week Michael, Grace and Ricky were the recipients of Morning Tea. Unfortunately, I couldn't be there so they had a lovely snack with Mrs Golding. Ricky will have his turn on Monday when he is back at Arranounbai. Grace thought the chips were a winner!

## Reminder

All outstanding fees are to be settled now. Please go online to pay or contact the office 9452 3168 ASAP.

## Slip Slop Slap

How fabulous to have some warmer weather over the past few days. As the weather continues to get warmer, and we move towards summer, please ensure your child brings a hat to school each day and you apply some sunscreen each morning.



## IN CASE YOU MISSED IT

### Puberty, Sexuality and Relationships:

A webinar for parents and carers of people with intellectual disability and autism spectrum disorders

Find out how to support your family member's personal development and sexuality in a positive way!



Come join the team at Family Planning NSW for an interactive webinar that will cover issues across the lifespan including:

- Disability and sexuality
- Preparing for puberty
- Decision making and safety
- Taking care of health and hygiene
- Supporting positive and safe sexual expression
- Tips for talking about sex and answering tricky questions

Parents, foster parents, relatives and other unpaid carers of people with intellectual disability and autism spectrum disorders of all ages are welcome.

Unfortunately we are unable to accept registrations from professionals for this event.

**Date & time:**  
 Thursday October 29th  
 Evening session - 5:00pm - 7:30pm  
 Tuesday November 17th  
 Morning session - 10:00am - 12:30pm

**Venue:**  
 Zoom link provided on registration

**Cost:**  
 This course is funded by the Hunter New England local health district.



**For more information:**  
 Erin Donnelly  
 Family Planning NSW  
 E: [erind@fpnsw.org.au](mailto:erind@fpnsw.org.au)

[Click here to register online](#)



### Class Merit Award recipients- Week 8

## This Week: 4M

1A – Lucas

3N - Willem

1N – Grace

4M – Rex & Aurora

2C – Gigi

4K – Isabella

5S – Joe

Music- Beau

Library – 4M

Kitchen Garden- Willem

Life Skills- Jonah

This week's Arranounbai Attitude focus is following instructions. 4M has been practicing this in a range of different settings and context by helping out around the school. Rex has taken on the responsibility of helping the kitchen wash their aprons and is learning to operate the washing machine. Mikey has been helping the office staff unpack deliveries onto the correct shelves in the supplies cupboard and is learning to use the leaf blower to keep the bike track clear of twigs and leaves. In the afternoons Dylan, Riley, Aurora and Margaux have been working together to washup the dirty dishes from lunch.

### Arranounbai Attitude Awards

Congratulations to the following students, who gained their tokens to receive their Bronze, Silver and Gold Awards.



Zoe



Mikey

### Arranounbai Pins



Well done to Kaleigh and Riley who received their Arranounbai Pins 'virtually'.



### Arranounbai Attitude Morning Tea with Ms Hopkins

1N - Grace

1A – Ricky

2C - Michael

### Class of the Week

Each week during assembly a 'spy' will watch each class, looking for those doing their best to follow the Arranounbai Attitude. At the end the spy will announce the class that has shone that week.

Week 8: Spy – Mrs Spence

Class: 2C

### Dates for Your Diary

22<sup>nd</sup> September – Yr 7 Vaccinations

25<sup>th</sup> September – Final day of term 3

4<sup>th</sup> October – Day light saving

12<sup>th</sup> October – Term 4 begins – staff & students return

29<sup>th</sup> October 5pm-7:30 pm: Puberty, Sexuality & Relationships webinar for families of people with disability [Click here to register online](#)

17<sup>th</sup> November 10am-12:30 pm: Puberty, Sexuality & Relationships webinar for families of people with disability [Click here to register online](#)

