

This Friday 22nd September we will be having a mufti day to raise awareness and funds to support families affected by autism. Children are being asked to wear 'anything but blue' to school on the day and make a gold coin donation. All money raised on the day will be donated to ASPECT (Autism Spectrum NSW). The following is some information which may be helpful in discussing autism at home with your children.

Autism Spectrum Disorder (ASD)

What is an Autism Spectrum Disorder (ASD)?

Autism is a range of difficulties that children, young people and adults have. Not everyone who has ASD has the same difficulties, and some have much more difficult lives than others. Children with ASD can think well and learn about lots of things as easily as other children, but they have problems:

- When they try to communicate with others
- With social skills
- With their behaviour

Communicating with others

Children with ASD can hear what others say to them, but they don't pick up the 'non-verbal' part of communication, so they often don't get the full message. Some kids can talk well but they get confused a lot because they do not understand the feelings that other people have.

Social Skills

- Children with ASD may have problems making friends. They often want to have friends, and they can feel very lonely, but they don't know how to be a friend.
- They may choose to play alone and stay away from other kids, or talk to adults because being with other kids confuses them.
- They may like to be playing with a computer rather than with other kids, as they don't have to communicate socially with the computer.
- They may find it hard to understand the feeling behind a social expression. They may think that if someone smiles at them in a friendly way, that person wants to be their best friend. They can be very disappointed when the person wants to play with someone else.
- They may take a long time to understand the 'rules' about not interrupting when someone is taking, or how to take turns, or how to share.
- They may be surprised when people do something they haven't expected. For example, if someone laughed because of something amusing, they might not know it was funny.
- They might think that other kids have done something deliberately to hurt them when they have accidentally bumped into them. They can even believe that a chair tried to bump into them!
- They can be targeted by bullies because they can be easily upset.
- Some may do the wrong thing to try and make friends and this can get them into trouble. They might take something that belongs to another kid because they have been told to by someone who enjoys seeing them get into trouble.

Their behaviour

- They are often really interested in some things, like computers, reading and making things.
- They can be obsessive about something they are interested in and don't understand that others are not interested.

- Their behaviour can seem a bit 'different or unusual', or it can be really difficult and sometimes they get very upset or aggressive.
- They may be upset by some noises or smells, or by what some things feel or look like. For example they might hate the feel of shoes on their feet, how sand feels or refuse to wear anything that is red.
- They like things to happen the same way all of the time, so they might get upset when lesson times are changed, or they have to move to a new desk in the classroom.
- They tend to have rules and ways of doing things that they think everyone else should follow, and they can get angry when others don't follow their rules.
- They don't do 'small talk'. Chatting about things like who won a sport match is not likely to be of interest to them.

How do you get ASD?

Autism Spectrum Disorders are not a disease and you can't catch them from anyone. People have ASD from the time they are born, but often they are at school before it is worked out that the difficulties they are having are due to ASD.

Can it be cured?

ASD is not a disease so it can't be cured, but people with ASD do learn more about other people as they get older.

- Some become experts in their area of interest.
- Some marry and have families of their own but some always have problems with relationships.
- Some always need things to be done exactly their way, and get very upset if someone does something 'wrong' such as putting things in the 'wrong' place.

How can you help?

If someone in your family or in your class at school has ASD then you can help by:

- Being friendly
- Helping them when they have trouble understanding
- Including them in your group, but not being upset if they don't want to join in
- Not bullying them or setting them up
- Standing up for them if others are being unkind
- Helping them to understand the rules by being firm and saying things like, "It's my turn now, and then it will be yours."
- Understanding that unfamiliar things and unfamiliar noises can be upsetting for them
- Helping them to practise skills like talking to the class
- Praising them when they do well
- Letting them know that you like them
- Ignoring 'bad' behaviour

Most kids with ASD go to mainstream schools. This can be scary for them. Having to cope with changes all the time when you feel more comfortable with the same thing happening in the same place can be really upsetting.

All kids want friends so if you know someone at school or at home who has ASD try to be patient and kind.

We all have feelings and we all live in the same world. Let's make it a kind and friendly place for everyone.



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ARRANGEMENTS FOR THE 2017-2018 BUSH FIRE SEASON

Wednesday 13th September 2017

Dear Parent or Carer,

I am writing to let you know about arrangements for our school for the upcoming bush fire season.

Our school has been identified as a school at increased risk if a fire were to break out on a day when a Catastrophic Fire Danger rating is issued for our area.

To ensure the health, safety and welfare of students and staff, the Department of Education has determined that on days when a Catastrophic Fire Danger Rating is issued for our area, the school will temporarily cease operations for the day(s) the rating is current and alternative learning arrangements will be put in place. This is based on information obtained through a bush fire assessment of our school arranged by the Department.

A Catastrophic Fire Danger Rating is likely to occur on a very small number of days during the bush fire season, if at all. To ensure that we continue to support student learning on these days, I have put the following arrangements in place:

Sussex Inlet Public School will be closed on days a catastrophic fire danger rating is in place. Where possible, students will be provided with school work to support student learning needs.

The school will only receive notification of a Catastrophic Fire Danger Rating after school hours the day before the forecast is issued. To assist me in contacting all parents please ensure that you have provided the school with up-to-date home or after hours contact details.

Information for parents and carers provided by the Department about these arrangements is attached. Up to date bush fire information will also be available to you on the Department's bush fire safety website. The link for this site is as follows: <http://www.dec.nsw.gov.au/about-us/news-at-det/bushfire-safety>

Please contact the school on Telephone 4441 2053 if you would like any further information about this matter.

Yours sincerely

Ms Janelle Radke
Principal

2017-18 Bush Fire Season Information for parents Health and Safety Directorate

This brochure provides information for parents and carers about arrangements for the 2017-18 bush fire season. This information is only relevant for schools that are on the bush fire register.

Introduction

The NSW Department of Education has conducted bush fire assessments for NSW government schools in bush fire prone areas. These results have been validated by an independent external expert and have been reviewed in consultation with the NSW Rural Fire Service.

A small number of schools have been identified as being at increased risk if a fire were to break out on a day when a catastrophic fire danger rating is issued for the local area. This includes the school your child attends.

To ensure the health, safety and welfare of students and staff, the NSW Department of Education has determined that on days when a Catastrophic Fire Danger Rating is issued for the area the school is in, the school will temporarily cease operations for the day(s) the rating is current and alternative learning arrangements will be put in place.

What is a Fire Danger Rating?

A Fire Danger Rating is the expected fire danger on a particular day and is determined by considering a combination of factors including air temperature, relative humidity, wind speed and drought. The ratings range from Low – Moderate through High, Very High, Severe, Extreme and Catastrophic.

What is a Catastrophic Fire Danger Rating?

A Catastrophic Fire Danger Rating means that if fires broke out they would be uncontrollable, unpredictable and very fast moving with very aggressive flames extending high above tree tops and buildings.

When will I know if my child's school won't be operating the next day?

The State Emergency Operations Centre (SEOC) notifies the department at approximately 4:30 pm each day when there are catastrophic fire danger ratings predicted for the following day. This means that the school will only receive notification of a catastrophic fire danger rating after school hours the day before the forecast is issued.

Your school will notify you as soon as possible. You will be notified by telephone or other communication, depending on when the school is advised that the catastrophic fire danger rating has been issued. The school will contact all parents and carers and, where appropriate, issue advice through local media.

Please provide your current home or after hours contact details to your school. Parents and carers should also watch or listen to local media as information may be provided through these outlets.

What education arrangements will be in place if the school isn't operating?

Talk to your school about the arrangements that will be put in place in the event of the school temporarily ceasing operations due to a Catastrophic Fire Danger Rating being issued. Schools will be undertaking advanced planning to ensure that if they do need to cease operations on some days, they will have alternative educational arrangements in place. This may include re-locating to another school, where practicable, or providing take home work for students.

2017-18 bush fire season: information for parents



Will my child's school be affected by Severe or Extreme Fire Danger Ratings?

During the bush fire season, including days of severe or extreme fire danger rating, schools will continue to operate as normal unless advised otherwise by emergency services. During the bush fire season schools will be vigilant and monitor local conditions, particularly on days when severe or extreme fire danger ratings are issued.

Plan and Prepare

The NSW Rural Fire Service has resources for all residents to plan and prepare for the bush fire season. It is important that you consider the safety of your own home from bush fire. Please find more information and resources on the RFS website at <http://www.rfs.nsw.gov.au/plan-and-prepare>.



Learn more

We appreciate your cooperation during the bush fire season. For further information about Fire Danger Ratings and the bush fire season, please refer to the [NSW Rural Fire Service website](#).

The department's [School Safety website](#) has also been established to provide up to date information during bush fires and other situations such as floods or storms.

The simplest way

...to help fussy eaters.

Fussy eating is very common and often very stressful for the whole family. While there is no magic solution, perseverance, involvement, presentation and disguise are four effective strategies that can help address this behaviour.



Other tips include:

- Offer new foods at times when children are hungry.
- Encourage kids to try new foods but do not force them to eat. "Parents provide, children decide" is a good rule of thumb to use.
- Let kids help out with food preparation.
- Be a good role model.
- Praise your child for trying new foods: sometimes kids refuse foods to get attention.
- Add "hidden" vegies to recipes such as spaghetti bolognaise, soups, casseroles and home-made burgers.
- Cook vegies lightly and use a variety of types so they have different flavours and colours.
- It will take several attempts (10 – 15 times) so do not give up after the first time.

For more information visit

www.eatittobeatit.com.au

or join us at facebook.com/eatittobeatit