The Belmore News

Wednesday 14th March 2012

DATES TO REMEMBER

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<td>Wednesday 14th March</td>
<td>7.00-8.30pm Futures For Young Adults</td>
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<td>Tuesday 20th March</td>
<td>10.00am Friends of Belmore</td>
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<td>Wednesday 21st March</td>
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<td>Thursday 22nd March</td>
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<td>Mondays 26th March</td>
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Important Reminder

Pupil Free Day
Next Wednesday 21st March.

Invitation to parents of the 15+ to 18+ students

Futures for Young Adults Program (FFYA) Information night

Tonight, March 14 (Wednesday), 7.00-8.30pm at Belmore School

The representatives from the Department of Human Services (Eastern Metropolitan region) will present the process of the program and organise the registration for the 18+ students who will leave school at the end of 2012.

Rose Ngai, FFYA coordinator

Everyone is welcome to a
Friends of Belmore Morning Tea
On Tuesday 20th March 10am
in the meeting room.

Join us for a chat, discuss upcoming social events, fundraising & much more...
NEW families most welcome

If you would like to join the email list to receive this Newsletter electronically, please contact your classroom teacher.
Introducing Sarah

We would like to welcome our new Occupational Therapist, Sarah Kidson who commenced work as a member of the Yooralla staff at Belmore School today.

Hi! I’m looking forward to getting to know everyone and am very excited to be a part of the Belmore School community.

I have just moved here from NSW and have now been living in Melbourne for five weeks. I graduated from Newcastle University with a Bachelor of Occupational Therapy in 2006 and have previously worked at Barwon Valley School in Geelong, and in a community mental health setting in Orange, NSW.

I will be working with the students in Rooms 1, 2 and 3 on Tuesdays, Wednesdays and Thursdays and can be contacted on 9819 7332.

Disability and Applied Human Rights

I know that parents are very busy people, but you may wish to take this opportunity to make your voice heard.

"Would you like to talk about your everyday experience of human rights?"

RMIT and La Trobe University are interested in talking to people with a disability about their daily experience of important rights such as dignity, respect and the freedom to make your own choices. Participating in this research would involve an interview and a short survey. Refreshments are provided and reimbursement for travel costs is available.

This research is adapting and testing a human rights audit tool developed by Disability Rights Promotion International (DRPI). The tool has already been used overseas but we now need to test it in Australia. The information we gather in this research will give state and national services a better idea of how life is for people with a disability living in Australia.

What do you need to do? For more information or to arrange an interview please contact Paul Ramcharan on paul.ramcharan@rmit.edu.au or by phone 0431 377914.

A project funded by the ARC and Helen MacPherson Smith Trust and supported by VCOSS, Australian Bureau of Statistics, Human Rights Resource Centre"
Signposts Invitation

What is Signposts?
Signposts for building better behaviour is a free program to help families of children with a developmental delay or intellectual disability. It is for families/carers with children aged between 3 and 18.

Why do Signposts?
Families learn:
• positive ways of coping with difficult behaviour
• ways to encourage better behaviour
• how to teach children new skills.

How is it run?
There are a minimum of six sessions, usually run on a fortnightly basis.
We will be delivering the program through small group sessions.
All materials (booklets, video/DVD) are free of charge.
All carers of your child are encouraged to attend, without children.
Bookings are essential.

Where: Belmore School
Stroud St
Balwyn
9859 8762

When: Thursday mornings 9.30 -11.30 am
26th April
10th May
24th May
7th June
21st June
28th June
2nd August

For more information, please contact
Belmore School
9859 8762

Or return your reply slip on your invitation coming home in your child’s bag.

signposts@parentingrc.org.au
Relax at **Ripples n Tonic** - Phillip Island

A new respite house in Phillip Island.

Ripples n Tonic’s vision is to operate a beautiful accommodation service in a relaxing and tranquil environment that caters for our diverse population.

**Accessible equipment and specifications on site:**
- Hoist - Ezy Lift (max 150 kg)
- Bed - Phoenix Hi-Lo Extra (200 kg), three layer foam pressure reducing mattress
- Aquatic wheel chair
- Shower commode - Maxi mobile shower commode (150 kg)
- Shower Chair

**Fully accessible property**

For further information contact
The Ripples n Tonic Team at:
PO Box 41, East Melbourne, 8002. Vic
Phone: 0439 699 933 or 0418 326 001 or Email: relax@ripplesntonic.com.au

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### Free Information Session

In March CPSN will be presenting information on:

**“Accessible Holidays”**

This session will showcase ideas on “barrier-free” holidays and travel. Our guest speakers are all experienced in the travel market and we will have some fantastic products to showcase that will make your holidays more enjoyable.

**“Accessible Holidays”**

**Event Date:** Thursday 22nd March 2012  
**Event Time:** 6:30-9:00pm  
**Where:** NSS, Level 1, 30 Union St, Northcote  
**RSVP by calling** 03 9445 7488 or by emailing cpsn@cpsn.info

This session is free but we ask you to RSVP so we know how many chairs to set up—and to ensure we have enough refreshments.

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### Balwyn Cerebral Palsy Support Group

**Do you have a son or daughter with Cerebral Palsy?**

As a parent you have normal stresses and the unique challenges of Cerebral Palsy

**Want to know more?**

During the month of March the CPSN will be presenting information on:  
- “How to take care of yourself and safely transfer and move your child”
- Caring for your child can involve a great deal of physical activity and this session will cover the correct ways to carry these out and how to care for yourself

**Thursday March 22nd, 2011**

There will also be a presentation by Belmore School on their Signpost Program

The session is from 12.30pm to 2:30pm  
Belmore School, Stroud St, Balwyn

Please RSVP by calling 03 9445 7488 or by emailing cpsn@cpsn.info

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**ALL WELCOME!**
Friends of Belmore Easter Raffle
The Friends of Belmore Easter raffle is on again to raise funds for our wonderful school. There are 4 prizes to win with tickets $2 each or 3 for $5. Raffle will be drawn on Thursday 29 March so please return all sold tickets by Thursday morning to the office. Additional tickets will be available from the office.

Monday 26th March is PURPLE DAY
Promoting epilepsy awareness world wide. Students and staff are requested to wear purple and bring a gold coin donation on this day.

Camberwell Primary School
Sunday 18th March 2012
10am-4pm

I was invited by the family! $5 discount
When you buy one wristband for unlimited rides all day!

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Balwyn Vic 3103
Tel: (03) 9859 8762
Fax: (03) 9819 7591
belmore.sch@edumail.vic.gov.au

20/06/2012