DATES TO REMEMBER

Friday 23rd September  End Term 3
Students home 1/2 hour earlier

Sunday 9th October  Bunnings Barbeque fundraiser

Monday 10th October  Start Term 4

Wednesday 19th October  School Photo Day

Friday 21st October  Loud Shirt Day

Tuesday 1st November  Melbourne Cup Day

Wednesday 9th November  Hairdresser visit

Thursday 10th November  School Council

Wednesday 16th November  Graduation Dinner

Tuesday 22nd November  Volunteers Morning tea

Tuesday 13th December  Awards morning

Thursday 15th December  School Council

Thursday 22nd December  End Term 4

DON’T FORGET………………

The more dockets, the more items the School will receive, e.g. books, classroom equipment, art & craft materials and much, much more.

We receive one Learn & Earn point for every $10 spent in the store (excluding cigarettes, alcohol and gift cards).

DIARY DATES FOR 2012

Pupil free days for next year 2012

1st February  (first day of term state-wide day)

21st March

25th July  (reporting day) Please put this date in your diaries for parent-teacher team meetings next year

5th September
FROM THE PRINCIPAL’S DESK......

**School holidays**
The holidays are here again. **Don’t forget that students will be home half an hour earlier tomorrow.**
I hope everyone has a chance to relax from the rigors of the early morning routine. Maybe you have some activities planned or even some respite. In any case enjoy the spring!

**Curriculum development**
Belmore school is adopting the "Nepean Curriculum". This curriculum has been developed by our sister school, and is specifically developed for students with physical disabilities. We are very impressed with it and feel that it really meets the needs of Belmore students. It follows the VELS state-wide curriculum guidelines. We will be spending the next year adopting, and familiarising ourselves with the document. We are also planning to modify the way we present student goals and reports so that we can more consistently track student’s progress across the school. We also believe that these documents will become more family friendly.

**Focus group**
We had a terrific group of very committed and thoughtful parents who met last Monday and discussed lots of ideas.
We talked about:
- Handovers
- Family Events and meetings
- Yooralla
- Program Support Group meetings
- Nursing and bay
- Futures For Young Adults (transitioning out of school at 18+)
- Communication Diaries and
- Strategies for parents to use at home to encourage independence

Many of the suggestions made can be very easily incorporated into what we do, some need to be more fully considered, some we are already doing and we can publicise more.

**Senior Concert**
The Senior School presented a concert of music, singing and dance last week where the "I Have a Dream" concept was brilliantly choreographed by Howard Wilkinson our resident dance instructor and music was arranged by Jenny and the "B Krew" band from the boys group. Auslan signing was provided by Baruch and Joshua and the audience had as much fun as the students in the interactive component of the concert.

**World physio day** was celebrated with interactive activities involving class teams of students and staff.
Thankyou to the physios at Belmore who do such a great job for our school community.

**Strategic Plan**
This term we have been working to develop a strategic plan for the school. This is largely based on the School Review which happened in terms 1 and 2. A summary of the strategic plan will be circulated shortly.

Joan Anson
The students in Room 3 sold sausages and lamingtons at the Hawkers Market
**Final Week Shenanigans**

Hi Everyone,

This is a quick note to let you know that, this being week nine of term, we have very quickly come to the final week of the research-based exercise program. I’m not sure about you, for me at least it seems as though the last nine weeks have passed in a flash!

While the exercise program will be over, next week (Monday & Wednesday) the participating students will take part in post-intervention testing, and in December, follow-up testing (we will remeasure the students’ fitness, activity, participation and school function).

For your interest, a bit of a summary about what has been happening (if you haven't seen us gallivanting around the place already!):

Some delightful pieces of artwork have been created by Jayde & Brittany as a part of the control group (a Brittany original is blue-tacked proudly above my desk at La Trobe!). Those that managed to see the girls in action at lunchtimes were impressed with the novelty of the work produced and at the enthusiasm directed toward the task!

For those in the exercise group:

- Shayla especially has been enjoying the sun of recent weeks, her walks outside seem to have increased in length and speed and she has loved walking up to the other students in the play ground to say hello & check out what’s happening around the place.
- Tom has broadened his repertoire of songs and rhymes as he has quickened his pace and increased his walking stamina. More often than not I’m sure that you’ll hear us coming before we speed around the corner!
- Despite initially claiming strength on his sprinting abilities, Ibby seems to be quite the distance runner too! He’s put each of us through our paces as we’ve joined with him in his very high intensity exercise program, which is, impressively, entirely internally driven.

All in all it has been an incredible amount of fun, the Physiotherapy students who have been assisting have raved about the friendliness of the staff and the excitement of working with the students: getting to know them and seeing them improve, and I entirely agree! This being the last week, we have continued on in the same manner, pushing the students hard as we prepare them for re-assessment in the final week of term. We were thankful for the cheers of encouragement which were delivered to us as we were drooping toward the end of busy sessions!

Well, that’s about all for the wrap-up, I look forward to letting you know the results once they are processed!

Best wishes,

**Stacey Carlon**

PhD Candidate

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WCPT (World Confederation for Physical Therapy) has designated 8th September, the date WCPT was founded in 1951, as World Physiotherapy (or either known as Physical Therapy) Day. It is an opportunity for physiotherapists from all over the world to raise awareness about the crucial contribution their profession makes to keeping people well, mobile and independent.

The staff members, students and volunteers at Belmore School celebrated this day with an Interclass Challenge. Representatives (teachers and students) from each class took part in either a Wheelchair Shuttle Race and/or a Scooterboard Race. Both students and staff were very keen to demonstrate their physical prowess. It was also very encouraging and wonderful to see the children supporting their classmates with boisterous cheers and waving colourful pom-poms! Aside from the fun physical workout, the staff and volunteers also enjoyed a barbecue lunch together.

Special mention to the winners on the day:

**Scooterboard Race**

1st place =
2nd place =
3rd place =

**Wheelchair Shuttle Race**

1st place =
2nd place =
3rd place =

Samuel and Emma Kidd
Shayla and Patrick Moody
Molly and Patrick Moody

Oliver and Andrew
Glen and Andrew
Joshua and Patrick
HOW EENE SWIMMERS WORK

Eenee Swimmers have a stretchy waterproof inner sling (made from knitted nylon with polyurethane coating) for containing incontinence. The outer swim fabric is high chlorine resistant polyester. Leg and Waist draw cords provide extra support and security.

No disposable pad insert is required.

These swimmers are designed for use in the pool, not as an absorbent garment for outside the pool. Some pool water will enter the garment once submerged in the pool. They are designed to provide enough containment, so that if soiling does occur, the wearer has time to vacate the pool and go to the showers to wash up before returning to the pool.

Available in 5 sizes in Blue, Australian Designed and Made.

To select the correct size, measure both the waist and hip. The swimmers tend to fit between just below the waist and slightly above the hip (see below photos), so as a guide, if your waist is 10cm or more above the waist size here, select the next size up swimmers.

How to Measure to select the right size

The swimmers tend to sit half way between the waist & hip depending on body shape. The larger the size the more stretch available.

Measure around the body half way between the waist & hip and use this as a guide to help select the right size.

Available in 5 Sizes

XS waist/hip 50-65cm
S waist/hip 65-80cm
M waist/hip 80-95cm
L waist/hip 95-115cm
XL waist/hip 110-130cm

Select these sizes if the HALF WAY (cm) are:-
XS 45cm up to 57cm
S 58cm up to 73cm
M 74cm up to 89cm
L 90cm up to 105cm
XL 106cm up to 120cm

KUVER DESIGNS PTY LTD
ABN 87 053 790 695
PO Box 158 Sandy Bay Tasmania 7006 Australia
Telephone (03) 6225 3457 Facsimile (03) 6225 0324 International: Telephone +61 3 6225 3457 Facsimile +61 3 6225 0324
Email eenee@eenee.com.au website www.eenee.com

22/09/2011
Eenee Swimmers will help contain incontinence and protect the swimming pool while you swim.

- they are reusable
- look and feel like normal swimwear
- no inner pads are needed
- are suitable for both male and female
- available in XS to XL
- in royal blue

Waist and Leg draw cords provide extra support and security.

Inner stretchy waterproof sling provides containment.

Registered Design

100% AUSTRALIAN DESIGNED & MADE

Our fabrics are quality high chlorine resistant polyester for maximum durability in the pool environment.

Available in 5 sizes

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<th>Size</th>
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Testimonial for Eenee Swimmers and their value to programs at Glenallen School:

"We were so impressed with the results that we have since made them a compulsory item for incontinent swimmers."

For more information free phone 1800336331 or visit our website at www.eenee.com
NOTICE BOARD

Exciting Sustainable Living Workshops - FREE

These free workshops are part of the City of Boroondara’s Living for our Future Program. Light organic refreshments will be provided at both workshops.

**Introduction to beekeeping** - Thinking about keeping bees for garden pollination and delicious honey? Expert beekeeper Kerin O’Brien from Lifecycle Learning is back by popular demand!
7.30pm to 9.30pm, Thursday 22 September, City of Boroondara Camberwell Office

**Productive plants in pots (special school holiday event)** - This is a family friendly workshop. You will be amazed at just how much produce you can grow in small spaces. Create your own productive pot in this interactive workshop facilitated by Sustainable Gardening Australia. Bring your own polystyrene ‘broccoli box’ to this event, free from most local fruit and vegetable shops.
2pm to 4pm, Tuesday 27 September, Kew Neighbourhood Learning Centre

Bookings are essential.
Register online at boroondara.vic.gov.au/living-for-our-future or call 9278 4873
Bunnings Sausage Sizzle

We’ve had a fantastic response to the call for volunteers for the sausage sizzle, a big thank you to everyone who has given up some of their time to help out. We welcome any help or support on the day.

Sausage Sizzle Roster, Please let me know if I’ve made any mistakes with availability times.

9 – 11  Joan Anson, Richard Ferguson, Amanda Ferguson, Debbie Bateman

11 – 1  Cath Addison, Paul Addison, Jan Welsh, Kelly Lloyd-Vanni, Barbara Rinderer

1 – 3  Lee Lock, John Lock, Nicole Wallwork, Stephen Vanni

3 – 5  Penny Eggleton, Sharon Fazino, Rose Ngai, Lisa Evans

We’ve also had a very generous donation of 20 loaves of bread from Mark Rollings at Allans Cakes & Bakery, Shop 1 520 Mt Dandenong Rd, Kilsyth Ph 9725 0926. Thanks very much to Andrew Woolhouse for that contact.

If anyone else knows someone who is able to donate items suitable for the event, such as sausages, bread, napkins, disposable gloves etc. please get in touch.

The sizzle will be held on Sunday October 9th at the Box Hill
Bunnings 259 Middleborough Rd.

Andrew Jeffery  9898 1019  0434 729 338
belmorebbq@gmail.com