



2025

Term 3

Week 10

***Fisher Road School
Newsletter***

A Message From Our Principal

Welcome to our new families! We have had three new students start this term. Xavier in Class LH, Giovana in Class MJ and Andreus in Class MP. I hope everyone enjoyed the Fisher Road disco last Friday, one of our best ever.

Year 12 students are preparing to start some transitions to post school placements in term 4. We wish them success with this new venture.

Teachers celebrated Teachers aide week through individual poems for our SLSO's, and a festival of food. We are very lucky to have an amazing SLSO team at Fisher Road supporting our students. You rock!

Executive staff have completed the External Validation process on Tuesday the 9th September. The panel conveners wrote a lovely email of congratulations to the executive team. I thought I would share with you one of the comments. " it was inspiring to hear each of your team members speak about their everyday practice, their passion for public education, and their dedication to Fisher Road School.". Go Fisher Road team.

Arianne McCombie

SAVE THE DATE !

Upcoming Dates to Remember

Last Day of School

Friday Friday 26th September

School Resumes

Tuesday 14th October

Family and Carers Workshop for LAMP use-District Office-72 Fisher Rd

Tuesday 28th October

Halloween 2025

**Friday 31st October-dress up so we can trick or treat around
School**

Colour Run

Friday 14th November-Wear white clothes for this big event

For updates on these important dates, please be sure to
check the school diary or Dojo regularly for reminders.









CLASS MP

A big welcome to Andreus in Class MP.

Andreus didn't take that long to settle into his new environment. He shows growing confidence each day exploring inside and outside the classroom and navigating the equipment, experimenting with toys and discovering new ways to engage in his surroundings.

Our class continues to encourage every student to reach their full potential by creating an environment that is both challenging and supportive. A recent addition of sensory equipment has made a meaningful impact on student engagement and confidence. For Beau, the presence of the mini trampoline - once a source of hesitation - has become an opportunity of growth. He has begun to explore the trampoline at his own pace. Baxter and Zebedee have also taken to the trampoline with enthusiasm. They have discovered it as a fun and motivating way to engage in physical activity. For Prishan and Logan, the gentle spinning motion of the rotating exercise chair allows a sense of control over their body and environment. It is a calming outlet for them in managing their emotions and regulating their behaviour. Another transformation is Shyna's growing independence in her mobility. With strong determination, Shyna now transitions from one area to another area of the school entirely on her own - without the need for any physical aid.

A team activity that all students enjoyed exploring has been, 'The Very Hungry Caterpillar' by Eric Carle. This story offers many opportunities for learning. Sitting and listening to a story is an important skill for our students, it enables them the opportunity to not only hear the words, but to see them and to view the pictures relating to colours, numbers and food. We have offered the students some of the fruit mentioned in the story. They are encouraged to look at the real fruit, touch it, smell it, perhaps hold it to their lips and some of them eat various pieces of fruit. Each student contributed in bringing the story to life through art. It has been fun with the students making pompom caterpillars and colourful butterflies to display in the classroom.

Maria, Genevieve, Virginia and Mandy

CLASS MP



CLASS SL

Wow - this term has flown by! It has been a busy term and we are all feeling very happy that warmer weather is on its way, especially when we can get outside and set up the Paperbark or Junior playground for water play and/or sensory exploration.

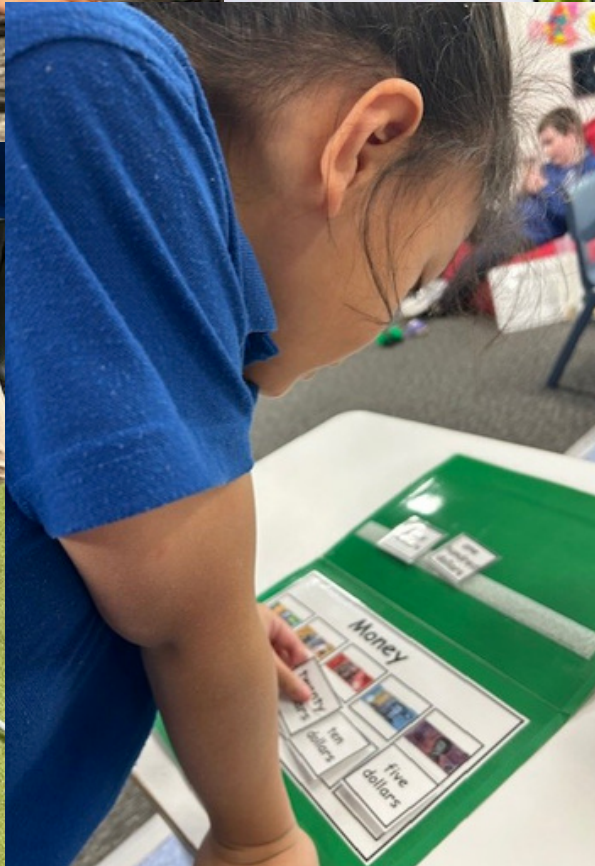
This term we started a science unit called, 'Experiments'. This has been very interesting and so much fun. We have planted tomato plants in the Paperbark Playground to observe changes in living things, from seed, to a fruiting plant. We have also made popcorn dance, to the great delight of some of our students, who were fascinated by the way the popcorn moved up and down through the water and vinegar.

A big congratulations to Anat, our amazing SLSO for successfully completing her pre-service placement, on her journey to become a teacher. Anat was on a four week placement and brought fresh ideas and new strategies to her teaching experience. We hope you enjoyed the Disco last Friday.

Have a safe and happy holiday.

Sandy, Anat and Sue Miles

CLASS SL



CLASS KF

Wow - Term 3 has flown by so quickly in Class KF! It has been a fun and busy time filled with learning and exploring and each student has been working hard towards their individual goals. A big highlight was welcoming Elsa back after her trip to China - we truly missed her joyful energy!

We've loved our gymnastics sessions and have been learning how to make yummy sausage rolls. Our new school canteen at Fisher Road has become a favourite spot on Wednesday mornings - what a treat!

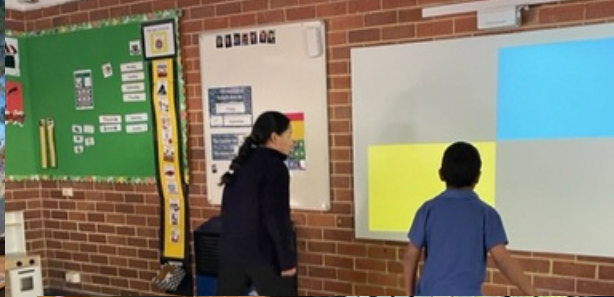
As the weather warms up, we've been enjoying water play again - a favourite activity for Eli and Jackson. Metok and Seldon continue to show creativity and focus through their beautiful drawings and handwriting practice. Stella loves to practice her reading by visiting her friend Kareena in Class AB to read to her. Feeding the chooks is fun every week and our Engine room activities help us to start the day well.

During our integration visits to Cromer Public School, we've discovered a love for the library - so many books to explore! We've also been learning about our amazing bodies - how they grow and all the different parts. Excitingly, we now have silk worms in our classroom! We are carefully feeding and looking after them, watching for when they will spin cocoons and prepare to become moths.

We can't wait to see what adventures Term 4 will bring.

Fran, Kari, Lauren and Andrea

CLASS KF



CLASS CR

Class CR continues to enjoy engaging in our various programs. Each activity provides a great opportunity for students to use their preferred mode of communication to express their interests, needs, and wants. All students have become proficient in transitioning to the sensory room independently, which remains a favorite area for all. There, we also get to learn new vocabulary, such as colors, on/off, I like, more, music, etc.

The Engine Room takes place in the Glass Area. We set up a circuit for students to take turns climbing, stepping, crawling and jumping. They also have access to various exercise equipment such as a bike, a treadmill, an elliptical and a rowing machine.

Finally, each student continues to work on their sequencing and fine motor skills through TEACCH activities (deskwork). They are required to complete three set tasks before being able to request a favourite activity as a reward. We are all very proud of the progress made by all so far!

Chris, Gen, Elodie & Lynn

CLASS CR



CLASS LH

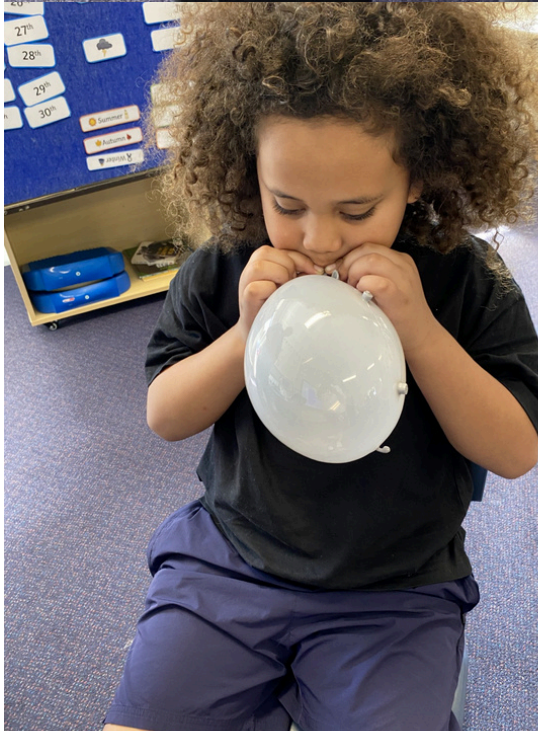
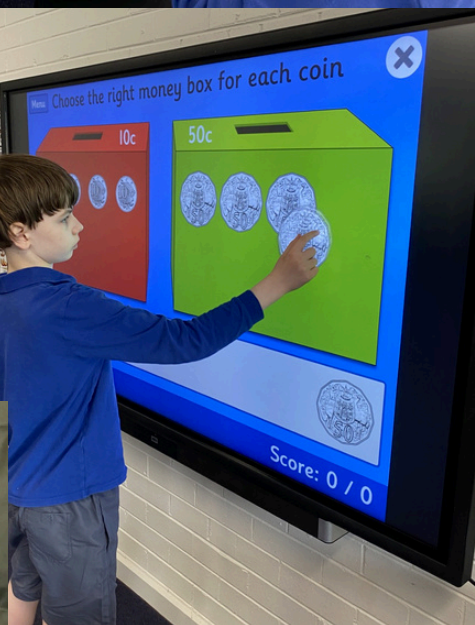
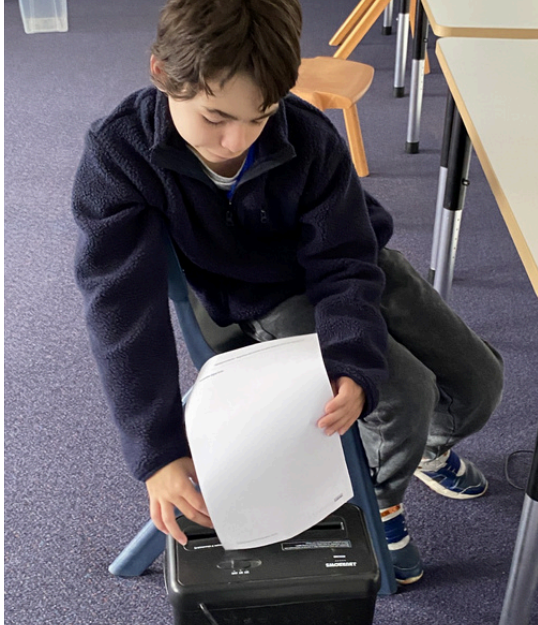
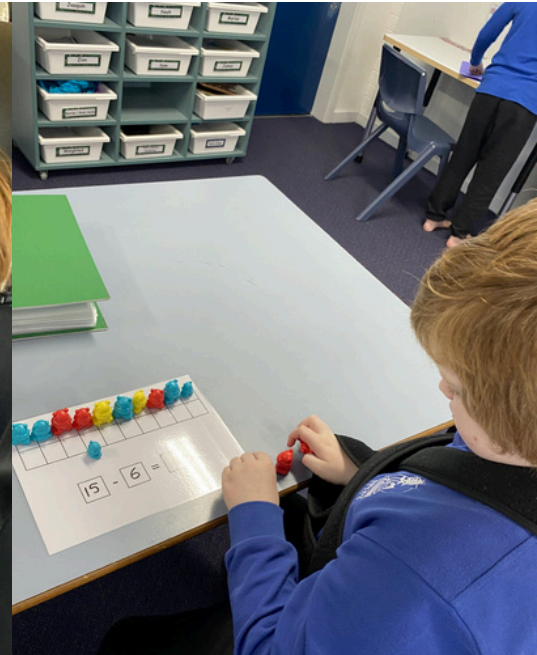
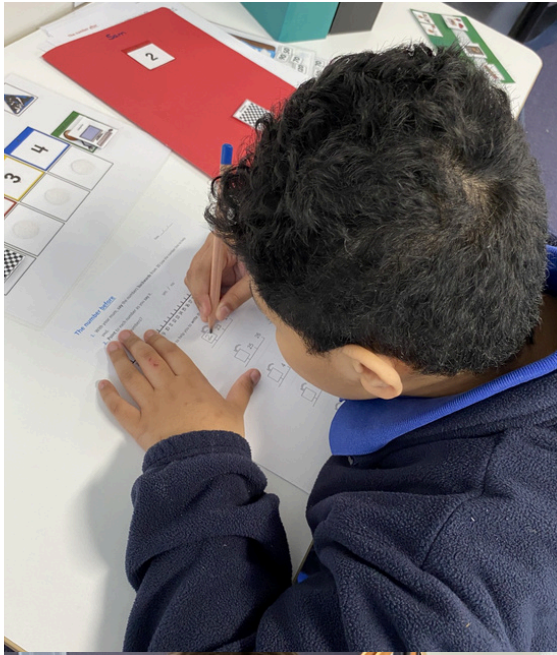
Class LH has recently welcomed a new student, Xavier! It has been lovely watching Xavier explore his new school and settle into our class routine. Xavier loves to ride on the school bus and he has been creating some great Duplo designs during free time!

Gymnastics continues to be a class favourite for everyone, with most of the boys enjoying a run along the trampoline before they bounce into the foam pit. All the boys are busy working on their goals, and they have been doing some great TEACCH work. Although new tasks can sometimes be frustrating or confusing, the boys are getting used to challenging themselves with unfamiliar work and learning new skills.

In our Fisher Road Zones lessons we have been practicing using deep breathing as a tool to help us to calm. The boys each have a respiration tool kit with toys that they try to inflate with their breath. These lessons have been fun, and they are a great way to practice deep breathing, so it can be used in times of dysregulation. We have also started to explore the human body.

Lainie & John

CLASS LH



CLASS LB

As we wrap up a busy Term 3, we're excited to welcome the warmer weather that signals the arrival of spring! It's been a wonderful time of growth and learning for the students, and we'd like to share some highlights.

This term, we've extended our morning circle to include discussions about the days of the week, the weather, and how each student is feeling. This small change has made a big difference, giving each student the opportunity to express themselves and connect with the group. It has quickly become a favorite part of our morning routine.

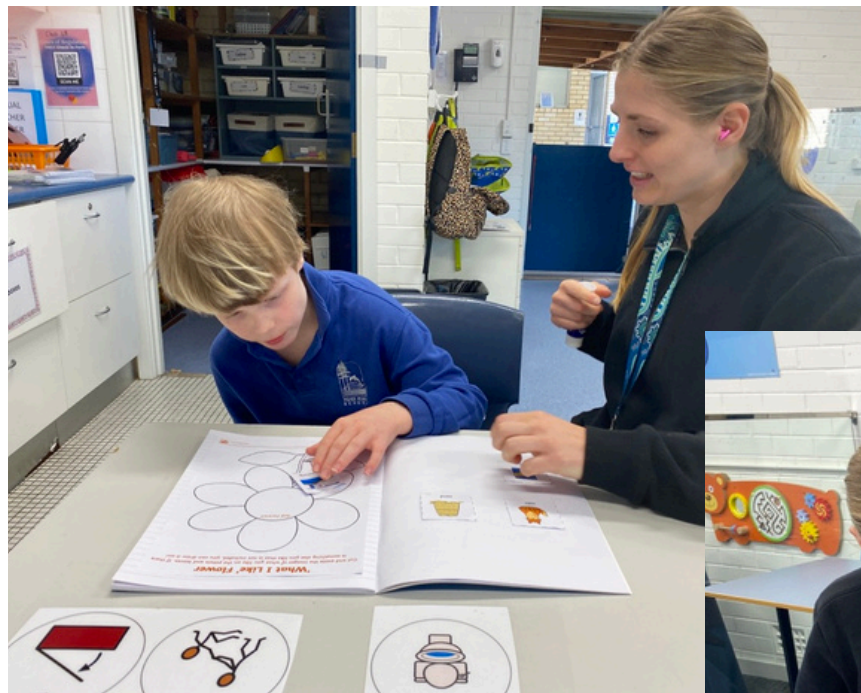
We've also been diving into the theme of "My World and My Community." The students have enjoyed creating personalised books that reflect their likes, their community, and the world around them. These books are a wonderful way for them to explore their identities and share what's meaningful to them. In Term 4, we're excited to build on this by further personalising the books to reflect the students' unique backgrounds and home lives.

We hope that everyone enjoys a restful and stress-free holiday. We're looking forward to an exciting Term 4 and are eager to continue building on the progress we've made this term.

Wishing all families a safe and happy holiday break

Laura and Jenny

CLASS LB



CLASS AB

Wow, Term 3 has flown by! Our class has had such a great time getting stuck into our music therapy sessions. The students have loved trying out all kinds of instruments – from drums and shakers to keyboards and tambourines. It's been awesome to see everyone so engaged and having fun making music together.

We've also made lots of new friends this term! It's been wonderful watching the kids build new friendships and enjoy spending time together. The positive vibes in the classroom are really special.

On top of that, our swimming program has been a big hit. The students have had a blast in the pool, learning new skills and gaining confidence while staying active. The laughter and smiles have made every session a highlight of the week.

All in all, Term 3 has been full of fun, friendship, and fantastic experiences. We can't wait to see what Term 4 brings!

Ashley, Jen, and Flora

CLASS AB



CLASS SH

This term, our class has been putting learning into practice by taking lessons from the classroom into the community. These hands-on experiences give students the opportunity to apply their skills in meaningful and practical ways.

After learning about recycling in class, students visit the Earn and Return Bulk Centre in Brookvale to recycle cans and poppers. Students particularly enjoy watching the conveyor belt carry the items into the machine. As part of our money skills program, students have been practicing making choices and using money at the canteen for morning tea. They also build independence in everyday money use, when visiting the supermarket to locate items, follow a shopping list, and make a purchase. Following our lessons on public and private places, students explore different locations both at school and in the community. They practice identifying which places are public and which are private, strengthening their awareness of appropriate behaviours in different settings.

We are proud of how our students are transferring their learning into real-life situations. These experiences are an important step in helping them connect classroom learning with everyday life skills.

Takeko & Alena

CLASS SH



CLASS MG

This Term, we have introduced a new Program for our School Community- Morning Tea Canteen. This has been a great opportunity for the students to serve snacks and collect money from customers, using visuals and ACC devices. This has been a positive experience for all students involved, especially Masato, Harry and George- our shopkeepers.

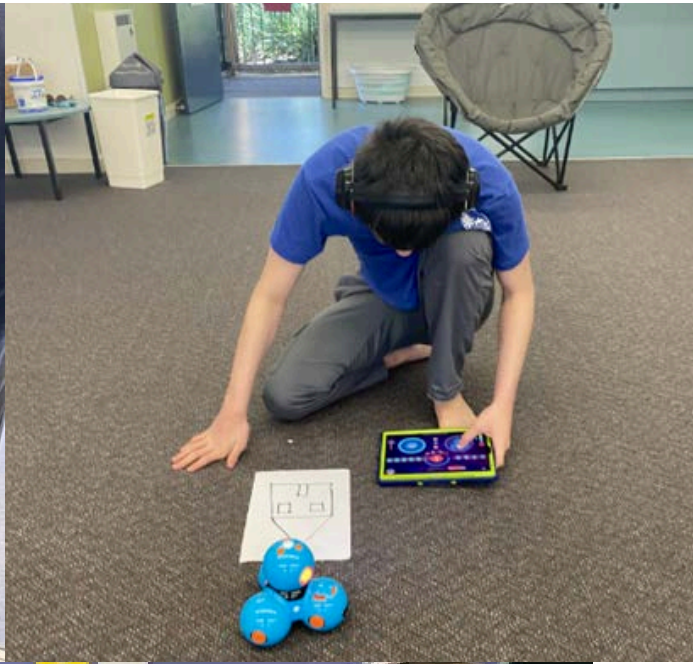
To assist with our Morning Tea Canteen, we have been going to Woolworths once a week to purchase snack items for our Canteen. The students have had the opportunity to identify what snacks we need and to write a shopping list. With our bags and trolley, we walk through the isles to find the items, before purchasing them at the registry with money.

For our Weekly Class Jobs, our list is becoming longer. The students take turns choosing a different job each day, using their problem solving skills to complete each task, jobs such as hanging swim clothes on line, putting swim clothes in the dryer, packing and unpacking the dishwasher after cooking, putting up and pulling down school flags, collecting paper recycling from all classrooms, and our newest job- putting compost into our school compost bin.

We have been having fun with STEM activities. Again, using our problem solving skills with Technology. Our favourite activity has been DASH the Robot and taking him back to his home, having to navigate directions (forward, backward, etc). Then we have also enjoyed INTELINO the Train and building a track for it to move on, having to navigate actions (start and stop), Class MG has had a very busy Term 3.

Sarah and Alana

CLASS MG



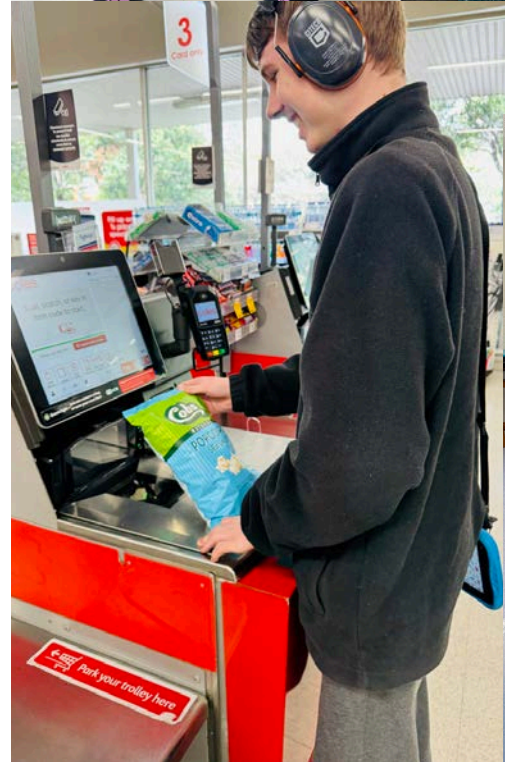
CLASS TH

We've been lucky to welcome a student teacher, Elysha, into Class TH for the last two weeks of this term! Elysha usually teaches Year 2 at Killarney Heights Public School and is currently completing her Masters in Special and Inclusive Education at Macquarie University.

She has been busy getting to know the boys and learning all about their unique interests. Elysha is excited to teach the students some lessons. In the meantime, the boys have loved exploring body scans and turning spare materials into their very own clothing and outfit designs. This creative experiment has been a big hit, and their masterpieces are now proudly hanging in our chill-out room for everyone to admire.

Trish and Ebony

CLASS TH



CLASS MJ

We've had a fantastic Term 3 and are excited to share some of our highlights!

Welcome Giovana

This term we welcomed our bright and bubbly new student, Giovana, into our class. She has settled in beautifully and is already making wonderful contributions to our learning community.

Morning tea canteen is Back!

Our school has reintroduced the weekly morning-tea canteen which gives students valuable opportunities to practise using money, serving others, and communicating with confidence.

Weekly Coles Trips

We've continued our weekly "all hands on deck" trips to Coles. Students take part in sourcing groceries, counting items, and scanning at the checkout. These trips are a big hit and a great way to build real-life skills.

Music with Anita

Music lessons with Anita have been a highlight! The students especially love singing into the microphone—lots of smiles and laughter fill the room each week.

Learning About Public and Private Places

Through fun games, school tours, and social stories, we've been exploring the important concept of public and private places. The students have really engaged with this learning and applied their knowledge in different settings.

Looking Ahead

It's been a wonderful Term 3, and we are looking forward to an exciting Term 4... but first, some well-deserved holidays! We wish all our students and families a safe and happy break.

Megan, Virginia, Sue and Deb 

CLASS MJ



COMMUNICATION TEAM



COMMUNICATION TEAM

Save the Date

LAMP Workshop

**Tue 28th October - at 72 Fisher Rd,
Dee Why**

This term, the Communication Team was excited to welcome a guest speaker from Aacapella, who introduced us to a brand-new reading app designed for students with complex learning needs. The app supports neurodiverse learners, particularly those with moderate to severe intellectual disabilities, in developing early literacy skills.

A key feature of the app is its focus on decoding—helping students break down and understand words, while also integrating the use of their AAC (Augmentative and Alternative Communication) devices to support learning.

We're thrilled that our school has been invited to be part of the pilot program for the roll-out of this innovative app, giving our students an exciting opportunity to explore literacy in new and meaningful ways.

In September we are bringing our long running workshop to the Northern Beaches which is aimed at parents of school aged + preschool aged children with a disability. Our **independent not-for-profit** disability advocacy organisation rely on community members like yourself to share these workshops with relevant families.

The information we present fits in perfectly with the NQF and EYLF stance on inclusion and transition to school.

I am hoping you are able to share this important information in whatever method you prefer:

Attached is the flyer you can print and display or give straight to families who could benefit

Website link: <https://www.family-advocacy.com/events/>

Facebook event link: <https://www.facebook.com/share/1AzqrhVd/>

This workshop will support parents as they navigate the school years, giving them the ability to support their school and their personal planning goals. We welcome families with all types of disability, including autism, ADHD and those yet to have a formal diagnosis.

Thank you for helping us share this information with your families.



Mandy Vandertouw

Advocacy and Leadership Development Coordinator

Email mandy@family-advocacy.com

Phone (02) 9869 0866 Free call 1800 620 588

Website family-advocacy.com

Address Suite 704, 90 George St, Hornsby, NSW 2077

Working days Monday, Tuesday, Wednesday, Friday



Let All Kids Learn Together

Support genuine inclusion so all kids can learn together. Email the Education Ministers today!



A reminder

If your child is sick at home

From time to time your child may get sick. If they display any of the following symptoms, they should stay at home and see a doctor:

- a fever of 38°C or above
- vomiting or diarrhoea
- cough or respiratory symptoms
- cold or flu symptoms
- rashes of an unknown origin.

<https://education.nsw.gov.au/schooling/parents-and-carers/going-to-school/getting-ready-for-school/starting-primary-school/health-and-wellbeing/allergies-and-asthma#:~:text=If%20they%20display%20any%20of,cough%20or%20respiratory%20symptoms>

After School Care

Contact

Support Society

If you would like to attend After School Care either short or long term

Please contact Olivia O'Donnell

Telephone

**0416 089 940 or
7238 8390**

Email

olivia@supportsocietyaus.com.au

	Activity (ages 7 - 17 years) <i>Dee Why</i>		Activity (ages 13 - 17 years) <i>Allambie Heights, St Ives, Prairiewood</i>	
Mon 29 Sept	Tie Dye, Arts & Crafts Make a tie dye masterpiece, explore art techniques and get crafty in a day of colour, fun and imagination. <i>Dee Why Respite House No extra cost</i>		Bike Day & Sports Games Bring your bike and enjoy a day of cruising and friendly games at the park. <i>Curl Curl Park No extra cost</i>	
Tues 30 Sept	Ice Cream Making & Camping Fun Make ice cream and pitch your tent in the backyard for a camping experience with storytelling and games. <i>Dee Why Respite House No extra cost</i>		Bowling and Arcade Games Knock down the pins in bowling and rack up high scores in the arcade! <i>Timezone Dee Why \$35</i>	
Wed 1 Oct	Scavenger Hunt & Community Garden Use clues in the scavenger hunt and head out on a nature adventure to the local community gardens. <i>Curl Curl & Manly No extra cost</i>		Walkabout Wildlife Park Explore bush tracks and get up close with native wildlife. <i>Calga \$30 (concession)</i>	
Thurs 2 Oct	Musical & Picnic Head on a magical theatre experience with Peter Pan the Musical before a relaxing picnic lunch and playground visit. <i>Belrose \$50</i>		Bubble Planet Step into a world of bubbles, lights and illusions in an immersive adventure of fun and wonder. <i>Sydney Olympic Park \$39.90</i>	
Fri 3 Oct	Slumber Party & Baking Come dressed in your PJs for a cosy day of classic slumber party games and baking! <i>Dee Why Respite House No extra cost</i>		Disc Golf & Games Grab a frisbee and aim for the chains! Play disc golf followed by lunch and laid-back games in the sunshine. <i>North Ryde Common No extra cost</i>	
Sat 4 Oct	Bayview Bliss Run free and explore the playground, relax and enjoy nature at your own pace. <i>Bayview No extra cost</i>			
Sun 5 Oct	BBQ & Bushwalks Spend the day by Manly Dam – at the playground, fishing, relaxing, bushwalking and a BBQ lunch. <i>Manly Dam No extra cost</i>			

Activity

(ages 7 - 17 years)

Dee Why

**Mon 6
Oct**

Photo Safari & Outdoor Playtime

Go wild on a nature photo safari at Narrabeen Lake before enjoying playtime with friends.

Narrabeen | No extra cost



Activity

(ages 13 - 17 years)

Allambie Heights, St Ives, Prairiewood

Dinosaurs & Treasure Hunt

Explore dinosaurs and ancient treasures at the Australian Museum, then team up for a treasure hunt in Hyde Park.

City | No extra cost

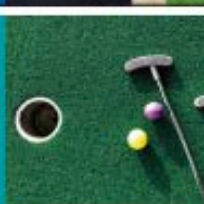


**Tues 7
Oct**

Treasure Hunt & Mini Golf

Join an in-house treasure hunt before a mini-golf adventure. Have fun with friends and score some hole-in-one memories.

Pittwater Golf Course | \$35



Tree Tops Adventure

Take on the ropes, ziplines and tree-high challenges! It's all about adventure, courage, and a whole lot of fun.

West Pennant Hills

\$64 (Concession), \$54 (13-15 yrs)



**Wed 8
Oct**

Magic Show & Morning Tea

Watch an exciting magic show and enjoy a delightful morning tea picnic in the park with games.

Belrose | \$35



Bike Day & Nature Treasure Hunt

Explore the riverside at Blaxland Park on two wheels, hunt for nature clues and enjoy the playground.

Sydney Olympic Park | No extra cost



**Thurs 9
Oct**

Disco & DIY Musical Instruments

Dress up and make your own musical instrument. Sing, dance and create music together at our dress-up disco.

Dee Why Respite House | No extra cost



Taronga Zoo

Discover animals from around the world at Sydney's iconic Taronga Zoo, with harbour views to match.

Taronga Zoo, Mosman | \$38.70



**Fri 10
Oct**

Obstacle Course, Games & BBQ

Race through an all-inclusive activities course and enjoy team games and relaxing with a BBQ in the sun.

Dee Why Respite House | No extra cost



Botanic Gardens & BBQ Lunch

Enjoy a peaceful day exploring Japanese gardens, spot native animals and relax with a tasty BBQ lunch.

Auburn Botanic Gardens | \$7



**Sat 11
Oct**

Chill Out at Palm Beach

Explore and play at this iconic location. Enjoy the views, the sand and play at the playground.

Palm Beach | No extra cost

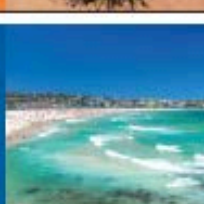


**Sun 12
Oct**

Coastal Calm at Collaroy Beach

Explore the beach and nearby rockpools and play at the accessible playground.

Collaroy | No extra cost



Children's Respite Activities Calendar

Term 3

21 July – 28 September 2025

- Afternoon club (3pm - 8pm, incl school pick-up)
- Shorter overnight stays (3pm - 9am)
- 24-hour overnight stays
- Individual support (3 hours minimum)



1300 888 378

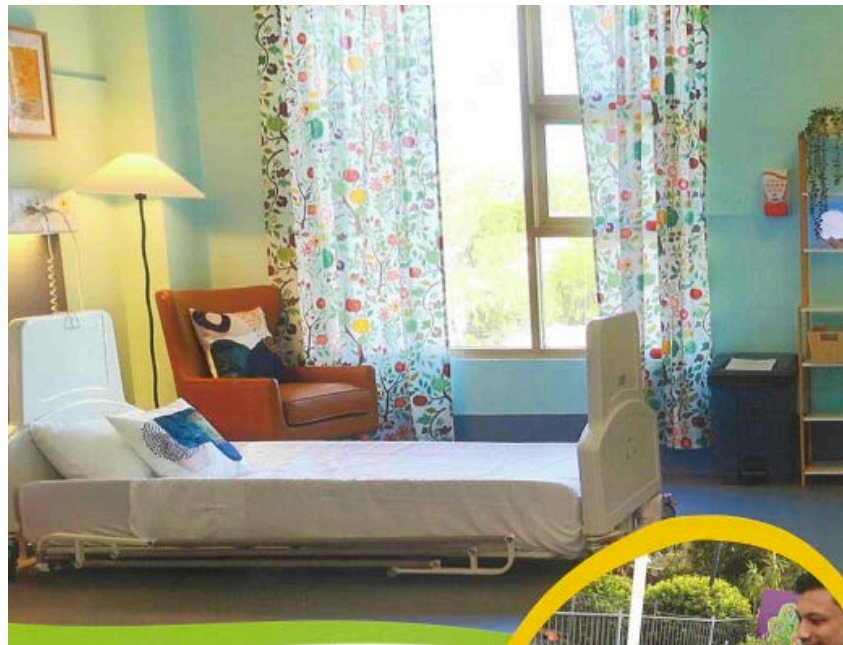
ask@cerebralpalsy.org.au

cerebralpalsy.org.au



Themes and Activities

MONDAY	I look after myself Activities may include making pasta, creating a veggie patch, doing dressing skills games or learning time management.
TUESDAY	I express myself To support your self-expression, we'll offer a wide range of activities such as dance and music activities, visual artwork, finger painting activities, music therapy or role playing.
WEDNESDAY	I explore my community Have fun exploring your local community by going out for picnic at Curl Curl, exploring Little Manly or going to the movies.
THURSDAY	I am active We'll support you in sport and exercise, play mini-Olympic games, obstacle courses, dance and movement.
FRIDAY	I can make a difference Let's explore what difference you would like to make in this world! We can facilitate a discussion group, help you set up a community project or writing for others, just to name a few.
SATURDAY & SUNDAY	I have fun and connect The weekends are all about having fun and connecting with yourself, others and the wider community. Enjoy activities such as exploring Sydney, Taronga Zoo, the local markets and the NSW Art Gallery.



Contact Information



Location

8 Perry Street, Dundas Valley



Phone

(02) 8877 3400



Email

admin@allowah.org.au



Supported Independent Living

Thrive, Enjoy, Achieve & Make Friends with Allowah



Learn More About Our Weekend Program



Every child, teen, and young adult deserves the best care.

Let Allowah be a part of your journey.



Meeting Your Needs at Every Age

For Kids & Teens:

- ✓ School Holiday Programs
- ✓ Weekend & After School Care
- ✓ Early Intervention Support

For Young Adults:

- ✓ **Leisure and Life Skills:** Community engagement, social activities & life skills.
- ✓ **Supported Independent Living:**



FUN AND FRIENDS

WEEKEND PROGRAM ACTIVITY GUIDE

Registered NDIS Provider with 24/7 on-site nursing and medical support.

allowah.org.au



AUSTRALIAN DOCTORS ORCHESTRA

NEW WORLD

The Australian Doctors Orchestra PRESENTS

Dvorak: Symphony No. 9 in E minor "From the New World"

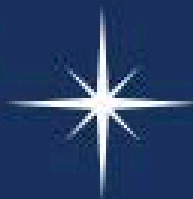
Gershwin: Piano Concerto in F



Conductor - **Nicholas Milton**

Featuring Soloist - **Simon Tedeschi**

**SUNDAY
12TH OCTOBER 2025
2:00PM**



**THE CONCOURSE
CHATSWOOD
409 VICTORIA AVE**



Purchase tickets at:
www.theconcourse.com.au
From \$35.00



All proceeds benefit BDSRA Australia



WHAT IS BATTEN DISEASE

Batten disease is a group of rare, inherited neurodegenerative disorders that primarily affect children. Most children are born healthy and reach early developmental milestones until symptoms begin to appear.

As the disease progresses, children experience seizures, vision loss, cognitive and motor decline, and eventually lose the ability to walk, talk, and eat. It is the most common form of childhood dementia, and tragically, there is currently no cure.

ABOUT BDSRA AUSTRALIA

BDSRA Australia is the leading national charity supporting children and families affected by Batten disease. For over 30 years, we have been:

- Supporting families with vital resources and care
- Funding and driving medical research
- Raising awareness to shine a light on this devastating disease

We receive no government funding and rely entirely on the generosity of individuals, communities, and events like this one.

YOUR SUPPORT IS LIFE-CHANGING

You can help us continue this critical work in a number of ways:

- Donate - Every gift, large or small, makes a difference
- Spread the Word - Participate in our campaigns and share our story
- Volunteer - Join our passionate team and be part of something meaningful.

Together, we can bring hope to families living with Batten disease.

To learn more or get involved, visit
www.bdsraaustralia.org
or scan the QR code to donate today.



LOVE. HOPE. CURE.

SAVE THE DATE

DREAM NIGHT
@ TARONGA



SAVE THE DATE
THURSDAY 4TH DECEMBER
2025

We look forward to having another
awesome night with you all!



Photo by Sarah Hillier Photograph



SLES PROGRAM

We understand that the move into adult life is a significant milestone. That's why our transition program goes beyond planning — we focus on building life skills, confidence, and independence. With personalised support, we help students adapt to new environments and take meaningful steps towards a fulfilling adult life.

EARLY TRANSITION IS KEY

Students can begin their transition journey during the final years of high school, giving them time to build the skills and confidence needed for a smoother, more successful path into adulthood.

Enrolment now open for term 04/2025

CONTACT US FOR MORE INFORMATION

Location: 5 Sera Street, Lane Cove | Contact: 02 80654284
Follow us: @luzallabilities | Website: www.luzallabilities.com.au



What can you expect for your child on term 03/2025?

Lots of FUN and learning activities...

Luz Programs:

- ☒ Early Intervention/Playgroup
- ☒ After School
- ☒ Weekend Program
- ☒ School Holiday Program
- ☒ School Leavers

**CENTRE BASED
C11 INDIVIDUAL SUPPORT U3**



Extra Curricular Activities:

- ☒ Brazilian Jiu-Jitsu Class
- ☒ Music Therapy
- ☒ Sandwich Club
- ☒ Capoeira

Contact us for more
information:

02 80654284
www.luzallabilities.com.au

Kind Regards,



Fernanda Casalotti

Client Relations Assistant

CLIENT RELATIONS



02 80654284 | 0421252897



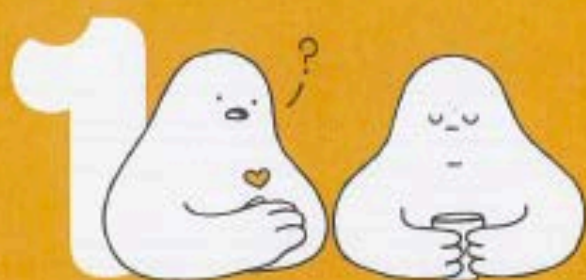
www.luzallabilities.com.au



5 Sera Street, Lane Cove, NSW 2066

Ask R U OK?™ ANY DAY

Have a conversation using these 4 steps



How are you
travelling?

You don't
seem yourself
lately – want to
talk about it?

Ask R U OK?



I'm here to listen
if you want to
talk more.

Have you been
feeling this way
for a while?

Listen



What do you think
is a first step that
might help you?

Have you spoken
to your doctor
about this?

Encourage action



Just wanted to
check in and see
how you're doing?

Have things
improved for you since
our last chat?

Check in

Learn more at ruok.org.au



Birthday News

Happy Birthday Zebedee



Birthday News

Happy Birthday Zion



Birthday News

Happy Birthday Nash



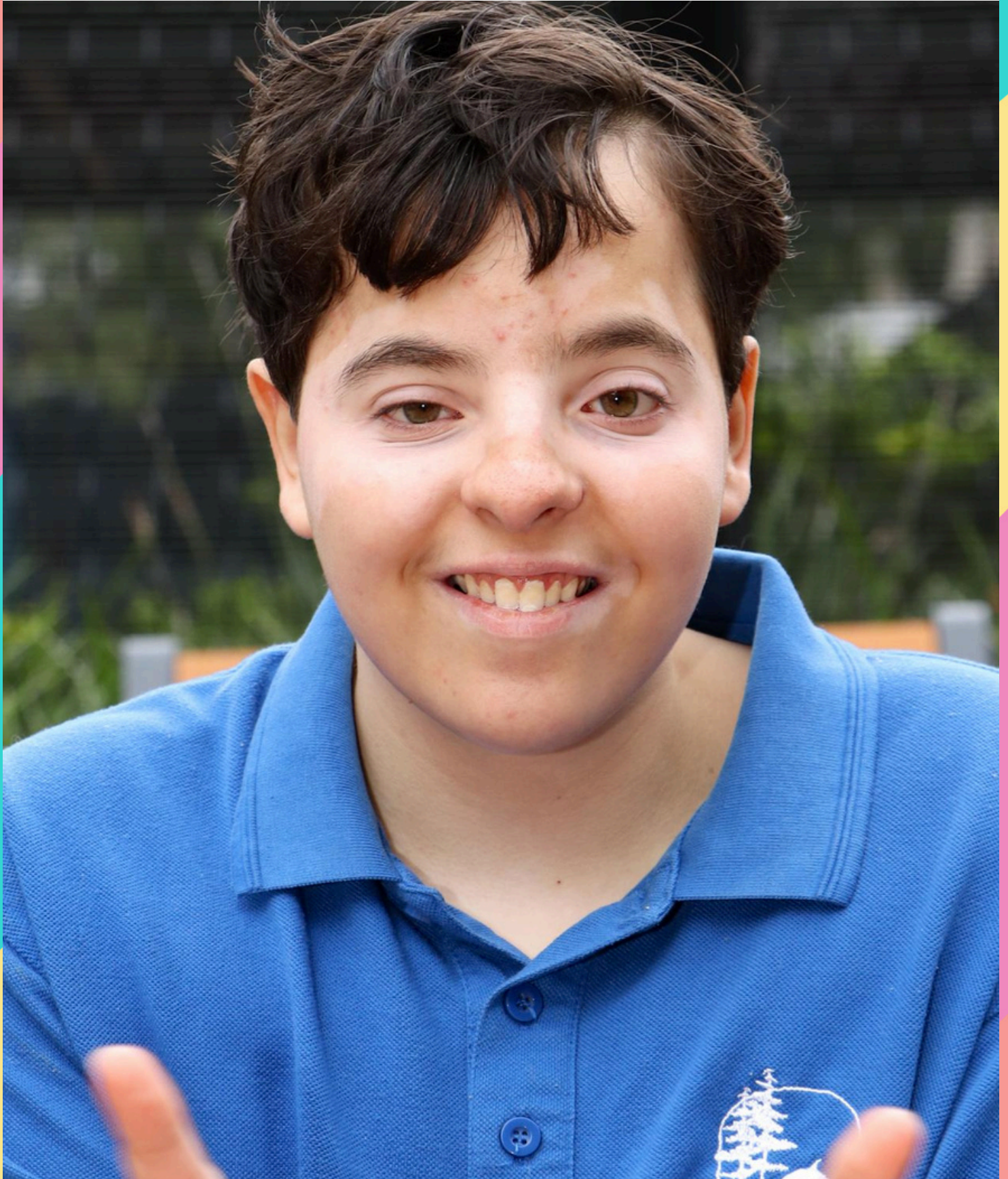
Birthday News

Happy Birthday Luca H



Birthday News

Happy Birthday Jonah



Birthday News

Happy Birthday Luca



Birthday News

Happy Birthday Alfie



Birthday News

Happy Birthday Rafaela



Birthday News

Happy Birthday Charlui



From the Office

SCHOOL UNIFORMS

A reminder you can purchase the Royal blue long and short sleeved school shirts from Instyle Workwear -Dee Why, they can add the emblem or you can purchase shirts from eg Target - (long sleeve polo shirts \$8 - short sleeve \$6.00), then have the emblem sewn on by Instyle Workwear.

Students can wear grey shorts or long trousers - Students can purchase dresses & skorts through Pickles School Wear

9905 2711. These are the same uniform as Balgowlah North Public School.

<https://www.picklesschoolwear.com/school/balgowlah-north-public-school>

Alternatively - blue or grey shorts or skorts from most department stores.

ACKNOWLEDGEMENT OF COUNTRY

Fisher Road School acknowledges
the
Gaimaragal people of the
Eora Nation
and the traditional custodians of
the land
in which we learn and
pay respect to
Elders past and present.