



# Niland News

Term 2 2013

## Safety

## Respectful

## Learning

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## A Word from our PRINCIPAL

As I read through this newsletter it is absolutely amazing to see how much we do in a single term! We reward our students for excellent behaviour each Friday, we take them on extra curricula excursions, we support our community and we also teach our students on a daily basis.

Schools are such busy places that often we forget to thank the people that help us achieve our goals as a school. A few people that I would like to thank this term include *Supapon* our *TAFE Outreach* lady, *Mt Druitt WAAT* Team for the amazing course you delivered to our students, *Dept. of Community Services, Graceades Cottage* for our ongoing partnership and *Railcorp*. I would like to extend a very big thank you for providing the services that you have to our school and community throughout term two.

Our **work education program** is going along extremely well with many of our students gaining part time paid employment. If you are interested in receiving some assistance to find employment just phone the school office and ask for *Tracy* on a Monday or Tuesday and she will point you in the right direction.

During term two our teachers have been busy participating in professional learning about the new curriculum. From as early as next year we will be teaching out of the new syllabus. This is a monumental time in education as it is the first time ever that all syllabi have been changed at the same time. I am sure you would all agree that it is great to see education moving forward and having an Australian curriculum will make providing a quality education easier for those families that like to move around.

If you have any queries regarding the new curriculum feel free to call Mr. Finch and discuss them with him, he would be only too happy to take your calls.

Just a few holiday reminders to keep your children safe. Please make sure your children wear a helmet when riding a bike or scooter or even roller blading.

Also a timely reminder to speak to your children about **stranger danger**.

Have a happy and safe holiday.

**Your in Partnership**

**Renee Culgan**

## A word from our ASSISTANT PRINCIPALS

The executive team have been working hard to promote engagement and behaviour change through our **Positive Behaviour for Learning** program. Students are encouraged to achieve personal goals and become safe, respectful learners by receiving points throughout the day that can be redeemed for a wide range of rewards

from our online shop. During semester one this year students have used their points to purchase 72 canteen vouchers, 15 iTunes cards, 9 movie tickets and many more prizes that are chosen by students.

It is also very exciting to see the number of students who have reached bronze medal level in 2013.

Congratulations to all of the students who are working hard to reach **bronze medal** level. There are so many we have moved the progress list to **Page 8**. Be sure to have a read where your child is up to.

Have a safe holiday and we look forward to seeing you all refreshed and ready in term 3.

**Mr Finch, Mr Prasad and Mr Gardner.**



The first two staff development days of term 2 our SLSO's spent their time at Redbank School in training for Mental Health First Aid.

They learnt some fantastic strategies to deal with situations and help people who may have Mental Health issues.

All our staff enjoyed the training and ALL came away saying they learnt so much.

We were also made aware of how many Support Agencies are available for those in need of help.

Should you feel you need any services or numbers we would be more than happy to help find the information you need.

Just call our office on PH:9628 6885 and we will assist you.

#### Mental Health First Aid ACTION PLAN



- A**pproach, assess and assist with any crisis
- L**isten non-judgmentally
- G**ive support and information
- E**ncourage appropriate professional help
- E**ncourage other supports

## COMMUNITY ROOM

*Every Student Every School*

Now open Term 3

Tues & Wed 10:00am -12:00noon

What a busy Term 2 we have had in the **Niland Community Room!**

We have presented programs and external services to our school to connect and strengthen relationships with both parents/families/carers and our students. Wow, how successful has that been! We are only just discovering how many supporting agencies there are that are willing to work with both students and families **FREE** to our school. With continual research by both our administration and teaching staff, you can rest assured we are working toward assisting **EVERY STUDENT** with the support for them and their families that they need and de-

**R**ailcorp visited for Part 2 of their four part **Think Decide Survive** program discussing "Behaviour" on trains. Students discussed the expectations and appropriate behaviours, what were anti- social behaviours and behaviours that were against the law. They also were given examples of cost of a fine and what else could be purchased with that money i.e.: iTunes card or pair of jeans. We are now looking forward to Part 3.

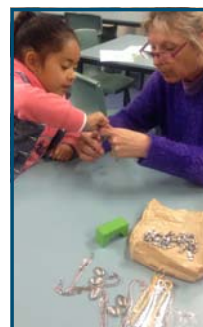


**W**estern Area Adolescent Team **WAAT** at Mt.Druitt has worked hard with our students this term on a six week program. It is a local service targeted at students 12-25 years of age and their families, aimed at student's understanding skills and confidence in addressing health issues with young people. Topics discussed covered sexual health needs, drug and alcohol awareness and its influences on young people, mental health issues for young adolescents and practical skills and strategies for young people in a crisis situation that may arise in their lives. It is a wonderful support agency for our families and we are happy to work in partnership with such a service in our school. Should your child or family need support in these areas please contact the WAAT team for this **FREE** service.



Mt .Druitt  
9881 1230

**P**ARENT GROUP. Our first gathering last Thursday was FANTASTIC! We even had ladies from **Graceades Community Cottage** come along as support, with the offer to do beading if the newly connected parents were finding it a little difficult but NO the backup plan was not necessary! What great news! All parents and carers bonded immediately drank tea and coffee, ate yummy cakes and shared parenting stories. Our newest carer to our school came along and learnt of new support groups she was unaware of and bought along a little sibling who played happily in kiddy corner. It was great to see! Thank you to Natasha for organising. Our next date is **Thursday 25<sup>th</sup> July 10-12pm**; we hope to see you there. Just come along.



### HONESTY & INTEGRITY STILL EXISTS

I personally would like to say a **HUGE thank you** to one of our parents, Mrs Boggett. I recently lost \$20 in the school playground, Mrs Boggett found it blowing around her feet as she entered the school grounds. How impressed we are to say our children and their families do have old fashioned values and **the money was handed in**. Thank you again!

## TAFE OUTREACH FOOD SMARTS

Alissa Crawford from Ability Options called to say thank you for Niland School's hospitality and to share a profound moment of her visit here. One of her students (Miss X) has difficulty with a very short memory. Week 1 they were given many instructions and ingredients to remember. Week 2 the teacher had a memory lapse and (Miss X) recited the ingredients and method for Smoothies, that she had learnt the previous week.

That is fabulous and is the best rewards to teaching "little steps" in life!

We look forward to having them back in term 3.



**CAMP  
YARRAMUNDI  
2013**

Reminder again! As you should already know we have organised Camp 2013 for Nov 12th 13th & 14th. Each child should have paid a \$50 deposit to secure their place. If you have not already done so, the deposit needs to be paid to secure each child/s place. A note has been sent home with all details, please ensure you have received this note or contact our office on (PH) 9628 6885 for replacement note.

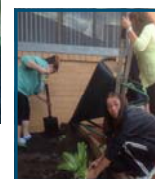
Mr Prasad

## COMMUNITY ROOM

*Every Student Every School*

*Continued*

**T**AFE Outreach has been working in partnership with parents and the wider community within our school Community Room. Supapon (TAFE facilitator) has brought an amazing small group of ladies to our school for a short Garden Blitz and our school grounds look loved and refreshed. *Thank you ladies!* They are now back as "Mentors" to our next course from Niland. TAFE Outreach now has a large group attending another short course on Food Smartz. This course is being delivered to 13 students from Ability Options on helping them gain life skills in making healthy choices with their eating habits. They have made fresh wraps, smoothies, salads and sausage roll all very delicious. Please check our webpage or Community Network Group webpage for more information on upcoming courses.



**D**epartment of Human Services Formerly known as Centrelink came along for an OPEN Day to assist parents/carers with any queries they may have had. Fortunately the wet weather couldn't deter our families. Centrelink representatives Sarah (social worker) Jun (finance advisor) & David (multicultural representative) were more than happy they were able to assist with unanswered questions, knowing our parents and carers felt more confident with the service provided. We now have bridged the gap for some parents who left with contacts and referrals within the service areas they need assistance in and were finding it difficult to make contact via the phone. We even had a representative from **Brighter Futures** come along on behalf of four of her families; she was able to receive the correct advice to relay to them. We all feel it was a success, so watch this space for the next "OPEN" day date.

**G**raceades Community Cottage are a local service that has now been supporting our area for 30 years. The ladies who co-ordinate the cottage have kindly offered their support and service to **students and families** from our school. They have received funding from "Bridges"- Torania Program. They will begin their program next term this will be run with students and carers in small groups of (4). Once we have all details formalised we will ask for expressions of interest from our families who may like to be a part of this support group. *Watch this space for more to come!*

**M**ission Australia's Yellow Door Program is coming to Niland and is a targeted early intervention and prevention community care program. It aims to help and support children whose lives are affected by mental health issues and their families or carers. Yellow Door provides information, counselling education and support and is tailored to the needs of each individual case.

Yellow Door is completely funded by Mission Australia and entry is either via self referral, family or school recommendation. They have the ability to provide referrals to external medical and support services that you may require.

We look forward to working collaboratively with Yellow Door Program in both Term 3 & 4 and encourage all our students, families and carers to take the opportunity to seek any assistance you may need during this time.

We will provide more details of times and dates as we have access to them.



## Room Zorzo

The senior girl's room have been busy doing what they do best... Exploring and creating! This term, our young ladies have served many delicious meals to raise funds for their end of year formal. They've gained a reputation for the greatest pumpkin soup in town.

During an area lesson in maths, our senior girls decided to create a garden outside room 1. Their vision is a floral, scented, tropical garden which our senior girls can enjoy every day outside their classroom. They did a lot of research, painted the wall, dug, and added topsoil and plants. What can we say; other than, it looks fantastic and the tropical wall colour is a great start to a complex design. Stay tuned. To be continued...

The Girls Club went on an exciting adventure to the Nepean River and restaurant for lunch. Our delightful young ladies were fantastic and had a wonderful time. Even our Principal made an appearance on this special 'chicks only' occasion. We can't wait for the next one.



## Room Jaeger

Class 10 had a new teacher this term. Mr Jahn was absent for military service. Mr Jaeger filled in for him and has been helped wonderfully by Miss Thelan. He's been enjoying teaching the students at Niland.

Class 10 has been doing a unit of work on film. They've talked about what their favourite movie is and what their favourite types of movies are. They've brainstormed what makes a movie good! I dare you to ask them!

The boys have been attending school regularly and have learnt about financial literacy, banking and money. They've also been practising addition, subtraction and multiplication.

They were visited by the WAAT (Western Area Adolescent Team) Health Team and went on an excursion to the WAAT centre in Mt Druitt.

They've featured heavily in PSC sport and have led by example as the senior boy's class in the school.

It's been a fantastic term for the boys as they think about their future work and life ambitions!

See you next term!

Mr Jaeger and Miss Thelan

## Room Higgs & Piper

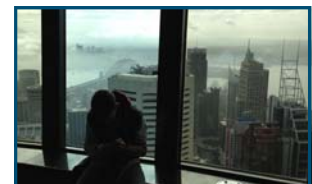
On Tuesday the 21<sup>st</sup> of May, Miss Higgs and Miss Pipers' classes went to the Aquarium at Darling Harbour. Miss Piper's class have been learning about all the different animals that live in the oceans as part of our Under the Sea unit of work this semester, so it was great to get to see these amazing creatures up close! We were also lucky enough to enjoy a lovely lunch on the harbour! Everyone was respectful and safe for the entire day and represented Niland School beautifully. Miss Higgs' class enjoyed it so much that they are planning on doing something similar in their class next semester.



## Room Baker

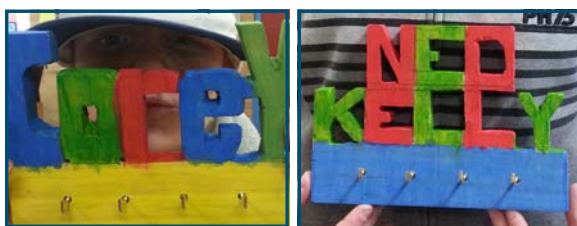
On Tuesday our class went to Centrepont Tower for an excursion. We caught the train to central station with Mr Earl, Mr Baker, Charles and Mare Henry. When we looked out the window, we could see the Harbour Bridge, Manly and Luna Park. We could also see the beach and some boats on the water. Sydney looked really big from Centrepont Tower. We learnt about the history of Sydney and when and how Centrepont Tower was built. On the way back to the station we had Hungry Jacks for lunch. Gordon, Charles and I had a great day in the city. Hope we can do it again!

Nickboll



## Room Winklemolen

Another good semester for the woodwork students! This semester we created a key holder made from radiata pine and brass hooks. The students were drawing their creation on paper first before transferring it to the wood. This is all part of the design process that students are learning. They used a coping saw to cut out the patterns and used a G clamp to hold the work in place. As you can see from the photos it was not an easy task. The end products look terrific and the students were very proud of their creations. Well done!



## Room Jaeger

In class we learnt about film. We wrote about our favourite movies, favourite movie genres and why. We watched some trailers, hung up some movie posters and wrote what was good, negative and interesting about them. We learnt how to buy tickets online and talked about the language we use if we're asking someone to come with us. We wrote a conversation and asked someone to the movies. Hope it's not that scary as we get older.

We also played a financial literacy game called 'Coinland'. We learnt about saving, making deposits and earning money.

It's been a busy term.

Written by Bailey & Mr Jaeger

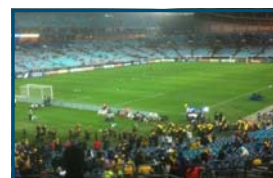
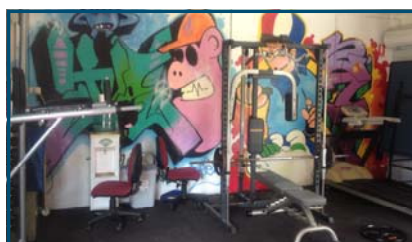


## TERM 3- BAKER BOYS GET FIT

Working in partnership with local **Graceades Community Cottage** has been wonderful to our school. Not only will they be supporting our students and their families with support programs they have also allowed us the privilege of using the gym at their facilities in Rose Court. Mr Baker will be setting a PDHPE program to suit the physical development of our senior boys. They will have the opportunity to lift free weights, bench press, squats, treadmill and the punching bag.

It's not everyday you have the chance to complete a gym program as part of your schooling and it's FREE.

We thank you again Graceades Community Cottage for your support.



**Niland School** was invited to be involved in a "March Past" at the **Socceroo's World Cup** qualifier at Stadium Australia. We had a number of students and parents attend and support the Socceroo's in qualifying for the 2014 World Cup match. Students and staff had the opportunity to walk around the ground prior to the match beginning and interact with the crowd whilst on the march around. This was an a once in a life time experience which could not have been made possible without **Football Australia**, so we would like to thank them for letting us be a part of this momentous occasion. Special thanks to Mr Prasad, Mr Jaeger, Miss Higgs, Mr Finch, Mr Gardner and Mr Earl for sacrificing their time so that the students could be a part of this event.

Now all that's left is for the mighty Socceroo's to bring home the cup, **GO Socceroo's!**



## Skills for Kids- Su Lowe Occupational Therapist



Hi parents

Do you find persevering with challenging everyday situations just sometimes gets too hard? Do you sometimes feel burdened by stresses which are pressing in on you from different directions all at the same time?

Niland School is committed to supporting parents and providing you with opportunities to connect with helpful resources and people. As part of this commitment, we are inviting you to meet **individually** or in **small groups** with Susan Lowe. Susan is explaining the '**Tree of Life**' - a resource which helps build resilience: being able to bounce back when you are experiencing tough times and are tempted to scream '**Enough!**'. Some parents have already met with Susan and found this resource terrific. **Some quotes:** 'What an easy way to identify my hidden strengths!' 'I came here today feeling terrible but now I am ready to cope with the rest of my week'. 'It has been good for my husband and I to do this together because we have to work together and support each other to cope with the children and lately it's just been getting too hard for us'.

Susan is at school two or three Tuesdays next term. Just ring Kisane at school, PH: 9628 6885 to organise a meeting time with Susan for next term. Susan would really enjoy listening and talking with you.

## Premier Sporting Challenge

This term Niland students have been competing in a cross school Premiers Sporting Challenge Basketball tournament. All students who participated gave it their best shot (pardon the pun) and achieved some outstanding results. Niland Students have become a competitive force to be reckoned, playing a strong game plan and closing the competition in fifth place. This was an outstanding achievement as they were up against some strong competitors with the likes of players from Penrith Valley, Macquarie Park and Blacktown Tutorial Centre just to name a few. It was exciting to see our younger students getting involved in a whole new sporting challenge this term and we look forward to taking everyone again next term in the European Handball Tournament. Again, maybe we have some hidden talent amongst our students! Watch this space next term for an update.

Ms Higgs & Mr Prasad

## ICT Update

As part of the schools **National Partnerships** and **Every Student Every School** programs, we have now purchased 5 new computers for our community room.

These computers will complement the recently installed Wi-Fi network and the existing interactive whiteboard, I pads and video conferencing suite to provide a range of technology options for our whole school community to utilise.

We will continue to offer learning opportunities and support to the school community through the use of current technology as a 21st century tool for learning.

**Term 3 our Community Room will be open  
Tues & Wed 10:00am -12:00noon.**

If you would like to drop in and use our technology maybe to pay bills or contact Centrelink etc. please feel free to do so.

Mr Finch

## Winter Uniform

As these colder days have moved upon us, please keep in mind our children need to be very warm to fight off those winter bugs!

We do have a limited number in stock of our Niland School jackets at a very reasonable price of \$30.

Jackets can be purchased at the office from Mrs Kylie Wilson.



## WHAT'S NEW WITH OUR STAFF

*I guess the message I am trying to convey here is "You are never too old to have a dream" and going back to the NRL -Dream, Believe, Achieve Program.....Never give up!!!!*

On 5<sup>th</sup> May one of our staff, Mr Gardner competed in a triathlon race known as the Australian Ironman Championships. The race comprises of a 3.8km swim, 180km bike ride and a 42.2km (marathon) run. Mr Gardner had completed this race in 2011 and was very happy to finish this year 40 minutes faster with a time just under 10 hours 15 minutes. This placed him in the top 120 out of 1500 competitors and edged him closer to his dream of one day qualifying for the World Championships which are held in Hawaii each year.

Mr Gardner wanted to thank to all the staff and students who supported him leading up to race day, he was overwhelmed by how much interest and enthusiasm you all had for the race. Particular mention to Mr Finch and Mr Prasad who have had to endure discussions around Mr Gardner's diet and strict training regime!

***Dream, Believe, Achieve.....Never give up!!!!***



*Quote: "Keep striving for what you wish for and you will receive!" by Mr Seddon*

Stephanie Alexander OAM Foundation began in 2001 where cook and author Stephanie joined forces with a school community in Melbourne. Her approach to learning and cooking is now making its way around Australia through schools, just like our own, applying for grants and scholarships.

Our very own Mr Seddon had a vision of bringing the "Garden to the Plate" and revamping our students school kitchen along the way. The sleepless nights Mr Seddon had of submitting his application have all paid off. Niland School were granted \$10000 to support our project.

Congratulations Mr Seddon, without your belief in the project we wouldn't be "living the dream!"



*"I was fortunate enough to have somebody around me that believed in me more than I believed in myself. With that support and encouragement I finally did it!" said Kisane Wilson.*

Kisane has been co-ordinating programs to the school Community Room and went one step further this year, with a push from our Principal Renee Culkan. Kisane participated in the Triple P Parenting Program to become a facilitator herself. At first she said she felt completely out of her comfort zone but after three days of training, one month of research and preparation and 6 hours of accreditation procedures, she finally achieved what she thought she never would do, be a facilitator of such amazing program.

Triple P supports families of children with special needs and behavioural issues. The course is run over 8 weeks and is very supporting of a realistic approach to managing the issues these families face on a day to day basis. If you would like to participate or know somebody who would, (a course only needs a minimum of 4) please contact Kisane on PH: 9628 6885 and discuss this further.



### FAREWELL MRS ARMSTRONG

One of our favourites School Learning Support Officer's, (SLSO) has retired. Mrs Armstrong has been with us for 15 years now. Mrs Armstrong was a huge part of our family here at Niland and we will miss her smiley face. Although we are sure she will keep herself very busy at home painting and decorating and all those things she loves to do. During that time she has enjoyed being part of our achievements with the children. Her favourite times with the our students were in the garden and supporting them with their reading programs, both of which she was passionate about.

Farewell Mrs Armstrong, you will be missed and don't forget to pop in and visit sometime.

### BABY TIME FOR MS RICHARDS

Ms Richards has finished up earlier than planned to have a bit of a rest before the birth of her new baby. It is the first baby for her and her hubby. We wish them all the best enjoying all those special moments together. They will make great parents. We will keep you posted on details of Bub when it arrives.

In the meantime, Ms Richards has trusted her class to Mr Jaeger and Ms Brown (SLSO).

What a fantastic replacement Mr Jaeger will be. Have fun!

## Niland Cross Country 2013

Thursday the 20<sup>th</sup> June saw the running of the annual *Niland Cross Country*. Students were invited to compete in the race which was held out in the reserve behind the school.

We had a great turn out of competitors which made for some exciting race moments and close finishes to races. It was especially great to see and hear all the cheering and motivating comments made to participants from the crowd which helped see all competitors finish the race. Fantastic Effort!

### RESULTS

#### Junior Boys

1<sup>st</sup> Jai                      2<sup>nd</sup> Brad                      3<sup>rd</sup> Brennan

#### Junior Girls

1<sup>st</sup> Shamron                      2<sup>nd</sup> Destiny                      3<sup>rd</sup> Maddison

#### Intermediate Boys

1<sup>st</sup> Corey                      2<sup>nd</sup> Daniel

#### Senior Girls

1<sup>st</sup> Jaid                      2<sup>nd</sup> Rebecca

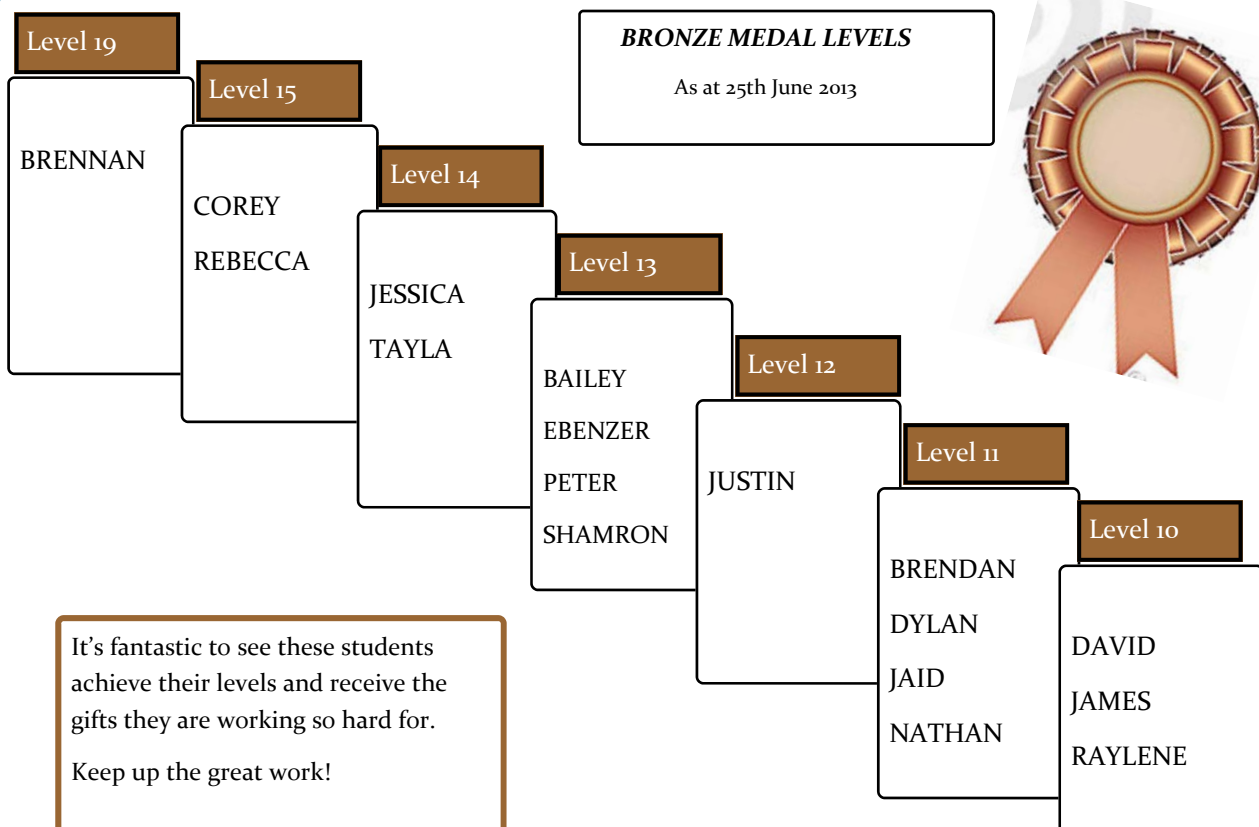
#### Senior Boys

1<sup>st</sup> Beau                      2<sup>nd</sup> Bailey



Thanks also to the teachers who lent their help to make the afternoon run smoothly. A special thank you to Mr Baker for organising such a successful day!

Well done to everyone!



## NAIDOC DAY FRIDAY 28TH JUNE 2013



Niland School will be holding our NAIDOC celebrations last day of term. In the morning there will be the indigenous workshop group from [www.An Indigenous Experience .com.au](http://www.AnIndigenousExperience.com.au) who will be working with students in the classrooms. After recess the students have the opportunity to partake in some Indigenous cultural experiences such as painting, artefact making, weaponry, didgeridoo and story telling. This is an experience we encourage our children to embrace remembering the heritage of our country.

### THANK YOU MISS HIGGS- YOU'RE THE BEST!

*Each week our students who strive hard to reach Step 5 are rewarded with an excursion. Ms Higgs co-ordinates each week's activity and transport. There is a lot of effort involved and seeing by the look on these students faces the rewards are very much appreciated. Keep up the good work students and Miss Higgs!*





## ENGAGING ADOLESCENTS™ PARENT COURSE

Parenting skills for resolving teenage behaviour problems

A **three-session** program for parents and carers at the  
**Western Area Adolescent Team (WAAT)**  
Buran Close, Mount Druitt, NSW 2770

**THURSDAY 4:30pm till 6:30pm:**  
**25<sup>th</sup> of July / 1<sup>st</sup> of August / 8<sup>th</sup> of August**  
**(must attend all 3 sessions)**

### Things you will learn:

- ✓ Things parents have in common
- ✓ New understandings of your teenager and what to expect from them
- ✓ Know how to talk and make decisions with your teenager
- ✓ Building relationships with your teenager
- ✓ Skills for tough conversations for handling those problems you just can't ignore

### Registration Fee

This course is free

Afternoon Tea Included

To register for this course, contact Sarah at WAAT on 9881-1230 before Thursday the 4<sup>th</sup> of July 2013

Priority is given to parents living in the Blacktown/Mount Druitt area

### What parents have said...

A step dad recalled an incident at the weekend with his 12 year old step daughter. He said that the input he had received the previous week from the course helped him keep his cool and brought a more favourable outcome.

A single Mum who had presented as quite anxious on the first night told the group in week 2 that she had made an appointment with her 15 year old son during the week and had a far more favourable discussion with him than would previously have been the case.

### Who's running it?

Sarah and Andre will be facilitating the group. They have completed the relevant Engaging Adolescents training

For more information contact Sarah on 9881-1230



Health  
Western Sydney  
Local Health District

- An end to the arguing and yelling!
- It saved our lives
- Simple, sane, effective



Health  
Western Sydney  
Local Health District

## bsafe and be sure

### Free hepatitis B vaccinations for young people aged 12-24.

Hep B is a virus that affects the liver. You can contract Hep B by coming into contact with an infected person's blood or other bodily fluids.

Hep B can be a very serious danger to your health and may increase the risk of liver damage and liver cancer.

### Hep B is easy to prevent with a simple vaccination & Youth Health are offering vaccinations for FREE.

Our next vaccination clinic is on the  
30th July 2013 from 2:00-5:00.

Please contact Andre at WAAT 98811230 by the 16th July by the latest to register for the clinic.

## TTW Information Day Invitation

Ability Options is holding two sessions that will provide detailed information about the Transition to Work Program.

Please come along to one of our presentations which will include a site orientation, question and answers session with light refreshments.

**Thursday 8<sup>th</sup> August, 2013 at 6:30pm**

**Friday 9<sup>th</sup> August, 2013 at 10am**

**Address:** 7 Rowley Street, Seven Hills

**RSVP:** Caroline Krix by Friday 2<sup>nd</sup> August, 2013

**(02) 8811 1717 or 0420 308 863**

### Ability Options Open Day

**Friday August 16**

**10am – 2pm**

Please come along, meet our friendly staff and get to know all the services that Ability Options offers, ask our staff for advice on your current resume and for referral for your current situations.

**Plus a free Sausage Sizzle from 11am – 2pm!**

### Ability Options introduces an 8 week SKILLABILITY WORKSHOP to your school

#### Skillability?

Ability Options has developed a work skills based program where trained consultants will come out to your school to help senior students with a disability and support needs generate basic skills and knowledge required for getting the right job for the future.

#### Workshop Outline

Week	Topic	Description
One	Goal setting	Participants get to know about what a goal is, what it is for, how to set goals, and how to track them.
Two	Resumes	The do's and don'ts of a resume.
Three	Job Search	The different job search engines that are available.
Four	Targeting your applications	How to apply for jobs, the different processes and support.
Five	Interview Skills 1	Discussions and demonstrations on interview dress code and attire.
Six	Interview Skills 2	Role plays and demonstrations on interview communication.
Seven	Interview Skills 3	The process of what to do after an interview has taken place.
Eight	My First Day	How participants handle the stress and anxiety of the first day on the job.

For more information or to secure a booking please contact

**Caroline Krix - Transition to work Manager**

**02 88 111 717**

[caroline.krix@abilityoptions.org.au](mailto:caroline.krix@abilityoptions.org.au)

## Free Trial Sessions!

Ability Options Employment Transition to Work Program is a two year program helping recent school leavers with a disability or learning support needs to develop the skills and experience to achieve their work goals. Transition to Work is inviting participants to arrange the opportunity to come along to taste tester sessions

**Why?** We would like to give participants and families the opportunity to come along and make their own decision based on personal experience within the program

**When?** We can arrange a time that is suitable for you, between Monday and Friday

**What time?** It will run during our program times 9am – 3pm

Call Transition to Work Manager, Caroline Krix on (02) 8811 1717.

**WE BELIEVE IN OUR JOB SEEKERS!**

We believe in your abilities, your rights as an individual and your right to have the opportunity to achieve your goals.

**OUR PROMISE TO YOU**

We work hard for you so you can achieve your goals. We make a commitment to:

- get the job that's RIGHT for YOU
- respect your rights and individual needs
- overcome the barriers people with a disability face in planning a career and getting a job
- create partnerships to give you the best opportunity to have a good job
- ensure you are skilled and enjoy your job
- support you every step of the way!

**OUR GOALS ARE...**

- to help YOU to achieve yours
- to be the best employment agency in Australia by delivering quality lifestyles for people of all abilities.

**ABOUT ABILITY OPTIONS**

Ability Options is a not-for-profit organisation that has been providing support and services to people with a disability and their families since 1976. We offer a variety of programs to thousands of people across NSW, including:

- employment services
- transition to work
- supported employment
- supported living
- respite services
- community access
- case management
- self-managed services
- children's services
- out of school care (Ooschool)

**CONTACT US TODAY SO WE CAN HELP YOU FIND THE JOB THAT'S RIGHT FOR YOU!**

Phone: 1800 447 427 (free call)  
Email: [employment@abilityoptions.org.au](mailto:employment@abilityoptions.org.au)  
Fax: (02) 88 111 788  
Website: [www.abilityoptions.org.au](http://www.abilityoptions.org.au)

Ability Options Offices  
Baulkham Hills, Brookvale, Camden, Campbelltown, Fairfield, Hornsby, Katoomba, Liverpool, Murrumbidgee, Mount Druitt, Penrith, Perth and Seven Hills.  
AEN 91 602 173 238

**LOOKING FOR THE JOB THAT'S RIGHT FOR YOU?**

Ability Options Employment is a FREE service, assisting people of all abilities to find a job.

We CONNECT YOU to the job that's RIGHT for YOU!

Ability Options Employment provided me with a job that suits my skills and interests and has helped me with my confidence and communication. Now I feel relaxed!

**EMMETT MEDHALL**

[www.abilityoptions.org.au](http://www.abilityoptions.org.au)

CONTACT US:

Principal: Mrs Renee Culgan



PH: 9628 6885

FAX: 9628 1550



[niland-s.school@det.nsw.edu.au](mailto:niland-s.school@det.nsw.edu.au)



[www.niland-s.school.nsw.edu.au](http://www.niland-s.school.nsw.edu.au)



[niland.s.school](http://niland.s.school)

*Check out the "new winter warmers"*

# Niland School

## Canteen Price List – 2013

Hot Food	
Ham, Cheese & Tomato Toasty	\$2.00
Small Pie	\$1.50
Large Pie	\$2.50
Traveller- Cheese & Bacon Pie	\$2.00
Sausage Roll	\$1.50
Chicken Burger- lettuce/mayo	\$3.00
Niland Burger- cheese	\$3.00
Chilli Chicken Tenders	\$1.00 ea
Chicken Wedges	\$0.50 ea
Chicken Wings	\$0.50 ea
Bacon & Cheese Rolls	\$2.00
Potato Bake	\$2.00
Tomato or BBQ Sauce	\$0.20
Drinks	
Water	\$1.00
Flavoured Water	\$1.20
Up & Go	\$1.50
Assorted Juices	\$1.00
Quench Spring Water - flavoured	\$1.00
Snacks	
Jelly Cups	\$1.00
Milky Way (fun size)	\$0.30

## July 2013

Mon	Tue	Wed	Thu	Fri
1 HOLIDAYS	2 HOLIDAYS	3 HOLIDAYS	4 HOLIDAYS	5 HOLIDAYS
8 HOLIDAYS	9 HOLIDAYS	10 HOLIDAYS	11 HOLIDAYS	12 HOLIDAYS
15 STAFF DEVELOPMENT DAY	16 STUDENTS RETURN	17	18	19
22	23	24 YEAR 7 & 10 IMMUNISATIONS	25 PARENT GROUP MORNING TEA	26 ABILITY OPTIONS
29 EDUCATION WEEK	30 EDUCATION WEEK	31 EDUCATION WEEK		

## August 2013

Mon	Tue	Wed	Thu	Fri
			1 EDUCATION WEEK	2 EDUCATION WEEK ABILITY OPTIONS
5	6	7	8	9 ABILITY OPTIONS
12	13	14	15	16 ABILITY OPTIONS
19	20 RAILCORP PROGRAM	21	22	23 ABILITY OPTIONS
26	27	28	29	30 ABILITY OPTIONS

## September 2013

Mon	Tue	Wed	Thu	Fri
2	3	4	5 ATHLETICS CARNIVAL	6 ABILITY OPTIONS
9	10	11	12	13 ABILITY OPTIONS
16	17	18	19	20
23 HOLIDAYS	24 HOLIDAYS	25 HOLIDAYS	26 HOLIDAYS	27 HOLIDAYS
30 HOLIDAYS				