Last weekend three of our wonderful teachers ran in the annual City 2 Surf to raise money for Wairoa. Sarah, Alex and Vicky achieved personal best times and raised in excess of $1000 for the students!!

We were also supported by friends and families of our students, with Stephanie’s aunt, uncle and cousins all running the good race too. Michelle, David, Jack and William raised an unbelievable $1300!!

A huge thank you to these energetic and generous people. At the conclusion of the race, some of our staff were on hand to offer competitors a sausage sizzle and a place to unwind at the school. So thank you also to Pen, Joe, Anne, Leila, Masako and Saskia for giving up your Sunday time to cook and entertain the troops 😊

Wairoa Book Fair and Parade

This year our Book Parade will be held on Thursday August 28th at 12. We would love the students to come dressed as a favourite book character – they all really enjoy taking part in the parade. Parents and carers/families are welcome to attend the parade and purchase some books from the book stall. If you would like to take your child home with you at the conclusion of the parade, please notify your child’s teacher and be sure to sign out at the front desk.
Swim Squad

This is the first of two weeks of intensive swimming for a select squad of our more capable swimmers. They are travelling each day to the Des Renford Aquatic Centre to participate in this swimming program which is run by DEC qualified swimming instructors. As you can see, our guys are ready to hit the water!

Student Reviews:

A reminder to parents/carers: please fill out and return the student review forms that were sent home last week. It is a DEC requirement that each student placed in a support class has his/her placement reviewed annually. It is important for us to receive feedback from parents/carers to ensure that we are all working towards the same goals. There is no need for you to attend a student review interview, unless there is a particular matter you would like to raise; simply filling out and returning the form is usually sufficient.

IT news:

This app is free at the moment – have a look.

iLearnNIEarn2 – School and Adult Series is an award-winning special needs education program that delivers Eden Autism Services’ Adults curriculum on touchscreen devices. https://itunes.apple.com/us/app/ilearnnearn2-school-adult/id689144078?mt=8&ign-mpt=uo%3D4
At the beginning of this term I invited a physiotherapist to come to a staff meeting and chat with staff about manual handling techniques, injury prevention and keeping fit for the job. Stuart Cox, who is a local physiotherapist and Pilates instructor led us all in an energising and strengthening class. The staff loved it and gave very positive feedback. Since that time Stuart and I have spoken about his career and his desire to become more community focused. I am absolutely delighted to say that Stuart is now working with the Wairoa staff every week and running an hour long FREE OF CHARGE class. The staff are really enjoying some positive benefits from this intervention and I would encourage anyone who may be looking for a physiotherapist or a Pilates class to support Stuart's business – The Man with a Mat. His support of Wairoa is outstanding and we really are very grateful.

DEC newsletter inclusion:
Parent tips for use in school newsletters and on school websites – 20 June 2014

**Flu season is here!**
Influenza is spread from person-to-person through the coughing or sneezing of infected people.

- Anyone who is sick with influenza symptoms should stay home until their symptoms are gone.
- Cover the nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the garbage bin after use.
- Wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hands cleaners are also effective.
- Avoid touching eyes, nose or mouth. Germs spread that way.

If you or your child develops influenza-like illness, seek the advice of your family doctor as you would with any other illness.

The seasonal influenza vaccine, which protects against the pandemic influenza strain as well as two other influenza strains, is now available free to eligible people. More information about the vaccine is available from the NSW Health Immunisation Unit's [vaccination page](#).
Swim Nappies:

Have a look at this - a website called www.nunnys.com

If you have been searching for a decent swimming nappy that is easy to put on (especially for kids in wheelchairs or have trouble standing) that is nice looking and affordable. This lady will custom make these beautifully made nappies. All she needs is a waist and an upper thigh measurement, approximate weight and age of child. Although, she is based in Canada she makes them and sends them off very quickly. They are $20 each. I purchased 3 and postage was $13.

**Dates for the Diary:**

**Weeks 5 & 6**  
Thursday 28th August  
Thursday 4th September  
Wednesday 10th September

Swim Squad at Des Renford Pool  
Book Week Parade, 12 noon  
Student Review parent interviews  
Wairoa School Leavers Expo (details will be sent home separately)

Regards,  
Sara Swift, Principal 😊