



GLENVALE NEWS

The Newsletter of Glenvale School

Term 1 Week 9, 25th Mar 2025

www.facebook.com/GlenvaleSpecialSchool

x.com/glenvale_school

INSIDE THIS ISSUE:

- Principal's Message.....1
- School notices.....2
- Uniforms.....3
- Narara Rm 2 photos ..4
- NE Rm 4 photos.....5
- NE Rm 2 photos..... 6
- Advertisements**
- All Stars Sports.....7
- Dance & Art8&9
- OT10
- NSW Health..... 11
- Karen Hersey, NDIS support 12
- Parent Seminar13
- ACI Transition... 14&15
- Insight Early Int 16
- CC Catch-Ups17
- Ready Set Connect ..18
- Tribe Disability19
- Reeves St Respite ...20
- Trilogy Disability21
- Tranquility Support .22
- Care2Help.....23
- Passion Flower Care.24
- Songbird Personalised Support.....25
- DISATREK.....26



Dear Glenvale Community

As we approach the end of the term, I want to take a moment to reflect on the busy and productive weeks we've had. All of our students have been busy in class, and there have been many highlights. In particular, our senior students at the Narara campus have been hard at work, engaging in new combined class programs that focus on daily exercise, healthy eating, and community access through public transport.

It was wonderful to see so many people dressed in orange last Friday for Harmony Day! The day was filled with a variety of activities, all aimed at celebrating this important occasion in our school calendar.

I would also like to extend my heartfelt thanks to the Rapid Response Team, a global organisation that supports communities and first responders. Last week, they organised barbecue breakfasts for our staff at both campuses to acknowledge the hard work and dedication of our Glenvale team.

In staffing news, Bronwyn Flanagan will be stepping in as the relieving Deputy Principal at the Narara campus for the remainder of the term. Meanwhile, Kristen Wells will take on the role of relieving Deputy Principal at the Entrance North campus.

We look forward to seeing many families and friends at our Easter Hat Parade activities!

Warm regards, Peter



Important dates

Please return permission notes and information regarding students ASAP.

Narara:

Friday 11th April—Easter Hat Parade, 10am, all families/carers are welcome

The Entrance North:

8th to 28th March—Henny Penny egg hatching

Wednesday 9th April—Easter Hat Parade, all families/carers welcome. Two starting times to be sent home.

Dates for both campuses:

Last student day Term 1—Friday 11th April

First student day Term 2—Wednesday 30th April



Voluntary School Contributions



Voluntary Contribution

Every public school asks for a small contribution towards the many costs associated with education programs.

At Glenvale, we ask that parents contribute \$35 per child each year. This has not changed for many years and is very small in comparison to other schools, even though our costs can be much higher.

Please consider sending \$35. A payment can be made via School Bytes or cash.

Many thanks to those who have already done so.

All donations to the school over \$2 are tax deductible as Glenvale is registered with the Australian Tax Office as a deductible gift.

Second hand uniforms wanted—we would greatly appreciate donations of second hand uniforms, large sizes please.

Uniforms wanted

XL, XXL, XXXL



Long Sleeve Polo
NHI Embellished School Logo



Short Sleeve Polo
NHI Embellished School Logo



Short Sleeve Polo
NHI Embellished School Logo



Bomber Jacket
NHI Embellished School Logo



V-Neck Windcheater
NHI Embellished School Logo

Great work, Narara

Room 2



We went to Healthy Harold .



NE Room 4





Room 2 North Entrance Students are Good Learners!



Advertisement

freedom
solutions
australia

ALL STARS

Sports Day

FREE EVENT

JOIN THE ACTION IN APRIL!

Our award-winning Inclusive Community Sports Days are back!

What's Happening?

People with disabilities and their families are warmly welcomed to enjoy a day packed with accessible and inclusive sports and recreation activities in a friendly, supportive community environment.

Give Everything a Go!

From biking to basketball, dancing, tennis, and so much more, there's something for everyone! Whether you're exploring a new sport or revisiting a favorite, our friendly staff and skilled coaches are here to help you get started and have an amazing time. No experience necessary, and all equipment is provided!

Designed for Everyone

This event is fully wheelchair accessible, ensuring that every participant can join the fun and enjoy the day to its fullest.

For any questions, contact:

Ross Patel, Event Coordinator
events@freedom solutions.org.au

DETAILS:

Central Coast » Tues 22 April
10:30am-1:30pm
Niagara Park Stadium



Advertisement

PERFORM
ABILITY



CHILDREN'S DANCE & ART PROGRAMS

For kiddos of all abilities!

Trained teachers who love
what they do!

Multiple programs a week!

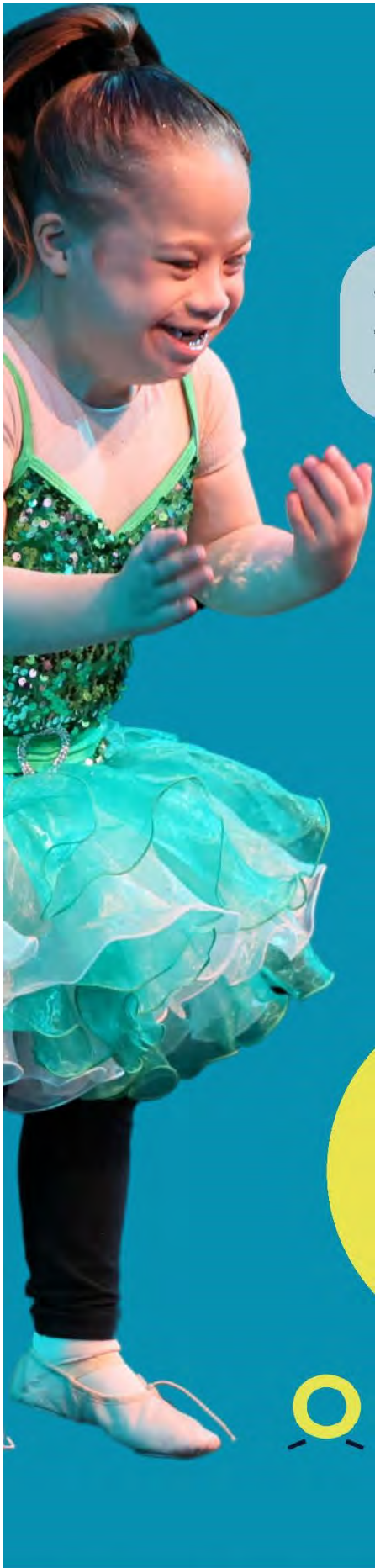
100% FREE
TRIAL
STUDIO IN
WYONG

INFO@PERFORMABILITY.COM.AU
0431 036 659



PERFORMABILITY.COM.AU





PERFORM ABILITY

- Connect with parents and families
- Fun dance, music & art programs for your child
- Designed for children with disabilities and neurodiversities



"WE SPECIALISE IN INCLUSIVE
PERFORMING ARTS PROGRAMS THAT
BRING MUSIC, DANCE, AND CREATIVITY TO
ADULTS OF ALL ABILITIES!"

**BOOK FREE
TRIAL
TODAY!**



PERFORMABILITY.COM.AU

WE'VE
WORKED
WITH



LIFE
WITHOUT
BARRIERS



CALL NOW



Does my child need OT?

We see children experiencing difficulties with:



Gross motor skills



Fine motor skills



Handwriting



ASD



Social Skills



School Readiness



Cognitive skills



Self Care skills



Sensory Processing

Building Blocks has been established in Hornsby for 24 years. Our Kariong clinic opened in 2019, and has vacancies for assessment, therapy and holiday programs. Contact us to see how we can help you!

'building * developing * excelling'



9482 3082



hello@bbot.com.au



bbot.com.au



Urgent Care Service

Don't know where to go when you or your child feel unwell?

Call **healthdirect** on **1800 022 222**, for free health advice anytime, day or night.

A registered nurse will ask some questions and connect you with the right care, closest to you.



They can:

- Book you an appointment at a local urgent care clinic, such as the **Long Jetty Urgent Care Service**.
- Connect you with a health expert by phone or video call, such as the **virtualKIDS Urgent Care Service**.
- Connect you with other appropriate, locally available health care.
- Call you an ambulance or direct you to the emergency department if your situation is life-threatening.

If it's an emergency, call Triple Zero (000) or go to an emergency department.

Central Coast Local Health District

Call healthdirect on **1800 022 222** for healthcare, anywhere

- If you need language support, call TIS on **131 450** and ask for healthdirect.
- If you need hearing or speech support, visit the National Relay Service website at accesshub.gov.au/about-the-nrs and choose a relay method that works for you. Then, ask for healthdirect.
- If you have other support needs, tell the healthdirect nurse who answers your call.

Learn more



In an emergency
always call
Triple Zero (000)



Advertisement



KH EMPOWERMENT SERVICES
Proudly Independent

- NDIS Support Coordination
- NDIS Recovery Coaching
- Aged Care Package Coordination
- Provider Consulting

Karen Hersey

Managing Director

Principal

0484 524 228
info@khes.com.au
www.khes.com.au



A social enterprise providing expert NDIS support coordination and recovery coaching, provider registration and audit consulting, plus education, access and advocacy assistance.



Support Coordination

We assist you to achieve and maintain your support network, and keep it working for you as your needs and circumstances change.

[Contact us](#)



Free Stepping Stones Parenting Seminars Triple P

For parents of primary
school aged children
with disabilities

Attend one or attend
all three!

WEBINARS

- **Positive Parenting for children with a disability**
Date: Friday 28th March
Time: 12:00pm-1:30pm

[**REGISTER NOW!**](#)

- **Helping your child reach their potential**
Date: Friday 4th April
Time: 12:00pm-1:30pm

[**REGISTER NOW!**](#)

- **Changing problem behaviour into positive behaviour**
Date: Friday 11th April
Time: 12:00pm-1:30pm

[**REGISTER NOW!**](#)



Contact
Jodie Caruana
School-Link
[schn-chw-
schoolink@health.nsw.gov.au](mailto:schn-chw-schoolink@health.nsw.gov.au)



The Sydney
children's
Hospitals Network



Are you transitioning to adult healthcare services?



Young people who have chronic conditions and disabilities need to transition from children's healthcare to adult health services. **The ACI Transition Care Service is here to support you.**

What we do

There are differences between children's and adult health services and some young people aged between 14 and 25 years need extra support.

- We offer a confidential and free service that is part of NSW Health.
- Transition care coordinators and support workers help young people, families, carers and clinicians during transition.

You will be given the details of your care coordinator and support worker.

Tell them if you want to be contacted via phone, text or email so they know the best way to reach you.

We help by

- Working with your healthcare team to find suitable adult health services
- Creating a transition plan that contains important information
- Supporting you to get referrals and make appointments
- Going with you to your first appointments, if needed
- Sharing resources with you
- Providing updates to your healthcare team about your transition



Advertisement

Are you transitioning to adult healthcare services?



What we can't do

While we would like to help with everything, there are some things we can't do, such as:

- make appointments on your behalf, however, we can help you learn how to do this
- complete paperwork and provide supporting documents for NDIS or Centrelink.



© State of New South Wales (Agency for Clinical Innovation) 2022.
[Creative Commons Attribution-NonCommercial 4.0 licence](https://creativecommons.org/licenses/by-nc/4.0/).
For current information go to: aci.health.nsw.gov.au
The ACI logo is excluded from the Creative Commons licence and may only be used with express permission.



Contact us

We'll contact you after your adult health appointments. You can also call us if you need help.

When you've met with your adult health services and feel comfortable, we will discharge you from our service. But you can still contact us until you turn 25.



The contact details for ACI transition care coordinators are on our webpage.

Young people, carers or clinicians can refer to our service.



All we require is a referral form with the young person's consent.





INSIGHT
Early Intervention

Helping children to thrive in their own time.



HOW CAN WE HELP?

At Insight Early Intervention, we understand the challenges families often encounter in accessing timely support from psychologists, speech therapists, and occupational therapists. Long waitlists can delay essential care, making it harder for children and families to receive the help they need when they need it most. We are committed to providing efficient, high-quality services to ensure that children and families can receive the support they deserve without unnecessary delays.

At Insight Early Intervention, we are committed to providing crucial support to children and their families across multiple areas of child development, particularly during the waitlist period for specialized services. Our approach is centered on play-based therapy, which is a highly effective method for fostering growth and development in young children. We offer flexible service delivery options, including therapy sessions in our clinic, childcare centres, or school environments, ensuring that children receive the most appropriate and accessible support in a familiar setting. Our goal is to empower families and equip children with the skills they need to thrive, while also ensuring they feel supported throughout their journey.



Meet our Team

Renee, Louise and therapy dog Cosmo.

We specialise in-

Physical Development: Children grow in coordination, strength, and motor skills over time.

Cognitive Development: Cognitive abilities expand from basic problem-solving to abstract thinking.

Language Development: Language skills evolve from simple words to complex communication.

Social-Emotional Development: Children learn emotional regulation, empathy, and social skills through interactions.

Support of Challenging Behaviours: Helping families identify and implement appropriate strategies tailored to each individual needs.

Influence of Environment: Development is shaped by family, culture, and experiences.



CONTACT US

- Email- reception@insightei.com.au
- phone- 43269090
- Address- 1/19 Reliance Drive, Tuggerah 2259



FACE-TO-FACE

CENTRAL COAST CATCH-UPS

Are you raising a child with
disability, delay, or autism?

Join us for a catch-up with other parents
who truly understand the journey.

What to Expect:

- A chance to meet other local parents and carers
- A relaxed gathering – come when you can, leave when you need to
- Free coffee, conversation and connection
- A supportive space to share experiences and information

Catch-up Details:

- 📍 **Location:** Rotary Park, Terrigal (Fully Fenced)
- 📅 **When:** Fortnightly starting 4 March 2025
- 👤 **Who:** For parents & carers (feel free to bring your children, come alone or with a friend)

Scan the QR code
to register or visit
bit.ly/ccCatchup



Please register to be contacted if the group is rescheduled due to wet weather.



Any Questions?

Contact Kristy at
0422 146 878 or via email at
Kristy@kindred.org.au



Kristy who is facilitating the group is a Central Coast local and parent to a young neurodivergent son.

These groups are run by Kindred, a not-for-profit peer support organisation connecting and empowering families raising children with disability, delay and Autism across NSW.

Kindred





READY-SET-CONNECT



Hello, Gosford!

FREE NDIS NETWORKING EVENT

📅 Wednesday 12/03/2025

🕒 10:00 AM to 12:30 PM

📍 Central Coast Leagues Club 1 Dane Drive, Gosford NSW

WHO?

Support coordinators, support workers, people with disability, teachers, parents and carers are all welcome.

WHY?

Get to know NDIS providers servicing your local area and boost your contacts in a fun and informative networking session.

HOW?

Register at onecommunity.net.au/Ready-Set-Connect

JOIN US

EVENT SPONSORS



Night n Day



INCONTINENCE PRODUCTS.com.au

Part of the Night n Day Group



Inner Works
DISABILITY SERVICES
INNER PEACE BEGINS HERE



tribe[®]

DISABILITY SUPPORT

Personalised support for individuals and families living with disability



COMMUNITY ACCESS
+ PARTICIPATION



CONTRIBUTING TO
HOUSEHOLD TASKS



HEALTH
AND HYGIENE



SIL &
RESPITE



PERSONAL
ACTIVITIES



MEAL
PLANNING




SKILLS
IMPROVEMENT

We have vacancies available at our SIL properties.

Support throughout the Central Coast
NDIS Registered provider

Phone: 0466 222 033
Email: info@tribesupport.com.au
www.tribesupport.com.au

 [tribesupport](https://www.instagram.com/tribesupport)

 [tribesupport](https://www.facebook.com/tribesupport)





A bright and spacious home with lots of activities to have some fun and meet friends.

- **Safe**, friendly, fun environment
- **Individualised care** and activities to meet your child's needs
- **Highly experienced** staff
- **Short term** accommodation such as weekday overnight stays and weekend overnight stays are available as well as day stays and after school supports.
- **Supervised community access**

About Reeves Street Respite

Respite or Short Term Accommodation Assistance is a short term support for carers of a child or young person with disability, giving carers an opportunity take a break or tend to everyday activities.

Reeves Street Respite, located in Narara, provides a range of services to meet your child's needs. A key worker will assist you in completing all paper work and will liaise with you. Your child's comfort and safety is our priority. Before an overnight stay, we recommend an initial short visit for your child to familiarise themselves with their new surroundings. As well as overnight stays, we welcome day stays.

Reeves Street Respite caters for children and young people from 7 to 18 years of age. Our centre offers 24/7 staffing services providing care to a maximum of five clients at a time overnight. Respite rates will be charged as per the NDIS price guide. We are happy to give you a guided tour of the facility when it is convenient for you.

For more information, please contact:

P. (02) 4372 6302
E. yourlwb@lwb.org.au
www.lwb.org.au

LIFE WITHOUT BARRIERS

Disability services. Support on your terms.



Advertisement



Trilogy Disability Services is a locally based NDIS Disability care provider, that offers youth disability respite care and support to individuals with complex care needs.

Trilogy provides a nurturing and safe environment to children with high medical needs and understands the challenges families and individuals face with disability care. We have houses open for respite stays all year round and work with families to ensure their child's needs are met.

Staff are trained in managing complex care needs for mobile or wheelchair dependent clients such as personal care, PEG feeding, epilepsy, manual handling/hoisting. Supervision of clients and staff is provided by a Registered Nurse.





More Information :



0480 395 660



info@tranquilitysupportservices.com.au



Tascott, NSW

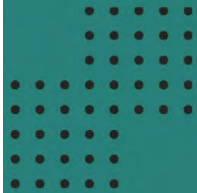


www.tranquilitysupportservices.com.au



About Us

Welcome to Tranquility Support Services, where we are dedicated to providing quality and affordable respite care for individuals with disabilities. At Tranquility, we believe that everyone deserves a supportive and nurturing environment, and our Disability Respite Services are tailored to meet the unique needs of each individual.





www.care2help.com.au

REGISTERED NDIS PROVIDER

- Support of daily living activities
- Social community & civic services
- Supported Independent Living (SIL)
 - Support Coordination referrals
 - Transport including wheelchair access van
 - Registered Nurse health assessments, reporting & monitoring



PH: 4326 6588

info@care2help.com.au

1 / 201 Mann St, Gosford NSW





PASSION FLOWER CARE CARE FOR YOU

WHY CHOOSE US

Welcome to Passion Flower Disability Care, NDIS registered company, where we believe in empowering each individual to reach their full potential. Inspired by our personal journey with our son, Jeremiah, who has level 3 Autism, we understand the unique challenges faced by Person with disabilities. Our services are designed to provide comprehensive support, fostering independence and community participation.

#HOOKED ON FISHING
A THERAPEUTIC ACTIVITY

PASSION FLOWER CARE CARE FOR YOU

Join our multi program "Fishing Therapy". Experience our immersive retreat in healing rhythm of drum therapy.

wood work

PASSION FLOWER CARE CARE FOR YOU

Join our multi program "Building Drums". Experience our immersive retreat in healing rhythm of drum therapy.

ART AND CRAFT PROGRAM
Creating Art & Craft Together

Nurturing Abilities, Transforming Lives

Join us for a creative journey with our ART & CRAFT PROGRAM

PASSION FLOWER CARE CARE FOR YOU

PASSION FLOWER CARE PRESENTS "Burning Drums Music Program"

Join our multi program "Burning Drums". Experience our immersive retreat in healing rhythm of drum therapy.

Join us for a "Friday night footy feast"

PASSION FLOWER CARE CARE FOR YOU

FOSTERING COMMUNITY INVOLVEMENT AND ENHANCING QUALITY OF LIFE WITH PASSION FLOWER CARE

PASSION FLOWER CARE CARE FOR YOU

BUILDING CREATIVITY AND TEAMWORK WITH OUR "MASTERS OF LEGO" PROGRAM

Join our multi program "Burning Drums". Experience our immersive retreat in healing rhythm of drum therapy.

PASSION FLOWER CARE CARE FOR YOU

PASSION FLOWER CARE PRESENTS "Burning Drums Music Program"

Join our multi program "Burning Drums". Experience our immersive retreat in healing rhythm of drum therapy.



Central Coast:
115 Jarrett Street,
Wyoming, NSW, 2250

Sydney:
64 Orwell Street,
Blacktown, NSW, 2148

Telephone:
02 8814 8714
Mobile:
0448 402 108 / 0450 224 504

Email Us:
info@passionflowercare.com.au

CONTACT US



www.passionflowercare.com.au - Sydney - Central Coast





Registered
NDIS Provider

Our goal is to tailor the support provided to ensure individual needs are met. **Songbird** will work collaboratively with informal and formal supports to ensure positive outcomes.



At **Songbird** we strive to empower individuals, no matter their ability, to live with independence and thrive within their communities across the Hunter.

Short Term Accommodation

REGISTERED NDIS SERVICE PROVIDER

- Community Activities & Experiences
- Empowering To Achieve Goals
- Collaborative & Caring Approach



SONGBIRD
Personalised Support
to Transform Lives



(02) 4048 4220

1B Hartley Drive Thornton NSW 2322

enquiry@songbird.com.au

www.songbird.com.au



SONGBIRD

Personalised Support
to Transform Lives



Advertisement

WHO ARE WE

DISATREK is a team that helps individuals achieve their dreams and overcome challenges. We provide personalised assistance and guidance, and our support.

workers are committed to helping you live life to the fullest. We believe that everyone deserves equal opportunities, no matter their skills or aspirations. We strive to not only offer everyday support services but also amazing and different support experiences.



AREAS OF SERVICES

We are currently service all areas throughout:

- Central Coast
- Sydney
- Newcastle



EXPERIENCED AND SUPPORTIVE

DISATREK provides person-centered disability support and community access, with experienced support workers who help you set goals and develop a plan to achieve them.



We want to help you live your best life your way!

OUR SERVICES

- 1 INDIVIDUAL SUPPORT
- 2 SOCIAL SUPPORT
- 3 COMMUNITY TRANSPORT



SPECIALISED SUPPORT SERVICES

4

COMMUNITY ACCESS

5

SPECIALISED SUPPORT EQUIPMENT

- KAYAKS
- PADDLE BOARDS
- ACTION TRACK
- WHEELCHAIRS
- WATER BIKES
- FRIZBEE GOLF



GENERAL INQUIRIES

info@disatrek.com.au

CONTACT US



- Kevin Hyland
kevin.hyland@disatrek.com.au
0431601684
- Josh Mcpherson
joshua.mcpherson@disatrek.com.au
0459623374

SAFETY

We currently have a range of equipment for people with disabilities to enjoy in a safe, supported environment.

Our team members are fully trained with all of our equipment to ensure the safest possible outing each and every time. We also provide some mobility and transfer equipment for ease of access for our equipment.



DISATREK

