

Dear Parents and Families

Congratulations to all of the students who successfully achieved their swimming levels and managed the cold mornings. We are all so very proud of our kids. The disruption to the day has been well managed by the staff who have ensured that learning programs could still be run to ensure consistency of routines. Well done to all involved, and particularly to our families who prepared the kids each day with swimmers, towels and warm dry clothes.

Our students were also amazing when they performed at the Performing Arts theatre excursion with other students from our Education Support Network. I am equally proud of their resilience in travelling by bus to and from the venue. We look forward to this wonderful event each year.

Save the date: Friday 26th July is the ESC Assembly from 8.40am, our students will share the item they performed at the Performance Arts day.

Our next big day out will be in August when we compete with our network schools in an interschool carnival for children with special needs.

Senior Athletics Carnival Year 3 to 6

Beldon ESC

27th August

Junior Athletics Carnival Kindy to Year 2

Creaney ESC

29th August

On Wednesday reports were available online through CONNECT, you should have received your child's progress report via an email link. Please contact the office if you require a paper copy.

ESC students return on Tuesday 16th July as the ESC staff have a Professional Learning Day on the Monday.

We wish you a wonderful break and we'll see you next term.

Kind Regards, Karen Macri, Principal What's On ? Breakfast Club everyday day from 8am in the undercover area



TERM 3 TUESDAY 16TH JULY



merriwaesc.wa.edu.au

ESC ASSEMBLY Friday 26 July



School Online Canteen ordering system. Visit:

www.quickcliq.com.au to sign up and register Available Mondays Tuesdays and Fridays

swimming 2024



















Talking to your child about growth and development

Adolescence is a time of trepidation for many parents. For parents with children who have learning disabilities it can be more difficult as their children may need extra education and support to manage the changes that come with puberty and adolescence.

The hormonal changes associated with puberty are the same for all young people. Children with intellectual disabilities are likely to need extra support to express their feelings in positive ways.

Things to discuss may include:

- Public and private concepts
 - Body changes
 - Hygiene
 - Protective behaviours

Discussions about puberty should begin before physical changes start. Extra time is needed to adjust to the changes that occur with puberty. Parents will know the best time to start talking to their child, but as behaviour is difficult to change, it is a good idea to start making small changes early, for example; dressing and undressing in a private place.

Useful resources and information is available from the websites listed below:

Raising Children's Network

http://raisingchildren.net.au/articles/autism_spectrum_disorder_puberty_teenagers
Family Planning Victoria - Talking to children with Cognitive Disabilities
http://www.fpv.org.au/for-you/people-with-a-disability/talking-to-children-with-cognitive-disabilities
Better Health Channel - Talking to young people with intellectual disabilities about sex
www.betterhealth.vic.gov.au
Puberty and Autism Spectrum Disorders
www.amaze.org.au

From our Nurse Sally



Library News
Please return overdue books to the
library by tomorrow.
Thank you







