

The Weekly News

Keeping you up-to-date with what's happening at Giant Steps Tasmania 29th September 2011

A MESSAGE FROM THE PRINCIPAL

PLEASE NOTE NO SCHOOL AT GIANT STEPS NEXT THURSDAY (Launceston Show Day) AND FRIDAY (Professional Development Day for Staff) THAT IS THE 6TH & 7TH of OCTOBER

We are almost at the changeover to daylight saving again! This change is quite a challenge for our students. It must be very confusing for students who are already very sensitive to the constant changes of light throughout the day, to suddenly find themselves getting up almost in the dark again for a while. Going to bed while it is still light at night often throws the whole sleep pattern into disarray.



It has been my finding that students seem to develop what I refer to as *cumulative tiredness* after daylight saving each year. For some students there is an immediate impact and for others their levels of weariness just seem to increase as the term progresses. Tiredness for our students is very difficult to communicate and the only means they have of telling us something is wrong is through their behaviour.

I often recommend an increased number of "islands of solitude" (quiet times) to support students regulate sensory and emotional capacities through this difficult transition. It is often not until the Christmas holidays that the changes in light become more consistent on a daily basis and students have some sense of what the light will look like at any given point throughout the day.

Lack of solid sleep can lead to escalations in auto immune system issue such as asthma, arthritis and skin conditions. Lots of cat naps, down times will be a powerful tonic to maintain physical and emotional well-being.

This is quite a difficult part of the year for families as well. As adults we can often feel guilty about a cat nap or a little "me" time, but when extra internal fortitude is required to support family members through transitions such as the changeover to daylight saving it is a good investment in assisting everyone to make it through to the Christmas Holidays.

New Bus Stop at Latrobe Youth Centre

Due to the number of students who attend Giant Steps who live in Latrobe there will be a new bus drop off and pick up point each day. This will be in the gravel car park at the Latrobe Youth Centre in Cotton Street. The new bus stop has been approved by the Latrobe Council for students at Giant Steps.



The bus will stop at Latrobe (as close as possible) between 8.25 and 8.30 in the morning and on the way home between 3.45 and 3.50.

The Devonport bus will continue to start and finish each day in the Argosy Car Park at East Devonport but will have a brief stopover at Latrobe. **COMMENCING MONDAY 3rd**

OCTOBER.

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If parents are delayed and do not arrive at the time students are being dropped off in Latrobe, I have requested drivers not wait and to take students on to East Devonport where they can be picked up. This alleviates worry and concern for parents who are waiting for the bus to arrive in Devonport.

Thank you

Towards the end of term two the Country Music Association provided us with a cheque to purchase resources for the students. This has allowed Gerry to purchase tables for Red Room. We have also purchased large cushions for students to use whilst reading, games and puzzles for students in the Adult Program and a much needed vacuum cleaner for Blue Room. Thank you again to the wonderful Country Music Association team who came together as an organisation specially to support Giant Steps almost sixteen years ago. We cannot thank the members enough for their contributions to the lives of students at Giant Steps.

Elizabeth Anderson who heads up the team is away at the moment travelling in Europe and we hope she enjoys a well very well earned break. I know the rest of the Country Music Team will be missing her presence at the evenings run by the association.

Anne

Woolworths & Coles Dockets A huge thank you to all those parents and friends who have forwarded their dockets. Woolworths have extended their collection of dockets to 18th Oct. We should have some wonderful new resources and new sports equipment for the start of next year.

Sponsor a Child

These are now due if you could please write about your child and give it to Pip please as soon as possible.

Giant Steps Uniforms

The first order for uniforms has gone out. It should take 2 to 3 weeks to receive the order and we look forward to seeing our students in the first ever Giant Steps Uniform. For those still owing money could you please forward this to Pip as soon as possible thank you.

Dates to Remember 2011

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| ★ | Thursday 6th October | - Launceston Show Day Holiday |
| ★ | Friday 7th October | - Final Pupil Free Day for 2011 |
| ★ | Sunday 6th November | - Special Children's Christmas Party |
| ★ | Monday 7th November | - Recreation Day Public Holiday |
| ★ | Thursday 15th December | - End of Year BBQ & Breakup |

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You're Invited to attend the 2011 Special Children's Christmas Party!



On **Sunday 6th November**, Heart 107.3, in proud partnership with Make-A-Wish[®] Australia, is once again hosting the largest, FREE, Christmas Party for Special Children. This is our 15th year Anniversary and it will run from 11am until 3pm at the **Derwent Entertainment Centre in Hobart**. We wish to extend an invitation to children in your care that would maybe like to celebrate a day full of fun!

A stage show that will be hosted by Sparky the Clown as well as many local celebrities will keep the children entertained. There will be activities such as merry go-rounds, jumping castles, face painting and much more. With all this fun to be had, they will need all the food, drinks, lollies and ice creams, which we will provide for free. Of course no Christmas party is complete without Santa and after greeting the children from the stage he will go off to his toy room. There he will meet with all the children individually as they come to collect 2 or 3 brand new presents to take home and call their own.

**NB Please let Pip know if you wish to attend by
Wednesday 5th October at the Latest 63 622 522**

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The Adult Group enjoying a visit to the Tulip Farm at Table Cape