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WEEK 5 KAWERONGO - NEWSLETTER

29 February 2024

Kia ora koutou,

On Friday the 16th of February we held our annual Kayak Day at Rotary Park - Ōpūpū. This day is always well enjoyed by students, staff and whānau.

A big thank you to everyone who's hard work and preparation helped make sure this was a fun and safe day for our ākonga, also to Cross Country Rentals for helping with transport, and to Waimarino for supplying the kayaks and paddleboards.



Ngā mihi Kind regards
Barrie Wickens
Principal

Important dates:

Friday 29 March - Good Friday, school closed

Monday 1st April - Easter Monday, school closed

Tuesday 2nd April - Easter Tuesday, school closed

Friday 12 April - End of Term 1

Room 4 - Health and PE



Our ARGOS group have really been stretching and strengthening themselves both mentally and physically. It has been great to see such wonderful engagement and enthusiasm.



Each week our school plays Hungerball. Some of Room 4's students have really taken to it. It is developing social and motor skills in such a lovely way. And it is so much Fun!



All of our Room 4 students have been making the most of our school pool regularly each week. Our new bluetooth speaker has also given us an auditory experience while swimming and enjoying the water.

Room 4 - Engagement learning



Room 4 has had a great start to the year. This term we are all learning about ourselves, learning what we like and how to express that we would like it. This empowers our students to communicate and also to build their confidence in trying new experiences.

How that looks for our class: Each morning the students come in and they are in charge of their learning activities. They make their choice of what they would like to do for that morning session and adults support them to do this. In doing so, we have had some amazing engagement and interaction between students and staff. We can't wait to see where this journey takes us.

DRC Tui (Senior) class - SPEC



DRC Tui class have had an amazing start to the year and have been making the most of the beautiful weather with outdoor physio, including walks and bike rides in the community, swims and plenty of water activities.



For our SPEC activities so far we are working on what makes us happy and sad, with some students using their communication devices to tell us about their whānau. Also everyone is enjoying our weekly shopping trip to Countdown.

DRC Pukeko (Junior) class Do you like it?



We have been exploring a range of sensory items this term. The students have been learning to answer the question “Do you like it?” by using their preferred communication tools such as the yes/no visuals and PODD book. It is fun to find out what we like and don't like!



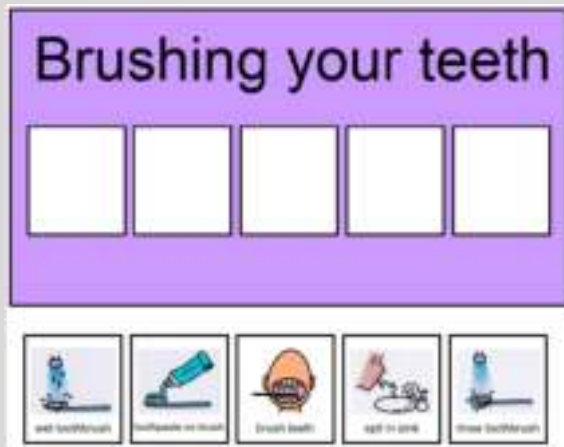
Occupational Therapy

This term, the OT team is focusing on assessing our ākonga's fine motor, self-care and sensory processing skills.

We support our ākonga to develop their self-care skills in a number of ways, including:

Visual sequences/schedules

These help to break down the steps of a self-care task, and also build the student's independence in learning the steps and checking what step they are up to



Backward chaining

The most successful method we find with learning to dress is called "*backward chaining*". This simply means allowing your tamariki to do the last step of the activity. They gain encouragement and a sense of achievement from completing the task, this also reduces their frustration and the demand of the task. Gradually, you reduce the steps that you complete therefore increasing their independence.

Putting on a T-shirt



The steps are:

- Lay the T-shirt front side down on the bed with the lower edge nearest to your child
- Pick the back of the T-shirt up and place over child's head
- Push one arm through the sleeve
- Push the other arm through the sleeve
- Pull the T-shirt down

Putting on Pants

The steps are:

- Child sits on floor, bed or chair
- Hold trousers/shorts/skirt by the waistband, look for the label at the back
- Lower trousers and lift one leg into the hole.
- Put other leg into the second hold
- Pull trousers up to the knees
- Stand up and pull the trousers up to the waist



Now with “*backward chaining*” as the parent/caregiver/teacher you do all the steps except for the last one - encourage your child to do the last step. When they are able to do this step, support them to do the last two steps and so on...

The *backward chaining* approach can be used with other self-care tasks also, to increase your tamariki's involvement and independence in a task.

Making it fun

- Using songs e.g. toothbrushing songs, toileting songs can make all of these tasks a lot more fun for our ākonga.
- Youtube videos are great for teaching our tamariki about self-cares!
- Using motivating toys in the bathroom can also help. Special *toilet* toys i.e. toys students can play with while sitting on the wharepaku can help them to relax and sit for a little longer e.g. fidgets, bubbles, singing a song with family members.
- Reward charts for older tamariki can be effective, to motivate them to do more tasks for themselves, this can also be done with chores around the home!

Note: Make sure the environment in the bathroom is comfortable, think about the sensory environment of the bathroom. Is it too cold? Does the room echo? Is the bathroom visually unstimulating/boring? Trying different things in the bathroom may support your tamariki to feel more comfortable e.g. a heater, different mats to stand on, a picture of their favourite character on the wall, music.