

# Hospital School Connections

Term 1

2018

## Welcome to our first edition of our Hospital Schools Newsletter for this year!

I look forward to reading and seeing what happens in our schools throughout the year. The newsletter has been well received by its members since introducing it in 2013. All feedback from our annual evaluations are positive and members remark that it keeps us “connected” as a unique group of schools. Please send your contributions through early to ensure it is included each term. Attach a sentence or two and send through a photo :) In between newsletters, if you use Twitter, upload your stories, ensuring all permissions are obtained with #NSWhospitalschools

Let's put Hospital Schools out there!

Rosalee Lamaro

President NSWWSA 2018

### Recommended sites :

#### Commonwealth Games focus

⇒ Embrace Learning  
site for Teachers  
and Students

[https://  
www.gc2018embra  
celearning.edu.au/](https://www.gc2018embracelearning.edu.au/)

⇒ Mascot printables  
including colouring  
pages and activities  
for early stage 1-  
stage 1

[https://  
www.gc2018.com/  
Schools](https://www.gc2018.com/Schools)

⇒ Borobi the mascots  
page, including in-  
teractive activities,  
his story, and Koala  
facts

[https://  
www.gc2018.com/  
borobi](https://www.gc2018.com/borobi)



Commonwealth Games  
Gold Coast  
April 4-15 2018



## Brain Strain @Sutherland



On the 21<sup>st</sup> and 22<sup>nd</sup> March the staff from Sutherland Hospital School attended a very worthwhile seminar on the 'The Developing Brain'. The presenter, Nathan Wallis is a New Zealander with a professional background in early childhood teaching, child therapist, social service manager, university lecturer and neuroscience trainer.

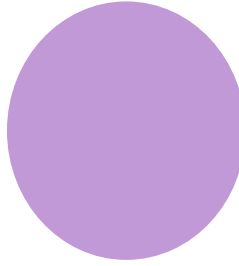
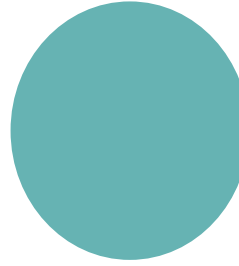
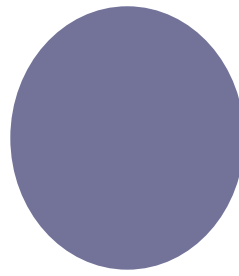
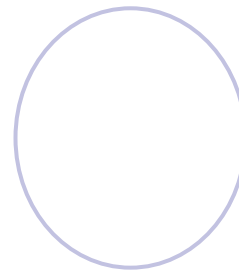
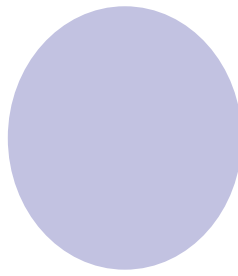
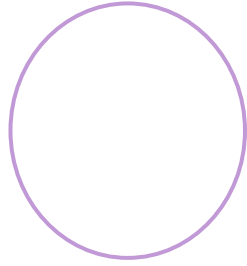
We could not recommend this seminar more highly and it is a must for educators.

His stories are rich in his own personal experience and the information he delivers makes a difference in understanding many of the students we work with.

We all developed a completely new understanding of why teenagers behave in the way they do.

Not bad on the eye either.

# What is your school doing about Literacy and Numeracy?



The year ahead resources are available at

[https://beta.dec.nsw.gov.au/\\_data/assets/pdf\\_file/0004/631840/Literacy-and-Numeracy-The-Year-Ahead.pdf](https://beta.dec.nsw.gov.au/_data/assets/pdf_file/0004/631840/Literacy-and-Numeracy-The-Year-Ahead.pdf)

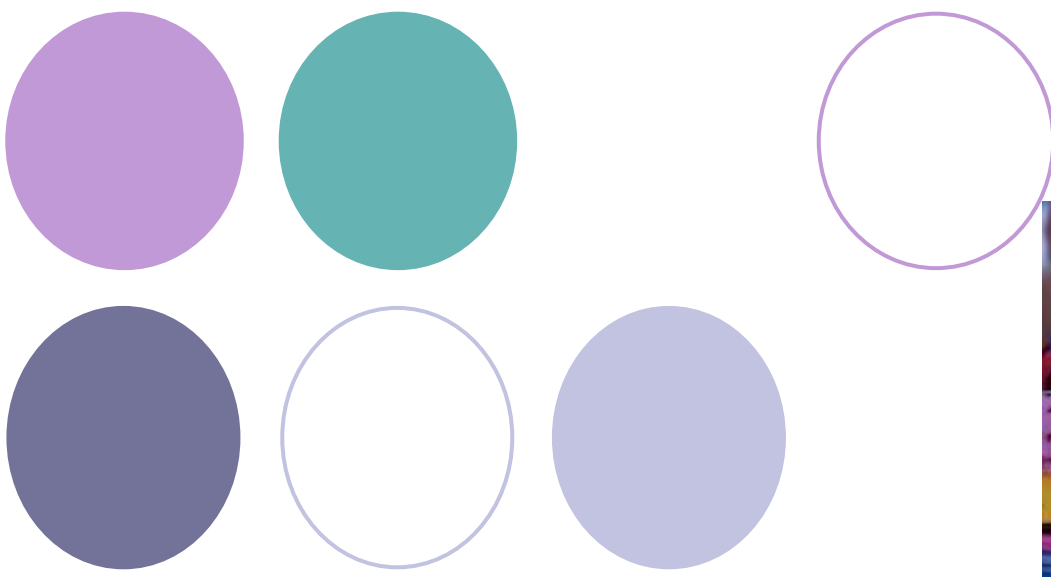
## Combined SDD Term 1

### CPR and Anaphylaxis training

### St George, Sutherland, and Bankstown Hospital Schools

**Once again, we combined our mandatory training at a central venue and enjoyed precious networking time with “like schools”. The threatened train strike attempted to dampen our spirits, but luckily it was called off and we enjoyed a lovely training session followed by a decadent morning tea. Thanks again to Mat, our trainer.**





## Being Creative While Teaching Students About Therapeutic Effects of Crafting

It's important to teach stress management skills. Getting creative with arts and crafts, especially ones that require extensive concentration and working with your hands (i.e. knitting), have been proven to have effects similar to meditation, and function as a natural antidepressant.

"Neuroscientists are studying other forms of creativity and finding that activities like cooking, drawing, cake decorating, photography, art, music and even doing crossword puzzles are beneficial," "When we're being creative, our brains release dopamine, a natural anti-depressant. Creativity that takes concentration is a non-medicinal way of getting a feel-good high." Teaching your students to turn to crafting to relax their minds is a skill they will carry with them through the rest of their lives and academic careers.

Students will benefit from the therapeutic effects of crafting early in their development. Skills developed include:

1. **Following Directions.** Encouraging students to make their own creative choices while still "coloring within the lines" can inspire her imagination as well.
2. **Focus and Concentration.** Completing a project from start to finish will require dedication and full attention.
3. **Fine Motor Skills.** For very young students, using scissors, drawing, or pinching objects between fingers while crafting will help them develop motor skills.
4. **Patience.** Some crafts require steps to be performed in a certain order, and your students will need to wait for glue or paint to dry before completing their project.
5. **Early Problem Solving Skills.** Experimenting with various craft materials or handling any mistakes or mishaps during the creative process will teach students how to handle surprises and unexpected alterations effectively.

These are all imperative to a young person's ability to grow up as a confident student, and a valued and productive member of their classroom community. As they get older, students will gain skills relating more closely to stress management.

Here are some crafts you can do in the classroom that will have a positive, therapeutic effect for students:

### Knitting

One of the most talked about forms of therapeutic crafting is knitting. You may want to invest in bright and colorful yarns, so students can choose their favorite color from a wide variety, and use big bamboo needles as they first start out. You can also teach your students to make [stuffed animals](#) using felt or fabric, and cotton and pom poms.

### Origami

Origami -- the intricate art of paper folding -- requires a lot of concentration and precision to do well. "Some therapists have found that origami helps those with low self esteem, anxiety, ADHD, autism, and mental health issues". [Origami Resource Center](#).

### Basket Weaving

Creating baskets is a great project for children to learn, and they'll even understand the benefits of making their own storage spaces. [Instructables.com](#) has a good example of how to create small baskets using recycled materials, like newspaper or brown paper. Alternatively, students can create **coasters**, **placemats** or **bracelets** using the same weaving pattern.



## Happy crafting

<https://www.mindbodygreen.com/0-14252/why-crafting-is-great-for-your-brain-a-neuroscientist-explains.html>