

NEWSLETTER TERM 3

IMPORTANT DATES & EVENTS:

- Damesoggend - 15 Oktober 2022
- Prize giving - 24 November 2022

PROMOTE OUR SCHOOL:

- Tell friends & family about our school. Share on social media.
- Buy & Sell our branded merchandise.
- Support our fundraisers by collecting donations & sponsorships.

BE A PROUD BOLAND SCHOOL FOR AUTISM SUPPORTER!

OUR SUPPORTERS:

Thank you so much for your recent sponsorship to our school. As a sponsor your contribution is vital to continue our important work! We appreciate it very much.



Boland School for Autism

HIGHLIGHTS OF TERM 3:

- Workshop - Autism and selfregulation.
- Wine Auction
- Superhero day & Lentedag.
- Ons maak ons eie Fluffies!
- Erfenisdag vieringe.

DID YOU KNOW...

Self-regulation is the ability to manage behaviors and emotions so a person can successfully adapt to and meet the demands of any situation.

Self-regulation occurs on 3 levels:

1)sensory, 2) emotional and 3) cognitive.

It is challenging for many children with autism to understand what they are feeling in order to manage their response.

It is important that we:

- **Teach specific skills to identify triggers, identify self awareness and recognize signs of sensory and emotional overload.**
- **Select effective coping strategies.**

As parents we need to:

- **Model appropriate behavior.**
- **Walk them through their emotions and label them.**
- **Experiment with and practice using effective coping skills.**

Reminder



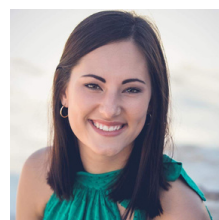
Embrace the unique way your child is blooming – even if it's not in the garden you imagined.

Close

Got it

STAR OF THE TERM:

☆ The star of term 3 is Michaela Marais our social worker. The kids love their Fluffies and the value of self expression & regulation via this toy is of so much value and understanding.





Highlights:



WINE AUCTION



**SELFREGULERINGS
KURSUS**



**SUPERHERO DAY &
LENTEDAG**



NASORG AKTIWITEITE



ONS MAAK FLUFFIES!



ERFENISDAG / HERITAGE DAY