

Miss McFadden Educational Therapy

March 2024 Newsletter



International Women's Day

The 2024 International Women's Day theme was 'Inspire Inclusion' which really is the over-arching theme for the month of March. An amazingly inclusive woman I'd like to express my appreciation for is my beautiful Grandmother, Nanny Velma. She has fundraised money and organised events for the Lithgow and Portland community while she was a part of Tidy Towns and she facilitated the creation of a memorial for workers who lost their lives in the Cement Works. Through her determination, she ensured that all rural properties in NSW would have access to a timely ambulance with new GPSs and Lot Numbers. Velma has been a part of committees such as the Portland Swimming Pool, Family History, Tidy Towns and many more. She cared for numerous foster children during her youth. She embodies what inclusion and inspiration should look like in our community.

Quota Lithgow Inc. Birthday & International Women's Week Dinner

It was an absolute privilege to be the guest speaker at the Quota Lithgow Inc. Birthday and International Women's Week Annual Dinner. The ladies help and improve the Lithgow and surrounding community through a magnitude of fundraising events, scholarships for our students and clean-ups. They fostering a sense of inclusion and belonging for those with disability, the elderly and anyone who is in need. These selfless acts of kindness and love of people and community are so important, especially for our vulnerable. These ladies should be proud that they are instilling a sense of pride in our community that will carry over through to the generations to come.

I spoke about my life experiences leading me towards becoming an educational therapist and the adversities I overcame that taught me valuable lessons along the way. It was a great opportunity to shed light on the current NDIS short comings in recognising dyslexia within the scheme, although it is a life-long condition that is considered as a disability under the current definitions.



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Baby Gnowch Official Launch

Thankyou to the Lithgow, Portland and Bathurst Libraries for allowing me to be their quest speaker for story time. It was so lovely to read my story to children and see how much they enjoy it. I was super impressed with the pre-school children at Blinky Bill who not only had the most beautiful manners, they were able to truly reflect answer deep questions about what makes them frustrated and who and what helps them to “calm their Baby Gnowch”.

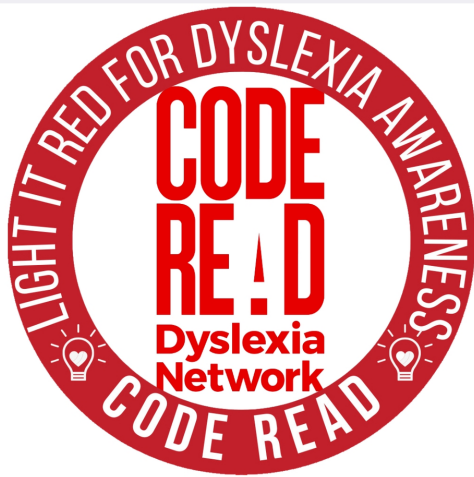
Baby Gnowch is a light-hearted, humorous and relatable story about a little girl, Angie, who turns into a creature when she becomes annoyed, mad or frustrated. She loses control of her emotions and does things that could hurt others or herself. Along with her mother, they develop strategies to better manage her big emotions in an assertive way. This story is a fantastic social story for the early years in school to teach children how to recognise the body's warning systems that let them know they are feeling frustrated or angry and provides strategies and opportunities to better communicate their feelings. They will discuss and create ways to manage themselves when big emotions have taken over them. There are four key discussion questions at the end of the story that gives you an honest insight into what really bothers your child or students and furthermore, what they need to calm and get back to baseline.



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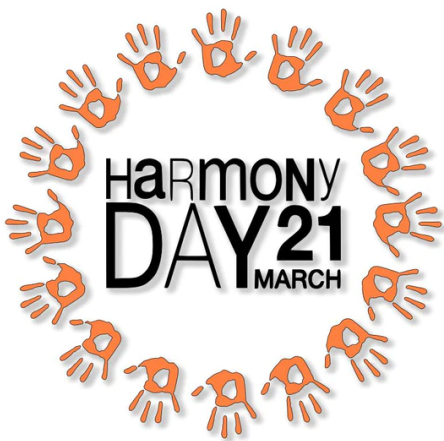


Dyslexia Awareness Month

SAVING MONEY BY SPENDING: SOLVING ILLITERACY IN AUSTRALIA - "In Australia, where literacy is considered a basic human right essential for participation in society, millions of Australians lack basic reading skills. It is a silent epidemic holding back families, communities and our economy. Too many Australian adults and children can't read. Almost half of Australian adults struggle with reading. This has a devastating impact on their lives. It is an impassable barrier to opportunity and success." - REPORT

Harmony Week - Everyone Belongs

"Inclusion is a perspective, attitude and promotion of the unique attributes of all people (Ashman, 2018, p.4). It exceeds respect and acceptance of others; it is honouring individuality and advocating for equal opportunities in all areas, including education, employment and wellbeing across a person's life span (UNESCO, 2019, p.1). It is not just tolerance but embracing diversity and individuality in the community by sharing experiences and respect (Education 2030, 2016)" - B.McFadden ICP601 Assessment 1 Report.



World Down Syndrome Day 2024

#AssumeThatICan Campaign

"Our negative assumptions about people with Down syndrome can lead us to treat them in such a way that these assumptions become reality. In sociology, this is called a 'self-fulfilling prophecy'. Why not reverse our perspectives? If we have positive assumptions about people with Down syndrome, we'll give them more opportunities in their schools, workplaces, relationships and activities. And maybe these positive assumptions will become reality."

- Down's Syndrome Association

