



Teaching our extra-ordinary
kids the ordinary things



APRIL ISSUE: 3

WORLD AUTISM MONTH

DIRECTORS NOTE

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Dear Friends and Colleagues

We do not have accurate statistics for South Africa but according to the statistics released by the Centre for Disease Control in 2014 every one in sixty eight children born in the USA received an autism diagnosis (one in 42 boys and every one in 189 girls). These figures are alarming when compared to previous years: In 2007, the figure (based on 2002 data) showed 1 in 150 children had ASD, changing in 2009 (based on 2006 data) to 1 in 110. Reports in 2012 (based on 2008 data) showed that 1 in 88 children, which means that the estimated prevalence of ASD has increased roughly 29% since 2008, 64% since 2006, and 123% since 2002.

According to the American Academy of Paediatrics one in six children now has a developmental or behavioural condition that interferes with his or her ability to function. The dramatic increase in neurodevelopmental disabilities noted over the years presents a crisis that requires urgent action on behalf of these children. Ten years ago when my son David was diagnosed with Autism it felt like a rare phenomenon. Today our Star Academy Team receives too many calls from parents whose children have received an autism diagnosis.

WORLD AUTISM AWARENESS DAY



"Does environment play a role in autism? Autistic Individuals may not be different from the rest of us but simply more sensitive to environmental injury" - Dr Martha Herbert MD Ph.D.

"To say that environmental factors can cause or trigger autism means that we have to look at the whole person and whole body, since environmental toxins And stressors will affect the whole body. This involves shifting from an older Model that considers autism as a genetically determined brain disorder to a Newer and more inclusive model that considers autistic behaviors as one of Many effects of both genetic and environmental impacts on the whole person. This newer model of autism implies that we have great opportunities to do constructive things about this challenge. To say that there are environmental causes and triggers of autism implies both that we can prevent the impairments associated with at least some kinds of autism and that the suffering associated with at least some kinds of autism can be treated."

Autism as a Wake-up - Call - Dr Martha Herbert MD Ph.D.

"The rise in autism diagnoses along with the rise in other immune and chronic illnesses is really a wake-up call. Put alongside the warnings about the Ecological instability of our planet it shows that our situation is serious. It calls for Pulling out all the stops and throwing our best intelligence, resources and organization into getting a grip. Autistic individuals may not be "different" from The rest of us but simply "more sensitive" to environmental injury - they may be the "canaries in the coal mine" warning us of impending greater disaster. If the Level of environmental insults continues to rise more children and more adults – and more of life on earth - will experience harm."

2 April marks World Autism Awareness Day (WAAD). In fact, the entire month of April is dedicated to creating awareness about autism. Gone are the archaic ideas and notion that children with autism are retarded and that parents need to accept a lifelong disability and that nothing can be done. The attitude of goodbye and good luck is no longer appropriate. Autism is a treatable medical illness and recovery is possible. Not every child will recover but it is certainly treatable and parents need to be aware of the treatment options. This is our message for WAAD.

Biomedical intervention can improve aspects of brain function and is key in autism treatment. Prof Martha Herbert who is an assistant professor of neurology at Harvard Medical School and a pediatric neurologist is a highly respected authority in support of biomedical intervention as a preferred treatment option. Children on the autism spectrum are medically ill. Environment and genetic vulnerability play a role. Autistic children have metabolic disturbances that need to be addressed. There is much literature on healing the GUT and the GUT and brain connection. One of the defining elements of autism is the child's inability to detoxify. Children with autism have impairments in their capacity to methylate. They often have immune deregulation. Neuroinflammation is commonly found in children with autism. Nutrient deficiencies can play a role too. Educational interventions like ABA cannot work effectively if the child is medically ill.

WORLD AUTISM PRESS COVER

AUTISM Live
Your source for Autism support, resources, information, facts, entertainment, and inspiration to parents, teachers and practitioners working with children on the Autism Spectrum.
LIVE 10am-12noon (PST) Tuesday-Thursday

This week! March 31st-April 2nd

Tuesday March 31st
No show in preparation for APRIL!!!

Wednesday April 1st
10:00: Ask Dr. Doreen
11:00: Let's Talk Autism with Shannon and Nancy
11:15: Joanne Laura and James Durbin: Temple Grandin and Friends
11:30: Areva Martin: Special Needs Network

Thursday April 2nd
WORLD AUTISM AWARENESS DAY!!!
10:00: Emblem Academy World Autism Awareness in School
10:30: Ilana Gerschlowitz: Autism in South Africa
11:00: Ragnhildur Agustsdottir: Autism in Iceland
11:15: Pilar Pitty: Autism in Panama
11:40: Iain Croft: Autism in Australia

Don't Miss Last Week!
Talking with TACA!
Autism Mom Invents Revolutionary Therapy
The Kamik Institute

Youtube: [Youtube.com/AutismLive](https://www.youtube.com/AutismLive)
Facebook: [Facebook.com/AutismLive](https://www.facebook.com/AutismLive)
Twitter: @AutismLiveShow

Roku: <https://www.roku.com/channels/#details/20069/autism-live>
iTunes: <https://itunes.apple.com/us/podcast/autism-live/id92798203>
Google App: <https://play.google.com/store/apps/details?id=tv.wizzard.android.autismliveshow>

Skills@: www.SkillsforAutism.com
IBT - Institute for Behavioral Training: www.IBBehavioralTraining.com
ACT today!: www.Act-Today.org

Follow The Star Academy as they spread awareness on the following platforms:

Radio 702fm

<https://soundcloud.com/primediabroadcasting/ilana-gerschlowitz-talking-to-guereshini-naidoo-about-world-autism-day>

If you missed the interviews please look out for the podcasts on the stations.

MORNING LIVE- AKIL SEEMA

POWER FM- ILANA GERSCHLOWITZ

RADIO PULPIT-ILANA GERSCHLOWITZ

LOTUS FM-ILANA GERSCHLOWITZ

RADIO 2000- ILANA GERSCHLOWITZ

RSG-CARMEN DU PLOOY AND REINETTE WEIDEMAN

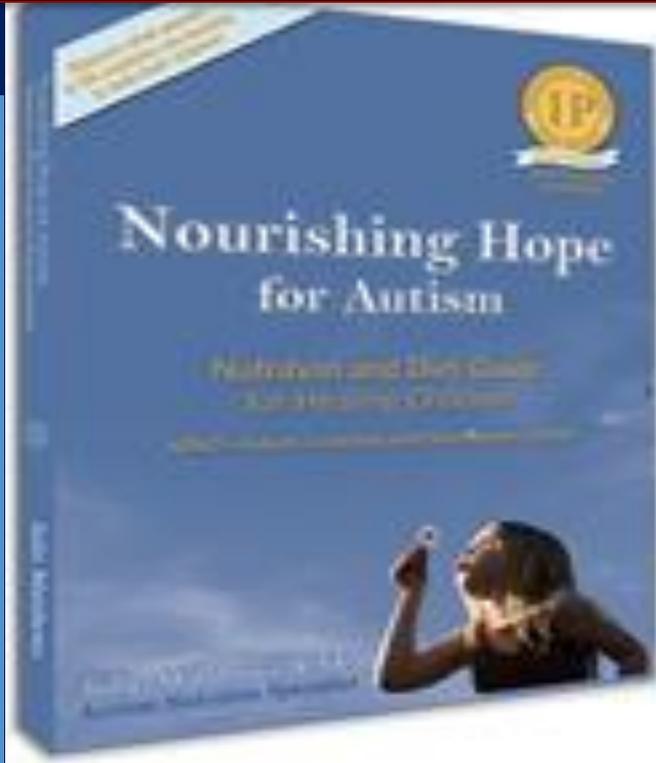
CHAI FM-ILANA GERSCHLOWITZ

PLEASE REMEMBER TO LIKE OUR FACEBOOK PAGE AND VISIT OUR
WEBPAGE

MEDICAL



**World Autism
Awareness Day**
2nd April



WORLD AUTISM AWARENESS DAY

The 2nd April of each year has been established as World Autism Awareness Day (WAAD) by the UN National Assembly in order to draw attention to the increasing prevalence and high rate of autism in children in all regions of the world.

WAAD plays a role in addressing the increasing numbers and other issues around ASD, creating awareness of the advantages of early diagnosis and intervention.

In order to commemorate this day, The Star Academy hosted a special event, inviting media to join us in honoring this day and to interview some of our parents and instructors.

Resources

Nourishing hope for autism (and ADHD)

BIRTHDAYS AND NOTICE BOARD



Birthdays

Happy Birthday to the following people in our great team at The Star Academy:

MARCH:

Yolandi schoonraad-10th;
Tyron Hall-14th;
Carmen Du Plooy-25th;
Naydene Vosloo-25th;
Clare Ruthven-28th;
Trisha van Riel-29th

APRIL:

Lerumo Charles Ntsoane-2nd;
Dominique Rosa Ribeiro-10th;
Roanda Munnik-15th;
Jacqueline Vicente-21st;
Monique Erasmus-24th;
Daniel Ruthven-25th

MAY:

Avisha Hamraj-9th;
Moagi Mamabolo-11th;
Kajal Ramgareeb-15th;
Misty Ruhrmund-22nd;
Lauren Pillay-23rd;
Lerato Bokaba-27th;
Nikita Louw-28th

The Star Academy will be closed on the following days:

Public holidays

- Fri: * 3 April 2015 – Good Friday
- Mon: * 6 April 2015 – Family Day
- Mon: 27 April 2015 - Freedom Day
- Fri: 1 May 2015 - Workers Day

Message full of hope

WORLD AUTISM DAY: RAISE AWARENESS ON APRIL 2

* There are cases of children with autism successfully recovering and many leading functional, independent lives.

Autism is characterised by impaired social interaction and communication and by restricted and repetitive behaviour.

These signs all generally begin before a child is three years old. However, there is evidence that with the right treatment, children with autism do not necessarily have to be subjected to autism as a lifelong condition.

"Autism is a treatable medical

Autism is a treatable medical condition and recovery is possible

Ilana Gerschlowitz
Managing director of
The Star Academy

condition and recovery is possible. That is the message of World Autism Awareness Day (WAAD) we want to share," says Ilana Gerschlowitz, managing director of The Star Academy, which specialises in tailor-made instructional programmes addressing the specific needs of each child presenting on the autism spectrum.

"Many individuals on the spectrum experience medical issues, including gastrointestinal problems, immune system dysfunction, and metabolic abnormalities. For this reason, children on the autism spectrum often improve their symptoms on medications such as corticosteroids and immunomodulators, rather than from psychiatric medication, which is often prescribed as a first line of treatment for these children," says Gerschlowitz. "Furthermore, they respond very well to many interventions including nutritional support ... specifically designed educational programmes, together with applied behaviour analysis (ABA) instruction."

The ABA method of instruction, recommended by the American Academy of Paediatrics and the US Surgeon General, uses positive reinforcement as a key principle and has been empirically proven to be the most effective



**APRIL 2 WORLD
AUTISM
AWARENESS
DAY**

WAAD is a significant day in the autism calendar, providing an opportunity for people to become involved and make a difference

Ilana Gerschlowitz
Managing director of
The Star Academy

method for treating individuals with autism spectrum disorder (ASD). ABA is also a founding principle of The Star Academy, whose facilities help children on the African continent in Ghana and Zimbabwe, while closer to home, the school assists children based in Johannesburg, Pretoria and

Durban.

The Centers for Disease Control and Prevention (CDC), one of the major operating arms of the Department of Health and Human Services in the US, estimates about one in 68 children in American society has been identified with ASD. This reveals a steady increase in the numbers of children affected. In 2007, the figure (based on 2002 data) showed one in 150 children had ASD, changing in 2009 (based on 2006 data) to one in 110. Reports in 2012 (based on 2008 data) showed 1 in 88 children, which means the estimated prevalence of ASD has increased roughly 29% since 2008, 64% since 2006, and 123% since 2002. Currently, one in 99 children born each day in South Af-

info

World Autism Awareness Day was initiated eight years ago to draw attention to the increasing prevalence and high rate of autism in children in all regions of the world. Designating the date as April 2, the UN National Assembly unanimously voted to establish this as an annual day to globally commemorate autism in order to "highlight the need to help improve the lives of children and adults who suffer from the disorder so they can lead full and meaningful lives".

the CDC, the stats may also reflect a real increase in the number of people with an ASD, resulting in the organisation attributing the increase in ASD diagnosis to a combination of these factors," says Gerschlowitz.

World Autism Awareness Day plays a role in addressing the ir-

creasing numbers and other issues around ASD, creating awareness of the advantages of early diagnosis and intervention. The day is commemorated worldwide through special events, fundraisers and educational programmes.

"WAAD is a significant day in the autism calendar, providing an opportunity for people to become involved and make a difference. We encourage children, parents, people in business, the private sector and schools to participate and show solidarity on the day - by wearing something blue!" - Citizen reporter

World Autism Awareness Month runs for the month of April. For more information on playing a part in raising awareness and making a difference to children with autism, contact Naomi Hope on 011-440-7796 or e-mail naomi@thestaracademy.co.za.

1 in 99

Children born each day in South Africa are affected by the disorder

rica is affected by the disorder almost on par with the United Kingdom, where just over one in 100 children is affected.

"The increase in the number of children affected may be a result of a broader definition of ASD together with improvements in diagnosis. However, according to



29%

Increased estimated prevalence of ASD since 2008



Nutrition and Diet Guide for Healing Children: ADHD, Autism, Learning and Developmental Delays

“Nourishing Hope for Autism” is the only book that definitively explains the science behind dietary intervention and contains a step-by-step implementation guide in an easy to read format. The book deals with the following information:

- Understand that autism and ADHD are “whole-body” disorders—that body, brain, and behaviour are connected
- Learn how diet changes can dramatically help many children with autism.
- Know which food omissions and additions are most imperative.
- Discover the most nutrient dense foods to ensure proper nutrition for your child, even picky eaters.
- Become empowered to get started or make further progress with ANY special diet.

Gluten Free Pancakes



Ingredients

- 1 cup gluten-free all-purpose flour
 - 2 teaspoons baking powder
 - 2 teaspoons ground cinnamon
 - ¼ teaspoon salt
 - 2 tablespoons honey
 - 1 teaspoon vanilla
 - ¼ cup unsweetened applesauce
- 1 cup non-diary substitute (almond or rice milk - Woolworths)

Instructions

- Grease a griddle, and preheat over medium heat. (Or you can use a pan on your stovetop.)
- In a medium mixing bowl, sift together the flour, flax meal, baking powder, cinnamon, and salt.
 - In a separate bowl, combine the honey and non-diary substitute. Slowly mix half of the liquid into the dry ingredients, stirring continuously, and the rest ¼ cup at a time to avoid a runny batter. Mix until you get the lumps out of the batter.
- On your griddle, begin to cook the pancakes, using about ¼ cup of the batter for each one.
 - Cook for 1 to 2 minutes, until they start to bubble around the edges, and flip. Cook for another 1 to 2 minutes. Remove from the griddle, and serve.

MEET REINETTE WEIDEMAN



supporting

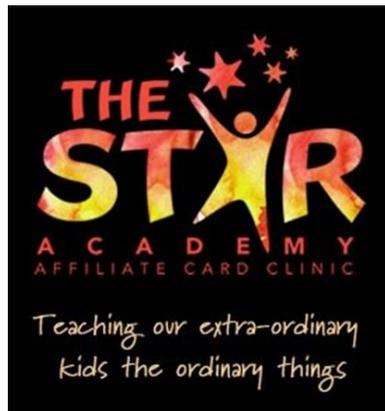
BA Child and Family Psychology BA Honours Psychology

I was part of the very first University class Ilana presented to on autism and ABA and looking back now i can't believe it's been almost 6 years ago.

In January 2010 I took on the responsibility of Star Academy Scheduler. When i started to schedule we had less than 10 children and only one Academy and we have grown exponentially. Not only do we have Academies around South Africa for which i am responsible for scheduling but we are also sending our Supervisors to other African countries. I am responsible for all the schedules and my job is not simple as i have to match up each child's request for sessions to the team's availability. Sometimes i feel like i am playing a Tetris game when i schedule and the CARD USA team will testify to the fact that scheduling is one of the most complex tasks required of the ABA Team. When someone is late or is sick i have to shuffle around and call in my reserves to ensure that each child continues to have their one-on-one session. I am also responsible for general management at Star Academy and i often meet new parents whose child has been diagnosed with autism. It is my role to provide them with as much information as i can so that they can understand how they can treat their child and how our Star Academy team would deliver an ABA program as part of their treatment protocol. I am humbled by the parents i have met and consulted with and admire their tenacity and determination to find the answers and solutions to autism. I am very proud of our Star Academy Team who dedicate themselves to the children and who always help me out when i ask them to cancel their plans and take a session i need to schedule. When our CARD USA Supervisors are in SA and running workshops and when our local Supervisors run workshops I am responsible to ensure that everything runs according to plan. To be quite honest i was scheduling on honeymoon after my wedding years ago and i continued to schedule days after the birth of my children.

The message I would like to send out for World Autism Awareness Day is that Autism is treatable. I have seen such profound changes in the children who attend our Academies and in the lives of their families. Being a part of the Star Academy team is truly rewarding and I would like to thank our Star Academy Team for always

RAFFLE TICKET



Support us to change the course of autism...

Stand a chance to win a 0.5 carat diamond set in a 18 carat white gold ring valued at R25,000.00.

R150.00 per entry

Terms and Conditions:

1. Closing date: 14 May 2015
2. Draw will take place on 15 May 2015
3. In order to claim your prize you will need to present your ticket

For more information contact the JHB office on 011 440 7796

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