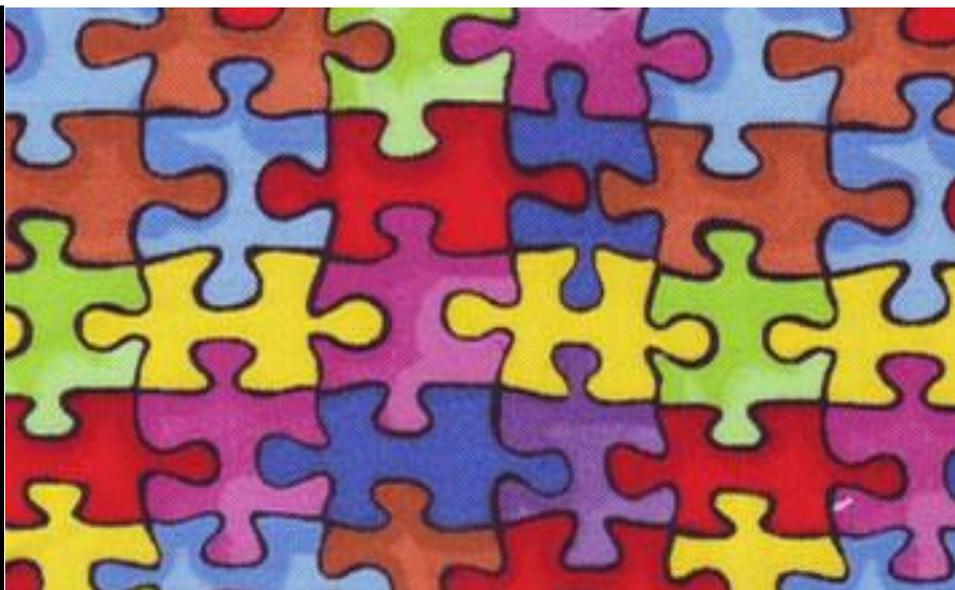




Teaching our extra-ordinary
kids the ordinary things

Newsletter Issue 1
6 February 2015



WELCOME BACK

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EDITORS NOTE



Dear All

Welcome back!

2015 has begun and our Star Academy team is back at work after the December break. We often only realize the importance of taking a break once we are on holiday; not only does it give us time out, but it helps to pace ourselves and get us through the tough times. As parents we can often feel as if we are running on a continuous treadmill - we have to go go go and the work is never ending. We wear so many hats in one day: wake up, get the kids dressed for school, brush teeth (the kids and our own!), have breakfast, school lunch and bundle out the door. Then it's in the car, doing our taxi driver shift to do all the lifts and eventually getting to work....on time. By the time the kids have eaten dinner and been put to bed there is not much time left over to relax and unwind. I'm sure many of you can relate to this whirlwind of events! It is what makes life beautiful and although it is not without its pressures, it is a part of living and growing.

Recruitment

We are training a lovely new group of ABA Instructors who are Currently undergoing our intensive training course. We look forward to Introducing the new members of our team in our next newsletter.

NOTHING IS IMPOSSIBLE,
THE WORD ITSELF SAYS
"I'M POSSIBLE!"
—AUDREY HEPBURN



USA Experts visiting SA

Cheryl Jackson, our prompt instructor from the US will be consulting with kids at our Academies in February.

Soo Cho, CARD USA Senior Clinical Supervisor will also be consulting at our Johannesburg Academy during the course of February.

TO OUR STAR ACADEMY TEAM:

We hope you enjoyed the break and we are excited to welcome you back!

TO OUR KIDS:

We look forward to your progress this year!

TO OUR PARENTS:

May you all be blessed with the joy of witnessing your children grow and change this year!

Best wishes for a wonderful year.

Ilana Gerschlowitz

SUPERVISORS NOTES



Dear All,

In writing this welcome back message, I was stumped for inspiration, until a colleague of mine recently posted the following quote on Facebook:

“Raising/teaching a child with Autism is not a marathon – it’s a relay. Success

depends on teamwork, skillful hand-off to those running the next leg.” – Ellen Notbom

It so perfectly describes not only the relationship between the team members of an ABA program but also between the team and the parents who care for our extraordinary children. A successful hand-off requires communication, mutual respect and understanding between both the team members as well as the family. So often the challenges that come with raising or teaching a child with special needs cloud our perspective, making effective communication difficult. It is only with respect for both our team members and the families of the kids and being understanding of the challenges that we face that we can help our kids reach their potential.

This year, my wish is for us, as The Star Academy, to embody this way of interaction, in order for our extraordinary kids to make the strides forward that they are so capable of and that they deserve.

To our instructors – thank you. In 2014 Star literally burst out of its seams and it is due to your dedication and passion for our kids (I cannot call this a job; the title does not do your understanding, kindness and love for the children justice).

Welcome back, and here is to a brilliant 2015!

Carmen



Jenna White, one of our local supervisors, is working her way through the requirements to become a Board Certified Behavior Analyst (BCBA). Through the Florida Institute of Technology, Jenna attends live webinars and watches pre-recorded lectures. Through the Institute of Behavioral Training, she receives ongoing support from some of the top clinical supervisors at the Center for Autism and Related Disorders (CARD). The BCBA is a credential that began as a state certification in Florida in the 1990s and went national, and subsequently international, in 2000. According to the Behavior Analyst

Certification Board website, there are currently more than 7500 BCBAs worldwide but none in South Africa. The Star Academy is proud to be bringing this gold standard of ABA service to our country and to our children at the Academy.



**THIS FOR THAT:
VISUAL SCHEDULES
AVAILABLE IN THE APP STORE!**

Pad Games – Recommended by Ilana Gerschowitz

Camp discovery; Speech stickers; Apraxia words; Speech box; Doodle fit (if you need a visual schedule)

Apps recommended by Jenna White Vocaco is a great visual schedule app; sequences is great for teaching sequencing; Bitsboard Preschool has a number of mini games in it and can be used for sight reading, reading comprehension, memory and other skills.

BIRTHDAYS

December:

- Philip Viljoen-11
- Quincy Jansen-11
- Chanelle Jeffries-21
- Courtenay Jayde Hannah-26
- Reinette Weideman-27
- Kerry Lee Saunders-28

January:

- Akil seema- 6
- Camille Goldstone-12
- Angela Cogzell-12
- Aashiqui Makan-13
- Cosley Sathekge-14
- Eunice Chinangane-15
- Jamie Soupen-16
- Zama Macu-18
- Harsheeta Mahesh Naran-19
- Robyn Dunville-24



THE BIG SQUEEZE



Juicing is an invaluable weapon in the fight against allergies, deficient mineral absorption and poor nutrition. Juicing is an effective way to load our kids with all the good vitamins and nutrition they require. The secret to juicing is to invest in a great quality juicer (Nutri-Bullet is a good option). A good juicer should remove the pulp; give you options to keep some flesh, be easy to clean and dishwasher safe. Organic fresh fruit and vegetables are recommended when juicing. To inspire you we have included the following easy to follow juicing recipes.

Uniaifestyle

JUICMASWI?

There is no such thing as a free lunch and healthy recipes for yourself. Don't expect to get something for nothing.

CHLOROPHYLL CLEANSER

- 1 apple (Golden Delicious or Gala)
- 1 pear (any hard variety)
- 1/2 medium cucumber
- 1/2 lime (optional)
- 1 stalk celery
- 1 large handful spinach
- 1 tsp. bromelain
- 1 large handful kale
- 1 stalk celery

Just blend the fruit and vegetable. Pulse the blended juice in the blender, add second blend, or pulse the juice in a glass and pour over.

PROTEIN-RICH CHOCO SHAKE

- 1 medium banana
- 1 tsp raw cocoa powder (try Ghani & Ghani's available from supermarkets)
- 1 tsp lemon
- 1/2 tsp vanilla honey
- 1 stalk celery
- 200ml raw almond milk

Pulse the banana, raw cocoa, lemon, honey and water in the blender. Pour in the raw almond milk up to the 200ml line. Blend until smooth and serve.

DIGESTIVE AID

- 2 apples (Golden Delicious or Gala)
- 2 large carrots (any hard variety)
- 1 stalk celery
- 1 tsp lemon
- 1/2 tsp ginger (dried)
- 1 stalk celery

Just blend the fruit and vegetable. Pulse the blended juice in the blender, add the second blend, or pulse the juice in a glass and pour over.

MUMMAL MEDICINE

- 2 apples (Golden Delicious or Gala)
- 1 medium pear
- 1 stalk celery
- 1/2 medium cucumber
- 1/2 tsp ginger (dried)
- 1 tsp bromelain
- 1 medium pear
- 1 stalk celery

Just blend the fruit and vegetable. Pulse the blended juice in the blender, add the second blend, or pulse the juice in a glass and pour over.

SEE JASON'S JUICING JOURNEY ON DVD

Jason's 100% documentary DVD will take you on an emotional journey as you follow eight people with a long-term health condition through their 100-day journey towards their 100-day journey. The journey is not just about the physical but also the mental and emotional. Follow them as they share their ups and downs, triumphs and health stories. You'll also learn about Jason's own health struggles and why he has chosen the 100-day journey.

See the journey as you go through the 100-day journey. See how they help themselves and the world's most successful and motivational coaches.

DVD

- The most successful coaches: Super Juice, Super Juice and Super Juice
- The most successful coaches: Super Juice, Super Juice and Super Juice
- The most successful coaches: Super Juice, Super Juice and Super Juice

Boost your juice

An excellent way of including the benefits of additional vegies such as kale or celery is to include them when juicing. Here are some nutritional vegies to include:

FOOD FOR THOUGHT CONTINUE

WOOLWORTHS

Search [] LOG IN / REGISTER | SELECT DELIVERY AREA [] CHECKOUT []

FOOD WOMEN MEN KIDS BABY HOMEWARE BEAUTY CHRISTMAS GIFTS

Gluten Free Bread 200g
R 21.95

Add to Registry | Add to list | Add to favourites

Product is no longer available for purchase

- Delivery & Returns +
- Nutritional information +
- Cooking Instructions +
- Storage Instruction +
- Allergens +
- Ingredients +
- Details -

Hover to zoom

Suitable for customers following wheat, gluten and yeast free diet.

Latest News

- Healing Blueberry Jello
- Small Intestinal Bacterial Overgrowth
- Gluten hides in strange places
- Gluten and Brain damage?!
- Mark 11:24

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Grain Brain
David Perlmutter...
Now \$16.20
Best \$13.18

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- > How Gluten Causes Celiac Disease
- > Is Celiac Disease Reversible?
- > Improve Digestive Health
- > SCD Lifestyle books
- > The Real Food Summit
- > Digestive Problems - The book
- > Perfect POOP!
- > Beef bone broth to heal your gut
- > The Toxic Truth GF food is CD
- > The Gluten free Lie: Why most Celiacs are slowly Dying
- > Celiac's need Vitamin D
- > Food Safe Zone
- > 3 Tips for fixing a broken stomach
- > Coffee Good or Bad
- > Ordering the wrong medical tests
- > If you rather mop the floor than have Sex, that's a problem - Feel like Woman again.

The Dietician

White bread mix \$0,00 ZAR each Add to cart

Brown Bread Premix \$0,00 ZAR each Add to cart

Seed-mix loaf \$0,00 ZAR each Add to cart



Q&A

My child can't eat gluten or dairy - what's for breakfast?

The idea of taking gluten and dairy out of your child's diet can be a very scary thought. Before embarking on this journey plan ahead before removing the items you will be eliminating from the diet. The key is to be very organized.

Here are a couple of ideas for a nutritious breakfast to give your kids a good start to the day:

Avocado or chicken salad and Rice - Avocado is a whole food and very nutritious.

Left over from previous night's dinner

Chicken soup or beef soup with a slice of gluten free bread or Guinoa. (Guinoa is very nutritious and contains vital amino acids). Make a big batch of soup and freeze in small containers

Quinoa and Avo is a great combination to start the day.

Remember to always add a protein (boiled egg or fish fingers or beef sausage)

Gluten free pancakes or waffles with honey



Gluten Free Bread: Dis-Chem

Haddock, scrambled eggs and mash potato.
Fruit salad, nuts and protein shake

Slice of Gluten free bread and Macadamia or Almond nut butter

Hot plate of Sorghum (Maltabela)

Butternut soup and chicken breast slices

Sardines and squash

For the days that you are rushing out the door a Nutri-bullet shake on the way out works best

Every child is different and the above list contains some ideas you can think about depending on the needs of your specific child. Food allergy testing is important (Dr Woeller's lab test plus can run a food allergy test for you).

Don't forget to rotate your proteins:
Egg; Lamb; Chicken; Beef; Fish



This April

is

pass it on

**Autism Awareness
Month**

WORLD AUTISM AWARENESS DAY (WAAD)

WAAD is commemorated worldwide on 2 April to create awareness of autism and solutions to challenges arising from the condition. WAAD starts off Autism month and The Star Academy is planning various activities for the month.

The month is also used globally to raise funds to help provide opportunities for the treatment of children who are in need of assistance. The Star Academy is going to have an exciting raffle, giving a lucky winner the chance to win a diamond. More details are still to follow in an update in February.

RESOURCES

Autism Live offers information on autism on various platforms:

<https://www.youtube.com/user/AutismLive>

<https://itunes.apple.com/us/podcast/uploads-by-autism-live/id513946069?mt=2>

<https://play.google.com/store/apps/developer?id=Autism+Live>

<https://www.skillsforautism.com/>

<http://www.ibehavioraltraining.com/>

<http://www.act-today.org/>

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-Noon (PST) Tuesday-Thursday

This week! Jan. 20th - Jan. 22nd

Tuesday Jan. 20th

10:20 Dr. Cynthia Norall: Quirky Yes, Helpless, No

11:15 Dr. Linda Copeland: Answers Viewer Questions

Wednesday Jan. 21st

10:05 Ask Dr. Doreen

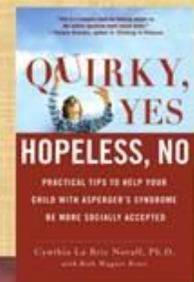
11:05 Let's Talk Autism with Shannon and Nancy

11:15 Vince Redmond: Recovery—What is it?

Thursday Jan. 22nd

10:20 Dr. Adel Najdowski: A Clinician's View of Recovery

11:15 Dr. Jonathan Tarbox: Answers Viewer Questions



Youtube: [Youtube.com/AutismLive](https://www.youtube.com/AutismLive)

Facebook: [Facebook.com/AutismLive](https://www.facebook.com/AutismLive)

Twitter: [@AutismLiveShow](https://twitter.com/AutismLiveShow)

Roku: <http://www.roku.com/channels/#!details/20069/autism-live>

iTunes: <https://itunes.apple.com/us/podcast/autism-live/id827968203>

Google App: <https://play.google.com/store/apps/details?id=tv.wizzard.android.autismshow>

Skills@: www.skillsforautism.com

IBT - Institute for Behavioral Training: www.iBehavioralTraining.com

ACT today!: www.Act-Today.org



If you no longer wish to receive emails from Autism Live, please click [here](#) to unsubscribe



. BACK TO SCHOOL: FOUR TIPS TO HELP YOUR CHILD TAKE THE NEW YEAR BY STORM!

1. MEET THE TEACHER

- A meeting with your supervisor and teacher is the best way to get the year started on the right foot. In this meeting you will be able to not only meet your new teacher but this will be a great time to discuss and decide on attainable goals for the school year and to ensure all caregivers at home, school and in the center environment are working towards success for our little star!

2. SET CLEAR GOALS

- Your supervisor will give clear recommendations for school which will be directly linked to your child's goals for the year. These will be based

on your child's current program to include generalizing mastered skills to the school environment. We want our stars to not only survive, but thrive in the classroom so be sure to discuss realistic goals with your supervisor to ensure we set up our little stars for a successful. Goals can be divided into quarterly and annual goals.

[Issue] :: [Date]

- 3 Be prepared for the New Year
- 4 insert image images kid's bags

- With every new school year comes a host of changes in routine, classroom and sometimes even children in the class. All this change can be overwhelming particularly if your child is currently working on flexibility. Some helpful tools to use for preparation include: social stories, a short video of the classroom and/or the teacher, pictures of the peers who will be in the classroom and a calendar marking school days. It also may be worthwhile to check with your supervisor if they can help to organise that your child go to the school before he starts there in order to first familiarise him with the school grounds, classroom and/or class routine.

4. COMMUNICATION IS KEY

- Make sure to keep a clear line of communication between you and your supervisor who will in turn be in touch with the teacher. This will be imperative to your child's success particularly when it comes to setting realistic, attainable goals and adjusting these as needed throughout the year.



JESSICA JACOBSZ

A big welcome to Jessica Jacobsz who started at The Star Academy at the beginning of the term, assisting in admin and the smooth running of the Star Academy. Jessica has a special passion for the kids at the Academy and is committed to assisting with creative ideas about raising funds to help more children with the ABA program. Her work ethic and dedication to others comes from her parents. “My parents had to work very hard to make sure we always had what we needed,” says Jessica. “They showed me that everything is possible; you just have to work for it.” This ethos is carried into

her every day, where Jessica is happy to approach challenges head on, playing an important role in facilitating at the academy.

Jessica believes in the significance of relationships and not just taking life at face value. “Meeting all the people at the Star Academy has been amazing. The children here have strengths in so many different ways that most people don’t always get to see” says Jessica whose attitude of gratitude is one of the guiding principles of her life, living each day as if it the last day, not wasting time and energy on things that don’t matter in the long run.

“We all have something special which makes each one of us unique,” says Jessica. “There is no perfect person in this world and by understanding that and taking time to find out from where people come in order to get to know them, makes it possible to love each and every person,” concludes Jessica.

Welcome Jessica. We look forward to a long association and achieving great things together and wish you all the best for the year ahead.



CLARE RUTHVEN

Another big welcome goes to Clare Ruthven, who is working in accounts. Clare, who has a BA in Psychology and Linguistics, has always had an interest in autism and other conditions on the spectrum. Believing that there is a solution for everything, Clare brings a wealth of optimism and commitment to her role at the Star Academy. This enables her to approach all challenges with enthusiasm. “Positivity is easy in this environment,” says Clare. “I have never worked with people so dedicated to their job.” This year Clare plans to continue with her studies in psychology and also to travel to Thailand. “I love

travelling – discovering new places and learning about different cultures,” says Clare who plans to see a new country every year. So far she has been to Zimbabwe, Botswana, England, Turkey, Mozambique and America. Psychology is all about understanding people and finding different ways to provide meaning and solve challenges. I think these aspects contribute to my desire to travel, to learn about other lands and people and in that way develop a more global understanding of mankind,” concludes Clare.

Welcome on board, Clare. We look forward to many good times together and building a relationship which adds to the kids' lives, to the Star Academy and to your growth both personally and professionally.

Innov8 BlueStar

Financial Advisory Services

authorised by  Sanlam

Leave No Financial Hurdle – Fight Cancer by Michael Atti CFP®, Certified Financial Planner® On the 4th of this month; February, it is World Cancer Day.

You are an active and a healthy individual, full of life and optimism. Then, one day, you get the devastating news: 'You have cancer.' According to the Cancer Association of South Africa (Cansa) 100 000 South Africans of all ages are diagnosed with cancer every year.

Hearing the words 'you have cancer' may come as a shock – especially if you are young and live a healthy lifestyle.

It's important for people to learn to separate myths from truth when it comes to cancer, says Sanlam adviser Michael Atti.

'No one is immune to cancer. Some types of cancers are caused by environmental factors and family history while lifestyle decisions also impact our chances of being diagnosed with cancer,' says Michael Atti.

Global research shows that up to 90% of cancers are caused by environmental and lifestyle factors and that many adult cancers are linked to

exposure to cancer-causing factors in the environment during childhood.

Michael says it is important for people to arm themselves with accurate knowledge about cancer as the world commemorates World Cancer Day this month. The slogan for this year's campaign is 'Not beyond us' – as the emphasis is on adopting a proactive approach to fight the disease.

'A proactive approach also means making healthy lifestyle and financial choices. The financial aspect of dealing with cancer can be particularly devastating. Imagine having to take a year off work to undergo medical treatment and imagine the financial costs associated with the changes that this may require of your family. You may have to employ someone to drive your children around if you are unable to do so, or you may need assistance with daily tasks you were previously responsible for. It can be even more devastating if you are self-employed because your income may be impacted and your business may become at risk.'

According to Cansa, one in four South Africans is impacted and affected by cancer in some way – either through the cancer diagnosis of a family member or a friend, or through their own diagnosis. Not having sufficient risk cover in place for costs that are typically not covered by medical schemes, leaves many cancer survivors and their families out in the cold.

'People often think that a good medical aid scheme provides sufficient cover against the financial risks of cancer. But your medical bills are only part of a bigger picture.

'Most critically, everyone should consider three areas of cover to protect them from the potential financial devastation associated with cancer and other serious illnesses. These areas of cover are income protection, disability cover and dread disease cover.'

Sanlam Life Insurance Limited is a licensed financial services provider and a registered credit provider.

A TRIBUTE TO QUINCY JANSEN



Our deepest sympathies go out to the Jansen family on the passing away of Quincy Jansen. Quincy was an incredibly special young man, who worked with children with autism, making a huge difference in their lives, but to all his colleagues and everyone who knew him. We are terribly saddened at his loss, but we are all the richer for having had him in our lives. We will never forget you.



Rest in peace, darling Quincy. You were an absolute riot. The best are always taken too soon.

- Kirsty Ethershank.

Q...rest in peace my friend. You have a special place in my heart and I am going to miss you and your laugh so so much.

- Monique Erasmus

The OG.

This is how i will always remember you Quincy.... The most beautiful of souls and most genuine of characters, wrapped in a body of pure gangsterfied awesome. Peace out homie. So so much love.

- Samantha McIntosh.

There are no words to describe this tragedy...my heart is broken...Quincy Jansen may your soul rest in peace my friend...

- Bianca Cassingena.

Quincy...we will miss your beautiful soul more than you could ever imagine. Thank you for being such an incredible person and an even better friend.

- Kerry Lee Saunders.

The moon has broken and the sky is cracked...i cannot find the words to express the loss i feel. You were the one person who knew how to annoy me to such an extent that i couldnt help but laugh with you. I will love you forever.

- Joanne Denysschen.

Quince...you were one of a kind. I dont know anyone with a heart and soul like you had. Thank you for being my friend. I will keep you in my heart every single day.

- Jenna White.

You were the man i was going to spend the rest of my life laughing with. I have no words for the depth of my devastation. You were my sunshine Quincy Jansen. I love you with my entire being.

- Caitlin Newbery.

Today I pay tribute to Quincy Jansen who was a charismatic and talented performer in the Kearsney College Choir from 2005-2007. Quincy, you have left us far to soon and i will always remember your amazing zest for life and the never ending energy you put into every performance.

- Angela Stevens.

Today I pay tribute to Quincy Jansen who was a charismatic and talented performer in the Kearsney College Choir from 2005-2007. Quincy, you have left us far to soon and i will always remember your amazing zest for life and the never ending energy you put into every performance.

- Angela Stevens.

You touched so many lives with your outgoing personality and the passion for what you did. Rest in peace Quincy.

- Candice Henry.

....from friend to brother, i am going to miss you.

- Mphula MJ Sekhantso.

Valentine

Greetings,

Star academy is celebrating Valentine's Day with a Parents Night Out on Saturday, 14 February from 18:00 till 21:00!

Enjoy a night out while your child learns at a center with 1:1 support.

Space is limited, so hurry and sign-up today!

Available at all Star Academy Centres.

For more information please contact Naomi Hope
(naomi@thestaracademy.co.za)

snowpato.deviantart.com

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Pretoria

Durban North
114 Round the Green,
Sunningdale,
Durban North