



As the year draws to a close we look back on 2018 with a feeling of achievement and accomplishment. There is no better sound to hear than the shrieks of excitement and elation of our team when a child has mastered a new sound or word or when they have eaten a new food for the first time! The applause carries through our corridors reminding us of all the victories along the way. Every single hour of every single session counts. Breaking down barriers to inclusive education has also been one of our goals this year. We have made new academies available in Douglasdale, Pretoria and our Academy at 220 Athol street will be opening next week. Our staff compliment of Board Certified Autism Technicians deliver top quality ABA programs in South Africa and across our borders. Our motto: Reversing autism – one child at a time.

Merry Christmas and a Happy New Year!

Rana Gerschlowitz



The Star Academy Year End Function



The Star Academy had its year end function on Saturday the 3rd of November at Killarney Country Club in Johannesburg. Decorations were beautiful, table settings were prepared and guests looked stunning. The night was about celebrating the successes that The Star Academy has achieved and looking back at the 2018 year with fondness. We saw video messages from our terrific staff detailing their experiences working at The Star Academy, both good and challenging, but always rewarding. We celebrated our kids and the joy they bring to us as we watch them learn and grow to be these amazing, strong young human beings.

We awarded our staff for their incredible work and gave speeches about our love for these kids and the role we play in their lives. We hosted a dance competition where we saw (unprepared) routines that would put Patrick Swayze to shame and all in all, a phenomenal time was had by all. All that attended had a fantastic time, the food was sublime and the dancing even better. We thank The Star Academy for everything they do for us and for the amazing evening of fun!

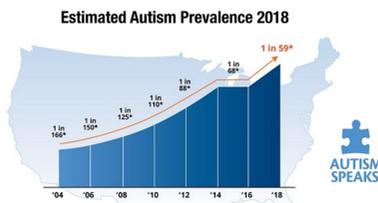
Yellow Canaries - Tembisa Outreach Project 2018



Taking time to reflect on the children's progress this year. Well done to an incredible team who have achieved so much this past year!!

ARTICLES

The latest autism prevalence statistics



One might be inclined to think this number must be an over-estimation. Quite the contrary – at sites where researchers had full access to school records, higher numbers were recorded. This suggests that the new numbers reflect a persistent underestimation of autism's true prevalence.

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Message from Case Supervisor and Board Certified Autism Technician - Carmen Lorusso:



"Last week, we had a follow up meeting after a child started attending a new school (we had pulled him out of the previous school due to bullying and lack of support from the teachers) and we wanted to check in with his new teacher.

During the meeting, the mom breaks down, saying that the support from the facilitators and the change in schools has made such an impact on their family life, making her son happier, and more involved – he is now playing pretend school during his downtime at home!"

Common link suggested between autism and diabetes



Study implicates hyperinsulinemia in autism. This condition is treatable and needs to be investigated by your medical doctor. Reports of reduction in autism behaviors once children receive treatment for high insulin.

[READ MORE](#)

The new Academy in Erasmuskloof Pretoria

Providing much needed ABA to children on the autism spectrum.



RECIPE CORNER

Kiddie Colada



Ingredients:
 2/3 cup brown rice flour
 1/3 cup sweet rice flour
 1/3 cup tapioca starch flour
 1/4 cup sugar
 1 tablespoon cinnamon
 2 tablespoons xanthan gum
 1 teaspoon ginger (to taste)
 1 teaspoon GF baking soda
 1/2 teaspoon salt
 1/4 cup oil
 1/4 cup molasses
 2 tablespoons water
 Royal icing

Instructions:
 1. Preheat oven to 350 (degrees) F.
 2. Combine dry ingredients in a large bowl. Then add oil, molasses, and water.
 3. Mix well, adding more tapioca starch flour as needed to make a soft dough that can be kneaded.
 4. Roll out dough on a tapioca – floured board to a thickness of 1/4".
 5. Cut out dough with gingerbread – people cutters, dipping cutters into tapioca starch flour after each use.
 6. Bake cookies on ungreased cookie sheets for approximately 14 minutes.
 7. Remove cookies from pan while hot; cool on a wire rack. Cookies will be slightly chewy.



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