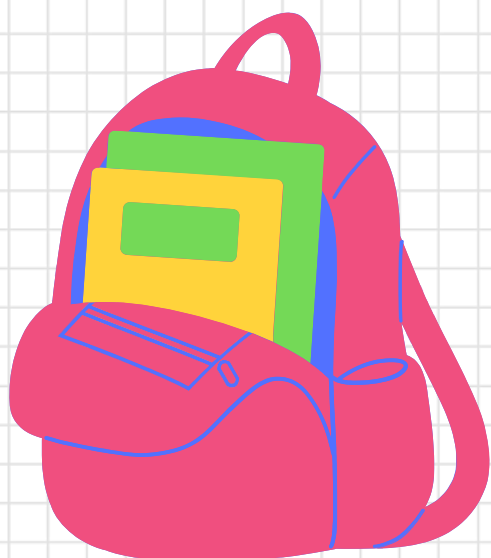




THE SPEECH BUBBLE

The Speak, Learn and Grow Newsletter

BACK TO SCHOOL



Welcome to Term 1 2026

As we step into a brand-new school year, it's the perfect moment to celebrate fresh beginnings and the exciting learning journeys ahead. Our school holiday intensives were a wonderful success—see inside for highlights and stories from the sessions!

In this edition of The Speech Bubble, we're delighted to welcome a new therapist to our team, introduce the first of our 'What We Believe' statements, and share some practical back-to-school tips to help families start the term with confidence and calm.

Here's to a year of growth, connection, and thriving together—both in and out of the classroom!

TERM 1 2026

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TEAM MEMBERS

Welcome Tom!

We're excited to officially welcome Tom to the SLG therapy team! While Tom is new to the role of therapist, he's certainly not new to SLG. Many of you will already recognise his friendly face from around the clinic, where he's been working as a Therapy Assistant for the past few years.

Now, we're thrilled to see him step into this next chapter of his professional journey with us.

Let's get to know Tom a little more...

What is a fun fact about yourself that no one else knows?



I am currently taking Spanish classes.



Was there a memorable success story from your clinical training that solidified your career choice?



A story that really stands out is from a previous placement where I worked with a child who initially didn't want to participate in therapy. Over time, he became more engaged in therapy and ultimately his communication improved. When it was time for me to finish at my placement, he asked when I was coming back, and I had to explain that I wouldn't be! That moment really showed me the impact of building trust and meaningful connections through therapy.

What's your favourite therapy activity or strategy for engaging clients?

My favourite therapy strategy to engage clients is to BE SILLY. The younger the client, the sillier I can get. Being silly helps children feel relaxed and confident, meaning they are likely to join in and have fun whilst learning. In addition, games and toys are also a favourite to get clients engaged in therapy.



What's a therapy skill you're looking forward to mastering as a new grad?

As a new grad, I think improving how I support parents at home with the therapy and finding practical but realistic ideas they can use at home to help their child's communication grow.



WE BELIEVE STATEMENTS

We believe every child deserves to be understood and supported to reach their full potential.

This is why we do what we do. Communication is a basic human right - every child deserves to be understood by others around them when they are communicating their thoughts & needs.

We believe every child is a capable communicator and that all children communicate in their own way. Our role is to understand how they communicate and build on their strengths, rather than trying to "fix" or change who they are.

Meaningful growth happens when a child feels seen, safe, and understood. We take time to truly know each child – their profile, learning style, sensory needs, and interests – before setting goals or choosing strategies.



Support should be individual, not one-size-fits-all. No two children learn the same way. We believe therapy must be personalised, responsive, and flexible, shaped around each child's unique needs, strengths, and developmental pathway.

Potential looks different for every child. Reaching potential does not mean reaching the same outcome. We value progress, confidence, and functional skills that support a child to participate, learn, and thrive in ways that are meaningful to them.

Evidence-based, compassionate support creates lasting change. We believe in combining current research, clinical expertise, and a deep respect for neurodiversity to create therapy that is effective, ethical, and genuinely supportive of long-term outcomes.

SCHOOL HOLIDAY PROGRAMS

Our School Holiday Intensives are a focused and fun way to give your child extra support during the school break. These short-term programs provide targeted therapy to work on specific speech, language, literacy, or social communication goals in a condensed timeframe. Intensives help maintain progress made during the school term, boost confidence, and allow children to practise skills through engaging, play-based activities—without the pressure of school. They're a great option for families wanting meaningful progress while still enjoying the holidays. We had great fun running our social skills and school readiness groups these holidays!



School Readiness

Our school readiness group prepared our clients for starting Kindergarten this year!

They focussed on key skills of phonological awareness, blending, segmenting and letter-sound correspondence through fun, interactive activities. The group setting fostered collaboration and confidence, preparing each child for success in their first year of schooling!



Social Skills



These holidays we ran a preschool and primary school neurodiversity-affirming social skills group. This group aimed to empower our clients in meaningful ways. The group focused on enhancing conversational skills, understanding and identifying emotions, improving perspective-taking & problem-solving. Through collaborative activities, we also explored working together and self-advocacy. This created a supportive environment where each individual could build confidence and celebrate their unique strengths.

COMMUNITY SPOTLIGHT

Storytimes are back at Sutherland Shire Libraries

- Weekly sessions across Sutherland Shire libraries run during school term.
- Spend time together enjoying stories, songs and rhymes.

Rhymetime
(0-2 years)

SUTHERLANDSHIRE

Storytime
(3+ years)

Together
time
(18-36 mths)



Hazelhurst Art Gallery

Little Art Makers

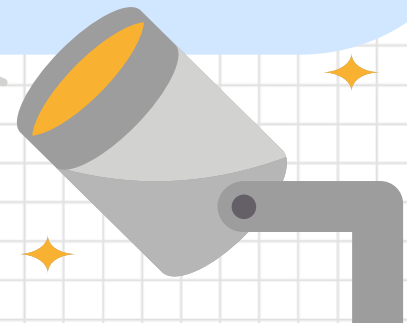
An engaging weekly art workshop for children ages 3 to 5. Creative learning through storytime, artwork engagement and hands-on activities.

This workshop supports skill development, sensory stimulation and social interaction!

- **When:** Every Wednesday
9:30m-10:30am and 11am-12pm
- **Cost:** \$10 per child



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PARENT TIPS

BACK TO SCHOOL

Back to school can be a challenging time for students no matter what grade they are entering. Here are some suggestions for areas you can teach or review with your child to get ready for a great year ahead:

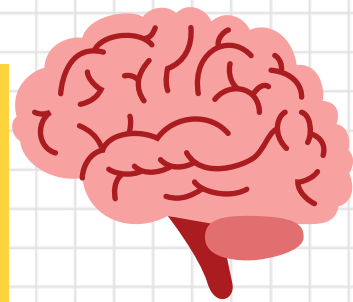
Routines and Transitions

- Establish predictable routines for mornings and after school to reduce stress.
- Use visual supports (charts, pictures, checklists) to support understanding and independence.
- Preview changes ahead of time (new teacher, new classroom, different schedule).
- Talk through routines (e.g. “First we pack your bag, then we drive to school”) to build sequencing and comprehension.



Social Communication

- Role-play school situations (asking for help, joining a game, following rules).
- Name emotions related to school (“It looks like you’re feeling nervous about tomorrow”).
- Encourage turn-taking during games and conversations at home.



Literacy and Learning

- Read anything, not just books – signs, menus, Lego instructions, footy scores
- Let your child be the “teacher” – have them explain a game, a YouTube clip, or how to do something. Great for comprehension and sequencing.
- Talk about mistakes out loud – “Oops, I read that wrong, let me fix it.” This builds self-monitoring and resilience.
- Play with sounds, not worksheets – rhyming silly words, clapping syllables in names, spotting words that start the same.



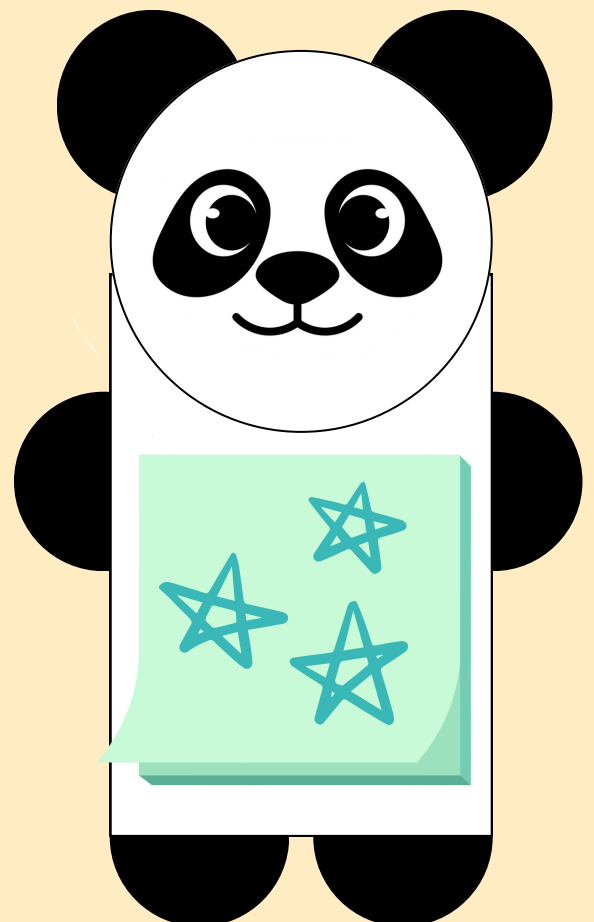
BACK-TO-SCHOOL CRAFT CORNER: "POST-IT PETS"

Materials:

- Coloured paper or cardstock
- Scissors
- Glue or tape
- Markers or crayons
- Stack of Post-it notes
- Googly eyes (optional)
- Cups/coins/round lids (for tracing circles)

Instructions:

- Cut out a rectangle (9cm x 13cm).
- Trace a circle (approx. 9cm wide) and cut it out.
- Trace 6 smaller circles (approx. 4cm wide) and cut these out.
- Paste the big circle at the top of the rectangle.
- Flip it over and paste the 6 small circles for the ears, arms and legs.
- Draw a face on the big circle (you can add googly eyes too!).
- Paste a stack of Post-it notes in the middle of the rectangle.



BLOGS

Have you seen our blogs for parents?

Reading and writing are critical skills for educational success and participation in society. Read this blog by one of our amazing therapists, Julia, about the role speech pathologists can play in supporting your child's developing literacy skills, from assessment to individualised treatment.



[Click here to read this blog](#)

CONNECT WITH US

The team at Speak, Learn and Grow want to stay connected with all members of the community.

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