Dear Families,

Today our students participated in the St James swimming carnival at SwimRight in Sandringham. Typically, Melbourne presented us with wet and cold weather making it a wise decision to move it back from MSAC, an outside venue to indoor. While viewing was better for parents last year at MSAC, it was cold for the swimmers and very expensive to hire. This year we have staggered the times for junior and senior classes to allow for better use of the pools. Congratulations to all of the students for their participation and spirit. The results form the swimming carnival are: 1st RED House, 2nd GOLD HOUSE, 3rd BLUE HOUSE and 4th GREEN HOUSE.

Thank you to the parents who assisted and to Jo Fraser for her organisation and preparation of the carnival. Jo Fraser has made the decision to return to emergency teaching in 2016 and has made a fantastic contribution to St James as both Year Four and Physical Education teacher. It has been another successful year in sport and Mrs Fraser has continued the tradition of our participation in a wide range of sporting activities. In 2016, we welcome Annie Kay who will again teach P.E. to the senior grades.

New Principal-Brendan Flanagan

Last Monday, Mr Brendan Flanagan (2016 Principal) visited St James and met with students, staff and parents (School Board). Mr Flanagan has many years of experience as a school principal and made a fantastic impression upon everyone that he met. I wish him every success at St James and know that he will continue to build upon the strengths of the school community.

Maureen Tilley

Mrs Maureena Tilley was the previous Principal of St James for 17 years. Mrs Tilley arrived at St James when the enrolments were critically low and throughout her tenure, the numbers grew steadily. Maureena enjoyed a special relationship with the students, staff and parents. When I first arrived, I felt a ‘sense of community’ that was unparalleled, much of which can be attributed to Maureena. In her last year, the Building Education Revolution took place and she oversaw the new ‘senior building’. In honour of her significant service to St James, the building will be called the ‘The Maureena Tilley Wing’. A plaque will be unveiled on Tuesday December 1st before a small gathering as a closed ceremony.

2016 Leadership Positions

It is with great pleasure that we announce our school leaders for 2016. All of the children are to be congratulated for their hard work with the applications, interviews and speeches. ‘Speaking with Power’ was a successful process that led to increased confidence in public speaking. The process of choosing the Leadership Roles was very structured and included a letter of application, interview, speeches and student & staff vote. It was wonderful to see so many parents witnessing the speeches and supporting their child. All the leadership roles provide an exciting opportunity for change and personal growth. Next year there will be a greater emphasis on providing opportunities for all students in leadership roles. A member of staff will work with each team to provide greater structure and empowerment.

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2016 TERM DATES
For Students
Term 1 28 January—24 March
Preps commence 29 January
Easter 26-28 March
Term 2 1 April—24 June
Term 3 11 July—16 Sept
Term 4 3 Oct—20 December

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LEADERSHIP DUTY | NAME
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School Captain | Amelie C
School Captain | Georgia M
School Captain | Thomas R
School Captain | Ellen W
Blue House Captain | Stella R
Green House Captain | Layla B
Gold House Captain | Celina L
Red House Captain | Lizzy C
Performing Arts / IT Captain | Dakota A
Performing Arts / IT Captain | Lauryn I

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LEADERSHIP DUTY | NAME
--- | ---
Environment/Sustainability Captain | Saffron C
Environment/Sustainability Captain | Chiara C
Social Justice Captain | Lucy L
Social Justice Captain | Charlie P
Social Justice Captain | Millie S
Social Justice Captain | Kiki T
SRC Captain | Eve G
SRC Captain | Sybille M
SRC Captain | Harry P
SRC Captain | Elisa S
SRC Captain | Justin V

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Thursday 26th November - Dads’ Gathering Hotel Brighton 7:30PM onwards
Dads, please join us for a farewell beer with Simon Millar at the Hotel Brighton TONIGHT.

Friday 27th November - STAR Canteen Closed, No Lunch Orders Tomorrow
Lunch Orders for 2015 will cease after next Wednesday 2nd December 2015

Living, Loving & Learning

Continued on Page 2
2016 Classroom Locations
The relocation of classrooms for 2016 has been decided.
Classes will move on UP Day, Friday 11 December 2015.

Advent Liturgy
Last Sunday the Season of Advent commenced. Advent is the season when we prepare and wait for the birth of Jesus Christ and Christmas. It is important that as a family we reinforce with our children the true meaning of Christmas. On Wednesday December 2nd, from 2:30-3pm, we will be holding an Advent Liturgy in the school hall and all parents are invited to attend.

Seussical Update
Seussical Jnr is just around the corner! Amidst all the goings on, the children are continuing to rehearse with enthusiasm and vigour. The sets are looking fantastic and we are looking forward to seeing a sneak peek of all the children in their costumes on Friday. Don’t forget that this weekend is your last chance to purchase your allocated 4 tickets, as they will all go on sale as of December 1st. A note will go home early next week with all the details about arrival and pick up times in relation to the Performances, for now, please note that children will be able to be picked up on Thursday 10th December anytime from 1.30pm to allow them a rest before the 5.30pm show. A special thanks to all the parents who have been working really hard behind the scenes to make the production look stunning.

Communication
Next week our new website will be accessible, which will provide aspects of the newsletter as ‘mobile friendly’. More information will be emailed to families early next week. The new website has been the culmination of six months work from Elly Dillon (Parent Partnerships Leader). I congratulate Elly as the new website will allow the school greater flexibility with the reporting of school events. A thank you to parents who use emailing for essential and positive communication with school staff. Although we live in a technological world, emailing is not the ideal method of communication regarding serious issues (parent code of conduct policy) and should always be done in person or on the phone. Although rare at St James, staff are instructed to not respond to inappropriate emails and to refer to school leadership for their intervention. There is no expectation from staff to respond to emails out of work hours. Thank you for respecting these conditions and using correct methods of communication for our hard-working staff.

Paris
Two weeks ago there was a series of terrorist attacks in Paris that left the city in a state of mourning. Many cities of the world, including Melbourne, paid tribute to France by the displaying their national colours (red, white & blue). World leaders have responded differently, some with acts of retribution and others with thoughts of peace. Some of our students have displayed concern over what happened in Paris:
Will it happen to me? Are the people in Paris okay? Will it lead to a bigger conflict? You may choose to raise the issue with your child/ren to see if it is bothering them and to offer reassurance.

Shared Stories
Tomorrow, Friday November 27th, we will be taking 61 of our students across to Star of the Sea for the launch of the Shared Stories Anthology. Our very talented artists and writers from Prep to Year Six have been featured throughout the publication. We are very proud of their tremendous efforts and would like to thank: Mr Peter Farrar, Star teacher & Editor; Liz Hyslop, for gathering Art work & Natalie Dodds for coordinating our writing entry and editing process.

End of Year
It’s a very busy time of year when work and personal events often collide. Many families celebrate birthdays and Christmas at a time when there are extra work demands. Businesses close over the Christmas period but deals need to be concluded before this can occur. It puts added pressure on people and it takes a great deal of patience to treat everyone fairly and appropriately. Remaining calm and thoughtful to the needs of others can be helpful. With this in mind, it is a very busy but rewarding conclusion to our school year with events such as: Year 6 Graduation, Parents Association dinner, Dads Gathering (tonight), Reports, 2016 transition and Seussical (School Musical).

I wish you all a wonderful last three weeks of the school year.

Peace and blessings,
Simon Millar
Principal of St James

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St James Catholic Primary School presents

St. James Catholic Primary School presents

St. James Catholic Primary School presents

St. James Catholic Primary School presents

St. James Catholic Primary School presents
NEWS FROM THE FAITH TEAM

It is a busy and exciting time of year, as we prepare for Christmas across the school. You are all warmly invited to our Advent and Whole School End of Year Liturgy on Wednesday 2nd December 2:30pm followed by Simon’s farewell assembly and then our whole school surprise. This is my last Liturgy with the 2015 Social Justice Leaders in Year 6 and I want to thank them for their tremendous work this year. To see their growth in this leadership role has been remarkable. They are an integral part of the Faith Team and we love bouncing ideas off them and hearing their ideas. I will miss each of them dearly, but look forward to hearing of the amazing things they will achieve at their respective secondary schools. Belle M, Coco P, Julia F and Sarah MK, thank you for the hours of work you have put into your roles. I have loved every minute of working with each of you.

Thank you to everyone for contributing to our St V de P Christmas Hamper drive. I always get a bit nervous that we won’t be able to deliver and then it just takes off. Supporting 13 families is no mean feat and I thank you for your kindness. This Friday afternoon I have some Year 5 and 6 students and their parents with some staff staying behind to sort the hampers out—THANKYOU so much. If you are thinking of contributing, tomorrow is our last day.

Our last RE unit for the year is about Advent. Each class learns about Advent at their level, yet at the core is the concept of waiting for the birth of Jesus and thinking of others and doing little things for others as we prepare for Christmas. It is always with great excitement that the Year 5 class puts up and decorates the Christmas tree in the foyer. We look forward to doing this next week.

Enjoy the next few weeks and I look forward to seeing you at the Liturgy, Simon’s farewell, Seussical and the Year 6s at the Graduation Mass and Dinner, amongst other things. Life is always action packed at St James!

May the spirit of Christmas be in each of us.

Cathy Ferrari and the Faith Team
(Nina Farrar, Cathy Busch, Nancy Ohlert, Elly Dillon and Jo Fraser)
**STUDENT AWARDS**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Names</th>
</tr>
</thead>
<tbody>
<tr>
<td>PREP</td>
<td>Eliza D, Grace P, Abbey C, Lachie W, Mac RW</td>
</tr>
<tr>
<td>Year 1C</td>
<td>Ada S, Noah O</td>
</tr>
<tr>
<td>Year 1N</td>
<td>Mia W, James N</td>
</tr>
<tr>
<td>Year 2</td>
<td>Mary-Jane H, Ethan H</td>
</tr>
<tr>
<td>Year 3C</td>
<td>Nicola L, Sophie P</td>
</tr>
<tr>
<td>Year 3D</td>
<td>Ginger C, Chinelo U, Billy B</td>
</tr>
<tr>
<td>Year 4D</td>
<td>Sofia N, Year 4D Class</td>
</tr>
<tr>
<td>Year 4J</td>
<td>Caroline F, Henry M</td>
</tr>
<tr>
<td>Year 5</td>
<td>Year 5 Class</td>
</tr>
<tr>
<td>Year 6</td>
<td>Miriam SB, Julia F</td>
</tr>
</tbody>
</table>

**Wednesday**

2nd December
School Hall

- **2:30-3:00pm** - Whole School Liturgy
- **3:00-3:30pm** - Simon’s farewell
- **3:30-5:30pm** - Whole School (parents and children surprise)

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**Please Note:**

SIMPLY MUSIC PIANO

**INFORMATION SESSION FOR 2016**

**Thursday 3rd December**
3 - 3:30 p.m. IN THE LIBRARY

**For further information**
**Please contact Sharon**
Mobile: 0425 343233
Email: sharondaffypiano@gmail.com

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**Final Day of School**

Wednesday 16th December

OSHClub will be open from 1:30pm to 6:00pm

Students who wish to attend on the final day must be enrolled by Monday 14th December

Thank you.

Also for your information, Jacqui from St James OSHClub will be working at Elsternwick Primary School OSHClub over the school holidays.

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**Lunch Orders**

**Friday 27th November**
Star Canteen closed, no lunch orders tomorrow

Lunch orders for 2015 will cease after next Wednesday 2nd December 2015

Star Canteen closed from Thursday 3rd December
Time is flying... so much on in the last few days of term... so many happy times to look forward to!!
So many people to thank for their time and energy!!

Thank you to all families for contributing to the Christmas Hampers for St Vincent de Paul... and to those helpers in assisting to get them ready for presentation on Wed 2nd December. It's not too late... to get last minute gifts/food items in. (Mon 30th Nov)

Thank you to those parents offering to assist in any small way to the Kids' party on Wed 2nd December 3.30-5.30pm, straight after the liturgy and celebration of Mr Millar's service to St James. It's going to be so much fun!
Thanks to Bernie Dodd for helping to co-ordinate this event.

Thank you to all parents assisting with the Seussical musical... there will be a short "after-party" at the school, for a quick chat/wrap on Thursday 10th run by Sam Rist and friends.

Don't forget to book for the Parents Party. Barefoot Bowling on Friday 4th (try booking) ...
Always enjoyable ... Thank you Mel Williams and Kate Kennedy (Super Seussical Woman)

The PA also helps to run the Sausage Sizzle for new families after school on the 11th December .. If you are a current family with Preppies in 2016, it would be great to have some volunteers for running this and a chance to say hello to the new parents and children coming soon.

The PA Roles for 2016 are nearly finalised..... we have some really wonderful people contributing to events and activities next year... with some fresh new faces!! It is very satisfying to know we have such generous and energetic parents... and each time an event or role was filled with a call or an email... I personally felt very grateful... as well as knowing the school will appreciate your efforts. So a BIG THANK YOU to those people.

To celebrate 2015 and 2016 PA members. We are having a Dinner on Thursday 3rd Dec at IL CAMINETTO (corner Bay St and Asling St) in which new and old PA people are welcome to join me for dinner ($25 per head) with beverages provided by the PA. A good chance for everyone (all reps, event and committee roles) to catch up or swap handover notes/tips.
RSVP sales295@bigpond.net.au
Hopefully .. We will be announcing a new president and executive crew.

THANK YOU
Jane Gale
PA President

BEWARE SHARKS!

The Year 2 Bayside Sharks.. That is! The Year 2 boys have just finished their first season of basketball at GESAC as part of the Playball Competition. They have developed new skills under the guidance of Buzz (big brother of a player) and most importantly, have learnt to play as a team. Although they didn't win every game... And experienced disappointment.... They listened to coaching advice and tried hard every week. Congratulations to Max, Callan, Ned, Tom, Reuben and Donovan (& Jarvis) for competing and improving in Basketball. Go Sharks!
Hi everyone,

I would like to begin by introducing myself. My name is Jacquie, and I am the new OSHClub Coordinator here at St James. I come from an early childhood background and previously worked in a childcare centre with a group of 3 and 4 years olds. Though I loved and adored the children I worked with, I decided it was time for a change and, due to the fact I’m currently studying my Bachelor of Early Childhood, thought there was no better way to further myself than to start here with your children. I have enjoyed getting to know the children and families that I have been with thus far, and look forward to meeting many more.

Just a Few Reminders:
- Children are now required to wear hats and sunscreen. Please ensure your child brings their hat, not only to school but to OSHClub as well! Some are forgetting them upstairs and teachers have asked that the children don’t go up there once the end of day bell has gone.
- For any bookings please log in to your account online at www.oshclub.com.au. Any issues with your online account please contact the St James account manager, Ambika, directly. You can email her at ambika@oshclub.com.au or phone her on 03 8564 9027.
- For any on the day bookings please call the program phone on 0412 570 934 and leave a message. Alternatively you can text the same number.

Please see this week’s planner below. The theme is Book week and the goal is to become strong in our emotional and social well-being. The planned activities allow children to be able to make a story in more than just your conventional way. Come by and say hello for a chat whenever you like! See you soon,

Jacquie

<table>
<thead>
<tr>
<th>Before Care Activities. Breakfast</th>
<th>Collage Picture.</th>
<th>Uno Card game Tournament</th>
<th>Design your own word search</th>
<th>Make your own puzzle</th>
</tr>
</thead>
<tbody>
<tr>
<td>Design a colouring in.</td>
<td>Choice of Rice Bubbles, Wheat-Bix, Corn Flakes, Oats and Toast</td>
<td>Choice of Rice Bubbles, Wheat-Bix, Corn Flakes, Oats and Toast</td>
<td>Choice of Rice Bubbles, Wheat-Bix, Corn Flakes, Oats and Toast</td>
<td>Choice of Rice Bubbles, Wheat-Bix, Corn Flakes, Oats and Toast</td>
</tr>
</tbody>
</table>

|-------------------------------------|----------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|

All families must be enrolled to attend the program, remember this is Free! Please create an account online at www.oshclub.com.au all bookings and cancellations can also be managed via your online account. For on the day bookings please contact the Coordinator direct at the program.
Who do I contact?

My child is booked in but will not be attending before or after school care.
Contact Jacquie on the program phone directly (Text or phone call).
The program phone is check between 7am-9am and again between 3pm-6pm. Please leave a voicemail or text the phone and I will get back to you during those hours.

My child is not booked in but will be attending before or after school care.
For staffing reasons, I need to know in advance if your child will be attending as a walk in, though I understand that sometimes things can’t be helped and it does happen. If this is the case, again, please just call or text the program phone directly. There is a book on the sign in/out desk that you can write your child’s name and grade and this is checked as soon as I arrive at the program. Alternatively you can email the program and I will get back to you during the program hours.

Someone not on my child’s enrolment form is collecting my child from after school care.
In this case I need written permission for this person to take your child. I ask that you either email me or text the program phone with your name, your child’s name and the full name of the person collecting your child. Please let that person know that I will need to check their identification. A contact number for the person is always handy too.

I am having trouble with booking/I have forgotten my password.
In this case please contact the St James account manager Ambika Sivan directly at ambika@oshclub.com.au or 8564 9027.

PLEASE NOTE:
All children need an enrolment form to attend the program. It is a good idea to have this completed in case of and emergency. Visit www.oshclub.com.au to create you free online account.
Please contact Jacquie with any questions!

Program phone number: 0412 570 934
Program email: oshclub.stjames@gmail.com.au
Feedback (Head Office): 8564 9000

PARENTS, PLEASE NOTE:

FINAL DAY OF SCHOOL
WEDNESDAY 16th DECEMBER
OSHCLUB WILL BE OPEN FROM
1:30pm TO 6:00pm
STUDENTS WHO WISH TO ATTEND ON THE FINAL DAY MUST BE ENROLLED BY MONDAY 14th DECEMBER
THANK YOU
Helping your child prepare for school
Dr Kelly Bowwert
20th January 2015

School holidays are a great time to be with your kids and have some fun together. Unfortunately, the reality of heading back to school or work after the break comes around too soon. Over the holidays, some routines may slip and transitioning back to school may become challenging or worrying for some children (and even for some parents). Starting school for the first time or returning after the holidays signals a time of transition for any child, adapting to the school routine all over again, coping with a new classroom and different teachers, and forming new friendships.

Kids often take a week or two to settle into the school routine, which is understandable given that they have had weeks of freedom and fun. Most children experience some degree of anxiety when returning to or, indeed, starting school for the first time. While this anxiety typically subsides once settled back into the school routine, some children require a little longer when adjusting to these changes.

Schools and teachers know all too well that some students may feel nervous, and they typically do a good job at helping their new students (or returning students) feel as comfortable as possible. For new students, most schools do this by holding an orientation day towards the end of the previous year. Parents often report that this is a good opportunity for them and their child to attend an orientation and tour the school grounds and classrooms before the first day of school. Breaking the ice early on is one of the ways to calm your child’s fears and familiarise them with their school environment. It’s also a great opportunity for your child to meet peers with whom they will share a classroom so they feel more comfortable on their first day.

While this is a good start, there are other useful strategies that families can consider to help make the back to school transition a little easier.

Develop a consistent morning and evening routine in the lead up to the new school year
Ease your child back into the school routine gradually. It is often more beneficial to start putting a new routine into place a week or two leading up to the return to school. By establishing a consistent morning routine your child will come to know what to expect before school returns.

Whether you are going out for the day or just spending the day at home, keep following the same routine. Wake up at the same time, have breakfast, get dressed, make lunches and pack bags in the same order each day. Where possible, have lunch at the same time that your child typically would when at school.

Start to increase the structure of your routine gradually over the final weeks of the school holidays. It is hard for some children to fall straight back into a highly structured environment, even more so following a holiday period where they may have had more freedom and choice. Setting an activity schedule for the day may help your child adjust to the increased structure of the school environment.

Evening routines are just as important as those that occur in the morning so it’s important to re-establish the bedtime routine at least one week before school starts. Go through the nightly rituals: free time, dinner, shower, brush teeth, reading and bedtime. This will help your child to get the right amount of rest when school starts and develop regular sleep patterns to alleviate fatigue.

Routines are easier to follow if they are presented in a visual way. It may be hard to expect your child to remember every step of their routine off the top of their head. Create a visual routine chart with pictures to help motivate your child and ensure that it is simple and easy to follow.

Familiarise your child with their school, teacher and classroom
Where possible, familiarise your child with their school, teacher and classroom before the new term starts. Some schools do this in the final term of the year by allowing students to have a meet and greet with their teacher for the following year. If this is not available to your child, look on the school website for a photo of the teacher or request a photo so that your child knows who to look for on their first day.

For new students, tell your child about the teacher’s role and how they can help everyone who is in the class. Remind your child of classroom etiquette, such as putting up your hand to get the teacher’s attention.

Show your child around their new school and where their new classroom will be. If it is not possible for your child to see their school firsthand, then familiarising them with pictures of the school is the next best option. If possible, download a map of the school grounds and show it to your child. Show them where to find their classroom, pick-up zone and play areas.

While you are still on holidays, consider driving past the school to show your child where it is and what it looks like. This will be particularly beneficial if your child is attending that school for the first time. Where possible, drive through the drop-off zone and rehearse the drop-off procedure with your child.
ARTICLE PROVIDED BY DOMINIQUE FURET  
ST JAMES SCHOOL COUNSELLOR

Try on the school uniform. This is more important for new students as opposed to returning students. Show them what they will look like more often than not, new students are highly motivated to wear a uniform for the first time. Allow your child the opportunity to get used to how the uniform looks and feels when they are wearing it. If necessary, you may even consider having a practice at putting the uniform on in the mornings to assist with the transition into a new morning routine.

Prepare your child for the subjects that they may be taking throughout the year. Obtain the school supply list and purchase all textbooks and writing materials prior to the commencement of the school year. Allow your child to choose their book coverings, favourite coloured pens or notebooks in order to increase their motivation towards the return of school. Having the right tools will make your child feel more prepared.

Help your child to familiarise themselves with their classmates. Most schools release a class list prior to the recommencement of school. Identify core friends from this list who may be in the same class as your child. Where possible, schedule play dates before the return of school to help your child refresh relationships with peers.

Play dates are also a great opportunity to notice if your child has any problems interacting socially, such as being too bossy or too shy, so you can identify any problems and work with them on solutions.

Encourage your child’s curiosity for socialising and learning. Invite your child’s new friends to your home to play or work together on an assignment. A great way for your child to meet new friends is by joining an extracurricular activity that may be of interest to your child, such as a team sport. This will help your child form new friendships and encourage them to mix with others outside of school.

Remember that it is normal for children to take time to find friends and get along with others. There are often several different personalities within a classroom at any one time, so social difficulties are bound to occur from time to time. Try to avoid the temptation of jumping in straight away to solve the problem for your child. Instead, try spending time with your child discussing ways to solve problems. By trying out the ideas that you have discussed, your child will become more empowered and confident in resolving personal challenges with greater independence.

Review school policies and procedures for bullying. Rehearse and discuss ways in which your child can cope with bullying while they are at school. Emphasize the importance of asking the bully to stop, walking away and telling a teacher, before considering further strategies if required.

The first step in reducing the impact of back to school anxiety is to ensure your child is well prepared, and following some of the strategies listed above may help to achieve this. However, if your child’s anxiety persists, consider following some of these helpful tips.

Identify what specifically your child is anxious or worried about, and invite your child to discuss these concerns with you and/or their teacher.

Prevent avoidance of anxiety-inducing activities. The successful completion of activities that caused anxiety in the first place will promote self-confidence and reduce symptoms of anxiety for your child. Be empathetic with your child. Make an effort to try and truly understand your child’s anxiety. Allow them to feel as though they have been heard and that you understand their experience. Model non-anxious behaviour. Children often look to their parents for guidance. Display calm and positive behaviours to show your child that there is no need to feel anxious and that their environment is safe. This can be particularly difficult amongst the rush of getting out the door on time.

Be patient. Try to be as consistent and patient as possible to reinforce the message to your child that their world is a safe place. Overcoming any form of anxiety can take time.

If your child is still finding the transition difficult, professional support and advice may help your child to develop their confidence in returning to school.

Psychologists are trained in supporting families to cope with life adjustments that naturally occur and often support children who experience difficulty during their transition into or back to school. Psychologists provide education to children and parents about anxiety and ways in which to overcome it. This may include general school anxiety or more specific anxieties such as exam anxiety or social anxiety. In addition, psychologists can provide support by developing social skills for children, including ways in which to manage being bullied. Psychologists may also help families to establish family routines and behaviour management strategies to assist with school transitions.

Other allied health professionals such as child occupational therapists and speech pathologists may also offer additional support for children who are starting or returning to school. These professions may provide support if your child experiences difficulty with handwriting or holding their pencil correctly or if your child experiences delays with their expression and understanding of speech and language.

Source: www.kidsonthecoast.com.au