



International Centre for Excellence

Victoria Carlton

Dip. Teach., B. Ed., M.A.C.E., A.I.L.D, AIMM.

South Perth Enterprise Centre, Suite 21, 219 Canning Highway, South Perth 6151

Telephone: 9368 8748 Fax: 9368 8758

Email: victoriacarlton@ice-au.com Website: ice-au.com

ABN ~ 98 626 690 413

THE LINK no 8



31/8/2003

Dear Parents,

Term 3 is usually the hardest working term and it represents a great opportunity to catch up before end of year exams and tests.

I visited the UK and Singapore during the holidays. We are setting up a centre in UK and we are now also providing tuition for many Singapore parents and professional development to teachers.

SINGAPORE PARENTS

Please note that I am available for assessments and follow-up between the following dates. 5th-11th SEPT and 26th SEPT –5th OCT

As I am conducting professional development courses for teachers, as well as some study skill classes for children, time is limited. Please contact me immediately or ring Jane Chua in Singapore on 9183 3603. Jane is managing my services in Singapore and will be able to let you know when I am available. Alternatively you can email me direct on victoriacarlton@inet.net.au

Martin Quinlan is now a Co-Director of ICE. I will continue to be director of Education programs and Martin will take over the Director of Administration role.

Martin brings new skills and talents to ICE. He has a great deal of administration experience, as well as being an IT professional. Martin is also a qualified Kinesiologist and Reiki Master. He offers another



dimension to our service, and will be able to offer services as well as training in Perth as well as Singapore.

Martin has also completed the Migration Agent training course and will soon be able to offer professional services to ICE clients, their friends and families.

CONGRATULATIONS

Sam Wood for great diary work at school!

Jarred Tidy for his enormous enthusiasm and improvement in spelling and writing skills!

Kayla Zeller for excellent progress-even with your broken arm!

Emma Newton for mathematics improvement.

Rhela Belton for doing so well in your recent drama audition.

Jack Ryecroft for your fantastic ideas and improved literacy skills

SCHOOL HOLIDAYS

SINGAPORE

Study Skills are offered in Singapore from Monday 8th – Friday 12th September. (All ages)

2 JOLLY PHONICS sessions are also available.

PERTH

During the second week of the next school holidays in Perth we will be holding YOUNG WRITERS' WORKSHOPS. This is for all age groups (primary and high school).

Children will learn to write using a range of genres and have great fun using a number of multi-sensory techniques designed to make writing a much easier



International Centre for Excellence

Victoria Carlton

Dip. Teach., B. Ed., M.A.C.E., A.I.L.D., AIMM.

South Perth Enterprise Centre, Suite 21, 219 Canning Highway, South Perth 6151

Telephone: 9368 8748 Fax: 9368 8758

Email: victoriacarlton@ice-au.com Website: ice-au.com

ABN ~ 98 626 690 413

THE LINK no 8

process! They will have their writing published in a special magazine to celebrate their efforts!

More information about these workshops will be available shortly. We will also have BOOSTER sessions for those children needing to catch up a little before end of year tests and exams are upon us. The BOOSTER programs are recommended for all children who have been experiencing difficulties during the year.

These workshops are also open to children not already coming to ICE.

We also have **TEE REVISION CLASSES** available in the second week. These will be conducted at UWA and will be facilitated by high achieving university students who have clear knowledge of the expectations in these exams. Numbers are strictly limited so please contact the office as soon as possible to book places.

Our classes are restricted in number so that students will get opportunities to ask questions. However, these classes will fill very quickly so please book as soon as possible.

RADIO INTERVIEW



I was interviewed on PARENTING TODAY radio program and this has sparked a great deal of interest in our teaching programs.

ICE SCHOOL



As some of you are aware, we are planning to open a school called EXCEL COLLEGE. This school will operate on ICE principles and all students will be on individual learning plans. Students will all be assessed before enrolment so that we can tailor learning programs

to suit their learning style. Our learning programs will be high standard and involve all 9 intelligences. At present we are putting together a School Board and will shortly submit our application to the government.

The school will cater for primary and high school children and a percentage of overseas students will be offered places.

ADD SEMINARS

We are holding our second round of seminars for parents and teachers who help children with ADD.

Teachers: MONDAY OCTOBER 27TH

Parents: SUNDAY 16TH NOV

Please phone ICE office for details.

KIDS IN PERTH

We would like to publicly thank KIDS IN PERTH PAPER for their great support of our ADD seminars. We are writing their front-page article for October and it will be concerning alternative ways to help children with ADD.

SINGAPORE'S CHILD MAGAZINE

I am pleased to be writing for Singapore's Child magazine, for their questions and answer page. I consider it a great honour to write for such an excellent parent magazine.

GUILDFORD CLIENTS

Marigolds tearooms have changed hands. They still offer wonderful arts and crafts as well as delicious teas, coffee, cakes and lunch dishes. Spend awhile relaxing while your child has tuition. We often have staff meetings in Marigolds while enjoying one of their lovely tea blends! Marigolds now offer all ICE clients 20% off all food and drink.





International Centre for Excellence

Victoria Carlton

Dip. Teach., B. Ed., M.A.C.E., A.I.L.D., AIMM.

South Perth Enterprise Centre, Suite 21, 219 Canning Highway, South Perth 6151

Telephone: 9368 8748 Fax: 9368 8758

Email: victoriacarlton@ice-au.com Website: ice-au.com

ABN ~ 98 626 690 413

THE LINK no 8

SINGAPORE PARENTS



Make sure you contact **Kiran Shah** from GOOD BOOKS if you need any help with choosing literature for your children. Kiran

is a friend and colleague and has an excellent small boutique collection of quality children's books as well as reference books for teachers. Phone: 6447 3320

kiran.goodbooks@pacific.net.sg

Davina Tay from Speciality Toys Niche can help you to choose educational toys and games. She keeps full stock of the JOLLY PHONICS program (our preferred system for learning to read), and has a great collection of puppets. Puppets are a wonderful way of stimulating speech, ideas and writing. Her puppets are well priced, attractive and your children will LOVE them!

Davina also has toys and games that represent and stimulate all 8 areas of intelligence and I suggest you contact her for advice and a good browse!



Her shop is in the Amara shopping complex and is called Speciality Toys Niche. Phone: 6466 7179 or 97308996

CHILDREN'S WRITING



My Holidays by Daniel Gault 10 yrs (from our Melville Centre)

During the holidays my Dad and I went on a big motorbike ride. It was fun. We went to the Kwinana Freeway and came back and went up to Kalamunda and stopped at a seat and had a look at the view. Then we got

back on the motorbike and went to the pub. Dad got a Guinness and I got a Lift Plus and a packet of Doritos.

Then we went home.

My Holidays by Kayla Zella (from our Melville Centre) 7 yrs

We went to the beach. We walked along the shore and we saw 2 planks of wood with barnacles on them.

I broke my arm. I slipped over in the park just behind my fence.

I went to a hospital and they put plaster on my hand and x-rayed it.



It hurt very much.

I cried a little.

My Holidays by Rhela Belton (from Melville)-with her tongue firmly in her cheek!

I went to Hawaii for the weekend with my best friends, Jet Li and Lucy Lui.

We stayed in a palace on the beach and ate lots of chocolate. On the second day we were there we were in the surfing championships when we heard a piercing scream coming from Australia. so we swam back. To our dismay we found Arnold Schwarzenegger hiding behind his Mum in his Bob the Builder pyjamas while a ferocious pussycat attempted to maul him to death.



My friends and I bravely saved Arnie from Fluffy the cat with a stroke of our magic wands. I have never had a more boring weekend.

(Actually-I really went to my Grandmas)



International Centre for Excellence

Victoria Carlton

Dip. Teach., B. Ed., M.A.C.E., A.I.L.D, AIMM.

South Perth Enterprise Centre, Suite 21, 219 Canning Highway, South Perth 6151

Telephone: 9368 8748 Fax: 9368 8758

Email: victoriacarlton@ice-au.com Website: ice-au.com

ABN ~ 98 626 690 413

THE LINK no 8

VISIT TO THE BRAIN BY Amber Martin from
Leederville Centre

When I was visiting my brain, I saw my guardian angel- the most beautiful thing in the world. She had waist length golden hair with waves and ringlets. Her name was Rebecca and she was hovering over a lake with crystal clear water and colourful fish.

In front of the lake was the most beautiful garden in the world. In it were geraniums, roses, violets, buttercups, tulips and snowdrops.



Embedded in them were the most beautiful jewels and gems you had ever seen. Pinks and reds, purples and blues, greens and browns. The grass was a vivid green and the trees that grew around were lush and covered with moss. I could see thousands of bright and colourful birds like parrots, rosellas, cockatoos and weiros.

Then my guardian angel floated down and let out a note so beautiful and pure. All of a sudden the gems and the jewels lit up and started to sing. It was the most beautiful sound I had ever heard and it sang me to sleep... and I dreamed that I was in a strange world- watching a little girl called Amber writing a story.

The strange world had things people called taps and things people called pens. It was very interesting. Suddenly the gems stopped singing and I woke up. Then I saw the angel drifting down and taking my hand. She lifted me up and away and into the sky. As we floated up and up she said, "I will show you my world. This is my world", and suddenly we burst through a cloud. We saw lots upon lots of angels.

Rebecca explained what other angel I had and told me their names.

"That's David, Emily, Elizabeth, Lionel, Jasmine, Andrea, Jacob, Allison Troy, Isobel, Zoe, Sean, Sharon, Michael and my best friend Amelia."

Amelia waved and I waved back.

"Come", said Rebecca, "I will show you other things".

Up we floated to a mill stocked with teeth. This is the teeth mill said Rebecca calmly. "We clean children's teeth here and plant them. They will grow into stars. "

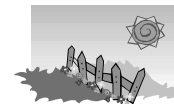
Then she showed me the wing shop. She let me choose a pair of wings. The wings really worked and they flashed the colours of the rainbow. She didn't have to take my hand this time I could fly by myself.

We turned left into the potion shop and bought a potion that made you able to see bugs like a virus. It would be a shape of an imp that just flew out of your nose. We went to the stables and Rebecca bought me a steed. It was a pearl white dragon without spikes. "You must go home now", said Rebecca so I hopped on my dragon and we rode through the town down through the clouds and through the garden to the lake. We bid our farewells and I promised I would come visit tomorrow.

So me and Blossom (my dragon) rode into the lake back into my own world. I sat up just as Vicky stopped reading.

A POEM BY Julie Loxton

green
green
everywhere
grass swaying in
the breeze sun
light shining
everywhere
over you and
me





International Centre for Excellence

Victoria Carlton

Dip. Teach., B. Ed., M.A.C.E., A.I.L.D, AIMM.

South Perth Enterprise Centre, Suite 21, 219 Canning Highway, South Perth 6151

Telephone: 9368 8748 Fax: 9368 8758

Email: victoriacarlton@ice-au.com Website: ice-au.com

ABN ~ 98 626 690 413

THE LINK no 8

BILL AND THE ALIEN by Christopher Brand

One day there was a big terror. The children were playing. Everyone was asleep, but why, who knew there was a ghost there, a zombie. What and why?

Only one person was awake. That person was Bill. He looked everywhere in the house but it was outside. He looked outside, up and down the street until finally he saw a big, great giant alien.

Bill climbed on the alien's finger. It was bigger than Bill himself. Then he pinched the alien. The alien swung his finger around. Bill quickly went into action. He quickly but quietly climbed onto the alien's ear. The alien did not notice. Bill climbed higher but the alien did not notice. Then he was on one of the alien's eyes.

The eye wriggled, and then the alien opened his mouth and swallowed Bill.

It was dark and dingy in the alien's tummy. Bill looked around and wondered what he could find. He found bones, skeletons, ripped skin and blood. Blood was everywhere. Bill was thinking inside his head, "Is there someone else alive besides me?" Then he started to look for someone. He found lots more stuff but not a person that was alive. After that he gave up but then guess what?

He looked and stared at it from a far distance. He did not know what it was so he came closer and closer. He found out that it was a person. He was long, tall and skinny but very nice. He told Bill his name was Ben. He told Bill the story of how he got there. Bill said, "That's the same thing that happened to me."



Then they started to chitter, chat chat. They went-Bill thought." It is lovely to have a new friend", and so did Ben, "but most important is to get out of the alien's tummy! But how?" Bill thought, "How did we get in the alien's tummy. Did we come in

from that way?-that way or that way- three ways to choose from."

Then Bill spoke. "Ben," he said. "Which way should we go? There are 3 ways to choose from. Lets go this way", said Ben. "OK", said Bill so they went that way. "No" said Bill, "Nothing's here. Lets try the opposite side". So they did. "No", said Bill, "nothing here. Then its got to be the middle". They rushed to the middle tunnel. There was the alien's mouth. It was growling at something. They looked out of the alien's mouth. Bill-who's that?" said Ben.

Thththats my parents! said Bill.

They quickly climbed down the alien. Then the alien could see them as well. They ran for their lives. They went into the house and closed the door. They were safe at last. Then Ben said, "Cant I stay with you?" and Bill said "yes", and they lived happily ever after.

The Black Death by Talicia Newhouse

In 1348 an epidemic disease known as the plague began to spread across Europe. From there it developed into a pandemic crossing borders and killing almost everyone in its path. The plague spread along the caravan trade routes of China to the Middle East then carried itself to Europe by ship.

Among the symptoms of the disease are dark blotches that were appearing on their skin. This is why this particular outbreak of plague became know as the 'Black Death.' For the people who caught this disease, a painful death was almost inevitable. There was no cure in those dark days.

The germs that caused the plague were by the Indian rat fleas, which lived in the fur of the black rat. In the fourteenth century, the black rat population was enormous, and once the disease had arrived it spread rapidly. Between 1348 and 1350, 25 million Europeans died of the Black Death, but this was not the end of the epidemic.





International Centre for Excellence

Victoria Carlton

Dip. Teach., B. Ed., M.A.C.E., A.I.L.D., AIMM.

South Perth Enterprise Centre, Suite 21, 219 Canning Highway, South Perth 6151

Telephone: 9368 8748 Fax: 9368 8758

Email: victoriacarlton@ice-au.com Website: ice-au.com

ABN ~ 98 626 690 413

THE LINK no 8

It recurred again and again over the next forty years. The Black Death killed an estimated one- third of the human population of Europe, but it was good news for cats, for they had often been associated with witchcraft and evil, but their ability to catch black rats now made them popular. Once the Black Death had passed, however so did the cat's popularity.

So many people died in the Black Death that there was a great shortage of workers. Whole villages were abandoned. Farms went untended and food production fell. The Black Death was followed by starvation in many parts of Europe.

There were many serious outbreaks of plague all through the sixteenth and seventeenth centuries. The Jesuit priests would take the plague victims out of the town to nurse them. Those who died were quickly buried. Far from dying out the disease seem to be holding its own.

In the last half of the twentieth century three periods of increased plague activity have been reported. The chief cause for concern is that antibiotics are losing their effectiveness.

In 1995, a 16-year-old boy living in Madagascar developed the disease. The bacteria managed to resist the vast spectrum of antibiotics usually used to treat plague, but was finally knocked on the head by the trimethoprim-sulfamethoxazole ... fortunately for him.

A History of Medicine –supplied by Talicia Newhouse

2000 BC - Here, eat this root.

1000 AD - That root is heathen. Here, say this prayer.

1850 AD - That prayer is superstition. Here, drink this potion.

1920 AD - That potion is snake oil. Here, swallow this pill.

1945 AD - That pill is ineffective. Here, take this penicillin.

1955 AD - Oops... bugs mutated. Here, take this tetracycline.

1960-1999 AD - Thirty-nine more "Oops"...Here, take this more powerful antibiotic.

2000 AD - The bugs have won! Here, eat this root.

Anonymous – Quoted in "Overcoming Antimicrobial Resistance"- World Health Report on Infectious Disease 2000.

PRODUCTS TO HELP YOUR CHILDREN (all these products can be ordered through ICE.)

What Do I Teach?

This book will help teachers and parents to know exactly which literacy and maths concepts should be taught at each grade level.

The book is jam-packed full of useful ideas, word lists, book lists etc

It is highly recommended and has been purchased by hundreds of primary schools and parents. Feedback is very positive. \$20

Relaxation CD

"MAGIC RAINBOW DREAMS "

This CD will help your child to relax, teach them to visualise and help them formulate ideas for writing. Your children will love the stories and music! This is suitable for classroom and home use. \$30

ESSENTIAL OILS

We have sourced an excellent supplier of quality essential oils and have formulated 2 blends of oil that will help all children- particularly those with ADD. These oils can be put in an oil burner or a few drops can be put on the child's hanky or pillow.

FOCUS: this is for the daytime: \$12.50

RELAX: this is for a restful evening and sleep \$12.50

Orders are now being taken for oils.



International Centre for Excellence

Victoria Carlton

Dip. Teach., B. Ed., M.A.C.E., A.I.L.D., AIMM.

South Perth Enterprise Centre, Suite 21, 219 Canning Highway, South Perth 6151

Telephone: 9368 8748 Fax: 9368 8758

Email: victoriacarlton@ice-au.com Website: ice-au.com

ABN ~ 98 626 690 413

THE LINK no 8

THE GIFT OF LIFE- a gratitude journal: \$17.00

This beautifully presented journal will help your child: (11 yrs through to adulthood) to express their feelings through writing.

PHYTOBEARS are now for sale at all centres, including Singapore. These are a high nutritional supplement for children who need an extra boost for learning. They are excellent for children who tend to avoid fruits and vegetables. The PHYTOBEARS contain concentrated, freeze dried vegetables and fruit. Each packet costs \$25. All our children who eat them have found them to be very palatable, and most parents have difficulty stopping their children from eating them!

The Mood Cure

by Fiona Grant (one of our staff)

How children behave can depend on many things. One of the most important and direct influences on children's behaviour is what they eat. Today many people eat for taste rather than health. Even though many healthy foods taste great our western culture leans towards highly sugary and fatty foods for taste satisfaction. For children it is imperative that they get proper nutrition in order to assist in their brain and body to function optimally. Deficiencies of many essential nutrients, mineral and vitamins such as; zinc, manganese, calcium, B6 as well as allergies to dairy and wheat products can be the cause of many common behavioural patterns.



The brain consumes up to 30% of the total amount of energy produced by the body through food intake. Allergies and nutritional deficiencies can upset hormone levels and other key chemicals in the brain, resulting in symptoms varying from mood swings to depression and aggression. Other symptoms include fatigue, learning disabilities and hyperactivity.

An early indication may be that a child has a 'favourite food' they are always wanting. The intolerant food for the child is 'addictive' and when the food is consumed they get a short period of psychological relief before craving it again. Cow's milk, wheat, yeast, sugar, eggs and peanuts (peanut butter) are the most common foods for children to have an allergic response to. Look out for skin rashes, mouth ulcers, aches in limbs, abdominal discomfort, fits and headaches. To identify allergy foods or deficiencies you can either see a Kinesiologist or speak to a Nutritionist who can help you to rebalance the child's body.

Fiona is a teacher with Ice and also offers personal training and counselling sessions on health and diet for parents and children. Contact ICE for her contacts

ADD AND AGING!

I though you might all enjoy the following article that was (emailed to me). We hear so much about ADD and I must admit that I sincerely believe it is very over-diagnosed. However this is a very lighthearted notion that some of us might be acquiring the aging variety of ADD. I laughed for a long time and include it for your enjoyment as well!

HAVE YOU GOT AAADD?

I went to the Doctor yesterday and have been diagnosed with AAADD-AGE ACTIVATED ATTENTION DEFICIT DISORDER. This is how it manifests:

I need to wash my car. As I start toward the garage, I notice that there is mail on the hall table. I decide to go through the mail before washing the car. I put my car keys down on the table, put the junk mail in the trash under the table, and notice the trashcan is full.

So I decide to put the bills back on the table to take out the trash first. But then I say to myself, " Since I'm going to be near the mailbox when I take out the trash anyway, I might as well pay the bills first.



International Centre for Excellence

Victoria Carlton

Dip. Teach., B. Ed., M.A.C.E., A.I.L.D., AIMM.

South Perth Enterprise Centre, Suite 21, 219 Canning Highway, South Perth 6151

Telephone: 9368 8748 Fax: 9368 8758

Email: victoriacarlton@ice-au.com Website: ice-au.com

ABN ~ 98 626 690 413

THE LINK no 8

I take my cheque book off the table, and see that there is only one cheque left. My extra cheques are in my desk in the study, so I go to my desk where I find a bottle of coke that I had been drinking.

I'm about to look for my cheques, but first I need to push the coke aside so that I won't accidentally knock it over. I notice that the coke is getting warm, so I decide that I should put it in the refrigerator to keep it cold.

I head towards the kitchen with the coke. A vase of flowers on the counter catches my eye-they need to be watered. As I put the coke down on the counter, I notice my reading glasses which I've been searching for all morning. I decide I had better take them back to my desk, but first I must water the flowers. I put the glasses back on the counter, and fill a container with water when suddenly I spot the TV remote. Someone had left it on the kitchen table. I realise that tonight when we go to watch TV we will be looking for the remote, but nobody will remember its on the kitchen table, so I must take it back to the TV room, where it belongs but first I must water the flowers.

I splash some water on the flowers, but most of it spills on the floor. So I put the remote back down on the table, to get some towels to wipe up the spill. Then I head down the hall trying to remember why I'm going that way and what I was planning to do.

Now, it's the end of the day: the car isn't washed, the bills aren't paid, there is a warm bottle of coke sitting on the counter, the flowers aren't watered, there is still only one cheque in my cheque book.

I can't find the remote, I can't find my sunglasses, and I don't remember what I did with my car keys.

I try to figure out why nothing got done today. I'm really baffled because I know I was busy all day long and now I'm really tired. I realise this is a serious problem, and I'll try to get some help for it but first I'll check my email!

NEXT BRAIN STIMULATION PROGRAM

Sunday October 19th: 1-4pm at Guildford Centre 121 James St. If you have not already attended this workshop, and it has been recommended-please enrol as soon as possible. Numbers are strictly limited. This course is for parents and teaches you ways to stimulate your child's learning potential and improve learning performance.

OUTREACH PROGRAM

Our OUTREACH PROGRAM is now available to country, interstate and overseas clients. We offer correspondence lessons by email and even have a facility for remote assessments!

ICE PROJECT BAGS

All primary children are engaged in personal projects this term and also in Term 4.

They are being given bags to collect information, pictures, words etc pertaining to their self-chosen topic. The topics have been amazing so far and we are pleased to be able to offer the children some degree of self-responsibility. The children will be using these projects for homework and we want them to choose the way they will present their projects to the group eg. chart, book. Please feel free to talk to your children about these project and to help them access information. However- it is really important that you DO NOT DO THESE PROJECTS FOR THEM. We want to teach them simple research skills using their own topics and to instil confidence and a love of learning about personal interests. The interests must stay with the child.

I wish you all the joys and blessings of Spring Time-we seem to have an extraordinarily cold and watery winter!

Warm Regards

Victoria Carlton, Martin Quinlan and staff

