



## December Newsletter, 2024

### A NOTE FROM JESS



It's hard to believe that 2024 is already coming to a close! It has been a fast, busy, and dynamic end to the year. We've had the privilege of expanding our **Explore and Soar OT family** with new team members joining us in October, December 2024, and February 2025. We're so excited to offer more support to our local families with therapists who live and work in our own communities. This has been a long time in the making, and we're looking forward to all that 2025 will bring!

As we wrap up this year's theme of *life transitions*, we reflect on the many new experiences that have shaped us all in meaningful ways. Our OT team has also been enjoying reconnecting with clients who have had breaks in therapy, especially during our recent staff changes. It has been incredibly rewarding to see the positive impacts of providing consistent support once again.

As we transition into 2025, I want to take a moment to express my sincere gratitude to all of our clients and families for another year of trust and partnership. We've loved being a part of your lives, and we look forward to continuing this journey with you in the new year. Wishing you all a restful and joyous holiday season!

**Warm regards,**  
Jess and the Explore and Soar Team

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# THE LATEST INFORMATION

## January School Holiday Group Programs – Last Chance to Book!

There's still time to secure your spot in our January School Holiday Group Programs, including some exciting new offerings:

- **Sensory Adventure Camp**
- **Build, Create, Master!**

Our **Transition to School Group Program** only has **two spots left**, so if your child is transitioning into Kindergarten and could benefit from extra practice with school activities, this program is for you.

[Click here to book now](#) or call us at 0477 708 217 for more details.

## Explore and Soar's Growing Team

Over the past few months, we've been excited to welcome new team members to the Explore and Soar family!

**Brogan**, an Occupational Therapist from the UK, joined us in October and has been working alongside Jess, Maddie, and Lori to support both new and long-term clients. Brogan is excited to meet more families in 2025!

**Sophie**, a recent Occupational Therapist graduate, started with us in December. Earlier this year, she worked with Maddie during her 4th year OT placement. Sophie is looking forward to reconnecting with clients and meeting new families in the New Year.

Our management team has been working closely with all our new team members to ensure they are fully equipped with the knowledge and resources needed to begin meeting and working with our clients and families. We are thrilled to have such talented professionals join our team and look forward to the positive impact they will have in supporting our community.

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**"While we try to teach our children all about life, our children teach us what life is all about."**  
— Angela Schwindt

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## Kurri Kurri Clinic Renovations

We're thrilled to announce that our Kurri Kurri clinic is undergoing a makeover this December and early January 2025! As part of this update, we're adding two brand-new clinic rooms, which will allow us to provide even better support to our local community **starting in Term 1, 2025**. We can't wait to share the progress with you and look forward to continuing to grow and evolve alongside our amazing clients in the new year!

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## Assessment & Ongoing OT Appointments Available

**OT Assessments:** Our books are now open for **OT assessments in February 2025!**

**Ongoing Appointments:** Ongoing OT appointments within our Kurri Kurri Clinic rooms or in your local communities are **also available**.

Whether you need an assessment or ongoing OT appointments, we are available both at our Kurri Kurri clinic and in local communities.

Please call or [click here to send through an enquiry form to book your spot today](#).

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## End-of-Year Invoicing

As we approach the end of 2024, we'd like to take a moment to thank all of our families for their timely payments throughout the year.

Please be aware that final invoicing for 2024 will occur on **December 23rd**.

At Explore and Soar, we are committed to maintaining a positive and transparent relationship with all of our clients. Timely payments are essential in helping us continue to provide the high-quality services your children deserve. We kindly request that all invoices be settled **within seven (7) days** of receipt to ensure smooth operations as we transition into the new year. We would greatly appreciate it if all 2024 invoices could be paid **before December 31st**.

We appreciate your understanding and cooperation in this matter. Thank you for being an important part of the Explore and Soar community.

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## Christmas Closure

We will be closed for the **Christmas/New Year holiday** from **Monday, 23rd December to Friday, 10th January 2025**. We'll be back on **Monday, 13th January 2025**, for our School Holiday Group Programs.

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## Important Dates

### Maddie - Annual Leave Dates:

Friday, 29th November to Monday, 2nd December 2024

### Annual Reflections & Projections PD Day:

Wednesday, 4th December 2024

### Last Day of Treating 2024:

Friday, 20th December 2024

### Explore and Soar Closure:

Monday, 23rd December to Friday, 10th January 2025

### Week 1 School Holiday Group Programs & Intensives:

Monday, 13th to Friday, 17th January 2025

### Week 2 School Holiday Group Programs & Intensives:

Monday, 20th to Friday, 24th January 2025

### Australia Day Public Holiday:

Monday, 27th January 2025

### Week 3 School Holiday Intensives:

Tuesday, 28th to Friday, 31st January 2025

### Maddie - Annual Leave Dates:

Thursday, 30th January to Monday, 3rd February 2025

### Commencement of Term 1, 2025:

Monday, 3rd February 2025

### Explore and Soar Team Professional Development Days:

Tuesday, 4th to Thursday, 6th February 2025

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"If they don't like you for being yourself, be yourself even more." — Taylor Swift.

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## Celebrating Success:

### Clients Achieving Their Goals and Soaring High!

We are so proud to share the success story of **Mr. Soar**, who has started his journey to Kindergarten in 2025!

We met this young explorer in October after he came to us from another service. After we conducted a new assessment, we commenced ongoing therapy. Can you believe it, within **6 weeks of therapy**, Mr. Soar has made incredible progress:

- He is now able to adapt and stay regulated for **three consecutive days** during busy weekends.
- He's shown improved flexibility and self-advocacy, asking for time out when needed in busy local community environments.
- He increased his participation in **gymnastics**, going from 15-20 minutes to **40 minutes** without fatiguing.

These fast gains are a testament to the hard work of Mr. Soar, his parents, and his therapist in working together to achieve these goals. We can't wait to see how he continues to soar into 2025 and beyond!

**Good Luck as you transition into Kindergarten!**

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## We wish all our families a very Merry Christmas and a Happy New Year!

Thank you for being part of the Explore and Soar family. We look forward to continuing our work with you and your children in 2025. Wishing you all a joyous and restful holiday season.

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# Holiday Craft Idea:

## DIY Christmas Sensory Bottle

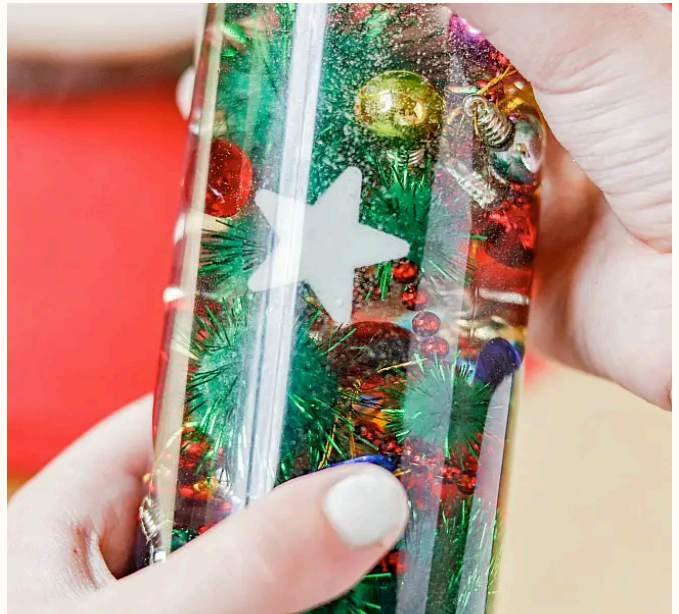
Looking for a fun and calming holiday craft to do with your child? Try making a **DIY Christmas Sensory Bottle**! This simple craft is a great way to engage your child's senses and create a peaceful, glittery holiday moment.

### Materials Needed:

- A clear plastic bottle (an empty water bottle works well)
- Glitter or fake snow
- Small holiday-themed items (miniature bells, sequins, or buttons)
- Warm water and a little glycerin (to help the glitter float)
- Glue to seal the bottle

### Instructions:

1. Fill the bottle about halfway with water.
2. Add glitter or fake snow and small holiday items.
3. Pour in glycerin (optional) to make the glitter float longer.
4. Seal the bottle with glue to prevent leaks.
5. Let your child shake the bottle and watch the glitter fall!



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## Connect With Us:

Connect with us for more information and updates.

Follow us on [Facebook](#) and [Instagram](#). If you would like to reach out to us, call us at 0477 708 217 or email us at [admin@exploreandsoar.com.au](mailto:admin@exploreandsoar.com.au)