



Term 1 Newsletter, 2026

A NOTE FROM JESS



Welcome to 2026! We started 2026 with a bang; commencing our biannual School Holiday Group Programs, upgrading our clinic rooms in Kurri Kurri and welcoming new and returning clients to therapy and assessments.

As we move into the year ahead, our focus is on **'Reclaiming Potential for Clarity'**. This theme guides our team to concentrate on strengthening our clients' foundational skills so they can achieve their goals with confidence. By nurturing these core capabilities, we aim to help each individual recognise and embrace their unique potential, while ensuring that a sense of joy and fulfilment shines through every step of the journey. 'Reclaiming

Potential for Clarity' supports our families in reclaiming ownership of where they are heading, to feel empowered while we give guidance and strategies to achieve this. We get to support our families in the 'how to get there' through therapy modalities, strategies, and knowledge specifically individualised for our clients' needs to make the most positive impact for your whole family!

This year, Explore and Soar will also be continuing to support our local communities, parent coaching and reclaiming our potential and niche as a company.

We are looking forward to the year ahead; excited that you are on this journey with us.

Warm regards,
Jess, and the Explore and Soar Team

THE LATEST INFORMATION

January School Holiday Group Programs Wrap!

Our January School Holiday Group Programs were a success! Two weeks spent creating and deepening friendships, learning new activities and challenges plus lots of laughs along the way. If you missed out and would like to read what our clients go up to; check out our [NEWS](#) section on the website.

We'll be running our next group Programs in July 2026 school holidays, if you're interested let us know today!

Kurri Kurri Clinic Revamp

We have been busy in the school holidays, adding more equipment to assist our clients in achieving their goals in new and exciting ways! We have had some fantastic feedback on the upgrades and all our clients have been having so much fun with it all! Should I say we have loved playing, experimenting and challenging ourselves also!

We are always working on improving and providing the best opportunities for our clients to have fun and enjoy OT whilst achieving their goals. Any feedback or additional ideas on how we can improve our space is always welcome! Leave [feedback here](#).

"Fight for the things that you care about, but do it in a way that will lead others to join you."

—Ruth Bader Ginsberg

Client Support Team - Communication Delays

As of November 2025, our administration team changed, resulting in reduced hours in answering the admin emails and phone calls. This means there have been some delays in communication with our clients' families and haven't been able to get back to you in a timely manner that we pride ourselves on. For this we apologise, as both Lori and Jess work part time. We are currently in the process of looking for a new client support team member and improving some systems for increased efficiencies and time management to be more available for these communications.

Reminder Explore and Soar's Cancellation Policy

Just a friendly reminder of our cancellation policy. If you have to cancel an appointment, we require 48 hours (two working days notice) for no fee to occur. If you need to cancel within 48 hours (two working days notice) a 100% cancellation fee will occur.

If you cancel two (2) times in one term for fortnightly or three (3) times for weekly appointments, cessation of intervention may occur due to unmet goals. For further information around our cancellation policy, please refer to our welcome pack details or signed service agreement. Any further questions, please reach out.

Client Update Forms

In term 2, it's time to update our client files to ensure we have all your correct information, emergency contacts and all school changes for the new year. Our OT's will provide you with the form to fill out at the beginning of a session for five minutes. Just hand it back to us and we will do the rest. Any concerns or questions, please let us know. We are happy to chat.

Important Dates

Week 1 School Holiday Group Programs & Intensives:
Monday, 12 to Friday, 16 January 2026

Week 2 School Holiday Group Programs & Intensives:
Monday, 19 to Friday, 23 January 2026

Australia Day Public Holiday:
Monday, 26 January 2026

Week 3 School Holiday Intensives & Assessments:
Tuesday, 27 to Friday, 30 January 2026

Commencement of Term 1, 2026:
Monday, 2 February 2026

Explore and Soar Professional Development Days:
Tuesday, 3 & Wednesday, 4 February 2026

Ongoing Term 1 Appointments Commence:
Friday, 6 February 2026

Maddie Annual Leave:
Monday 9 & Tuesday 10 February 2026

Last day of Term 1, 2026:
Thursday, 2 April 2026

Easter Long Weekend Public Holiday 2026:
Friday, 3 April to Monday 6 April 2026

April School Holiday Intensive Programs:
Tuesday, 7 April to Friday 17 April 2026

Commencement of Term 2, 2026:
Monday, 20 April 2026

ANZAC Day Public Holiday, 2026:
Monday, 27 April 2026

“Nothing is impossible, the word itself says, I’m possible!”

- Audrey Hepburn

Celebrating Success:

Clients Achieving Their Goals and Soaring High!

We are so proud to share the success story of **Miss Explorer!**

When Miss Explorer first started with Explore and Soar she was presenting with sensory defensiveness. This was impacting her ability to tolerate touch, making everyday tasks like showering, brushing hair and teeth, eating and dressing challenging. If Miss Explorer needed to wash her hair, she needed a full day's notice to help prepare herself for the activity. Miss Explorer was also presenting with difficulty coordinating her body to perform movement activities, often staying close to walls, fatiguing quickly and had difficulty planning her movements.

Miss Explorer and her family engaged in fortnightly appointments, school holiday intensives and implemented a go to strategy Therapressure Brushing Protocol up to 6 times daily to support Miss Explorer!

The success was in their collective efforts! Miss Explorer is now able to shower successfully including washing her hair with very minimal challenges. She is less reactive and sensitive to clothing, improving her dressing, can brush her teeth and hair with less overwhelm. To top it all off, Miss Explorer has enjoyed trying new foods!

As we have worked on her gross motor skills, Miss Explorer is now able to motor plan superman’s successfully to crash on both sides of her body and is showing increased body awareness and coordination in all movements increasing her confidence moving her body at school and in the community!

These gains are a testament to the hard work of Miss Explorer, her parents, and therapist in working together to achieve these goals. We can’t wait to see how she continues to soar into 2026 and beyond!

Easter Craft Idea:

Easter Egg Suncatcher!

Looking for a fun Easter craft to do with your children, leading into the beginning of April school holidays? Try making Easter Egg Suncatchers! This simple craft is a great way to engage your child's fine motor skills, making as many as you want and hanging them wherever there are windows!

Materials Needed:

- Tissue Paper
- Clear Contact Paper
- Scissors
- Black Thick Paper
- Double Sided tape
- Printable Templates [here](#)

Instructions:

1. Print out or create your own template.
2. Cut out the template and use it to trace around the black thick cardboard.
3. Cut out the Easter eggs from your black thick cardboard - bend the centre slightly to cut out the middle of the template, only leaving the back outline. You have up to 3 different outlines.
4. Place the Easter egg outline onto the sticky side of a piece of contact paper.
5. Cut up your tissue paper into small squares or any shape you like. Layer the tissue paper cut outs onto the contact paper. Don't worry if you go outside the outline. This will get trimmed later.
6. Place another piece of contact paper on top of the finished Easter egg and press down firmly. Be careful to lay the final sheet on flat so that you do not get any bumps or air bubbles when placing down.
7. Trim around your Easter egg. Then use double sided tape to add to your windows.



Craft Idea from <https://www.thebestideasforkids.com/easter-suncatcher/>

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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