



Term 2 Newsletter, 2026

A NOTE FROM JESS



It's the beginning of Term 2 which is 11 weeks for some. We have recently emerged from successful April school holidays intensives at the Kurri Kurri clinic rooms, where we have achieved significant gains with new and returning clients. It was lovely to see our clients and families grow so much from working with our team.

We have welcomed fourth year student Abbey from CSU, who will be with us for the majority of this term. We are so excited to continue supporting upcoming OTs in our profession and share positive experiences as they venture into the workforce.

NDIS has been at the forefront of communications recently. We've noticed increasing stress, worry and fear in the community from our clients and small businesses that work with our clients. I wish to take a moment here to say that we hear and see what is happening. We are looking out for what will come to light over the next two months and will support you as best we can. As always, Explore and Soar's dedication, passion and commitment to support our clients and families will not change moving forward. Just remember we are an NDIS registered provider and will continue to be.

If you have any questions, concerns, feedback or would like to have a chat, please don't hesitate to reach out.

Warm regards,
Jess, and the Explore and Soar Team

THE LATEST INFORMATION

Term 2 Ongoing Appointments Scheduling Change Client Information Update Forms

This year, Term 2 is an 11 week term for public school clients. Due to staff leave and opportunity for consistency for ongoing appointments, we will be completing an additional week of ongoing appointments that will go into the school holidays. This will mean our term will run up until Friday 10 July 2026. If you are in the even week fortnight eg: week 2, 4, 6, 8, and 10, there will be an additional week of ongoing appointments, commencing Monday 6 July.

Our OT's have been speaking with our families and confirming appointments over the last few weeks. Please let us know and confirm these appointments. Alternatively, if you are seeking an additional one off appointment with your OT, reach out as we may have availability from Monday 6 to Friday 10 July.

Please note this will mean very limited intensive week appointments will be available in July school holidays due to these ongoing appointments and July social group programs.

Welcome Abbey - 4th year OT Student from CSU

Abbey commenced her last placement with us on Tuesday 28 April 2026 and will continue for term 2. She will be working alongside Maddie during some appointments in Kurri Kurri clinic.

In addition to learning and implementing activities and OT sessions with Maddie; Abbey will be enhancing her clinical skills and working alongside Lori behind the scenes. We are looking forward to having Abbey be with us for the next 8 weeks and wish her all the best in her last OT placement before graduating this year.

"Alone, we can do so little; together, we can do so much."

— Helen Keller

This term we are updating our client information details. This is a great time to ensure we have all your correct and updated information. This can include your new school details, any changes to your support team, and emergency contacts. This form also allows the changing of consent and who to communicate with. So if you have changed schools and no longer consent to communicating with either old teachers, other allied health professionals etc, please let us know so we can update these.

This is also a great opportunity to provide us with any feedback, any additional information or support you would like or more information on different intervention supports we have on offer. If our therapists haven't spoken to you then please reach out so we can check and update your information.

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.

July School Holiday Small Social Group Programs

Our July School Holiday group programs are open and ready for registration. We are offering three programs during the week Monday 13 to Friday 17 July 2026. [Click here](#) to view the social group programs and register! Spots limited so get in early!

July Social Group Programs available:

- ★ The Write Stuff - focus on core stability, handwriting and social activities
- ★ Build, Create, Master! - fabulous group for building Lego and improving on communication, regulation and social skills
- ★ Sensory Adventure Camp

Spots are limited so get in early!

Important Dates

Commencement of Term 2, 2026:

Monday, 20 April 2026

ANZAC Day Public Holiday, 2026:

Monday, 27 April 2026

Maddie Annual Leave, 2026:

Friday, 8 May 2026

Maddie Annual Leave, 2026:

Friday, 29 May & Tuesday, 2 June 2026

King's Birthday Public Holiday, 2026:

Monday, 8 June 2026

Sophie Annual Leave, 2026:

Tuesday, 9 June 2026 to Friday, 19 June 2026

Last Day of Term 2 2026:

Friday, 3 July 2026

**Week 1 July School Holidays Term 2 Ongoing
Appointments confirmed, 2026:**

Monday, 6 July to Friday, 10 July 2026

**Week 2 July School Holidays - Social Group Programs
2026:**

Monday, 13 July to Friday, 17 July 2026

Commencement of Term 3, 2026:

Monday, 20 July 2026

Celebrating Success

Clients Achieving Their Goals and Soaring High!

A successful first intensive block of therapy for Mr Explorer in April 2026!

Mr Explorer recently engaged in an OT assessment with us and began his journey with an intensive in April 2026. Mr Explorer was experiencing challenges with his regulation, processing of sensory inputs including tactile, proprioception and vestibular as well as core stability, balance and bilateral coordination as he entered into Kindergarten.

During this intensive, we worked on a range of strategies including regulation activities, movement with heavy work, breathing and motor planning activities.

We saw such vast improvements from day one to day five with his calm, softer facial features, less tension in his body as a whole, regulated and breathing through movements. Engaging in complex movement activities towards day five and seeking harder challenges. This was all amazing to see.

At home, he also had some significant changes. Mr Explorer had improved sleep, sought out the activities implemented in sessions at home during the week and played with his siblings with nil arguments.

What a successful five day intensive program. We are looking forward to watching Mr Explorer reach amazing goals as he continues on in his OT journey!

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