

# MILDURA SPECIALIST SCHOOL

Newsletter No : 10

DATE: 16 July, 2020

We value being: **RESPECTFUL** **SAFE** & **RESPONSIBLE**

**Child Safe:** Mildura Specialist School is committed to safety and wellbeing of all children and young people and has a zero tolerance for child abuse.



Striving for Independence

## DATES TO REMEMBER

18 September 2020—Last Day of Term 3

5 October 2020—Term 4 begins

## Principal's Report



**Welcome** back to Term Three. This term we welcome Robert, a new student in the Secondary section. Judi l'Huillier has returned from leave and is teaching in Room 17 whilst Christine Pall is on leave. It was great to see all the students getting down to work this week.



### Cleaning

We are continuing with social distancing and increased cleaning throughout the day of high touch areas. Students and staff are washing their hands frequently. Thank you for maintaining a distance when in the office.



**Student Led Conferences:** Teachers will be sending home information in the coming weeks about these important meetings to be held later in the term.

Have a great week!

Penny Hale

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# **NEWS AROUND THE SCHOOL**

## **School Wide Positive Behaviour Support**

Welcome back to Term 3. We are back at school still social distancing where possible, washing our hands and staying as safe as we can. This term we begin by looking at being safe. Within the newsletter there are some scenarios to talk about with your child to see if they can come up with some safe strategies. Keep healthy and stay safe. See next page for details.

### **Good information on mindfulness for students on the ABC website**

Are you feeling anxious or stressed about what you're seeing online or on TV – or hearing from other people? Here are some easy mindfulness techniques to help you stay chill.

It's impossible to completely eliminate some of the things that cause us to be stressed. And a certain level of challenge is useful in our lives – otherwise, we might sit in bed all day eating party pies and posting on social media. This is a paragraph taken from the ABC's educational website on How to Look After Your Mental Health. The website focuses on mindfulness and includes some good information to get one started but also hosts videos for students on techniques they can adopt. The site highlights the connection between relaxing the mind and body to be better learners.

For more information the website can be found at:

<https://education.abc.net.au/newsandarticles/blog/-/b/3511707/students-how-to-look-after-your-mental-health>

**Darren Jones**  
**Student Wellbeing Coordinator**

## **ART**

### **WELCOME BACK TO TERM 3 AND AWAY WE ALL GO AGAIN!**

Students in Early Years and Primary sections ended last term and began Term 3 with enthusiastic and energetic gusto towards making colourful and exciting Art pieces! Azealia from Room 2 and Milan from Room 5, plus Reece from Room 13 all have had a go at pushing their skills and making art to be noticed! It is pleasing to observe that these students enjoyed working independently and safely on their projects. Their intentions were to complete the work by asking for help when stuck, practising with new techniques and welcoming assistance and guidance when striving to make their efforts that little bit more special!

Well done to these students and to all students returning this term, for tackling challenges and continuing to put in focused effort and ideas that bring their projects to realisation. Also well done everyone for the concerted efforts in making your projects active and lively while keeping an eye out for safety practices!

### **Principal Awards**

Room 1 - Lachlan: for being aware and responding to communication visuals.

Room 5 - Annabel: for walking around the yard at morning play.

Room 5 - Kera-Lee: for riding her bike safely with her friends during class bike riding.

Room 21 - Christian: for working through and completing all tasks for one full day.

Room 22 - Lachlan: for showing excellent behaviour and enthusiasm all week in class and in the yard..

Room 23 - Lacey: for participating in a class basketball game with enthusiasm.

ILS - Kaleb: for following instructions and staying on task when completing his nature artwork.

### **SWPBS Awards**

Room 1 - Nathaniel: for listening to staff and students during class activities

Room 5 - Annabel: for using her Talker to say 'Good Morning' to her friends at circle time.

Room 5 - Milan: for looking after equipment carefully during bike riding.

Room 21 - Ethan: for following teacher instructions to solve a yard issue.

Room 22 - Tywayne: for using kind words while in the classroom.

Room 23 - Rebecca: for always using positive language when praising staff and peers.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
			Holidays 1	Holidays 2	Holidays 3	Weekend 4					
5	Holidays	6	Holidays	7	Holidays	8	Holidays	9	Holidays	10	11
12	Term 3 School Starts	13	14	15	16	17	18				
19	20	21	22	23	24	25					
26	27	28	29	30	31						

# JULY

2020

1	2	3	4	5	6	1							
7	8	9	10	11	12	13	2	3	4	5	6	7	8
14	15	16	17	18	19	20	9	10	11	12	13	14	15
21	22	23	24	25	26	27	16	17	18	19	20	21	22
28	29	30	23	24	25	26	27	28	29				
	30	31											

JUNE 2020

AUGUST 2020

## NOTES:

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## Early Years' News

Welcome back to Term Three. We hope everyone had an enjoyable break. This term, Early Years' students will be looking at the topic of 'Me and My Family'. Students have settled back in to school routines and are attempting tasks with enthusiasm.



Isaac and Keoni (Room 16) are practising letter formations during a Jolly Phonics session.

Last term, students dressed up for Footy Colours Day and participated in activities to practise their football skills.

Pictured are Koray and Braxton dressed up in footy colours and Mirage practised handballing skills.



## Primary Years' News

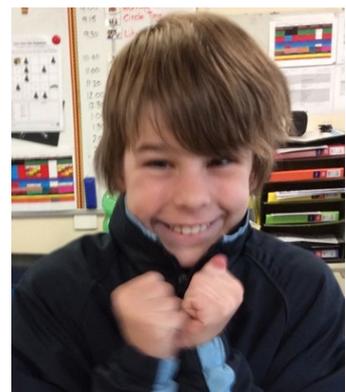
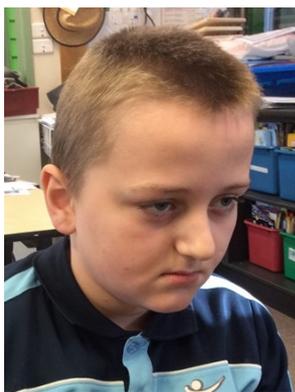
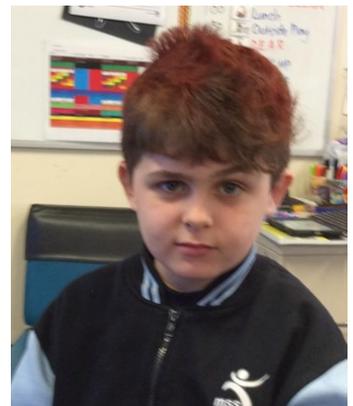
Welcome back to Term Three Upper Primary families! We've had a lively start to the term, and students are settling back into routine.

We're having a few chilly mornings and we're aware students will be layering up to keep warm. Please ensure all items of clothing are clearly marked with the student's name so we don't have any lost property.

A big congratulations goes out to all the students that entered the Mildura Rural City Council's Green Bin Colouring Competition. Gordan was the successful entry and Ella and Daki's work received a high commendation. Fantastic to see so many of our students trying their best and working hard to receive their awards.

Another big congratulations to Riley, he is the winner of the Aussie of the Month Award. Riley is fantastic at supporting other students in the section, he is a great help in the classroom and is always eager to complete his work at a high standard.

As part of the Respectful Relationships Program we have been learning about our emotions. This includes what we and others can feel like and look like. In Room six we completed an activity where the students photographed each other expressing a given emotion. The photos below are examples of some of the emotions we were able to express. Can you guess the emotions?

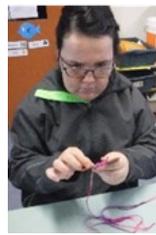


## Secondary Personal Applied Learning News

Welcome back to Term Three, we trust everybody had a restful break over the holidays. Our students returned after a two week break and have started back into routines.

Last term Room 25 wrote 'Memory letters' to the residents of Jacaranda Village in Red Cliffs. We also attached a handmade flower pom pom to each letter.

(Pictures below show Zack and Ashton typing their memory letter and attaching the pom pom. Zane helping Ashton by reading out the letters to type on the keyboard. Clare making her pom pom, weaving wool).



In the last week of Term Two we made a Celebration Tree, each person's personal strengths were written down onto each of the leaves.

A Room 25 Humanities' activity was looking at Maps street addresses, directions from home to school and other important local landmarks on Google Maps.

(Sam searching his address on google maps and looking at the directions he would need to take, from home to school).



Room 21 and ILS will be starting work on Community signs, focusing on recognising road signs early in Term Three.

Room 24 will be starting work on their visual diaries. These will be sent home two to three times a week. Can families please discuss their child's daily activities, when they come home.

## SECONDARY - VCAL News

We hope everyone has had a relaxing break and is ready for Term Three. During these times remember that if your child is feeling unwell to stay at home.

The Woodwork boys enjoyed a well-earned rest. They are ready to tackle what Mr. O'Brien has in store for them with a positive mindset and an "I can" attitude.

Lunch today involved the boys making mini quiches and kale chips. Jim diced the bacon, while Kayne cracked the eggs into the bowl, making sure no shell went in. Both boys enjoyed the quiches, Kayne tried the chips however he didn't like the texture.



### **KAYNE'S CONTRIBUTION:**

Mr. O'Brien asked Kayne, "Tell me a sentence with these three words; defence, defeat and detail". Kayne responded with, "The horse jumped over defence, defeat went before detail".

## SCHOOL REMINDERS

### EXCURSIONS

All excursions can be paid by instalments, either at the school office or online through the school account. See above for details for the school bank account.

Please ensure all relevant forms are signed and returned with payment before the due date.

### CAMPS, SPORTS AND EXCURSION FUNDS (CSEF)

The Camps, Sports and Excursions Fund (CSEF) commenced in 2015.

Families holding a valid means-tested concession card (Centrelink Card/

Health Care Card) or temporary foster parents are eligible to apply for CSEF. \$125 per year is paid for eligible primary school students, and \$225 per year is paid for eligible secondary school students. A special consideration eligibility category also exists. Payments are made directly to the school.

CSEF applications forms are available at the front office.

### MEDICAL

At Mildura Specialist School we have children who are at risk of an anaphylactic reaction to **nuts** in the school. Please be mindful of this when preparing your child's lunch or snacks.



### HEADLICE

As a school community, we share the responsibility to control and manage head lice infections. Head lice have been around for many thousands of years and cannot be eradicated. Supporting each other to minimize their spread is vital.

It is important to check your child's head regularly with conditioner and comb even when you don't think your child has head lice.

### MEDICATION

In the interests of safe practice, medication must be brought to the office in its original packaging by an adult and paper work completed to authorise school personnel to administer it.

**Please note: Students are not to transport medication to school.**

**CANTEEN NEWS** The canteen will operate each Friday; orders must be completed and returned to school no later than Tuesday morning of that week.

Order forms are available to download and print from the MSS website.

**All lunch orders must be in on Tuesday mornings.**



### UNIFORMS

Our school uniforms are supplied by LASER SIGN & PRINT and are available from 3 Andriske Crt Mildura. Contact person is Darran Seaman, phone: 03 5021 1129 mob: 0429 437 858

For all other enquiries for uniforms please contact the school.

### PARENT/GUARDIAN/CARER CONCERNS

If you have a concern with any aspect of your child's education, please contact the Office (5021 3311). They will:

1. Put you in touch with the appropriate person
2. Help organise a meeting with the appropriate person.

It is important that your concerns are addressed as quickly as possible.

### PAYMENTS

School fees, camps, excursion and cooking costs etc. can be paid to our Bank

Account details are

**Commonwealth Bank**

**BSB: 063 557**

**Account No: 10080861**

Please enter the name of student and activity you are paying for.

Thankyou

# ***Community News***

## **CONNECTING DURING COVID-19 COMMUNITY RELIEF SERVICE**

In Term 2 the MRCC's Community Relief Team supported 12 schools to provide immediate food relief parcels and activity packs to families.

The Community Relief Service will be continuing in term 3, however as we will be scaling back staffed hours of operation meaning that schools will need to attend SMECC from 10am - 12pm for contactless collection.

We ask that schools share the information below with their school community via newsletters, website and social media:

### **Community Relief Service**

Monday to Friday, 8am - 5pm

Phone: (03) 5018 8588

Email: [communityrelief@mildura.vic.gov.au](mailto:communityrelief@mildura.vic.gov.au)

Online request form: <https://www.mildura.vic.gov.au/Services/Emergency-Management/Coronavirus-COVID-19-Pandemic/Community-Relief-Service>

The Community Relief Team is here to help keep our community safe. They are working closely with other organisations and can connect families to get the support they need. This includes emergency food relief, social support, financial support, collecting prescriptions and more!

Anyone is welcome to access this service and make a referral. Once your request has been received, a team member will be in contact to help take away some of the stress and link you with services that will support your health and wellbeing during this challenging time. Where possible (if requested) you will be linked with an Aboriginal team member or interpreter service.

# Standing up to Cyberbullying

## Top Ten Tips for Teens

Sameer Hinduja, Ph.D. and Justin W. Patchin, Ph.D.



Don't be a bystander—stand up to cyberbullying when you see it. Take action to stop something that you know is wrong. These **Top Ten Tips** will give you specific ideas of what **you can do** when you witness cyberbullying.



**1. REPORT TO SCHOOL.** If the person being cyberbullied is someone from your school, report it to your school. Many have anonymous reporting systems to allow you to let them know what you are seeing without disclosing your identity.



**2. COLLECT EVIDENCE.** Take a screenshot, save the image or message, or screen-record what you see. It will be easier for an adult to help if they can see—and have proof of—exactly what was being said.



**3. REPORT TO SITE/APP/GAME.** All reputable online environments prohibit cyberbullying and provide easy tools to report violations. Don't hesitate to report; those sites/apps will protect your identity and not "out" you.



**4. TALK TO A TRUSTED ADULT.** Develop relationships with adults you can trust and count on to help when you (or a friend) experience something negative online. This could be a parent, teacher, counselor, coach, or family friend.



**5. DEMONSTRATE CARE.** Show the person being cyberbullied that they are not alone. Send them an encouraging text or snap. Take them aside at school and let them know that you have their back.



**6. WORK TOGETHER.** Gather your other friends and organize a full-court press of positivity. Post kind comments on their wall or under a photo they've posted. Encourage others to help report the harm. There is strength in numbers.



**7. TELL THEM TO STOP.** If you know the person who is doing the cyberbullying, tell them to knock it off. Explain that it's not cool to be a jerk to others. But say something—if you remain silent, you are basically telling them that it is ok to do it.



**8. DON'T ENCOURAGE IT.** If you see cyberbullying happening, don't support it in any way. Don't forward it, don't add emojis in the comments, don't gossip about it with your friends, and don't stand on the sidelines.



**9. STAY SAFE.** Don't put yourself in harm's way. When your emotions are running high, resist posting something that may escalate the situation. Don't hang out online where most people are cruel. Never physically threaten others.



**10. DON'T GIVE UP.** Think creatively about what can be done to stop cyberbullying. Brainstorm with others and use everyone's talents to do something epic!

NAME: \_\_\_\_\_ ROOM: \_\_\_\_\_ DATE: \_\_\_\_\_

MSS Canteen Menu Canteen Day Friday					
*All orders and money must be in and paid for by *TUESDAY* 9AM					
Item		Qty	ea	\$ Tally	
<b>Cold Food</b> <span style="float: right;">Tick</span>					
Chicken & Salad Wrap	Plain <input type="checkbox"/> Sweet Chilli <input type="checkbox"/>				\$4.00
Tuna & Salad wrap	Plain <input type="checkbox"/> Mayo <input type="checkbox"/>				\$4.00
Chicken & Salad Roll	Plain <input type="checkbox"/> Mayo <input type="checkbox"/>				\$4.00
Ham & Salad Roll	Plain <input type="checkbox"/> Mayo <input type="checkbox"/>				\$4.00
Ham & Salad Wrap	Plain <input type="checkbox"/> Mayo <input type="checkbox"/>				\$4.00
Tuna & Salad Roll:	Plain <input type="checkbox"/> Mayo <input type="checkbox"/>				\$4.00
<b>Hot Food</b> <span style="float: right;">Tick</span>					
Dim Sims Steamed	Soy				\$1.00
Hot Dog in Wholemeal Roll	Sauce				\$3.50
Pizza Singles, Hawaiian <input type="checkbox"/> Supreme <input type="checkbox"/>					\$3.00
Pie	Sauce				\$4.00
Pastie	Sauce				\$4.00
Sausage Roll	Sauce				\$3.50
Party pie	Sauce				\$1.50
Pasta, Bolognese <input type="checkbox"/> Lasagne <input type="checkbox"/>					\$4.00
Hokkien Noodles					\$5.00
Vegetable Quiche					\$4.00
Low Fat Milk, Chocolate <input type="checkbox"/> Strawberry <input type="checkbox"/> Iced Coffee <input type="checkbox"/>					\$2.00
Orange Juice					\$2.00
WATER					\$1.00
Cruncha					\$1.50
Beef Burger					\$4.50
Grilled Chicken Burger					\$4.50
Baked Potato with Coleslaw, Light Sour Cream, Bacon and Sweet chilli					\$6.00
Salad, Plain <input type="checkbox"/> Chicken <input type="checkbox"/> Tzatziki <input type="checkbox"/> Tuna <input type="checkbox"/> Ham <input type="checkbox"/> Dressing <input type="checkbox"/>			Lge		\$6.00
			Sml		\$5.00
<b>*Special Orders, Dietary Requirements:</b>					
<b>Total</b>				<b>\$</b>	