

MILDURA SPECIALIST SCHOOL

Newsletter No : 14

DATE: 10 September, 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—1.40pm Parent Pickup commences

5 October 2020—Term 4 begins—Be Sun Smart

16 and 17 September COVID-Safe Activity Days



**TERM 4
SUNSMART**



Principal's Report



Following the Premier's announcement on Sunday, we will continue with the current arrangements until further notice. The Department has indicated that updated advice will be forthcoming. If there are any changes I will advise by email and with a note home. Thank you for your understanding during this time

2021

We are starting to plan for 2021, with student groups being drafted for next year. We usually schedule visits for students transitioning to other parts of the school and have made other arrangements in case groups can't be mixed next term. A video has been made for new students coming into our school and one is being made for students moving from the primary to the secondary side. We understand that this can be a difficult time for students and will do what we can to make this as smooth as possible. Please let me know if you have any suggestions to ease any anxieties. Towards the end of the year, we will provide more specific information.



Student Led Conferences: Thank you for booking in with your child's teacher for these important meetings and for engaging by phone or webex. We are looking forward to holding meetings at school again and hope this can occur in the near future.



Awards: Congratulations to our Award winners this past fortnight. The students continue to engage in watching the assembly each week in their classrooms with their peers and staff. This seems to have been a positive outcome from the Covid restrictions and we will now consider what we will keep doing, at least for part of the time.



Teachers have started to plan for Term Four which I am sure will go very fast. There's an art exhibition planned in lieu of the Mildura Show. Lots of spectacular art work is already being produced in preparation for this event.

Last week, teachers from across the school met in teams to align two writing samples from their class with the Victorian Curriculum. Teachers explained how their students had completed the writing and worked towards a common understanding.



1. Ask



2. Listen



3. Encourage
action



4. Check in

It's RUOK? Day on 10 September.

The message this year is that there's more to say after RUOK? Day.

Penny Hale
Principal

P.O. Box 63CP Mildura 3501

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Assistant Principal: David Wright

Email: mildura.ss@education.vic.gov.au

Web Address: www.mildss.vic.edu.au

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NEWS AROUND THE SCHOOL

Benefits of Playing Board Games.

The school holidays are coming up and throughout the day there's a lot of time to fill in for children. It's sometimes difficult to find things to do and children can end up spending a lot of time in front of screens being the television or computer. Having this in mind I thought it would be good to highlight the health and wellbeing aspects of playing board games. Board games not only combat boredom but more importantly help develop children's minds. In addition while playing board games children practice and develop the social skills necessary for successful interactions throughout their lives. It's a great way of getting together to interact. Some children (and parents!) write board games off as boring, old fashioned or time-consuming, but it's well worth giving them a chance. So how can your child benefit from playing board games with family and friend? According to the website theschoolrun.com, board games can;

- promote family time
- build communication skills
- teach children to follow instructions
- children understand how others think
- improve maths skills
- can support the curriculum.

So if you have some games sitting up in a top cupboard, why not pull them down over the holidays and get together and play.

Darren Jones
Student Wellbeing Coordinator

School Wide Positive Behaviour Support

At school for SWPBS we are focusing on being **responsible**. Three students in the ILS Building are showing how they can be responsible. Thomas is placing signs on the oven to let people know that it's being used. Kaleb has a sign out to let others know the floor is wet and Conner is using sanitizer before he enters his classroom. All great examples of how to be responsible.



Principal Awards

Room 4 - Wyhatt: for working hard to read tricky words in his reader.

Room 5 - Deshawn: for painting his hands to create a Fathers Day card, when he doesn't enjoy messy hands.

Room 11- Benjamin: for modelling to other students how to independently unpack his bag and get ready for learning.

Room 15 - Kayla: for engaging with her favourite songs using switches on the computer.

Room 15 - Charles: for participating with enthusiasm in Music.

Room 16 - Keoni: for noticing when another student had been hurt and offering comfort.

Room 17 - for great participation when we joined the Senior side for dancing.

Room 18 - Amy: for working towards building confidence in speaking about feelings.

Room 18 - Austin: for consistently and quietly focussing and working on set tasks.

Room 19 - Tulisha: for enthusiastically creating independent dance choreography in Later Years' dance session.

Room 21 - Jasper: for working on your Graduation speech with enthusiasm.

Room 21 - Asif: for working towards and achieving 4 days of completed work in a row.

Room 22 - Mia: for showing dedication by completing extra homework tasks.

Room 23 - Rebecca: for independently always putting in 100% with her school work.

Room 23 - Isac: for using expression with characters when reading out loud to the class.

Room 24 - Tyana: for enthusiastic participation in Drumming.

Room 25 - Brodi: for working cooperatively with his partner during Maths.

Room 25 - Zane: for independently searching for and displaying information for our temperature data graphs.

SWPBS Awards

Room 2 - Shanelle: for being brave and trying to ride the two wheeler bike.

Room 4 - Riley: for using his device to make choices during free play time.

Room 5 - Milan: for doing her best by eating at morning tea and lunchtime without prompting.

Room 11 - Ali: for working safely and collaboratively with other students to build a tower.

Room 15 - Damon: for using his Eye Gaze devices respectfully.

Room 15 - Jonah: for listening to staff and following directions.

Room 16 - Isaac: for noticing when another student was moving towards the swing.

Room 17 - Tobias: for being brave and trying his best with tricky tasks.

Room 18- Nathan: for making decisions to refocus and work on set tasks before asking for help.

Room 21- Emily: for doing her best and sharing her ideas Numeracy work.

Room 21 - Chloe: for responsibly sharing your 'at school' sheet with your family.

Room 22 - Lacey: for making the decision to return to on campus learning.

Room 22 - Antwone: for washing his breakfast dishes without being asked.

Room 23 - Sonya: for making appropriate phone calls before moving around the school.

Room 24 - Patrick: for using his words-Finish, Bin and Bag.

Room 24 - Ali-Sue: by moving into school in a mature way.

Room 25 - Ashton: for operating his new wheelchair safely.

Room 25 - Clare: for independently tidying and cleaning her table after worktime.

Room 25 - Brodi: for independently helping one of his peers to tie their shoelaces.

Darling Room - Skye: for working towards and accepting change to work tasks in the VCAL classes.

← → September 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	1	2	3	4	5	6
7	8	9	10 RUOK? day	11	12	13
14 School Council	15 Lunch orders due in.	16 COVID-Safe Activity Day	17 COVID-Safe Activity Day	18 Last day of Term 3—1.40pm Parent Pickup	19-20 Term 3 Holidays	
21	22	23	24	25	26	27
Term 3 Holidays						
28	29	30	1	2	3	4
Term 3 Holidays						

← → October 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	1	2	3	4
Term 3 Holidays						
5 1st day of Term 4—Be Sun Smart 	6 Lunch orders due in.	7	8	9	10	11
12	13 Lunch orders due in.	14	15	16	17	18
19	20 Lunch orders due in.	21	22	23 Thank You Day Public Holiday - No School	24	25
26	27 Lunch orders due in.	28	29	30	31	1

Early Years' News

Early Years students are enjoying being outside in the warmer weather. They are learning what it means to be a good friend. Shanelle and Tobias have been cooperatively playing on the playground and are taking turns to use the slide



Primary Years' News

Welcome to the second last week of Term 3. As you are unable to be at school and see what is happening in your child's classroom, we thought that we would give you a snap shot of what has been happening in each room during the term. Room Five students are using this poster to help remember how our choices can sometimes affect the way others feel. Learning about the different names of animal 'noises' was the feature of these posters studying the theme Fur, Feathers and Fins.



Room Six students are learning about body parts and brainstorming what being the class SRC Representative would involve. A strengths tree has also grown with leaves reflecting the personal strengths that students have identified they have.



Room Six students are learning about body parts and brainstorming what being the class SRC Representative would involve. A strengths tree has also grown with leaves reflecting the personal strengths that students have identified they have.



Room 7: Integrated Studies have included studies on Asian Countries



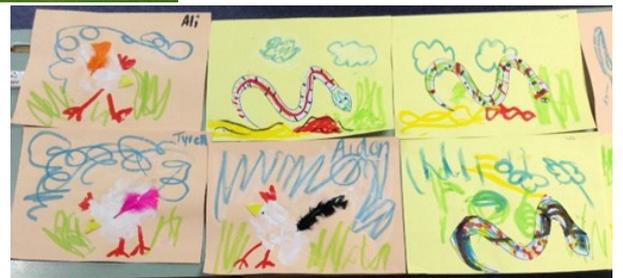
A gratitude tree has grown with leaves reflecting what the students are grateful for.



Room Eight students were inspired to create a collage after reading 'Ava and the Rainbow Who Stayed'.



Room 10 Art work was inspired after watching the National Indigenous Literacy Day link up.



Room 12 Art activities have centred on the Integrated Studies theme of Fur, Feathers and Fins.

Primary Years' News

Room 15 students have been working on the theme Feathers, Fur and Fins in Integrated Studies. Spencer shows pride on his new bike. Circle Time starts the day before students begin their individual programs.



Enjoy the break and we will look forward to seeing everyone in Term 4.

Secondary Personal Applied Learning News

Room 21 students have collated, displayed and discussed data. In the photo Emily is adding her data to our classroom display. The data display identifies favourite take away foods.

Students in ILS have been experimenting with different materials and techniques to make artworks. Students have been exploring a range of materials including paint, pencils, ink and dye. In one activity students used special dye, to tie-dye some white shirts. There were a variety of techniques used to create different patterns, which included pinching, pulling or twisting the fabric into spirals.

Room 25 students have been recording minimum and maximum temperatures in a weather diary for July and August. In weeks 8 and 9, students collated data and created graphs on our laptops to share information.



All PAL students made and wrapped Chocolate Balls for their Father/carer on Father's Day. Pictures show various stages of making the Chocolate Balls.

SECONDARY—VCAL News

As we wrap up Term Three, we take a sneak peek of what some students in the Secondary section have been up to.

This term, Room 22 students have been programming robots to do mirrored dancing, by using the Blockly app to learn block code. It has been lots of fun.



Secondary students have shown a great deal of enjoyment and cooperation, in their weekly dance sessions by staying focused and encouraging one another in remembering position and moves, for the sequence they are currently learning.



We have all welcomed the warmer weather, remember that as of next term students are encouraged to wear hats whilst outside.

Next week is the last week of school before we break for holidays, enjoy your break and stay safe.

VCAL Small Business Venture

Senior students are kicking goals to hit their VCAL outcomes this year by developing and running a project titled Mildura Specialist School Small Business Venture. They have created an online stall selling handcrafted products to the school community including families and extended family members. Students have investigated, resourced, and made calculations around the viability of producing and selling goods in this business venture. Their goal is to beautify the school grounds with one to two large Wall Arts (graffiti wall). The artwork will be the students' design and labour. Before we can start, the group will need to raise money to pay for materials to be used in creating the Wall Art, hence the development of this School Stall.

What is for sale?

Handmade Natural Body Scrubs. Fragrances are: Vanilla coconut, Strawberry and Peppermint in 120ml jar.

Price \$5.00 each or special deal \$8.00 for two jars any fragrance.



Handmade and original designed calico bags with drawstrings.
Size 30 cm x 28 cm. Price \$5.00 each.

Shoelaces (long). Colours available are: Black or White with gold tips, Black with gold flecks or White with gold flecks. Price \$5.00 a pair.



Homemade Tomato Relish Price \$5.00



Pickled baby cucumbers Price \$8.00



Unique Postcard Art Price \$2.00 each

Friendship Rocks individually designed \$5.00 large and \$4.00 small

How do you make a purchase?

Order forms will be available for customers to view and make selections of products. Return your order form with payment to Room 18 and 19 or one of our VCAL students you know. Orders will be processed and purchases delivered using COVID safe steps.

25 Easy Healthy Snack Ideas

We all know the feeling — it's mid-morning or a few hours after lunch, and a food craving hits.

It might seem easiest to reach for convenience foods or head to a vending machine, but don't let a sneaky snack attack derail your health and fitness goals. Snacks *can* be healthy! Nutritious choices can also help you feel energised throughout the whole day.

A little bit of meal prep goes a long way, and there are lots of recipes you can make ahead of time so you've got healthy snacks on-the-go.

Whether you're a sweet tooth or prefer to keep it savoury, I've got you covered. You'll discover some of my favourite easy healthy snack recipes – they're ideal for sharing too!

Have a look at the website <https://www.kaylainsines.com/blogs/recipes/easy-healthy-snacks> to find a 25 easy health snack ideas.



SCHOOL REMINDERS Cont.....

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.

For your convenience an order form is attached with this newsletter.

Order forms are also available from the school office or can be downloaded and printed 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.

IMPORTANT NOTICE

Parents/Carers please take note of Parent Pick Up times.

Early Years and Upper Primary Years: 2:40—2.50 PM

Secondary Years and VCAL. 2.50—3.00PM

This is to help ease congestion on Deakin Ave and for safety of cars and students.



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



Mallee Sports Assembly Virtual Challenge

Mallee Sports Assembly has recognized that many people are not playing or participating in their regular sporting activities at present. So many people are missing out on their regular exercise. We want to kick start your activity again.

MSA is conducting a virtual active challenge on Saturday 12 and Sunday 13th September 2020. All we are asking you to do is participate in a minimum of 30 minutes on one or both days. You choose the type of activity you do run, walk, cycle, or choose your own adventure for 30 minutes or more, at any time over the two days.

To register, please complete the following information <https://www.surveymonkey.com/r/ZBJT66Y>

We are encouraging everyone to share their photos on our Facebook page or use the tag

@MalleeSportsAssembly; #malleesportsactivechallenge

Once registered participants will go into the draw for local prizes in their region. This event is open to people across Mildura, Swan Hill, Buloke and Gannawarra Shires. There is no cost to participate in this event. Get your friends, family, club members to join the fun and be active in your local community.

Each region in the Mallee has local ambassadors for the program, these people will be encouraging and supporting this program for the next 2 weeks, and beyond the event.

For more information or to register contact Tanya Wild, Mallee Sports Assembly office – 5021 3464; 0417 925 539 or email: info@malleesportsassembly.org.au

Register Here

Secure your
place - limit of 30
participants for
each session

Addressing anxieties in your children and within your family arising from COVID19.

WEBINAR

● 6.30pm – 7.45pm

■ Wednesday 21 October 2020

Dr Lyn O'Grady Community Psychologist &
Jac Van Velsen Mental Health and Wellbeing Educator

This webinar will explore anxiety and how it might play a role in the lives of children, young people and families during times such as a pandemic. While some anxious feelings can be helpful and keep us safe, sometimes anxiety can become a concern. How to respond to anxiety to reduce its impact and help build resilience will be outlined.

Dr Lyn O'Grady is a Community Psychologist. She is currently working in private practice as well as training and supervising psychology interns. Her experience over the last three decades includes working with parents, as a school psychologist and as a national manager of the KidsMatter project, a mental health promotion, prevention and early intervention initiative. She has recently published her first book, *Keeping our Kids Safe, Parenting Suicidal Teenagers*

Jac Van Velsen works for WISA Wellbeing in Schools Australia and is a writer and presenter of health and wellbeing professional learning resources for school communities, including staff, students and families.

COST: Free thanks to the support of the School Focused Youth Service at Mildura Rural City Council.

TO ATTEND REGISTER [HERE](#) or send your name, school and email to
Jac Van Velsen
E. Jac@wisawellbeing.com.au
T. 0423 823 145

ANY QUERIES Contact Tricia Clifford School Focused Youth Service at Mildura Rural City Council
Ph. 0437 752 528
E. patricia.clifford@mildura.vic.gov.au



WISA Wellbeing In Schools Australia