

MILDURA SPECIALIST SCHOOL

Newsletter No : 7

DATE: 21st May, 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.



DATES TO REMEMBER

26 May School Resumes for all students

26 June—Last Day of Term 2

13 July—Term 3 Begins

Principal's Report



Mildura Specialist School staff can't wait to see all the students again after such a long time away. I hope the resources sent home last week have been useful. Crossing days off the calendar provided, reading the Return to School Booklet and re-establishing the morning routine, may assist with a smooth transition. If you're interested there's also an electronic count-down on our website.

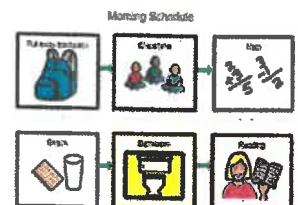


In preparation for students returning on Tuesday 26 May, please return all **devices** and **chargers** on Friday between 10.00am-12.00 to the Independent Living Skills Building on Elstead Close. Alternatively please make arrangements this week with your child's teacher.

Medication also needs to be returned by parents and carers and signed in at the office. Students must not bring their medication to school.



Our aim will be to provide a safe environment for all with structured and predictable routines in place. Classes will continue to run Circle Time every morning from 9.00-9.30am. This is an important time of the day where routines are established and students are able to talk over any concerns. I would appreciate it if students were in attendance at this time and not at appointments.



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Privacy Policy: Our school collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the [Schools' Privacy Policy](#) For more information about privacy, see: [Schools' Privacy Policy – information for parents](#). This information also available in nine community languages. Please take time to remind yourself of the school's collection statement, found on our website <https://www.mildss.vic.edu.au/>

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We recognise that some students will be excited to return while some may be anxious. If you have any concerns please contact the office for your child's teacher to call you, write a note in the Communication Book or email your class or the school email account. Student Support Group Meetings are underway now and this is a perfect time to discuss any concerns. We will continue to reinforce being respectful, safe and responsible.

I understand this may be a worrying time for some families. Please be reassured that we have plans in place to maintain the health and safety for all. We are implementing advice from the Department informed by the Victorian Chief Health Officer. For more information please go to https://www.education.vic.gov.au/parents/Pages/stagedreturn_overview.aspx

Cleaning: Cleaning will occur throughout the school day of high touch areas such as door handles and bathrooms.

Physical Distancing: Staff will be supported to practise physical distancing. This is not considered necessary between students in the school setting.

Student Arrival and Departure: It won't be necessary for us to adjust our start and finish times however students waiting for Parent Pick Up may need to wait in smaller groups nearby to ensure staff are able to social distance. We will have systems in place to try to make this a smooth and timely routine. If you usually wait at the Parent Pick Up gate for your child, please observe social distancing as denoted by the markers. Students will wait in their rooms for the buses to be called.



Student Transport: Normal transport arrangements will continue with enhanced cleaning and physical distancing from the driver and chaperone. Usual timetables will apply. Hand hygiene before and after using transport will be actioned.



Health and Safety: Staff, students and parents who feel unwell should not attend school. Anyone who is unwell at school will be sent home until they have recovered. Frequent hand washing will be encouraged among staff and students. Hand sanitiser is also available in every room.

School Programs: Mixing staff and students between classes will be avoided. Specialist Programs will continue to run. Hydrotherapy and excursions have been cancelled until further notice. We are working on a way to hold the Tuesday assembly via Webex. We won't have an assembly the first week back.

Mobile Phones: Students will still be required to hand their phones in at the beginning of the day for secure storage.

Playground equipment will continue to be used. Students will practise hand hygiene before and after use and will also be cleaned.

Water Bottles: Students should bring their own water bottle to school.

Visitors to school grounds: Limited to those delivering or supporting essential school services and operations.

Routine attendant care and first aid: This will continue to be provided with standard hygiene precautions practised.



Congratulations to our Award winners from the last fortnight. It has been great to see all the packs in the office area filled with completed work. Thank you for your work with your child to complete the set tasks.

Thank you for all your effort and time during remote learning and to our wonderful staff for all their work. We welcome your feedback about the arrangements in place and want to help make the transition back to school as smooth as possible. I would also like to thank all our education support staff for their work. Teachers acknowledged their work last week for International Education Support Day on May 16.



Penny Hale
Principal

SWPBS News

We are now thinking about going back to school. Some students will be excited about coming back to school while others may like working from home and are now finding it a little bit stressful. Teachers are looking forward to seeing students back ready to learn and talk about the different learning experiences they have had at home. I have also included an activity for parents / carers to do with our students to work on to help reducing stress if they need it.

Karen Gardiner

The Melting Tiger Game

TIME: 10+ MINUTES

Learning intention

- Students develop self-calming and self-control strategies

Equipment

- Room to move

Method

1 Explain that we are going to play the *Melting Tiger* game to help us focus on self-control and self-calming. As you tell them a story, your child will act out the movements of the melting tiger.

2 Ask your child to stand in a free space with room around them. Use the following script or devise one of your own.

MELTING TIGER

3 Stand in your own space, not touching anyone. Your feet are stuck tight to the spot. You do not walk around. You are a big angry tiger with your claws out and your feet tight on the ground. Hold your muscles tight and still and strong. This tiger is angry. He wants to pounce and fight, but he can't move.

4 As the tiger holds tight, the hot sun comes out. This tiger is made of butter. He starts to melt. His muscles feel soft. He slowly melts into a pool on the ground. He lies on the ground, still and quiet. His body is a soft pool of melted butter that is sinking into the ground. As he lies there a soft breeze comes to blow across his skin. It starts to wake him up. He is not a tiger anymore. He is just a sleepy

person. Maybe he or she had a dream that they were an angry tiger.

5 It is time to wake up the sleepy person. Wiggle your toes. Wiggle your fingers. Slowly, slowly sit up, and then stand up tall. Show how calm and peaceful you can be when your angry tiger has gone away. Show how you can walk silently and in slow motion around the room without touching anyone.

6 Ask:

- How did that activity make you feel?
- Did you feel more gentle and relaxed after you had melted the angry tiger?
- Sometimes we can feel like an angry tiger.

When does that happen?

- This tiger melted with the sun, all their anger soaked away into the ground. What helps to calm us down when we feel angry?

- What can you do to help keep our house a peaceful?



AWARDS RECENTLY GIVEN TO STUDENTS

Principal's Award

Milan from Room 5 for consistently putting in a good effort with her home learning.

Deshawn from Room 5 for working hard with his home learning.

Memphis from Room 9 for a fantastic job with your numbers scavenger hunt.

Harley from Room 21 for working so diligently at home to complete work tasks.

Daki from Room 18 for showing maturity by working independently on his tasks.

Austin from Room 18 for being proactive and diligent with his work tasks in remote learning for 6 weeks.

Amy from Room 18 for working through her set tasks with mum and maintaining focus.

Kira from Room 18 for working through her set tasks with mum and writing several good recounts about events.

Emily from Room 21 for settling in to remote learning at school and completing Literacy tasks. Well done Emily.

Responsible Award

Aiden from Room 10 for using his communication device to complete his work at home and sending photos of his work.

Parent/Carer Award—Students receiving their award from home.



David receiving his award.



Nate and Jax receiving their awards.

KINDNESS TREE AWARDS FROM TERM 1

Jack in Room 6 for making Ainslee's day by delivering chocolates and flowers.

Jack also for giving lots of kind words.

Jake from room 5 for being kind to the taxi people.

Lachlan from room 22 for being a travel buddy for another student.

Khodie for helping other classes by getting tissues from the office.



Newsletter Early Years

Early Year's staff appreciated all the help parents and carers have put in working at home with the children from our team. We have had photos of students completing work from the activities teachers have prepared to be done at home. We are looking forward to seeing everybody back at school next week. We will be reminding and working with students about social distancing and hand washing to stay safe.



David is very proud of his work.



Nate and Jax having a marble run race.



Jax and Nate made a beautiful bunch of flowers for Mother's Day.



Tyrell enjoyed the M&M experiment.



Early Years Staff working from home



Primary Years' News

As our remote learning comes to an end we would like to congratulate and thank everyone for all their effort and support during this interesting time. We especially want to thank the students who have continued their learning at home or school and shared their work with pride. Lots of students learning from home have developed new skills such as cooking. These skills are life long and are very important. Please enjoy the photos and we look forward to seeing all our students return to the classroom.



Annabel making a clock with her dad.



Kye making his Mother's Day card

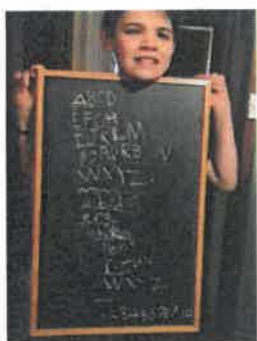


Memphis using his new skills to make chocolate banana cake



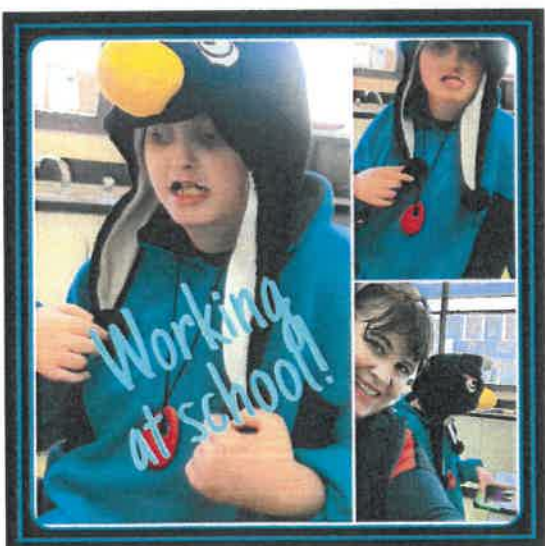
Memphis showing the things he found while doing his numbers scavenger hunt

Logan showing his ABC



Oscar enjoying the nest swing

Matthew working hard at school.



Jonah playing the drum

Primary Section Staff remote learning



PAL NEWS

PAL Students followed a Melting Moments recipe to create a special gift for their mums for Mother's Day.

All students have been working hard over the last fortnight completing their schoolwork from home.

Tahlia is following step by step instructions to make her Melting Moments.



Sam showing his end product for his mum.



Robert completing his schoolwork at home.

SVCAL News



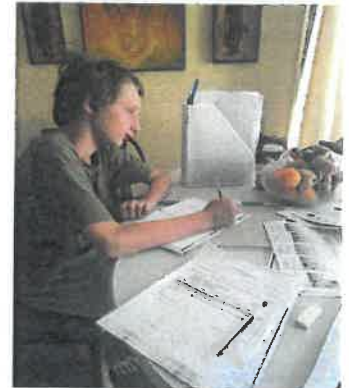
Zane and Rebecca have followed recipes and made smoothies this week.

Rebecca wrote Sarah a letter and posted it to her. Libby wrote her letter to Sarah at school and it was hand delivered. Her punctuation was well done and she answered all the questions she was asked to.



Antwone is completing a puzzle at home.

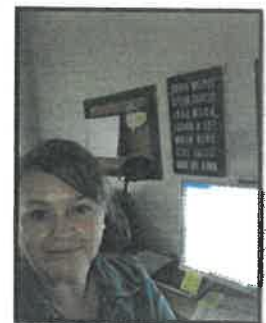
Dale is working hard to finish all of his remote learning by Friday. Well done Dale.



VCAL Staff and students participated in a connections group using the Webex Online platform. This was a great success and students were very excited to see all their peers together in one place.



Mrs A is taking time out to exercise at home. Chin up but used a chair to reach the bar which is secured to the carport roof. Handstand against a wall. Hope VCAL students are doing the same and exercising regularly.



Sharon has been doing lots of online learning during the past 6 weeks and can't wait to share when school's back.

Although Raven the cat will miss Mrs M, she will be glad to have a bit of extra space at her desk!



James is practising his multitasking before he goes back into the classroom.



Cathy working home alone.



Kimba helping Lauren with the newsletter this week.

RETURNING TO SCHOOL

Our role as an occupational therapist is to help children and families consider all they are doing, how they are being, what they are becoming and how we belong. We have shared some of our top tips for helping you and your children when considering the readjustment back to school.

Talk as a family & make a visual plan

It is important to have planning time to manage everyone's expectations.

Sit down as a family and make a "go to plan". It means everyone has a chance to contribute and be heard.

Writing things down on paper or drawing pictures will make things clearer to everyone.



Start the day with regulation

Think about what movement or activity feels good to you and your children to get the muscles moving, stimulate the brain and achieve just the right amount of sensory input to help with the day ahead.

This might involve a short walk, time on the trampoline, calming breathing or 'wheel barrows' down the hallway.

Everyone is different, but we all benefit from "switching on" and starting the day right!



New Routine What are the positives that have come from being at home?

Spend some time reflecting on the pros and cons of the lockdown. What went well? And, conversely, what is it that you used to do that now doesn't seem so worthwhile?

With this new experience, we can be mindful of how we structure the week as things head back to normal.

What you did before is not necessarily the best or only way!



Be kind to your family, the school and yourself

Going back to school after such a disruption might look and feel a lot like starting back at day one in Prep/Kinder or Year 7.

There may be some separation/anxiety issues; there might be initial excitement that quickly turns to a sinking feeling. There may be a need to remind teachers of your child's additional needs.

Consider the things that worked for you before like visiting the school yard, talking about who will be there, emailing the teachers, sharing successes.



NAME

ROOM: DATE

ISS Condon Area
Condon Day Friday

*All orders and money must be in and paid for by **TUESDAY - 9AM**



Item	Qty	Price	Total
Cold Food			
Chicken & Salad Wrap Plain - Sweet Chili		\$4.00	
Tuna & Salad wrap Plain Mayo		\$4.00	
Chicken & Salad Roll Plain Mayo		\$4.00	
Ham & Salad Roll Plain Mayo		\$4.00	
Ham & Salad Wrap Plain Mayo		\$4.00	
Tuna & Salad roll Plain Mayo		\$4.00	
Hot Food			
Don Swiss Steamroll		\$1.00	
Hot Dog in Wholemeal Roll		\$3.50	
Pizza Single, Hawaiian Supreme		\$3.00	
Pie		\$4.00	
Pasta		\$4.00	
Sausage Roll		\$3.50	
Party pie		\$1.50	
Pasta, Bolognaise - Lasagne		\$4.00	
Mediterranean Noodles		\$5.00	
Vegetable Quiche		\$4.00	
Low Fat Milk, Chocolate - Strawberry Tood Coffee		\$2.00	
Orange Juice		\$2.00	
WATER		\$1.00	
Cranche		\$1.50	
Beef Burger		\$4.50	
Grilled Chicken Burger		\$4.50	
Baked Potato with Colcannon, Light Sour Cream, Bacon and Sweet chili		\$6.00	
Salad, Plain - Chicken Tuna - Ham - Dressing	Lgr	\$6.00	
	Sal	\$5.00	
*Special Orders, Dietary Requirements:			
Total			\$95.00

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