

# MILDURA SPECIALIST SCHOOL

Newsletter No : 16

DATE: 6 October, 2022

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

31 October—Pupil Free Day— No school for students  
1 November—Melbourne Cup Day Public Holiday—No school  
20 December—Last Day of Term 4.



TERM 4



## Principal's Report

Welcome back for Term Four. It was great to see all the students settle into their routines again and continue their learning.



Congratulations to our Award winners this week. Well done to Bob and the room 8 boys for their musical performance based on the Didjeribone incursion. Seth, Bec, Jorja, Kat, Indie, Amy and Austin shared what Respect means to them. They talked about listening, talking and caring for others in a nice way. Bec mentioned as well that you have to listen to umpires.



Staff returned, refreshed from the holidays and had have been very busy with preparations for the Graduation and submissions to the Mildura Show. Thank you to the Graduation and Arts Committees for the long hours you are putting in and to staff supporting these members.



This week teachers participated in a workshop about the Respectful Relationships curriculum, specifically Topics 1 and 2: Emotional Literacy and Personal Strengths. On Tuesday staff completed the annual training on the Child Safe standards.

**REMINDER – the Department (which includes our school) does not have accident insurance. Items of personal property that are lost, stolen or damaged at school is not the responsibility of Mildura Specialist School or the Department. Staff and students are reminded not to bring items of value to school.**



### Staffing:

Welcome to Amanda Hyland, education support staff member with PreCAL and Joanne Hogan who will be working on Thursdays and Fridays in the office. Rachelle Walshe, has left and we wish her all the best.

Penny Hale  
Principal

P.O. Box 63CP Mildura 3501  
Principal: Penny Hale  
Assistant Principal: David Wright  
Email: mildura.ss@education.vic.gov.au  
Web Address: www.mildss.vic.edu.au

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## Mental Health

This year's World Mental Health Day campaign is encouraging everyone to make a promise to **“Look after your mental health, Australia.”**

In 2022, the focus of Mental Health Australia's annual campaign is **awareness, belonging and connection**. This October, there is an online campaign calendar and you can register for resources and helpful tips to grow and maintain positive mental health practices: [lookafteryourmentalhealthaustralia.org.au](https://lookafteryourmentalhealthaustralia.org.au). Further, you can follow on [@aumentalhealthau](https://www.instagram.com/aumentalhealthau) on Instagram for some extra strategies!

And

HeadGear 30 day challenge, an app that is run by the Black dog institute and looks at building and encouraging self care skills over a 30 day period.

HeadGear is a free, easy-to-use smartphone app that guides you through a 30-day mental fitness challenge designed to build resilience and wellbeing and prevent things like depression and anxiety. Based on techniques scientifically proven to build good mental health, it features a range of simple engaging daily activities to help reduce and manage stress, improve sleep, connect better with friends and deal with difficult situations. <https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/headgear/>

Sophie Moloney  
Mental Health Practitioner

## Principal Awards

Room 4 - Isaac: for following instructions and participating in all activities during Sports Day.

Room 4 - Mirage: for following instructions and participating in all activities during Sports Day.

Room 4 - Devon: for following instructions and participating in all activities during Sports Day.

Room 11 - Ben: for consistently participating in group activities and waiting for his turn, with minimal prompts.

Room 22 - Narni: for settling into her new classroom so readily and completing all of her work.

Room 23 - Natasha: for confidently sharing information during classroom discussions.

Room 25 - Zane: for acknowledging a driver who gave way to us when crossing the road at Centro. Great manners Zane.

## SWPBS Awards

Room 4 - Hannah: by looking after a peer when she had been hurt and was upset.

Room 11 - Patrick: by independently remembering to take his AAC device to other classes and outside play.

Room 22 - Izzy: by using his manners and willingness to help others in class.

Room 23 - Isayah: by sharing helpful information with Deb at the start of the day.

Room 25 - Harrison: by acknowledging a peer who had made good choices.

## ART

Welcome back everyone, as we begin term four. We hope everyone had a great break. This term in Art, we are focusing on Eras of Art.

These will include Ancient Egyptian, Renaissance, Impressionism, Fauvism, Cubism, Abstract, Pop art and Indigenous art, finishing with Christmas art & craft activities. We hope all students will experience and enjoy the journey through art of bygone eras.

Here are some examples of the eras of Art. Mona Lisa-Renaissance, Starry Night Van Gogh-Impressionism, Giraffe-Fauvism and Fist-Pop Art.



## EARLY YEARS' NEWS

Welcome back to Term Four. Room Two hopes that everyone had an enjoyable and safe holiday and is ready to learn and have fun.

Last Term, Room Two students enjoyed the Sports Day activities. It was great to see students participating in events. We also had a visit from the Melbourne Life Saving Club. The students were interested in learning about water safety.



Liam and Nate participating in the Sports Day activities. Ashton and Shanelle dressing up in Life Saving attire.

## UPPER PRIMARY YEARS' NEWS

Welcome back to Term 4. We hope you had a safe and happy holiday. Upper Primary students had a very busy and exciting Term 3 and these are some of our highlights: We learnt about the Body Systems, Animal Adaptations and Characteristics. Our text type for Writing was Procedures. Room 8 Students developed a procedure, about how to make a creature capable of living on Mars, using recycled materials. Students came up with creative solutions while writing their procedure. Students learnt about rhyming recognition and production, and environmental sounds. We celebrated Book Week with classes from the Secondary Section. Another highlight was our Sports Day where students participated in a variety of activities. It was a fun and engaging day.

We are looking forward to a very busy and exciting Term Four. As the weather is warming up, please ensure clothes and hats are labelled clearly.



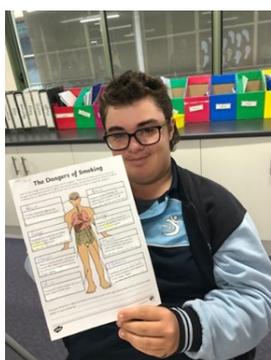
## PAL NEWS

Welcome back to everyone for our final term for the school year. We hope everyone is excited for what will be a very busy term right across the section. Many classes will be engaging in various Community Access programs, from weekly shopping for Cooking programs, through to attending special events such as the Mildura Show. We will also commence a Protective Behaviours unit for Humanities, which will range from puberty through to cyber safety. As always we will incorporate the Christmas theme across the section during the last few weeks of the term.

From the PAL Team.

## SECONDARY PreCAL NEWS

The students in room 20 have settled into Term Four very well and are excited to continue their learning journey. This term we are focusing on working collaboratively, keeping our bodies healthy and free from harm, and finishing up individual Career Action Plans. We have welcomed a new staff member Amanda.

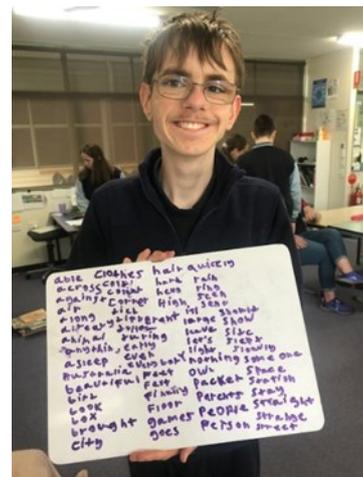


Hugh is proudly showing off his work which details the effect smoking has on our bodies.



The students have been working together to research how smoking affects our skin and stomach. We also have used different learning spaces to complete our work.

Benjamin worked very hard on his spelling words this week.



## SECONDARY—VCAL NEWS

A reminder from the VCAL Section regarding our VCAL Store.

The VCAL Store will continue to operate during Term four, as we still have plenty of handmade goods to sell, such as tomato relish, peanut butter protein balls, pot covers, beeswax wraps, fidget tags, reusable face wipes and body scrubs. There is something for everyone!

An order form has been attached to this week's newsletter. If you would like to place an order with us, please read the form for further instructions. If you require more order forms, please contact the MSS Front Office or your child's classroom teacher.

Thank you!

By Ethan and Kat.

# October 2022

sunday	monday	tuesday	wednesday	thursday	friday	saturday
						1
2	3	4 Lunch orders due in.	5	6	7	8
9	10	11 Lunch orders due in.	12 Mildura Show	13	14 Glasses for Kids.	15
16	17	18 Lunch orders due in.	19 Cricket Carnival—Senior Students		20	21
22	23	24	25 Lunch orders due in.	26	27	28
29	30	31 PUPIL FREE DAY				



# November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Melbourne CUP DAY PUBLIC HOLIDAY	1	2	3	4
5	6	7 Lunch orders due in.	8	9	10	11
12	13	14 Lunch orders due in.	15	16	17	18
19	20	21 Lunch orders due in.	22	23	24	25
26	27	28 Lunch orders due in.	29	30 Year 12 Graduation		

## **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.

### **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

### **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.

### **MEDICAL**

At Mildura Specialist School we have children who are at risk of an anaphylactic reaction to **nuts, eggs, lactose and seafood** 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 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.

