

MILDURA SPECIALIST SCHOOL

Newsletter No : 1122

DATE: 2 August 2018

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

13-17 August—NAIDOC Celebrations.

8 August—School Sports Day

20 September—School Concert

21 September—End of Term 3

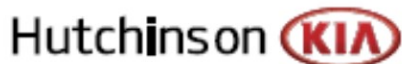
Principal's Report

Student Led Conferences: Thank you to all the Parents and Carers who came to celebrate the learning this week. I have been hearing very positive reports about the way students are presenting their work. Well done to all.

CyberSafety: This week we have included page one from a handout about using social media safely. This is from BullyStoppers if you would like to read more. <https://www.education.vic.gov.au/about/programs/bullystoppers/Pages/advicecybersafe.aspx> Please discuss this with your child if they use technology.

Masked Ball: Office Everything and eManaged organised and hosted a Masked Carnival on Saturday night with the beneficiaries being our school and MASP. Connie Aldamiz gave a heart warming speech from a parent's perspective and Rivers, a past student talked about how much the school had helped him. Money raised will go towards the development of the Later Years' yard. Thank you to Office Everything, eManaged and to all the sponsors who supported this event. Thank you also to Cathie Toma and all the students who made the masks which were purchased on the night.

Major Sponsors:



Performances: Catherine Threlfall, our Choir and African Drumming teacher organised a presentation at last week's assembly. This was a wonderful way to highlight all the skills learnt during class. It was great to see everyone singing and dancing to the music.



Penny Hale
Acting Principal

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Principal's Award

Congratulations to all Award winners this fortnight.



SWPBS—School Wide Positive Behaviour Support



We have been working through our Student Led Conferences and students have been very responsible in showing parents the work they have been doing over the last two terms. We look forward to seeing any parents/carers who have not yet made it to their meeting to also see how **responsible** their child is working.

Art Awards

Upper Middle Years' students are completing a project where they have used a mould of a face to cast in plaster. The face they have cast was to be painted to look like an island surrounded by a background of colour. Initially this was to represent the sea but students have explored other ideas. In this instance, Rebecca from Room 24, used the colour blue and a field of white dots which she applied very carefully and over a long period of time to both surfaces. The striking image enabled her to receive an Art Award this fortnight.

Rebecca's work has also been selected for display in the FReeZA Youth Art Show, currently on display at the Mildura Information Centre. Along with six other student's work this piece forms part of the exhibition that shows the skills of over 100 youth aged between 12 and 25 from this region. The exhibition is open for viewing during business hours and on 8 August prize winners in different categories will be announced at 5:30pm.



Art Awards **COLOUR AND 3-DIMENSIONAL PAINTING!**

Christian from Room 21 deserved the Art Award this week, demonstrating how easy and productive it is to work safely and responsibly when focused on completing his own work! The menhir he and others in Later Years classes constructed and painted this week have helped students work on other surfaces

NEWS AROUND THE SCHOOL

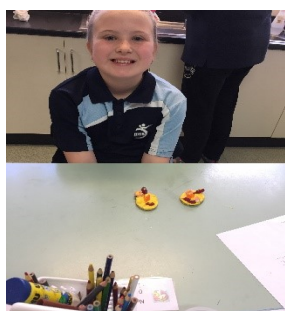


Early Years' classes had their Student Support Group meetings this week with parents. Our students had many proud memories and moments to share with their parents about what we have been doing.

In room 4 students have been enjoying their Mindfulness activities. Students pretend they are frozen like an ice block and slowly melt into a puddle on the floor. Mindfulness helps us practise relaxing our bodies.

Students in Early Years are getting ready for our Athletics Carnival coming up next Wednesday 8 August. Come along and enjoy the day on the oval.

Lower Middles have been busy these last two weeks practises for Sports Day activities and the Concert. The Duke of Edinburgh program is now in full swing for Term Three. Students are participating in a range of programs to learn new skills. Room 8 have really enjoyed Cooking. This week they all learnt how to make butter icing and decorated biscuits.



Upper Middles' Horticulture students have been working at the Inland Botanical Gardens, under Mr O'Brien's guidance, cleaning up gardens and planting new shrubs and bushes.

Thank you to the parents/ carers who attended their child's Student Led Conference. These meetings allow students to show their pride in their work and discuss their learning.

Students are completing artworks to enter into the Mildura Show at the beginning of Term Four.

Please remember next Wednesday is our School Sports Day and students are encouraged to wear their house colour on the day.

Later Years' students Mathew Janman and Nathan Beggs recently completed Structured Workplace learning. The program supports students to achieve outcomes for Vocational Education and Training and gain valuable experience in the work place. Thank you to the Mildura Workingman's Club and Fairways Bistro at Mildura Golf Club Resort for supporting our students.



Pizza
Ham & Pineapple
Pumpkin and Fetta
Salami and Mushroom
Wraps
Chicken and salad
Ham and Salad
Hokkien Noodles

Stir fried with chicken vegetables with oyster sauce



Later Years' students enrolled in the Certificate II Kitchen Operations recently tested their skills when they prepared lunches for staff.

HEALTHY COMMUNITIES

Healthy Recipes for kids

Pizza fingers



Makes 16 serves

Ingredients:

- 4 round wraps, Lebanese breads or medium pizza bases or 2 large rectangular bases; preferably wholemeal or whole grain (must be wholemeal/whole grain if in NSW)
- 8 tablespoons tinned crushed or diced tomatoes (salt reduced)
- 1 tablespoon mixed herbs (dried or fresh)
- 1 medium red or yellow capsicum, diced
- 1 cup of mushrooms, sliced
- 1 cup (140g) poached or grilled skinless chicken breast, shredded
- 1 cup baby spinach
- 2 cups reduced fat grated cheese

Method:

Preheat the oven 180°.

In a bowl, mix the tomatoes and herbs together, placing one tablespoon of the mixture on each pizza base.

Continue to top the pizzas by sprinkling the remaining ingredients evenly over the bases, finishing with the cheese.

Place in the oven and cook for 10 minutes or until cheese is melted.

Once out of oven, carefully cut into fingers or wedges.

Tips:

You can use any bread base you like such as wholemeal Lebanese bread, pita bread, Turkish bread, or whole grain/wholemeal muffins. Choose any combination of veg you like, including any baked veggie leftovers, but stick to just once choice of meat per pizza.

Netiquette

Online interactions are becoming as important as face-to-face ones. Learn how to manage your online relationships and develop good 'netiquette'.

Why do we need 'netiquette'?

Online friendships are so important to young people that many of them would endure pain rather than lose access to them. On average, young people have 56 online friends. As one young man commented:

The strength of online relationships mirrors the best and at times, the worst, of face-to-face relationships. The only problem is that when things go badly online, they go really badly. And unlike the real world, there is no forgetting about it. As we know, things published online are difficult, if not impossible, to remove.

Almost two thirds of children have had a negative experience online and 20 percent feel badly about something they have done online. In fast-paced heated interactions in chat rooms, people who are usually friendly and positive can post nasty and hurtful comments with devastating consequences.

We need to develop 'netiquette'—standards of behaviour for people online. Netiquette is about relationships and how people behave, rather than about particular websites or pieces of technology.

The following guidelines have been compiled from suggestions made by thousands of young people and may be useful to consider or use as a discussion point.

The 'nana rule'

Online actions have real life consequences. If you wouldn't do it in real life, don't do it online. Use the 'nana rule'—if you wouldn't want your nana to know about it, don't put it on the web!

Your future employers, friends and partners can and probably will, trace your cyber-trail.

Be a responsible user of technology

Be honest with yourself. Computer games and fast-paced online interactions reduce dopamine. This means it is hard to get motivated to do anything else once you have been online for a while.

Do your study before you go online.

SCHOOL REMINDER

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.

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

MEDICAL

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

SCHOOL REMINDERS

IMPORTANT NOTICE

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

Early Years and Lower Middle Years: 2:40—2.50 PM

Upper Middle Years and Later Years. 2.50—3.00PM

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

STUDENT ABSENCES

If your child is sick or absent, you are required to notify the school as soon as possible **on the day of absence**. Notifying the school of your child's absence either prior to, or on the day that they will be away, helps ensure the safety and wellbeing of children and will fulfil your legal responsibility.

If your child is absent on a particular day and you have not contacted the school to explain why, the absence will be marked as unexplained.

Please notify the school by one of the following means:

- Phone: 03 5021 3311
 - Medical Certificate
 - Appointment notification
 - A signed and dated note with student's full name
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SAME DAY NOTIFICATION OF STUDENT ABSENCES

New Education Department Attendance Guidelines

Schools need to know when and why a child is absent and you need to know if your child isn't at school. From the end of Term 2 2018, all Victorian government schools are required to contact parents/carers as soon as practicable on the same day of an unexplained student absence. If your child is absent on a particular day and you have not contacted the school to explain why, the absence will be marked as unexplained.

This system also promotes daily school attendance. Going to school every day is the single most important part of your child's education, they learn new things every day – missing school puts them behind.

What is your responsibility?

You are legally required to ensure your child attends school every day or you must provide an explanation for their absence. You should let the school know in advance of any upcoming absences or let them know in the morning if your child won't be at school. In order for schools to implement the same day notification requirement, it's essential that you provide the school with your most up-to-date contact details.

Generally one notification will be sent per family. Should there be circumstances that require both parents and carers to be notified, please contact the school to make the necessary arrangements.

What is the school's responsibility?

The school must notify you of an unexplained absence in relation to your child as soon as practicable on the same day.

We will let you know by phone. If you can't be reached because the school does not have your correct contact details (i.e. changed phone number, SMS/email failure notification received etc.), the school will attempt to make contact with any emergency contact/s nominated on your child's file held by the school. Where possible, this contact will be made on the same day of the unexplained absence.

COMMUNITY NEWS

The Beat is coming up. Please save the date. We will advise when we are performing.



THE WORLD IS A STAGE

THE BEAT STATE SCHOOLS SHOWCASE

7PM, 4TH - 5TH SEPTEMBER 2018

11AM MATINEE, WEDNESDAY

5TH SEPTEMBER

FOR BOOKINGS AND MORE INFORMATION:
Midura Arts Centre 199 Cusston Avenue Midura
Tel: (08) 5018 8330
miduraartscentre.com.au

TICKETS

Adult: \$15, Concessions: \$12
Student: \$10, Family: \$40