

MILDURA SPECIALIST SCHOOL

Newsletter No : 2

DATE: 15 FEBRUARY 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.

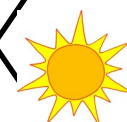


Striving for Independence

DATES TO REMEMBER

19 February—School Council Meeting
28 February—Pet Food Drive—SRC
12 March—Labour Day - Public Holiday
16 March—World's Greatest Shave
19-23 March—Cultural Diversity Week
20 March—Harmony Day

TERM 1



SUNSMART



Principal's Report

Student Support Group Meetings:

Over the coming week, students and Parents/Carers and teachers will meet to discuss goals and learning plans for the coming year. It is an opportunity to meet the teacher and share important information to assist the teacher to know about your child and what will assist them. Goals are derived from the Victorian Curriculum with priority areas emphasised.

For new families you will find lots of information in the Parent Handbook. If you have any questions or concerns please call the office and request an appointment or a call back.

At the Student Support Group meeting, please update any contact details, emergency contacts, medical information and for those using the buses or taxis, update travel plans.

Events this weekend include:

A student in Upper Middle Years, Ashton Thomson will have the opportunity to participate in the Krazy Kosci Klimb. Support crew members will include Education Support staff, Erica Credlin and Physiotherapist, Rowena Keenan. There was a well-attended fundraiser on Tuesday night held at Pizza Cafe to assist travel for Ashton. We look forward to hearing all about this on their return.

In another event to display the Olympic Torch, staff member, Jodie Gibson will carry the torch on Saturday in the parade. This is a wonderful honour for Jodie.

Congratulations to all our award winners for this fortnight. Students are working at their skills in being safe with a focus on being SunSmart.

Harmony Day:

The Student Representative Council members will assist in the preparation of a whole school picnic with some multicultural entertainment on 20 March. If you would like to contribute some ideas or help, please leave your name with Ani or Tracey at the office.

School Captains and Vice Captains: Congratulations to our School Captains Sienna Moore and Andrew Papillo and Vice Captains Courtney Herrington and Thai Haenen.

We hope you enjoy the new look to our newsletter. Thank you Ani for all your work to create this.

Marg Curran
Principal



P.O. Box 63CP Mildura 3501
Principal: Marg Curran
Assistant Principal : Penny Hale
Email: mildura.ss@edumail.vic.gov.au

(P) 50213311 (F) 50213314
Web Address: www.mildss.vic.edu.au

PRINCIPAL'S AWARDS

Congratulations to all award winners this fortnight.



SWPBS—School Wide Positive Behaviour Support



Be Safe Awards

ART & MUSIC AWARDS



SCHOOL COUNCIL ELECTION

Mildura Specialist School is calling for nominations for School Council. If you are interested could you please contact the office. Nominations close on Monday 5 March 2018 at 4pm.

PRIVATE CONVEYANCE ALLOWANCE

If you transport your child to and from school by private car and reside over 4.8km from the school, you are entitled to apply for Conveyance Allowance. Applications for the first instalment close on 9 March 2017. Please call into the office to fill out a form.

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 par-ents are eligible to apply for CSEF. \$125 per year is paid for eligible primary school students, and \$225 per year 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 or contact your classroom teacher.

IMMUNISATION Year 7 (11-13 year old) & Year 10 (15-16 year old) will take place on 21 March at 9.15am and 24 October 2018.

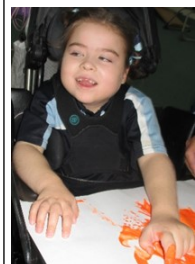
NEWS AROUND THE SCHOOL

Welcome to the Early Years for 2018. This term, students will be exploring the theme 'My Community'. Each class will discuss special people in the community who help and look after us.

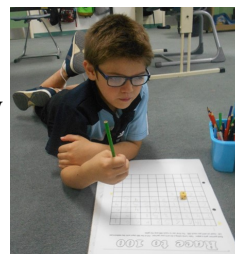
This week in Room 9, students have been participating in numeracy activities to demonstrate their knowledge and Emily played 'Race to 100', where they each rolled a dice and added that number to an overall total. Antwone spent time counting dollar coins and Tobias completed a maze challenge using a timer.



skills. Logan and



It was wonderful to see all our students back at school this week in Room 15. They certainly look refreshed and ready to begin the New Year, participating in programs and learning. Thank you to all families for attending SSG meetings last week and assisting in the planning of their child's learning plan. We have been engaging in a variety of learning experiences over the past three weeks.



Upper Middle Years' students have settled in well. It has been a delight to get to know new students to our team and observe friendships develop during our first three weeks. Some students have begun elective programs such as Horticulture, Drumming, Movement (pictured below) and Choir. Staff are looking forward to meeting families at Student Support Group meetings next week.

SWPBS—School Wide Positive Behaviour Support : Tips for Home

To help your child calm...

- find a quiet space where they can either sit or lie down
- encourage them to breathe in deeply through their nose hold for 4 seconds and then breathe out slowly over 4 seconds
- encourage them to place their hands on their tummy and feel the breathing in and out.
- Count the breaths up to 10, then back to zero
- Repeat if required



Later Years' students have been learning about the values of Be Responsible, Be Safe and Be Respectful in class. The VCAL and VAL Health classes are researching safety messages for school and the wider community. At Assembly last week some of the students in VAL created a display for the slogan, 'SLIP! SLOP! SLAP! SLIDE!'. They demonstrated how to slip on a shirt, slop on sunscreen, slap on a hat, slide on sunglasses and sit under the shade.



SRC NEWS

School Captains and Vice Captains were announced at Assembly last week. Congratulations to Courtney (Vice Captain), Sienna and Andrew (Captains) and Thai (Vice Captain). We would also like to congratulate the other nominees who made speeches in front of their peers and staff.

COLES, Sports for Schools

Please remember to collect and send vouchers into school. Every \$10 is equivalent to one voucher for the school. COLES will provide sporting equipment in exchange for the vouchers. By Thai, Andrew, Jake and James.

Pet Food Donations

The SRC are collecting food for the animals at the Pound and SARG. If you are able to purchase a can/bag of cat or dog food when shopping, SRC will organise for food to be given to these two organisations. SRC believe helping the Pound and SARG is a great community activity. There are many animal lovers in the school. By Nathan, Courtney, Sanchia and Ralph
Shave for a Cure is happening on Friday March 16. We will be sending more information out soon. By Matty S, Mat J and Cooper

The school has registered for Jump Rope for Heart. This is a great way for students to get fit. More information will be coming home soon. By Sienna and May

March is Harmony Month and we will be having a special day on Tuesday 20 March. Please put this date out in your calendar. There will be a Special Assembly in the morning and a great night of entertainment. An opportunity to get to know other students, families and staff as we celebrate our diversity.

SCHOOL REMINDERS

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

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.

MEDICAL

At Mildura Specialist School we have children who have an anaphylactic reaction to **nuts, eggs, seafood and kiwi fruit** in the school. Please be mindful of this fact when preparing your child's lunch or snacks.

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.

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.

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.

Students process these orders: Tally money, give change, and place orders independently to meet their VCAL outcomes.

We are unable to process late orders.

Thanks for your co-operation

Paul Trevaskis

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.

There is a suggestion box in the front office if you wish to make use of this. All ideas are welcome.

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 absent from school could you please notify by one of the following means:

- Phone: 5021 3311
- Medical certificate
- Appointment notification
- A signed and dated note with student full name

Be Healthy Be Active

A Healthy Start to the Day

A Healthy breakfast may include the following foods

Everyday (Green) options – Strongly encourage and promote these nutritious foods & drinks, as they are most suitable for school-aged children. These items should make up over 60% of the breakfast menu.

- Plain water
- Milk: plain milk (reduced fat where possible) – serve in size of 300mL or less. (or calcium fortified dairy alternatives)
- Flavoured milk should be reduced fat and no more than 900kJ per serve as sold),
- Cereals: High fibre and low sugar breakfast cereals e.g. untoasted muesli, porridge, Weetbix™, Vitabrits™, Sultana Bran™, Just Right™, Uncle Toby's Fibre Plus™ (or other brands of similar products).
- Bread: Wholemeal, wholegrain, multigrain, English muffins, fruit bread, lavash or Lebanese bread (white bread can be offered when preferred bread is not available).
- Other topping ideas: sliced banana, , fresh tomato with reduced fat cheese, baked beans
- Eggs: boiled, poached or scrambled.
- Fruit: fresh, frozen or canned (in natural juice)
- Yoghurt: natural, vanilla or fruit yoghurt (reduced fat). Try adding some muesli or fruit!

Select Carefully (Amber) options – These foods and drinks contain some nutrients, but they may also contain unhealthy items. They should make up no more than 40% of the breakfast menu. Limit their availability by only offering these items on certain days of the week (eg. 2 days per week max.)

- 100% fruit juice – serve in size of 250mL or less
- Spreads: margarine (preferably reduced fat), jam (must be 100%fruit jam with no added sugar, otherwise classed as **RED**) and vegemite – spread thinly so you can see the bread through the spread
- Refined cereals with low fibre and added sugar e.g. Corn Flakes™, Rice Bubbles™ (or other brands of similar products)
- Plain dried fruit

COMMUNITY NEWS



Go for a break. Return to a break-in.

While you're on a getaway making precious memories, your home is vulnerable to others getting away with your precious possessions.

Home break-ins are more common in January, so make sure you're fully protected. We can review your home and contents insurance and give you a quote in minutes.

And you could win a \$1,500 home security system.

Drop in and see us at Wentworth Community Bank® Branch or call 5027 3362.



bendigobank.com.au

Wentworth Community Bank® Branch

Mildura Lawn Tennis club has a Social Tennis Program for People with Disabilities. The program will run from February to March 2018

Day: Wednesday's

Date: 7th February to 28th March 2018

Time: 6—7pm

Location: Mildura Lawn Tennis Club, Hugh King Drive, Mildura.

Cost: \$6 per non-club member

What to bring: Water, Hat and Sunscreen.

Tennis equipment will be supplied but participants are welcome to bring their own racquet if they have one.

Contact Tanya Wild at Mallee Sports Assembly for further information, or to register your interest.

101-101A Ninth Street
PO Box 2316
Mildura. 3502

Phone: (03) 5021 3464
Fax: (03) 5021 3509
E-mail: tanya@malleesportsassembly.org.au

Lawn Bowls—Give it a Try!

Mildura Workers Bowls Club and Mallee Sports Assembly will be conducting an All Abilities and Junior Lawn Bowls program in February and March 2018.

When: Tuesday's 6th February—27th March 2018

Where: Mildura Workers Bowls Club, Cureton Ave, Mildura.

Time: 6 to 7pm.

Cost: FREE

RSVP Contact: Tanya Wild, Mallee Sports Assembly,

Phone: 50213464, Mobile: 0417 925 539

Email: tanya@malleesportsassembly.org.au