

MILDURA SPECIALIST SCHOOL

Newsletter No : 13

DATE: 27 August, 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

5 October 2020—Term 4 begins



Principal's Report



Speech: Let's celebrate

Thank you to our amazing speech pathologists, Zorica and Steph for all you do to enable and support our students, staff and families to communicate with confidence.

NDIS

Please find the information within this newsletter about upcoming sessions.

The National Disability Insurance Agency (NDIA) recently delivered Webinar information sessions for parents of school-aged NDIS participants to help parents understand the types of supports available under the NDIS during COVID-19. The demand for these sessions was quite high and therefore the Department has agreed to support NDIA to deliver a further two sessions.

These sessions will be general information sessions available state-wide for any parents of NDIS participants on **Monday 31 August at 7.00pm – 7.45pm** and **Tuesday 1 September at 10.30am – 11.15am**.

Topics covered will include:

- NDIS updates regarding COVID-19
- The role of the NDIS and the role of the Department of Education and Training
- Where to go for further information.
- In addition to the webinars, the NDIA has recently released the attached **Information for Victorian families and carers of school aged NDIS participants**. The booklet is also available online here:
<https://www.ndis.gov.au/coronavirus/information-packs>
- They have also released an **online FAQ page for parents and carers of children remote learning** which can be found here:

<https://www.ndis.gov.au/coronavirus/participants-coronavirus-covid-19/parents-and-carers-children-remote-learning>

The NDIS General COVID-19 advice for Victorian NDIS participants can be found here:

<https://www.ndis.gov.au/coronavirus/advice-victoria>

Please see the flyer on back page of newsletter to register.



Temperature Checks: The students are getting used to the new routine and line up each morning to have their temperature taken. Well done to all students.



It's great to see so many students wearing masks. Thank you to everyone. We know it's not easy.

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

(P) 50213311 (F) 50213314

WHAT IS YOUR CHILD EXPERIENCING DURING COVID-19?

- Seeing global pandemic and worrying.
- Feeling a big change in schedule and normal life.
- Hearing parents, trusted adults and leaders expressing alarm or worry.

HOW DOES THIS IMPACT ON YOUR CHILD'S BEHAVIOUR AND HEALTH?

- Increasing worry and stress.
- Acting out or holding feelings inside.
- Expressing fear in the form of anger or arguments.
- Causing sleeping problems.
- Changing eating habits, which can lead to stomach aches and headaches.
- Provoking tears easily in some children.

WHAT DOES YOUR CHILD NEED?

- To feel safe.
- To belong.
- To have a feeling of control.

HOW CAN YOU HELP?

Manage moods. Maintain a consistent routine. Connect. Grow.

- Focus on staying calm.
- Help your child cope in a healthy way - play games, be active, draw, listen to calming music.
- Give your child control by giving choices – clothes, foods, chores.
- Set a regular bedtime and turn off devices one hour before.
- Create a daily schedule with your child.
- Spend time together as a family.
- Help your child chat virtually with friends and family.
- Do something new and different.
- Create a warm, loving environment - use calm voices and share kind words.

Acknowledgement: Steve O'Brien, Psy.D., Anxiety in Children During the Covid-19 Crisis: Targeted Strategies to Create Calm and Build Resilience



Student Led Conferences:

Thank you for booking in with your child's teacher. These will now be held virtually due to the new restrictions. Thank you to all the teachers, education support staff and students for your focus on continuing the learning.

Communication:

We are in the process of organising a new platform for communication and reporting. Details will be provided soon. In the meantime, if you would like to be added to a school family distribution list for emails, please complete the form on the next page or email your details. It has been reassuring to know I can contact many parents at once when changes occur, often on the weekend.



Congratulations to our Award winners. The students are continuing to enjoy the virtual assembly format each week.

Penny Hale

Principal

FAMILY EMAIL DISTRIBUTION LIST

Parent/carer details for the family email distribution list. There are two areas for addresses in case you would like emails to go to more than one family member. Email addresses will not be shared with any other parties. The list will only be used by office staff and myself.

Name of student: _____

Email address: _____

Email address: _____

Please contact me if you have any questions.

Penny Hale

Principal

NEWS AROUND THE SCHOOL

The Helpful Effects of Music

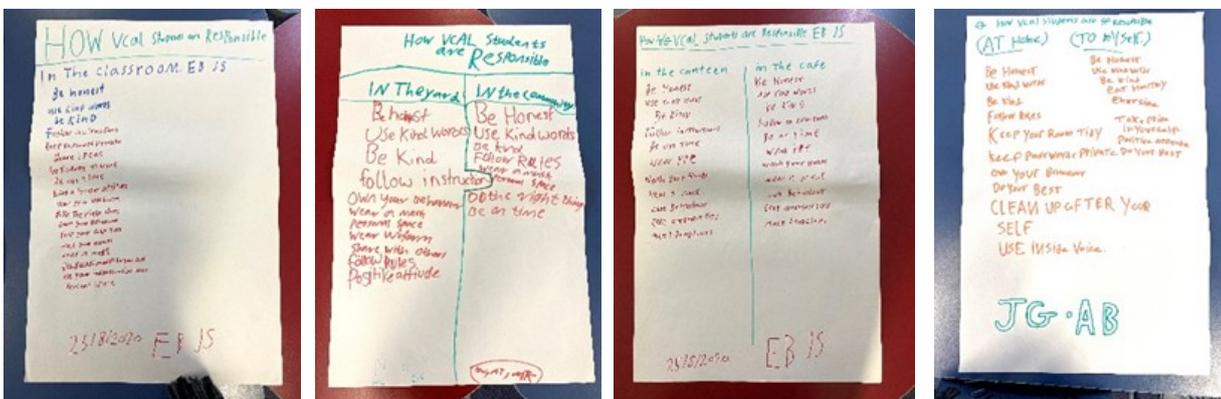
The wellbeing article in this newsletter is on music and its benefits with stress and anxiety. Information on the topic is everywhere on the internet and can be easily sourced. Mentioned on many websites like Anxiety.org the effects of music have been documented by scientists for years, and despite its mysteries, one thing is certain: listening to music activates our entire brains, creating the potential for us to use music to improve the way we think, behave, and feel. 'Listening to music can help relieve stress and anxiety. It may also improve mood and help with one's overall well-being. When the body is stressed, it may feel tense and tight. Listening to music can help facilitate relaxation' (<https://portlandmusictherapy.com>). The online organisation Reach Out highlights the importance of music for young people and goes as far as suggesting parents support their children to have playlists. Using technology and allowing young people to create a playlist on devices is a great way for them to help self-manage stress and anxiety.

Darren Jones

Wellbeing Coordinator

School Wide Positive Behaviour Support

VCAL Students from Rooms 18 and 19 created posters with what they do to show Responsibility across their programs at home and in the community.



Principal Awards

Room 2 - Alexys: for joining all room 17 activities.

Room 2 - Shanelle: for joining all room 17 activities.

Room 3 - Tyrell: for encouraging his friends to do the right thing.

Room 4 - Riley: for sharing his knowledge on pearl farming with staff.

Room 4 - Cosimo: for using fabulous describing words when talking about his drawings.

Room 5 - Milan: for joining the class and staying with the class to complete a task or activity.

Room 5 - Annabel: for initiating a conversation using her AAC device to say what she would like to eat at morning tea.

Room 5 - Kera-Lee: for using her talker to say how people are feeling by reading their body language.

Room 9 - Tobias: for a great job demonstrating the different ways to make the same amount of money.

Room 15 - Charles: for participating in classroom lessons with his peers.

Room 15 - Axel: for independently engaging in a sensory activity.

Room 16 - Koray: for placing the days of the week cards in the correct order and attempting to say them out loud.

Room 16 - Mirage: for following instructions to interact with another student.

Room 17 - Ellara: for joining in Circle Time and Drama with the group.

Room 17 - Isaiah: for working with his friends to do the right thing.

Room 21 - Harley: for reminding the teacher he had work to finish before choice time.

Room 21 - Jasper: for counting money up to \$1 using 5c and 10c coins with minimal verbal prompts.

Awesome effort Jasper!

Room 21 - Emily: for encouraging peers to play a new game and at the end thanking them for playing.

Room 22 - Dale: for showing leadership, by helping others in his class to ensure everyone is successful with their learning.

Room 22 - Ethan: for enthusiastic participation in dance.

Room 22 - Lachlan: for showing leadership through helping others with their reading.

Room 23 - Ethan: for enthusiastic participation in dance.

Room 24 - Tahlia: for getting more work out of the cupboard when she had finished the work prepared for her.

Room 25 - Ashton: for identifying a solution to a problem by talking to someone.

Room 25 - Zack: for identifying and sharing with his peers that he has medication to help him when he is stressed.

Room 25 - Sam: for assisting his friend with creating and designing a PowerPoint for Technology session.

SWPBS Awards

Room 2 - Shanelle: by doing her best writing.

Room 3 - Nate: by packing up in the classroom even though he didn't use the items.

Room 4 - Moses: by being a good role model to younger students in the playground.

Room 4 - Jaxen: by making sure his friends are feeling okay and safe.

Room 5 - Jake: by explaining to the class when we need to keep 1.5m apart for personal space.

Room 5 - Lacie: by being kind by assisting other students when she sees that they need help.

Room 6 - Tai: by assisting a student to his classroom without being asked.

Room 15 - Zehwaya: by following teacher instructions and completing a task.

Room 15 - Spencer: by using his new wheelchair responsibly.

Room 17 - Caleb: by being a responsible leader.

Room 17 - David: for doing his best by correcting his pencil grip while writing.

Room 21 - Ethan: by taking on board teacher feedback and changing a behaviour.

Room 21 - Cheyenne: by wearing her mask at school without prompts.

Room 22 - Hugh: by showing responsibility when using computers by wiping screens to keep people safe.

Room 22 - Cody: for keeping his friends safe by encouraging others to follow class rules when walking from class to gym.

Room 23 - Riley: by being responsible for his learning and work tasks.

Room 23 - Ethan: by being responsible by using staff and students names appropriately.

Room 25 - Brandon: by independently being responsible and using his initiative to clean his table after eating.

← → September 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14 School Council	15	16	17	18 Last day of Term 3	19 Term 3 Holidays	20
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	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

Early Years' News

Early Years' students have continued working on their topic of 'Me and My Family'. Students have branched out beyond their immediate family and have completed activities about their extended family, pets and friends. Room 4 students have made a friendship tree, sharing with each other about what makes a good friend.



Students in Early Years' have also been a great help to all the staff in reminding them to put on their masks and stay a safe distance from each other. Students had a great time taking selfies of themselves with adults across the school wearing their masks.

Primary Years' News

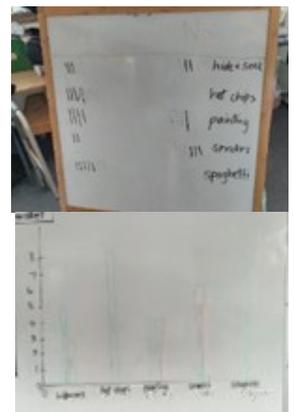
Students in room 13 have been enjoying music with Catherine and creating some beautiful artwork for their room.



Secondary Personal Applied Learning News

Room 24 students conducted a survey with 5 questions. The questions were: Do you like to play hide and seek? Do you like to eat hot chips? Do you like painting? Do you like snakes? Do you like spaghetti? They recorded the responses on a graph.

Room 25 students made and decorated their very own fidget spinners that they designed and created using recycled products. Students looked at some of the reasons why fidget toys assist people when they are feeling stressed or anxious.



Room 24 Survey and Graph



Clare with her house



Zane with his sea plane



Ashton ready for a spin



Kaleb's Core Vocabulary on his communication device



Zack with his fidget spinner

Clare and Zane completed their science projects last week and were pleased with the final results. Ashton is ready to go for a spin on the new bike.

Room 21 students have demonstrated positive coping strategies in various hypothetical scenarios when feeling various emotions.

Kaleb from ILS has been working on recognising his Core Vocabulary words using his communication device.

SECONDARY—VCAL News

During the last week the boys in the Woodwork shed have played host to “Wacky the Wombat” as he does a virtual tour of Victoria. Wacky is the mascot of the Blackwood Special Schools Camp and because of the Corona Virus restrictions on camps and excursions, he has been unable to host students at his home in the Wombat State Forrest, near Ballarat.

Tony, the camp manager, is sending Wacky to Special Schools around the state. Photos of his adventures will be posted on the Camps website to highlight his adventures. (His Mildura adventures are already up there.) If you want to have a look, visit the website below.

<https://www.blackwoodssoec.vic.edu.au/>



Last week, some of the senior students presented Mrs. Hale with a belated Principal’s Day present on behalf of the staff and students of the school.



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.

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



Victoria - COVID Updates for School Aged Participants

Virtual Information Sessions

The National Disability Insurance Agency would like to invite Victorian families and carers of school aged children to attend a session about NDIS updates in the current COVID-19 environment.

Topics covered will include:

- NDIS updates regarding COVID-19
- The role of the NDIS and the role of the Department of Education and Training
- Where to go for further information.

To review the content we will cover, please visit www.ndis.gov.au/coronavirus/information-packs.

Two sessions are offered to allow flexibility for attendees. The sessions will be delivered via video-conference using Microsoft Teams, and each session will cover the same content. Details on how to log into the session will be forwarded to attendees two business days prior to the session date. We encourage individual event registrations to ensure each registrant receives the login details.

For any enquiries regarding this session, please contact community.engagement.vic@ndis.gov.au

Where: Virtual Information Sessions via Microsoft Teams

Dates & Times:

- Monday, 31 August 2020 7.00pm – 7.45pm (AEST)
- Tuesday, 1 September 2020 10.30am – 11.15am (AEST)

RSVP: Please register via Eventbrite: <https://www.eventbrite.com.au/e/ndis-covid-updates-for-victorian-school-aged-participants-tickets-117612184209>

Additional information: Accessibility is important to us. If you have any accessibility requirements please let us know when you register. Please note - we need a minimum of five (5) business days' notice to book Auslan interpreters and live captioning services.

