

# MILDURA SPECIALIST SCHOOL

Newsletter No : 3

DATE: 1 MARCH 2018

We value being: **RESPECTFUL** **SAFE** & **RESPONSIBLE**

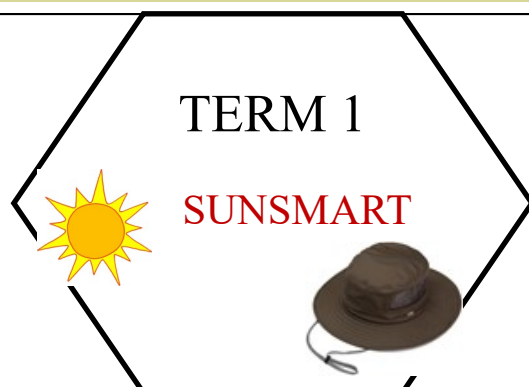
**Child Safe:** Mildura Specialist School is committed to safety and wellbeing of all children and young people and has a zero tolerance for child abuse.



Striving for Independence

## DATES TO REMEMBER

12 March—Labour Day - Public Holiday  
16 March—World's Greatest Shave  
19-23 March—Cultural Diversity Week  
20 March—Harmony Day



## Principal's Report

### Student Support Group Meetings:

Thank you to all Parents and Carers who attended Student Support Group meetings last week to meet teachers and plan priority-learning goals for students. The information shared is extremely useful and helps teachers to know more about students.

### SWPBS:

For the last few weeks, classrooms have concentrated on BE SAFE with explicit learning about being safe at school and in the community. For the next few weeks the focus is on **BE RESPECTFUL**. You can work on this for homework with your child. How to be respectful at home and in the community. This is always a good time to teach students how to wait, how to listen, and how to be polite when communicating with others, how to look after things. You can ask to have a home matrix made to help reinforce the message we are teaching at school.

### Glasses for Kids Program:

This week, students in the Early Years were treated to a visit with Optometrist, Sean Jones. State School Relief funded this program and will supply glasses for those students who need them. Early Years Coordinator, Karen Gardiner, was impressed with both student response and the skills of the Optometrist in working with our young students.

### Lake Cullulleraine:

Preparations are underway for activity days held at Lake Cullulleraine later in the term. Please ensure paper work is returned if your child is participating in this program.

### Alpine Bike Camp:

Students selected for this camp have commenced training for the 100km bike ride. Please ensure all paperwork is returned promptly.

### Cultural Diversity Celebration:

Please keep March 20 free on your calendar. A whole school event will be held after school to celebrate and to show work prepared by students. There will be a number of performers and families are invited to bring along a picnic tea. More details will follow.

Marg Curran

Principal

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## PRINCIPAL'S AWARDS

Congratulations to all award winners this fortnight.



## SWPBS—School Wide Positive Behaviour Support



### Be Safe Awards

## ART & MUSIC AWARDS



Upper Middle Years' students Haider and Sonya received an Art Award this fortnight for their impressive independent work where they displayed focused concentration on completing their own ideas. By remaining at their desks and doing their project both students demonstrated their ability to work safely. Well done.

### 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

The Early Years students have been doing a great job going to have their eyes tested by Sean the Optometrist. There will be a number of students getting glasses to use at school. Most classes have been learning about firemen during the last couple of weeks as part of our My Community topic.



Lower Middle Years' students participated in activities related to the Duke of Edinburgh Compass Awards which encourages students to learn different skills from cooking, science, physical activities and peer reading. Room 8 students are reading to Multisensory students to develop volunteering skills.



Students in Upper Middle Years are learning to touch type in ICT. Throughout the year they will continue to develop these skills so students feel more confident using computers.

Each Thursday this semester, Rooms 23 and 25 will be participating in Food Technology. During these lessons students will learn about food preparation and hygiene.



Room 24 made safety posters to display around the school. These posters were presented at Assembly last week.

Pictured are Sonya and Rebecca with the posters they created and presented.

Hospitality students have been collecting monies, tallying menus and preparing lunch orders in the Canteen. They have also been making coffee using the commercial coffee machine.

Year 10 VCAL students have begun Certificate II in Retail Services with MADEC and will spend one day per week at Richie's Irymple store completing Structured Workplace Learning.



Students making coffee in their new Café Elstead uniforms.

Students completing Certificate II in Kitchen Operations working in teams to tally menus.



The pet food collection for the Sunraysia Pound and SARG will finish this week. We will be organising a delivery next week so if you haven't already done so please send in a can or bag of cat or dog food.

The World's Greatest Shave is scheduled for Friday 16 March. Students with permission notes and \$2 will have the opportunity to have their hair coloured. Mr O'Brien will be having his head shaved and Bob will shave his goatee. More than 8000 tickets have been collected in the first two weeks of Coles Sports for Schools. Classes have been asked to go to the on-line to select sports equipment for the yard and PE sessions. Please keep collecting and encourage family and friends to support us. We have a collection box at both the City and Fifteenth Street stores.

Jump Rope for Heart sponsorship forms were sent home last Friday. The forms and money are due back on Friday 23 March. The classes/sections will have a JUMP OFF during Week 7 where they will invite families in for a demonstration of the skills they have learnt.

Harmony Day. The SRC distributed a survey about Nationalities/Cultures at our school. We have collated the information and each class is working on a presentation for the day. We are inviting families to join us on Tuesday 20 March. There will a Special Assembly and a fabulous evening. Put this date in your diary more information to follow.





## **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.

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### **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.

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### **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**

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### **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.

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### **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.

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## 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

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## Be Healthy Be Active

**HEALTHY KIDS ASSOCIATION WEBSITE:** <https://healthy-kids.com.au/10-great-lunch-box-ideas/>



### 10-day lunch box menu

A few healthy lunch box ideas to inspire parents/carers year-round. Healthy Kids Association always recommend thinking of each lunch box in terms of the five food groups and making sure they're all represented:

**Dairy:** the foods in this group are excellent sources of calcium, which is important for strong, healthy bones. Not many other foods in our diet contain as much calcium as dairy foods.

**Fruit:** fruit provides vitamins, minerals, dietary fibre and many phytonutrients (nutrients naturally present in plants), that help your body stay healthy.

**Grain (cereal) foods:** always choose whole grain and/or high fibre varieties of breads, cereals, rice, pasta, noodles, etc. Refined grain products (such as cakes or biscuits) can be high in added sugar, fat and sodium.

**Lean meats and poultry, fish, eggs, tofu, nuts and seeds:** our body uses the protein we eat to make specialised chemicals such as haemoglobin and adrenalin. Protein also builds, maintains, and repairs the tissues in our body. Muscles and organs (such as your heart) are made of protein.

**Vegetables, legumes and beans:** vegetables should make up a large part of your daily food intake and should be encouraged at every meal (including snack times). They provide vitamins, minerals, dietary fibre and phytonutrients (nutrients naturally present in plants) to help your body stay healthy.

**COMMUNITY NEWS**