

# Belvoir Special School Newsletter



38 Gayview Drive, WODONGA, 3690

**Dear Parents/Carers/Friends,**

It is hard to believe that we are about to enter the last week of what has been a busy Term 3. However, amongst the business of the term, the students have maintained a wonderful attitude towards their work, while engaging in a wide variety of interesting learning experiences, both within and outside the classroom.

**FATHER'S DAY**

It was terrific to host our many Dad's and special people last Friday as part of our Father's Day celebrations within the School.

Thank you to all the dads and special people who took the time to come in and share this wonderful experience. I would also like to thank the school staff for their efforts in ensuring the breakfast ran smoothly.

We hope all families had an enjoyable day on Sunday celebrating or remembering the father figures and special people in their lives.

**WELLBEING WEEK and R U OK? DAY CELEBRATIONS**

This week, staff and students have participated in activities that have been focused around the 2023 R U OK theme of 'Be a mate, it's worth it.'

On Thursday, staff and students wore yellow to help celebrate R U OK Day. It was great to see a sea of yellow across the school. Our week culminated in an entire school assembly. Students were presented with awards for demonstrating our school expectation of 'Be Respectful' Thank you to all the parents and community members who came along to celebrate this important assembly

**A reminder that our term finishes Next Friday the 15th of September at 2:00pm**

R U OK? is calling on all of us to let the people you care about know **you're here, to really hear them.**

By taking the time for an R U OK? conversation and genuinely listening with an open mind, we can all help the people in our world feel supported and connected.

**2023 DATES TO REMEMBER****End of Term Date**

Friday 15th of September 2pm  
Finish. Sports Colour Day, Dress  
in your favourite teams colours.

**Dyson's Buses****PHONE NUMBERS**

**BUS 1:** 0460 935 609

**BUS 2:** 0460 875 492

**BUS 3:** 0460 896 490

**BUS 4:** 0460 869 012



**R U OK? Day** (Thursday 14 September, 2023) is our national day of action dedicated to reminding everyone that any day is the day to ask, 'are you OK?' and support those struggling with life.

Like good friends, some things are just better together. The support of a good mate can help someone feel connected and supported as they navigate life's ups and downs. Got a feeling that someone you know or care about it isn't behaving as they normally would? Perhaps they seem out of sorts? More agitated or withdrawn? Or they're just not themselves. Trust that gut instinct and act on it

By starting a conversation and commenting on the changes you've noticed, you could help that family member, friend or workmate open up. If they say they are not OK, you can follow our conversation steps to show them they're supported and help them find strategies to better manage the load. If they are OK, that person will know you're someone who cares enough to ask.

### GETTING READY TO ASK

Before you can look out for others, you need to look out for yourself. And that's OK. If you're not in the right headspace or you don't think you're the right person to have the conversation, try to think of someone else in their support network who could talk to them.



#### AM I READY?

- Am I in a good headspace?
- Am I willing to genuinely listen?
- Can I give as much time as needed?



#### AM I PREPARED?

- Do I understand that if I ask how someone's going, the answer could be: "No, I'm not"?
- Do I understand that I can't 'fix' someone's problems?
- Do I accept that they might not be ready to talk? Or they might not want to talk to me?



#### PICKED MY MOMENT?

- Have I chosen somewhere relatively private and comfy?
- Have I figured out a time that will be good for them to chat?
- Have I made sure I have enough time to chat properly?



#### 1. Ask



#### 2. Listen



#### 3. Encourage action



#### 4. Check in

Find tips at [ruok.org.au](https://ruok.org.au)

## Useful contacts for someone who's not OK

If your life is in danger or you're concerned for your own or someone else's safety please call 000.

You can find support by contacting your local doctor or one of these crisis lines available 24/7.

#### Lifeline

13 11 14

[lifeline.org.au](https://lifeline.org.au)

#### Beyond Blue

1300 224 636

[beyondblue.org.au](https://beyondblue.org.au)

#### Suicide Call Back Service

1300 659 467

[suicidecallbackservice.org.au](https://suicidecallbackservice.org.au)

#### Mensline

1300 789 978

[mensline.org.au](https://mensline.org.au)





# ROOM 3 NEWS

Mel, Georgia, Alicia and Molly



We have had a busy Term 3, with some of our highlights being our Book Week Parade, exploring what school, lifestyles and transport looked like in the past in our Learn to Play sessions each Thursday and exploring different types of sensory play.

We have been exploring digital texts and creating our own writing in digital form on Book Creator based on our interests in Room 3 and with some help with the typing. The children have had lots of fun finding pictures on Google which we add to their text. We have also been working on our letters and their sounds through repetition and songs. We have also been practising our pencil grip and fine motor skills during handwriting activities.

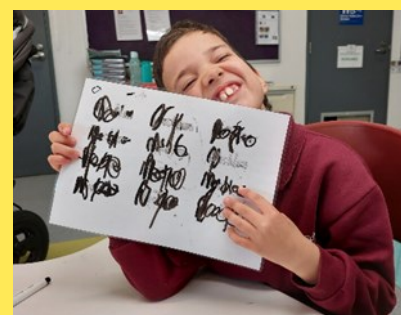
Ollie has been enjoying his floor time activities, water play in a tub, time in his standing frame and using his eye gaze device to play games and music, which has entertained his peers in Room 3!

We recently celebrated Giuseppe's birthday – happy birthday, we hope you had a great day Giuseppe!

We are looking forward to a special Teddy Bear's Picnic in Yellow Pod next Wednesday, so please bring along your favourite teddy friend for lots of fun!

We have two weeks left till the end of term, and we are all looking forward to the holidays!

Mel, Georgia, Alicia and Molly





Dear Parent/Caregiver,

Your child has been offered an opportunity to attend this year's Special Children's Christmas Party. The party is for children only with Special Needs, where they can enjoy just being a 'kid' again, there will be lots of rides, face painting, activities, a 3-hour stage show, yummy food, presents and Santa of course! all provided completely free!

This year's party is being held at:

**The Wodonga Sport & Leisure Centre  
Saturday 18<sup>th</sup> November 2023  
10am – 1pm**

If you are interested in your child attending this year's Party, please send this form back to your school or organisation that informed you about the Party. Your School or Organisation will then get in touch with the organisers of the Christmas Party to register your interest and perhaps you might be lucky to receive an invitation!

If you have any further questions about the event, you may view our webpage at [www.sccpau.com.au/faqparents](http://www.sccpau.com.au/faqparents) There you will find a list of commonly asked questions.

Remember, this is only a request for an invitation, not a guarantee that you will receive one. Each year, we have over 3,000 requests for children to attend and it's not possible to accommodate that many children with Special Needs.

This form needs to be back to your school or organisation before 9<sup>th</sup> September 2023.

☐

Yes, I would like to register my interest for my child to attend.

Child's Name: .....

Age: ..... (must be under 12 years)

Gender: .....

(Although most gifts are gender neutral, this will allow us to match up a gift with the gender identified).





# ROOM 16 NEWS

Danae, Lucy, Amanda and Darren



Room 16 have been very busy this term. During maths student have been focusing on learning to tell the time on both digital and analogue clocks and have recently moved onto learning about location. During literacy students have focused on punctuation and enjoyed exploring and writing a variety of poems such as limerick, Haiku and acrostic. Students have also enjoyed our outings to the Albury Library Museum, MAMA, Hyphen and our recent trip to the Yindyamarra Sculpture Walk as part of our Indigenous Australians term topic.





**Are you a school leaver with a NDIS plan?  
Unsure what your options are? Come and  
meet with Omnia Inclusive Employment  
Solutions, and explore your options for study,  
work, social and independence!**

Are you looking for opportunities to try new experiences? Want to establish stronger community connections or develop independent living skills and find employment...Omnia can assist.

We offer School Leavers Employment Supports, where step by step, we help young school leavers enhance their skills and confidence and support the journey to employment, further education or greater independence. We offer a free sample day, where you can come along and trial a day with Omnia.

Interested

Call Nicki Lihou on 0409146295 or

Send an email to [nicki.lihou@omnia-inclusive.com.au](mailto:nicki.lihou@omnia-inclusive.com.au)





# P.E News

## Todd



This term in our PE classes, we've been on an incredible journey towards fitness and fun throughout the whole school! Our students have been breaking a sweat, building strength, and grooving to the beat.

**Fitness** - We started with baseline testing to gauge our fitness levels, and then our fitness circuits kicked into high gear. It's been amazing to see our students becoming stronger, more confident, and healthier with each lesson.

**Dance Fever:** The Lu projector and disco lights have transformed our gym into a dance party destination! Our students have been exploring their creative side through free dancing, where rhythm and self-expression collide.

**Active Play:** But that's not all! Active games have been a blast. We've been encouraging kids to get moving while having a ton of fun. It's all about fostering a love for staying active and fit.



# Strengthening Children and Teens Against Anxiety – Free Online Parent Session

**When:** Tuesday 10th October 2023, 6:30pm to 8pm (approximately)

**Where:** Online

**Cost:** Free

Seats are limited. This session will not be recorded. To register, please head to: <https://www.eventbrite.com.au/e/strengthening-children-and-teens-against-anxiety-online-tickets-698733920967>

Anxiety is a very normal part of being human, but for as many as one in five children it can reach intrusive levels, interfering with family life, friendships and school performance. This transformational session will provide parents and carers with the essential information and powerful, practical strategies to help their children and teens thrive through anxiety, whether it's everyday levels of anxiety or more intrusive. As part of this presentation, we will explore:

- A new, empowering way to understand anxiety.
- Common ways loving, committed parents might unintentionally fuel anxiety, and what to do instead.
- What to do when anxiety hits.
- Proven ways to calm and strengthen an anxious brain.
- How to build courage and resilience.
- Why anxiety might look like anger or tantrums, and what to do.
- Anxiety during adolescence – how social media, friendships, and the changes in the adolescent brain might contribute to anxiety, and what parents can do.

## ***About Karen: Impelling and relatable!***

Karen Young translates the neuroscience of anxiety and everyday life into meaningful advice for all ages.

Karen founded the popular website, Hey Sigmund, attracting millions of readers each year worldwide and is author of the bestselling Hey Warrior book for young people with anxiety. Her articles have been translated into a numerous languages and her work has been published on internationally on The Huffington Post, The Good Men Project, The Mighty, and Yahoo Health. She is a regular contributor to Parenting Magazine in New Zealand, and can often be heard on ABC radio and TV programs such as The Project. She is a sought-after international speaker to sold out events from New York to Newcastle. She has authored three books for kids and parents to help them understand anxiety and find their 'brave'. Karen has two children and two stepchildren and lives in Australia. Experience has taught her that people can do amazing things with the right information, psychology has something for everyone, jargon doesn't, everyone has a story to tell, short bios are the longest to write, nobody has it all figured out and the best people to be around are the ones who already know this.





# ROOM 10 NEWS

Jo C, Jo A and Dylan



It's been an action-packed Term 3 with lots of fun whole school activities to enjoy! Room 10 really enjoyed the Book Week parade as well as the RUOK Day activities. With some beautiful days starting to appear more regularly, we have really enjoyed being able to get outdoors to stretch our legs between learning tasks. The students in Room 10 have shown some great technology skills, they have created Word documents and PowerPoints during Literacy sessions and really engaged in practising their phonics skills using Nessy. We have loved seeing happy faces enjoying all that school has to offer!







# ROOM 17 NEWS

Jo F, Nina, Prajna and Steph



Room 17 have had a busy and productive Term 3!

In literacy we have been looking at informative narratives with a focus on Indigenous dreamtime stories and learning about different types of poetry, which students have enjoyed exploring and writing. We have also worked hard on phonics and punctuation; including, blending sounds together to 'crack the code', creating new words and making sentences.

In Mathematics, students showed great interest in using directional language to follow and give directions, complete obstacle courses, and make tangram images, during our topic of location and transformation. Room 17 students have been learning about Place Value and representing numbers in multiple different ways by using objects and MAB blocks.

During our Term Topic 'Indigenous Australia', we have investigated traditional clothing, hunting methods, and dreamtime stories. This has tied in perfectly with our outings, which have included seeing the Possum Skin Cloak at the Albury Library Museum and the Yindyamarra sculpture walk. Other outings have included visiting the Murray Art Museum Albury and Hyphen Art Gallery. It was also fun to dress up in yellow for R U Okay Day and get involved in some special activities throughout the week. We will wrap up with an end of year celebration at Wodonga tenpin bowling.







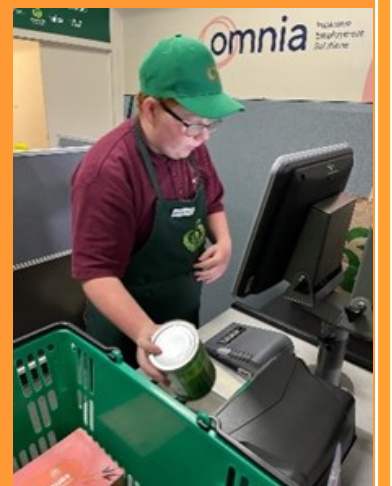
# Room 20 News

Luke, Graham, Jessica T and Mick



## *Life Skills & Work Skills Showcase*

Up in Orange Pod (Years 10-12) we have five classrooms; two of them aim to complete the Victorian Pathways Certificate and the other three complete an Individual Pathways Program (IPP). In Room 20 we encourage our IPPs students to prepare for life after school through subjects, excursions, and external programs. In our Life Skills subject we use the fully-equipped Life Skills House at Belvoir to practice tasks they would use at home or when living independently. This ranges from using a mop to setting a table. We also learn many practical skills when we cook and clean in the Industrial Kitchen for the school's weekly staff café. We have had a few excursions that have linked into post-school options, including: trialling the mock supermarket at Omnia Inclusive Employment, visiting the Hands-on Career Expo at Winton, and taking a tour of Wodonga TAFE. Also, three of our students are on a flexible schedule so that they can engage in programs outside of school. Two of them work at Merriwa Industries one day a week, and one participates in the hands-on 'Boys to the Bush' program.



# Holiday Ideas

As we are FAST approaching the school holidays the wellbeing team would like to provide some helpful information to assist families over this period.

That are free or low cost

## **[Holidays @ Hyphen] LEGO Free Play:**

Friday the 18th of September

Time: 11:00 AM - 3:00 PM

Location: Hyphen (Wodonga Library)

Cost: Free

Ages: Recommended for families with children aged 5 to 12 years.

Enquiries: 02 6022 9330 or [hyphen@wodonga.vic.gov.au](mailto:hyphen@wodonga.vic.gov.au)

## **[Holidays @ Hyphen] Juggle Workshop:**

Wednesday the 20<sup>th</sup> September

Time: 11:00 AM - 12:00 PM

Location: Hyphen - Community Studio

Cost: Free

Ages: 8 to 12 years

Enquiries:

02 6022 9330 or [hyphen@wodonga.vic.gov.au](mailto:hyphen@wodonga.vic.gov.au)

## **[Holidays @ Hyphen] Anime Club**

Friday the 15<sup>th</sup> September

Time: 4:00 PM - 5:00 PM

Location: Hyphen Library

Cost: Free

Ages: 13 to 18 years

Enquiries:

02 6022 9330 or [hyphen@wodonga.vic.gov.au](mailto:hyphen@wodonga.vic.gov.au)

## **[Holidays @ Hyphen] Movie Matinee: Lego Batman Movie**

Monday the 25<sup>th</sup> September

Time: 2:00 PM

Location: Community Studio

Cost: Free

Ages: Rated PG

Enquiries:

02 6022 9330 or [hyphen@wodonga.vic.gov.au](mailto:hyphen@wodonga.vic.gov.au)

## **[Lavington Library] – Glamorous Stones**

Friday the 6<sup>th</sup> October

Time: 2.30 PM - 3.30 PM

Where: Lavington Library

Cost: Free

Ages: 5+

The Mik Maks

**Thursday the 28<sup>th</sup> September**

**Time: 11:00 AM - 12:00 PM**

**Kids rockers and YouTube sensations The Mik Maks are coming to SS&A! Bring the little ones for this fantastic FREE event full of music & fun**

The Mik Mak show is perfect for children aged 2-8 and is enjoyed by both the young and young at heart. Having amassed an incredible 5.7 BILLION YouTube views around the world, you simply can't miss this rare opportunity to see one of Australia's best kids musical acts right here in Albury. <https://www.eventbrite.com.au/e/the-mik-maks-tickets-677194425757?aff=ebdssbdestsearch>



***The event will have limited capacity so secure your spot by booking below before it's too late! Tickets are required for entry - but they are FREE***



# Holiday Ideas

As we are FAST approaching the school holidays the wellbeing team would like to provide some helpful information to assist families over this period.

That are free or low cost

## **Bunnings – Wodonga Store**

Various Spring workshops

Free

All ages

<https://www.bunnings.com.au/services/in-store/diy-workshops>

## **Dysons Bus Timetable**

To help with transport please see below bus timetable:

[https://www.dysongroup.com.au/sites/default/files/Dysons\\_Bus\\_Lines\\_Timetable.pdf](https://www.dysongroup.com.au/sites/default/files/Dysons_Bus_Lines_Timetable.pdf)

## **North East Skate Series – Baranduda**

Scoot, skate or ride! It's Baranduda's time to shine.

Come along to see our best riders and skaters compete for prizes. Entries are welcome and all abilities are catered for.

The North East Skate Park Series is an all-ages youth skate, BMX and scooter competition and music event which will be held at skate parks across the northeast of Victoria.

**10:30am:** Registration and warm up

**11am:** Competition start time

Enjoy barbecues, music, and tons of giveaways.

Audience: all ages

Cost: Free

Location: Baranduda Skate Park

Enquiries:

[youth@wodonga.vic.gov.au](mailto:youth@wodonga.vic.gov.au)

## **The Cube:**

Link to paid events held at The Cube

[Wodonga Council — What's On](#)

## **Albury Entertainment Centre:**

Link to upcoming and paid events at the Albury entertainment centre.

[Albury Entertainment Centre](#)

# BELEZA ONLINE SALE



## 15% OFF

BELEZA BRANDED PRODUCTS ONLY

1ST - 15TH OF SEPTEMBER

<https://beleza.com.au/online-store/>

ONLINE ONLY EXCLUSIVE FROM 1/09/2023 TO 15/09/2023 11:59PM AEST  
DISCOUNT OFF RRP | NO FURTHER DISCOUNTS APPLY



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with an expert  
plan manager.

In your session we'll:

- help you understand the funding in your NDIS plan
- explain the different budget categories
- discuss the kinds of supports you can use
- share tips and tricks about how the NDIS works.

It doesn't matter if you're self-managed, NDIA-managed or with another plan manager.

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& disability-related  
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TOURING VICTORIA SEPTEMBER 2023

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# 3 HAPPY TRICKS

**THE CUBE**  
**20 SEPTEMBER**  
**Wodonga**



TICKETS AT [LIVENATION.COM.AU](https://www.livenation.com.au)

**LIVE NATION**



# Download our school app for free!



- Instant news notifications
- Online absentee forms
- Events and reminders



## Download instructions:

1. Go to the App Store and download "School Stream" to your phone.

2. Open the app and type the school's name into the search bar to load the school's profile.

3. Make sure you agree to Push Notifications when prompted.