

Belvoir Special School Newsletter



38 Gayview Drive, WODONGA, 3690

Dear Parents/Carers/Friends,

As the term comes to an end, I would like to thank all the students for the way they have gone about their learning. It has been a busy term and staff and students are looking forward to the break. I hope everyone can find time to relax over the holidays and recover from any lingering illnesses. To those families travelling, I wish you safe travels and look forward to hearing the many stories next term. Wishing everyone a great two-week break. Keep safe.

Term 4 starts again Monday the 2nd of October. Staffing

This week we farewell Sam Hopper who supports our hands on active learning program. Sam has worked at the school over the last twelve months, and we wish him well on his new adventure. Phoebe will be supporting this program in Term 4.

We welcome back Lara who has returned from family leave. Lara will be working with Penny S as the Room 5 classroom teacher. At Belvoir Special we are incredibly fortunate to have such hard working and dedicated staff who are committed to providing a happy, stimulating, caring and secure learning environment to suit each of our individual students' needs. I would therefore like to take this opportunity to thank them for all that they have done this term in pursuit of the very best outcomes for your children.

On the next page you will find attached the invitation for our Mystery Bus Trip on the 14th October, this is a once a year function where we raise funds for different groups, this year we have decided to raise funds for Belvoir School to help repair and upgrade their bike ed track...

We would be extremely pleased if you could come and join us to help raise some very needed funds. Please feel free to reach out to me or our Secretary Reschenda Moran to book your seat on the Bus.

Lots of fun to be had by all.

2023 DATES TO REMEMBER

START OF TERM 4 DATES:

11th October—School photos

16th—20th October Dental Health

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

Belvoir Bus: 0431 756 813

CALLING ALL GUYS & GIRLS!



communitycrew@albury/wodonga

BUS TOUR

SATURDAY 14 OCTOBER
9.30AM

Join us on our infamous mystery bus trip !
\$75 a head with a tipple at each pub, lunch
plus awesome fun all included in your ticket!

BOOK NOW

\$75 per head

M 0447 550 058

communitycrewalbury@gmail.com





ROOM 10 NEWS

Paul, Gail, Imogen and Phoebe



We've all had such an amazing time in Room 11 during term 3 this year! And with the weather warming up, our community access outing to Oddies Creek playground last week couldn't have come at a better time. The entire class was eager to head over the causeway and run and play and climb and explore. Building our social skills with one another, becoming aware of how our body's feel when running around and playing and trying new things or new equipment, were the ingredients used to make the day a success for the students. It was a perfect way to cap off what has been an amazing term and everyone is now looking very forward to recharging and getting ready to have some more fun and hopefully some more successful outings in term 4!



Mother Goose

Interacting with your baby

The Parent-Child Mother Goose program provides a group experience for parents and young children under the age of 2 years.



The program promotes parent-child relationships through the fun of song, rhyme and story. You will learn ways to:

- help your child settle
- help their language development
- grow and support your relationship with your child
- connect with your child.

Location	Date and Time	Cost
Gateway Health 155 High Street Wodonga	Wednesdays In School Terms 10.30am - 11.30am	This is a free program

To Register

Scan the QR Code or click [here](#)
Register any time during the term



For further information contact parenting team on 0457 279 796



Bookings are essential

gatewayhealth.org.au

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Please note this information applies to Term 4 2023.

LAST DAY

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

LAST DAY



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 18th 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 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 9th 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 21 News

Scott, Bron and Jonathan



Last Thursday, our year 11 and 12 students travelled to Wodonga TAFE for the annual Come and Try Day. Upon arrival, our students were greeted by staff that teach the Certificate 1 and 2 Transition Education and Work Education courses. There were also a group of current third year students, some being past Belvoir students, who greeted us and helped us throughout the visit.

Each Belvoir student was able to choose one activity to complete. The options were Art, Baking and Childcare. After completing the chosen activities, students were treated to a delicious lunch provided by the hospitality students at TAFE. We were offered a variety of sandwiches, wraps, party pies, sausage rolls and quiches which were very tasty!

This visit provided students with options for further study in 2024 to assist them in furthering their skills and transitioning into the work environment. A great time was had by all!



Parenting Trans and Gender Diverse Kids and Teens

This program supports parents of transgender and gender-diverse children and teenagers to be able to parent with confidence and understanding.



The program covers:

- exploring the unique challenges and opportunities that parents of transgender and gender-diverse children face
- understanding your child's experience
- supporting your child on their gender journey and nurturing resilience
- tackling tricky conversations
- understanding how stress and stigma impact your child
- learning how to support siblings and other family members.

Location	Date and Time	Cost
Gateway Health 155 High Street, Wodonga	Mondays 9th October - 27th November 11am - 1pm	This is a free program

To Register

Scan the QR Code or click [here](#)
RSVP by Friday 6th October



For further information contact parenting team on 0457 279 796



Bookings are essential

gatewayhealth.org.au

Please note this information applies to Term 4 2023.

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health**
People living well



ROOM 18 NEWS

Elissa, Katrina and Sue



This week, Room 18 along with the other Purple Pod classes went bowling as an end of term celebration outing. We had lots of fun while also practising our turn taking, moving our bodies and showing good sportsmanship. We've had a great Term 3, and are looking forward to a nice rest over the holidays before a very busy Term 4!

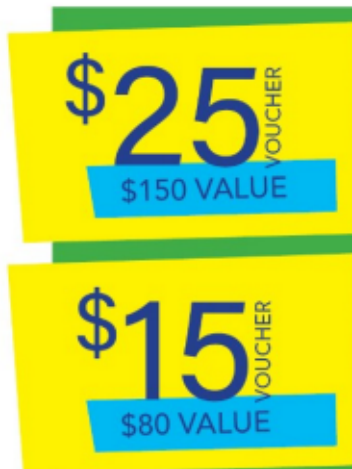


ALBURY WODONGA REGIONAL FoodShare

The holidays are upon us and for many that will mean the pantry will more often be open feeding hungry people at home. Many families are finding it harder and harder to be able to afford and access food.

FoodShare's Community Pantry service supports members of the community experiencing financial hardship by providing:

- fresh fruit and vegetables
- protein and dairy products
- pantry staples
- frozen pre-prepared meals
- some household items
- dog and cat food for pet owners.



Value varies based on items chosen.

How to access the supermarket:

If you or your family are struggling to put food on the table but you have funds available to cover the cost of a voucher, the agencies listed below are facilitating access to FoodShare vouchers.

1. You will need to buy a \$25 or a \$15 voucher from one of the below locations
2. Take the voucher to redeem it for food and supplies at **81 Wigg Street—FoodShare supermarket.** ▼ (map below)

Vouchers are available from:

- **The Personnel Group-** 1/539 Kiewa Street, Albury (Phone 02 6041 1577)- 318 Urana Road, Lavington (Phone 02 6041 1577)- 115 Hume Street, Wodonga (Phone 02 6056 1833) ▼ (map below)
- **Hyphen - Wodonga Library Gallery** ▼ (map below)
- **Vincent de Paul - Wodonga-** Call 02 6024 3493 and leave a message for a call back
- **VACCA** (Victorian Aboriginal Child Care Association)- Suite 3 27-29 Faithfull Street, Wangaratta (Phone 03 5756 9000)
- **Mind Australia** (Phone 1300 375 330)
- **Glenecho Neighbourhood Centre-** 949 Burrows Rd, Glenroy NSW

There are also agencies in our region that can fund a voucher for you if you need extra support. This includes St. Vincent de Paul – Wodonga and VACCA.





**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....Omina 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 Omina.

Interested

Call Nicki Lihou on 0409146295 or

Send an email to nicki.lihou@omnia-inclusive.com.au

Tuning in to Kids - Emotion coaching

For parents and carers of children aged between 2 and 10 years

This six-week program aims to help parents and carers understand their child's experience and connect with and support their child.

This program will look at:

- managing meltdowns
- tuning in to your children's emotions to help manage behavior
- emotion coaching – helping children to understand and regulate their emotions
- problem solving and self-care
- the different styles of parenting.

Location Gateway Health, 155 High Street, Wodonga

Date Tuesdays from 24th October to 28th November

Time 10am to 12pm

Cost This is a free program

To Register

Scan the QR Code or click [here](#) to rsvp by Monday 23 October.



For further information contact parenting team on 0457 279 796

Bookings are essential

gatewayhealth.org.au

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health**
People living well

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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.

FREEZA & FRIENDS PRESENTS



YOUTH LEADING WODONGA

PLANTATHON

MUSIC. GAMES. FREE BBQ. ECO POP QUIZZES. PRIZES.

 **10.00AM-12.30PM**
THU 28 SEP 2023

RSVP BY 26/9/23
EVENTS.HUMANITIX.COM/PLANTATHON
OR USE QR CODE



GATEWAY LAKES, WODONGA
FREE BUS FROM WODONGA COUNCIL

AGES 12-25 YRS

THE YOUTH LEADING WODONGA PROJECT IS COORDINATED BY WODONGA URBAN LANDCARE NETWORK, SUPPORTED BY WODONGA COUNCIL AND THE FREEZA AND FRIENDS GROUP, JOINTLY FUNDED THROUGH THE VICTORIAN GOVERNMENT ENVIRONMENTAL VOLUNTEERING NEW GROWTH PROJECT AND THE AUSTRALIAN GOVERNMENT'S MURRAY-DARLING HEALTHY RIVERS PROGRAM.



Australian Government
Department of Climate Change, Energy,
the Environment and Water



Energy,
Environment
and Climate Action



ENQUIRIES: 0468 320 647
G4W@WODONGALANDCARE.ORG.AU



Community Access Activities

Site:	Albury	Month:	September / October
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Date: Thursday 28th September

Activity: picnic at the park



Brief description

of activity: we walk as a group to Murray Magpies' sports ground and play some games and have a picnic lunch.

Times and

meeting place: meet at Omnia office at 9:30am

What to bring: \$5 for lunch

Date: Friday 29th September

Activity: Disco Day



Brief description

of activity: disco day in the office.

Times and

meeting place: meet at Omnia office at 9:30am

What to bring: bring your own

Date: Thursday 5th October

Activity: Arts and craft day



Brief description

of activity:

Times and

meeting place: meet at Omnia office at 9:30am

What to bring: bring your own lunch

Date: Friday 6th October

Activity: minute to win it



Brief description

of activity: the group will be divided into teams and will have to complete challenges in one minute.

Times and

meeting place: meet at Omnia office at 9:30am

What to bring: bring your own lunch

Important Note: Some activities are subject to change due to weather or issues out of Omnia Inclusive control. Where possible, staff will inform all participants of any changes prior to the activity.

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: [Holidays @ Hyphen] Anime Club

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

Friday the 15th 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

[Holidays @ Hyphen] Juggle Workshop:

Wednesday the 20th September

Time: 11:00 AM – 12:00 PM

Location: Hyphen - Community Studio

Cost: Free

Ages: 8 to 12 years

Enquiries:

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

phen@wodonga.vic.gov.au

[Holidays @ Hyphen] Movie Matinee: Lego Batman Movie

Monday the 25th September

Time: 2:00 PM

Location: Community Studio

Cost: Free

Ages: Rated PG

Enquiries:

02 6022 9330 or hyphen@wodonga.vic.gov.au

[Lavington Library] – Glamorous Stones

Friday the 6th October

Time: 2.30 PM - 3.30 PM

Where: Lavington Library

Cost: Free

Ages: 5+

The Mik Maks

Thursday the 28th 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

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

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](#)

Need help to make sense of your NDIS Plan?

Let us help!

Call to book your
**FREE Understand
Your Plan Session**
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.

Call to make your
booking today.

We also have a huge
library of NDIS news
& disability-related
stories, PLUS the
NDIS ebook series!



Leap in!

Call **1300 05 78 78**

KIDS SHOWS WITH MARTIN HEPPELL
TOURING VICTORIA SEPTEMBER 2023

THE

**RESILIENCE
PROJECT**™

3 HAPPY TRICKS

THE CUBE
20 SEPTEMBER
Wodonga



TICKETS AT [LIVENATION.COM.AU](https://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.