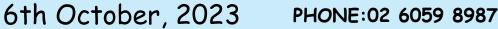
### Issue 30



### **Belvoir Special School Newsletter**



38 Gayview Drive, WODONGA, 3690

### Dear Parents/Carers/Friends, Welcome Back

Welcome back to all families following the holidays. It was great to see all staff and students back on deck following the holidays and the rain that we have had over the last couple of days has certainly freshened up the grounds and is making the grass grow.

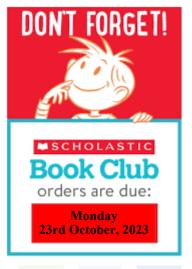
### Transition

The school will begin the transition program for 2024 shortly. There will be a number of students who will transition from the school to other schools and a number of others outside Belvoir will come in during the term for transition visits.

Our formal transition program will take place in early November for our Foundation students and any new students to the school. Our whole school transition morning sessions will be held on Tuesday the 21<sup>st</sup> and 29th of November. Individual transition programs will be organised for those students moving from the school and these will commence once schools are ready to go ahead.

### Hats

A reminder to all families that every student needs to be wearing a SunSmart hat during fourth term when they are out in the yard or out of the school. Hats need to be either the bucket style or broad brimmed. Caps are not accepted as a SunSmart hat and while students do wear these to school, they need to have a hat to wear once they are here.



### 2023 DATES TO REMEMBER 11TH OCTOBER-SCHOOL PHOTOS Year 7 & 10 Immunisations 9th October 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 Participate in the exciting sport of Softball Ages 8 & Up

No equipment needed Every Thursday Starting September 7th 4:30pm-5:30pm Gayview Park, Serpentine Ave, Wodonga.

ecome

mior

Contact: Tracey Chadwick - 0407592722

### Find us on Facebook

https://www.facebook.com/wodongasoftball



### Lifestyle and Learning Program (Day Services)

#### School Leavers Information Session

- Where: 53 Hoffmann Road, Thurgoona
- When: Wednesday 18th October 2023
- Time: 4.30pm 6.30pm
- Are you undecided what you are going to do next year when you leave school?
- Are you looking at developing your Independent Living Skills or maybe your Literacy and Numeracy skills?
- Are you interested in Volunteering or Woodwork?
- Do you love being creative in Drama, Arts or Dancing?
- What about participating in community social outings?
- Are you looking to develop friendships?
- If you answered yes to any of the above then we would love you to pop into our information session.

### We have many other interesting and exciting options on offer.

Staff will be on hand demonstrating some of the activities undertaken at Hoffmann Rd while the Lifestyle and Learning Team Leaders and the Customer Service team will be there to answer any of your questions as you wander through the complex at your own pace.

### Contact us below:

If you are unable to attend the information session but would still like to visit Hoffmann Rd or would like more information please

Call: Liz Quinn on 0407203202 or Narelle Bagley on 0402 166 955 Email: Customer Service at CustomerService@aspiress.com.au



### **ROOM 12 NEWS** Tonia, Christin and Alex



Room 12 have settled back into school routines for their last term of the year. This term in literacy we are focusing on the structure of an interesting sentence and working on phonics awareness. In numeracy we will focus on location and direction, shape, and multiplication/division. For term topic we are looking at Town planning and what it involves. The students are looking forward to creating their own buildings and presenting them to other Green Pod classes at the end of the term. We look forward to another great Semester Room 12.



# **Belvoir Special School's**

OP SHOP

# We are seiling second hond school Uhlforms!

Starting WEEK Z

Friday

### On Tuestay at 2 Pm - 3Pm and Friday at gam-10am

at the Life Skills House next to the Front gate

please donate your outgrown uniforms to the office.



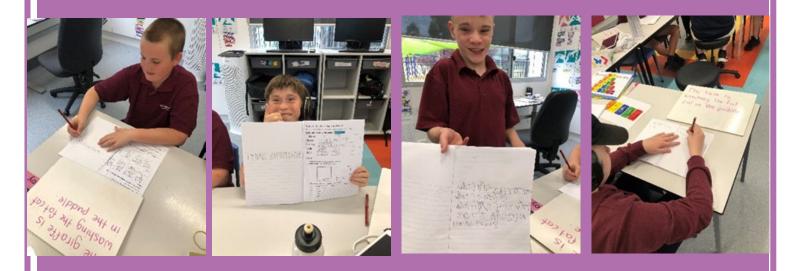
**ROOM 13 NEWS** 

Josh, Michaeli and Phoebe



Room 13 is feeling rested after the school holidays. Hot weather today. In maths, we are working on money. We are learning all kinds of cents. Room 13 is been working hard in maths. The classroom get class cash do the work. At lunch time we been playing football and jumping on trampoline. And after lunch we have BTN. Above written and typed independently by David and Fergus using speech-to-text

Room 13 has enjoyed a fun first week back despite the wild weather! We have started our new topics in each learning area, with a focus on using software in writing to write descriptive sentences. These sentences have followed the 5W's structure which we also learnt this week. We had lots of funny sentences with some interesting who, what, when, where and why's. The class has been enjoying learning how to use alternative writing tools such as keyboards and speech-to-text to support their writing.



In maths we have been learning about the value of Australian notes and coins and have been learning strategies to count collections of coins. We have been using coins to pay for items as well as writing some very expensive Christmas wish lists. We had to find the total cost of our wish list, Ryder managed to spend \$9 billion dollars with plans to buy the entire WWE, the LA Lakers enterprise and Arsenal FC.

Our Term Topic for Term 4 is STEAM, the class is very keen to get into some hands-on Science and Technology activities. This week we experimented with building blocks and were challenged to build the tallest tower out of blocks, cups or cards.



Inclusive Employment Solutions

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

# Pie Drive Foundation

Orange pod Pie Drive fundraiser

Yesterday, all students should have brought home a pit drive order form. These pies are delicious and made by Thurgoona Bakery, many of you will know it's the same company that makes them every year.

All orders are due in by Thursday 12th October with pick up from school being Thursday 26th October.

All funds raised will go back into programs run at school.

Please return order forms and money to the front office by Thursday 12th October as no late orders will be able to be accepted.



			Total COST									
Contact Number:	0	Plain Pies (Pack of 6 Reg)	\$30.00									With Order
		slok of 6016	\$28.00									Due
		Chicken Pie										(To School) Amount
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		Polato Pie	5									
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		Sleak & Onion	14.50									Direct Pa
		Winshroom Steak &	\$14.50									Cash /
		Kidney Sleak &	\$14									Please Pay By
		Cheese Sleak &	\$14.50									
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Belvoir Special School	cari,	əldd <sub>V</sub>	\$1									
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Belvo			Customer Name							Total Pies	Ordered	

Thursday 12th October 2023 Please Return By the Following Date

- Please pick up by; Thursday 26th October 2023

Thank You For Supporting Belvoir Special School

Please return order by the dates below

Belvoir Special School - PIE DRIVE



### Room 22 News Jake and Mel

Throughout term 3, orange pod students worked hard in the kitchen running a staff café and the school canteen. They have been advertising, collecting orders, counting money, buying ingredients, cooking and preparing the food, and delivering it to the correct people. So, we thought it was time to be on the other side of hospitality for once with a visit to Pepper's restaurant at Wodonga Senior Secondary College. The students were treated to a drink, a main meal and a dessert. We were greeted by staff and students from WSSC and got seated at our tables with our pre-ordered meals getting cooked as we arrived. This ongoing project has continued into term 4. Our time working with the Wodonga Mens Shed has finished for the year. We thanked them with some homemade biscuits and a nice speech from Josh, one of our vice captains. In the two terms the students restored 2 benches by pulling them apart, sanding it all back, painting them with a

weather shield lacquer, then putting them back together. There was also time for some students to make their own project such as a money box, wildlife box and an iPad holder. We are looking forward to a busy term 4. There are exciting times ahead!









### 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: <u>https://www.eventbrite.com.au/e/strengthening-children-and-teens-against-anxiety-online-tickets-698733920967</u>

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.

# Need help to make sense of your NDIS Plan?

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



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 selfmanaged, NDIA-managed or with another plan manager.

Call to make your booking today.

Leap in! Call 1300 05 78 78

# Download our school app for free!



- Online absentee forms
- Events and reminders





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**BLUE BAY SCHOOL** 

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.

### schoolstream

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