

Belvoir Special School Newsletter



38 Gayview Drive, WODONGA, 3690

Dear Parents/Carers/Friends,

Welcome to Week 2 of Term 4. It has been great to see the smiling faces of our students each day as they arrive in the morning eager to learn. Seeing their enthusiasm and their excitement as they enter the school gates reminds us each day of the importance of having a positive mindset.

In the next few weeks, there are a few events that we would like to bring to your attention. Please look at the 2023 Dates to remember list.

We would also like to take this opportunity to congratulate Orange Pod student, Riley Lennox. This week Riley has been involved in the AFL Inclusion Carnival in Brisbane. He was part of the Victorian Country team. His team won the Division Two, Grand final in scintillating fashion. Well done Riley



2023 DATES TO REMEMBER

Dental Health—16th—20th Oct

Green Pod Camp—17th Oct &
24th Oct & 2nd-3rd Nov

Pie Drive Collection —26th Oct

Fancy Lah De Dah Day Dress up
day —7th November

Orange Pod Camp 8th-10th Nov

Staff Professional Practice Day
(Student Free Day)- 23rd Nov

Wodonga Cup 24th November
(Public Holiday in Wodonga)

YR12 Graduation—Wed 29th of
Nov

School Concert 1st Dec 10:30 -
2:20

Last Day of School Year for
Students 19th of December

Staff Development Day—20th
Dec

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

**DRAWN ON
8TH
DEC 2023**



Belvoir Christmas Raffle

Belvoir Special School would like to ask for your help in organising and contributing items to be used as prizes for our 2023 Christmas Raffle. Contributions of vouchers or products will be much appreciated.

Please contact Belvoir School if you have any ideas, connections or leads that may help our school to gather items for our famous Christmas Raffle.



ROOM 1 NEWS

Cas, Madi & Marnie

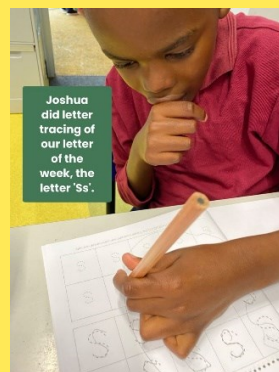
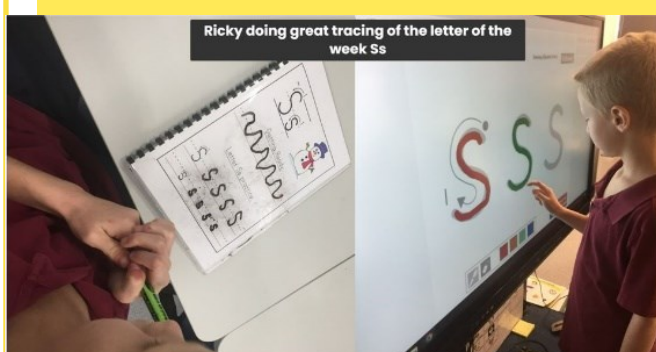
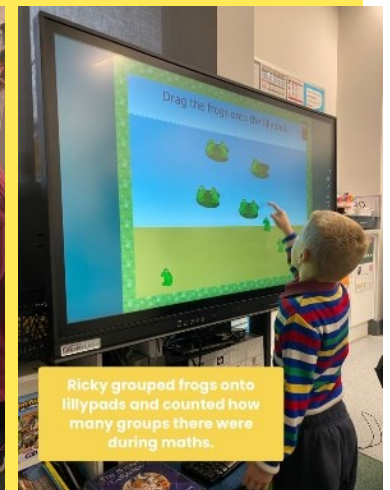
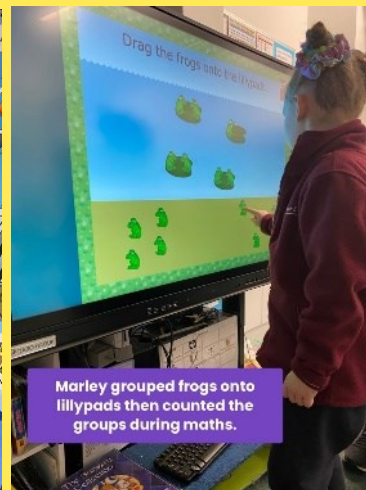
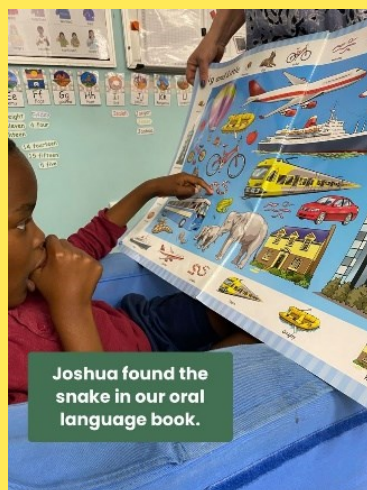


During the first two weeks of this term, we have been looking at the book 'Grandpa and Thomas' as our Literacy focus book. We have been learning to identify different parts and features of the story and how the characters have been feeling. Our focus book for the next two weeks will be 'Piranhas Don't Eat Bananas' which should be fun as we explore some humorous ideas. We have continued to explore oral language using a visual picture prompt together with the iPad Lamp communication program to extend our vocabulary. Students are becoming very familiar with the navigating simple sentences using the Lamp program.

We have begun this term's Numeracy focus with grouping, sharing and addition, alongside our usual counting and dice activities. We are getting very good with recognising and matching the numbers represented by the dice and enjoy playing dice games such as snakes and ladders. Next week we are moving onto a focus on movement, giving and receiving directions and locating things.

Specialist subjects are on Mondays with Art being the current favourite activity.

From the Room 1 Team: Cas P, Madi M & Marnie S



Participate in the exciting sport of Softball

Ages 8 & Up

No equipment needed

Every Thursday

Starting September 7th

4:30pm-5:30pm

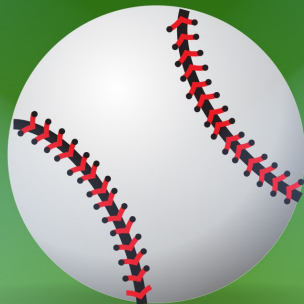
Gayview Park, Serpentine Ave,
Wodonga.

*Become
a
Junior*
WARRIOR

Contact: Tracey Chadwick - 0407592722



<https://www.facebook.com/wodongasoftball>



Belvoir Special School's

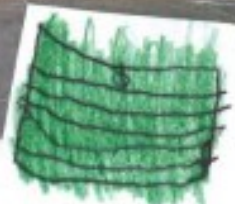
OP SHOP

We are selling second hand school uniforms!

on Tuesday at 2pm-3pm
and Friday at 9am-10am

at the Life Skills House
next to the front gate

Starting
WEEK 2
Friday



please donate your outgrown uniforms to the office



Grace Churches

Mental Health Practitioner

Belvoir Special School

grace.churches@education.vic.gov.au

Mental Health Month is celebrated each year in the month of October. This month encourages all of us to think about our mental health and wellbeing, regardless of whether we may have a lived experience of **mental illness** or not. It also gives us the opportunity to understand the importance of good mental health in our everyday lives and encourages help seeking behaviours when needed.

World Mental Health Day is on Tuesday the 10th of October. This year the theme is '**We all have a role to play**'. Each week over the month of October in the newsletter I will be providing families with resources to support connection with others. Together, we can work towards a world free from mental health stigma. Together we can create a safe place for those living with, supporting others and receiving mental health support.

Helpful Resources for Families

- * 7 tips for a healthy headspace– for family and friends supporting a young person
www.headspace.org.au/parents
- * 7 tips for healthy headspace– for young people
www.headspace.org.au/tips
- * My Wellbeing Mate App- gives you free access to helplines, websites, guides, videos, inspiring talks, apps and more. This app is designed to help you enhance your own wellness, and to help you support others.
<https://holyoake.org.au/my-wellbeing-mate-app>
- * The Family Project—supports the mental, emotional and physical wellbeing of families by sharing an inspirational and clinically supported daily family project.



DEADLY TIPS TO STRESS LESS

MAKE
TIME
FOR
YOURSELF

SAFE
SUPER
VISION

GO
AND SIT BY

- > THE RIVER
- > WATERHOLE
- > OR THE OCEAN

TAKE TIME
TO THINK

HAVE
THE
COURAGE
TO BE
IMPERFECT

GET ACTIVE
GO OUTSIDE

- > GET SOME FRESH AIR
- > GO FOR A WALK
- > KICK THE FOOTY

GET THE FAMILY TOGETHER
AND HAVE A GAME
OF TOUCH

HAVE
A
YARN

TALK
ABOUT IT

CLOSE
YOUR EYES

FOCUS
ON YOUR
BREATH

YOUR
MESSAGE
HERE

LIGHT A
CANDLE,
HAVE A
BUBBLE
BATH

BE
PROUD
OF YOURSELF

- > WHO YOU ARE
- > WHERE YOU'RE FROM

SPEND TIME
WITH
ELDERS

SHARE STORIES

SHARE

SOMETHING THAT
MAKES YOU
LAUGH

SPEND

TIME WITH PEOPLE
YOU
LOVE

LISTEN

TO YOUR FAVOURITE
MUSIC

LAUGH
LOVE
LISTEN

CONNECT
WITH THE
LAND

- > GO BACK TO COUNTRY
- > CATCH UP WITH YOUR MOB



Tune
in



wsu@ahmrc.org.au

mentalhealthmonth.org.au

MENTAL
HEALTH
MONTH
OCTOBER

WayAhead



ROOM 7 NEWS

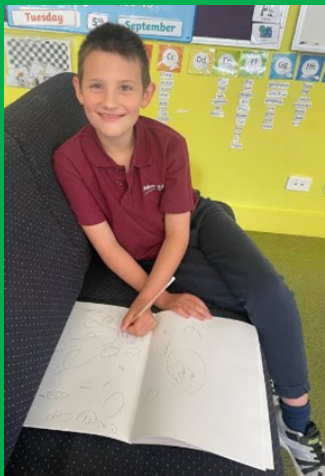
Lisa G, Michelle, Tulashi & Cheryl



Room 7 have returned this term with high energy!

After many of us having a day, or a few, off last term, we finally were all at school this term to celebrate the AMAZING success we have had. We reached 20 Moments of Bravery last term and to celebrate we were rewarded with a sundae or a frozen coke from McDonald's. So much excitement!

Michelle, Tulashi and Cheryl are so proud of the boys for their bravery at having a go at new tasks, asking for help, taking a break, and trying again when they made a mistake. We have explored how we are feeling through these moments and linked it to our Zones of Regulation board and tool kits.





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





**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

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**

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.