



Ascot Vale Special School

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What's On?

8 September
School Council

18 September
Last Day Term 3

5 October
Term 4 begins

27 October
Year 7 and 10
Immunisations

[Parent Feedback
Form Link](#)
[Parent Feedback Form](#)

Dear Parents and Carers,

In response to some anonymous feedback that has been received by the school I am providing the following information to provide clarification to all parents and carers about the delivery of flexible and remote learning.

I want to note that each class in the school has varying abilities and diversity of learning needs.

Our teachers and education support staff do their very best to meet the learning needs of all students in all the classes in the school. Some classes have up to twelve students and the senior secondary class has fifteen students.

Due to the difficulties of supporting students with additional needs learning from home the Victorian Government committed to keeping special schools open during stage 3 restrictions.

Some parents have also provided feedback that their student is capable of independent work so this work is also being provided. This is so parents and carers can attend to work commitments and the needs of other siblings.

Education support staff are allocated work required to support the students in the class and be engaged in a variety of ways to support the learning needs of the students in the class.

Webex sessions are used to support student learning and deliver curriculum content based on student learning goals. Sessions are organised as either a group, small group or individualised based on student needs. Teachers also use daily schedules, work samples and video modelling to support student learning. Seesaw posts and learning activities are differentiated. Generalised activities are set in some instances as a whole class e.g. fitness posts.

Teachers are not required to be face-to-face for the entire day due to planning and other meeting commitments. Teachers are given the afternoon block as curriculum time to plan, prepare and create resources for the following day as well as have time with their ES staff so that they are ready for the following day. Teachers are also required to meet their meeting commitments throughout the week.

Several parents during the second term of flexible and remote learning requested that the school focus the morning sessions on Literacy and Numeracy and free up student time so that they engage in art, physical education and other activities that are posted on Seesaw in the afternoon. Staff have endeavoured to support that request by making sure that many activities are posted for students to do.

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Flexible and remote learning can be a challenge for many of our students, families and the staff, but we are doing our best to support all of our students and families that are juggling working from home and supporting child/children in learning from home.

It is important that parent and carers first of all take the opportunity to touch base with the class teacher and work through any items that need to be resolved or discussed.

Seesaw

It has been a real pleasure viewing the work of our students on Seesaw, hearing parents assisting their child with their reading and seeing the work they are doing.

I would like to acknowledge the incredible job parents and carers are doing to support the learning of their child from home. The time and the commitment of some parents has been extra-ordinary in supporting the learning of their child/ children at home. Every family's circumstance is different. It is what you are able to manage given the situation in the home that matters.

Hopefully, Stage 4 restrictions will cease on September 13, but to achieve this we need to continue to observe the restrictions that have been put in place to look after ourselves, our families and Victorians.

Stay Safe and Well.

Colin 0409413291

Key Word Sign of the week

Week 6

Close/Closed

With both hands open, place non-dominant hand fingernails on heel of dominant hand. Close dominant hand to rest on back of non-dominant hand
*Natural gesture



OT Challenge of the week!



Elephant Walks

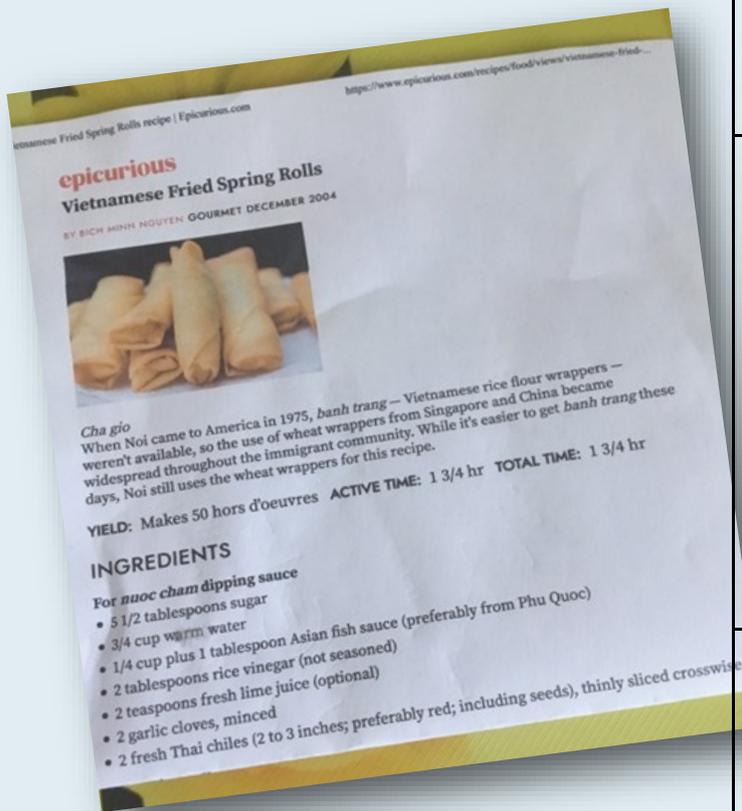
Can you walk like an Elephant like Erica?

Tip forward from your hips, Grab onto your feet and look between your legs. See if you can walk!
How many steps can you take?

Emma, Occupational Therapist

Vietnamese Spring Rolls

by William Rm 15



Step 1:

Brush the pastry



Step 2:

Put on the filling (meat or vegetables)



Step 3:

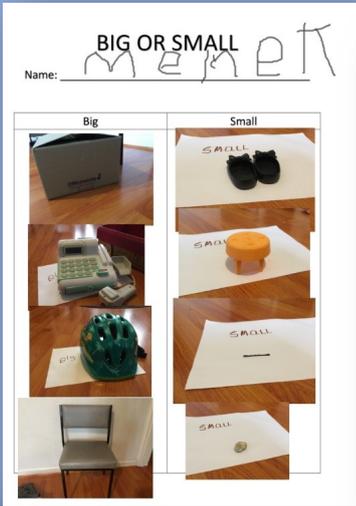
Roll the pastry and filling



Step 4:

Put in a container

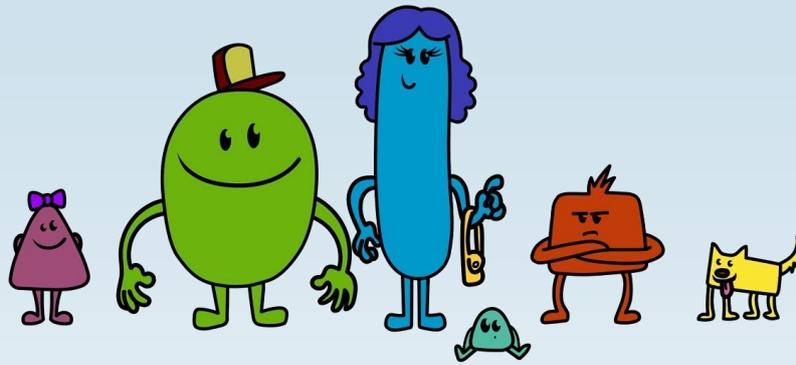
Yummmmm....!



SCIENCE

During Term 3, primary and secondary students have been investigating different objects and materials. Students have been predicting and observing experiments that have shown different chemical reactions. For example, we have looked at different features of objects and we have predicted and observed which materials dissolve in water, and which materials react when mixed together.





Webinar for Parents and Carers to help build Family Resilience

To help parents and carers build family resilience in these difficult times, the Department of Education is presenting a free webinar by renowned child psychologist Dr Michael Carr-Gregg on Tuesday 25 August.

Dr Carr-Gregg's webinar, **Managing the Coronacoaster – Tips for building resilient families in the coronavirus era**, gives families practical skills, knowledge and strategies for managing the lockdown period and remote learning. Parents and carers play a vital role in helping children feel safe through uncertain times.

The webinar is free for the whole school community, including families of staff and students.

In this webinar, Dr Carr-Gregg provides tools and strategies for parents and carers to help manage the lockdown and remote learning.

Topics include:

- your supportive role
- setting the emotional tone
- focusing on what you can control
- how to deal with disappointment
- further resources and where to get help.



Dr Carr-Gregg's presentation will run for 45 minutes. This will be followed by a 15-minute question-and-answer session in which parents and carers can ask Dr Carr-Gregg questions.

Webinar details

- **When:** Tuesday 25 August
- **Time:** 7:30pm
- **Duration:** 45-minute presentation followed by 15-minute questions and answers session
- **Format:** online via Webex
- **Cost:** FREE

How to register

To register and for more information visit

[Managing the Coronacoaster – Tips for building resilient families in the coronavirus era eventbrite page](#)

Taking care of yourself

Looking after your own wellbeing and mental and physical health is important. Sometimes it can be hard to do, but as much as possible try to:

- remind yourself that no one is perfect and that you are doing the best you can
- eat well and drink plenty of water
- get enough sleep
- make time every day to do something that you enjoy
- ask for help from family, friends, your GP or a counselor.

If looking after yourself is challenging and you have concerns about how you are coping, support is available. Talk to someone you trust, contact your general practitioner (GP), a counsellor or psychologist or visit a hospital emergency department. There are a range of services you can access for advice and support:

Parentline - a phone service for parents and carers of children from birth to 18 years old. Offers confidential and anonymous counselling and support for parenting issues.

Raising Children's Network: parent mental health – offers advice and support on looking after yourself, healthy relationships, conflict management, dealing with stress and anxiety, anger management and helping children adjust to family breakdown.

Better Health Channel's Self-Care – provides self-care strategies, connecting with others, being kind to yourself, relationship support, seeking mental health support.

Lifeline – a national organisation providing all Australian's experiencing a personal crisis with access to 24-hour crisis support and suicide prevention strategies.

Beyond Blue – offers confidential one on one calls and chats with a trained mental health professional and tools and resources to look after your mental health.

Black Dog Institute - provides self-tools and apps, advice on when and where to seek help, information on mental health conditions and support groups.

Additional information

There are support services available to support your whole family. For more information, visit:

Beyond Blue: Healthy families - offers information to support the young people in your life – whether you're a parent or carer or another family member.

ReachOut: Parents coaching - offers free online coaching to parents and carers of teenagers. If you're worried about your relationship with your teenage child, or worried about your child's wellbeing or behaviour, coaching can give you strategies to help.

ReachOut: Relationships for families- information on how to deal with conflict and resolve family issues.

Raising Children Network: Building good parent-child relationships – offers information on why good parent-child relationships are important and guidance on building positive and caring parent-child relationships.

Disability Standards Review

The Disability Standards for Education 2005 are currently being reviewed by the Australian Government Department of Education, Skills and Employment.

As part of the 2020 review, an extensive community consultation process is currently underway to seek feedback about whether the standards are effective or if any improvements can be made.

Current, former and prospective students with disability, their families and carers, advocates, educators, and other members of the public are invited to share their experiences, views and ideas to inform the review of the standards.

Due to coronavirus (COVID-19) restrictions, engagement activities will mostly be held online via a dedicated 2020 review Consultation Hub. The hub offers a range of different ways that participants can share their views and ideas, and will be open until 11.59pm on Friday 25 September.

A series of webinars is also available for interested participants to share their experiences and opinions. The webinars will be fully accessible, and will include Auslan translation and captioning. The webinars are open to the public, and each will have a different theme.

These are: Educators webinar on Wednesday 19 August, 3.30pm-5.30pm
Tertiary education webinar on Thursday 20 August, 3.00pm-5.00pm
Early childhood webinar on Thursday 27 August, 4.30pm-6.00pm.

A discussion paper has been developed with guiding questions to help interested participants have their say.

For more information email engage@thesocialdeck.com



Parent Support Group North & West Online Term 3, 2020

Are you a parent/carer of a child with a disability or developmental delay? Would you like to meet other parents/carers?

The Parent Support Group is an opportunity to:

- Share information and ideas
- Get support and support others
- Find out about services and supports

Who: Parents/carers living in the Northern and Western Suburbs of Melbourne

When: 27 July, 11 Aug, 25 Aug, 8 September 2020

Time: 12.00pm - 1.00pm

Where: Online via Zoom - please contact Annette if you would like to join the meeting so we can send you the Zoom meeting invitation before the meeting.

The group is facilitated by Annette Jorgensen and Thea Calzoni, the Strengthening Parent Support Program Facilitator at MacKillop Family Services

Want to attend the group or find out more?

Contact Annette Jorgensen or

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Thea Calzoni

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