



Ascot Vale Special School

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What's On?

10 September
R U OK?

17 September
**Blackwood Virtual
Sleepover**

18 September
**Last Day Term 3
2pm Finish**

5 October
**Term 4 begins
Remote Learning**

12 October
**Onsite Learning
resumes**

27 October
**Year 7 and 10
Immunisations**

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

Dear Parents and Carers,

I hope that this Bulletin finds you and your family safe and okay.

Last Sunday, Daniel Andrews announced that special schools would resume onsite learning from Monday, October 12. This date is the second week of Term 4. Flexible and Remote Learning will remain in place for the first week of Term 4.

I realise that this period of flexible and remote learning has not been easy for our students and families. The extension of Stage 4 restrictions to September 28 and the extension of flexible and remote learning to Monday, October 12 will increase the challenges for families and students learning from home.

I encourage families to make the adjustments required to get through this period of being home and you need to do whatever you can to make it work for you as a family and work for your child/ children.

Christine has been posting mental health and wellbeing resources that families can access in the Bulletin and if you are not sure what is available to assist you please ring the school and talk with Christine.

I find it difficult to comprehend that at least fifty per cent of the student cohort has not attended a single day onsite this term.

This period of absence will create some challenges in reporting on the learning progress of students. It will delay the issuing of the end of the year student reports to families so that staff have the time to ascertain the learning progress of students.

Thank you for the support you have provided to our staff and the work that you have been doing to support your child/children learning from home.

Stay well and safe.

Cheers,

Colin

0409413291

BULLETIN

THURSDAY, 10 September 2020

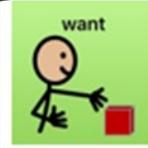
Key Word Sign of the week

Week 9

Want/Need:

Move heel of open dominant hand down front of chest and turn to palm down.

Note: Check SeeSaw Z-Admin to watch video demonstration



OT Challenge of the week!



Wheelbarrow Walking with Heather!

This one you might need some help from a friend or an adult! Get your adult to hold your feet and use your arms to walk around. This one looks really silly - If you get really good at it you can make it into a race!

Emma, Occupational Therapist



SWPBS

News

BE YOUR BEST
"Learning for life"



Being Safe



wear hats outside

Make a good choice

Dear Parents and Carers

There are two helpful new resources to help you support your children during remote and flexible learning

Managing the Coronacoaster webinar

Renowned child psychologist Dr Michael Carr-Gregg is back by popular demand to repeat his Coronacoaster webinar.

On 15 September, Dr Michael Carr-Gregg will again present Managing the Coronacoaster – Tips for building resilient families in the coronavirus era. His first webinar in August booked out in three days, with more than 12,000 registrations.

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

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

Webinar details

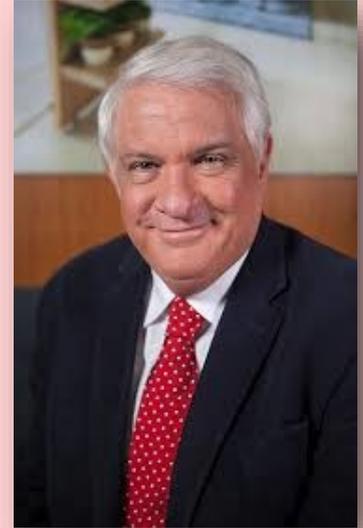
When: 7.30pm, Tuesday 15 September

Duration: 45-minute presentation, followed by a 15-minute question-and-answer session

Format: online via live stream

Cost: free

[Register for the Managing the Coronacoaster webinar via Eventbrite](#)



Raising Learners podcast

The Department of Education and Training has funded a 10-episode podcast series through the Raising Children Network called 'Raising Learners'. It features parenting experts from organisations including the Murdoch Children's Research Institute, Career Education Association Victoria, as well as the Australian eSafety Commissioner, Julie Inman-Grant.

Raising Learners provides parents with practical advice, tips and ideas for supporting children's health, wellbeing and engagement at school and at home. Topics include how to connect with your child's school and community, how to best support your child's learning, what to expect for VCE and VCAL students and how to keep your child safe online.

These topics were drawn from common questions that parents raised with the Department's coronavirus (COVID-19) hotline and Parentline.

The first three episodes will be available on 1 September, and the rest throughout terms 3 and 4. Raising Learners can be accessed via podcast apps and [Raising Children Network website](#).

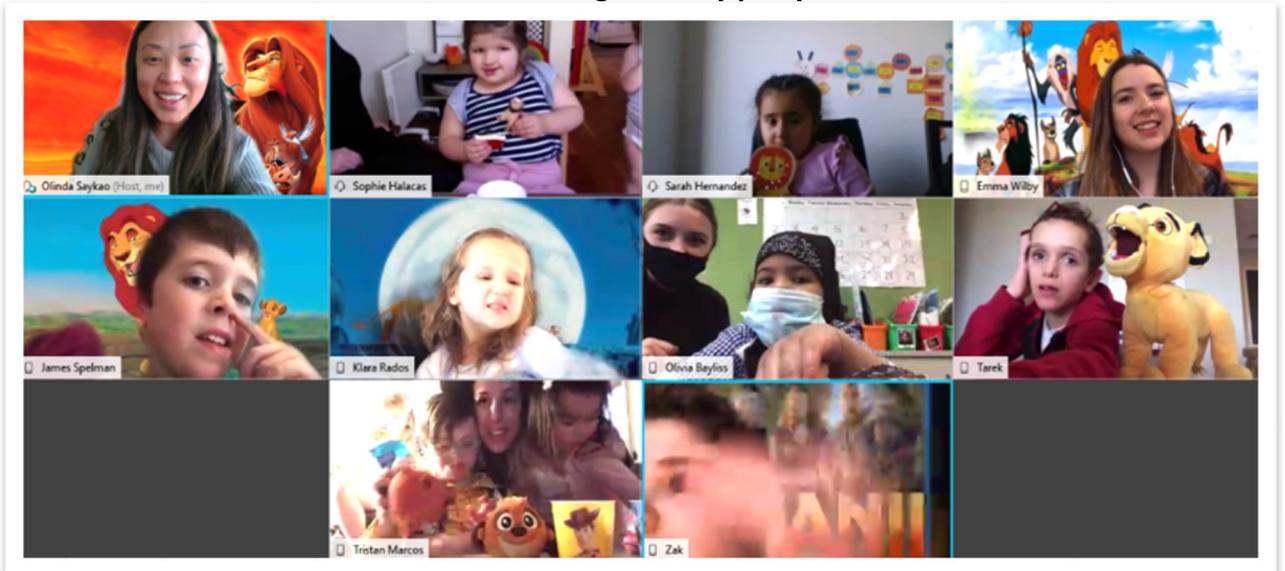
Remote Learning with Room 4

Room 4 have been super learners during Remote Learning. At the end of each week, we celebrate everyone's great efforts with a whole class show and tell. Have a look at the fun themes we have done so far.

Show and tell: What can fly?



Show and tell: Emma and James' Lion King birthday party



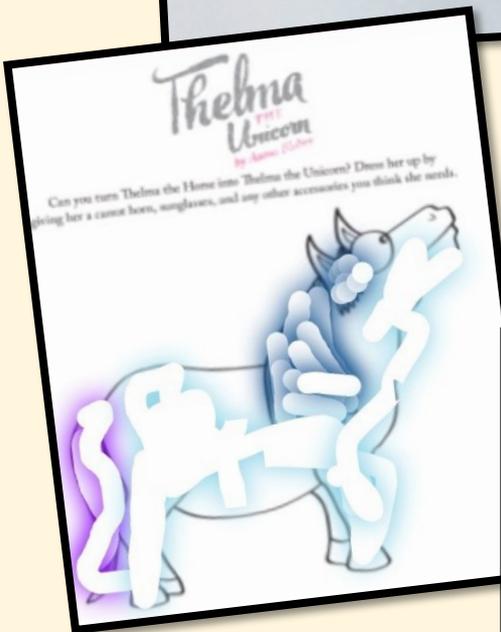
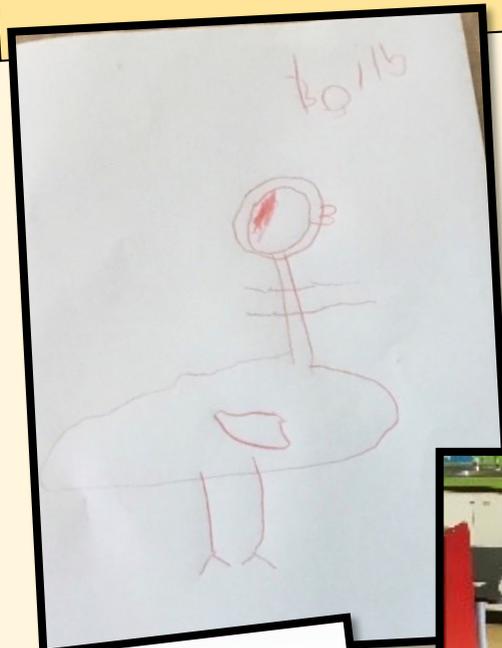
Show and tell: Father's Day special



This term in **Room 5**, we have been focusing on the *Power of Yet, Thelma the Unicorn* and *Heroes* within English lessons.

Students have produced amazing work around these topics.

Kat & Ned



Missing



Name:

Eye colour:

Hair colour:

Animal type:

If found please contact:

PIC-COLLAGES

Missing



Name:

Eye colour:

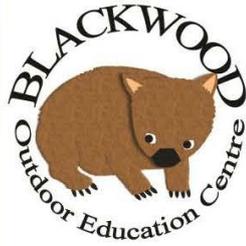
Hair colour:

Animal type:

If found please contact:

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Blackwood Special Schools Outdoor Education Centre

Post Office, Blackwood, Victoria, 3458, Australia
 Phone: (03) 5368 6768 Fax: (03) 5368 6835
 E-mail: blackwood.specialschools.oec@education.vic.gov.au
 Internet: www.blackwoodssoec.vic.edu.au



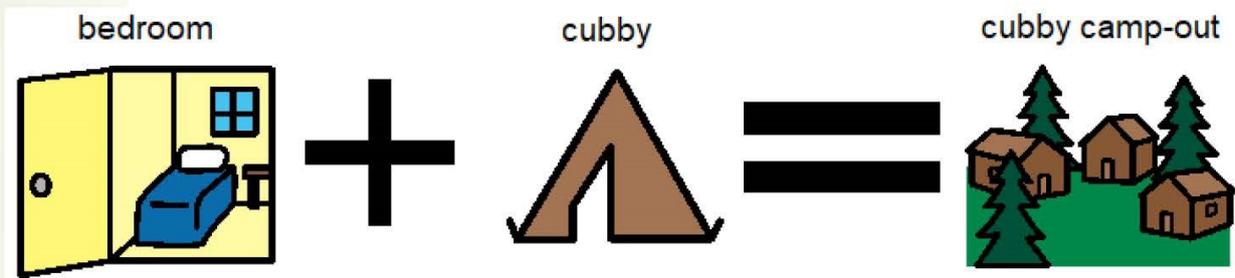
Campus of:- Frankston Special Developmental School
 Member of:- Residential Outdoor Schools Association (ROSA)

Wacky the Wombat's Camp-out Challenge

Do you enjoy camping out?

Well then, let's make that happen. Let's enjoy a camp-out together with students from all over Victoria in our very own bedrooms.

Talk to a parent and see if you can build a Cubby in your very own bedroom and camp in the Cubby for a night.



Date:- Thursday 17th September 2020

rules

What will you need to build your Cubby anything.

Number 1 Rule:- TALK TO AN ADULT

Number 2 Rule:- Sleep in your Cubby



TALK TO AN ADULT
 Sleep in your Cubby

What can you use to build your Cubby?

imagination

ideas



- Challenge
- Appreciation
- Respect
- Teamwork
- Tolerance
- Inclusion

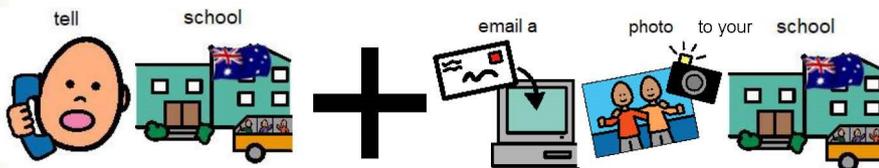
So:- talk to an adult build your bedroom cubby and enjoy the camp-out



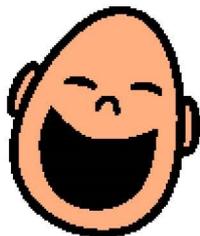
date

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				1		

Thursday 17th September 2020



have fun



Building a bedroom Cubby YouTube Video:-

- <https://www.blackwoodssoec.vic.edu.au/our-curriculum/extra-curricular/remote-learning>
- Open 'Cubby Camp-out'
- Enjoy & have fun

A destination for exploration

Camp-out Cubbies



A destination for exploration



**NDIS Quality
and Safeguards
Commission**



Delivered by the
**National Disability
Insurance Agency**

EC20-000699

Hello

We wanted to write to you to remind you of the support available through the National Disability Insurance Scheme (NDIS) and the NDIS Quality and Safeguards Commission (NDIS Commission) during the coronavirus (COVID-19) pandemic.

With coronavirus (COVID-19) restrictions still in place in Victoria, we also wanted to let you know where to go to ask questions about your NDIS plan, your providers or the services you rely on.

We understand there is a lot of information in the community and we are writing to all participants in Victoria to share with you what you should expect from your NDIS providers and supports during this time as well as changes to what you can buy with NDIS funding.

This letter also explains what to do if you are concerned about the quality or safety of the supports.

What to expect from providers

Your provider should do their best to keep you safe and protect you from the risk of catching coronavirus (COVID-19). They should keep providing the supports you need to maintain your health, safety and wellbeing.

Because of current physical distancing and self-isolation rules, your provider may need to make some changes to the way they support you. If there are any changes to your supports or services, your provider should explain these to you and seek your views about them. They should ask you what supports are important to you and consider this when they make changes.

Your NDIS provider must tell the NDIS Commission if coronavirus (COVID-19) is having a significant impact on the supports and services you receive.

Protecting yourself and others

The National Disability Insurance Agency (NDIA) has made changes so you can now use NDIS funding to pay for personal protective equipment (PPE) if you receive an average of at least one hour a day of face-to-face daily living supports, and live in Victoria or New South Wales.

If you need personal protective equipment (PPE) items like face masks, face shields or gloves, you can use your core supports budget in your NDIS plan to buy these items. Plan and self-managed participants can purchase PPE and claim their purchases in the usual way. Agency-managed participants must use registered providers.

If you need to buy face coverings or masks to use outside the home, this is an everyday expense and you cannot use your NDIS funds to pay for them.

As the coronavirus (COVID-19) situation changes, the NDIA will continue to review how Personal Protective Equipment (PPE) is funded and provided in areas with significant outbreaks, such as the current situation in Victoria. For the latest information about Personal Protective Equipment (PPE) visit the [NDIS website](#).

If you are concerned about your NDIS budget and your situation has changed you should contact the NDIA on 1800 800 110 so we can discuss your situation and make changes to your plan.

It's OK to complain

If you are unhappy with the quality or safety of your supports and services you can speak to the NDIS Quality and Safeguards Commission (NDIS Commission) about your concerns. Whether or not these issues relate to COVID-19, it is always ok to speak up.

For example, if you don't think your provider is communicating with you properly about changes to your supports, or if the changes are causing you distress, you can complain to the NDIS Commission by:

- calling 1800 035 544 (free call from landlines) or TTY 133 677. We can arrange an interpreter for you.
- [National Relay Service](#) and ask for 1800 035 544.
- completing a [complaint contact form](#).

If you have questions or are worried about your NDIS plan or budget call the NDIS on 1800 800 110.

Find out more

The [NDIS Commission has a dedicated COVID-19 webpage](#) that has links to updates and resources for NDIS participants. There is also a COVID-19 [information pack for NDIS participants](#). Fact sheets are available in Auslan and Easy Read formats, and in 11 other languages. Braille copies are available on request.

The NDIS website has [information about COVID-19 for NDIS participants](#). If you have questions or need advice, call the NDIS on 1800 800 110.

The Victorian Government also has a website with [information for people with disability](#). It includes details about current restrictions, wearing face masks, and where to get more information and support.

If you have a question or concerns about COVID-19, contact the [Disability Information Helpline](#) on **1800 643 787**. If you are deaf, hard of hearing, or have a speech impairment, you can also call the National Relay Service on 133 677.

The [Australian Government Department of Health](#) website has information about protecting yourself from COVID-19, managing your mental health, and getting access to important services like telehealth and prescription medications.

This is a challenging time, but we will keep working with your NDIS providers to support your health, safety and wellbeing, and we are here to help you if you have any concerns.

Yours sincerely



Graeme Head AO
Commissioner
NDIS Quality and Safeguards Commission

21 August 2020



Martin Hoffman
CEO
National Disability Insurance Agency

21 August 2020

T 1800 035 544
Email: contactcentre@ndiscommission.gov.au

PO Box 210
Penrith NSW 2750
www.ndiscommission.gov.au

There's more to say after R U OK?

Ask then listen, encourage action and check in



1. Ask R U OK?

Or say something like:

- "I've noticed a few changes in what you've been saying/doing. How are things for you at the moment?"
- "I know there's been some big life changes for you recently. How are you going with that?"
- "You don't seem yourself lately – want to talk about it?"
- "Just checking in to see how you're going?"
- "With everything that's going on, you've been on my mind lately, how are you?"
- "You've got a lot going on right now. How are you doing?"

"Just checking in to see how you're going?"

"You've got a lot going on right now. How are you doing?"



2. Listen

You could say:

- "What's been happening?"
- "Have you been feeling this way for a while?"
- "I'm here to listen if you want to talk more."
- "I'm not going to pretend I know what it's like for you, but I'm here to listen to why you feel the way you do."
- "It sounds like that would be really tough. How are you going with managing it?"
- "Do you feel like chatting a bit longer? I'm ready to listen."
- "So, what was that like?"
- "That's tough. Keep talking, I'm listening."
- "What you're going through isn't easy, it's good we can talk about it."
- "Thank you for sharing this with me. That can't have been easy for you."
- "Take your time, I'm here for you."
- "If there's something you're unsure about sharing with me right now, I just want you to know I'm here when you're ready?"

"Take your time, I'm here for you."

"What you're going through isn't easy, it's good we can talk about it."



3. Encourage action

You could say:

- "What do you think is a first step that would help you through this?"
- "What can I do right now to support you?"
- "Have you spoken to your doctor or another health professional about this? It might be a matter of finding the right fit with someone."
- "Have you had much support around you?"
- "What's something you enjoy doing? Making time for that can really help."
- "Do you think it would help for you to talk to someone else about some of these things, maybe a health professional?"
- "Is there anything you've tried in the past when you've felt like this, that's made you feel better?"
- "I know when I went through something similar, talking to a professional really helped me out. Would you like me to help you book an appointment?"

"What can I do right now to support you?"

"Have you had much support around you?"

"Is there anything you've tried in the past when you've felt like this, that's made you feel better?"



4. Check in

You could say:

- "I would like to keep checking in with you, is that OK?"
- "Hey, how have you been since we last chatted?"
- "Just wanted to check in and see how you're doing?"
- "Have things improved or changed since we last spoke?"
- "What's been working for you since we last chatted?"
- "Is the support we discussed working for you?"
- "Do you need more support?"

"Hey, how have you been since we last chatted?"

"Is the support we discussed working for you?"

Learn what to say after R U OK? at ruok.org.au

Thanking our Local Carers During National Carers Week



Come along and win some raffle prizes!

Moonee Valley City Council is holding its annual carers event during National Carers Week to recognise and thank our amazing carers for their contribution to our community.

Come along online and learn how to 'Care for the Carer' techniques to activate your heart's intelligence so you can feel more love, joy and compassion; which will transform your fears and worries, and will allow you to feel a deep sense of connection to oneself and to your loved ones. Enjoy many raffle prizes up for grabs including self-care hampers, dinner vouchers for the families to enjoy and lots more prizes from our local suppliers.

Event Details

Eligibility: Carers residing in Moonee Valley

When: Friday 16th October 2020, 5pm to 6pm

Where: via Zoom

To register and/or for more information please contact Council's Disability Access and Support Team Leader on 9243 1036 or email carers@mvcc.vic.gov.au

9243 8888 | mvcc.vic.gov.au



September Programs - Western Melbourne



Fiction With Friends

ONLINE GROUP THERAPY

Join our popular creative story writing program for 7-11 year-olds run entirely via Zoom. Designed and delivered by one of our occupational therapists, this small group program combines drama, imagination and fun to deliver valuable social skills. Click to learn more: <http://bit.ly/JTSeptFiction>



Online Recreation

ALL AGES & ABILITIES

Meet up with your friends in cyberspace! Yoga, cooking, craft, story time, live music and more - you're sure to find an activity to suit. Join the fun on your own, with your family or bring your support worker along. The more the merrier! Click to view the full program: <http://bit.ly/JTSeptOnlineRec>



Online Therapy

KEEP WORKING ON YOUR GOALS

Hundreds of people are working on their NDIS goals from the comfort of home thanks to our online therapy services. A flexible way to join in your child's therapy sessions and learn the skills to support them outside of formal sessions. Click to learn more: <http://bit.ly/JTSeptOnlineTherapy>

Activity Packs by Gateways

DEVELOPED BY OUR CHILDREN'S THERAPY TEAM



Our expert children's therapy team have developed a fun collection of activity packs to keep curious minds busy at home! With themes including Lego, Space, Bug & Nature and Chalk, the packs offer a range of engaging activities while delivering therapeutic benefits. Fun for the whole family!

Win a pack of your choice with our #movewithgateways challenge

Click to learn more and get all the competition details!

<http://bit.ly/JTSeptPacks>

www.gateways.com.au | westernmelbourne@gateways.com.au | (03) 9396 1111



ACTION CALENDAR: SELF-CARE SEPTEMBER 2020



MONDAY



7 Remember it's ok not to be ok. We all have difficult days

14 Talk kindly to yourself like you would to someone you love

21 Remind yourself that you are loved and worthy of love

28 Accept your mistakes as a way of helping you make progress

TUESDAY

1 Remember that self-care is not selfish. It's essential

8 Notice the things you do well today, however small

15 Find a caring, calming phrase to say to yourself when feeling low

22 Look at photos from a time with happy memories

29 Write down three things you appreciate about yourself today

WEDNESDAY

2 Be willing to share how you feel and ask for help when needed

9 Avoid saying 'I ought to' or 'I should' to yourself

16 Notice what you are feeling today, without any judgment

23 Let go of other people's expectations of you today

30 You matter. Remember that you are enough, just as you are

THURSDAY

3 Free up time in your diary by cancelling any unnecessary plans

10 Give yourself permission to say 'No' to requests from others

17 Leave positive messages for yourself to see regularly

24 Ask a trusted friend to tell you what they like about you

FRIDAY

4 Forgive yourself when things go wrong. We all make mistakes

11 Aim to be good enough, rather than perfect

18 Don't compare how you feel inside to how others appear outside

25 Release yourself from inner demands and self-criticism

SATURDAY

5 Plan a fun or relaxing activity this weekend and make time for it

12 Let go of being busy. Allow yourself to take some breaks today

19 Get active outside and give your mind & body a natural boost

26 Find a new way to use one of your strengths or talents today

SUNDAY

6 Focus on the basics: eat well, exercise and go to bed on time

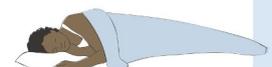
13 Make time today to do something you really enjoy

20 No plans day - make time to slow down and be kind to yourself

27 Take your time. Make space to just breathe and be still



Self-care is not selfish. You can't pour from an empty cup



BUSINESS



www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

Every student, every day to be given the opportunity to be the best they can be.