



# Ascot Vale Special School

1 Tasma Street  
Ascot Vale 3032  
Office: 9370 8906/9370 8931  
VCAL: 9370 8911

ascot.vale.ss@education.vic.gov.au  
www.ascotvaless.vic.edu.au

## What's On?

8 September  
**School Council**

17 September  
**Blackwood Virtual  
Sleepover**

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,**

We have entered our fifth week of Stage 4 restrictions and we have two weeks from tomorrow before the end of the term.

It has come to my attention that staff are receiving late-night phone calls and calls on the weekend. The staff of the school need to be able to have their evenings and weekends without parents and carers seeking their assistance out of school hours. It is also crucial for the students to have a break from learning and be able to do something else outside of school hours. I am asking all parents and carers to be mindful of not ringing staff out of their work hours unless it is an emergency.

Staff need their breaks in this challenging time that we are facing in dealing with COVID-19.

Parent feedback during this period of flexible and remote learning has been highly optimistic on the work delivered to the students. There have been a few parents raise some concerns about the support and work being provided to their child. The staff in these circumstances have endeavoured to make the necessary changes to address the concerns raised.

The second accessibility ramp in the playground is close to being finished. The completion date for this ramp is September 21.

The accessibility works commenced in the fourth term of 2019, and it has taken a year to complete this project which initially had a timeline of a seven-month completion date.

These accessibility works were long overdue as the school was not accessible for any student in a wheelchair or with mobility issues. It was so important that this work was done as every school needs to be inclusive, especially a school that caters for students with additional needs.

Let's hope that we get some beautiful spring weather that puts some spring in our steps as we move into the warmer months of the year.

Stay well, and stay safe.

Cheers, Colin

0409413291

# BULLETIN

THURSDAY, 3 September 2020

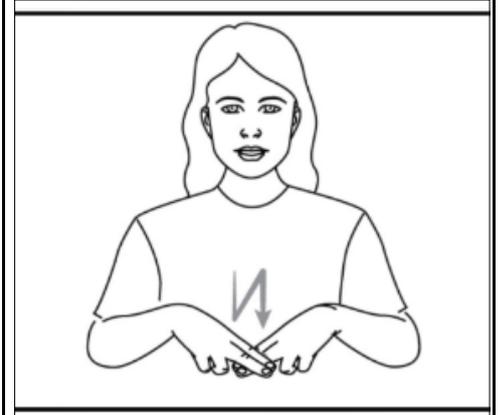
# Key Word Sign of the week

Week 8

**Dad/Father**

Finger spell 'F' and tap twice.

*Note: Check SeeSaw Z-Admin to watch video demonstration*



## OT Challenge of the week!



**Backwards Cross Crawl like Jack and George?**

Lift your right foot back and up towards your bottom and reach behind your back to touch your foot with your left hand. Can you do it on both sides? Can you swap them from left to right?

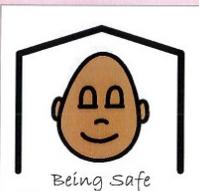
**Emma, Occupational Therapist**



**SWPBS**

**News**

BE YOUR BEST



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

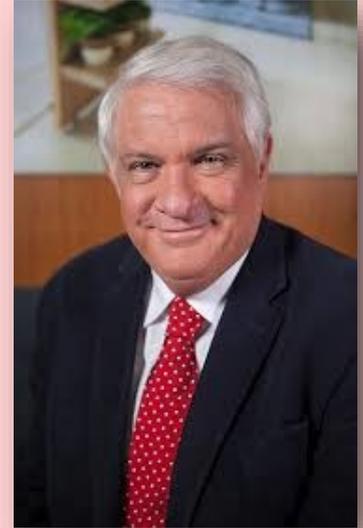
**When:** 7.30pm, Tuesday 15 September

**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](#).



Rudved



Melissa



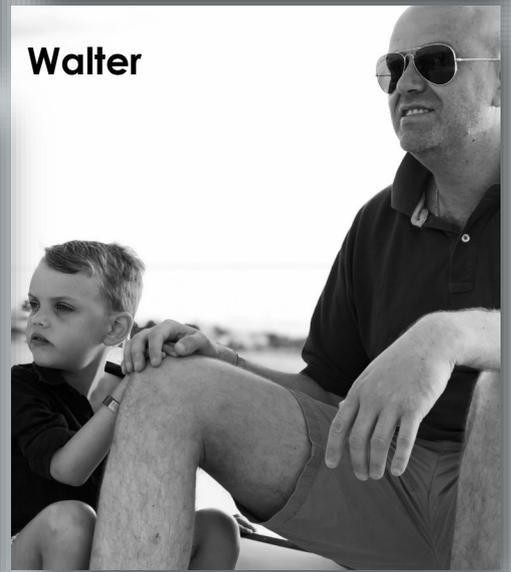
Amy



Baily



Agnes



Walter



Riyan



Sofia



Baily



Sebastian



James



Alexander



Joshua



Charlie



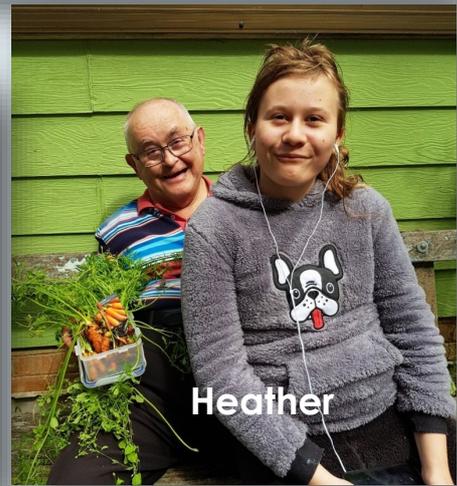
Lucas



Esteban



Ivy



Heather



Baby Ned



Miranda



Freya



Isabella

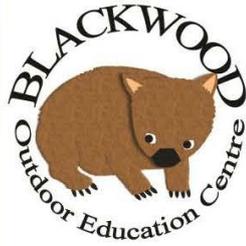


Sammy



Sophie

Happy FATHER'S Day and Special Person's Day



## 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](mailto:blackwood.specialschools.oec@education.vic.gov.au)  
 Internet: [www.blackwoodssoec.vic.edu.au](http://www.blackwoodssoec.vic.edu.au)



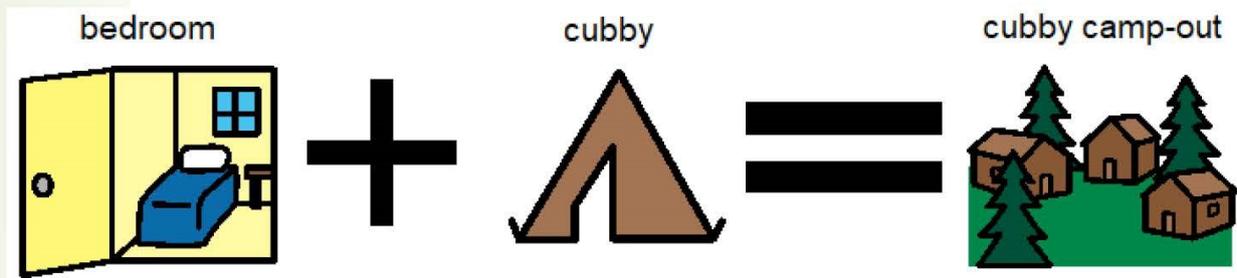
Campus of:- Frankston Special Developmental School  
 Member of:- Residential Outdoor Schools Association (ROSA)

# 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 17<sup>th</sup> September 2020**

### rules

What will you need to build your Cubby ..... anything.

Number 1 Rule:- TALK TO AN ADULT

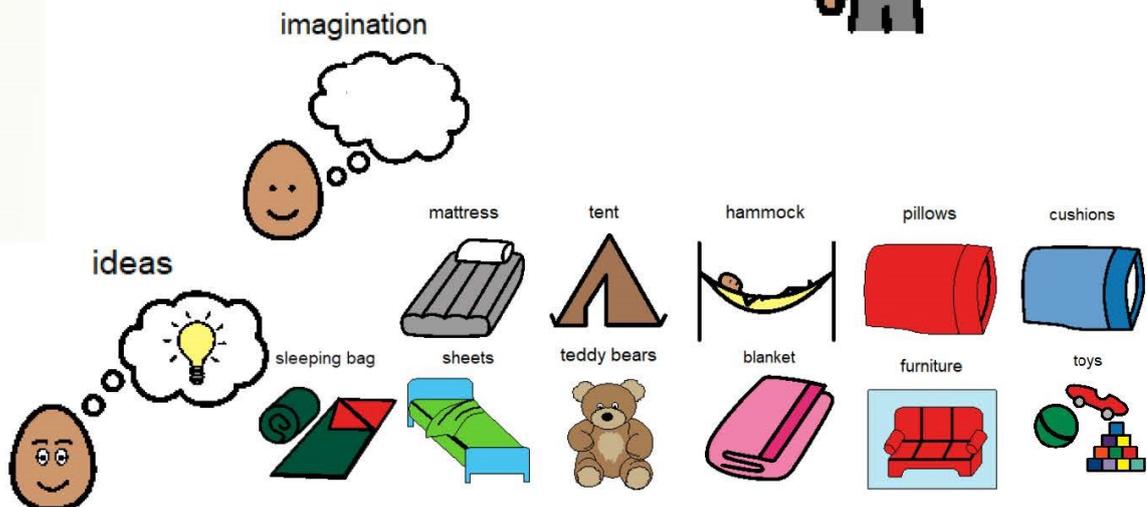
Number 2 Rule:- Sleep in your Cubby



TALK TO AN ADULT  
 Sleep in your Cubby

What can you use to build your Cubby?

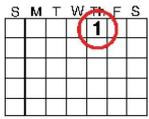
- Challenge
- Appreciation
- Respect
- Teamwork
- Tolerance
- Inclusion



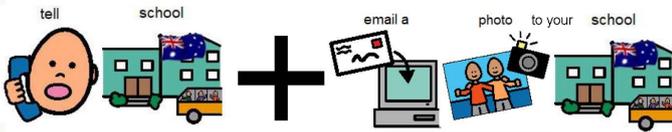
So:- talk to an adult build your bedroom cubby and enjoy the camp-out



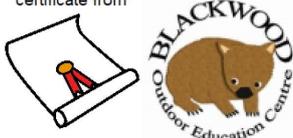
date



Thursday 17<sup>th</sup> September 2020



certificate from



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



## 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

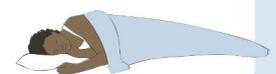
13 Make time today to do something you really enjoy

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



ACTION FOR HAPPINESS



Learn more about this month's theme at [www.actionforhappiness.org/self-care-september](http://www.actionforhappiness.org/self-care-september)

[www.actionforhappiness.org](http://www.actionforhappiness.org)

Keep Calm · Stay Wise · Be Kind



**Gateways**  
SUPPORT SERVICES

Registered  
NDIS  
Provider

## 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/JTDSeptFiction>



### Online Recreation ALL AGES & ABILITIES

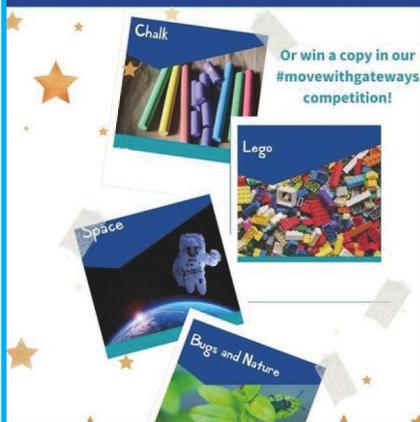
Meet up with your friends in cyberspace! Yoga, cooking, craft, story time, live music and more - you're sure to find an activity to suit. Join the fun on your own, with your family or bring your support worker along. The more the merrier! Click to view the full program: <http://bit.ly/JTDSeptOnlineRec>



### 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/JTDSeptOnlineTherapy>

## 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/JTDSeptPacks>

# Thanking our Local Carers During National Carers Week



**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](mailto:carers@mvcc.vic.gov.au)

9243 8888 | [mvcc.vic.gov.au](http://mvcc.vic.gov.au)

