



Ascot Vale Special School

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What's On?

9-13 November
Book Week

13 November
**Book Week
Dress Up Day**

13 November
**Parent Opinion
Survey closes**

11 December
Musica Viva

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

Dear Parents and Carers,

I hope that you are enjoying the relaxation of Stage 4 restrictions and getting to spend some time with family and friends. I am certainly looking forward to the opportunity to move beyond the 25 km radius that is currently in place. Hopefully, that will be announced this Sunday by the Premier.

It has been a journey that I will long remember and hopefully does not recur in Victoria again.

Parents and carers still cannot enter the school grounds or classrooms of the school, and at this stage school graduations will be student and staff occasions with parents being able to attend the event online through Webex.

The end of the year whole school celebration will also not take place due to COVID-19.

It has been a year of disruption that has created stress and anxiety for many Victorians and people all over the world. It is so important now that we create positive experiences for the students, the staff, and the school community through what we do and how we connect. Let's make it our responsibility to create the positive experiences and build on them so we feel good about ourselves and others.

The Department of Education has established three priorities for all schools in 2021

1. Provide every student with the best chance of catching up with time missed from school
2. Healthy and happy kids
3. Stronger connections with families

The school is making a concerted effort to promote healthy and happy kids through the units of work that are being implemented in primary and secondary areas of the school. It is also great to see the students and staff taking the opportunity to engage in ball games and physical activity when the sun is shining and see the high engagement of the primary students in their morning fitness activities.

The secondary students are loving the theme of "Celebration" that they are working on this term. Halloween has been holding centre stage recently with secondary classrooms being decorated and the students getting into the fun of this celebration.

The Solar Explorers unit of work in the primary area is also providing the students with lots of opportunities to engage with this topic and have some fun in their learning.

The senior secondary students have been working hard on completing their work requirements for their VCAL and ASDAN courses. These students are to be congratulated for what they have achieved during flexible and remote learning in meeting their work requirements.

Cont/d...

School Logo

The school council is in the process of updating the school’s existing logo. A graphic designer has been engaged to do this work and has put forward three designs for consideration by the school. The three mock-ups of the logo were voted on the by the students and council members. The council will now proceed to finalise the design of this logo so that it can be added to school uniform items and the stationery of the school in readiness for our name change that will come into effect in 2021.

Sunsmart

As the days get warmer, students must come into school with sunscreen applied where their skin is exposed to the sun. Every student needs to have a drink bottle that they can access during class so they can regularly hydrate during the day.

Enjoy your weekend and the week ahead,
Colin

Key Word Sign of the week

Week 5

Who

Point dominant index finger, palm facing body. Move hand in small forward circles.

Note: Check SeeSaw Z-Admin to watch video demonstration



OT Challenge of the week!



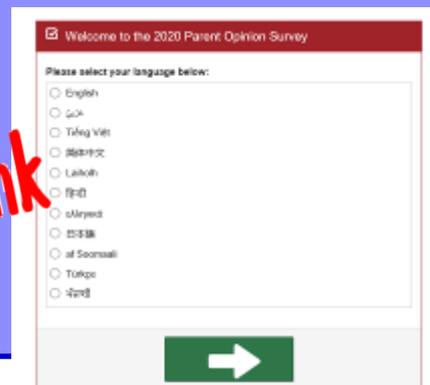
Five-finger Starfish Meditation

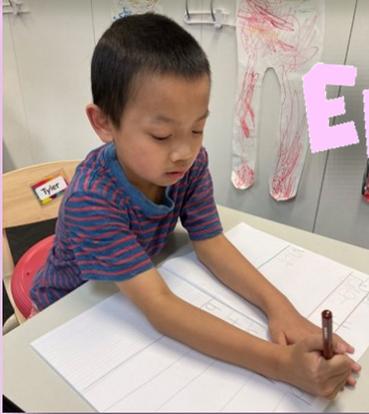
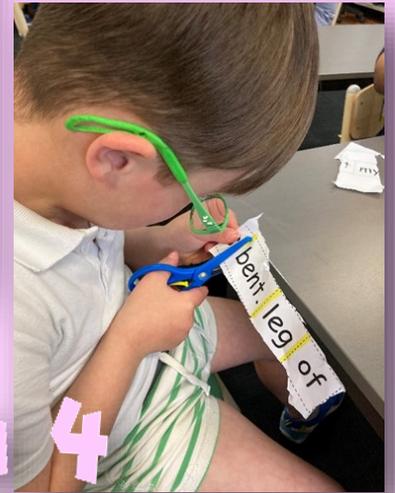
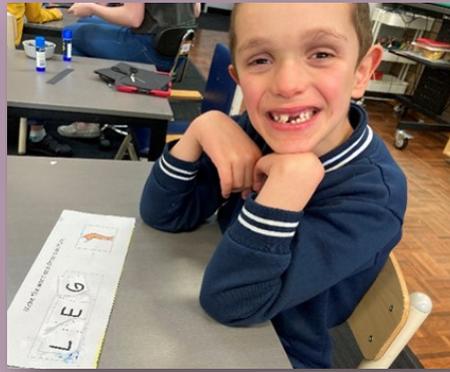
Hold up one hand in a starfish position (fingers spread wide). Gently trace up and down each finger with the other hand, focusing on regular breathing at the same time.

As you trace up fingers, breathe in. As you trace down fingers, breathe out. How slowly can you breathe?

PARENT OPINION SURVEY

See Seesaw for the Link





ENGLISH IN ROOM 4

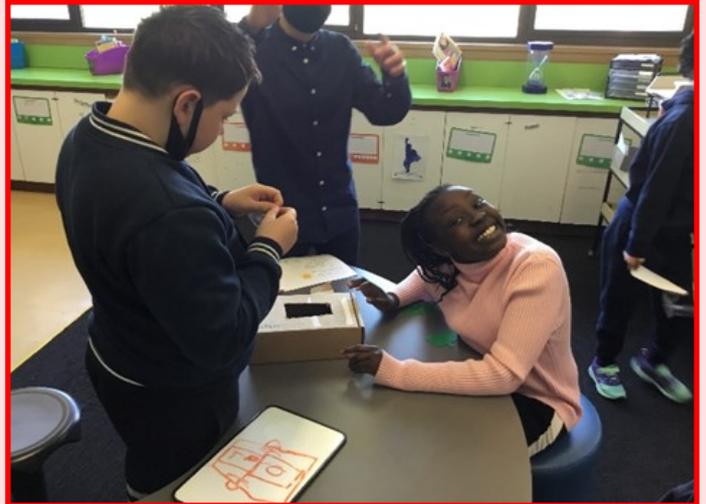
Each fortnight Room 4 focus on a new word and sound in English.

Last week we learned about the graph 'l' in the word 'leg'. The class recite the word, sounds and name of the letters in 'leg' at the beginning of each lesson and then divide up into learning groups to complete three different activities – guided reading, word work, and writing.



THE LETTER "L"



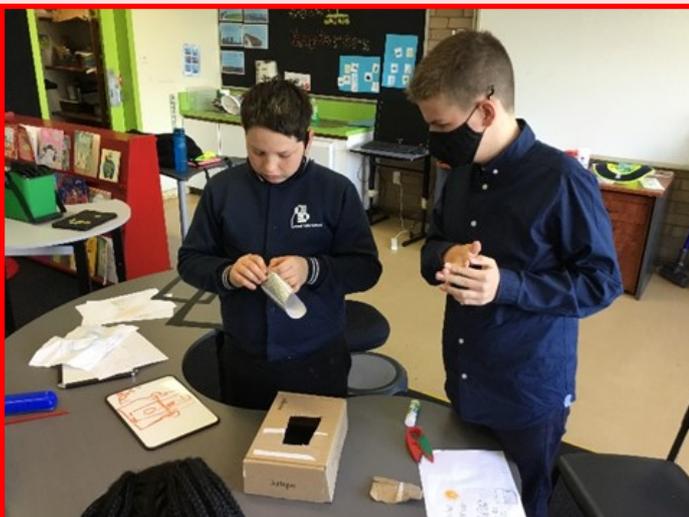


This term, Room 5 has been participating in Solar Explorers!

We have been exploring renewable energy, in particular energy from the sun. We have started to make our Solar Ovens, using the sun's energy to bake cakes! We are excited to see if they work.

-Kat

ROOM 5





P.E.



Primary Focus - Learning Through Movement

Students have been moving their body through different activities, learning how to control their movements in different situations.

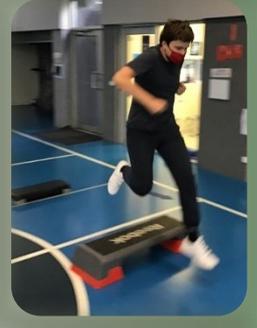
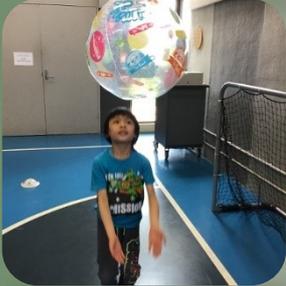
They have shared equipment with their peers and taken turns in game situations.

Secondary Focus - Understanding Movement

Students have taken part in several activities to understand how their body produces different physiological responses.

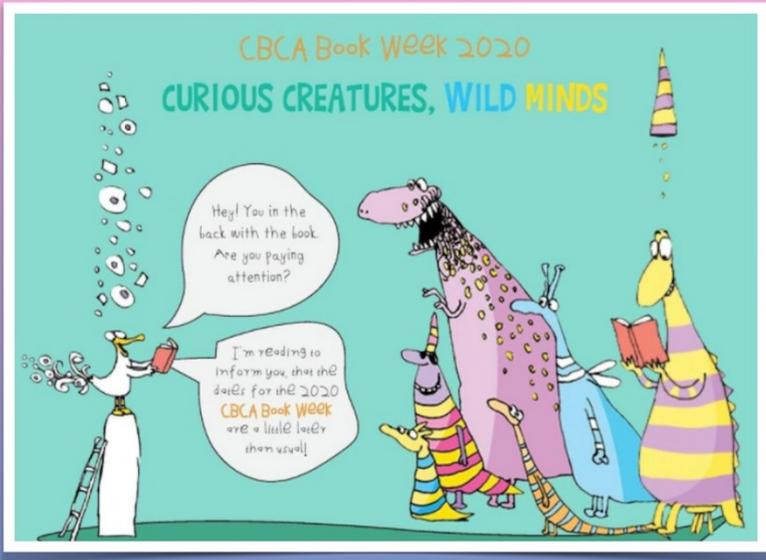
They have tried yoga, dance, team games and athletics. Students discussed what happened to their bodies and how they felt after the different activities.





AVSS Book Week
2020
Monday 9th - Friday
13th November

Calendar of
Events

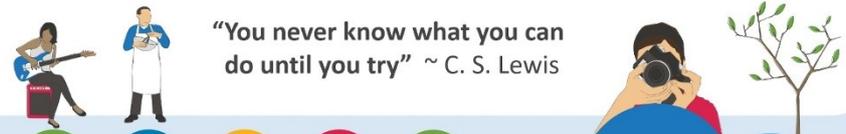


Look out for exciting and fun literacy activities all week!

Book Fair - All Week!			Door Decoration Judging!	Dress up Day!
9	10	11	12	13

ACTION CALENDAR: NEW WAYS NOVEMBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Give yourself a boost. Try a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire
8 Find out something new about someone you care about	9 Plan a new activity or idea you want to try out this week	10 When you feel you can't do something, add the word "yet"	11 Be curious. Learn about a new topic or an inspiring idea	12 Overcome a frustration by trying out a new approach	13 Choose a different route and see what you notice on the way	14 Find a new way to help or support a cause you care about
15 Go outside and do something playful - walk, run, explore, relax	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them
22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Tune in to a different radio station or TV channel	27 Enjoy new music today. Play, sing, dance or listen	28 Join a friend doing their hobby and find out why they love it
29 Discover your artistic side. Design your own Christmas cards!	30 Look for reasons to be hopeful, even in difficult times					



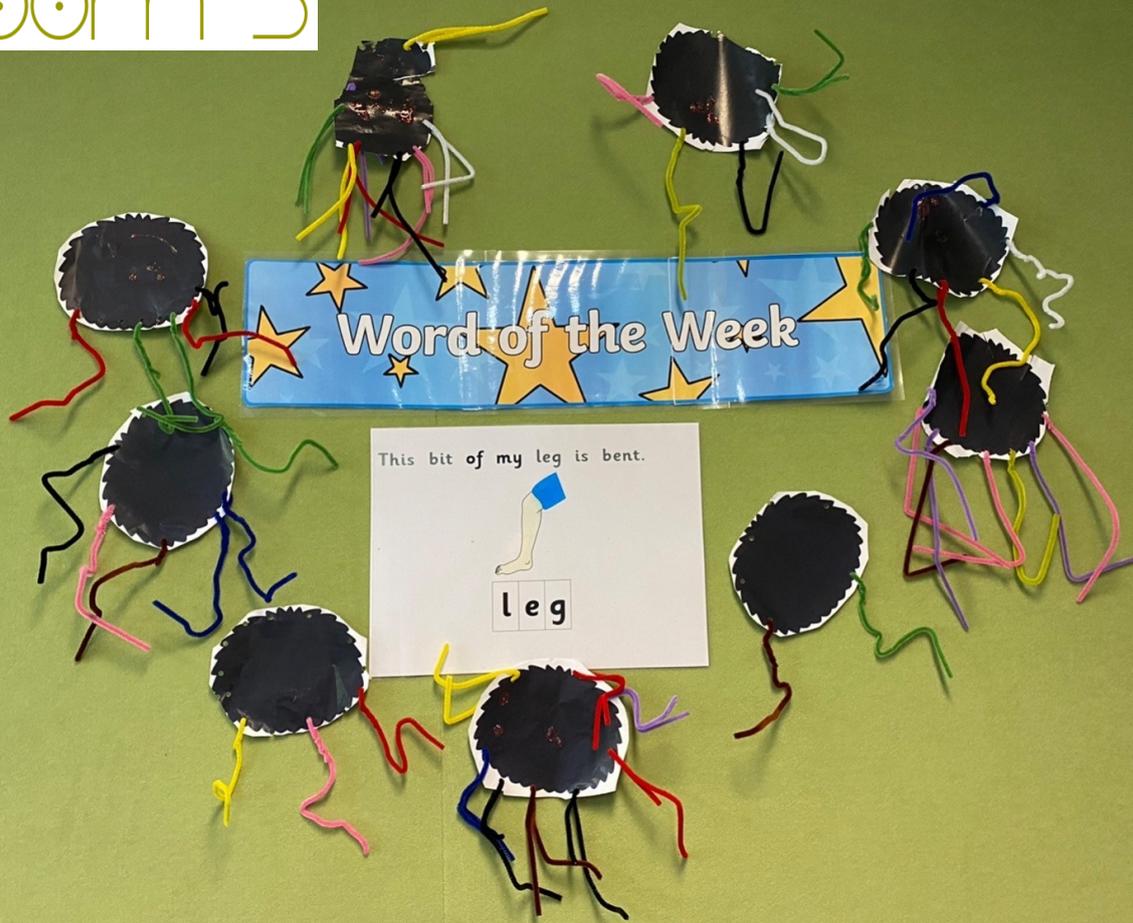
ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/new-ways-november Keep Calm · Stay Wise · Be Kind

Room 3



Invitation to Moonee Valley Primary Schools 2020 Christmas Card Design competition

Design a Christmas Card for display in Moonee Valley!

As you can imagine, we are disappointed not be holding Carols in Queens Park this year due to the current Co 19 gathering restrictions. Instead, we are trying our best to help our community celebrate and enjoy the Christmas season in a different way.

This year, we would like to invite students from your school to help spread Christmas cheer by designing a Christmas card to celebrate the holiday season.

We have included a card template in this pack – please see the last page.

You can print as many copies of this template as required for your students.

Students can draw or paint a card design onto the template. Designs should reflect "what I'm looking forward to this Christmas". Use your brightest colours!

Teachers can collect the finished designs and return them to Moonee Valley Council.

Return your designs and entry forms by **Friday 20 November**

By post: Att: Erin Bugg, Events Officer
Moonee Valley City Council
9 Kellaway Avenue, Moonee Ponds, VIC
3039

By email: If you prefer, you can scan and email the completed designs and entry forms to
eventsandactivations@mvcc.vic.gov.au

Students' designs will be displayed at various locations throughout Moonee Valley including: The Clocktower Centre, Moonee Valley Libraries and participating local shopping precincts.

1st prize: \$250 voucher from Arthouse Direct, Essendon for the student plus \$250 voucher for their school
2nd prize: \$150 voucher from Arthouse Direct, Essendon for the student plus \$150 voucher for their school
3rd prize: \$75 voucher from Arthouse Direct, Essendon for the student plus \$75 voucher for their school

For more information about Council's Christmas Card Competition, email eventsandactivations@mvcc.vic.gov.au or call 03 9243 1896.



Moonee Valley Council Christmas Card Competition

Entry Form

Student's Name	
School:	
Name of Parent/Guardian:	
Parent/Guardian contact email:	
Parent/Guardian phone:	

TERMS AND CONDITIONS 2020 Moonee Valley City Council Christmas Card Design competition

- Entries open 1 November and close 5pm Friday 20 November.
- Entries will be judged by the Incinerator Gallery.
- The decision is final and no correspondence will be entered into. The winner will be notified prior to Monday 7 December.
- All entrants must complete an entry form to be eligible for the prize.
- Personal information on entry forms will not be used for any other purposes than those associated with the winning competition entry and will not be disclosed.
- Entries are open to all primary school students at primary schools based in Moonee Valley.
- The winning entrants will receive:
 - First Prize: \$250 voucher from Arthouse Direct for student, plus \$250 voucher to the student's school.
 - Second Prize: \$150 voucher from Arthouse Direct for student, plus \$150 voucher to the student's school.
 - Third Prize: \$75 voucher from Arthouse Direct for student, plus \$75 voucher to the student's school.
- Unfortunately, entrant's artwork cannot be returned after display.

CARD TEMPLATE ON NEXT PAGE (artwork in bottom section)



NAME:	
SCHOOL:	ASCOT VALE SPECIAL SCHOOL
GRADE:	

Moonee Valley Christmas Card Template
(see previous page for instructions)

Dear parents, carers and guardians,

As students in both mainstream and specialist settings recommence on-site learning in Term 4, I want to thank you all for your efforts during this challenging time. I also want to reassure you that the health, wellbeing and safety of children, young people and those involved in their education continues to be of paramount importance.

Throughout the pandemic we have closely monitored the impact of coronavirus (COVID-19) on schools; the strategies that can be implemented in schools to reduce risk; and the health impacts of coronavirus (COVID-19) on children and young people, including those with a disability or complex medical condition.

Research by Murdoch Children's Research Institute found that coronavirus (COVID-19) transmission in schools is uncommon when community transmission is low. A [summary report](#) of these findings is available to read.

With declining case numbers in the community, I am confident that the risk of coronavirus (COVID-19) transmission in mainstream and specialist schools is very low, when we have in place a range of health and safety measures.

The health and safety measures recommended for schools focus on the strategies we know are most effective. These include ensuring unwell staff and students remain home, good hand hygiene, enhanced cleaning and wearing face masks (only mandatory for those 12 years and over attending high schools). Temperature screening is not currently recommended for schools, given low levels of community transmission. I encourage you to read the [health and safety advice for schools](#) for further information on what schools are doing to keep students and staff safe.

The most important thing I ask of every family this term is to keep your child home from school if they have even the mildest coronavirus (COVID-19) symptoms and to get tested as soon as possible. Staying home when unwell is one of our strongest measures to limit the spread of the virus. For more information on what to do if your child is unwell, see this [fact sheet](#).

The good news is that evidence continues to show that children are less impacted by the virus, and are less likely to develop severe illness. Additional [advice for families](#) has been developed for those with medical vulnerabilities to support decision making about on-site learning at this time.

Working together to implement COVIDSafe strategies, I am confident Victoria's students can continue to safely attend school throughout Term 4.

Adj Clin Prof Brett Sutton

Victorian Chief Health Officer

** If you would like any of the reports mentioned above in the links, please contact the school and we will forward you a copy.*