



## What's On?

19-23 July  
SSG Week

26 July  
AVHS Olympic  
Torch Relay

30 July  
AVHS Olympics

3 August  
School Council

Dear Parents and Carers,

**\*\*\*The school will be sending students home with their school iPads today as there may be a snap lockdown announced later this afternoon for three to five days. If there is no snap lock down announced, the students are to bring their iPads back to school tomorrow. The iPads will NOT be sent home with their chargers. If a snap lockdown is announced and you need a charger, please contact the school to pick up a charger either tomorrow or Monday. \*\*\***

I hope this bulletin finds you and your family well. I certainly enjoyed my break that was undoubtedly different due to what was happening with COVID-19. I had a shortened holiday due to the COVID situation in New South Wales but managed to complete some long-overdue tasks on the home front.

It was great to connect with the students I missed very much whilst on leave, and it was great to see how much they loved being back at school.

I want to take the opportunity to thank Megan Retallick, who did an outstanding job in leading the school while I was on leave. Megan is highly skilled and demonstrates exceptional qualities in her leadership of others and the school's management. The school has a terrific leadership team and an excellent staff committed to supporting the school to deliver improved learning outcomes for the students.

The school council has committed at its last meeting to gain the government's support to attain the next stage of funding required to complete the refurbishment and modernisation of the school and its playground space.

The school will be undertaking a self-evaluation of its progress against its last strategic plan over the following two terms. This self-evaluation is also an opportunity for the school community to have their say about the school and identify areas of improvement.

The school council and the school will be developing several pathways for parents to be engaged in this self-evaluation during this term.

We look forward to hearing and gaining your feedback to identify areas of the school that can be adjusted, changed or consolidated over the next four years of the school's new strategic plan developed in 2022.

Lindsey Delooze has gained a Leading Teacher position at Wembley Primary School. Lindsey will be taking up this position this Monday. We wish Lindsey all the best in her new role. All the students and families that she has been working with and supporting will miss her. She is a terrific leader and teacher who has made a significant difference to the outcomes of students and the development of multimedia and VCAL. Thank you, Lindsey.

The school is currently in the process of seeking a replacement for Lindsey.

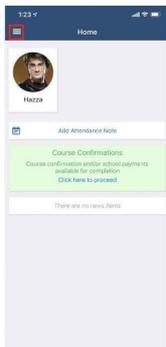
Never hesitate to contact me if you have a query, require assistance or have an issue that you need to raise.

I look forward to working and supporting the school community over this term.

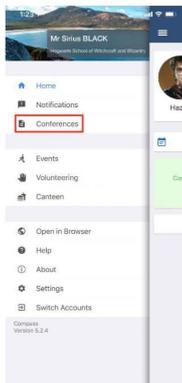
Cheers,

Colin 0409413291

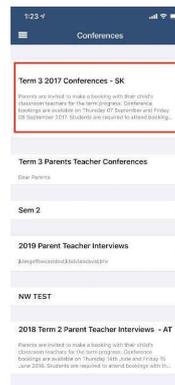
Step 1. Open your Compass App and click on the menu bar.



Step 2. Select the Conferences Tap and open



Step 3. Select and open the 2021 Term 3 SSG tab



If you are having difficulty booking your SSG appointment please contact your child's teacher or the office and they will be able to help you book a Webex meeting time.

**Only 50% of parents have booked SSG meetings.**

This is a great opportunity to discuss and celebrate student learning, but also to highlight any concerns you may have about your child's progress.

# Ascot Vale Heights

## Olympics



**Friday, 30th July**  
**Essendon Hockey Field**

**\* Parents & Carers will be able to attend subject to COVID-19 restrictions**

- Relay Race
- Egg and Spoon Race
- Long Jump
- Chicken Throwing
- Sprint Race
- Beanbag Throwing
- Tennis Target Hitting
- Obstacle Course



# Allied Health News



**Core Word of The Week**

Practice modelling the core word on the AVHS communication board.

**"LIKE"**

*See Getty and Nataliya's Z-Admin SeeSaw demonstration*

**Key word sign of the week is "Like"**

Put your palm on your chest and move in circular motions twice.

*See Getty and Nataliya's Z-Admin SeeSaw demonstration*



"I like bubbles!"  
"You like ice-cream"



**COMMUNICATION BOARD**

AVHS have just installed an outside communication board at the sand-pit!

## How can I nurture my child's mental health?

The best way to support your child's mental health is through listening. It sounds simple but in our busy lives we often forget to stop and pay attention to one another. These tips can help you improve your listening skills:

- Life is busy, use opportunities like meal times to sit down together and listen to your child attentively.
- Turn the TV off and put your phone away to avoid distractions.
- Use active listening techniques including nodding your head, asking open-ended questions and repeating back what your child has said to confirm your understanding.

Remember, children learn from and model our behaviour. If you want your child to listen to you, you'll first need to listen to them.

### Tips for talking to your child about mental health

Children are more likely to talk about personal issues with their family if they feel seen, heard and validated. The following tips can help you direct conversations towards mental health:

- Make conversations about mental health a normal part of life. Model this to your child by talking about your feelings and explaining how you take care of yourself. If this feels uncomfortable, you can talk about the feelings you see displayed by characters on TV and movies.
- Calmly stay with feelings that arise, it can be an automatic reaction to steer away but this can teach children to avoid negative emotions.
- Give your full attention – we all know when we are not being listening to!
- Think about your body language. Try to be open and relaxed, make sure you sit at your child's level where possible.
- Offer empathy rather than solutions – show that you accept what they are telling you but don't try to solve the problem for them.

## Contacting the team

### Speech Pathology

Getty [getty@wordsinmotion.com.au](mailto:getty@wordsinmotion.com.au)

Working days: Wednesday and Friday

Natalliya [natalliya@wordsinmotion.com.au](mailto:natalliya@wordsinmotion.com.au)

Working days: Monday, Wednesday and Thursday

### Mental Health Practitioner

Monique [monique.parker@education.vic.gov.au](mailto:monique.parker@education.vic.gov.au)

Working days: Wednesday and Thursday

*The MHP role is funded to support secondary students only.*





Dear Parent/Caregiver,

Your child has been offered an opportunity to attend this year's Special Children's Christmas Party

The party is for children only with Special Needs, where they can enjoy just being a 'kid' again, there will be lots of rides, face painting, activities, a 3 hour stage show, yummy food and of course, Santa and presents, all provided completely free!

This year's party is being held at the Melbourne Showgrounds in late November/early December.

If you are interested in your child attending this year's Party, please send this form back to your school or organisation that informed you about the Party. Your School or Organisation will then get in touch with the organisers of the Christmas Party to register your interest and perhaps you might be lucky to receive an invitation!

If you have any further questions about the event, you may view our webpage at <https://www.sccpau.com.au/fagparents> There you will find a list of commonly asked questions.

**Remember, this is only a request for an invitation, not a guarantee that you will receive one.** Each year, we have over 5,000 requests for children to attend and it's not possible to accommodate that many children with Special Needs.

#### COVID-19

We understand that we need to be mindful of the pandemic and as such, if restrictions allow, we will host the party. Sanitiser will be available; ride operators will be sanitising high touch areas between rides; everyone will have to sign in using the Service Victoria app. This year, **no siblings** will be allowed and it is a strict 1 parent/carer per child policy.

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This form needs to be back to your school or organisation **before 27th August.**

Yes, I would like to register my interest for my child to attend.

Child's Name: .....

Age: ..... (must be under 12 years)      Gender: .....

Preston Rotary Club is proud to host International Entertainment's

# 2021 CIRCUS QUIRKUS

## ATTEND THE LIVE SHOW...

WHEN ~ MONDAY 23RD AUGUST 2021

TIMES ~ 10.30AM / 1.30PM / 5.30PM

WHERE ~ THE THORNBURY THEATRE, VIC

COST ~ ALL TICKETS ARE COMPLIMENTARY

Scan the QR code with your mobile phone to watch the Circus Quirkus show trailer...



Enter the wondrous world of Circus Quirkus with unbelievable acrobatic skills, magic, juggling and vaudeville circus acts with laugh out loud comedy that will have audiences of all ages cheering along!

Thanks to the generous sponsorship from businesses across Melbourne, this incredible spectacle provides children of all abilities and backgrounds with an opportunity to experience world-class entertainment in an accessible, inclusive and safe environment where they feel free to be themselves without restriction and judgement.

## WATCH THE SHOW ONLINE...

CAN'T ATTEND THE LIVE SHOW?...

WATCH IT DIRECTLY FROM OUR STAGE TO YOUR SCREEN WITH UNLIMITED AND ON-DEMAND VIEWING AVAILABLE FROM

FRIDAY 30TH JULY 2021

To Book Tickets and Register for Online Access Please Email...  
[meredithnewman@showintent.com.au](mailto:meredithnewman@showintent.com.au) or Call 0404-367-782

CLUBLIME

# CLUB LIME AVHS OFFER

**\$13.90/WEEK + \$0 JOINING FEES**

Exclusive to the community of Ascot Vale Heights, Club Lime Ascot Vale is offering \$0 Joining Fees for anyone that presents this pass by the 31st of August 2021. NO contracts, 24/7 access and classes included!  
Please contact: [ascotvale@clublime.com.au](mailto:ascotvale@clublime.com.au) to organise a time to view the club

MORE INFORMATION ON [CLUBLIME.COM.AU](http://CLUBLIME.COM.AU)

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