



What's On?

See table on page 5 for
Staged Return to
Learning Dates

Tuesday 26 October

School Council
6.30pm-7.30pm
School Council Public
Meeting 7.30pm-8.15pm

Monday 1 November

Curriculum Day.
No students required at
school

Tuesday 2 November

Melbourne Cup
Public Holiday

Friday 5 November

All students return to full
time onsite learning

Friday 17 December 1pm

End of Term 4

Monday 31 January 2022

Term 1 starts

Dear Parents and Carers,

I am excited to be back at school and catching up with the students, staff and parents and caregivers where I can. The four weeks that I was on leave have been interesting with lots of walking, cooking, and doing some things around the family home. Oh! there was a little accident on a ladder that meant there was some recuperating to do in the last two weeks of my leave, but all good now. I am now banned from going anywhere near a ladder!

I would like to thank Megan, the leadership team, and the staff for their work in ensuring that the school was able to continue to successfully operate and meet its commitments in the time that I was on leave.

The school is indeed well positioned to move forward and continue to build on the work that has been implemented with a great staff team, modernisation upgrade to the existing facilities and continued development of the Flemington Education Plan.

School Closure: Tuesday October 19th.

This twenty-four-hour school closure was brought about by a student testing positive to COVID-19. Staff and student close contacts have been identified and are waiting for their test results. These staff and students need to wait for a Department of Health clearance before being able to return to school. For the staff, students and families concerned, the wait for the test results, and the clearance from the Department of Health is not easy an task to manage and if you need any support or assistance, please contact the school.

I am very pleased to report to the school community the vaccination of students twelve and over is almost 100% of the students in this age range attending the onsite learning program. I encourage all families that have students that are eligible to be vaccinated to do so for their health and the wellbeing of others.

We are now living in a COVID environment that is not going away. Friday, November 5th we will welcome all the students back into school. The expectation is that all students will be back at school unless they have a medical exemption. Staff will not be delivering flexible and remote learning to parents or caregivers that elect to keep their child at home due to COVID 19 after this date.

I would like to acknowledge the staff that have been supporting the onsite learning program for the entire time that we been in lockdowns over the last two years, and now find themselves at home in quarantine as the state is about to open from this current lock-down. They have been terrific with the students and worked exceptionally hard to deliver a program that is engaging and meeting the needs of these students. Now they are endeavouring to support the students and their families that are also in quarantine. A great team that is committed, enthusiastic and passionate about their work.

Cont'd...

Face Masks: Please continue to reinforce the wearing of face masks if your child can wear a face mask. I understand there are some students that will battle to wear a face mask at school. The department has communicated that if your child struggles to wear a face mask that you should consult with your child's doctor or regular health professional or the school about the best methods to encourage mask wearing. Many of our students have already demonstrated that they can wear a face mask. Can you please reinforce the importance of wearing a face mask for their safety and others.

Successful School Tender: We are still waiting for confirmation of the successful tender of the refurbishment of the school.

Mental Health in Primary Schools Pilot: We are very excited to announce that our school will be involved in the Mental Health in Primary Schools Pilot in 2022. The MHIPS Pilot is a Department of Education and Training initiative, designed to promote a whole-school approach to mental health and wellbeing. The Pilot is being delivered in partnership with Murdoch Children's Research Institute and the Melbourne Graduate School of Education.

The Pilot provides our school with funding during 2022 to employ a teacher-qualified professional (0.4) as a Mental Health and Wellbeing Coordinator who will lead a whole-school approach to mental health prevention and early intervention approaches that are embedded in the classroom. This will enable us to further deepen our current practices to support our students' wellbeing.

The mental Health and Wellbeing Coordinator will complement the school's existing wellbeing team and strengthen our connections with Department of Education and Training regional staff, local community services and other health professionals to engage and build relationships with appropriate mental health and wellbeing supports.

I look forward to the works that are about to commence at the school and the difference that these works will make to the students' learning spaces and the opportunities for the staff to use these enhanced learning spaces. Every stage of the work will be hoarded, and every endeavour will be made by the builder to reduce the impact of the works that are taking place, but there will be some disruption and reallocation of classes due to the works program over the year.

School Community Self Evaluation Survey: Every parent carer will now have received this survey via Seesaw. Please take the opportunity to complete this survey as it will provide valuable information on what the school is doing well, what could be improved and an opportunity to voice suggestions and concerns. It is important to have your say in the school's self-evaluation as a new strategic plan will be developed for the school in 2022. Please submit your online survey responses by Tuesday, October 26th.

School Council Public Meeting 26 October 7.30pm to 8.15pm Zoom Online Meeting: The school council has created the avenue for parents and caregivers to connect to this public meeting via Zoom. This public meeting will address four key questions that will provide valuable information to inform the school's self-evaluation on the progress it has made against the goals and targets in the last school strategic plan.

The four questions are:

- What have been the highlights of the school?
- What is the school doing well?
- What could be improved?
- What would you like to see happen in the next four years that would make a difference for how the school operates to support student learning and the mental health and wellbeing of students?

The school council meeting will be in progress prior to this meeting, please access this public meeting at 7.30pm
Zoom link: <https://us02web.zoom.us/j/9693949579?pwd=dkk4azBJaExOT3QvMWE0Z25WTFIPQT09> Meeting ID: 969 394 9579 Passcode: susanne

Any child who has symptoms it is so important that they get tested. No student is to attend school with any symptoms such as runny nose, fever, headache, temperature, loss of smell or sore throat. Stay well and enjoy your weekend and the opportunity to be out and about.

Cheers, Colin

Allied Health News

Key word sign of the week is "What"

Point dominant index finger, palm away from body, at mid chest height. Move formation at wrist from side to side, twice.

See Getty and Aleyna's Z-Admin SeeSaw demonstration



Core Word of The Week

Practice modelling the core word on the AVHS communication board.

"What"

See Getty and Aleyna's Z-Admin SeeSaw demonstration

"What did you do on the school holidays?"

Ascot Vale Heights School Learning for life

I need a break  Words In Motion 2021

 who	 I, me	 you	 not, dont	 want, need	 choose	 look, see	 hear	 feel	 clean	 dirty	 more	 finish
 what	 he, him	 she, her	 am, is, are	 have, has, had	 like	 think	 give	 tell	 first	 then, next	 yummy	 yuck, bad
 where	 we, us	 they, them	 will	 eat, ate	 drink	 help	 get, got	 show	 now	 later	 loud	 quiet
 when	 mine	 can	 stop	 go	 come	 wait	 wash	 in	 out	 good	 big	 small
 why	 it	 find, found	 do	 make, made	 play	 sit	 on	 off	 hurt	 sick	 same	 different
 how	 oops!	 Yay!	 boo!	 open	 close	 stand	 up	 down	 hot	 cold	 inside	 outside
 yes	 I dont know	 no	 turn	 know	 take	 and	 under	 sad	 happy	 scared	 angry	 toilet



What is Resilience?

Resilience is the ability to bounce back from hardship. It is a necessary skill for coping with life's obstacles and one of the key ingredients to success. Examples of challenges young people face where resiliency skills are essential include physical illness, change of school, transitioning from primary school to high school, change in the family system, relationship conflict and throughout the COVID-19 Pandemic.

How can we teach resilience?

We are all naturally resilient, but fear, insecurity and doubt can take over in moments of stress or anxiety. These responses can affect our ability to draw on our resilience. Luckily, there are a few ways our school and parents can encourage and build resilience in students.

Create safe and supportive learning environments

At Ascot Vale Heights School, we focus on developing an environment where all students feel safe and supported. Staff encourage students to try new things and highlight the opportunities for learning when they fail or make a mistake. When students feel like the outcome won't affect them negatively, they are more likely to try new and more challenging things. Being able to learn from mistakes in a place where they feel supported will build their confidence, self-belief and resilience.

Provide opportunities for goal setting and reflection

Building resilience is all about maintaining a positive mindset, a willingness to grow and an ability to learn. Setting goals and making time for reflection have been shown to help maintain focus and create momentum in times of growth and change. When we only celebrate the wins, we instil a belief that the only thing that matters is success. In order to build a positive mindset and a willingness to grow, it's important to focus on progress and not just success. This can be done through providing open feedback to students that focuses on their effort rather than the outcome.

Develop a sense of belonging within the school community

Research shows that a great way to build resilience in young people is to help them feel a part of something bigger than themselves. As students transition back to on-site learning staff are focused providing lots of opportunities to connect students with peers and build strong friendships. This will foster a sense of belonging that will help student reintegrate into their normal school routine.

Contacting the team

Speech Pathology

Getty getty@wordsinmotion.com.au

Working days: Wednesday and Friday

Mental Health Practitioner

Monique monique.parker@education.vic.gov.au

Working days: Wednesday and Thursday

The MHP role is funded to support secondary students only.



AVHS Community Evaluation Survey



Here is the QR Code to the AVHS School Community Evaluation Survey.

We appreciate your time completing the survey

The link has also been posted on Seesaw.

AVHS Staged Return To Learning, Term 4, 2021



Year of Birth	From Monday 18th October	From Friday 22nd October	From Tuesday 26 th October	From Friday 5th November
2013 – 2015 YR 1-2	Thursday - Friday	Friday	Thursday - Friday	✓
2011 – 2012 YR 3-4	Vulnerable and Children of Essential Workers Only	Vulnerable and Children of Essential Workers Only	Thursday - Friday	✓
2009 – 2010 YR 5-6	Vulnerable and Children of Essential Workers Only	Friday Rm 5 & 7	Thursday - Friday	✓
2008 YR 7	Vulnerable and Children of Essential Workers Only	Friday & Monday	✓	✓
2006 – 2007 YR 8 - 9	Vulnerable and Children of Essential Workers Only	Vulnerable and Children of Essential Workers Only	Tuesday - Wednesday	✓
2005 YR 10	Vulnerable and Children of Essential Workers Only	Friday	Tuesday - Wednesday	✓
2004 YR 11	Vulnerable and Children of Essential Workers Only	Friday & Monday	✓	✓
2003 YR 12	✓	✓	✓	✓



These Room 4 superstars have been working onsite and from home since the start of term three. Their flexibility, resilience and ability to manage change has been inspiring. We are very excited to be welcoming them all back to school this week. A special shout out to our new friend Christian who has joined the class.



Compost

I can compost an apple core and banana



ROOM 5



Room 5 has been exploring our inquiry unit

'Don't Waste, Create!'

We have been exploring composting!

We have discussed different items we can compost and published our work about what we can compost.

Students have also been upcycling items and turning them into amazing pieces of artwork!



i can compost banana, strawberry raspberry skin, hair and grass

I can compost seaweed. and pumpkin

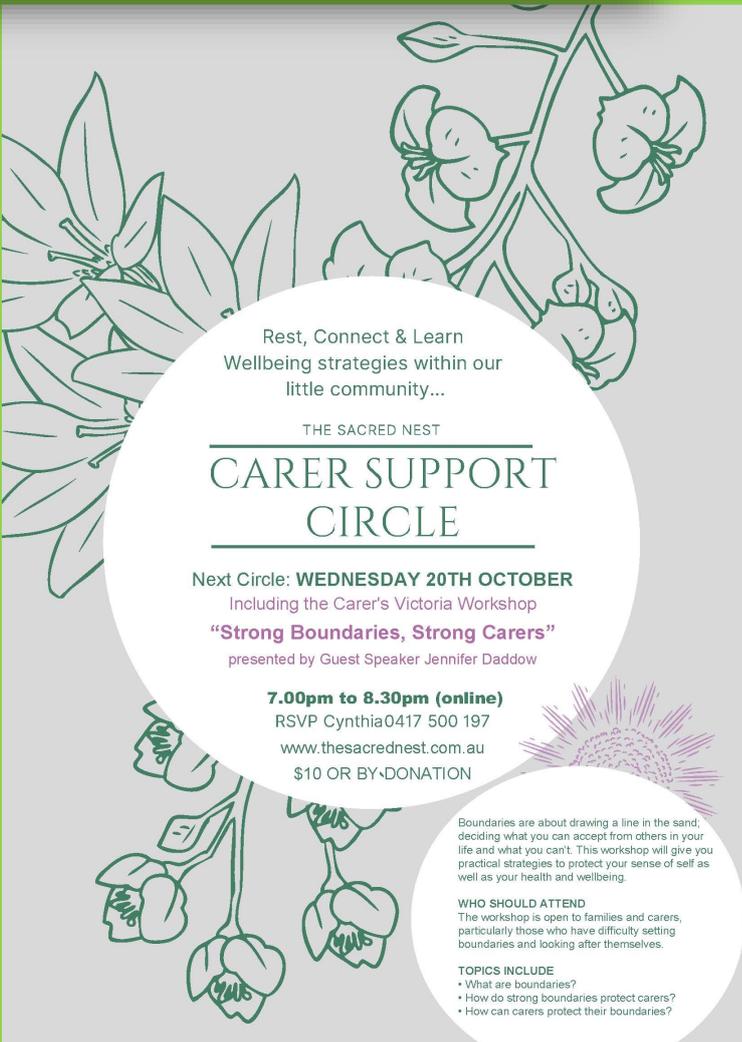


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for Keilor Little
Athletics**

Head to our website
or scan the QR code



WWW.KEILORLAC.ORG.AU
SEASON STARTS
OCTOBER

Rest, Connect & Learn
Wellbeing strategies within our
little community...

THE SACRED NEST

**CARER SUPPORT
CIRCLE**

Next Circle: **WEDNESDAY 20TH OCTOBER**
Including the Carer's Victoria Workshop
"Strong Boundaries, Strong Carers"
presented by Guest Speaker Jennifer Daddow

7.00pm to 8.30pm (online)
RSVP Cynthia0417 500 197
www.thesacrednest.com.au
\$10 OR BY DONATION

Boundaries are about drawing a line in the sand, deciding what you can accept from others in your life and what you can't. This workshop will give you practical strategies to protect your sense of self as well as your health and wellbeing.

WHO SHOULD ATTEND
The workshop is open to families and carers, particularly those who have difficulty setting boundaries and looking after themselves.

TOPICS INCLUDE

- What are boundaries?
- How do strong boundaries protect carers?
- How can carers protect their boundaries?

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