



## What's On?

**3 December**  
Reports Distributed

**6 December**  
Year 12 Graduation

**7 December**  
School Council

**9 December**  
Grade 6 Graduation

**13 December**  
Step-Up Day 10am-11am

**Wed, 15 December**  
**5.30pm-7.30pm**  
End of Year Whole  
School Celebration

**Friday 17 December 1pm**  
End of Term 4

**Monday 31 January 2022**  
Term 1 starts

Dear Parents and Carers,

### **Mental Health in Primary Schools (MHIPS)**

We are very happy to announce that Ascot Vale Heights School has been accepted to be one of the 26 schools to join this Pilot Program in 2022. Participating schools receive funding to employ a Mental Health and Wellbeing Coordinator (MHWC) to implement a whole-school approach to mental health and wellbeing. The MHWC is a qualified teacher who will take up their role alongside participation in a comprehensive training program and receive ongoing support and professional development through a structured Communities of Practice process. The role and the training program combine to form the "MHWC model".

The aims of the pilot are to:

- Build the capability and confidence of educators to better identify and support students with mental health concerns
- Implement effective mental health strategies aligned to social and emotional learning in the curriculum and whole-school approaches to health, wellbeing, teaching and learning initiatives
- Develop a clear pathway for referrals for students identified as requiring further assessment and intervention within the school and to regional and external community-based services
- Build connections with local health services and better navigate the service sector.

We currently have this position advertised on Recruitment Online to start at the beginning of 2022.

Return to school student wellbeing supports:

**Resources for Students** [Headspace counselling services](#)  
[Coronavirus \(COVID-19\) advice for students](#)  
[Feeling It: Mindfulness resources for VCE & VCAL students](#)  
[Smiling Mind digital care packs](#)  
[Wellbeing with Melbourne Football Club](#)

**Resources for Parents** [Talking to your child about COVID-19](#)  
[Advice, tips and resources for parents and carers](#)  
[Raising Learners podcast series \(Raising Children Network\)](#)  
[Get Your Move on](#)

### **New students for 2022 - Transition primary and secondary**

We are running the transition for new students to the school in 2022 over three weeks starting Monday 15 November. The secondary students will attend on Mondays and Wednesdays and primary will attend on Thursdays. The Foundation transition program will be on Wednesday 24 November, 1 December and 8 December from 9.30am-11.30am. Currently we have seven students for secondary with a pending student for senior secondary. The primary has four definite students with another four pending assessments.

**Christine Monahan**



# Allied Health News



## Key word sign of the week is "Cold"

Hold both arms bent, hands in fists. Move formation in quick, short sideways movements, several times.

See the Z- Admin SeeSaw demonstration

## Core Word of The Week

Practice modelling the core word on the AVHS communication board.

**"COLD"**

See demonstration on SeeSaw



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	=, 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	up	down	close	stand	up	down	cold	inside	outside	sad	happy	scared	angry	toilet

**"It's COLD outside!"**

## How Happy is your Family?

Improving the emotional wellbeing and resilience of children is as important as teaching them to read and write. Every parent wants their child to be safe, happy and healthy. Having close, loving and encouraging childhood relationships with parents lays a strong foundation for thriving in young adulthood and may also buffer young people from mental health problems.

Evidence shows the best predictors of a child's future happiness are the emotional wellbeing and strength of their family, the quality of their role models, and the skills they take with them on their journey through life.

***Uplifting Australia*** provides a range of resources and programs to help strengthen the emotional wellbeing and resilience of children and families. Their programs bring children and parents together to learn strategies for increasing the parent-child connection and establishing healthy emotional patterns that set children up for life and learning.

***Family Connect*** provides a healthy emotional system to implement at home that supports listening, appreciation, emotional literacy and self-responsibility for the family. The whole family learns skills together to support great relationships and good mental health outcomes. Go to [familyconnect.org.au](http://familyconnect.org.au) to do the program.

***Family Check-in*** a quick online activity to see how your family is going with your social and emotional wellbeing. It helps you understand how you can strengthen the emotional system in your family to make it even more successful and set your children up for good mental health. Participate in the Family Check-in at [familycheckin.org.au](http://familycheckin.org.au).

## Contacting the team

### **Speech Pathology**

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

Working days: Wednesday and Friday

### **Mental Health Practitioner**

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

Working days: Wednesday and Thursday

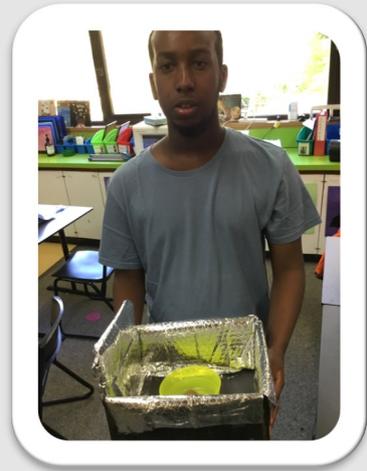
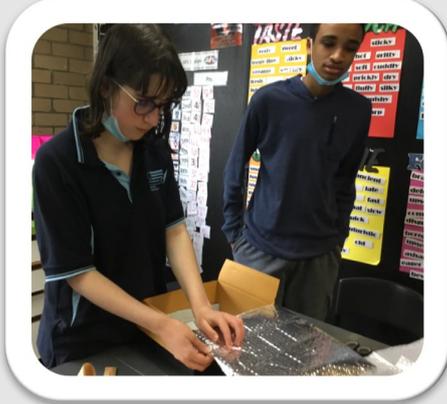
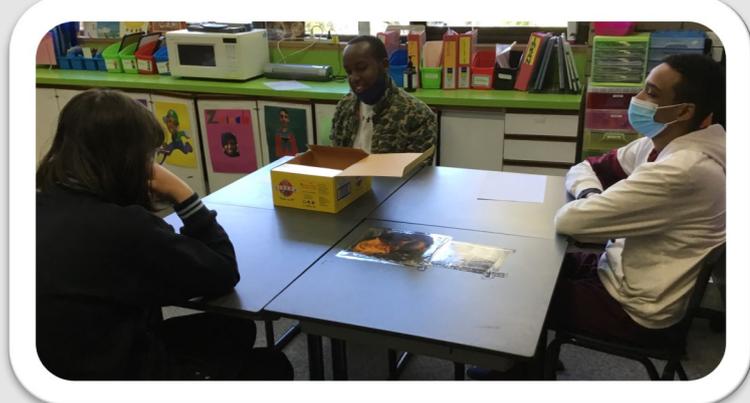
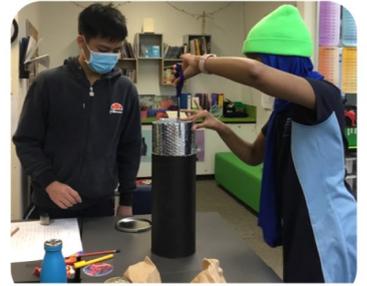
*The MHP role is funded to support secondary students only.*



# Room 14

THIS SEMESTER ROOM 14 HAVE BEEN INVOLVED IN MAKING SOLAR OVENS OUT OF RECYCLED MATERIALS.

STUDENTS RESEARCHED, DESIGNED, CONSTRUCTED AND TESTED THEIR SOLAR OVENS



# Room 15

## Room 15 welcomes back everyone!

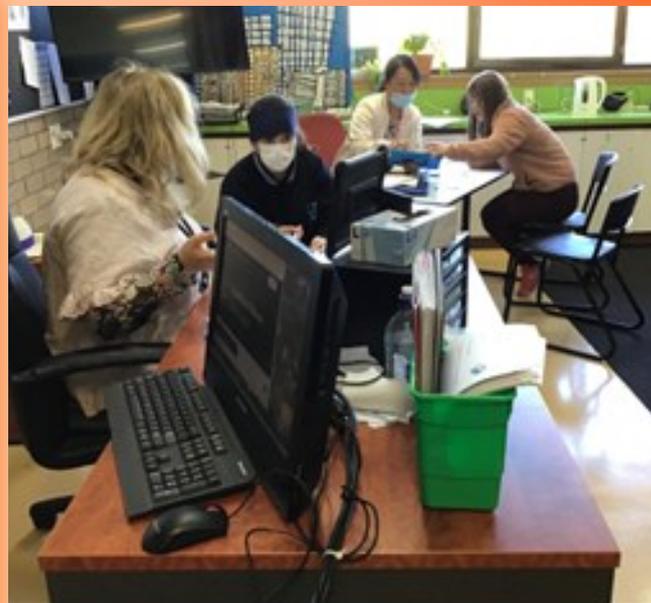
Students have been working tremendously hard on completing their VCAL and ASDAN requirements and settling back into school after flexible and remote learning.

Some of the favourites have been:

MasterChef AVHS where we had Chewbacca and Count Dracula judging their delicious treats they made in the kitchen.

ASDAN students planning and booking an appointment to a local service.

Students in Year 12 are now preparing their graduation speeches and designing their graduation invitations. They are very excited about completing their schooling and planning what life after school is going to be.





**END OF YEAR CELEBRATION**

*Come &  
celebrate 2021*

**Wednesday December 15th, 2021**

**5.30- 7.30 PM**

**Ascot Vale Heights School**

VAUDEVILLE SMASH  
(MARC'S BAND). FACE PAINTING. PHOTO  
BOOTH. INFLATABLE OBSTACLE COURSE.  
SAUSAGE SIZZLE.CUPCAKES.

*The celebration may be cancelled in the  
event of inclement weather*





# KIDS Summer HOLIDAY

20/Dec-27/Jan

Fun filled  
Sensory  
friendly  
activities



1A Bellairs  
Ave,  
Seddon  
VIC 3011

www.wonderkidz.net.au/ Call: 0402524656

Transportation  
available  
**4-12yrs**



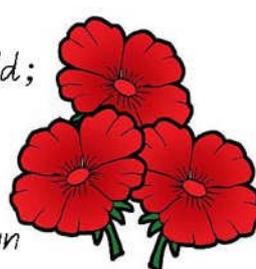
outdoor games,  
treasure hunt, story  
telling, carnival  
games, Interactive  
play and much more.

Monday 20 /12 <b>Plant your wonder seed</b>	Tuesday 21 /12 <b>Basket ball day</b>	Wednesday 22/12 <b>DIY Xmas Cup</b>	Thursday 23 /12 <b>Playdough Making</b>
Friday 24 /12 <b>DIY Ornament Xmas Dinner</b>	Wednesday 29 /12 <b>Bubbles Day</b>	Thursday 30 /12 <b>Swimming pool excursion</b>	Friday 31 /12 <b>Wonder Kidz photo day \$ NYE party</b>
Tuesday 4 /1 <b>Hand/foot Stamping</b>	Wednesday 5 /1 <b>My Zumba incursion</b>	Thursday 6 /1 <b>Crocs Playcenter excursion</b>	Friday 7 /1 <b>PJ Day Movie Night</b>
Monday 10 /1 <b>Swimming pool excursion</b>	Tuesday 11 /1 <b>DIY Shirt</b>	Wednesday 12 /1 <b>DIY Pizza incursion</b>	Thursday 13 /1 <b>Outdoor Climbing Day</b>
Friday 14 /1 <b>DIY Costume + Face Painting</b>	Monday 17/1 <b>Ice-cream Truck</b>	Tuesday 18 /1 <b>Wheels Day</b>	Wednesday 19 /1 <b>Make your own music instrument</b>
Thursday 20 /1 <b>Sensory Adventures/ Science works Excursion</b>	Friday 21 /1 <b>Cupcakes day</b>	Monday 24 /1 <b>Chalk Art Day</b>	Tuesday 25 /1 <b>Sensory Bottle Making</b>
	Thursday 27/1 <b>Make your cookie</b>	Friday 28/1 <b>Picnic Day</b>	

NDIS Rates

## The Ode

They shall grow not old,  
 As we that are left grow old;  
 Age shall not weary them,  
 Nor the years condemn;  
 At the going down of the sun  
 And in the morning  
**WE WILL REMEMBER THEM.**



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