



What's On?

9 December

Year 11 and 12 Info
Session via Webex

13 December

Step-Up Day 10am-11am

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,

This will be my final newsletter for 2021. This has been another challenging year for us all with the global pandemic which has affected us all. It increased our fears and worries concerning our own physical and mental health. There are many supports available for you and your family to help with this. It is important to access help if you need it. [Taking care of yourself \(education.vic.gov.au\)](#) There are a range of services you can access for advice and support:

- [Parentline](#) - a phone service for parents and carers of children from birth to 18 years old. Offers confidential and anonymous counselling and support for parenting issues.
- [Raising Children's Network: parent mental health](#) – offers advice and support on looking after yourself, healthy relationships, conflict management, dealing with stress and anxiety, anger management and helping children adjust to family breakdown.
- [Better Health Channel's Self-Care](#) – provides self-care strategies, connecting with others, being kind to yourself, relationship support, seeking mental health support.
- [Lifeline](#) – a national organisation providing all Australian's experiencing a personal crisis with access to 24-hour crisis support and suicide prevention strategies.
- [Beyond Blue](#) – offers confidential one on one calls and chats with a trained mental health professional and tools and resources to look after your mental health.
- [Black Dog Institute](#) - provides self-tools and apps, advice on when and where to seek help, information on mental health conditions and support groups.

I also hope that you can take some time over the summer holidays to rest and re-boot. Hopefully none of our travel plans will be cancelled and we are able to get away at some stage. The following is some guidance from the Raising Children Network – Family travel and children with additional needs. [Family travel & kids with additional needs | Raising Children Network](#)

Planning your time when travelling with children with additional needs—When you're travelling with children with additional needs, it's always good to plan for things to take longer than you expect. If you give yourself plenty of time to get where you're going and get organised when you get there, it can reduce stress for everyone, and help keep your child calm and happy.

Preparing your child with additional needs for family travel- Some children with additional needs can find travelling scary and unfamiliar, but there are things you can do to prepare your child. For children with autism spectrum disorder (ASD), it can help to **explain what your child might expect** when travelling. For example, if you're flying, talk to your child about the security screening process so that he knows what's going to happen before he gets there.

Transition

The class placements for 2022 have been sent for the Step-Up Day on Monday 13th December. On this morning between 10-11am the students will spend time in their 2022 classroom with the teacher and students. We will be talking about this day beforehand and have social stories for students who require them.

I wish all of our community a happy and safe holiday break and Merry Christmas or happy holidays to you and your families.
Stay safe and we will welcome you all back at Ascot Vale in 2022.

Christine Monahan

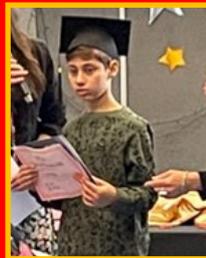


Room 11 visit the Mr Wonder Whip van

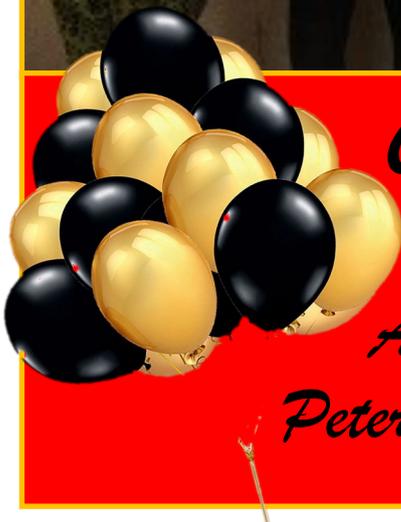


DECORATING THE COMMUNITY
CHRISTMAS TREES.





On Tuesday, we had our Grade 6 Graduation. We were joined by family to celebrate the learning of our Grade 6 students. Well done, and congratulations Grade 6



*Congratulations to our
Grade 6 Graduates!
Adam, Andrew, Ivy, Mark,
Peter, Ryan, Snigdha and Warsame*





Ascot Vale
Heights School
Learning for life

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. SAUSAGE
SIZZLE. CUPCAKES.

Note:

All visitors to the school will need to be fully vaccinated and will be required to sign in using the school's QR Code for entry.

IN THE EVENT OF WET WEATHER, THE CELEBRATION WILL BE CANCELLED!



YES I will be attending the End of Year Celebration BBQ

Name: _____

No of People attending: _____

Halal

Vegetarian

Please return to or advise your classroom teacher by 10 December 2021



Through our senses,
we experience the world...

We welcome you to experience our evidence-based programs which have been designed to engage the senses in a healthy, functional way.

Our programs are based on scientific understanding of the nervous system and how information from our environment is delivered to the brain

Online Delivery Available

Services are suitable for Children & Adults

Services claimable under NDIS (Self or Plan Managed)

Our services are delivered in **The Sacred Nest**, a purpose-built wellbeing space in the inner city of Melbourne.

This unique sanctuary is surrounded by a tranquil garden that flows into the space to bring the sensory experiences of nature indoors.

Our aim is to help you to reconnect with the natural environment and take a break from technology and the stresses of modern life.

"Every element of The Sacred Nest has been carefully chosen to create a special or 'sacred' space that calms the senses and relaxes the mind and body. This enhances the experiences of services provided".



OUR SERVICES

- NUTRITION & GUT HEALTH
- BRAIN-BODY INTEGRATION (iLS FOCUS)
- THERAPEUTIC LISTENING (SSP)
- MEDITATION & THERAPEUTIC TOUCH
- CARER WELLBEING

THE FACILITATOR

Cynthia Bartolo is a qualified food scientist and nutritionist with extensive knowledge and additional training in neuroscience and the enteric(gut) nervous system. She is also a Stillness Meditation teacher, Therapeutic Touch practitioner, a Safe Sound Protocol provider and iLS Focus Program practitioner.

CONNECT WITH US

For our **full range of services** and to make a **booking** - visit us at:

www.thesacrednest.com.au
cynthia@thesacrednest.com.au
+61 0417 500 197

@thesacrednest

Our services are claimable by self-managed and plan-managed NDIS participants.

FEATURE SERVICES...

SAFE & SOUND PROTOCOL

5 hour Auditory Intervention developed by Dr. Stephen Porges

The SSP re-tunes the nervous system to bring about a sense of emotional safety, which opens the door to self-confidence, social interaction, and successful learning.

SSP is a **therapeutic listening program** that uses **filtered music** of specific frequencies to stimulate the **Vagus nerve** and calm the nervous system. Sessions are delivered over 5 or more days in the calming environment of The Sacred Nest or **remotely in your own home**.

Benefits:

- Reduced anxiety and auditory sensitivities
- Increased attention and communication
- Enhanced social and emotional regulation
- Improved body awareness and control
- Enhanced gut function

5 sessions x 60 minutes

\$650 total cost

Senses



NOURISHED NESTS

Gut-Brain Nutrition Nourishing Body and Mind

60 minutes

\$120

Senses



Note: Packages available that can include hands-on support through cooking and broth-making sessions, shopping trips and email-isms support. More info on the website.

More recent scientific research has highlighted the importance of the gut, having its **own nervous system** which **communicates with the brain** and other organs. This program will guide you to **better nourish yourself and your family** in a truly holistic way.

Benefits:

- Alleviate gut health conditions
- Improve your mental and physical health for greater wellbeing
- Reduce symptoms of chronic health conditions
- Nourish your children for improved mental and physical development
- Improve immune system function

iLS FOCUS PROGRAM

A Multi-Sensory Program developed by Dr. Ron Minson

The Focus Program builds the foundation for improved brain and body function, through a combination of auditory, balance and movement activities.

This program provides the brain with stimulation from a variety of senses simultaneously, which helps it to **develop and integrate with the body in a more functional way**. Sessions incorporate **filtered music** delivered through unique **bone conduction headphones** to stimulate **hearing and balance systems** in combination with **movement and cognitive exercises**. Remote delivery available.

Benefits:

- Enhanced body coordination
- Improved brain function
- Reduced anxiety and sensory sensitivities
- Improved attention and learning
- Enhanced self control

60 minutes

\$120 per session

Senses



SUMMER HOLIDAY ACTIVITIES - JANUARY 2021

For young people aged 12-25 who live, work, study or hang out in Moonee Valley!

SUN	MON	TUE	WED	THU	FRI	SAT
2	3	4 FITNESS SESSION Online 10:30am - 11:30am	5	6 YOGA + MEDITATION Online 2pm - 3pm	7	8
9	10 EXCURSION TO A COURTROOM In-person 11am	11 FITNESS SESSION Online 10:30am - 11:30am	12 MURDER MYSTERY Online 3pm - 4pm	13 YOGA + MEDITATION Online 2pm - 3pm	14 BATH BOMB WORKSHOP Online 3pm - 4:15pm	15 DISCO SPLASH POOL PARTY Queen's Park pool 1pm - 6pm
16	17 TRIVIA NIGHT Online 4pm - 5pm	18 FITNESS SESSION Online 10:30am - 11:30am	19 ORIGAMI WORKSHOP Sam Merrifield Library 11am - 12:30pm	20 YOGA + MEDITATION Online 2pm - 3pm	21 PAINTING CLASS Online 2pm - 4pm	22
23	24	24 FITNESS SESSION Online 10:30am - 11:30am	26	27 YOGA + MEDITATION Online 2pm - 3pm	28 RAINBOW VALLEY MEETING In-person 4pm - 6pm	29

To sign up click on the activity, go to valleyyouth.org.au/whats-on/events or call 9234 1225.



SPECIAL OLYMPICS VICTORIA
AND EDINBURGH CRICKET CLUB PRESENT

CRICKET IN 2022

TO KICK OFF THE FIRST EVER
SPECIAL OLYMPICS VICTORIA
CRICKET SEASON
YOU'RE INVITED TO **COME & TRY YOUR**
SKILLS IN A FUN AND RELAXED
TRAINING ENVIRONMENT



MONDAYS @ 5.30PM
31 JANUARY
7 FEBRUARY

BRUNSWICK SREET OVAL
FITZROY NORTH



REGISTER HERE

NOT YET A MEMBER?
NO WORRIES!
YOUR FIRST TWO SESSIONS
ARE **FREE** TO COME & TRY



Special Olympics
Victoria



Special Olympics
Australia
Melbourne Inner East



The Lions Club of Melbourne Markets Proudly Presents International Entertainment's

World Festival of Magic Online Show

Watch directly from our stage to your screen, with
FREE unlimited and on-demand viewing is Available Now!

A magical family show not to be missed.
You will even learn a trick or two from the UNREAL Magic Workshop. Suitable for all ages.



DARRI CARR
Ventriloquist



JONAS JOST
Illusionist & Magician



JADE TWIST
Contortionist

Visit the website or scan the QR code below,
and enter the password to access the video...

vimeo.com/showcase/msmelb21



Password: MAGIC2021

Please show your appreciation to the businesses that sponsored this event by sending a
thank you email to thankyou@iepty.com



The office has a size 6 Bomber
jacket in lost property.
Contact Nichole if it is yours.

A parent has lost a car key the
same as the one below. If you have
found one could you please hand it
into the office.

Thank you!



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