



What's On?

Friday 25 March
Reports Distributed

Monday 28 March
School Photos

Friday 8 April
End Term 1
2 pm finish

Monday 25 April
ANZAC Public Holiday

Tuesday 26 April
First Day Term 2

Dear Parents and Carers,

Wow! How incredible that the first term of school is almost over. It has been a wonderful term that has been full of exciting learning activities and school events. Students have settled in well to learning routines and it is just wonderful to have everyone back at school.

Classrooms in F-10 have been learning all about '*What makes me Unique*' which is an inquiry topic that encourages students to set goals and harness the power of yet!

Students in F-10 have been attending intensive swimming week which is a great opportunity to develop their swimming skills and confidence in the water. It has been a wonderful week and I would like to thank all staff for supporting students in the pool and making swimming week such a huge success! A big thank you to Robyn, Laura, Lianne and Ash for organising and supervising at the pool each day, well done!

Secondary students attended a Melbourne Zoo excursion which was a great opportunity for students to be out in the community. Students had a wonderful day and were able to follow the zoo maps to locate their favourite animals and navigate around the space.

Our PE teacher Robyn has commenced Interschool sports, Lacrosse, with secondary students. This is a wonderful opportunity for our students to develop ball skills, participate in a team environment, increase physical activity and have fun! It's great seeing students coming to school with their lacrosse socks on!

Wednesday Elective Program is being run across our three secondary classes, students are participating in Lacrosse, a walking program, ten pin bowling and soon to be a gym program. These opportunities provide experiences for our students beyond the school, building their confidence participating in the community and exploring extra-curricular activities that they may enjoy.

The Musica Viva program has commenced again this year for the Primary students. This is a wonderful program that engages students in collaborative chants, songs and rhythms and explores a variety of musical instruments. It was wonderful seeing all of the students re-engaging in the program and learning their class chants which were performed at the end of year assembly. As part of this program, there will be concerts for the students held at the school throughout the year.



Cont'd...



Cont'd...

Curriculum and learning – We are lucky to have engaged two education consultants in the school this year. Working with the Education Consultant Andrea Hillbrick, we are building staff capacity and understanding of using hands on materials to develop mathematical understandings. This will be a focus of the whole school curriculum day which is very exciting!

Our Apple Education Consultant Laura has been engaging staff and students to use the iPad to demonstrate their learning in creative and innovative ways. This approach is highly engaging and age appropriate for our learners!

Cheers, Megan



MENTAL HEALTH
& WELL-BEING
FOR ALL



Mental Health & Wellbeing News



On Friday 25th March all schools across Australia are encouraged to take part in Earth Hour. This involves switching off our lights to raise awareness for climate change. Ascot Vale Heights is a registered school and will be participating in Earth Hour! Every year hundreds of millions of people around the world in more than 7,000 cities in over 190 countries take part by switching off for 60 minutes as a symbolic gesture of solidarity to show they care about our planet's future.

This year, Earth Hour is at 8.30pm local time Saturday 26 March. All Australians are invited to sign up to #ShapeOurFuture and join a worldwide community of millions supporting stronger action on climate change. Individual actions can benefit our planet, while symbolically demonstrating support for a renewable future for our country, and for the world. <https://www.earthhour.org.au/>

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PERIOD UNDIES
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PRODUCTS**



**WE'RE COLLECTING PERIOD PRODUCTS TO
HELP END PERIOD POVERTY THIS MARCH.**

Donate to our #DignityDrive collection point. Find out more at sharethedignity.org.au or follow us @sharethedignityaustralia.

Mental health support services

LIFELINE
131 114
lifeline.org.au

MENSLINE AUSTRALIA
1300 78 99 78
mensline.org.au

BEYOND BLUE
1300 22 4636
beyondblue.org.au

SANE
1800 187 263
sane.org

HEADSPACE
(03) 9027 0100
headspace.org.au

SUICIDE CALLBACK SERVICE
1300 659 467
suicidecallbackservice.org.au

KIDS HELPLINE
1800 55 1800
kidshelpline.com.au
facebook.com/KidsHelpline

**If you're in immediate danger
call 000**



Play

Shed



We opened the Play Shed at lunchtime and were visited by some office workers and some construction workers.



Room 9

Students have been hard at work completing work experience around the school and at Water2All.

Students are also learning about budgets and looking for deals with weekly shopping challenges.

Keep up the great work Room 9!



Room 8 having an amazing time at swimming and learning new skills!

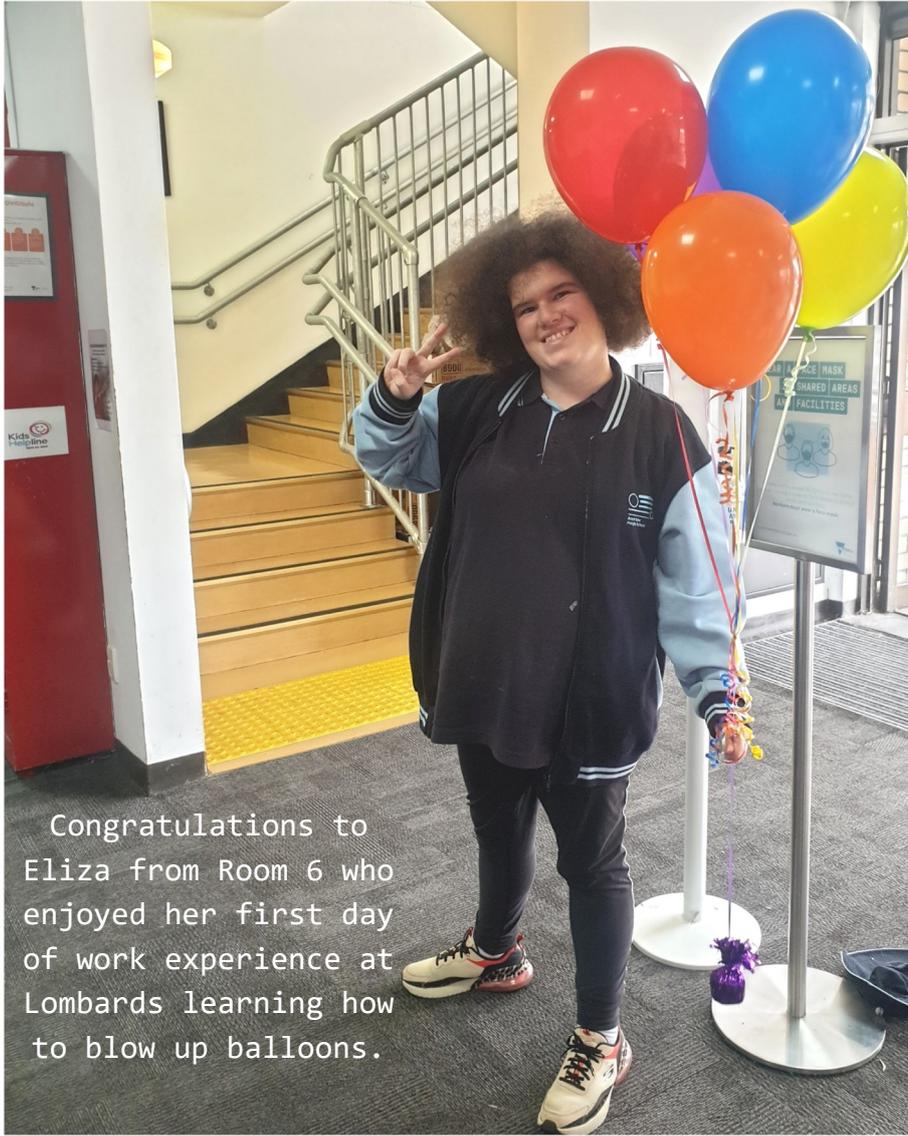




ROOM 11



Last Friday Room 11 went to the zoo to look at how animals are unique. We had a great day and the students enjoyed looking at all the unique animals.



Congratulations to Eliza from Room 6 who enjoyed her first day of work experience at Lombards learning how to blow up balloons.

Variety ACTIVATE INCLUSION SPORTS DAYS

A FREE, FUN & INCLUSIVE DAY OF ACTIVITIES TO TRY!

FOR PHYSICAL, SENSOY & INTELLECTUAL DISABILITIES

Tuesday, 3rd May 2022
10:00am - 1:00pm
North Melbourne Community Centre
49-53 Bunde St, North Melbourne VIC 3051

Limited places available.
To register attendance [CLICK HERE](#)

Hosted by:
 CITY OF MELBOURNE

Delivered by:

Contact:
Kirsty Robson
+61 2 8736 1223
disidsports.org.au

VARIETY ACTIVATE INCLUSION SPORTS DAYS

Enabling kids to be more active, more often!

Variety Activate Inclusion Sports Days (AISD) give kids the opportunity to try sports they might otherwise miss out on. Aimed at kids aged 5-18 with learning difficulties, intellectual, sensory and physical disabilities, the days are an opportunity to have a go in a fun and inclusive environment.

Each day involves:

- a range of sports to try
- specialised coaching
- adaptive equipment
- showbags
- water and fruit
- local sporting club exhibitors
- access to community services
- opportunities to network with other families and teachers

BENEFITS OF THE DAY

Activate Inclusion Sports Days encourage and empower kids to explore sporting opportunities in their local community.

Benefits of attending the day include:

- the health benefits of physical activity
- building social wellbeing and friendship
- strengthening balance, coordination and mobility skills
- working as part of a team, collaborating and planning
- increased self-esteem through a sense of achievement

Variety - the Children's Charity believes all kids deserve a fair go. They provide practical and essential supports to kids who are sick, disadvantaged or have special needs. Disability Sport Australia aims to get more Australians with a disability more active, more often while working naturally to engage sport and active recreation participation. Disability Sport & Recreation Everything we do is to help Victorians with disability live happier, more active lives.

www.variety.org.au | www.sports.org.au | <https://dsr.org.au>

Dear Parents and Carers,

Alongside ventilation and other vital COVIDSafe steps such as regular rapid antigen testing, supporting students to be vaccinated is helping make schools as safe as possible. Getting your child vaccinated is the best way you can protect your child, your family and your school community from further outbreaks and the spread of COVID-19.

First-dose COVID-19 vaccinations for children aged 5 to 11 started from Monday 10 January 2022. If you have not done so yet, I would encourage you to book a first-dose COVID-19 vaccine appointment for your children aged 5 to 11 as soon as possible.

Some 5 to 11 year old children who received their first dose early in January are now eligible for their second-dose.

By vaccinating your children, you can give them direct protection against COVID-19. While children and young people are less likely than adults to experience severe symptoms if they contract

COVID-19, some may still get very sick. Children can also transmit COVID-19, meaning that vaccination helps reduce transmission to other children and older people, including family members who may be at higher risk, such as grandparents.

How to book an appointment

There are lots of convenient options to get your child vaccinated, including statewide vaccination clinics, your local GP or pharmacy, and pop-up clinics at many local primary schools.

You can book your appointment in a few different ways, including:

- online: coronavirus.vic.gov.au/vaccine
- by phone: 1800 675 398 (Coronavirus Hotline)
- In person: talk to your local pharmacy, doctor, or a family-friendly vaccination centre

Many vaccination centres offer walk-ins for anyone aged 5 and older. Children aged 5 to 11 years old must be accompanied by a parent or guardian who can provide consent for the vaccination.

For more information, including which centres offer walk-ins, visit [Vaccination centres](#).

Vaccination centres understand that children may feel anxious about vaccination or have other support needs. A range of options are available to help children get vaccinated. Please discuss your child's needs when you book an appointment. To find out more, visit [vaccination for kids](#).

Need a translation? Refer to the [Information about COVID-19 vaccines in languages other than English](#).

Parent survey

Parents and carers are also encouraged to complete the Department of Health survey about COVID-19 vaccination for children aged 5 to 11.

By completing the survey, you will help the Department of Health to:

- understand the range of perspectives on vaccination
- design useful resources on COVID-19 vaccines and vaccination services for parents and carers.

The survey will take 5 to 10 minutes to complete. Please click on the [link](#) to complete the online survey. Translated surveys are available on the front page from a drop-down menu in the right corner. The survey closes at 5 pm Thursday 17 March 2022.

If you have any questions about COVID-19 and vaccinations, please contact your general practitioner or call the Coronavirus Hotline on 1800 675 398.

Sincerely

Stephen Fraser
Deputy Secretary
School Education Programs and Support




Easter Wonderz




April 11-22
Book Now
www.wonderkidz.net.au



11. Apr.22 Supper hero & build a fort day	12. Apr.22 DIY Easter Bunny	13. Apr.22 Easter Egg Coloring & hunt
14. Apr.22 Easter Basket	19. Apr.22 Little Chef	20. Apr.22 Obstacle course
21. Apr.22 Car Wash		22. Apr.22 Juice Day




SCHOOL PHOTOS 2022 - Important Registration Information



School Photographs will be taken at

Ascot Vale Heights School
Monday 28th March 2022

There is no need to return any forms or payment to school before photo day

Flyers with Unique Image Codes will be issued to all students on or after photo day

When you receive the flyer with your child's 2022 image code
Follow these 3 simple steps -

- 1 Go to order.arphotos.com.au and enter your child's 2022 image code
- 2 Tap on 'Add another child' to enter the image codes of any siblings
- 3 Fill in your contact details & review before confirming your registration*



*This information will only be used for distribution of personal image codes and ordering details.

That's it!

It's important to register each year to link your child's NEW images to your contact details
When 2022 images are ready to view in our secure webshop you'll be notified by email and SMS

****BEFORE ORDERING for 2022, please wait to receive notification that new images are online****

- Order on any mobile device
- Share the images with family & friends for FREE
- Create a photo package with any layout + YOUR choice of images + Digital Downloads



Arthur Reed Photos Pty. Ltd.
A.B.N. 48 328 494 099
(03) 5243 4390
customerservice@arphotos.com.au

Remember photos are this
Monday, 28th March

Go online **BEFORE** photo day to request a sibling photograph!

Sibling Photographs will be taken by request at
Ascot Vale Heights School
Monday 28th March 2022

SIBLING PORTRAIT PHOTOGRAPHS

To request a sibling photo follow these 3 easy steps ...

1. Grab your phone and go to arphotos.typeform.com/to/truLnH3g
2. Enter the name and class of the eldest sibling + details of all children to be included in the photo
3. Fill in your email address and submit.

Sibling Photograph requests CLOSE AT MIDDAY ON THE DAY BEFORE PHOTO DAY
Please make sure your children know they should present for a sibling photo on photo day

Arthur Reed Photos Pty. Ltd.

DIFFERENT JOURNEYS IS VENTURING NORTH WEST!

Autism Family Swim & Social Event

Join our private all ages event on selected Saturdays
Events may be claimed on NDIS plans if applicable
4pm-6pm with BBQ dinner included on entry
Swimming not necessary but having fun is!

Windy Hill Fitness Center
74 - 78 Napier St, Essendon

Book Online
www.differentjourneysautism.com/new-events/

Further Enquiries
differentjourneys@gmail.com
0490 774 068

LIMITED \$10pp

www.differentjourneysautism.com

Multi Marketing Solutions
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I ♥ ndis
Kids
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THE SACRED NEST

Carer Wellbeing Circle

Join us on
Wed. 6th April
7.30pm

GUEST SPEAKER
Sharon Bard
from **Glass House Reflections**
Carer & Disability Counsellor, Workshop Facilitator & Leisure Therapist

Cost: \$10

www.thesacrednest.com.au
or Contact Cynthia: 0417 500 197

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