



What's On?

Friday 11 March

Pupil Free Day
Staff Professional
Development

Monday 14 March

Labour Day
Public Holiday

Tuesday 22 March

AGM & School Council

Monday 28 March

School Photos

Friday 8 April

End Term 1
2 pm finish

Tuesday 26 April

First Day Term 2

Dear Parents and Carers,

Welcome to the 2022 new year at Ascot Vale Heights. I will be continuing as the **Child Safety Officer** for our school. The role of the child safety officer is to protect students at Ascot Vale Heights School from abuse and importantly inform staff of the school's policies in relation to child safe and staff code of conduct.

Role Description:

- To inform and make staff aware of policies in relation to child safe.
- To ensure staff are aware that it is their duty to report any concerns regarding improper behaviour and to raise concerns about any person who may present a risk of child abuse, without fear of repercussions.
- To provide all staff with a copy of the school's code of conduct and make this publicly available in the school.
- To ensure that all training and induction is delivered to staff so that they understand that child safety is our collective responsibility and their responsibilities and obligations around child safety, including Mandatory Reporting
- To be the key contact for staff to report all allegations or concerns around child abuse.
- To provide support to staff in managing and reporting suspected child abuse and assisting other personnel involved in line with the school's child protection policy.
- To ensure that the documentation is recorded and responded to inline with DET and AVHS's legal requirements, policies and procedures.
- To be the single point of contact for children, parents and employees/volunteers to seek advice and support regarding the safety and wellbeing of children at Ascot Vale Heights School

Taking care of yourself

Looking after your own wellbeing and mental and physical health is important. Sometimes it can be hard to do, but as much as possible try to:

- remind yourself that no one is perfect and that you are doing the best you can
- eat well and drink plenty of water
- get enough sleep
- make time every day to do something that you enjoy
- ask for help from family, friends, your GP or a counselor.

If looking after yourself is challenging and you have concerns about how you are coping, support is available. Talk to someone you trust, contact your general practitioner (GP), a counsellor or psychologist or visit a hospital emergency department. There are a range of services you can access for advice and support:

The BRAVE Program is an interactive online program for the prevention and treatment of childhood and adolescent anxiety. The programs are free and provide ways for children and teenagers to better cope with their worries. There are also programs for parents. University of Queensland. <https://brave4you.psy.uq.edu.au/>

PROTECT

Protecting children & young people
from abuse is our responsibility



Why Fear-Less Triple P Online makes all the difference

<https://www.triplep-parenting.net.au/vic-uk/en/get-started/fear-less-triple-p-online-vic-recovery-and-resilience/>

Help your child manage anxiety and become more emotionally resilient - this full toolkit of tips and ideas really works!

- Get a better understanding of anxiety and fear and what can be done about it.
- Get a whole range of tools and strategies based on proven principles.
- Know what to do when your child is anxious or upset.
- You choose what works for you – adapt to suit your family, your values.
- Do it on your phone, computer, or tablet.
- Videos and fun interactive learning.
- 24/7 online, at your place, at your pace.
- Track your progress and print your certificate.

[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.

Additional information

There are support services available to support your whole family. For more information, visit:

[Beyond Blue: Healthy families](#) - offers information to support the young people in your life – whether you're a parent or carer or another family member.

[ReachOut: Parents coaching](#) - offers free online coaching to parents and carers of teenagers. If you're worried about your relationship with your teenage child, or worried about your child's wellbeing or behaviour, coaching can give you strategies to help.

[ReachOut: Relationships for families](#)- information on how to deal with conflict and resolve family issues.

[Raising Children Network: Building good parent-child relationships](#) – offers information on why good parent-child relationships are important and guidance on building positive and caring parent-child relationships.

School Breakfast Club

School Breakfast Club program happens every morning. Whilst the main aim of the School Breakfast Program is to make sure that no child starts their school day hungry, the benefits extend beyond simply filling hungry tummies. This program was very successful last year with the students who attended. The choices are ham & cheese or cheese toasties, spaghetti on toast, banana bread, cereal, fruit, toast with jam, honey or vegemite and fresh orange juice and milk.

Please don't hesitate to contact me if you or concerns regarding your child. It is best school on 370 8906 or email me at christine.monahan@education.vic.gov.au

Christine Monahan
Assistant Principal - Student Wellbeing



have any questions to either ring the

Schools are working with students and families to ensure educational, wellbeing and engagement supports are in place, so that students are connected with learning and engaged in a positive transition into 2022.

Working with your child's school

To make sure there is a current plan for understanding and meeting your child's needs:

- Participate in a [Student Support Group \(SSG\)](#) meeting.
- Talk to your child's teacher about updating their [individual education plan](#) to guide their learning.
- Share current information about your child's needs (such as assessments and medical reports).

Students with complex health needs

If your child has complex health needs:

- Seek advice from their medical practitioner to support decision-making about attending school on-site at different stages of the COVID-19 pandemic.
- Work with your child's school to make sure their [Student Health Support Plan](#) is up to date.

Health and safety actions

Schools are taking actions to reduce the risk of COVID-19 transmission with the school environment, see: [Health and safety advice for all Victorian schools](#).

Vaccinations for students

Children aged 12 and over can get a COVID-19 vaccine.

People with a disability may visit any [Victorian vaccination centre](#) to get vaccinated, without needing to book an appointment.

Nine Victorian [vaccination centres](#) have enhanced accessibility, including on-site hearing augmentation devices and communication tools.

Disability Liaison Officers (DLOs) help people with a disability access health services, including vaccinations.

The DLOs can help people with disability to:

- book a COVID-19 vaccination.
- get a vaccination if they're not able to attend a vaccination centre.

For information and resources, including contact details for DLOs, see [vaccine information for people with a disability](#).

National Disability Insurance Scheme (NDIS)

If your child is an NDIS participant, [Latest advice NDIS](#) contains information for NDIS participants including what support is available.

For more information you can contact your child's NDIS [Local Area Coordinator](#) or the NDIS on 1800 800 110.

If your child is not an NDIS participant you can test their eligibility by contacting [Local Area Coordinator](#), the NDIS on 1800 800 110 or visit: [Am I eligible](#).

School transitions

Schools continue to provide learning and education experiences to meet students' needs. This is a focus as children and young people participate in school transitions into next year.

- Some parents and carers may be worried that their child may have to repeat a year due to the disruptions of COVID-19. There is little evidence to support the benefits of repeating a year. Instead, schools will use teaching strategies that draw on the best evidence available to help students meet their learning needs and support them to **move through year levels** with their peers.
- All children **starting Prep in 2022** will be supported to continue their learning as they transition to school.
- Year 6 students will be supported to finish this school year strong, with the confidence to move to **secondary schooling in 2022**.
- Students in their **final year of school** will be supported by their school to transition to employment or other options in 2022.

Talking to your child about COVID-19

[Advice](#) on having a safe and reassuring conversation about COVID-19, available in a range of community languages.

Tips to support your child's health and wellbeing

Advice, tips and resources available for parents and carers to support their child's mental and physical health and wellbeing. It covers a range of topics including:

- [Managing screen time and online safety](#)
- [Looking after your child's wellbeing](#)
- [Looking after your child's mental health](#)
- [Physical activity and healthy eating](#)
- [Taking care of yourself](#)
- [Wellbeing for parents of primary school students](#)
- [Wellbeing for parents of secondary students](#)

Other supports

The [Association for Children with a Disability](#) and [Amaze](#) are providing information and support for families during coronavirus (COVID-19).

[AllPlay Learn](#) helps to create inclusive education environments through practical online information, courses and resources for teachers, as well as resources for parents, children and the community.



MENTAL HEALTH & WELL-BEING FOR ALL



Hi I'm Hazel and this year I am working in a new role as the Mental Health and Wellbeing Co-ordinator. This role is part of a pilot scheme introduced by the Victorian government to address their focus on raising awareness, training and supporting the mental health and wellbeing needs of school communities. Training is being provided by the Murdoch Children's Research Institute and Melbourne Graduate School of Education.

More information to follow in upcoming newsletters.

Sunday 6th March is Clean Up Australia Day, one of the nations largest community events. Clean Up Australia inspires and empowers communities to clean up, fix up and conserve our environment.

Get involved by taking a walk in your local community and safely collecting as much rubbish as you can find. As a participating school we will be sending home a glove, bag and certificate of participation



Smiling Mind is a not for profit organisation that promotes mindfulness in homes, schools and workplaces. It has a great website with lots of information and also has a free app.

Many of our students are already familiar with the mindfulness exercises. Mindfulness is a well-established and researched technique for achieving calmness and improving our wellbeing. Clinical research shows that mindfulness leads to reduced stress, anxiety and depression, improves academic skills, social skills and self-esteem by developing emotion and behaviour regulation skills, improved attention and concentration.

<https://www.smilingmind.com.au>

Mindful March 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|---|--|--|
| 1 Set an intention to live with awareness and kindness | 2 Notice three things you find beautiful in the outside world | 3 Start today by appreciating your body and that you're alive | 4 Notice how you speak to yourself and choose to use kind words | 5 Bring to mind people you care about and send love to them | 6 Have a 'no plans' day and notice how that feels | |
| 7 Take three calm breaths at regular intervals during your day | 8 Eat mindfully. Appreciate the taste, texture and smell of your food | 9 Take a full breath in and out before you reply to others | 10 Get outside and notice how the weather feels on your face | 11 Stay fully present while drinking your cup of tea or coffee | 12 Listen deeply to someone and really hear what they are saying | 13 Pause to watch the sky or clouds for a few minutes today |
| 14 Find ways to enjoy any chores or tasks that you do | 15 Stop. Breathe. Notice. Repeat regularly | 16 Get really absorbed with an interesting or creative activity | 17 Look around and spot three things you find unusual or pleasant | 18 If you find yourself rushing, make an effort to slow down | 19 Appreciate nature around you, wherever you are | 20 Focus on what makes you and others happy today dayofhappiness.net |
| 21 Listen to a piece of music without doing anything else | 22 Notice something that is going well, even if today feels difficult | 23 Tune into your feelings, without judging or trying to change them | 24 Appreciate your hands and all the things they enable you to do | 25 Focus your attention on the good things you take for granted | 26 Choose to spend less time looking at screens today | 27 Cultivate a feeling of loving-kindness towards others today |
| 28 Notice when you're tired and take a break as soon as possible | 29 Choose a different route today and see what you notice | 30 Mentally scan your body and notice what it is feeling | 31 Discover the joy in the simple things of life | | | |

ACTION FOR HAPPINESS Happier · Kinder · Together

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 |



PE in Term 1 has consisted of learning new and fun games and demonstrating existing skills such as throwing, catching and striking. Term 1 has also seen the return of Interschool Sport.



PHYSICAL EDUCATION

Room 16 News

Math Focus: Location



Room 16 Numeracy focus has been location. The students have been learning location language and applying these so they can program their Beebot and learning a new dance.

I like programming the direction for the Beebot. I told it where to go (Lakelsha)

I liked the Beebots because were fun to play and move around the My Body Map. (Mitchell)

I liked the Beebots. (Anglina)



Twosday

Room 16 coordinated a whole school dance for TWOSDAY using coding principles. The whole school were able to follow the dance by reading the coding symbols. They did this to Bruno Mars's masterpiece UPTOWN FUNK and invited the whole school to watch and teach them.

I liked Twosday. I liked learning the codes for the dance. (Archer)

Twosday was the best day because I got to spray paint my hair and being brave standing up in front of everyone. (Gabby)

I loved the Twosday event because I love to dance in front of people. (Baily)

I Liked the Twosday event because I was excited to dance BUUUUT I got sick and missed out. (Amir)



In Room 13 we have been making giant bubbles, conducting experiments with bubbles and gas, and making salt dough shapes as part of our inquiry project.



Room 13





Ascot Vale
Heights School
Learning for life



Name: _____ Room No: _____

AVHS WINTER JACKET OFFER 2022

If you would like to order a winter jacket for your child please complete the form below and return to the office before **Thursday, 3 March 2022**
Once ordered your jacket will have the AVHS logo printed on it.

*This will be a **once off order** so please choose your size carefully as there will be no returns.*

| | |
|--|---|
|  |  |
| Tebbutt microfibre jacket with polar lining | Light weight Kieran jacket |

| Description | Sizing | Size | Price \$ | Quantity | Total Cost |
|---|------------------------|------|----------|----------|------------|
| Tebbutt Microfibre Jacket with polar lining | Size 4-6-8-10-12-14-16 | | 45 | | |
| | Size S-M-L—XL-2XL | | 50 | | |
| Light weight Kieran jacket | Size 4-6-8-10-12-14-16 | | 40 | | |
| | Size S-M-L—XL-2XL | | 45 | | |
| Total | | | | | \$ |

| | | | | | | | | | | | | | | |
|--|--|--|--|---------------------------|--|--|--|--|--------|--|--------------|--|--|--|
| Name on Card | | | | | | | | | | | | | | |
| Card Number | | | | | | | | | | | | | | |
| CCV | | | | Expiry Date: Month | | | | | / Year | | | | | |
| Office use: | | | | | | | | | | | | | | |
| Paid: MOTO / CASH / EFTPOS / SSR / RECEIPTED / STOCK | | | | | | | | | | | Distributed: | | | |

BE A GOOD FRIEND



ROOM 14



BUDDY PROGRAM



BE A ROLE MODEL



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03 9370 8906 / 03 9370 8931
www.ascotvalheights.vic.edu.au
ascot.vale.heights.vic@education.vic.gov.au
ABN 63 579 108 604

1st March 2022

Dear Parents/Carers,

This is to advise you that Friday 11th March, 2022 is an Ascot Vale Heights School Council approved Pupil Free Day.

Staff at Ascot Vale Heights School will engage in curriculum based professional development activities.

As Monday 14th March is a public holiday, students will resume the normal programs on Tuesday 15th March, 2022.

Yours sincerely,

N.Sidoti