



What's On?

Friday 8 April
End Term 1
1 pm finish

Monday 25 April
ANZAC Public Holiday

Tuesday 26 April
First Day Term 2

Dear Parents and Carers,

School Breakfast Club

Benefits of consuming a regular breakfast

Breakfast is one of the most important meals of the day, particularly for growing children. Studies suggest that memory function of under-nourished children (e.g. attention span, recall and concentration) is consistently benefited by the consumption of breakfast. School Breakfast Program's (SBP) have been shown to be successful at improving student nutrition and academic achievement as well as reducing student absenteeism and behaviour issues. School years are an important time in a young person's life, where habits are being developed that carry on into adulthood. SBP's provide the opportunity to model healthy breakfast food selection and eating behaviours among children that may not witness these behaviours elsewhere. Eating a quality, nutritious breakfast positively influences the mental wellbeing of students and can reduce the chances of developing mental health problems in early life.

School Breakfast Program Impacts

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. Evaluation over the past 15 years demonstrates positive impacts across a range health, social and educational outcomes.

EDUCATIONAL

- Attendance
- Punctuality
- Readiness for learning
- Concentration • Behaviour
- Productivity in classwork



HEALTH & SOCIAL

- Social awareness/management
- Social relations with other students
- Social relations with staff & volunteers
- Sense of belonging & safety
- Physical health
- Mental health

School Breakfast Club runs every morning from 8.50am-9.20am in the staffroom.

I would like to take this opportunity to wish everyone a safe and Happy Easter holiday.

Christine Monahan



LAST DAY OF TERM 1 FRIDAY, 8 APRIL 2022

PLEASE NOTE THE EARLIER THAN USUAL FINISHING TIME OF 1.00pm.

Ascot Vale Heights Senior School Student Leadership Team

2022 Student Leadership Team

This term the senior school team worked through the process of electing our Senior School Captains and Vice Captains. Students had the opportunity to nominate themselves, write nomination speeches and read them to their classmates and then vote. It was a successful process, and I am delighted to announce our 2022 Senior School Captains and Vice Captains



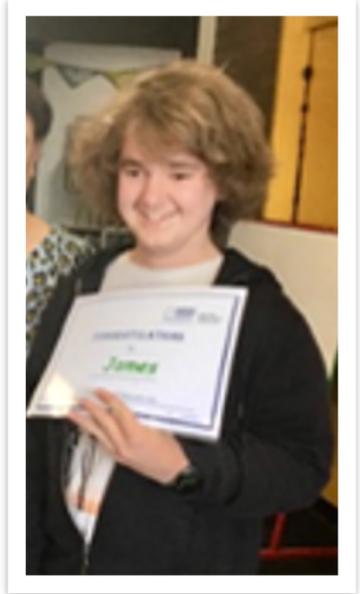
Eliza O'Keane
School Captain



James Bailey
School Captain



Freya Lewington
Vice Captain



James Wearne
Vice Captain

The Roles and Responsibilities of being a Student Leader at AVHS:

- *Display the school values*
- *Be a positive role-model*
- *Help and listen to all students*
- *Do jobs in the school*
- *Show and use initiative as a leader.*
- *Help with assemblies*
- *Meet with school leadership team*
- *Meet and greet visitors*
- *Help to set up before a school event, and pack up afterwards*
- *Continually improve leadership skills by attending meetings*

I am excited to have the opportunity to work with this terrific team of aspiring young leaders.

Our new student leadership team and their family will be invited to a very special morning tea and badge presentation ceremony early next term.



Occupational therapy

THE TONG CHALLENGE

Meet our new Education Support, Jennifer, and try the tong challenge!

Tongs are wonderful for improving a range of skills including hand strength, crossing midline and eye hand coordination. In this challenge, your child will use tongs to pick up as many items as they can! This can be used as a stand-alone activity for small items like pom poms or counters, and can be a fun activity over the school holidays. Alternatively, you can build this into your daily routine and have your child complete daily like pack away a couple of small toys, or where safe, help serve dinner using tongs for older children.

Follow along with Jennifer as she shows you how she picks up a few pencils with tongs after an activity.

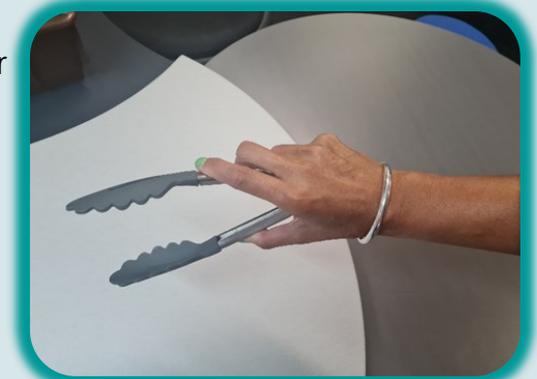
Hold the tongs by against your child's palm and let your child's thumb rest on one arm of the tong, and their fingers on the other arm of the tong.

Have your child practice with the tongs if they are unfamiliar. If your child is new to tongs or fatigues easy, practice with a low-stakes activity such as pom poms or pegs so they can experience the sensation.

Your child will need to different force to maintain a hold on the items they are picking up based on the types of item you are using. For example, a pom pom will need less force than picking up small toy. Help your child understand the force they need to exert by talking about the object (e.g. toy is square shaped and might feel a little heavy when you are carrying it, so squeeze the tongs to hold onto it), and the distance they are travelling with the object (e.g.: the toy is going to go into the basket just over there, you will need to walk a few steps). If your child is tired let them have a break and praise them for their efforts.

Please do not use this activity if your child sees a hand therapist or has pre-existing challenges with their hands. Work at your child's abilities and do not over exert them, use only items they can pick up and use only a few.

Please feel free to contact the school Occupational Therapist through your classroom teacher to discuss if this activity is suitable for your child.



Laura



We are designing a hot air balloon. We made a sketch or a plan for our hot air balloon.



I poured the water and salt in the flour in the container to make paste.



The hot air balloons are hanging in the sky and are flying. We added words to describe ourselves on our hot air balloons. HOORAY!! 🎉🎉



Room 14 created our own Paper-Mache hot air balloons after reading the book *The World Needs Who You Were Meant To Be*. We then wrote a book to describe our project and how we are all unique!



Then we painted the paste onto the balloon with the paper. We did the first layer.



PIC•COLLAGE



Speech Pathologist Natalliya and some very attentive Room 3 students learning how to communicate using the AVAS board

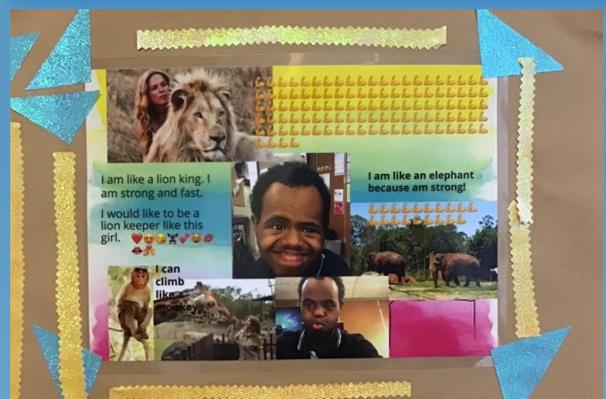
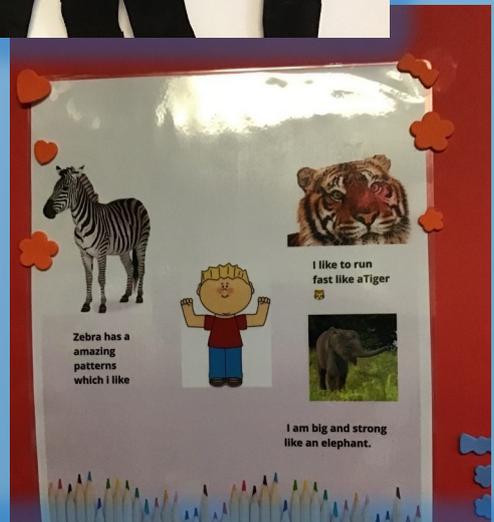
Speech Therapy



Swimming



In room 13 we finished one big part of our inquiry project for term 1, which has been all about what makes us unique. The activity we completed has been thinking which animals we are most like, by considering their characteristics compared to our own. We came up with great wall posters which are on the wall right outside our classroom...and look fantastic. It seems we have a great range of animals in our class!!





Arthur Reed Photos

Annual school photos have been taken by Arthur Reed Photos.

To view the images of your child and order photos, you will need to first register online.

Go to <https://order.arphotos.com.au> and enter the 2022 image code for your child

Tap on 'Add another child' to enter the image codes of any siblings

Fill in your email and mobile details and then review all details before confirming your registration

That's it! When 2022 photos are ready, you will be notified by email and SMS.

Even if you registered last year, it's important that you do it again each year using your child's new image code to link their photos for the current year with your contact details.

To ensure you are ordering school photos for the current year, please wait for notifications that 2022 images are online before placing orders.

In the web shop you can view photos and customize your photo package; Choose ANY layout, ANY image and purchase multiple digital image downloads.

All photo orders will be sent directly to the address you provide when ordering.

REGISTER ONLINE NOW to be notified when 2022 school photos can be viewed and ordered.



SPECTRUM SPORTS SOCCER

SATURDAYS MORNINGS

APRIL 30TH – 18TH JULY

PASCOE VALE SOCCER CLUB

Created by autim families for autim families.

SNAPP is a not-for-profit organization dedicated to supporting children and families on the autism spectrum. We create our programs specifically to the needs of our kids, giving them the opportunity to create and grow in a team environment

www.snapp.org.au

office@snapp.org.au

0499762 778



SPORTING NETWORK OF AUTISTIC PEOPLE & PARENTS

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•
OT advised

•
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•
Watch your child make friends and flourish

Find us on Facebook @SNAPPVic



Know someone who needs support getting vaccinated?



Vaccination is one of the best ways to keep ourselves and those around us safe from COVID-19.

For some, getting vaccinated isn't an easy thing to do. Mental health, anxiety, home circumstances and language barriers can contribute to this.

We are offering a free, personalised and confidential service for those who haven't been vaccinated.

- Specialist counselling support
- Access to a translator
- Transport to and from a vaccination appointment
- In-home vaccination
- Presence of a therapy dog

Service available to Moonee Valley residents until Sunday, 15 May.

Contact Nerida on 0439 561 363
or nfearnley-gill@mvcc.vic.gov.au



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

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

LIMITED
\$10pp

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

Further Enquiries
differentjourneys@gmail.com
0490 774 068



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