



What's On?

30 May
Yr 7 & 10 Immunisations

6 June
Room 1 & 8 Camp

7 June
School Council

8 June
Room 16 Camp

10 June
Pupil Free Day

13 June
Queen's Birthday
Public Holiday

24 June
Last Day Term 2
2pm finish

11 July
First Day Term 3

Hi Everyone,

Welcome to week 5! This term is absolutely flying by! We are very excited to commence our Indigenous Australia Inquiry units in the Primary and Secondary settings. The units will be an opportunity to explore the culture, music, art, food, stories and dreamtime of our first nations people. Teams have planned incursions and excursions to provide a range of learning experiences for our students.

The Upper Primary classes Room 1, 7, 8 and 16 will be off to Blackwood camp in week 7 this term. Camp is a great opportunity for our students to develop independence, confidence and build relationships with their peers and of course have fun!

Staff have arranged great activities for students such as high ropes, archery, bush walks, night walks and much more. It's always a bit colder at Blackwood so make sure the students pack plenty of warm clothes.

The AVHS Mental Health in Primary School Leader Hazel has been visiting classrooms with her Kimochi dolls. The dolls are an engaging tool to support and encourage students to talk about their emotions in a positive and safe way. Lovee Dovee was a huge hit during classroom visits with the Junior Primary students.

The annual Attitudes to school survey will be completed by students in grade 4 and above over the next two weeks. This is a great opportunity to gather student feedback about their school experience which is used to continually improve.

Megan
Assistant Principal





Kimochi News

Last week some of the lower primary classrooms were introduced to Lovey Dove. Lovey Dove reminds us that “Friendly faces make friendly spaces”.

Students were encouraged to share their friendly faces and friendly signals (e.g. smile, wave, fist bump etc.). We spoke about friendly being a feeling that we want to make bigger.

Kimochi’s teach us that there are no good or bad feelings. Only feelings that we would like to make bigger or smaller. If you would like to discuss this program further or would like ideas on how to use in your home.

Please email me: hazel.murdoch@education.vic.gov.au



Emotional Literacy: being able to recognise, understand and express how we feel.



Adults can help children to manage their emotions through emotional co-regulation.

“What can you do to respond to your child’s emotions?”

- Acknowledge + validate feelings, “It sounds like this is something that is really hard for you”
- Don’t challenge, minimise or dismiss feelings, “It’s ok to feel like that”
- Understand, “I’m here with you. I want to help”
- Help them see that feelings don’t last forever, “We can work together to make you feel better.”

Helpline contacts:



- Raising Children Network: <https://raisingchildren.net.au/disability>
- Mental Health Victoria: <https://www.mhvic.org.au/>
- <https://www.lovefoodhatewaste.com/>
- <https://www.foodafactoflife.org.uk/>

Occupational Therapy

Tips with Laura



Visual Tracking



Visual tracking is the ocular or eye skill related to focusing on an object and smoothly following it with our vision as it moves.

It involves the small muscles of the eye and is therefore classified as a fine motor skill.

Visual tracking is important for all aspects of daily life, including play such as following a ball or even watching TV.

To practice visual tracking at home try this activity inspired by the Napa Centre (<https://napacentre.com.au/visual-scanning-activities/>).

Join Room 8 while they play *flashlight tag*.

The trick is to just move your eyes and to keep your head still!



1. Have your child lay on the ground. They might like to have a pillow under their head. Encourage your child to keep their head still and just move their eyes.
2. Using a torch make slow movements across the roof or wall allowing your child to follow the light of the torch with only their eyes.
3. You can get them to identify verbally or with AAC what the torch shines on, for example, the wall, roof or fan.



PHYSICAL EDUCATION



So far this term in PE we have played games such as "Floor is Lava" and "Catch the Tail".

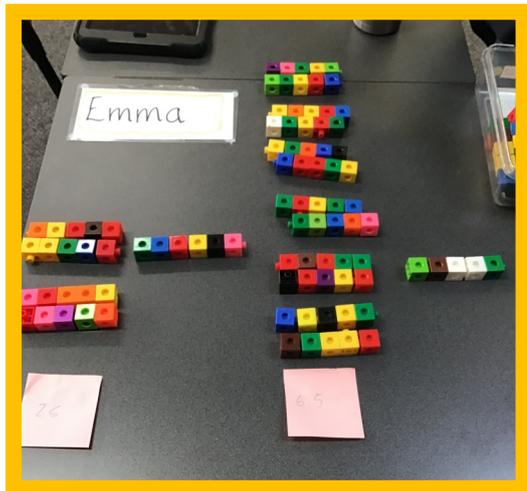
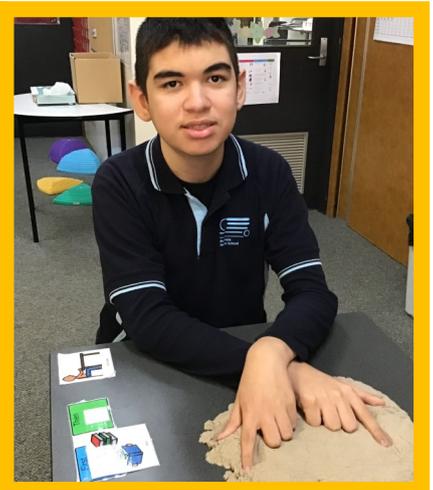
We have learnt footy skills such as handballing and punting and completed an obstacle course designed to improve our balance.

The secondary interschool sports team have been playing soccer.



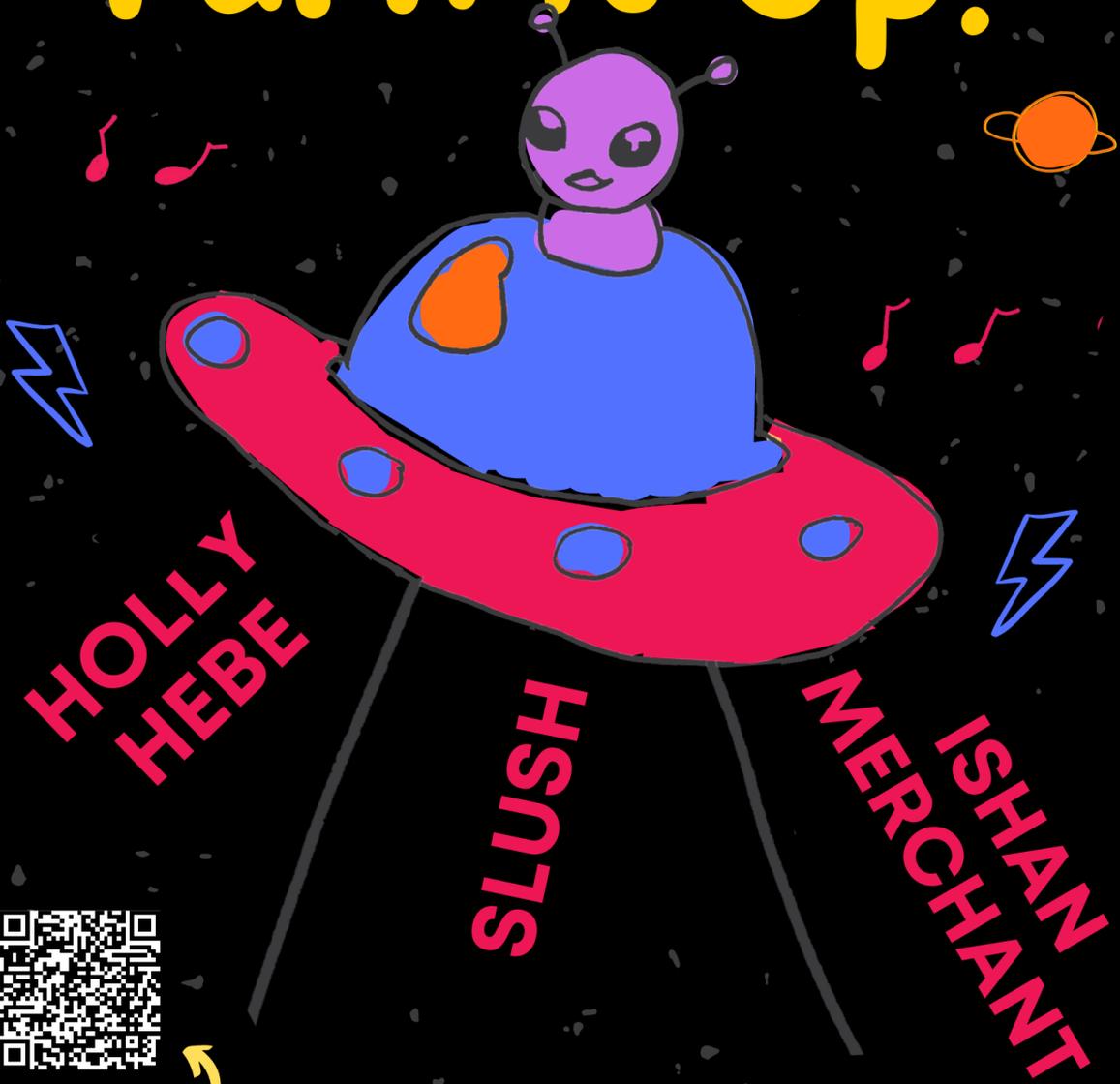
For our inquiry topic of Indigenous Australia we made a fire in our classroom, and Australian animal tracks in kinetic sand as part of our discovery. We've also been working hard on our maths counting and ordering skills

Room 13



avenue productions presents:

Turn it Up!



**HOLLY
HEBE**

SLUSH

**ISHAN
MERCHANT**



Tix here!

Saturday, 28 May

Valley Youth Space, Niddrie

Doors at 6pm  Free entry  All ages

avenue
PRODUCTIONS

VICTORIA
State
Government

freeza
www.freeza.vic.gov.au

VALLEY
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T-H**

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Moonee Valley