



What's On?

12 May
Secondary Sports Day

30 May
Yr 7 & 10 Immunisations

6 June
Room 1 & 8 Camp

7 June
Room 16 Camp

7 June
School Council

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

Dear Parents and Carers,

After a rigorous nominations and election process the Student Voice Team for 2022 has been formed. The school captains and student voice team will be having a celebration afternoon tea on Monday where they will be presented with their badges



Caring means being sensitive to, aware of and responsive to other people's needs. When providing services for children, care can be something we just do every day, without really thinking about what it means. Care can take the form of meeting essential needs, such as providing food, a place to rest, giving comfort when a child is upset or unhappy, or creating an environment where children feel accepted and safe. However, emotional and social needs are also important aspects of care. As well as having their physical needs met, children also need to feel valued, respected and heard.

Everyone – adults and children – can be caring. While any professional working with children has a legal and ethical responsibility to provide a caring environment, they don't have to do this alone. Children can also contribute to a culture where everyone demonstrates care and empathy. Everybody benefits when children learn to care for others and for themselves.

There is no single way to teach children how to care and be responsive to the needs of others. Professionals and parents/carers should work with children in ways that reflect the uniqueness of their families and communities. Consider adapting these strategies for your service:

- Model care, empathy and respect in all of your interactions with children, colleagues and families
- Reflect on whether you offer and provide care for girls and boys in the same ways. Do you give girls a hug but expect boys to 'toughen up'?
- Work together with colleagues and children to plan how to respond to children who are still learning how to show care, compassion and respect
- Be intentional in the books you offer. Choose stories where people of all genders show empathy and care for others
- Take time to set up spaces and materials in ways that encourage diverse groups of children to share, play together and develop caring dispositions.

Wishing our families who celebrate a happy Eid.
Regards, Christine



Occupational Therapy



Tips with Laura

Bilateral coordination



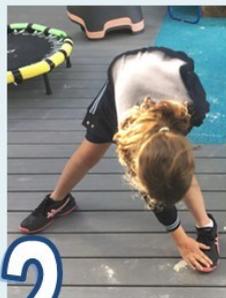
Bilateral coordination is your ability to coordinate the two sides of your body while they are doing different things.

Bilateral coordination is important for so many things! Without bilateral coordination, you would have trouble handwriting, tying your shoelaces and playing sports.

Try 'the windmill' to practise your bilateral coordination.



1



2



3



4

Follow along with Charlie and Walter to do the Windmill.

1. Start in a star position with arms and legs out.
2. Bend over and touch your right hand to your left foot. If it is tricky to remember which hand to use, stick a sticker or put a sock on your right hand and another sticker or sock on your left foot. This will be a reminder for you that the hand with the sticker or sock, touches the foot with the sticker or sock
3. Stand up straight into star position.
4. Touch you left hand to your right foot. If you are using stickers or socks, this is the hand and foot without the sticker or sock.
5. Repeat steps 1–4 five to ten times.



MENTAL HEALTH
& WELL-BEING
FOR ALL

Mental Health & Wellbeing News

Reconciliation week

Reconciliation Week is coming up 27/5 -3/6 with the theme of “Be Brave. Make Change.” The focus being, for us all to make some changes in our daily lives to tackle the unfinished business of reconciliation for the benefit of all Australians.



Why not try listening to Uncle Jack Charles Guided Meditation?

https://wellmob.org.au/key-resources/resources/41864/?title=Uncle+Jack+Charles+guided+meditation&contentid=41864_1

(best suited for adults or senior students)



Yarning Safe and Strong is a free and confidential counselling service for Aboriginal and Torres Strait Islander Peoples. Yarning SafeNStrong (YSNS) is available to people and families who need to have a yarn with someone about their wellbeing. YSNS have culturally suitable counsellors you can yarn safely with ‘who get it’, no matter how big or small the challenge.

Yarning SafeNStrong helpline is available 24/7. Offering support with:

- Social and Emotional wellbeing
- Financial wellbeing
- Medical support including COVID-19 testing
- Drug and alcohol counselling and rehab services



raisingchildren.net.au
the Australian parenting website

Fabulous website with articles on raising autistic teenagers.

https://raisingchildren.net.au/autism/development/social-emotional-development/going-out-independently-autistic-teenagers?fbclid=IwAR3AIA23OwXjyYmqby30A072U9RF67arU_P4UXTQt6DzItpQ9jtRBYu3MJg

New resources are now available to AVHS that will help us educate and support students with diverse learning needs. All Victorian Government schools will benefit from new resources, information, guidance and support available under new initiatives and resources released recently, including:

More information for [schools](#) and [families](#) on how the Autism Education Strategy will be delivered in schools. The [Diverse Learners Hub](#), the flagship of the Autism Education Strategy and key initiative of [Disability Inclusion](#). New suite of online Learning Difficulties resources for teachers on [literacy](#) and [numeracy](#) and for [parents](#).

Autism Education Strategy

The Autism Education Strategy will improve learning and wellbeing outcomes for autistic students. It will build inclusive school communities that welcome and value autistic students and their families.

The strategy was launched in December 2020 and is part of [Disability Inclusion](#), the Victorian Government's approach to inclusive education.

More information for schools and families on the strategy has just been released to show how its initiatives and programs will be delivered in schools.

To find out more, go to:

[Autism Education Strategy – parents' page](#)

Diverse Learners Hub

The Diverse Learners Hub is a new and key initiative of [Disability Inclusion](#).

The Diverse Learners Hub will improve how schools meet the learning and wellbeing needs and aspirations of students with learning difficulties, with a focus on autism, ADHD, dyslexia and dyscalculia ('diverse learners').

The Diverse Learners Hub is a centre of excellence, providing the best evidence-based advice, resources and support for meeting the educational and wellbeing needs and aspirations of diverse learners.

It includes online information, tips and advice for parents on learning diversity, autism, ADHD, and learning difficulties. It includes information on how schools can help students with diverse learning needs as well as professional learning and teaching resources for school staff.

It's also the flagship initiative of the Autism Education Strategy to improve how Victorian schools welcome and include autistic students and value their contribution.

You can find out more on the [Diverse Learners Hub](#) webpage.

New online Learning Difficulties resources

Parent information, support and advice on Learning Difficulties has been updated and expanded for 2022.

The new content is targeted, practical and easy for parents and teachers to understand and implement at home and in the classroom.

The department has enhanced its existing web content so that it reflects the latest evidence and research when supporting students with learning difficulties, including dyslexia and dyscalculia.

It includes specific [advice for parents](#) including:

- How to talk to your school about your child's learning difficulty
- What to expect from your child's school
- Supporting your child's learning difficulty at home.

TERM 2 AVHS CANTEEN



Menu

1. Spiral Pasta Ratatouille
2. Garlic Bread
3. Anzac Biscuits



Number Think Boards in Room 4

We have been learning about numbers and how they can be represented in different ways.



ROOM 4



What's cooking?

Pumpkin bake, pumpkin chips, carrot dip and spinach dip.



YUM!