



What's On?

Each Wednesday
Canteen \$6
Minestrone Soup
& Garlic Bread

18-21 July
Mid-Year SSGs
Bookings via Compass

26 July
Finance Sub Committee

2 August
School Council

5 August
Curriculum Day

29 August
Pupil Free Day

16 September
Last day Term 3

3 October
First day Term 4

Welcome to Term 3.

This week we have been experiencing very cold weather for Melbourne! I am one of those who feels the cold, so I wear many layers of clothing. If it is raining, we stay inside at recess and lunch times, but if it is not raining we get outside to give the students an outdoor break. Please ensure your child is wearing the appropriate clothing for the weather.

Enrolments for 2023

We have had a number of enquiries and family tours of the school for placement at AVHS in 2023. If you know of any families who have students who are eligible to enrol at our school please get them to ring me.

I wanted to share with you a website that I have in my favourites. One of their topics talks about siblings of a child with a disability. <https://raisingchildren.net.au/disability>

ENROLL NOW!



Siblings of children with disability: feelings

It's natural for children to have **many feelings about having a sibling with disability**. Sometimes children might feel happy and proud – for example, when their brother or sister with disability starts to talk. At other times children might feel sad, embarrassed, angry, resentful or confused – for example, if their brother or sister with disability takes a toy, can't play the same games that other siblings can, or takes up a lot of family time and stops them from doing what they want to do.

Most of all, **your other children need to feel that they're just as important to you** as your child with disability. They need to feel that you care about them and what they're going through. You can help them feel this way by:

- talking with them about their feelings
- solving problems together
- spending time together
- helping them connect with their sibling with disability
- helping them understand their sibling's disability
- finding the right support for them.

Spending time with siblings of children with disability

If your child with disability needs extra care and services, your family might have to make time for these in your [family routines](#). Sometimes this might affect the activities your other children can do or make it harder for you to spend quality time with them.

But **spending quality time with all your children is important**. It sends the message that they're important to you. It also gives you the chance to listen and understand what's happening for them.

Cont'd...

[Kids Health Information : About Kids Health Information \(rch.org.au\)](#) Information on ways to prevent unintentional injury, including: car and road safety, poisoning, burns and scalds, falls, water safety, choking prevention and home safety.

[Play it safe at home - Consumer Affairs Victoria](#)

Planning one-on-one time with all your children is also a good idea. You can get your child to choose some activities that you can do together.

When things are busy in your family, it might help to remember that **quality time can happen anytime and anywhere**, in the middle of ordinary days and situations. It can be a shared laugh when you're bathing your toddler or a good conversation in the car with your teenage child. It's all about giving your child your full attention in these everyday moments.

Helping siblings understand disability

Children's understanding of disability varies depending on their own age and stage of development. You might find that your child asks questions like, 'Did I cause it?', 'Will it go away?' or 'Will I catch it?' It's best to **answer your child's questions as honestly as possible** in language they can understand. For example, 'Asha has cerebral palsy. For Asha, that means that the muscles in her legs don't work properly. She needs to use a wheelchair right now, but she's having physiotherapy to help her legs work better'.

Encouraging your child to take part in their sibling's therapy activities sometimes can help them understand their sibling's disability. And being part of a disability organisation can help older children learn more about their sibling's disability.

Finding support for siblings of children with disability

Feeling connected to other people can help all children feel a sense of belonging and value. They can get this by playing and socialising with friends, some of whom might have siblings with disability too. You could also help your child connect with people outside your family through sport, extracurricular activities or religious and community organisations.

Peer support groups for siblings of children with disability can help your child make friends, get new ideas for handling tricky situations with their sibling, and feel OK about themselves and their feelings. These groups often operate through disability services or associations, local councils or young carer support services. You can find out more from [Siblings Australia](#).

Siblings of children with disability often have ups and downs that affect the way they feel and behave. But sometimes children don't 'bounce back' from the downs, and this starts to affect other parts of their lives. This can be a sign that children are having mental health problems. It's a good idea to **get professional support** if you notice that your child is:

- sleeping more or less than usual
- eating more or less than usual
- being more irritable
- showing less interest in things they used to enjoy
- avoiding or being aggressive towards their sibling with disability
- having trouble with schoolwork
- not wanting to spend time with friends
- pretending to have a disability as well
- trying too hard to do well or please others.

The following are links to other organisations with resources and supports for parents and carers.

[Raising Children Network](#) The Raising Children Network is an online parenting resource that is funded by the Australian Government, reviewed by experts and non-commercial. It includes information for parents and carers on a larger number of topics grouped by ages and stages.

[Parentline - DFFH Services](#) Counselling, information and referral service for parents and carers with children from birth to eighteen years old.

Information about safety and unsafe products in the home.

[Parents | eSafety Commissioner](#) The eSafety Commissioner is Australia's national independent regulator for online safety. The eSafety website includes advice for parents and carers to help children have safe experiences online.

[Australian Child & Adolescent Trauma, Loss & Grief Network \(anu.edu.au\)](#)

Resources for parents and professionals to understand the complex needs of children and young people.

Christine Monahan

Assistant principal – Student Wellbeing

2022 CIRCUS QUIRKUS

FREE MELBOURNE EVENT!

Thanks to the generous sponsorship from businesses across Greater Melbourne, Circus Quirkus provides young people of all abilities and backgrounds with an opportunity to experience some of Australia's best and wonderfully quirky circus performers in an inclusive, accessible and flexible environment with a relaxed attitude to audience noise and movement.

This event is perfect for people with sensory challenges and additional needs. House Lights will be dimmed, and theatre doors will remain open, with the foyer available for 'time-outs' during the performance.

If you can't attend the live show, watch a professionally filmed version direct from the stage to your screen, with unlimited streaming and on-demand viewing available.

[Click here to view the 2022 Circus Quirkus trailer.](#)

WHERE & WHEN...

MONDAY 15th AUGUST

@ 10.30am, 1.00pm & 5.30pm

(1 hour show, no interval)

THORBURY THEATRE - 859 High St, Thornbury, Vic

All Tickets are Complimentary.

To book tickets and register for streaming access, please email your order and details to

meredithnewman@showintent.com.au

or call/text 0404-367-782



PRESENT...

Reclaim your Identity

WORKSHOP FOR CARERS



**SATURDAY
16TH JULY
10AM - 2PM**



Using the Tree of Life model to discover your roots and seed the future

Having a strong sense of self is imperative to wellbeing, however caring for someone you love can be all consuming and prioritising self can be a challenge. This workshop provides an opportunity to explore your authentic self so that you may bring a vibrant, optimistic and energised self to your caring role. Centering practices during the workshop will help to facilitate this process.

The Tree of Life model will be adapted to explore various elements of our lives and identity. We will explore our values, life challenges and aspirations and find ways to integrate what is important to us in our caring roles.

SPACES ARE LIMITED

Duration: 4- hours

Includes: light lunch, tea & coffee.



FOR MORE INFORMATION CONTACT:

Cynthia - cynthia@thesacrednest.com.au

Sharon - sharon@glasshousereflections.com.au



ROOM 1



WOW! What a fun start Room 1 have had to Term 3.

We are learning to be great mathematicians in the classroom as we explore materials that we can 'touch and count' to find how many, as well as race to the finish in games such as BUZZ!

We are also having a lot of fun dancing, singing and playing hide and seek from Ned! Go room 1!



Teach your child how to keep themselves safe

As your child gets older, they become increasingly independent and may spend time away from you or with a babysitter/ carer. As part of the journey of growing up, it's important to speak to your child about being safe. Let them know:

Tip 1

It's OK to say NO if they think what they're being asked to do is or feels wrong.

Tip 2

If they feel they're in danger, it's OK to yell, scream, kick or run to a safe place that you and your child have both agreed on – such as a neighbour or friend.

Tip 3

Make sure that you tell your child that you would never send a stranger to pick them up.

Tip 4

They can tell a lie, even to an adult, if they need to get away from someone who makes them feel unsafe.

Tip 5

To use a 'code' word you both have agreed on, to let you know they're not feeling safe; as an example, using your first name when talking to you on the phone.

Tip 6

Their body is their own – once a child no longer needs nappies to be changed or help with toileting, a carer or any other person should not touch their private areas.

Tip 7

To tell you or another adult if they have any problems or if someone is making them feel unsafe.

Tip 8

A babysitter or any other adult should not ask a child to keep a secret.

Tip 9

Not to give out personal information online, including their school, suburb, sporting team or nicknames and to never meet someone they have met online in person.



RELAXED EVENING: IAN POTTER CENTRE: NGV AUSTRALIA

Relaxed Sessions at NGV welcome visitors who would benefit from a quieter Gallery experience with fewer people and reduced sensory stimuli. This may include people with autism, disability, mental health or chronic illness conditions. All ages are welcome.

Booking a ticket to this Relaxed Session will include access to the exhibitions, **WHO ARE YOU: Australian Portraiture, Ron Mueck: MASS, Top Arts 2022, New Australian Printmaking, Indigenous Art from the NGV Collection**



Ben from Moonee Ponds Central recently contacted us to advise they recently hosted a school-based competition across May and June 2022 where customers could nominate a school of their choice for the chance to win a share of \$6,000.

Moonee Ponds Central are excited to announce that Ascot Vale Heights School came first in the competition and will receive \$3,000 in Moonee Ponds Central gift cards .

Ben will attend School Council so we are able to formally acknowledge this gift.



Our weekly Canteen Program will again be running every Wednesday this term.

Our meals are made on-site using fresh ingredients, reducing the need to use added preservatives, colours and flavours. Our Canteen aims to be an excellent role model for healthy eating habits, which will complement classroom learning.

Please send in \$6 in either a brown paper bag, envelope or zip lock bag, with your child's name, room number and the amount enclosed clearly marked on the outside.

If there are any special dietary requirements please indicate this on the bag or envelope. On the menu this term is **Thick and Hearty Minestrone Soup & Garlic Bread** and the cost is \$6.00