



What's On?

Each Wednesday
Canteen \$6
Minestrone Soup
& Garlic Bread

5 August
Curriculum Day

29 August
Pupil Free Day

12 September
Footy Day

16 September
Last day Term 3

3 October
First day Term 4

Dear Parents and Carers

Zones of Regulation Curriculum Day

The focus for our Curriculum Day on Friday Week 4 is focused on the Zones of Regulation and the Respectful Relationships curriculum.

Social and Emotional learning is critical for all students to begin to understand their feelings and the associated physical responses. This provides students to develop tools to be able to begin to regulate their emotions.

Maths, Number and Counting

You may have noticed your child has been doing lots of work on counting in maths classes. The teaching teams (PLCs) at AVHS have a focus on number and counting this year and have been using lots of great counting strategies in their classes.

The Teaching Teams are very fortunate to be working with a PLC Practice Instructor who is working closely with teachers to build their professional practice, with a focus on mathematics.



Figure 2: Wall Posters of the Zones



Maternity Leave

I will be commencing maternity leave at the end of Week 6 and I am anticipating taking twelve months leave. My replacement is yet to be determined.

I am very excited about becoming a Mum and I have had some wonderful suggestions of boy names from the students. I am sad to be leaving for such an extended period of time as I love AVHS but I am reassured that it will go quickly and will be equally as rewarding.

Cheers, Megan



Room 9 – Term 3—Week 4

It's been a busy few weeks in Room 9.

The Senior students have visited the Melbourne Careers Expo, where we were able to speak with representatives from various companies and further education facilities. A week later we visited Melbourne Polytechnic, which provided us with the opportunity to see post-school options.

Over the next few weeks we will be visiting Victoria University, for our careers program, and Queen Victoria Market and Melbourne Central, to prepare for camp.

The Canteen program is up and running. Students have been cooking a delicious minestrone soup with garlic bread. The following day, we calculate our profits to add to our kitty for camp.

It has been pleasing to see the students' efficient cooking skills in action, which the Ascot Vale Heights cooking program should be immensely proud of.

Smoking and Vaping

[Research from the Royal Children's Hospital](#) shows many parents and carers are not aware of the harmful effects or how their views about smoking and vaping can impact the likelihood of a young person taking up smoking or vaping.

The Department of Education and Training has collated [resources](#) to help you learn more about the health risks of smoking and vaping, and some suggestions about how to talk to your child about vaping, and where to get support.

This includes a [video](#) from experts at the Royal Children's Hospital Melbourne with tips for parents for starting a conversation with teenagers about vaping.

Get the facts about smoking and vaping

THE EDUCATION STATE | VICTORIA State Government | Education and Training

What are your kids breathing in?

- E-cigarettes and vapes are not safer than cigarettes

- There are no quality or safety standards for e-cigarettes or vapes

- Vaping liquids contain nicotine, heavy metals and cancer-causing chemicals


What it does to your body:

- Vaping can cause vomiting, nausea, coughing, shortness of breath, mouth irritation and asthma

- Long term use can cause lung damage, heart disease and cancers

- Nicotine harms the brain development of children and teenagers

- Young people who vape are more than three times more likely to move onto smoking cigarettes


Talk to your kids about the risks of smoking and vaping

- Contact Quit at www.quit.org.au or phone 13 78 48
- Visit the Royal Children's Hospital website www.rch.org.au and search 'vaping'
- Scan the QR code for more information

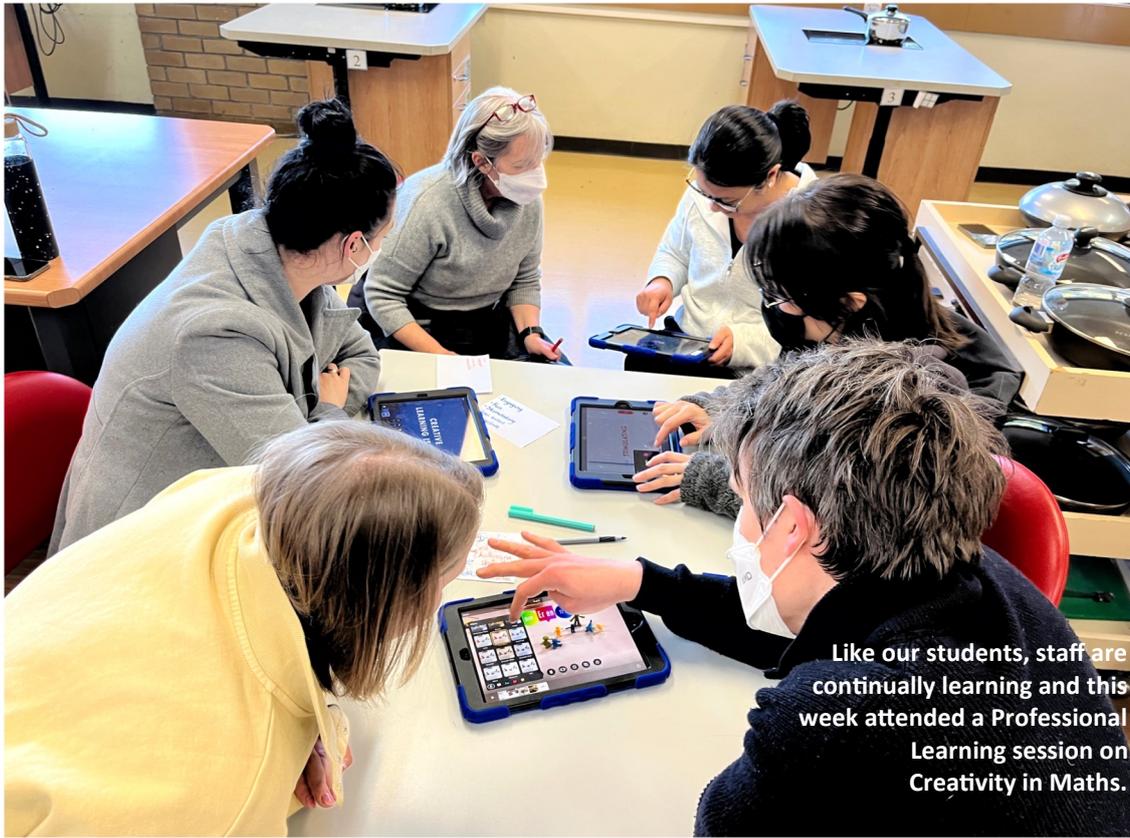

www.quit.org.au/articles/teenvaping/

Room 8 Learning

In Room 8 we have been learning to tell stories.

We painted special story stones using the visuals 'Who, What, When, and Where', then created stories which we published using Book Creator





Like our students, staff are continually learning and this week attended a Professional Learning session on Creativity in Maths.

