



## What's On?

12 September  
Footy Day

13 September  
Rooms 3&7 Camp

14 September  
Room 4 Camp

16 September  
Parent Opinion  
Survey Closes

16 September  
Last day Term 3  
**1pm finish**

3 October  
First day Term 4

Dear Parents and Carers,

It's wonderful to welcome Spring and to experience a day of warmth and sunshine like we did yesterday! We also know that the school holidays, as well as the footy finals are not that far away!

To mark the footy finals, Monday 12th of September is our footy day. Students are encouraged to wear their team colours as the students will engage in AFL activities. This day has been exceptionally organised by Robyn Goulding, our PE specialist. Robyn makes up one of the many specialists that we have at AVHS. I would like to make a shout out to the specialists that are providing that richness to the programs: Joanne Green: Art, Marc Lucchesi: Music, Photini Zafiroopoulos, STEM and John Mcmillan, Bicycle Education. The AVHS specialists provide that additional depth of skill and experience for our student cohort.

Don't forget that the 2022 Parent/Caregiver/Guardian Opinion Survey is now open. The Parent/Caregiver/Guardian Opinion Survey is an annual survey offered by the Department of Education and Training that is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behaviour, and student engagement. We encourage all families to participate in this survey. Our school will use the survey results to help inform and direct future school planning and improvement strategies.

All families have been invited to participate in the survey.

The survey is conducted online, only takes 20 minutes to complete, and can be accessed at any convenient time within the fieldwork period on desktop computers, laptops, tablets or smartphones. The survey link and instructions have been emailed to families. Should you need additional support, please contact the office. I would like to encourage you to complete the survey. As of today, we have only had 13% complete the survey. The survey closes on Friday 16<sup>th</sup> September.

Stage 2 building works are almost finished... secondary classrooms (11, 13 and 14) will move into the new Stage 2 classrooms, as well as 16, with the majority of the relocating happening after 1pm on Friday 16<sup>th</sup> September. We will also commence packing up the reception area as this space will be renovated over the two holiday week break.

An update on staffing: Erica Ryan, has decided to resign from AVHS after twelve years of dedicated service to the school. We wish her well with all of her future plans. AVHS has recently completed the recruitment process in finding a new business manager. I am pleased to let you know that Karen Cull has been successfully appointed and will commence in a full-time capacity as of the start of Term 4.

Finally, I would like to acknowledge the staff for their work over Term Three. The team have shown high resilience and dedication to support the students and families over this unprecedented time that we are experiencing with large absences due to COVID-19 and flu.

Thanks for your support for the school and the staff that are committed to deliver excellence for your child. I want to reiterate that my door is always open to any parent or carer that would like to raise matters of schooling with me.



**30<sup>th</sup> August 2022**

**SUBJECT: Invitation to participate in the 2022 Parent/Caregiver/Guardian Opinion Survey**

Dear Parents / Caregivers,

Your family is asked to participate in the 2022 Parent/Caregiver/Guardian Opinion Survey (previously known as the Parent Opinion Survey).

Each year the school conducts an opinion survey with the school community. While previously a random sample of approximately 30 per cent of parents/caregivers/guardians have been selected to participate, this year, all families are invited to participate in the survey. Results will be used to inform and direct our future school planning and improvement.

I ask you to please take the time to complete the survey as your opinions are important to us and will contribute to the future management and organisation of our school.

- ◆ The survey will be conducted **online** and should take **20 minutes** to complete.
  - The survey can be completed on any internet enabled device (iPad, Desktop or Laptop, Smartphone) and is compatible with most browsers.
- ◆ The survey will be open from **Tuesday 20<sup>th</sup> August to Friday 16<sup>th</sup> September**.
- ◆ The survey is available in English and 10 other languages including Arabic, Vietnamese, Simplified Chinese, Chin (Hakha), Hindi, Japanese, Greek, Turkish, Somali and Punjabi.

Please be assured that your responses are completely confidential. The survey is conducted anonymously, and it is important to us that you complete the survey as honestly as possible.

Please follow the instructions below to complete the survey. **NOTE: Only one parent/caregiver/guardian** from your family is invited to complete the survey.

**To complete the survey, simply:**

1. Click on the link below or copy and paste the text into your browser. This link will take you directly to the survey.

<https://www.orima.com.au/parent>

2. Select the School and Campus name below.

School Name: **Ascot Vale Heights School**

Campus Name: **Ascot Vale Heights School**

Enter the School PIN below.

PIN: **272426**

When complete, please click on the tick button at the end of the survey to submit your answers. Please note that the survey will time out after **60 minutes of inactivity**.

Thank you for taking the time to participate. Your assistance is greatly appreciated.

### Questions?

Please do not hesitate to contact me if you have any general queries about the survey. For specific technical or participation-related queries, you may also contact the department or the supplier administering the survey, ORIMA Research.

- ◆ Should you have any technical queries regarding the Parent/Caregiver/Guardian Opinion Survey, please do not hesitate to contact ORIMA Research on 1800 654 585 (toll free), or by email: [pos@orima.com](mailto:pos@orima.com)
- ◆ Should you have any participation or survey-related queries, please contact the School, or the department by email: [school.surveys@education.vic.gov.au](mailto:school.surveys@education.vic.gov.au).

Yours sincerely,



Nancy Sidoti  
Principal



*1st September, marks the first day of wearing a HAT outside .*

*Don't forget your hat and there are plenty in stock if you need a new one.*



**Room 1 have been super busy !**

We have engaged with cricket and footy lessons as well as a trip to the Melbourne Museum! What a blast! Everyone has worked incredibly well as a team and the teachers could not be prouder.

**Bring on Term 4!**



# ROOM 1

# Room 4

In Room 4 we have been exploring different apps to show our learning. The last few weeks we have been learning how to use Clips to share about our weekend. The students choose a front page and then record themselves talking about their weekend. After they format their video with pictures, emo-



**Riyan**



**Sarita**



**Rudved**



**Daniel**



**Theodore**



**Isabella**



# What's growing?



**WORKING TOGETHER TO LOOK AFTER THE CHICKENS, TOPPING UP THE POTATO STACK & PLANTING PUMPKINS.**



Senior Secondary have had a new work program added to their list. The management staff at Punthill Essendon have generously taken our students under their guidance in all things hospitality.

Amy and Freya have had a wonderful experience working at Punthill Essendon. Both girls have undertaken tasks such as reception, house keeping, and a myriad of other tasks that keeps a hotel running smoothly. It takes a team to run a successful business and proudly this property won best in it's category for the year.

Well done Amy and Freya you both contributed to this award.

Next term we will have another two students complete the program.



If any friends or family of AVHS would like to book accommodation, feel free to book through the Veriu Group website using the rate access code **AVHS** to receive a discount.

# MENTAL HEALTH NEWS

Self-Care September 2022

MONDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

19 Notice what you are feeling, without any judgement

26 Find a new way to use one of your strengths or talents

TUESDAY



6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans

WEDNESDAY



7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn

THURSDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

FRIDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

SATURDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 No plans day. Make time to slow down and be kind to yourself

24 Accept yourself and remember that you are worthy of love

SUNDAY

4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

25 Avoid saying 'I should' and make time to do nothing



ACTION FOR HAPPINESS

Happier · Kinder · Together

Action for Happiness  
September

## R U OK Day

This week we celebrated R U OK Day at Ascot Vale Heights.

R U OK Day is a day in which we recognise the difference one person can make by asking, "R U OK?".



Lifeline: 13 11 14 or 0477 13 11 14

Beyond Blue: 1300 22 4636

Suicide Call Back Service: 1300 659 467

## Zones of Regulation

BLUE ZONE		GREEN ZONE		YELLOW ZONE		RED ZONE	
tired	slow	ready to learn	feeling okay	silly/wiggly	annoyed	yelling/hitting	out of control

ZoR is a framework that we use at Ascot Vale Heights (and I use with my own kids!).

It's a way of checking in with our young people and asking them about how they are feeling. We know that we need to "name it, to tame it". When our learners are more easily able to identify their emotions, we can work together to make these feelings more manageable or maintain them. Contact me if you want support to use at home.



# FOOTY DAY



**Monday, 12 September 2022**

Hosted by AFL Victoria

All school activities to be held on the Basketball Court or Gym (wet day).

Don't forget to wear your favourite Footy Club colours!



**What Ability**

**JOIN US AT OUR MELBOURNE OPEN DAY THIS OCTOBER!**

What Ability is officially launching in Melbourne at URBNSURF on the 1st of October 2022! If you're looking for disability support or want to be a support worker, come down and meet the team!  
\*RSVP essential\*

**URBNSURF**

No Canteen last week of Term 3

**END OF TERM 1**  
FRIDAY 16 SEPTEMBER

**CHANGE TO A 1PM FINISH TIME**  
DUE TO THE NEXT STAGE OF RENOVATIONS WITH CLASSROOM PACK UPS

PLEASE BE AT SCHOOL OR YOUR BUS PICKUP SPOTS 2 HOURS EARLIER

THANKS AND WE HOPE YOU HAVE A GOOD BREAK!