



Broadmeadows

SPECIAL DEVELOPMENTAL SCHOOL

Edition 12, Friday 6th August, Term 3 2021

PRINCIPAL'S MESSAGE

We find ourselves returning to Remote Learning from today, after The Victorian Government announced a state-wide lockdown for Victoria to swiftly address the newly emerging COVID-19 cases and reduce movement in the community. The restrictions will be in place until Thursday 12th August inclusive. As with other remote learning periods, our school will provide on-site supervision for students in the categories as detailed on our school website and in parent email correspondence. Please ensure you are continually checking your email for updates and our remote learning program.

We have some exciting theme weeks coming up shortly to look forward to, to align with Book Week and Science Week. Book Week encourages us all to spend “one glorious week celebrating books and Australian children's authors and illustrators”. The school theme for National Science Week 2021 is Food: Different by Design. It honors the United Nations International Year of Fruits and Vegetables and the International Year of Creative Economy for Sustainable Development. Our newsletter features some great science activities, from experiments, to cooking right through to our kitchen garden. Keep your eye on your child’s communication book for notes about special activities as well as their photo books to see lovely photos of these special events.

I would like to grant my Principal’s Award for this edition to Lexi from Room 13 for the outstanding work she has been doing with her handwriting, learning to write her own name. Lexi has been working hard on her pencil skills both at home and at school and has achieved writing the very tricky letter “X”, in order to write her first name. Lexi excitedly showed her teacher her written name during the classroom Writers Workshop program and we couldn’t be more proud of her! Wonderful work Lexi.



Susi Wirth
Principal

DATES TO REMEMBER TERM 3 2021

DATE	EVENT TO REMEMBER
Wednesday 25 th August	Book Week Dress Up Day
Thursday 26 th August	Book Week Incursion
Monday 30 th August 1pm	School Council
Wednesday 1 st September	Curriculum Day
Friday 17 th September	Last Day Of Term 3 – 1pm Finish

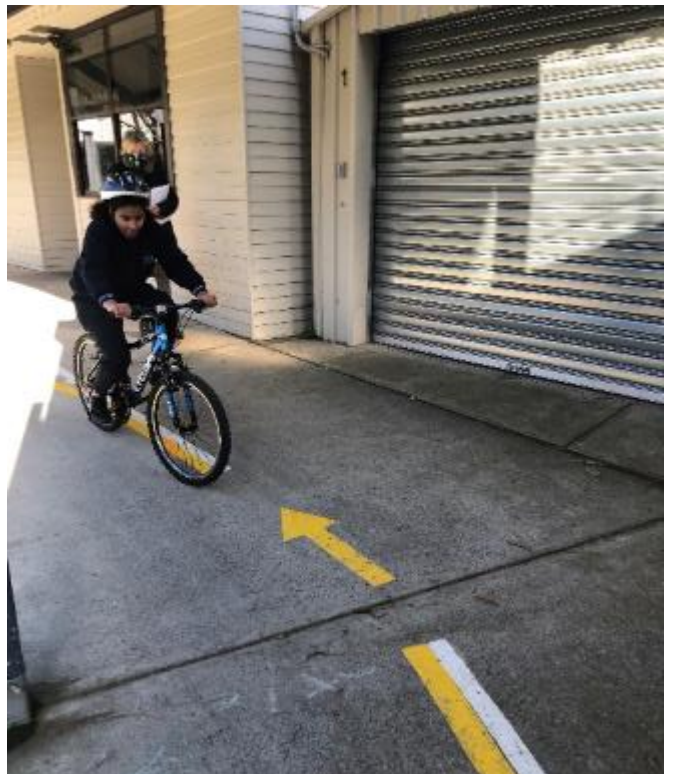
CHILD SAFETY STANDARDS

All Victorian organisations that provide services or facilities to children are required by law to comply with the Child Safe Standards. Protecting children and young people from abuse is our responsibility. The Child Safe Standards are compulsory minimum standards for all Victorian early childhood services and schools, to ensure they are well prepared to protect children from abuse and neglect.

We provide continual professional development for all of our staff and school council members on Child Safety Standards. You can find our associated policies and documentation on our school website.

CHAMPION'S CORNER CELEBRATING MALAAK'S SUCCESS AT SCHOOL!

We are so excited to share the fabulous efforts that Malaak has been demonstrating in riding on a two-wheel bike for the first time independently! Malaak has been working with Stef, her OT, on her balance, stability, and pedalling. During Morning Modulation sessions, she has progressed from riding three-wheel bikes to riding bikes with no training wheels to increase her balance and stability. She is now riding on a two-wheel bike and is gaining more confidence every day. Awesome job Malaak!



Learning Beyond Words
TEACHING AND LEARNING PROGRAMS AT BSDS

CAKE CATERING CELEBRATIONS

We have been delighted to continue to have cake catering orders come through this term and love the opportunity to get into the kitchen to bake and decorate!

This week, we were thrilled to be able to make a very special birthday cake for one of our BSDS teachers, who ordered a cake for a school celebration.

It was the first time that we have made a number layer cake and we were so happy to see it take shape, from baking right through to piping on frosting and decorating. Our favourite part is hearing from the people who have placed the cake order, to know that they enjoyed their cake.

Huge congratulations to our baking and decorating team for making this beauty!



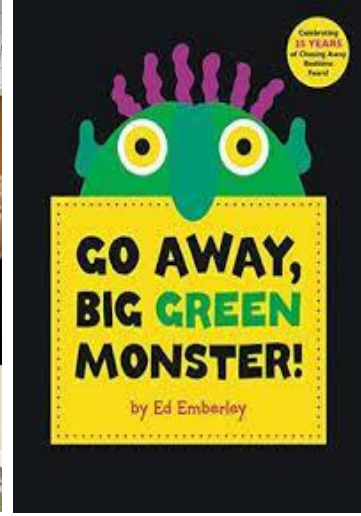
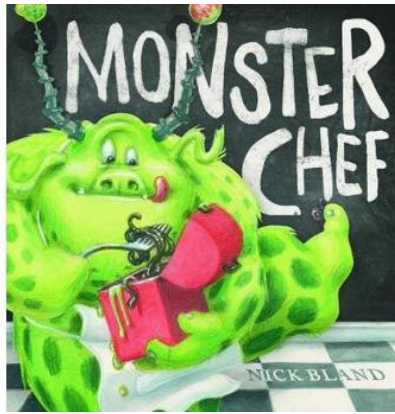
ALEX'S CAKE
2ND AUGUST

Learning Beyond Words
TEACHING AND LEARNING PROGRAMS AT BSDS

MONSTER FUN!

Our Foundation students are loving our monster themed stories. We've been reading *Monster Chef* and *Go Away Big Green Monster*.

Students have especially enjoyed making monster slime, monster cookies and monster craft. It has been lots of fun.



Respect

Opportunity

Engagement

Communication

Support

Learning Beyond Words
TEACHING AND LEARNING PROGRAMS AT BSDS

COOKING IN ROOMS 7 - 11

This term, Rooms 7 – 11 have been doing some fantastic work in their cooking programs. Students have been practising their literacy skills by using visual recipes to make a range of food, including cupcakes in Room 7 and 8, caramel slices in Room 10 and tacos in Room 11. They have also developed their numeracy skills by measuring and counting ingredients.



Respect

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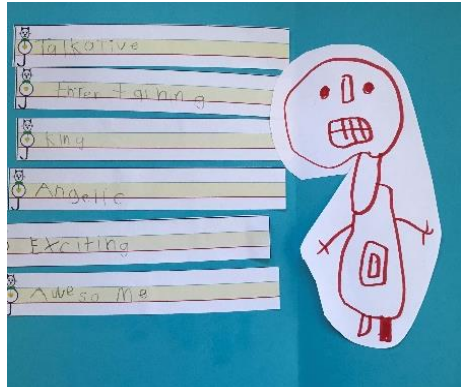
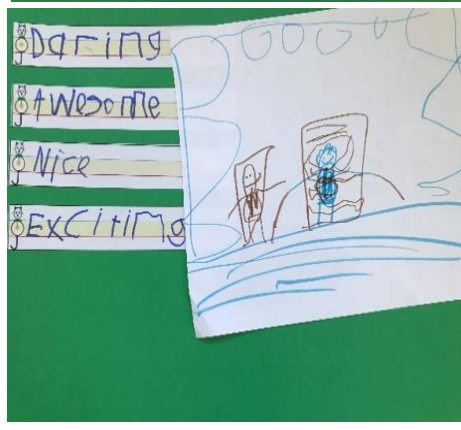
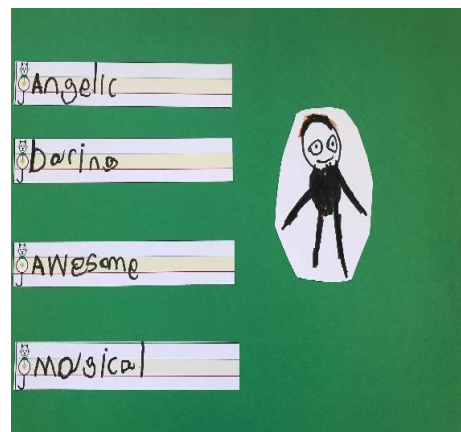
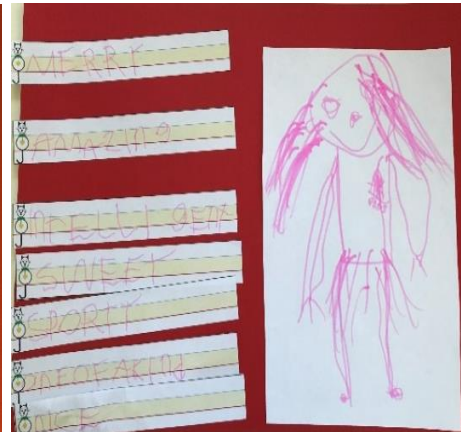
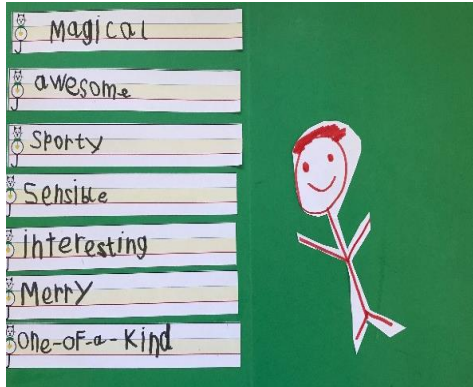
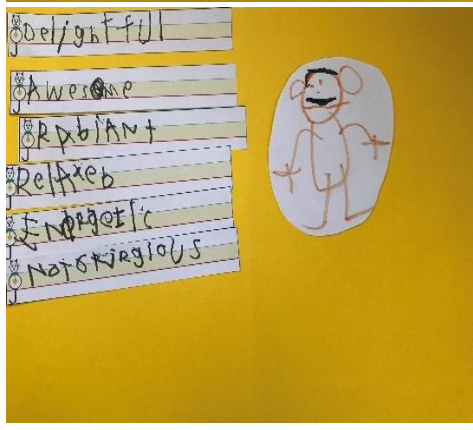
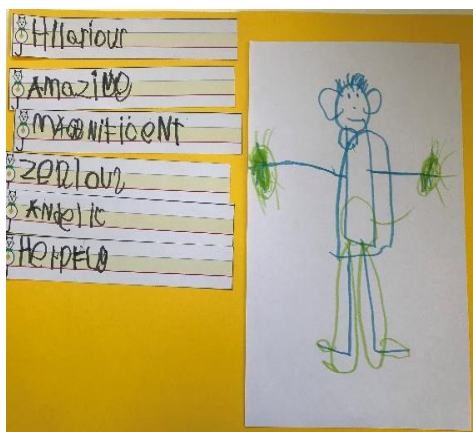
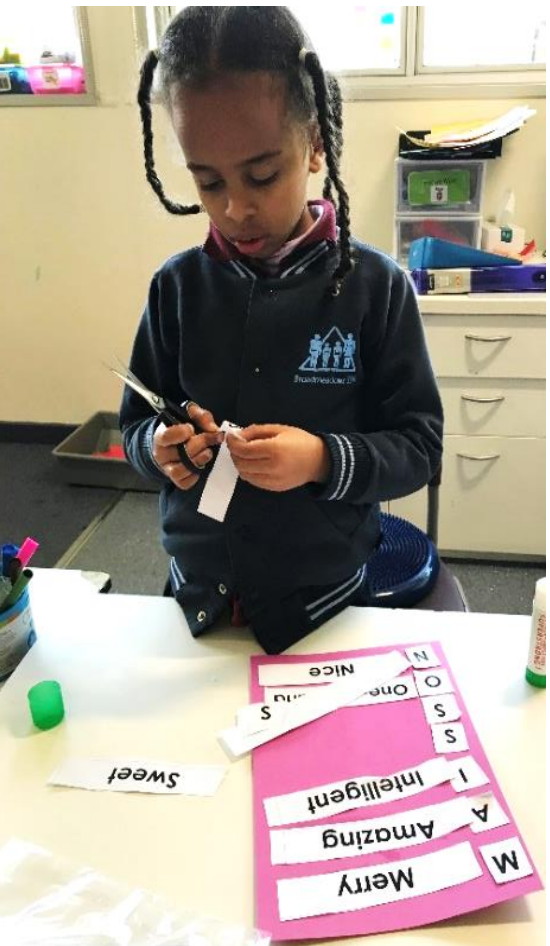
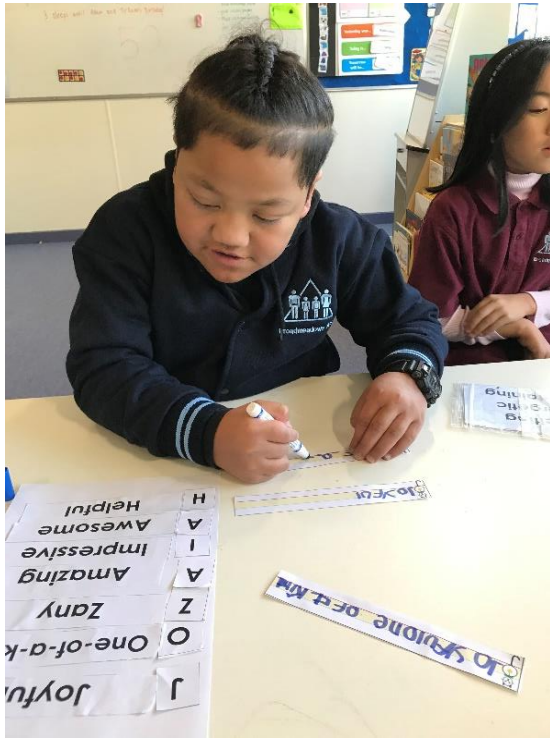
Support

Learning Beyond Words
TEACHING AND LEARNING PROGRAMS AT BSDS

CREATING POETRY IN ROOM 17!

This term, as part of our Creating Texts literacy program, students in Room 17 have been examining different types of literary texts and identifying their characteristic features.

This week's poetry theme was acrostic poems. Students enthusiastically cut out the letters of their name and glued them in order. They then chose one word out of three options to best describe themselves. For the final copy, students used their best handwriting to write their chosen words and draw a self-portrait.



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OLYMPICS UNLEASHED

Middle Years classes have been getting in to the Aussie spirit, following along and celebrating the athletes at the 2020 Tokyo Olympics. Each week, students investigate different Olympic sports, from swimming to basketball. It's safe to say, basketball has been a big favourite!

If I were an...
OLYMPIAN

The Olympic event that I would compete in would be...
Te-Kaea

If I were an Olympian I would look like this...

My Olympic medal would look like this...

To be an Olympian I would need to be...
big and strong.

Draw yourself at the Olympics wearing your uniform and representing your country in your chosen sport.

If I were an...
OLYMPIAN

The Olympic event that I would compete in would be...
Massimo

If I were an Olympian I would look like this...

My Olympic medal would look like this...

To be an Olympian I would need to be...
flexible

Draw yourself at the Olympics wearing your uniform and representing your country in your chosen sport.

If I were an...
OLYMPIAN

The Olympic event that I would compete in would be...
Ha Mbad

If I were an Olympian I would look like this...

My Olympic medal would look like this...

To be an Olympian I would need to be...
a good kicker

Draw yourself at the Olympics wearing your uniform and representing your country in your chosen sport.

If I were an...
OLYMPIAN

The Olympic event that I would compete in would be...
Darren

If I were an Olympian I would look like this...

My Olympic medal would look like this...

To be an Olympian I would need to be...
practise at school.

Draw yourself at the Olympics wearing your uniform and representing your country in your chosen sport.

The students will continue to embrace the rich cultural experience the Games have to offer when the Paralympic Games begin on the 24th of August, continuing the great work begun in their Inquiry Learning. They will also be keeping a keen eye on the medal count for Australia, adding medals to their classroom chart!



TEACHING AND LEARNING PROGRAMS AT BSDS

SCIENCE WEEK FUN

We are very happy to share with you some fun science experiments (sock bubbles and magic milk) for Science Week.



How will you science this National Science Week?

national science week
14–22 AUGUST 2021
scienceweek.net.au #scienceweek

The banner features a colorful illustration of diverse children and adults engaged in various science activities like playing instruments, using a microscope, and conducting experiments.



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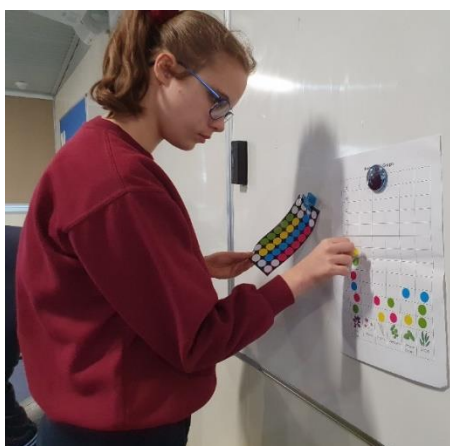
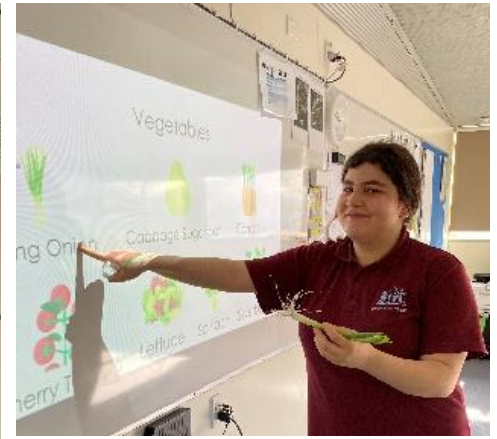
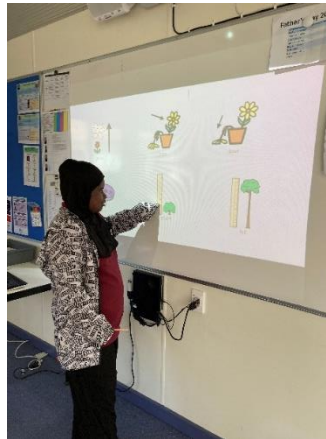
Communication

Support

Learning Beyond Words
TEACHING AND LEARNING PROGRAMS AT BSDS

ROOM 16S AND 17S LOVE THEIR CRATE TO PLATE GARDENING PROGRAM

Room 16 and 17 are enjoying the Crate to Plate gardening program. During these lessons students are learning about seeds, how plants grow, how to care for plants and are also using their senses to explore and describe fresh produce. Students are using their observational skills to document the changes they observe and have been measuring the heights of plants in the garden. We look forward to using some of our fresh produce in our Internal Work Experience programs!



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TEACHING AND LEARNING PROGRAMS AT BSDS

PERFORMING ARTS

Live music is used in every Performing Arts program. This is in the form of singing, playing percussive instruments and Clancy playing her exciting pink guitar. Live music making gives our students an experience that is engaging and fun. Clancy offers students to take turns playing the guitar which encourages co-regulation opportunities, turn taking, developing fine motor control and communication skills.



Respect

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TEACHING AND LEARNING PROGRAMS AT BSDS

WILD WEATHER!

Room 16 students have all really enjoyed being back at school after lockdown. This term we have started work on our Wild Weather science unit. In this unit we explore all of the different types of weather that we find around us every day. Students have been examining what each type of weather looks, sounds and feels like. Here the students are exploring objects and textures associated with a sunny day.



ROOM 3S & 4S - PERFORMING ARTS

Students in Room 3 and 4 are really enjoy coming together for their weekly Performing Arts program. Students participate in different engaging activities of their choice: a range of musical instruments, parachutes, ribbons, hula hoops, dress ups, microphones as well as 'Just Dance' routines. The students in both classrooms have fun working with different people, listening to and dancing to various styles of music and while having so much fun they are working hard in developing further their individual social skills, communication skills, turn taking skills, and choice-making skills.



Learning Beyond Words
BSDS SPEECH PATHOLOGY TIPS

AUGMENTATIVE AND ALTERNATIVE COMMUNICATION (AAC)

Augmentative and Alternative Communication (AAC) is any type of communication strategy that can support people to communicate and understand spoken language. AAC includes gestures, signs, eye gaze and visuals of symbols which are paired with verbal language. At BSDS, students are offered a wide range of AAC opportunities to complement spoken language and help them communicate and understand!



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Learning Beyond Words
BSDS OCCUPATIONAL THERAPY TIPS

EXECUTIVE FUNCTIONS

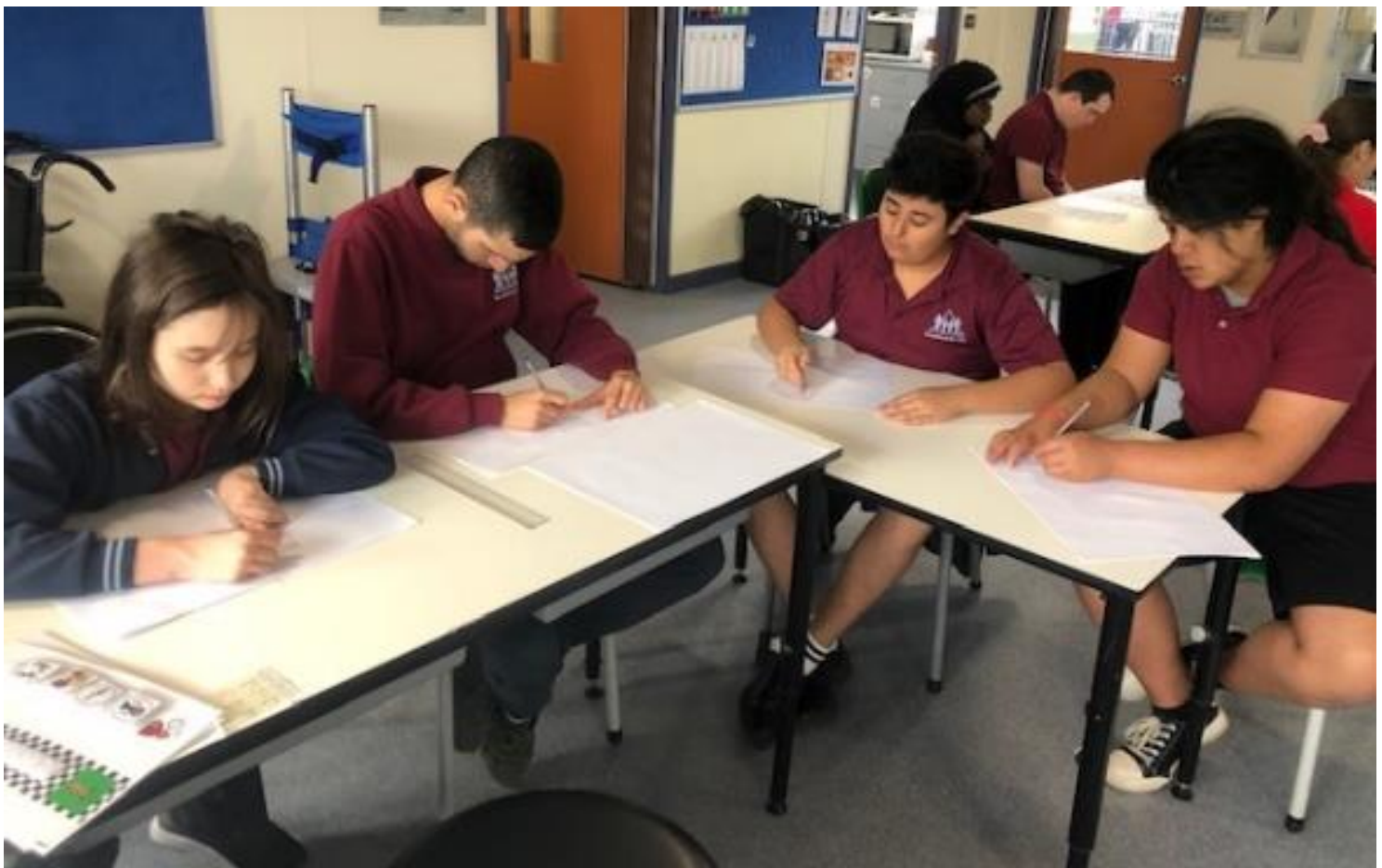
Executive functions are the mental skills we use to complete everyday activities and help us to learn. Often we may not actively think about them when completing tasks, but rather they are autonomous. Executive functions help us to pay attention and choose what will engage with, and how we manage our emotions and regulate our behaviour. They can be split into 2 categories of skills: thinking and doing.

Executive functions include:

- Working memory: the ability to retain information whilst performing tasks i.e. remembering steps or instructions
- Inhibitory control: the ability to have control over own behaviour and impulses, and think before you act
- Attention: the ability to concentrate on a task, and avoid or filter distractions
- Flexibility: the ability to adapt plans to changed circumstances, new information or obstacles
- Initiation: the ability to undertake a task independently or with little prompting
- Emotional regulation: the ability to control our emotions and give an appropriate emotional response to an event
- Organisation: the ability to manage personal belongings/work tasks
- Planning: the ability to plan the steps needed to complete a task
- Self-monitoring: the ability to reflect and review own performance of a task or activity

Strategies that can support executive functioning include:

- Use of visual schedules, to break down tasks or show upcoming events
- Playing games such as Uno or Jenga
- Use of timers during activities
- Development of clear routine
- Remind individuals to 'wait', paired with KWS or a visual symbol



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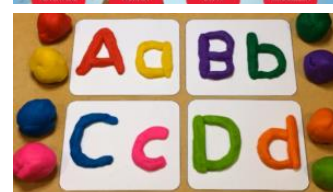
Support

10 FUN WAYS TO PRACTISE HANDWRITING AT HOME

Article content courtesy of: <https://www.buildingblockstherapy.com.au/10-fun-ways-to-practice-handwriting-at-home/>

Handwriting is a skill that will be carried with a child from the start of schooling right through to adulthood. However, motivating a child to practise their writing, to develop correct letter formation, size and spacing can be challenging. Here are ten easy ways to freshen up handwriting practise so children can engage in handwriting activities in a fun and motivating way.

- Change up the writing tool. Try using thick chalk on the pavement, multi-coloured pencils, a ten colour pen, or magic markers that change colour. Making writing practise colourful increases the fun factor!
- Move away from writing implements and write with your fingers. Finger strength is required for endurance and precision with handwriting, particularly the thumb and index finger. It can also be fun to change the medium we write in. A tray of salt, a shower screen covered in shaving foam, a steamed-up shower screen are all blank canvases that can mix up how we practise spelling words or letter formation practise. Using the dominant index finger to trace out letters and words is great for developing finger isolation, and the strength to manipulate a pencil/pen.
- Change the writing angle. Developing shoulder stability and strength is key for handwriting endurance. Writing on vertical surfaces like an easel, or taping paper to a window mixes it up for children. You can also tape paper to the underside of a chair and have your child lay under the chair and write laying down whilst reaching up to the paper to build shoulder strength.
- Story dice/story box. Sometimes even motivating a child to write anything can be hard, so story dice/story box can help to spark an idea for a silly story line. You can then tailor the challenge of the length of the piece of writing to suit your child.
- Story starter. The Scholastic website (<http://www.scholastic.com/teachers/story-starters/>) has a fantastic story starter that is fun for your child to use to create a theme and style to write in. The prompts generate some different ideas and ways to write, keeping it interesting for the writer and the reader.
- Playdough letters. To develop an understanding of letter shapes and formation is one of the key elements of handwriting. Rolling out play dough to form capital and lowercase letters is a great way for children to understand each letter's shape. Tracing over the letters with their index finger, also reinforces finger isolation and helps the child to remember the correct starting point and letter formation sequence.
- Write a letter to a special friend or parent. Writing short notes or longer letters is a fun way to involve handwriting. You could start off with writing a little note or joke and putting it in your child's lunch box, and encourage them to leave you a little note under your pillow to find later. You may even want to have a special note book to send back and forth between you, to keep your notes safe in. Writing letters to friends, or helping to write out birthday cards is also a fun and meaningful way to encourage writing.
- Design a word search. Learning to spell and making your own word search is a great way to practise letters, be it upper case or lower case. You can encourage your child to pick a theme and then think of words to hide within the word search, then fill the surrounding gaps with random letters.
- Use a handwriting stylus when using apps like Writing Wizard For Kids. This app has the Victorian pre-cursive font that are used in the majority of Victorian schools as well as 8 other hand writing fonts commonly used. The app pencil (edugrip.com.au) is a handwriting stylus to use with a tablet, which has a triangular shaped grip to facilitate correct finger placement for dynamic tripod pencil grip.



SUPPORTING YOUR CHILD'S EATING AT HOME

Article content courtesy of: <https://www.buildingblockstherapy.com.au/fussy-eating-practical-ideas-for-you-and-your-family/>

Eating is a very sensory-based activity – we use our sense of smell, touch, taste and vision when interacting with food, and even our sense of hearing! We see colours and shapes of food, feel different textures and temperatures (with our hands and with our mouths), taste different flavours, smell different aromas (which can be even further heightened when cooking is taking place) and even hear different sounds, such as crunching, frying and slurping! Everyone has different sensory preferences, in terms of sensory avoidances and sensory seeking behaviours, which means that each individual has a different relationship with food! Some of us like soft textures, whilst some prefer crunchy textures. Some of us may like the smell of a certain food while others can't handle the same smell! Children in particular are still developing their relationships with food, as they continue to explore what they might like and dislike!

Below are some practical ideas and strategies that can be used at home to take the pressure off at mealtimes and to make the experience more positive and relaxed for your child, and yourself:

- Keep things fun with food play! This is really important for developing sensory interactions with food from an early stage. Provide your child with a plate of food, with various textures and tastes, depending on your child's age (mashed potato, crunchy carrots, banana) and encourage them to pick the food up with their hands and play with it – encourage them to touch, lick, taste and chew the different foods and to explore it in their own way! This way, they are interacting with food and able to explore it in a sensory and hands on way! Play and interact with different food textures – make different things with different food items! Here are some ideas:
 - hide some novelty objects (such as toy cars or numbers and letters) inside a tub of rice or pasta to create a treasure hunt and lucky dip with your child
 - create 'dirt' using lentils, dried beans and breadcrumbs and drive toy cars and trucks through it
 - imaginative play with a swamp – use spreads, dips and yoghurt to create a swamp with mud and place in it a variety of plastic animals
- Normalisation of food – food can be explored without even being present! Draw pictures of fruit and vegetables and colour in images of them! Make different items or do craft projects with food, such as pasta necklaces, finger painting with yoghurt, stamping with fruit and creating faces with different food objects, such as pasta for hair, grapes/sultanas for eyes, capsicum for a mouth and or strawberries for a nose. By exploring food this way, it allows the child to see that we are interacting with food in a non-threatening, relaxed environment and promotes knowledge around food overall.
- Keep the environment relaxed and try to alleviate pressure around food – if we feel too much pressure to do something, it can cause anxiety and can lead us to avoid it altogether. Instead, provide some different options for food (without providing too much and creating choices aplenty) and keep them all out on the table for everyone to choose and share! Model eating the different foods so your child can see you enjoy it, smile and use positive language and allow your child space to eat!
- Involve your children in the process – get your children preparing and cooking meals with you, where appropriate! Encourage your little ones to help you mix items together in a bowl when making cakes or baking, or even helping you make a sauce! Encourage them to set the table and to assist with the whole routine around mealtimes to further normalise the experience.

These are a few simple, fun ways of encouraging your child to interact with and be more comfortable around food. Remember – keeping things calm and stress-free is often a good place to start!




KEY WORD SIGN TIPS – DAILY ROUTINE VOCAB

The secret to learning Key Word Sign is lots of repetition. For you and your child to learn relevant signs and become fluent using them and to understand their meaning, you need to have lots of exposure to the signs. That means doing the signs over and over. This is best done through daily routines (integrating signing in your daily life), creating opportunities (giving your child more opportunities to learn) and using lots of modelling. So go ahead and choose daily routines or daily activities like story time, play time, dinner time or bath time to focus on using KWS in your communication with your child and you'll be surprised at how quickly you'll both learn!




Bath

Time




Bath




How to Sign it :
Move fists on chest one up, the other down, then back down/up, and back again.

Hints :
You wash yourself in the bath (wash hand-shape vertically on body).

Context Notes :
Also used to sign wash



Boat




How to Sign it :
Hold flat hands out in front of you, fingertips touching, but with palms apart, like the bow of a boat. Move forward.


Often with up and down motion like boat going through waves.




Brush teeth




How to Sign it :
With pointer finger hooked around extended thumb and pointing sideways, move hand forward and backwards in front of teeth.




Brush Hair




How to Sign it :
Start with fingers bunched together, palm facing up. Move hand upwards, opening up fingers as you do.



Bubbles



How to Sign it :
Start with fingers bunched together, palm facing up. Move hand upwards, opening up fingers as you do.




Clean



How to Sign it :
Rub palm back and forth on the back of the other flat hand.

Context Notes :
Can be used for tidy



Respect

Opportunity

Engagement

Communication

Support

WONDER KIDZ

We are super excited to introduce Wonder Kids spring holiday program. Our sensory friendly program for ages 4 to 12.

Wonder Kidz is a safe space where kids are loved and respected for who they are.

This is the place where children can be their true selves, play, indulge their senses and connect with other children without being judged.

All with the bonus that YOU don't have to hang around and wait for them!!

YOU can chill out, have a coffee, make dinner or spend time with your other children.

SECURE THE FUN SPOT :

<https://forms.gle/pMkmpF3sngTDT3TDA>



1A Bellairs
Ave, Seddon
VIC 3011

Transportation
available



Sep 20
to
Oct 1
2021



**DIFFERENT JOURNEYS
IS VENTURING NORTH WEST!**

Autism Family Swim & Social Event



Join our private all ages event on selected Saturdays
Events may be claimed on NDIS plans if applicable
4pm-6pm with BBQ dinner included on entry
Swimming not necessary but having fun is!



Windy Hill Fitness Center
74 - 78 Napier St, Essendon



LIMITED
\$10 PP

Book Online
www.differentjourneysautism.com/new-events/

Further Enquiries
differentjourneys@gmail.com
0490 774 068



www.differentjourneysautism.com

windy hill
fitness centre



Broadmeadows SDS Cake Catering 2021

We would love to create a wonderful cake for your special celebration – whether it be a birthday at home, at school at BSDS or perhaps even at a pre-school or primary/high school for another child in the family. All cakes are made with a delicious vanilla cake recipe and are baked and decorated by the BSDS Secondary Catering Team. Should you wish to order a cake *please provide at least one week's notice* by returning this order form to your child's teacher, *complete with payment and the date you would need it by* and a contact number so we can call you to confirm pick up (for a party at another venue) or delivery on the day to your child's classroom for an at school party. We look forward to providing you with a beautiful cake!

Child's name: _____ **Room number:** _____

Parent name and contact number: _____

Date the cake is required by: _____

(Please allow at least one week's notice for preparation and please pickup the day before if for off-site party)

Proposed collection (please circle): **Pick up from BSDS** or **Deliver to my child's classroom for a party at BSDS**

Choose your own theme and let us design for you



Quantity:

\$tbc

Giant Donut Cake



Quantity:

\$20

Under the Sea



Quantity:

\$20

Emoji Cake



Quantity:

\$30

Spiderman



Quantity:

\$20

Popcorn Cake



Quantity:

\$25

Fairy Bread Cake



Quantity:

\$20

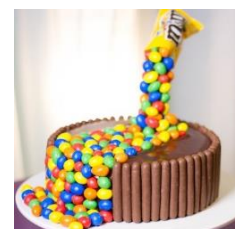
Oreo Overload



Quantity:

\$25

Gravity Defying M&Ms



Quantity:

\$25

Lollipop Love



Quantity:

\$25

Unicorn Magic



Quantity:

\$25

Barbie



Quantity:

\$30



Broadmeadows
SPECIAL DEVELOPMENTAL SCHOOL

Price List



Short Sleeve Polo

\$18 size 4-16
\$22 size 18-24



Long Sleeve Polo

\$21.00 size 4-16
\$25 size 18-24



Collar Windcheater

\$24 size 4-16



Windcheater

\$25 size 4-16
\$28 size 18-24



Bomber Jacket

\$36 size 4-16
\$43 size 18-24



Lightweight Parka

\$30 size 4-16



Vest

\$23 size 4-16



Trackpants

\$18 size 4-16
\$27 size 18-24



Shorts

\$12 size 4-16
\$22 size 18-24



Skort

\$18 size 4-16
\$24 size 18-24



Summer Dress

\$33 size 4-24



Winter Tunic

\$47 size 4-24



ITEM	COLOUR	PRICE	SIZE 4	SIZE 6	SIZE 8	SIZE 10	SIZE 12	SIZE 14	SIZE 16	TOTAL
Polo Shirt Short Sleeve	Maroon	\$18.00								
Polo Shirt Long Sleeve	Maroon	\$21.00								
Bomber Jacket	Navy/sky	\$36.00								
Windcheater	Maroon	\$25.00								
Polo Collar Windcheater	Navy	\$24.00								
Polo Fleeced Vest	Navy	\$23.00								
Skort	Navy	\$18.00								
Shorts Rugby	Navy	\$12.00								
Trackpants Reinforced	Navy	\$18.00								
Summer Dress	Navy	\$33.00								
Winter Tunic	Navy	\$47.00								
Parka Lightweight	Navy	\$30.00								
Hat – Bucket style	Navy	8.00								
ITEM	COLOUR	PRICE	SIZE 18	SIZE 20	SIZE 22	SIZE 24				TOTAL
Polo Shirt Short Sleeve	Maroon	\$22.00								
Polo Shirt Long Sleeve	Maroon	\$25.00								
Skort	Navy	24.00								
Windcheater	Maroon	\$28.00								
Winter Tunic	Navy	\$47.00								
Summer Dress	Navy	\$33.00								
Shorts Rugby	Navy	\$22.00								
Trackpants Reinforced	Navy	\$27.00								
Hat – Bucket style	Navy	8.00								
Bomber Jacket	Navy	43.00								
TOTAL										

Name of student: _____

Class: _____

Date of order: _____

Payment Method: Cash Card

Credit Card Details: _____

Expiry Date: _____