

*Edition 14, Friday 3<sup>rd</sup> September, Term 3 2021*

### PRINCIPAL'S MESSAGE

We would like to begin this newsletter with a huge thank you to our school community for getting so involved in our online Webex learning events – especially our Book Week Webex last week. To see so many students and staff get involved, and to see parents and siblings on screen too, absolutely lights us up and we are so grateful for the efforts that go into supporting our students to engage in our Webex sessions and home learning.

Confirmation has been received from Victoria's Chief Health Officer that remote learning will continue and that further announcements about Term 4 will be forthcoming. This means that we will proceed with our 'continuation of learning plan'. We are so appreciative of the support shown in engaging students in remote learning activities. Thank you so very much. Please remember that it is so important to look after ourselves and each other during these challenging times, so please do utilize the support services that have been shared to our school community and take care.

I would like to give my Principal's Award to Breeanna for her wonderful work during this time. Breeanna has been thoroughly enjoying her home learning activities and sent a delightful message into school, thanking her teachers for her resources. Breeanna has been working so hard and has enjoyed sensory science activities, numeracy work, right through to literacy activities. Well done Bree!



Please continue to take care during these difficult times. Despite it all, these times show us just how committed our school community is to supporting the learning of our students, and indeed supporting each other.

We would like to send a very special Happy Father's Day to our BSDS fathers for this weekend – enjoy the day with your family and hopefully a little breakfast in bed.

Susi Wirth  
Principal

### DATES TO REMEMBER TERM 3 2021

DATE	EVENT TO REMEMBER
Friday 17 <sup>th</sup> September	Last Day Of Term 3 – 1pm Finish

### DATES TO REMEMBER TERM 4 2021

DATE	EVENT TO REMEMBER
Monday 4 <sup>th</sup> October	Term 4 Commences
Monday 1 <sup>st</sup> November	Curriculum Day
Tuesday 2 <sup>nd</sup> November	Public Holiday – Melbourne Cup
Tuesday 14 <sup>th</sup> December	Christmas BBQ
Friday 17 <sup>th</sup> December	Last Day Term 4

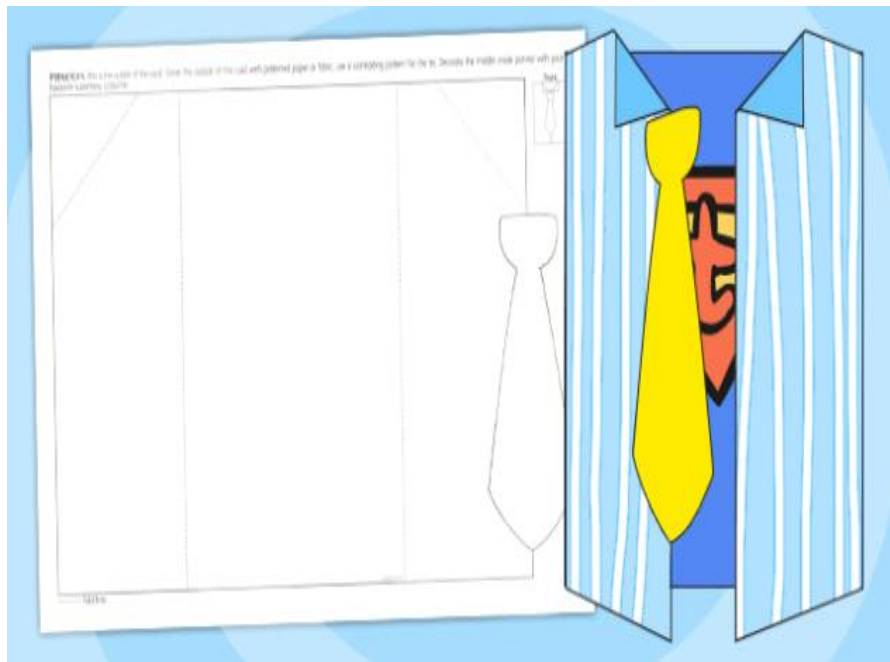
Learning Beyond Words  
**TEACHING AND LEARNING PROGRAMS AT BSDS**

**FATHER'S DAY CARD IDEAS YOU CAN MAKE AT HOME**

With Father's Day on this Sunday the 5<sup>th</sup> of September, this year's celebrations may look a little different than they normally do. But if you're stuck on ideas of how to put together a card for Dad, take a look at these suggestions for you to easily make with your child at home.

Have a go and we would love to see what you can create! Snap a picture of your beautiful cards and email them through to [Broadmeadows.sds@education.vic.gov.au](mailto:Broadmeadows.sds@education.vic.gov.au) so we can celebrate with you.

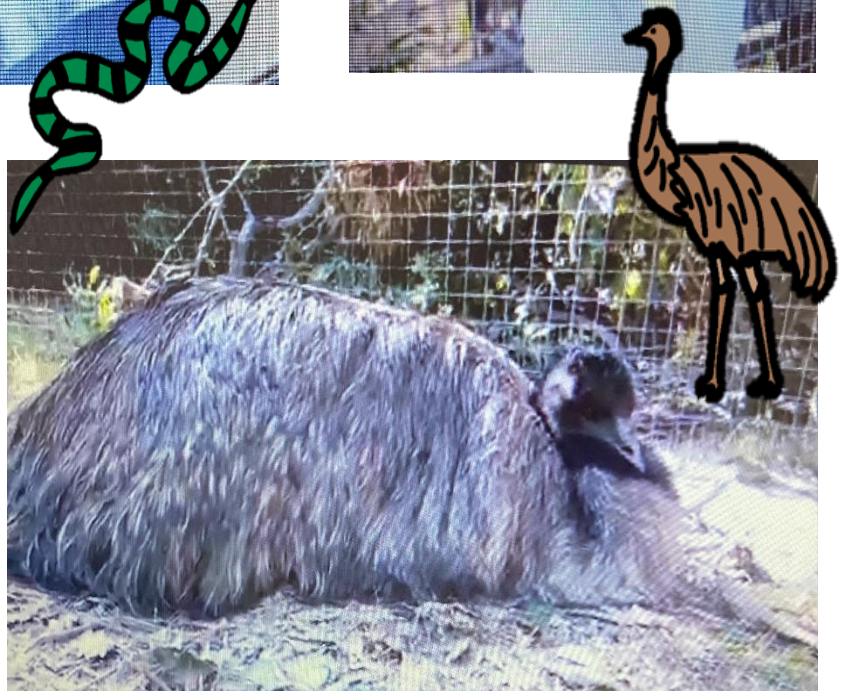
Attached to the newsletter is a template that you can print out and use at home to make a 'Super Hero Dad' card. It will look something like this when finished!



Learning Beyond Words  
**TEACHING AND LEARNING PROGRAMS AT BSDS**

**VIRTUAL TOUR OF THE FUNKY FARM**

On Monday, students from Blue Team enjoyed a special virtual tour of the Funky Farm. Chris and his friends took us around via Webex to show us some of the amazing animals that he takes care of at the Funky Farm. Our favourite animal was the kangaroo, we saw it hopping away and even got to see it carrying a joey. Thanks so much Chris and Pippa for organising this fantastic virtual excursion.



Respect

Opportunity

Engagement

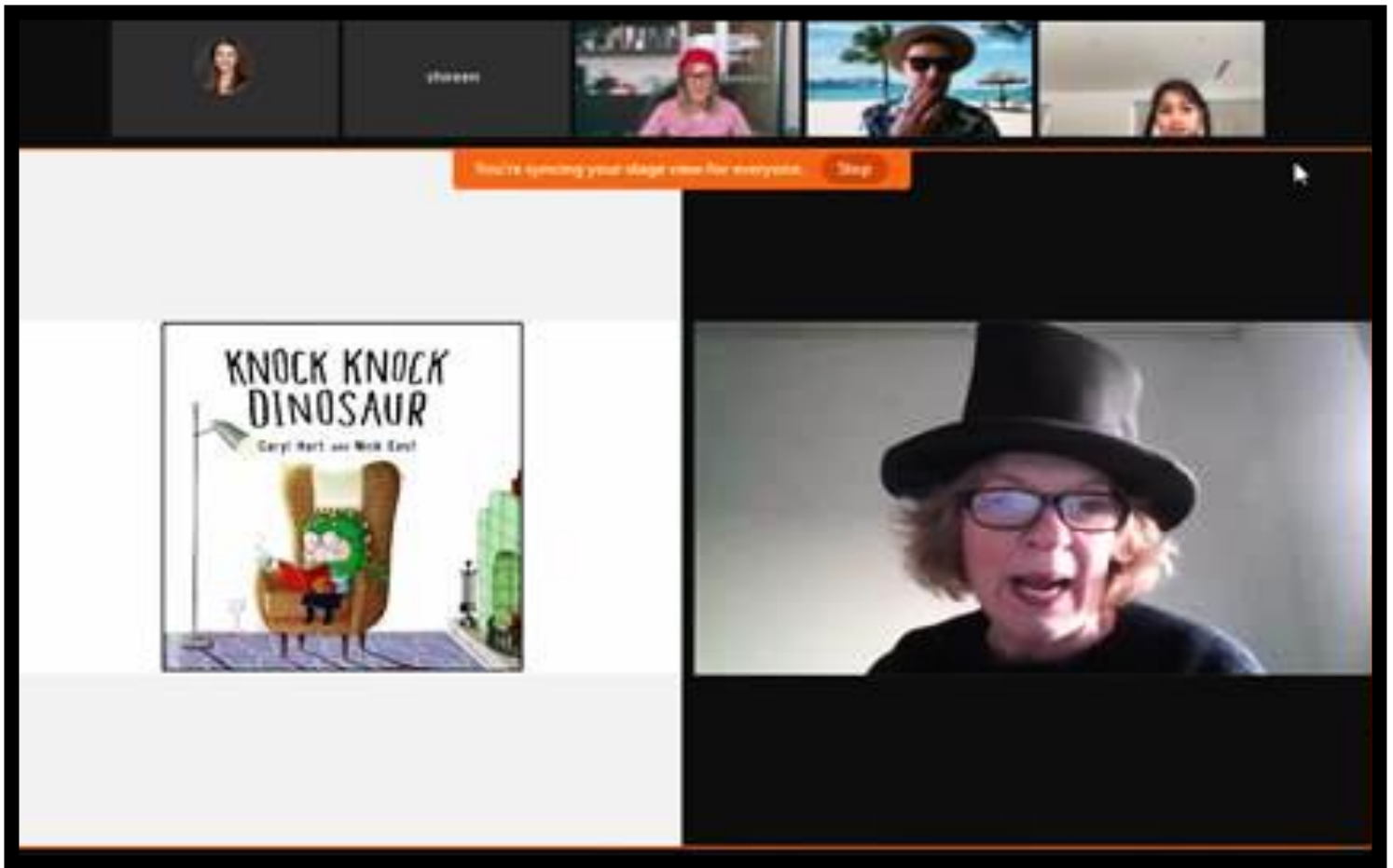
Communication

Support

Learning Beyond Words  
**TEACHING AND LEARNING PROGRAMS AT BSDS**

**BOOK WEEK CELEBRATIONS**

We were delighted to come together to celebrate Book Week via Webex – with some shared reading as well as costume celebrations. Thank you so much to our school community for supporting this event, it was wonderful to see so many people dressed up and enjoying each other’s company and a good book!



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**TEACHING AND LEARNING PROGRAMS AT BSDS**

**BOOK WEEK CELEBRATIONS**



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**BOOK WEEK CELEBRATIONS**



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**BOOK WEEK CELEBRATIONS**



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## TEACHING AND LEARNING PROGRAMS AT BSDS

### CRAZY CREATURE ART FUN

Watch out! Crazy Creatures are on the loose! Students have been joining the art team to draw the craziest creatures ever seen. Students combined animals like cats, turtles, and a giraffes to make their own unique, and vibrant animals. Great job everyone!

Try this awesome art activity to make your own crazy creatures at home with your family –

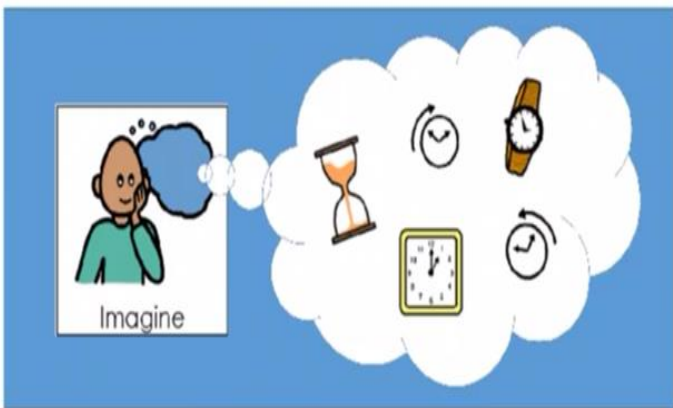
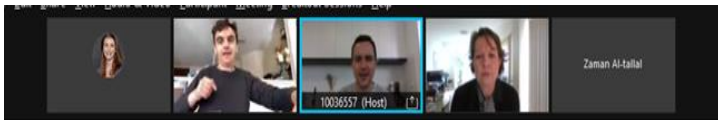
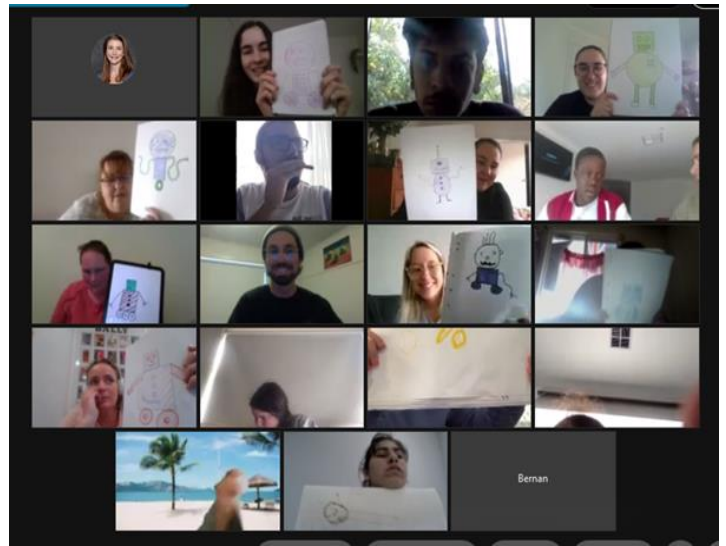
<https://www.youtube.com/watch?v=wy2-3BxdtYY>



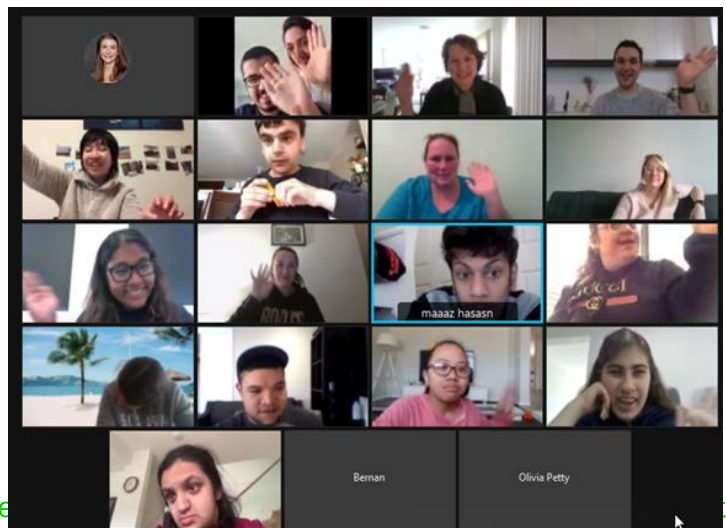
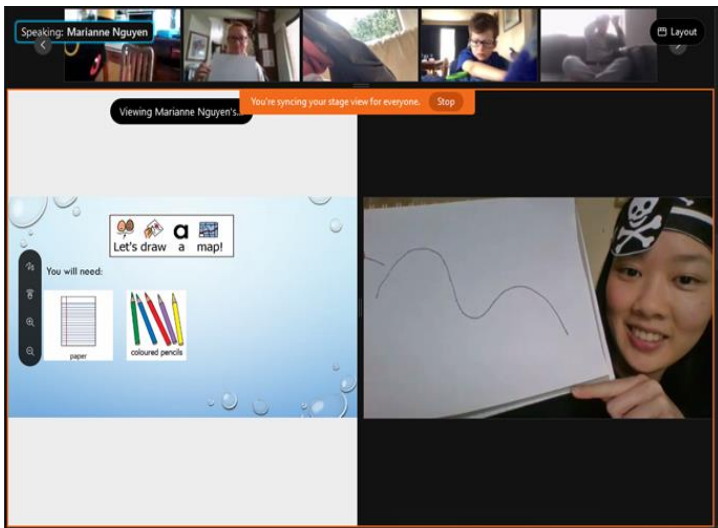
Learning Beyond Words  
**THERAPY SUPPORT AT BSDS**

**THERAPY WEBEX**

The fun continues with our Therapy Webex sessions each day, with a range of themed activities for everyone to get involved with. We would like to extend a huge thank you to parents for joining in on the fun too!



I wonder what it's like to travel through time.  
To see places and people that are different to mine.



Respect

Opportunity

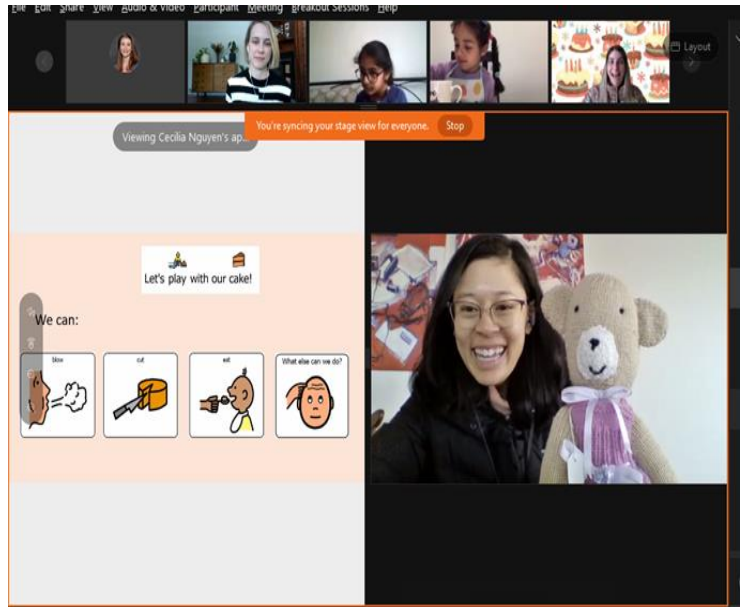
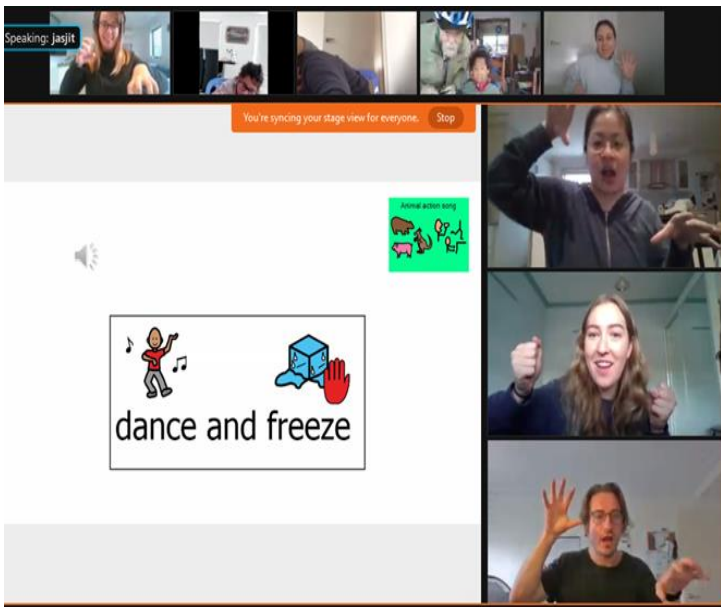
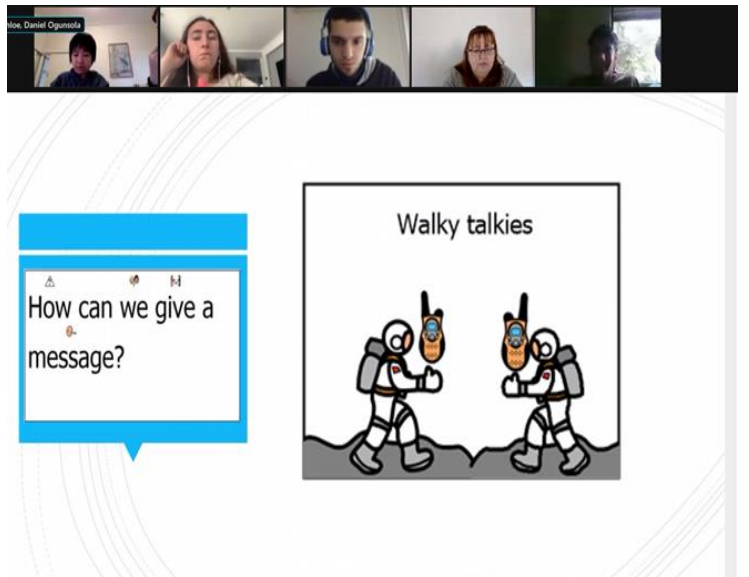
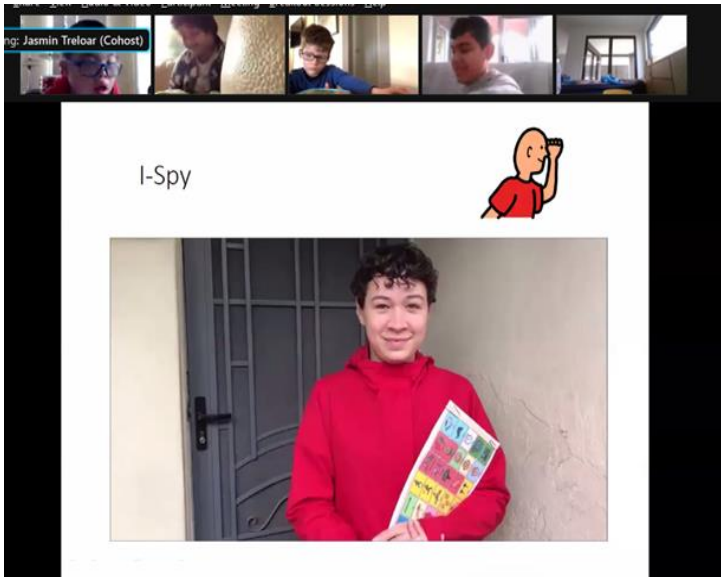
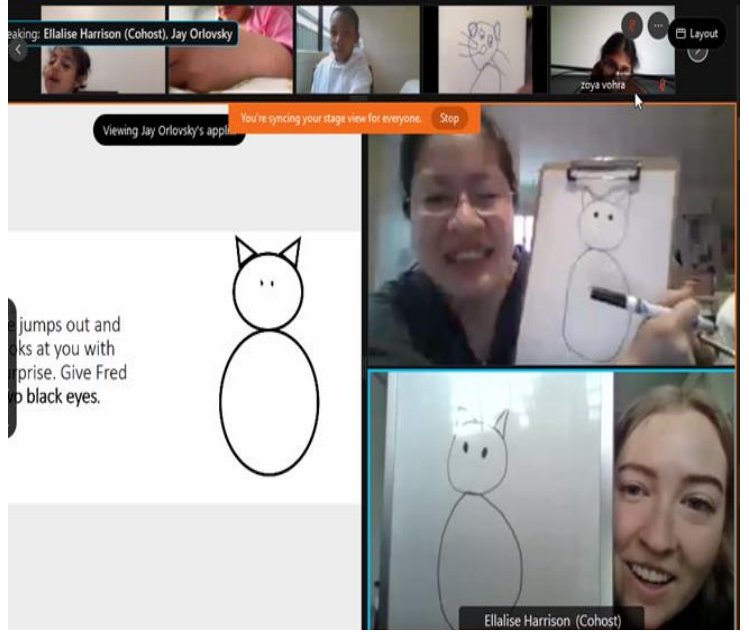
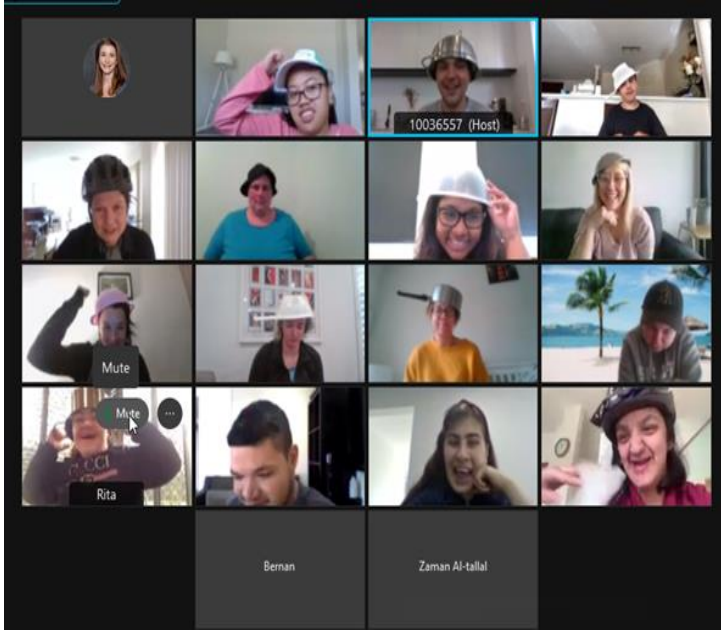
Engagement

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# Learning Beyond Words THERAPY SUPPORT AT BSDS

## THERAPY WEBEX



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## BSDS OCCUPATIONAL THERAPY TIPS

### CREATING SENSORY SPACES AT HOME

Children learn about the world through their senses of sight, hearing, smell, touch, taste, and their proprioceptive (deep pressure) and vestibular (movement) system.

Sensory spaces are environments which allow your child to explore their sensory preferences and can be used for self-regulation. These can be tailored specifically for your child's preferences and used to get your child in the 'just right' arousal level.

#### Tips:

- Be creative! Pinterest is a great website where you can see what other people have done
- Choose a space in the house. It doesn't have to be an entire room – it can be a section of a living room, bedroom or playroom
- Consider your child's sensory preferences
- Create a space that is flexible and easy to change
- Use old sheets, materials or even an old tent to make the space private (put those unused house items to use!)
- Use beanbags, cushions, pillow and blankets to make the environment warm and inviting
- Have a box of sensory items that your child can choose from

#### What to add to a sensory space:

##### Sight

- Fairy lights
- Dark cloth to section off the space
- Light up toys



##### Auditory

- Calming music
- Playlist of your child's favourite songs

##### Smell

- Diffuser with essential oils
- A few drops of essential oils on stuffed animals



##### Touch

- Consider touch preference of your child!
- Tactile wall boards – using household items (cleaning sponge, fake grass, bubble wrap)



##### Proprioceptive (deep pressure)

- Therabands
- Vibrating handheld massagers

##### Vestibular (movement)

- Spinners
- Exercise/ peanut balls
- Mini trampoline
- Balance steps



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Learning Beyond Words  
**BSDS SPEECH PATHOLOGY TIPS**

## PEOPLE PLAY

People play is where play begins! Games like 'round-the-garden', 'peek-a-boo' and 'pat-a-cake' help children to learn very important play skills such as paying attention to others, taking turns in an interaction, and keeping an interaction going.

In time, these skills transfer to other everyday interactions and conversations. Start by looking at how your child is already interacting with you and build on what they can already do. It needs to be only little moments across the day with no resources required – just you!

Here are some things to look for in an interaction. We might:

- Show enjoyment by smiling and laughing
- Look at each other
- Do another action to keep the game going
- Imitate each other
- Take turns with a sound, action or word
- Play similar games with different people.

Have fun!



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kws\_au



Save  
the  
Date



# KEY WORD SIGN AWARENESS DAY SEMINAR

**Sunday 10th October**  
*Online event*

**SAVE THE DATE!** 📅 To celebrate Key Word Sign Awareness Day this year (10/10/21), we're celebrating with a free seminar to bring together researchers, KWS Presenters and the KWS community – and you're invited!

Come and enjoy:

- presentations on new KWS research
- stories of people who are using KWS with their families, friends and people they support
- great ideas for practical activities.




Stay posted for more details to come on the KWS Australia website.




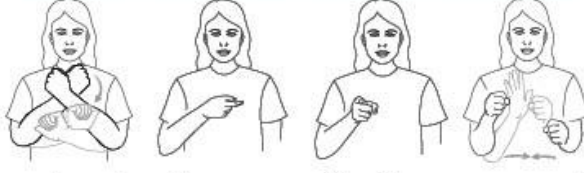





Fun fact: The reason Key Word Sign Awareness Day is on the tenth of the tenth is because of our ten fingers which are so good to sign with! 🖐️

## KEY WORD SIGN TIPS – FATHER’S DAY CELEBRATIONS

With Father’s Day here, our feature vocabulary for this edition is all about wishing our BSDS fathers a very special day and thanking them for all that they do.

### Happy Father's Day

 <p>Happy</p> <p>Clap heels of open cupped hands together twice, hands moving in small outward circles.</p>	 <p>Father</p> <p>Fingerspell "F" quickly, twice</p>	 <p>Day</p> <p>Sweep open dominant hand, palm down or palm towards body, in an arc from waist height to shoulder height.</p>
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 <p>Dear Dad,</p>	 <p>caring for me, helping me,</p>
 <p>Happy Father's Day!</p>	 <p>and protecting me. You're awesome!</p>
 <p>Thank-you for giving me hugs,</p>	 <p>I love you.</p>
 <p>being there for me</p>	 <p>Key Word Sign Australia is proudly brought to you by Scope (Aust) Ltd. Key Word Sign line drawings © 2014-2021 by Key Word Sign Australia, Victoria, Incorporated. All Rights Reserved. Used with permission.</p> 



## Getting the COVID 19 Vaccine at the Vaccination Centre



The COVID 19 Vaccine is an injection that puts medicine in my arm. Getting the vaccine will help keep people safe from COVID 19. I might go to a Vaccine Centre to get my Vaccine.

1



The Vaccine Centres are big and busy so that a lot of people can get their vaccination at the same time. I try to stay close to or hold my adult's hand the whole time we are there.

2



There are some rules we might have to follow to keep everyone safe, like wearing a mask, waiting our turn, and following instructions on where to go and where to wait.

3



I will try to wait quietly for my turn. If I brought anything from home, like a device or a toy I can use it while I wait.

4



A doctor or nurse will let me know when it is my turn. They will take me into the cubicle and shut the curtain, so it can be private. They might need to ask my adult some more questions, and I try to wait quietly.

5



When they are ready, I will need to take off my jumper or roll up my sleeve so they can see my upper arm. This is where the injection will go in.

6



The doctor or nurse will first clean the spot on my arm, and then give me the injection. It might feel like a little sting or pinch.

7



I will try my best to stay still while the doctor or nurse does the injection. It might help to look away. I can hold my adult's hand, listen to music, or play with a toy if I am feeling worried.

8



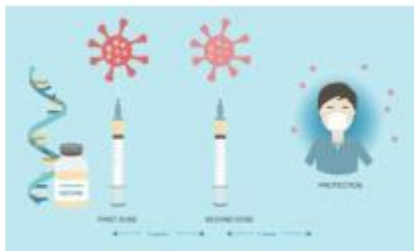
When it is finished, they might put a band aid or sticker on my arm where the needle went in. Afterwards, the staff will let us know where to go while we wait for 15 minutes.

9



Over the next day or two, sometimes people feel sick or tired. It is OK to rest at home. I can let an adult know if something doesn't feel right, so that they can make sure I am OK.

10



To make sure we are safe, I will need to get the vaccine twice. It might be a few weeks or months until I go back to the doctor for my second dose.

11



I will feel happy when I have had my vaccination. My Mum and Dad will feel happy too.

12

## Getting the COVID 19 Vaccine at my GP



The COVID 19 Vaccine is an injection that puts medicine in my arm. Getting the vaccine will help keep people safe from COVID 19. I might go to my doctor's clinic to get my vaccine, with an adult who looks after me.

1



When we go inside, we let the staff know we are there and make sure they have all my important information. The staff will tell us where to sit.

2

wait



I will try to wait quietly in the waiting room. If I brought anything from home, like a device or a toy I can use it while I wait.

3



My doctor or a nurse will call my name to let me know it is my turn. In the room they might have some more questions to ask my adult, and I try to wait quietly.

4



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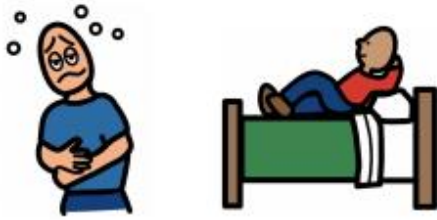
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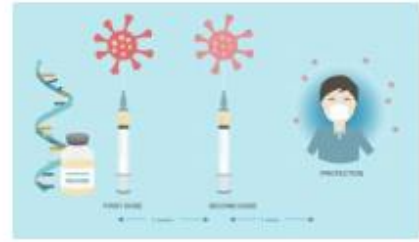
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8



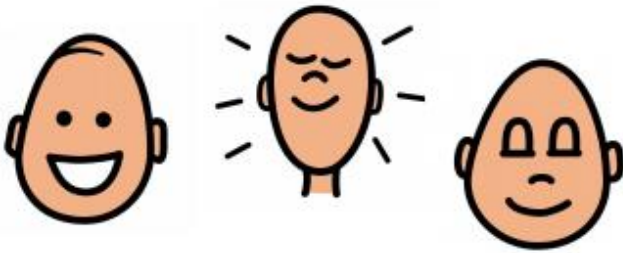
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To make sure we are safe, I will need to get the vaccine twice. It might be a few weeks or months until I go back to the doctor for my second dose.

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I might feel happy when I have had my vaccination. My mum and dad will feel happy too!

11

A FREE ONLINE EVENT BY  Carers VIC  
Australia

# FILL your CUP

WITH  Carers VIC  
Australia

COPING STRATEGIES | CARING | COMEDY



**THURSDAY 9 SEPTEMBER 10.00 - 11.30AM VIA ZOOM**

**Register now for your dose of wellbeing, or scroll down to find out about our 'pop-up' lockdown workshops.**

Join the caring community and explore ideas around coping with isolation and uncertainty for carers from experienced Carers Victoria **counsellor Mary O'Mara**. We'll cap off the day with a chat and a laugh with celebrated author, comedian and carer **Nelly Thomas**.

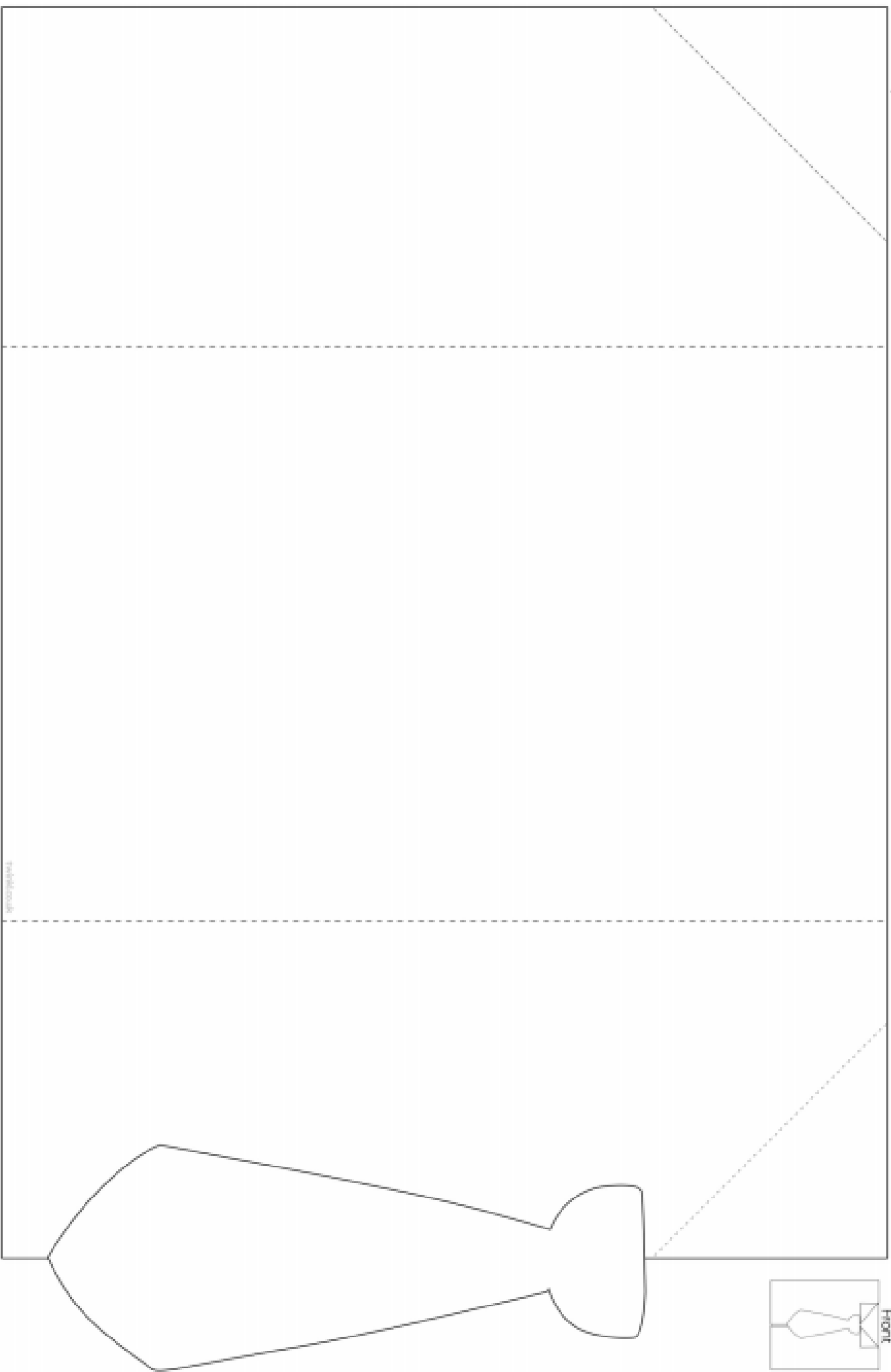
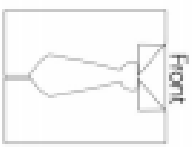
Carers Victoria has been running 'pop-up' wellbeing workshops in response to the Victorian lockdown. Take some time out for yourself and register for an upcoming workshop today.

<https://www.eventbrite.com.au/e/fill-your-cup-with-carers-victoria-free-online-event-8298-registration-166892045601>

This event is proudly supporting R U OK? Day



Instructions: (this is the outside of the card): Cover the outside of the card with patterned paper or fabric, use a contrasting pattern for the tie. Decorate the middle inside panel with your favourite superhero costume.



-----Fold lines