



Broadmeadows

SPECIAL DEVELOPMENTAL SCHOOL

Edition 16, Friday 15th October, Term 4 2021

PRINCIPAL'S MESSAGE

I hope that our school community enjoyed the holiday break as best as possible. We are all very excited about the planned return to school as part of the Victorian Government's Roadmap, with onsite learning returning full time on Wednesday 3rd November.

We continue to express our gratitude to our BSDS families for supporting the online learning activities that have been running since Term 4 commenced. We have seen some lovely holiday sharing Webex chats, with staff and students excited to see each other once again.

I would like to give my first Principal's Award for Term 4 to Noah, for the wonderful work he has been doing at home. Noah's mother created a very special picture story to share with his teacher all of the achievements that Noah has made at home and all of the things he likes to do when learning and playing at home. We are so proud of you Noah.



Please find attached to the newsletter our updated school uniform price list. Should you need to purchase a new uniform for the return to school, please refer to this updated version.

Please continue to maintain the safe health practices that keep us all protected. Many vaccination hubs have been set up in the local community over the last month, many with interpreters onsite for support. Please refer to previous emails sent to our school community should you want further information about these vaccination locations.

Take care, continue to remain safe and please continue to check your emails for any updates as we move forward. Thank you again to all of our BSDS parents for remaining so engaged with the school and supporting our students to participate in their online learning.

Susi Wirth
Principal

DATES TO REMEMBER TERM 4 2021

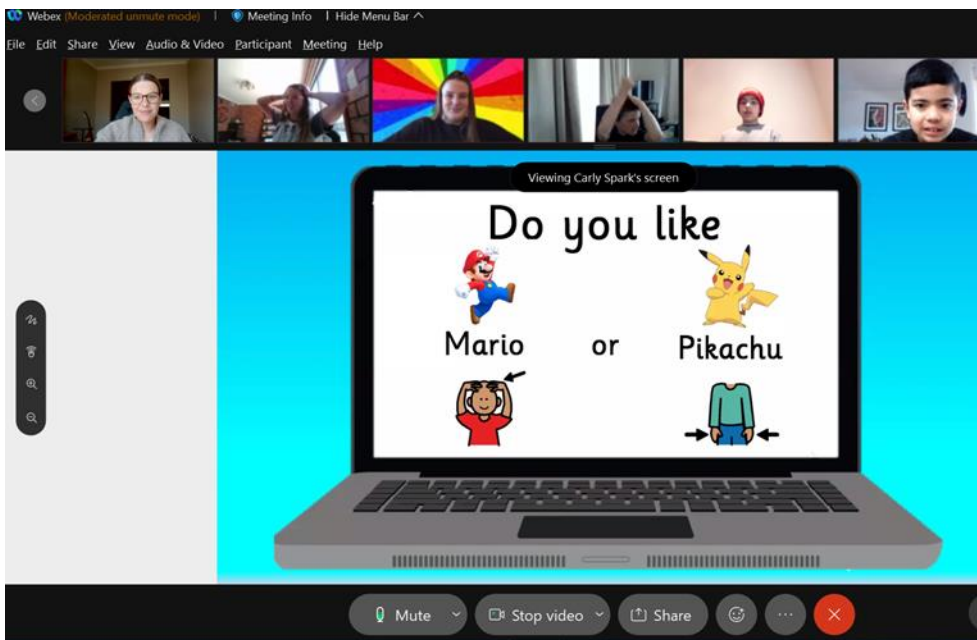
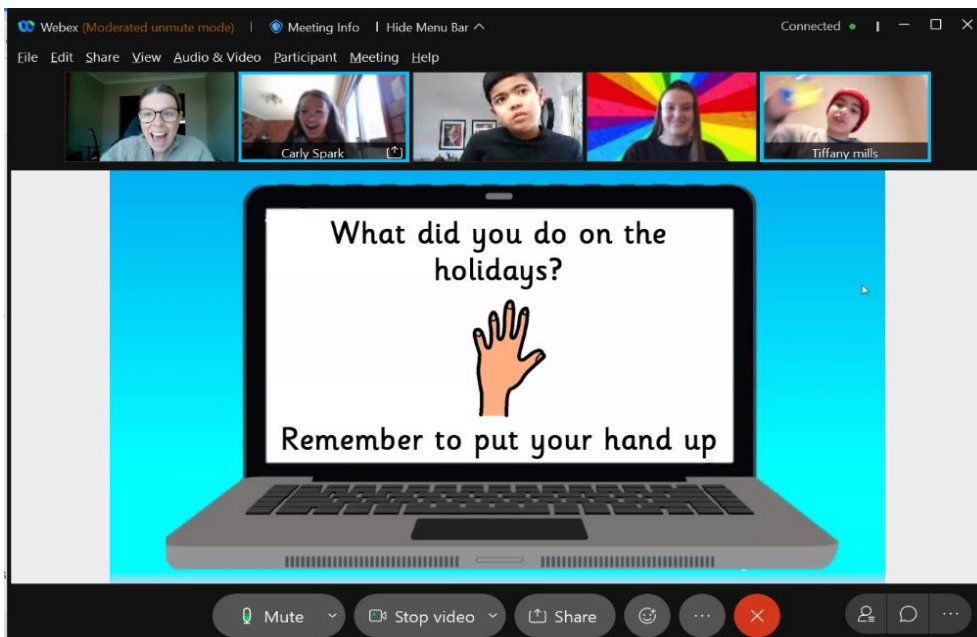
DATE	EVENT TO REMEMBER
Monday 1 st November	Curriculum Day
Tuesday 2 nd November	Public Holiday – Melbourne Cup
Tuesday 14 th December	Christmas BBQ
Friday 17 th December	Last Day Term 4

Learning Beyond Words
TEACHING AND LEARNING PROGRAMS AT BSDS

**ROOM 17 AND 18 LOVE
THEIR RETURN TO
TERM 4 WEBEX**

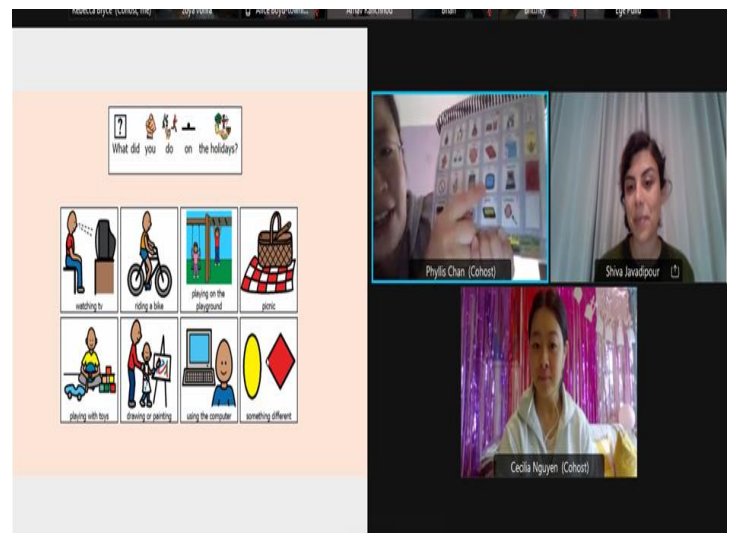
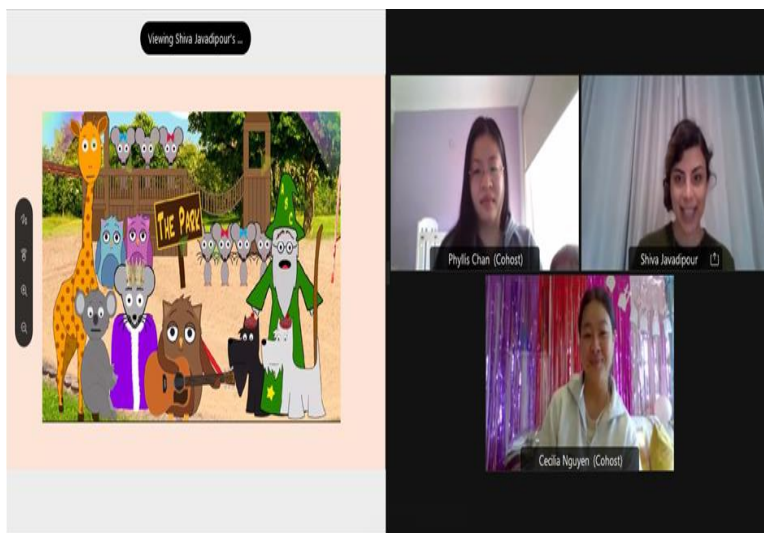
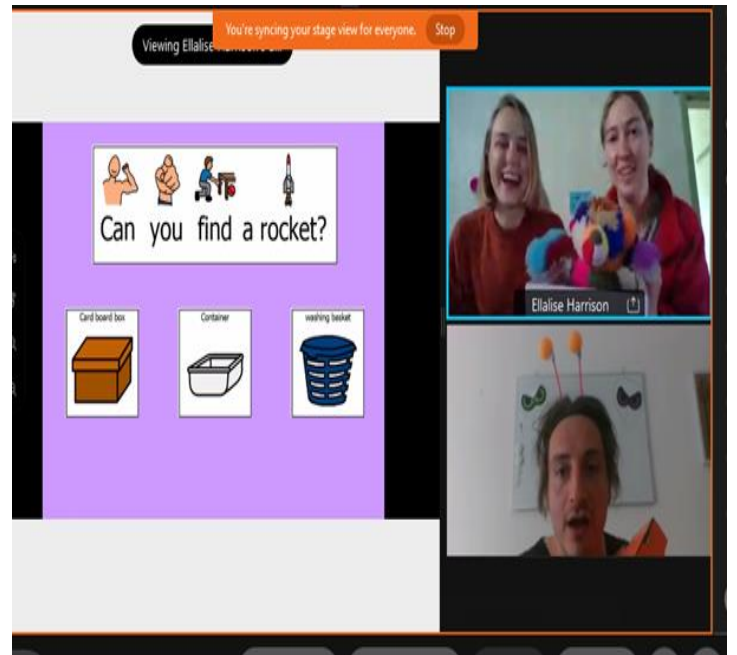
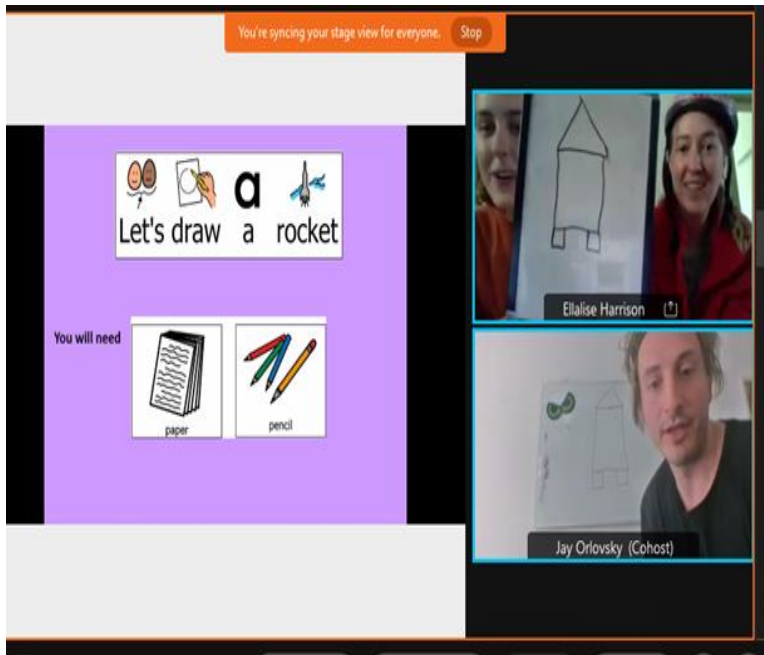
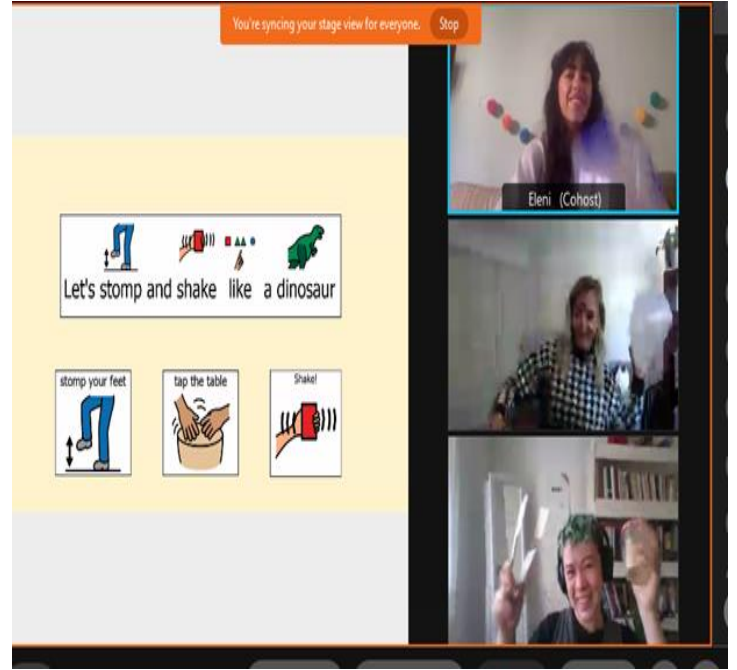
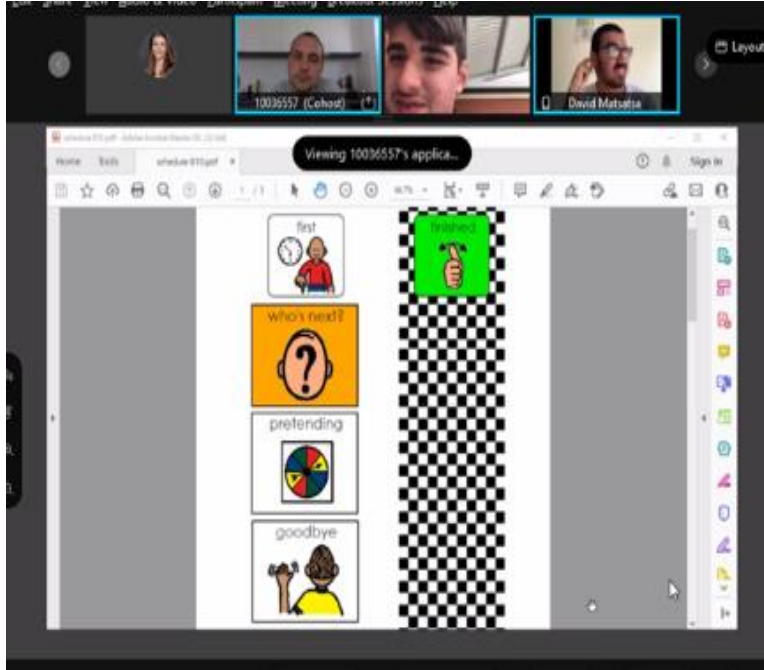
To welcome our students back to school for Term 4, we had a fun catch-up Webex. We took it in turns to share about what we did on the school holidays. Then we got to play some games together. We played a choice game, where we got to choose our favourite out of two different options by either putting our hands on our head or our knees. We also played a game where we had to find the initial sounds and match pictures.

We were all very excited to see our friends and can't wait to get back to school very soon!



Learning Beyond Words TEACHING AND LEARNING PROGRAMS AT BSDS

THERAPY WEBEX



Respect

Opportunity

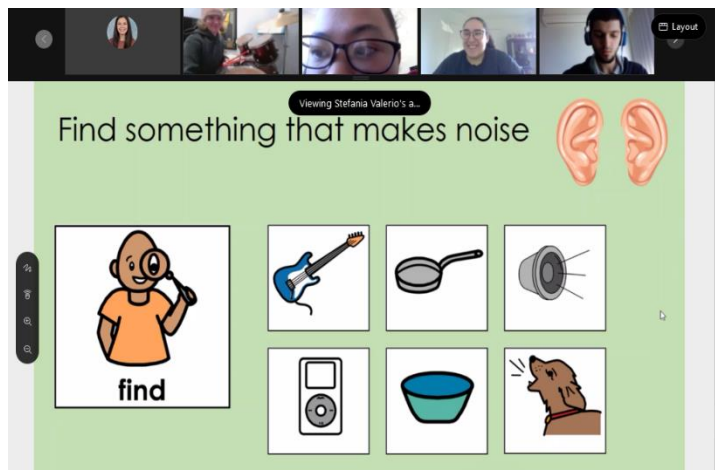
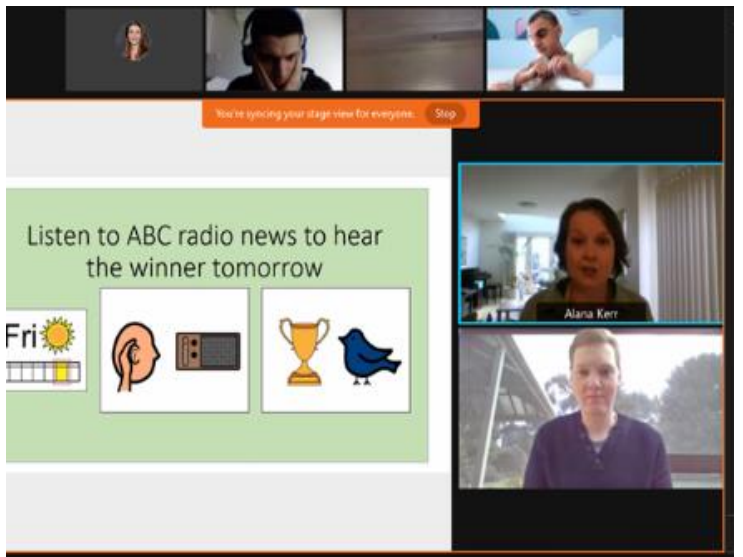
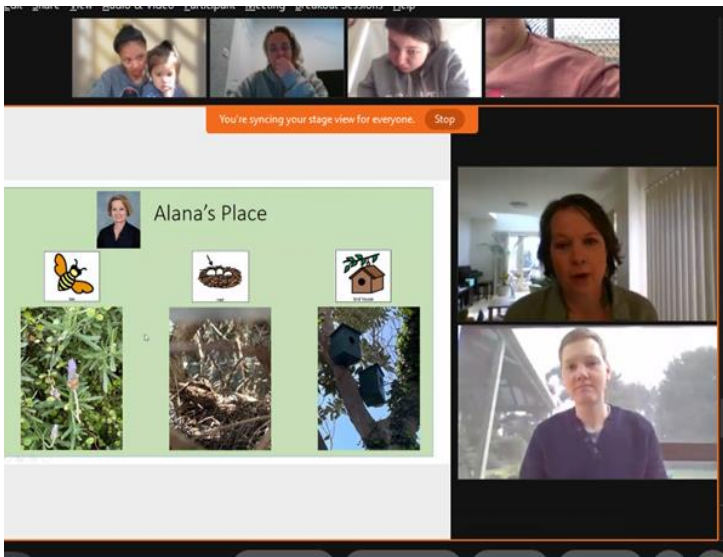
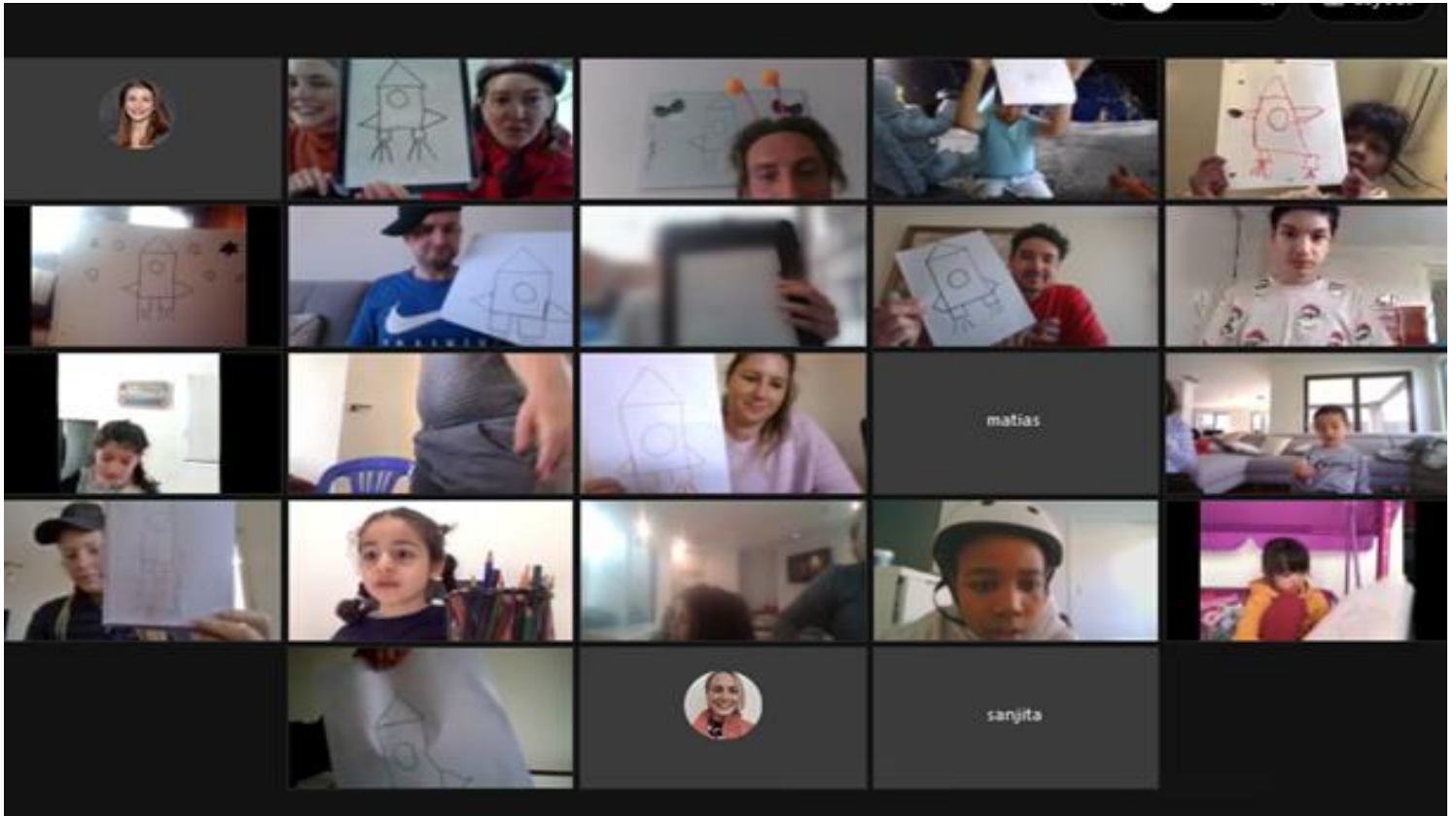
Engagement

Communication

Support

Learning Beyond Words
TEACHING AND LEARNING PROGRAMS AT BSDS

THERAPY WEBEX



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NOAH'S SCHOOL HOLIDAY ADVENTURES

Noah and his mum had such a busy holiday embracing the BSDS Bear School Holiday Challenge. Noah completed so many of the activities set out on the bingo card. He helped with household chores such as cooking and laundry, played lots of news games, tried different crafts such as making cards and decorating with stickers, and so much more!

Noah also celebrated his 6th birthday over the break. We wish him a very Happy Birthday and look forward to celebrating this milestone with his peers on his return to school.

Everyone at BSDS is so proud of Noah's efforts and achievements, both over the school holidays and this school year. We look forward to watching this clever boy shine in Term 4.

Helped mummy with cooking and everything is so yummy...




I can do some simple tasks by myself...

4 points - I'm hungry! Choose a recipe to cook with Mum or Dad.

4 Points

I played functional toys with mummy and I can do more and more and more...



Found my bear in different location...



4 points - Parents, hide BSDS Bear around the house. Ready, Set, GO and find me! Describe where I was hidden (on, in, under, behind).

4 Points

Mummy just gives me little hint and I can find him...

Made a messy Bear Craft...



5 points - Bear craft.

5 Points

1 point each day - Listen to a story	3 points - Let's get some sun and go for a walk together	4 points - Parents, hide BSDS Bear around the house. Ready, Set, GO and find me! Describe where I was hidden (on, in, under, behind).	2 points - Make a fort out of pillows and blankets to hide in. It can be our secret place!
4 points - I'm hungry! Choose a recipe to cook with Mum or Dad.	10 points - Make a scrapbook of all our adventures	5 points - Bear craft	3 points - Look in your bedroom, count how many things you can find that are red!
3 points - Start a band with someone at home. Use pots and pans to make a drum. Who can be the loudest?	5 points - Take a photo of your bear on all of the adventures	10 points - Choose your favourite teddy to take on adventures	4 points - Can you build an obstacle or draw a hopscotch for us to play outside
3 points - Fill up a tub of water, find some things that will sink or float.	2 points - Show BSDS Bear your favorite toy. Let's play together!	4 points - Draw a picture of BSDS Bear on a fun holiday.	2 points - Find some rice and food dye. Make a colourful rice sensory tray. What utensils can you use to scoop and pour?

Thank you and looking forward to Term 4



Instead of making a scrapbook, Mummy helped me to make this presentation. I believe it is easier for teachers to view and access. When I grow up, I will learn how to make presentation.

My Total Points

63 Points

10 points - Make a scrapbook of all our adventures



10 Points

Learning Beyond Words
BSDS OCCUPATIONAL THERAPY TIPS

HEAVY WORK AT HOME

Engaging in heavy work can be a really useful way to support children to feel calm and ready to engage in learning.

The easiest way to complete heavy work is through using your body. Moving, lifting or engaging in any movement using all of your body weight is the simplest way to get a lot of input through muscles and joints.

Heavy work ideas at home:

Routine jobs:

- Taking out the rubbish
- Pushing a vacuum cleaner
- Mopping or sweeping
- Carrying heavy items such as a full laundry basket or groceries
- Cooking (e.g. - stirring or kneading dough)
- Re-arranging furniture

Heavy work outside:

- Jumping on trampoline
- Playing catch with a heavy ball
- Riding a bike
- Swinging on monkey bars
- Climbing a tree

Activities and games at home:

- Twister
- Yoga
- Squishing playdough
- Animal walks
- Push ups



Respect

Opportunity

Engagement

Communication

Support

Learning Beyond Words
BSDS PHYSIOTHERAPY TIPS

READY.... SET.... JUMP!

Jumping is a basic gross motor skill. Students at BSDS develop and use jumping skills in a variety of activities including during outside play, social ball games, during PMP & PE programs and during movement breaks / movement activities (e.g. - action songs). Jumping is great for:

- Physical fitness
- Building bone and muscle strength
- Motor planning
- Sensory input (vestibular and proprioceptive)
- Body awareness
- Participation in physical and social games
- Improving balance and coordination - can carry over to other motor skills e.g. - walking on a variety of surfaces, running, climbing, stair and bike riding

Jumping skills: A progression from foundation level

Level 1

- Squatting down, then rising back up
- Stepping over objects
- Bouncing (e.g. - on soft springy surfaces such as a cushion, trampoline, hopper ball or fitness ball)
- Coming up on tiptoes (e.g. - to reach up high)

Level 2

- Jumping on a soft, springy surface (e.g. - cushion, trampoline, peanut ball)
- Jumping down from a low height with hands held
- Jumping with 2 feet on the spot with hands held

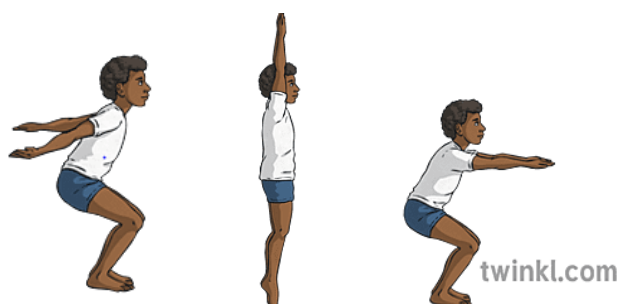
Level 3

- Jumping forward a few centimetres with 2 feet
- Jumping “over” a small object
- Higher level skills (e.g. - broad jump, jumping jacks, hopping, jump rope, dance, sport play)

Positioning the body to jump tip: show and practise the preparation “squat” position and landing “motorbike” positions.

Jumping activities to try:

- Action songs with jumping:
 - o 5 Little Monkeys Jumping on the Bed
 - o Walking in the Jungle <https://www.youtube.com/watch?v=GoSq-yZcJ-4>
- Jump onto cut-out coloured shapes
- Hopscotch games (draw with sidewalk chalk)
- Come up on toes / jump up to pop bubbles or to tap a balloon
- Obstacle course (sticks, hula hoop, bean bags, small toys, jump rope)
 - o Step over
 - o Jump over
- Jumping onto bubble wrap
- Jump down from a curb, low ledge, the last step
- At the pool: jump into shallow water or into pool
- At the playground:
 - o Jump on the “swinging bridge”
 - o Jump off the bottom of the slide
 - o Jump across stepping stones
 - o Trampoline
 - o Ball play (basketball, football)



HELPING YOUR CHILD TO FIX COMMUNICATION BREAKDOWNS

When a message is not understood, we call this a **communication breakdown**.

We all have experienced a breakdown in communication at some point. As adults we already have several strategies we have learnt to repair or fix the problem so that we are understood. Your children are still developing these skills and may need help.

Acknowledge that you do not understand

The first step to fixing a problem is knowing that there is a problem. Saying something like "I don't understand!" or asking "What do you mean?" This lets your child know that there is a breakdown.

Repeat what you think you heard

It's ok that you are not sure you have understood what was said. You can repeat what you heard e.g. -"more?" This strategy works to acknowledge your child's communication attempt, lets your child know they have your attention and that you are invested in understanding what they have to say.

Suggest a supporting strategy to clarify the message

Your child can learn to clarify misunderstood messages by using a communication strategy. At first you may need to suggest a possible approach. Below are some that we use at school.

Reward your child's communication attempts by praising them for using a strategy or simply acknowledge their message was received!!



Can you...

<p>say it again</p>	<p>say it louder</p>
<p>say it slower</p>	<p>USE PODD book</p>
<p>Use a visual</p>	<p>Use gestures</p>
<p>draw it</p>	<p>show</p>

Learning Beyond Words
BSDS TAKE HOME TIPS

KEY WORD SIGN TIPS – ZOO ANIMAL VOCAB

We have all seen and enjoyed the virtual zoo experiences that Melbourne Zoo have shared with the public. This edition of our Key Word Sign feature gives you a little challenge – to go on the virtual tour and see how many of these Key Word Signs you can use when you see the animals. Go on a little animal hunt, and see how much fun you have as you learn the signs along with your child.

Bring the zoo to life from anywhere around the world with live cams, Keeper Talks and other virtual updates.

https://www.zoo.org.au/animals-at-home/#visit_mz



Zoo Animals

 <p>Giraffe</p> <p>Place open dominant hand, palm facing body at their height. Move the formation up and left past head in a slight curve.</p>	 <p>Lion</p> <p>Open both hands, fingers spread and place fingertips on head. Move hands away from head and down, whipping fingers.</p>	 <p>Bear</p> <p>Place open spread and crossed dominant hand near nose. Then make side with both hands, open side and left to open chest.</p>
 <p>Zebra</p> <p>Winked and spread dominant index and middle fingers. Show fist formation across body down, moving hand parallel down slightly on repeat action.</p>	 <p>Seal</p> <p>Place both open hands below waist, palms facing and fingers pointing down. Stop hands together, raise.</p>	 <p>Elephant</p> <p>Make a fist with dominant hand and place thumb edge against nose. Move hand away from face to represent a trunk.</p>
 <p>Monkey</p> <p>Place cupped hands, palm up, at waist and move up and down like a monkey. Repeat gesture.</p>	 <p>Turtle</p> <p>Open both hands, palms down. Place dominant hand on top of non-dominant hand. Fingers extended. Gently wobble hands left-turble.</p>	 <p>Tiger</p> <p>Spread and cross both hands, palm down. "Walk" these formations away from body side-to-side.</p>
 <p>Bird</p> <p>Place tips of dominant index finger and thumb together – place formation in back of other – open and close formation twice.</p>	 <p>Camel</p> <p>Place open dominant hand, slightly cupped, palm down, at non-dominant side of body. Show hand across body in two consecutive arcs.</p>	 <p>Snake</p> <p>Cross dominant index and middle fingers behind thumb, with back of hand held against one. Flick fingers off thumb.</p>



October 20th Orthokids clinic at BSDS has been cancelled.

Orthokids' private clinics, including Moonee Ponds and North Melbourne are currently open with a CovidSafe plan. They are able to see families for urgent adjustments, castings and fittings so it is strongly encouraged that families contact Orthokids (Phone: 9836 4480) directly to book an appointment if they feel their child needs to be seen urgently.



Broadmeadows
SPECIAL DEVELOPMENTAL SCHOOL

UNIFORM ORDER FORM

ITEM		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	\$38.00								
Windcheater	Maroon	\$25.00								
Polo Collar Windcheater	Navy	\$24.00								
Polar Fleece Vest	Navy	\$23.00								
Skort	Navy	\$18.00								
Shorts Rugby	Navy	\$14.00								
Trackpants Reinforced	Navy	\$18.00								
Summer Dress	Navy	\$34.00								
Winter Tunic	Navy	\$44.00								
Parka Lightweight	Navy	\$32.00								
Hat (Bucket) S M/L L/XL	Navy	8.00								
ITEM		PRICE	SIZE 18	SIZE 20	SIZE 22	SIZE 24	SIZE 26			TOTAL
Polo Shirt Short Sleeve	Maroon	\$22.00								
Polo Shirt Long Sleeve	Maroon	\$26.00								
Bomber Jacket	Navy	\$38.00								
Windcheater	Maroon	\$30.00								
Polo Collar Windcheater	Navy	\$30.00								
Polar Fleece Vest	Navy	\$26.00								
Shorts Rugby	Navy	\$18.00								
Trackpants Reinforced	Navy	\$25.00								
Summer Dress	Navy	\$38.00								
Parka Lightweight	Navy	\$35.00								
TOTAL										

Name of student: _____

Class: _____

Date of order: _____

Payment Method: Cash Card

Credit Card Details: _____

Expiry Date: _____



Short Sleeve Polo

\$18 size 4-16

\$22 size 18-24



Long Sleeve Polo

\$21.00 size 4-16

\$26 size 18-24



Collar Windcheater

\$24 size 4-16

\$30 size 18 to 24



Windcheater

\$25 size 4-16

\$30 size 18-24



Bomber Jacket

\$38 size 4-22



Lightweight Parka

\$32 size 4-16

\$35.00 size S to 3XL



Vest

\$23 size 4-14

\$26 size 16 to 4XL



Trackpants

\$18 size 4-16

\$25 size 18-22



Shorts

\$14 size 4-16

\$18 size 18-24



Skort

\$18 size 4-16



Summer Dress

\$34 size 4-16

\$38 size 18—24



Winter Tunic

\$44 size 4-16