



Broadmeadows SPECIAL DEVELOPMENTAL SCHOOL

Edition 9, Friday 15th May, Term 2 2020

Thank you for all your support during these past few weeks of remote and flexible learning. Following advice from the Chief Health Officer, the Victorian Government has advised that schools can begin a phased return to on-site schooling.

In the first stage all students in specialist schools will return to school from Tuesday 26th May. To support all school staff to prepare for this transition, Monday 25th May will be a pupil-free day.

Once a year level has returned, all students will be expected to attend school as normal. This means if you choose to keep your child/children home after their year level has returned to on-site schooling, we can no longer support their learning from home. This does not apply to children who need to be absent for health or medical reasons. For those families, please contact us so we can make an appropriate plan.

This same approach is being taken by all government schools in Victoria. To support the health and wellbeing of all our students and staff, our school will continue an enhanced cleaning routine and will encourage frequent hand washing.

If your child is ill or is feeling unwell, they must not attend school. They must remain home and seek medical advice.

While the Chief Health Officer has advised that students will not be required to maintain physical distancing at school, there will be a number of important changes to our school operations, consistent with health advice to all schools that is available. This will apply until further notice. I will provide more detail about our local school context as soon as possible, but it is important to note that changes will include:

- Parents need to social distance during all school drop-offs and pick-ups
- School bus services will run as normal from the 26th May
- Parents who drop-off or pick-up their children will need to drop them to the gate not in the office
- Restrictions on access to the school site for anyone other than immediate school staff and students
- The way we conduct parent-teacher meetings and interviews

We understand that some families may feel anxious about this move back to classroom teaching and learning. I can assure you that this decision has been taken on the basis of the best health advice available to our state.

More information about the return to school and coronavirus (COVID-19) can be found on the Department's website, which will continue to be updated: <https://www.education.vic.gov.au/about/department/Pages/coronavirus.aspx>

Thank you for your continued support and patience during this time. We have been so honoured to receive your emails and photos to celebrate the home learning experiences our students have been undertaking. We have greatly appreciated your connection and communication during this time. Thank you also to all of our school staff for their hard work and dedication during this time, and to our teachers and therapists for the incredible home learning content provided to families. We look forward to welcoming our students back to the classroom.

Yours sincerely,
Susi Wirth
Principal

DATES TO REMEMBER TERM 2 2020

DATE	EVENT TO REMEMBER
Monday 25 th May	Student Free Day
Tuesday 26 th May	School Returns Term 2 On-site Attendance
Monday 8 th June	Public Holiday - Queen's Birthday
Friday 26 th June	Last Day of Term 2

Learning Beyond Words
SCHOOL NEWS AND UPDATES

AT HOME LEARNING CELEBRATIONS

Great work Saymin, Cooper and Mihail for continuing with your at home learning activities! It is wonderful to see such a diverse range of activities happening at home – from tabletop work, to interactive ICT programs, to setting up activities on the floor, right through to sensory play and outdoor gross motor experiences.

We are so happy to see you all so engaged and focused and huge congratulations to your families for supporting all of this great work!



STUDENT SHOUT OUTS

Well done Kai for completing your learn at home activities and for returning your work to school for your teacher to see!



Respect

Opportunity

Engagement

Communication

Support

Learning Beyond Words
SCHOOL NEWS AND UPDATES

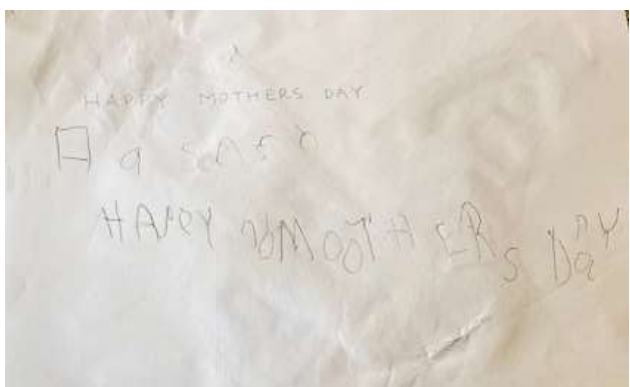
AT HOME LEARNING CELEBRATIONS



Bonita has continued to impress us with her focus and enthusiasm for her at home learning activities and we are so happy to see Bonita sharing the fun with her brother!

Bonita has clearly loved her home learning activities and seeing these weekly photos has been such a positive lift for her teacher, and indeed all teachers to see.

We were very happy to see photos of Ramnik's work at home, and of the cards he made for Mother's Day celebrations. It looks like you have been very busy Ramnik – well done!



Respect

Opportunity

Engagement

Communication

Support

Learning Beyond Words
SCHOOL NEWS AND UPDATES

AT HOME LEARNING CELEBRATIONS

We were so happy to see siblings Hasna and Ayman working together to complete their home learning activities. These two champions completed their own set activities and also joined together to share in activities like cooking pizza and making sensory rain cloud cups! Well done!



Respect

Opportunity

Engagement

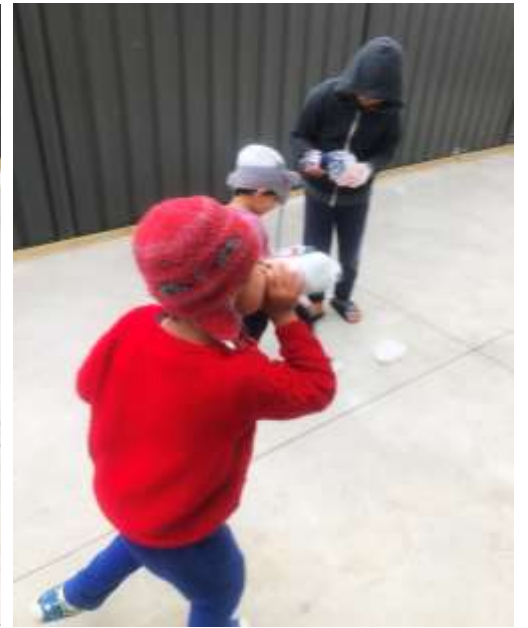
Communication

Support

Learning Beyond Words
SCHOOL NEWS AND UPDATES

AT HOME LEARNING CELEBRATIONS

Receiving photos at the end of the week of Jasjit and all of his hard work was wonderful! Such a treat to see him engaging in writing, maths, play and science – the bubble sock is amazing! Jasjit made some gorgeous Mother's Day cards too.



Respect

Opportunity

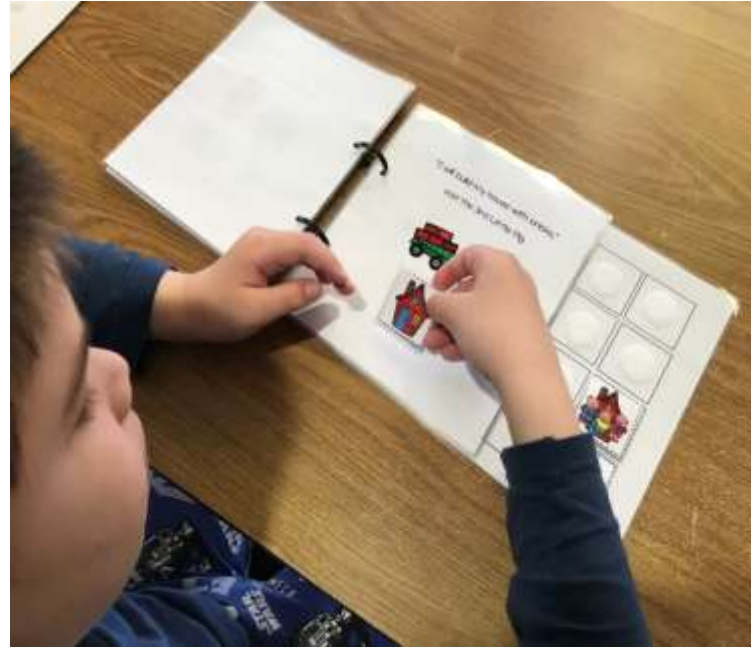
Engagement

Communication

Support

AT HOME LEARNING CELEBRATIONS

It has been so special to receive feedback from parents about learning activities as well as sharing special moments their child has experienced whilst at home. This week Luke's mother Lisa sent a lovely email to the team – *“Thank you for week 4 art activity pack. Great schedule visuals, which were easy for Luke to follow. Appreciate everything being included too, even options of templates (which have all been used). Whilst others are hanging up in trees outside, the bird was placed by Luke with his little chicks (as per photo). I have great appreciation for the time and effort you put in behind the scenes. Thank you for all your hard work with finding, helping and laminating resources. Please be assured they are all well used by Luke and appreciated. Please find below photo of Luke using ‘The Three Little Pigs interactive matching story book’ with great enthusiasm.”*



AT HOME LEARNING CELEBRATIONS

Thank you so much to Dane's mother for sharing with us some photos of Dane's great Lego building – on what looks like a really tricky design!

“Here are the photos of what Dane built without any help with his birthday LEGO.”

Well done Dane – we think you are so clever and are very impressed with your wonderful work.

Learning Beyond Words
SCHOOL NEWS AND UPDATES

AT HOME LEARNING CELEBRATIONS

It was lovely to see what Elliana has been doing at home and her joy as she engages in lots of different home learning activities.

Elliana has used lots of different learning spaces too – making the most of the sunshine for some outside playdough play, sensory exploration and working on letter recognition by rolling out playdough onto a letter E template.

Elliana also engaged in some fun floor based maths activities, using a dice and counters as well as giving Pete the Cat lots of colourful buttons!

It is brilliant to see an Aided Language Display set up to support Elliana's language during all of these activities – it is inspiring to see so many families using these resources at home.



Respect

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SCHOOL NEWS AND UPDATES

AT HOME LEARNING CELEBRATIONS

Rosalin has continued her wonderful work at home – with so many fun activities! Rosalin has enjoyed her fine motor work, Little Learners Love Literacy letter sound pages and lots of gorgeous craft activities. We love the Bear Hunt collage!



Respect

Opportunity

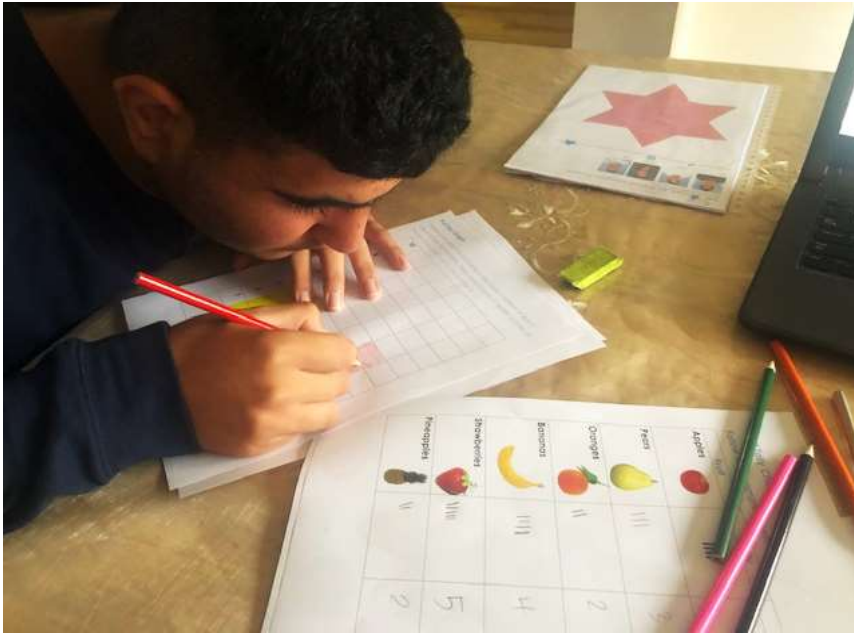
Engagement

Communication

Support

Learning Beyond Words
SCHOOL NEWS AND UPDATES

AT HOME LEARNING CELEBRATIONS



It is so special to get weekly updates from Dany and Bree – and to see them so happily engaged. Dany – we loved seeing your cookies, so delicious!



Respect

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SCHOOL NEWS AND UPDATES

AT HOME LEARNING CELEBRATIONS

It has been incredibly special for teachers to receive feedback from parents about the activity content they are providing for their students and seeing how much fun the students are having at home. This was a delightful email to receive - *“Hi Pippa. Here are some photos of Henry and Cameron acting out some of the stories. Unfortunately, we’re not quite up to the standards of your productions, but they had fun!!!”*



Respect

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Communication

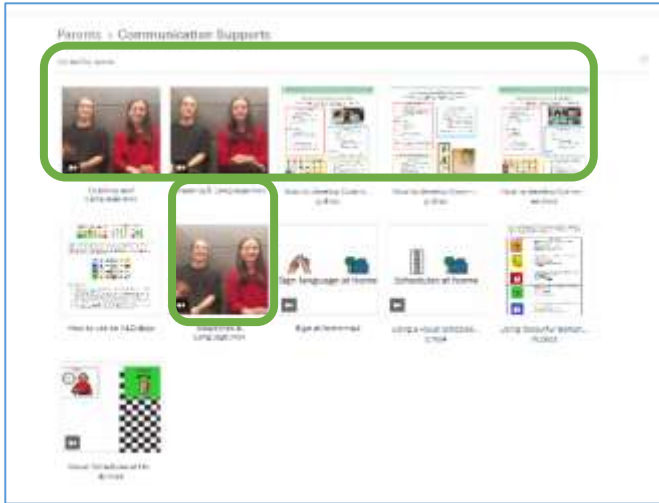
Support

Learning Beyond Words
SCHOOL NEWS AND UPDATES

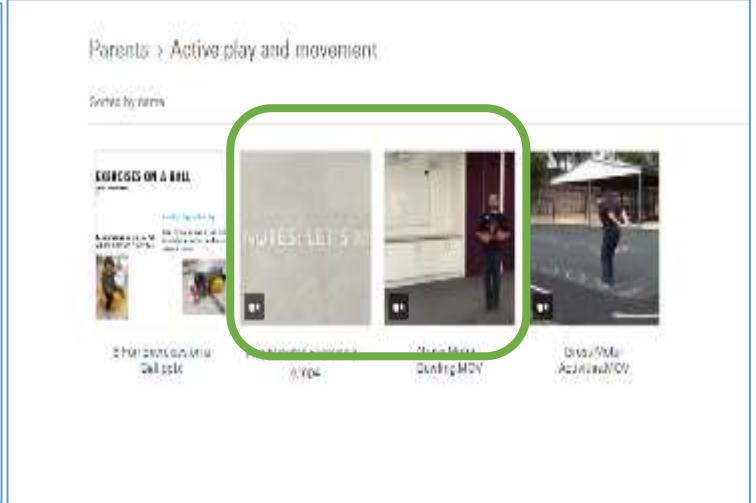
PARENT LOUNGE SCHOOL WEBSITE UPDATES

Did you catch these new additions to the Parent Lounge in Week 4? Take a look at the items highlighted in green and then log into the website to watch them.

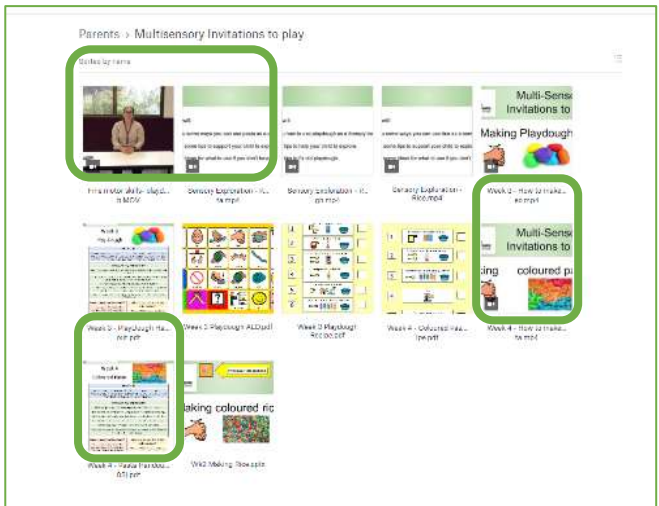
**Parents Communication Supports -
 Communication In Everyday Routines**



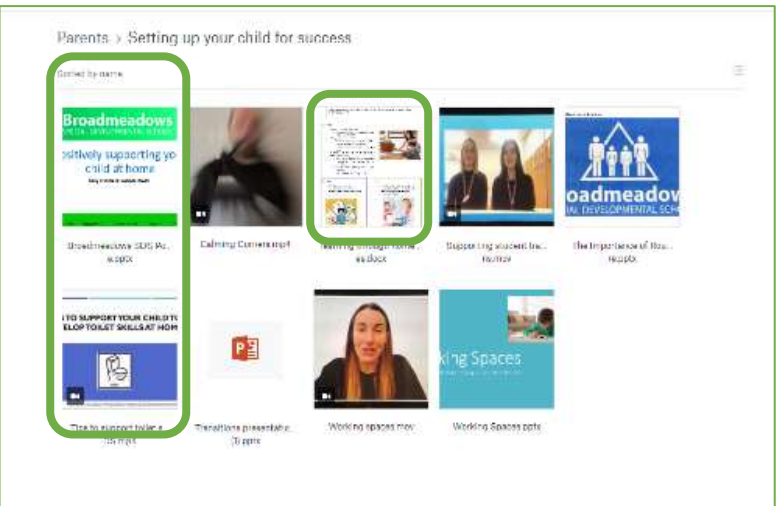
Active Play And Movement



Multi-sensory Invitations To Play

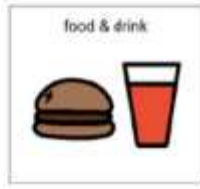
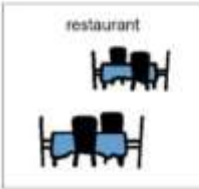
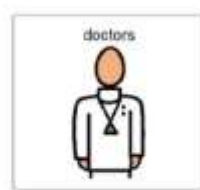


Setting Up Your Child For Success



Coming up next week.... Week 5 will see lots of play based videos and handouts... here's a taster!

Some play ideas



Respect

Opportunity

Engagement

Communication

Support

A RAINBOW LEARNING WALK

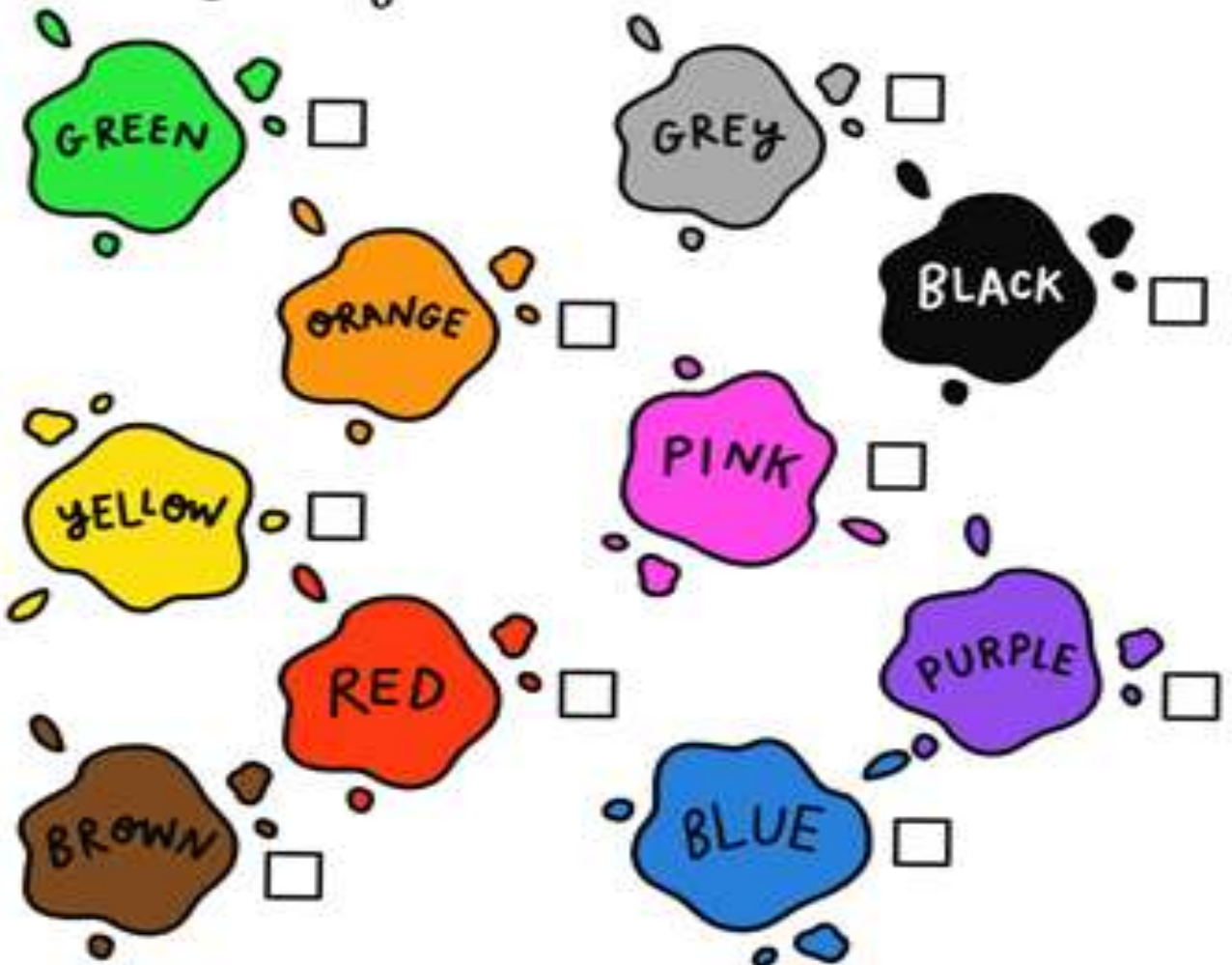
Article content courtesy of: <https://www.hacw.nhs.uk/sltcovid19?fbclid=IwAR3BV-vCWwUiYdHs0jIZ82gqXc6U33fWv1SRygmSMd4erHjLsjAlcRpeBI8>

Can you go for a rainbow walk? How many different colours can you spot on your daily walk?

ELLEBELLE DESIGNS



CAN YOU FIND SOMETHING...



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MULTI-SENSORY INVITATIONS TO PLAY

We have some fun play experiences for you this week in our Multi-Sensory Invitations to Play feature – sensory play tubs! Using different themes and toys you no doubt have around the house, these play tubs feature a range of different tactile materials (like polenta, popcorn kernels, ice, rocks or pebbles) that you may have at home, or after a quick trip to the supermarket. Including multi-sensory experiences into your child's play make the learning experience even more engaging. Please go to the [Parent Lounge on the BSDS website](#), click on the [Multi-Sensory Invitations to Play folder](#) and select [Play Tubs](#) for some great videos on ways to engage with play tub experiences.

Construction Play



What you will need...

Polenta
Dried chickpeas
Rocks
Construction vehicles

How to create....

In a large tub, tip polenta and dried chickpeas on either side of the tub. Add pebbles or rocks in the middle.
Add construction vehicles on top.

Time to play!

- **Follow your child's lead! Watch how they play and follow along with them to make a connection and establish shared play. Then shape the play a little—do something different and see how they respond!**
- **Add in building blocks as bricks to make a house.**
- **Go into the garden to gather your own rocks or sticks with your child to add into the play tub.**
- **Cinnamon sticks make great 'logs' to haul.**

Construction Play



MULTI-SENSORY INVITATIONS TO PLAY

Pond Play



What you will need...

- Water**
- Round tray**
- Pebbles**
- Green (or brown) towel**
- Tree branches or bark pieces**
- Toy frogs, toy lizards**

How to create....

- Place a green or brown towel down on ground. Place round tray on top. Pour the water into the round tray.**
- Place pebbles and branches/bark around the water tray. Add frog or lizard toys in and out of the water.**

Time to play!

- **Let your child explore the scene and the texture of each resource.**
- **Drop pebbles into the water for a splash!**
- **Swim the frog through the water.**
- **Want to add more? Instead of water, use green or blue jelly! Make in a bowl and once set, crumble it up and tip into the round tray for extra texture.**
- **Change the scene! Use toy ducks and green leaves floating in the water.**

Pond Play



MULTI-SENSORY INVITATIONS TO PLAY

Space Play



What you will need...

4 packs dried black beans
Alien toys
Glow in dark stars
Rocket toys
Space viewer

'Make your own' ideas....toilet roll, cardboard, sticky tape, cellophane

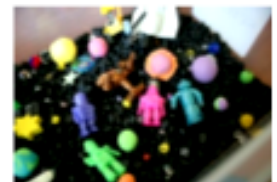
How to create....

Cover bottom of a large tub or tray with x4 bags of black beans.
Add on top space themed toys or resources.

Time to play!

- **Want to get extra creative? Make your own robots, space ships and rockets with cardboard and sticky tape.**
- **Make stars and planets by cutting out shapes in cardboard, cutting out the centre of the shape and sticking in some coloured cellophane for see-through stars/suns.**
- **Do you have any glow sticks at home? Add those in for extra fun!**

Space Play



MULTI-SENSORY INVITATIONS TO PLAY

Popcorn Farm Play



What you will need...

- 1 large or 1 medium pack popcorn**
- 4 Weet-bix blocks**
- 4 rubber bands**
- 12 Paddle pop sticks**
- Glue**
- Farm toys**

How to create....

Fill bottom of a big tub with popcorn. Add in farm themed toys. To create Weet-bix hay bales, lay 2 Weet-bix bricks on top of each other and wrap a rubber band around both ends—do this to make 2 hay bales. To make paddle pop stick farm pen, place a paper towel on the table. Lay two paddle pop sticks parallel to each other and then put dots of glue on the ends. Then lay more craft sticks down crosswise to complete the square. Continue this process to add on two more layers.

Time to play!

- **Add in farm tractors, farm animal toys, Duplo people as farmers.**
- **Add in old milk cartons or egg cartons or plastic eggs.**
- **Go into the garden and collect sticks to add in.**
- **Add in forks as rakes.**
- **Create farm themed stories and adventures each time you play!**

Popcorn Farm



MULTI-SENSORY INVITATIONS TO PLAY

Arctic Ice Play



What you will need...

- Water**
- 5 drops blue food dye**
- Containers in different sizes to freeze water in**
- Hand whisk**
- Ocean toys**
- Pipette or water spray bottle**
- Small jug with extra water**

How to create....

- Fill a range of containers with water and freeze. Once set, fill a large shallow tray with water and add in 5 drops of blue food dye. Mix with a spoon or hand whisk.**
- Add in frozen blocks of water.**
- Add ocean toys on top of frozen blocks.**

Time to play!

- **Let your child explore the scene - feeling the cold ice, and the wet, swishy water.**
- **Use the pipette or water spray bottle to drop water onto the ice blocks.**
- **Fill a small jug with water and pour gently over ice cubes to encourage melting.**
- **Model vocabulary (with words and Key Word Sign too) - cold, wet, frozen, melting, blue, whale, penguin, fish, polar bear etc.**

Arctic Ice Play



LEARNING AT HOME IDEAS

DRAMATIC PLAY AT HOME – BIRTHDAY PARTY PLAY

The list of ways that children grow and develop while engaged in rich dramatic play is infinite.

- Children will develop their imaginations. They learn to be creative.
- Children will expand their vocabularies. They engage in authentic language development— talking to each other, listening, asking questions, using words and conversation for real purposes.
- Children will practise negotiating, sharing, and taking turns.
- Children will get practical experience with sorting, classification, and organising.
- Children will expand their attention spans while they plan play activities that last increasingly longer periods of time.

Is there anything better than a birthday party for no reason at all?! No, there isn't! This Birthday Party dramatic play activity is easy because children are familiar with the theme and are very excited by it!

The recipe for this instant dramatic play activity is simple – use old party plates and party hats you have already at home, or pick some up at the supermarket. Add in some balloons, streamers if you wish and have some cardboard on hand to make cards, and even old cardboard boxes (think old cereal packets) to wrap up as gifts.

For the cake, you can either use a plastic, pretend play cake you may have at home, or you can make a batch of playdough and add in candles or....get into the kitchen and make a cake or cupcakes with your child (see our vanilla cake recipe in this edition).

Guests can be siblings or toys!

Resources you make need:

- Paper plates, party hats
- Streamers and balloons
- Cardboard boxes, wrapping paper and sticky tape – to wrap up gifts for the party – a great fine motor activity for your child to help with
- Cardboard or coloured paper – to make birthday cards
- Pretend play party food (or have some real snacks!)
- Toys as guests
- Cake – pretend play cake, or playdough cake with candles or bake your own!
- Bubbles and music

Start by preparing the cards and wrapping gifts – get your child involved in this! Blow up balloons and hang some streamers. Then, lay out all of your props to set the scene and bring in the 'guests' – your child's favourite toys!

Share in some party games – pass the parcel, 'keep the balloon off the ground', musical freeze! Blow bubbles and dance to favourite songs. Time for some cake! Serve the cake out to all of the 'guests' – great for maths concepts (1:1 correspondence, counting, even fractions).



Learning Beyond Words
LEARNING AT HOME IDEAS

HIIT WORKOUT FOR CHILDREN!

Article content courtesy of: https://hes-extraordinary.com/improve-emotional-regulation-just-7-minutes-per-day?fbclid=IwAR3JbA2pj61MxznqwHNhTexU5tI9LlthRbodLcjhuo_EgMxZHOiPchvIbhU

We all know how powerful exercise and movement is for us as adults to help us feel calmer, more focused and happier – exercise helps our physical body and it helps us with emotional regulation. The same is the case for children! Emotional regulation can be achieved in two ways. Self-regulation means you can regulate your emotions on your own. Co-regulation means you need someone to help you regulate your emotions. Children need co-regulation.

How Does Exercise Improve Emotional Regulation? It's amazing how this works. Our mind, brain, and body are all interconnected. When your child is dysregulated, their brain produces high levels of the stress hormone, cortisol. The brain also produces adrenaline. An increase in cortisol spikes anxiety and dysregulation. When this occurs, functional and social communication skills decrease – because the brain can't access the prefrontal cortex, which controls executive functioning. Exercise has been proven to reduce cortisol and adrenaline levels. In other words, it helps improve emotional regulation. This lessens anxiety and results in increased dopamine and other endorphins. These are the brain's natural mood lifters. Less cortisol and more dopamine mean achieving regulation is much easier.

The benefits don't stop there though – the increased dopamine levels improve the functions of synapses in the brain. As a result, communication ability improves, as does the ability to retrieve information. This means that overall the brain is in a better state for learning.

For this workout you will need:

- An interval timer or the timer on your iPhone
- Water
- Sneakers
- Music

That's it. You can do this exercise activity anywhere.

Push some furniture out of the way if you need to make a little more room. Ideally, this should be done first thing in the morning, but it is effective at any time of the day and would be a great afternoon activity too. These exercises provide unparalleled stimuli, making an environment where the brain is ready and able to learn.

Get your child's favourite upbeat music on and get ready to move! Your child (and you - you've got to model what you want to see!) should be doing as many of these exercises as possible in 45 seconds. These exercises are all animal themed by the way to make them fun for kids!

Instructions

Frog Hops - These are exactly what they sound like. Hop back and forth, like a frog. Depending on how much room you have, you may need to hop in one place.

Bear Walk - Place your hands and feet on the floor. Your hips should be in the air, higher than your head. On all fours take two steps forward and two steps back, then repeat.

Gorilla Shuffles - Sink down into a low sumo squat and place your hands on the ground between your feet. Shuffle a few steps to the left and then back a few steps to the right. Maintain the squat and ape-like posture through the entire movement.

Starfish Jumps - These are jumping jacks! Do as many as you can, arms and legs spread wide like a starfish!

Cheetah Run - Run in place, as fast as you can!

Crab Crawl - Sit with your knees bent and place your palms flat on the floor behind you near your hips. Lift your body off the ground and "walk" on all fours forward and then backward.

Elephant Stomps - Stand with your feet hip-width apart and stomp, raising your knees up to hip level, or as high as you can bring them up. Try to hit the palm of your hands with your knees.

7 Minute HIIT Workout For Kids

Set interval timer to do 45 seconds of work and 15 seconds of rest. Do as many reps of each animal move as you can before time runs out!



FROG JUMPS



BEAR WALK



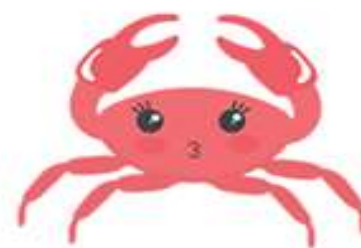
GORILLA SHUFFLE



STARFISH JUMPS



CHEETAH RUN



CRAB CRAWL



ELEPHANT STOMPS

Adding this workout to your morning routine improves self-regulation and focus throughout the day.

LANGUAGE STRATEGIES – OFFERING CHOICES

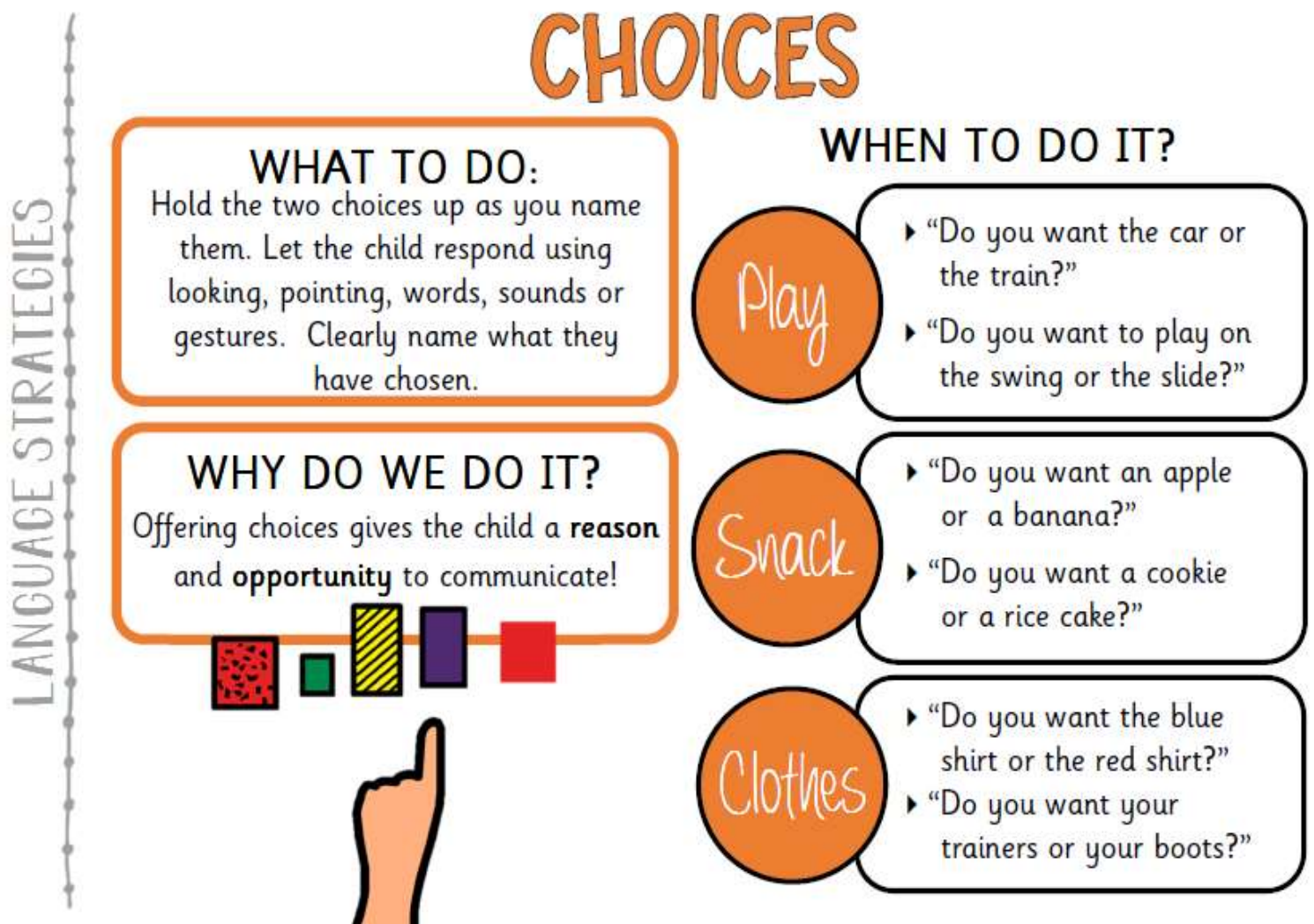
Article content courtesy of: <https://www.mytoddlertalks.com/kims-blog/speech-therapy-for-toddlers-give-choices>

When we give choices to children, we're telling them that they have some control and their input matters. Providing choices also encourages decision making and promotes language development. The capacity to communicate is the ability and desire to connect with others by exchanging ideas and feelings, both verbally and non-verbally. Providing choices helps children to have an authentic and motivating reason to communicate with you!

When we provide choice questions, we are providing models of the potential target words for the child to imitate. For example, "Sammy, do you want the airplane or the truck?" The child hears the potential targets: "airplane" or "truck". Open-ended questions like, "What do you want to play with?" can be harder because it's requiring the child to recall and retrieve a word from memory.

Giving choices not only makes it easier for the child to potentially imitate and repeat, but it allows the child to point or gesture. For example, the child who points to the airplane is similar to an adult in a foreign country who doesn't speak the language and orders his food by pointing to what the person at the next table is eating.

How can adults ask questions to promote language development in children? The adult can SAY the choices and SHOW the choices simultaneously. If the question is, "Sammy, do you want an airplane or truck?", pick up the airplane with one hand (say it and show it) and pick up the truck with the opposite hand (say it and show it).



COOKING AT HOME – BAKING TIME

We are excited to share with you some of our BSDS Cake Catering recipes – starting with our favourite vanilla cake recipe! The visual recipe below features step by step tips to make this tried and tested cake that is the basis for most of our cake catering designs. We have created a [video on our Parent Lounge on the website in a folder called In Our BSDS Kitchen Recipes](#) to pair with this resource, so you can follow along! Just visit the link below and click on the **Parent Lounge** link and get into the kitchen with your child!
<https://www.broadmeadowssds.vic.edu.au/learn-from-home>

Vanilla Cake

Step by Step Visual Recipe



22cm round
springform tin



measuring cups



cooking oil spray



mixer and bowl

or



1 microwave safe
bowl



hand mixer and
bowl



baking paper



scissors

Equipment :



spatula



measuring
spoons



sifter

Learning Beyond Words
LEARNING AT HOME IDEAS

Ingredients:



2 ½ cups Plain Flour



1 ½ teaspoons baking powder



1 ¼ cup white granulated sugar



250g butter



4 large eggs



1½ cups milk



1 ½ teaspoons vanilla

Instructions:

Preheat the oven to 160 degrees.



Spray a 20cm cake tin with oil spray.



Line the cake tin with baking paper.



Melt butter in microwave.

Learning Beyond Words
LEARNING AT HOME IDEAS



Instructions:

Sift into the mixing bowl:



2 ½ cups Plain
Flour

1 ½ teaspoons
baking powder



Add in the:

melted butter

1 ¾ cups caster sugar
4 eggs



1 ½ cups milk

1 ½ teaspoons vanilla



Instructions:

Whisk the ingredients together with the mixer until they are smooth.

Turn the mixer off.



Pour the batter into the prepared pan.



Put the cake pan in the oven
and bake for about 40-45
minutes.

Learning Beyond Words
LEARNING AT HOME IDEAS



Instructions:

The cake is ready when it has risen and is golden brown and when a cake tester placed in the centre of the cake tin comes out clean.



Leave the cake in the pan for about 5 minutes to set before turning out onto a wire rack to cool.



spatula



1 bowl



Sifter

Equipment :



measuring cups



teaspoon

Ingredients



2 cups icing sugar



¼ cup cream



250g butter (room temperature)



1 teaspoon vanilla essence

Learning Beyond Words
LEARNING AT HOME IDEAS

Instructions:



Add 250g room temperature butter into mixing bowl. Beat until pale and creamy. Scrape the sides with the spatula.



Add in 1 teaspoon vanilla essence. Beat until light and fluffy. Scrape the sides with the spatula.



Add in 2 cups icing sugar and $\frac{1}{4}$ cup cream.

Beat until all mixed and white and fluffy.

Instructions:



The butter cream is ready to spread onto the cake.

Learning Beyond Words
LEARNING AT HOME IDEAS

WORKING AT HOME IDEAS – COOKING KWS



Tap back of downwards facing palm with clawed fingertips of other hand twice.



Hold one hand still in a fist in front of you, palm facing stomach. Extend the pointer and middle fingers on other hand, palm upwards, and tap fingers against the side of fist twice.



Hold your hand out in front of you, with palm facing downwards, finger pointing downwards also. Starting with thumb tip touching pointer fingertip, slide thumb tip alone fingertips from pointer to little fingertip and back again two or three times.



Wipe tips of bent fingers along the upwards facing palm of the other hand.



Extend pointer and middle fingers together from fist, palm upwards. With hand near waist move hand left and right.



As though milking a cow, start with one hand, fingers spread, and draw first hand down and into a fist. Then follow with other hand. Repeat



Extend flat palm. On opposite hand, extend index finger and middle finger and tuck all other fingers into fist. Place this hand in the middle of the extended palm.



With hand in a fist, palm towards chest, a small distance in front of chest, bring downwards towards chest and back up again.



GREAT LISTENING



@home qwqrd



Presented to:

Given by:

Date:



BROADMEADOWS SPECIAL DEVELOPMENTAL SCHOOL

30-40 Sorrento Street, Broadmeadows, Vic. 3047 Phone: (03) 9302 1244 Fax: (03) 9309 7476
Email: broadmeadows.sds@edumail.vic.gov.au

29-35 Dimboola Road, Broadmeadows, Vic. 3047 Phone: (03) 9302 1244 Fax: (03) 9309 0911
Email: broadmeadows.sds@edumail.vic.gov.au

Well done today!

This is to celebrate: (name of child)

Please tick one or two of the boxes ☺



was helpful



was nice



played well



helped pack up



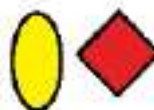
listened to mum
and dad



helped around the house



made good
choices



Other: _____

Please give them a lovely reward tonight!

Signed:

