

# **FORTNIGHTLY NEWSLETTER**TERM 3 • ISSUE 14 • 16TH SEPTEMBER 2022

## **Dates & Events**

#### Term 3

Friday September 16

Last Day of Term 3 (1:00pm Finish)

#### Term 4

Monday October 3

Professional Practice Day (No Students)

Tuesday October 4

First Day of Term 4

Monday October 31

Curriculum Day (No Students)

Tuesday November 1

Public Holiday (Melbourne Cup Day)

Tuesday November 29

**Immunisations** 

Tuesday December 6

Graduation

Wed December 7 - Fri December 9

**Prep Orientation** 

Tuesday December 13

**Christmas BBO** 

Monday December 19

Last Day of Term 4

Tuesday December 20

**Curriculum Day (No Students)** 

#### A MESSAGE FROM THE PRINCIPAL

## We've reached the end of Term 3! I can't believe how quickly it's gone.

This term has been so busy, and next term looks to be just the same! After two years of having to change so many aspects of our 'normal' school life due to COVID restrictions, it's a wonderful feeling having our students go back to experiencing and enjoying, not just their every day learning, structure and routines, but also the extra-curricular activities at school.

We had our Footy Jumper Parade Day yesterday, and it was fantastic to see the students and staff wearing their favourite footy colours with pride! Good luck to all the supporters of the teams playing in this year's Grand Final. May the best team win!

#### LOOKING AHEAD

Our staff return to work on Monday the 3rd of October for a Professional Practice Day. This is a student free day.

We hope you all have a safe and happy break over the school holidays. We look forward to seeing everyone again on Tuesday, the 4th of October for the first day back of Term 4.

#### **Principal's Award**

#### Mason Koops

Mason has demonstrated some outstanding participation and engagement during class excursions to Riding Develops Abilities (RDA). While riding, he sits tall and proud while completing activities. Mason lifts his leg so well, eager to get on his pony. In the classroom, Mason has begun waving in class! Well done Mason! We are so proud.







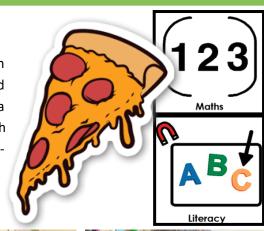
Megan Adams

**Acting Principal** 

Ph: 9302 1244 Fax: 9309 7476

## /P/ IS FOR PIZZA PARTY!

In our 'Little learner's Love Literacy' Program, students in Room 10 have been learning all about the letter P through play-based learning activities and cooking. We have had Pizza Parties and have practiced making pizzas in a maths-based cooking craft activity where we counted how many of each topping option we put on our pizzas. At the end of the week, for our 'Literacy-based Cooking' session, we were chefs and made our own DELICIOUS pizzas!

























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Opportunity

Engagement

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## **RAINFOREST EXPLORATION IN ROOM 19**



This term, students in Room 19 have been learning about the rainforest through non-fiction books, science experiments and imaginative play. They have gained knowledge of different types of plants, habitats, food and the climate in the rainforest. To cap off the unit, students enjoyed creating their own poster, where they included the key information they had learnt and an illustration of the rainforest. Fantastic work, Room 19!











## **LITERACY IN ROOM 5S**



During our literacy in Room 5S, the students have been exploring the relationship between letters and sounds. Students have been engaging in activities that involve different letter sounds, blending and rhyming words.

The literacy sessions include whole group participation as well as small group activities focused on goals such as initial and final sounds, blending, rhyming words and sight word reading.













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## **ROOM 1S AND THE ENORMOUS CROCODILE**

In Literacy sessions this term, Room 1S has been reading the story 'The Enormous Crocodile' by Roald Dahl. We have enjoyed a range of activities each week, including, acting out the story, dressing up as the characters, character craft, making coconut crispy crocs, playing coconut tree bowling, pretending the be a seesaw, and social games such as, 'Merry-go-round Musical Chairs' and 'Don't Disturb Mr Croc!'. The students in Room 1S have loved seeing the story come to life each week as they read and experience a new chapter of the story. We have had so much fun!

























## THE BOOK OF COLOURS WITH ROOM 6S

The students in Room 6S have had a fun and very colourful term exploring the Book of Colours — colour songs and cellophane windows, different coloured toys and a wonderful descriptive story about what colours feel and taste like.



















## **SCIENCE WITH ROOM 19S**

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This term for Science in Room 19S, we have been investigating the different parts of a plant and how factors such as water, soil and nutrients help them to grow. We are also reading the book Jack and the Beanstalk in Literacy, so we decided to plant our very own beanstalk. We planted Climbing Beans in our pots with soil, placed them near some sunlight, added water and have watched them grow throughout the term. Each week we have been watering them and looking at how the roots, stems and leaves got bigger day by day. We now need to move our beanstalks outside and into a garden bed so they can continue to grow. Who knows, one day we might be able to climb our beanstalks just like Jack did!



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## **VISUAL ART AT BSDS**

#### Lines!

In Visual Art sessions this term, we have been exploring line! Line is a very important part of creating art. Students have been exploring how to make different lines, wavy, long, short, curly and then using those lines to create art.

We have been exploring patterns and lines in clay, stretching rubber bands to make lines, smashing paint on blocks to make unusual lines, using spinning tops to make wiggly lines and even use large pieces of paper to cover the wall with colourful images made all out of lines. So many ways to make and use lines!



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# BSDS Speech Pathology

## **Social skills in Programs**





Social skills are skills that we use to communicate and interact with others. There are many ways that we incorporate social skills into our programs.

#### The types of skills that can be focused on in a lesson include:

- Greetings saying hello and goodbye appropriately
- Asking questions asking questions socially to learn more about other people
- Interacting with others positive social interactions such as asking people's names, playing games, talking about common interests and working as a team
- Problem solving using social skills to problem solve ideas such as asking for help
- Body language learning about how close to stand to others, using gestures such as waving, making appropriate eye contact
- Sharing items with others and taking turns











These skills can be practiced during classroom programs as Classroom Café, where orders are taken for food and/or drink for different students then delivered to their classroom, or fruit delivery program, where students organise, pack and deliver fruit for each class every week. Even events such as birthday parties are great opportunities to practice social skills, such as taking turns playing pass the parcel!

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# BSDS Occupational Therapy

### **Sensory Stories at BSDS**

We use sensory stories at BSDS to support students to follow the story and make sense of the world around them. As well as being a story with words and pictures, these engage the different senses, for example, as part of the story, students may:











Touch

Listen Move

Smell

This can help students to relate a story to their surroundings and add different elements of interest to maintain their engagement.

A sensory story being read in some classes this term is the 'Book of Colours'. This helps students to relate items to their colour and experience their sensory properties.









#### **Sensory Stories at Home**

Think of how you can involve different senses when reading stories with children. Relate what is happening in the story to how it might feel, taste, sound, and recreate this at home.



#### For example:

- Feeling water beads or spraying a water bottle if the story features the ocean or a river
- Listening to videos relevant to the story such as waves crashing or fire crackling
- Feeling soft materials if the story features furry animals
- Smelling or tasting fruits featured in a story
- Moving like characters in the story, for example, stomping, dancing, or walking like animals

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## **KEY WORD SIGN AWARENESS DAY SEMINAR**

Celebrate with us!

Sunday 9th October 10am - 3pm (AEDT) Online event

Learn, be inspired and connect with others in the Key Word Sign community!

Contact keywordsignaustralia@scopeaust.org.au









Key Word Sign

Key Word Sign Awareness Day is on the 10th of the 10th (because of our 10 fingers that are so good to sign with!)

We are holding a seminar to celebrate Key Word Sign Awareness Day, but on Sunday 9th October.

Come along and

- learn more practical KWS skills
- join in discussion and Q&A forums
- connect with the KWS community.





Registration to follow

Get down and boogie at our JUNIOR inclusive Dance









hume.vic.gov.au/leisureandsport

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FOR MORE INFO

Party for children with disabilities. Our DJ will keep you dancing through the night.

SPLASH Aqua Park & Leisure Centre

Where:

60 Central Park Avenue, Craigieburn.

FRIDAYS:

7 June (Disney theme - dress to impress - prizes to be won)

6 September

December (Dress in red/white and be creative- prizes to be won)

6.30pm to 8pm 12 to 17 years Time:

\$10 per person (Companion card & Carer card welcome)

Cost:

#### **Outcomes**



#### Better health and fitness

A creative, fun, and engaging environment encourages participation in physical exercise. Moving the body improves muscle mass, bone density and cardiovascular health.



## Improved cognitive function

Dancing develops cognitive ability by establishing a safe environment that encourages collaboration and socialisation with others.



## Enriched confidence and self esteem

Concerts and performances give participants an opportunity to showcase and celebrate their achievements and individuality increasing their sense of self-worth.



#### Meaningful connections

emotion21 is a caring and supportive community that celebrates individuality and creates new friendships.



#### **Enrol today**

Call **03 9854 7100** or visit inclusionfoundation.org.au



inclusion foundation





## Dance, fitness and wellbeing for people with Down syndrome

inclusionfoundation.org.au

### Moving towards an inclusive future for people with Down syndrome

Running since 2009, emotion21 is an evidencebased dance, fitness and wellbeing program for children, teens and adults with Down syndrome.

Using the latest research and techniques, we have a strengths-based curriculum tailored to meet the specific learning needs of people with Down syndrome.

Our team of experienced teachers and volunteers, including teachers with Down syndrome, create a nurturing environment of learning, celebrating everyones individuality and ability.

emotion21 is an innovative and award-winning program with inclusion at it's heart. Classes, concerts, and performances are delivered in community settings.



"Our daughter's self esteem has skyrocketed. Confidence is not something that can be turned on and off. It shows in appearance, speech, movement, and behaviour."

Jenny, parent of emotion21 dancer

#### Dance classes

Classes are inclusive, supportive, collaborative and encourage creativity and improved cardiovascular health. (ages 5+)

- Ballet, Musical Theatre, Hip-Hop and more
- Performance Company
- Virtual classes

#### Health and wellbeing classes

Specifically designed to improve mobility, strength, flexibility and the relationship between body and mind.

- Yoga
- Mindfulness
- Fitness

#### Performance company

Representing emotion 21 to a wide range of audiences with exciting performances at community and corporate events, and festivals. This program is an opportunity for dancers to further develop their love of dance. Past collaborations include The Melbourne Symphony Orchestra, Circa, and the Australian Rallet School

#### Artistic Capacity Building (ACB)

The ideal program for aspiring creators, ACB fosters the creativity and professional capacity of emerging artists with Down syndrome. Providing mentorship and collaboration with established artists, as well as other participants, this program engages more broadly in the creative sector. Outcomes include opportunities to work as dance teachers and choreographers.



emotion21 is a registered NDIS service provider





LOOKING FOR AN ADVENTURE?

JOIN US FOR A FUN SEPTEMBER SCHOOL HOLIDAY!

#### **SOUND LIKE FUN?**

Get your friends together and have fun these school holidays!

Learn new skills, make new friends and explore places you've never explored before.

All our activities are supported by highly experienced and qualified support workers.

#### SIGN UP TODAY

Marina 0406 868 237

Bookings are only available for all self-managed or plan managed NDIS participants these school holidays.

RSVP: 12th September 2022

We can't wait to see you there!

#### WEEK 1

#### 17 September - PICNIC

Picnic and an adventure where we'll explore The Conservatory, Elm Rree Avenues and Fairies Tree/Model Tudor Village.

Location: Fitzroy Garden Picnic Time: 10:30am - 3:30pm Price: FREE

#### 18 September - GRAZELAND

Expand your taste buds and enjoy live music with your friends! Remember to bring money to buy your own food and drinks.

Location: Grazeland Time: 12:00pm - 5:00pm Price: \$4

#### 19 September - WERRIBEE ZOO

Encounter all the great animals our world has to offer and learn facts that we bet you never knew before!

Location: Werribee Zoo Time: 10:30am - 4:30pm Price: Children under 16 years - FREE | Concession Card Holders - \$31.50



#### 20 September - DIY TEDDY

Come and learn how to make your very own teddy bear! You'll get to keep it too!

Location: 6 Kyabram Street, Coolaroo 3048 Time: 10:30am - 3:30pm Price: \$15



#### 21 September - TULIP FESTIVAL

Explore what nature has to offer up close and personal at the beautiful tulip festival.

Location: Tulip Festival Time: 10:30am - 5:00pm Price: Children under 16 - FREE | Concession Card Holders -\$28.50

#### 22 September - BOUNCE

Jump on Australia's biggest indoor trampoline - fun for all ages!

Location: Bounce - Essendon Fields Time: 2:00pm - 5:00pm Price: \$27



#### WEEK 2

#### 23 September - COOKING

Be a chef for the day! Learn how to make delicious Shepard's

Location: 6 Kyabram Street, Coolaroo 3048 Time: 11:00am - 3:00pm Price: \$10

## 24 September - CRAFTS AT VIC MARKET

Get creative and crafty at the Queen Victoria Market.

Location: Queen Victoria Market Time: 10:30am - 3:30pm Price: Please bring your own money for food and drinks

#### 25 September - BOTANICAL GARDENS PICNIC

Enjoy a lovely picnic whilst you breathe in the fresh air and surround yourself around the beautiful array of plants and flowers

Location: Royal Botanical Gardens Time: 10:30am - 3:30pm Price: FREE

#### 26 September – MUSEUM

Experience a world like no other at the interactive Melbourne Museum Event – Tyama.

Location: Melbourne Museum Time: 10:30am – 3:30pm Price: Children \$12 | Concession Card Holders \$17

#### 27 September - FERRY TOUR

Float along the river and explore Melbourne, all the way from Southbank to Williamstown.

Location: Southbank Time: TBA Price: Children \$16 | Concession Card Holders \$28

#### 28 September - ARTS &

#### **CRAFTS**

Learn how to make breath-taking mosaics worth displaying in your home!

Location: 6 Kyabram Street, Coolarco 3048 Time: 10:30am - 3:30pm Price: \$10

#### 29 September - VIDEO

Between 10:30am - 3:30pm, we will create amazing videos using pictures that you have taken from all the activities you joined!



## **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 Card
Credit Card Details:	Expiry Date: