



# Bendigo Special Developmental School

*"A place of excellence in education that creates inclusive communities and success for all"*

Newsletter # 11 – Friday 05 August 2022

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Kangaroo Flat, Victoria 3555  
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Principal: Kirshy McAinch  
Assistant Principal: Dehne Anstee  
School Council President: Leah Thomas  
f @bendigospécialdevelopmentalschool

## TERM DATES 2022

Term 3, 2022	Term 4, 2022
Monday 11 <sup>th</sup> July – Friday 16 <sup>th</sup> September	Monday 03 <sup>rd</sup> October - Tuesday 20 <sup>th</sup> December

## IMPORTANT DATES

Thursday	11 <sup>th</sup> August	<ul style="list-style-type: none"> <li>Parent-to-Parent Meeting at 9.00 am in the Kangaroo Flat Library. <i>See special announcement in this newsletter</i></li> </ul>
Thursday	11 <sup>th</sup> August	<ul style="list-style-type: none"> <li>Finance Meeting at 02.00 pm</li> </ul>
Monday	15 <sup>th</sup> August	<ul style="list-style-type: none"> <li>School Council Meeting at 07.00 pm</li> </ul>
Friday	19 <sup>th</sup> August	<ul style="list-style-type: none"> <li>Whole School Professional Development Day <b>Pupil Free Day</b></li> </ul>
Monday	22 <sup>nd</sup> August	<ul style="list-style-type: none"> <li>Book Week Parade <i>See special announcement in this newsletter</i></li> </ul>
Friday	26 <sup>th</sup> August	<ul style="list-style-type: none"> <li><b>Wear it Purple Day</b></li> </ul>
Friday	2 <sup>nd</sup> September	<ul style="list-style-type: none"> <li>Father's Day Breakfast</li> <li>Footy Colours Day</li> </ul>

### Our Values



- Driving learning growth
- Valuing diversity with kindness and respect
- Uniting to achieve excellence
- Ensuring equity of opportunity



Bendigo Special Developmental School community respectfully acknowledge the Traditional Owners of Country throughout Victoria and pays its respects to the ongoing living cultures of Aboriginal peoples.



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## PRINCIPAL'S REPORT



### IMPORTANT DATES

We have a number of really exciting events coming up on our school calendar between now and the end of the term, so please keep the dates handy. The events range from days of celebration and acknowledgement to some special curriculum-based days. All of these days give us the opportunity to have a bit of fun as a school community and come together in assorted ways to celebrate what we have in common and what makes us different and unique, but still part of a community. Most importantly, all of these days are a great opportunity to practice our school value of "Valuing Diversity with Kindness and Respect". We also look forward to sharing some of these events with our wider school community, so please come along if you can, and join in! Alternatively, please keep an eye on our Facebook page, where we share pictures and summaries of the daily goings on in our school.

### LIVE ASSEMBLY, FACEBOOK – FRIDAY'S 9:30AM

Speaking of Facebook, did you know that we are live streaming our Assemblies each Friday morning at 9:30am. We have been taking this approach this term as we have still had a significant number of staff and students absent with COVID and flu like illnesses and wish to do all we can to stem the spread of these throughout our school. We are enjoying streaming live from a classroom and having the students (who have photo and filming permission) assist us with the presentation.

### SCHOOL PRODUCTION CANCELLED UNTIL 2023

I hope that this is the very last time I have to write that we have taken the decision to cancel a special event on our school calendar. We were due to stage our whole of school production at the Ulumbarra Theatre in November. Whilst that may seem like a long way away,

it does take an extended period of time to learn and rehearse all of the dialogue, dances, songs and stage movements that make up a production. Given that our teaching and learning programs have again been interrupted and it is unlikely that this will cease before the end of the term, we have decided that we will not have the time to ensure that our production can be the very best it can be, and more importantly, that all students can successfully participate. Thankfully we have been able to hold our Debutante Ball, and with the school production to now take place in 2023, we will be able to return to our bi-annual rotation of Debutante Ball in one year and a whole school production in the next.

### 100 DAYS of SCHOOL CELEBRATION

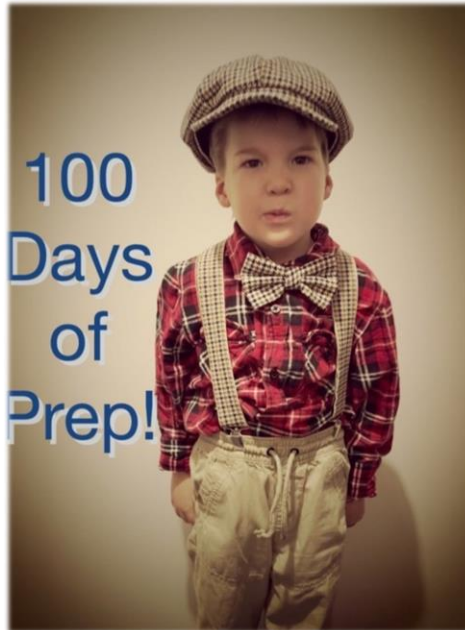
Congratulations to our incredible Prep (Foundation) students who have now completed 100 days of school! What a huge achievement! I am sure this time last year, many parent and carers were possibly wondering how their child would go transitioning to school. It is always a time of mixed emotions, excitement and pride, and nervousness and worry. Well, I am so pleased to report that all of our Prep students have made a fabulous start to their schooling, with all of them making great gains in their communication, their willingness to try new things and their ability to be part of a group, all really important skills for school. Of course, they have also had a lot of fun getting to know the school environment and make connections with their teaching teams and their peers. On Thursday 4<sup>th</sup> August, a 100 Days of School celebration took place, with staff and students dressing up like they were 100 years old, or like students from 100 years ago!! There was much laughter and fun had, which I am sure you can see by the pictures!

**Kirshy McAinch**  
Principal





## 100 DAYS IN PREP!!



# 100 Days!



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## BUSES



BUS	DRIVER / CHAPERONE	TELEPHONE
Heathcote	Gary & Jodie	0435 900 890
Huntly	Helen, Nicole & Chloe	0428 261 802
Fryerstown/Castlemaine	David & Debbie	0409 421 500
Kyneton	Steve & Joanne	0428 236 271
Lockwood	David & Kim	0428 271 824
Strathfieldsaye	Steve & Joy	0427 287 843
Serpentine	Peter & Janine	0497 663 736
Spring Gully	Chris & Heather	0428 159 660
Wedderburn	Cathy & Michelle	0466 367 656



## BIRTHDAYS



06 August	<b>Teaghan</b>	Room 3	08 August	<b>Joshua</b>	Room 11/12
11 August	<b>Emma</b>	ESS	11 August	<b>Angie</b>	Leading Teacher
15 August	<b>Bowen</b>	Room 21	16 August	<b>Jane</b>	ESS
17 August	<b>Ella</b>	Room 21	19 August	<b>Ursula</b>	Room 22
19 August	<b>Kim G</b>	Specialist Teacher			



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## PARENT-TO-PARENT MEETING

### REMINDER TO ALL PARENT WITH TRANSITIONING STUDENTS

Grant Roberts from Intereach will attend our Parent-to-Parent meeting on **Thursday August 11<sup>th</sup>** at the **Kangaroo Flat Library**. The session commences at **9.00 am**. This will essentially be a follow-up from our session in Term 2. However, Grant has a wealth of knowledge in relation to all things **NDIS**, so feel free to come along, even if this is your first time at a NDIS information session.

We hope to see you there.

Kind regards,

Meg, Kim & Drew



## WELLBEING SUPPORT TEAM

Good morning all,

There is a new mental health service ran through Bendigo Community Health Services.

This service offers intake, assessment, short to medium term therapeutic intervention and referral to other mental health services. A handy thing to note about this service is that they can see consumers whilst they are on a waitlist for services from other programs or organisations 😊

### Opening Hours

Monday – Friday 8.30am - 5.00pm

After hours appointment by appointment only.

### Location:

19 Helm street  
Kangaroo Flat.

**HEAD TO  
HEALTH**

- No wrong door approach.
- No mental health care plan required.
- Assisting consumers to navigate the mental health system
- No cost for services.

### Referral:

Call 1800 595 212 or email [headtohealth@bchs.com.au](mailto:headtohealth@bchs.com.au).

Or call BCHS on 5406 1200.

Walk in response available. Services offered via face to face, telephone and telehealth.

Feel free to pop in for a chat should you want any more info or support 😊

Drew Barrett  
Mental Health Practitioner  
Bendigo Special Developmental School

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# HEAD TO HEALTH

It's OK if you're not feeling OK

It's ok if you're not feeling ok

To find out more go to: [headtohealthvic.org.au](http://headtohealthvic.org.au)

**1800 595 212**

To find out more go to: [headtohealthvic.org.au](http://headtohealthvic.org.au)  
Head to Health is a collaborative initiative of Victoria's Primary Health Networks funded by the Australian Government.

**Bendigo Community Health Services**  
13-19 Helm Street, Kangaroo Flat

**1800 595 212**

Head to Health is a collaborative initiative of Victoria's Primary Health Networks funded by the Australian Government.



## HEAD TO HEALTH



Have a conversation



Determine the level of help you need



Connect to the best service for you

### WHO IS IT FOR?

The Head to Health service is open to Victorians of any age experiencing distress or mental ill health. Anyone, including children, young people and older adults, families and carers, can contact Head to Health. Even if you have never sought help before, Head to Health is here for you.

### HOW CAN I ACCESS?

You can call Head to Health on 1800 595 212, and we will help you find the support you need. Your GP or another health professional might also suggest you use the Head to Health service.

### WHERE IS IT LOCATED?

There are Head to Health hubs across the state. If there is not a hub in your immediate area, you can access services via phone no matter where you are.

### HOW DOES IT WORK?

When you call Head to Health on 1800 595 212, an experienced mental health professional will listen and work with you to find the best ways to get you the help you need.

### WHAT HELP WILL I RECEIVE?

Depending on the assistance you need, we may connect you with online support or existing mental health service, such as a GP or other health or support services, to get you back on track. If you do not have a GP, the hubs can help you find one because it's crucial to look after your mental and physical health.

### WHO IS INVOLVED?

The Head to Health hub's multidisciplinary team has GPs and mental health workers, including psychologists, mental health nurses, social workers and alcohol and drug workers, who can support you through telehealth, or onsite at a hub.

### WHAT CAN I EXPECT?

Your mental and physical wellbeing are linked, so the best way to improve your mental health is with a team-based approach that includes your GP. We can also help with the other essentials of life such as housing, work, education and training.

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## WEAR IT PURPLE DAY – FRIDAY 26<sup>TH</sup> AUGUST

### Wear It Purple Day – Friday August 26<sup>th</sup>

**We invite all students, families and staff to wear Rainbow colours on this day!**

Hello to all families, carers and students 😊

We are very excited and looking forward to showing our support as a school again for Wear It Purple Day on Friday the 26<sup>th</sup> of August. Wear It Purple Day is a day of celebration, recognition and support for all Lesbian, Gay, Bisexual, Queer, Transgender and Intersex (LGBTQI+) young people, also known as 'Rainbow Young People'.



Wear It Purple was founded in 2010 in response to global stories of real teenagers, real heartache, and their very real responses. In 2010, several rainbow young people took their own lives following bullying and harassment resulting from the lack of acceptance of their sexuality or gender identity. In Australia currently, we know statistically that LGBTQI+ people experience much higher levels of anxiety, depression, and suicidal ideation. We also know that 39% of young people who identify as LGBTQI+ also identify as having a disability or long-term medical condition.

As a school, we want to uphold our school's value of '*valuing diversity with kindness and respect*' and create a safe and supportive environment for all of our students, staff and families. Therefore, Wear It Purple Day is a big day on our wellbeing calendar and is a day that we will continue to promote and support to ensure that we are building a safe and supportive culture at Bendigo SDS.

To celebrate this day as a school, we invite all students, families, and staff to wear **Rainbow colours** on this day, and we will be participating in a whole school art project utilising all of the colours of the rainbow to show our support for Rainbow Young People. This will be a whole school contribution that will be accompanied by Respectful Relationships material in the classrooms with the themes of inclusion and diversity. To add to the fun and celebratory theme of the day, we will be having some fun activities such as making rainbow cupcakes, music/dance parties at play times and optional Face Paint Makeovers available for our students (Parent/carers permission forms will be sent home for face painting).

This is an extremely important day for all schools in promoting mental health, celebrating diversity, and ensuring that everybody feels welcome and supported. If you want to learn more about the day and its importance, below are some links about the origins of Wear It Purple and a statistical snapshot of mental health of Rainbow Young People in Australia (2021).





## WEAR IT PURPLE DAY 2022 FRIDAY THE 26TH OF AUGUST



Every year thousands of schools, community organisations, universities and workplaces hold events across Australia for Wear It Purple Day. As a day of significance for many Australians, it focuses on our LGBTQIA+ youth and the issues they face, whilst showing them they have the right to be proud of who they are and who they are becoming.

Wear it Purple Day is now an international movement of expression, celebration and support. By wearing purple on the last Friday of August, you will demonstrate to hundreds of thousands of rainbow young people across Australia that you see them, you support them, and you respect them.

We encourage you all to celebrate Wear It Purple Day with us on the 26th of August this year.

### 'STILL ME, STILL HUMAN'.

Each year, Wear It Purple's Youth Action Council (YAC) brainstorms a theme relevant to them. Their task is to come up with the day's focus based on how they're feeling and the rhetoric in the LGBTQIA+ youth community.

This year the theme they have decided for Wear It Purple Day 2022 is 'Still me, still human'. The message being that people tend to focus on labels, the news story, the target or data and forget what we truly are – human.

Our 2022 theme encapsulates the message of humanity, honesty, integrity and authenticity when discussing all diverse identities within the LGBTQIA+ community. We are your hospitality workers, your retail staff, your lawyers, your financial advisors, your teachers and, most importantly, your youth. We are human. It reassures us that the world is changing for the better to embrace a variety of diverse individuals and, over time, remove dehumanising stigmas surrounding LGBTQIA+ communities.

Wear It Purple – origins and story: <https://www.wearitpurple.org/our-story>

Snapshot of mental health statistics: [2021 Snapshot of Mental Health \(LGBTQI+\).pdf](#)

Have a great weekend,

Meg & Drew.







## SWPBS NEWS

### School-wide Positive Behaviour Support (SWPBS)

#### PLC of the Month:

With July having come to an end, it is time to announce our PLC of the Month. \*drumroll\*

**PLC 3** (Rooms 13, 14, 15, and 17/18) have won the month of July for their students displaying the most positive behaviours throughout the school and being acknowledged by staff with golden tickets. This is the 2nd time they have won PLC of the month this year. Well done PLC 3! They will now get to enjoy a hot chip lunch as a reward for their efforts.



#### Learning of expectations:

For the first 3 weeks of this term, students have been learning about **'listening to others'**. This includes listening to our teachers, friends, and announcements over the school PA system. Students can listen well by letting one person speak at a time and encouraging others to use a volume that can be heard clearly. It would be great for parents and carers at home to praise their children for listening well to people in the home and community.



Listen to others



Act Safely



Show Respect



Be Your Best

Hamish Morcom

**SWPBS Coordinator and occupational therapist**

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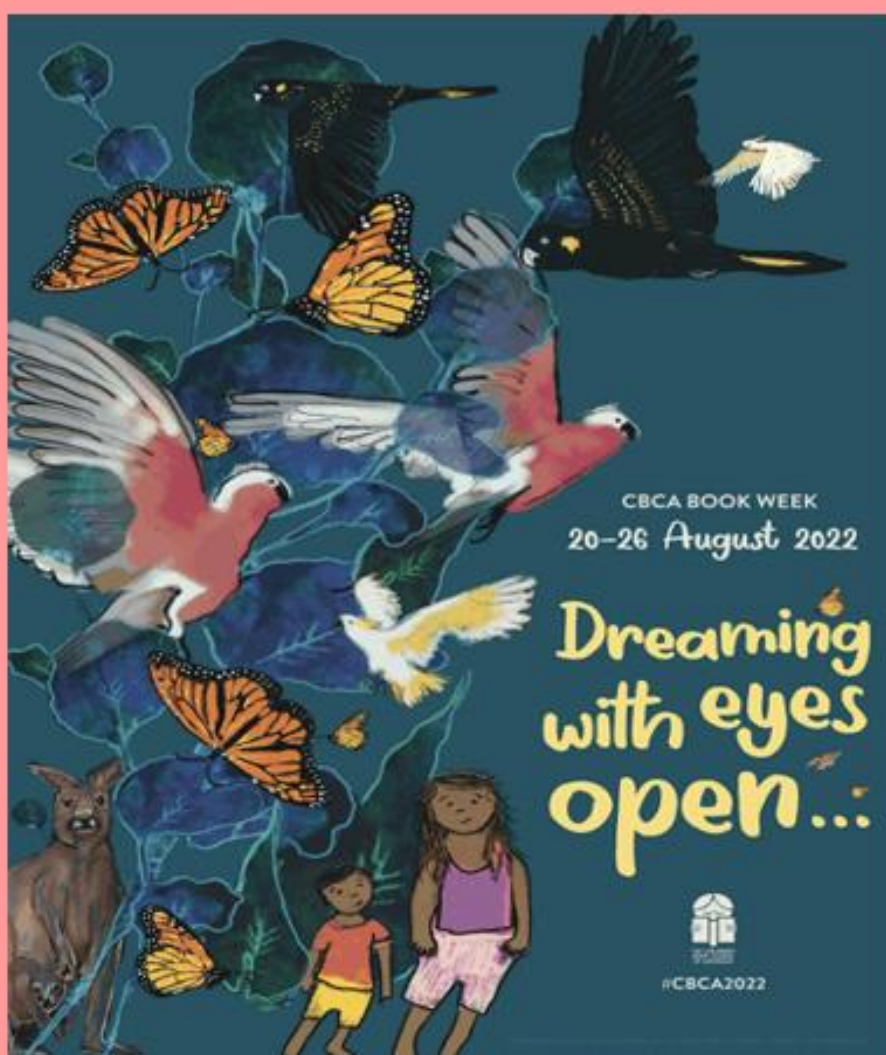
Ensuring equity  
of opportunity



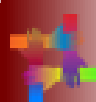
## BOOKWEEK - 20 TO 26 AUGUST 2022

Monday the 22<sup>nd</sup> of August at 9:30 am  
is the Book Week Parade

Everyone can dress up in something that they dream about!



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## CENTRAL VICTORIAN INDIGENOUS CAREERS EXPO 2022

### CENTRAL VICTORIAN INDIGENOUS CAREERS EXPO 2022



**The 3rd Central Victorian Indigenous Careers Expo**  
**Friday 12<sup>th</sup> August 2022**

**The Ulumbarra Theatre Foyer, Gaol Road, Bendigo.**  
**9:15am – 2:40pm**

**This event is for Aboriginal & Torres Strait Islander students in Years 8-12.**  
**Come & explore future employment, traineeships, apprenticeships,**  
**education pathways, scholarships, mentoring & work placement**  
**opportunities.**

**The goal of this expo is to inspire by offering information,**  
**networking and face to face conversations that can lead to successful**  
**employment outcomes.**

#### **What to expect on the day:**

- ✓ Smoking Ceremony and Welcome to Country
- ✓ 35+ stall holders
- ✓ Show bag for every student
- ✓ Morning tea, BBQ lunch
- ✓ Murrnong Mamma's desserts
- ✓ Guest performances
- ✓ Inspirational speakers.



**Amos Roach – Neon Corroboree**



**Scott Darlow**



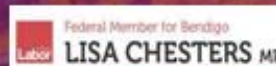
**Emcee  
Racquel Kerr**

**RSVP by 29<sup>th</sup> July**

**[pickles.susan@bssc.edu.au](mailto:pickles.susan@bssc.edu.au)**

**0427 496 743**

**\*Please indicate numbers  
attending**



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**THANK YOU!!**



## SAVER PLUS INFORMATION



**Need help with school costs?**

Join the free financial education program that matches your savings up to \$500

**How to smash your savings goals**

and receive up to \$500 for education costs



SET AN EDUCATION GOAL TO SAVE FOR 10 MONTHS



ATTEND MONEYMINDED VIRTUAL WORKSHOPS



RECEIVE UP TO \$500 IN MATCHED SAVINGS

For further information, you can visit the following website:

<https://www.bsl.org.au/services/saving-and-managing-money/saver-plus/>

Through the website, you can make an enquiry about the program and a Saver Plus Coordinator will contact you.

Alternatively, you can send an email to [EnquiriesSP@bsl.org.au](mailto:EnquiriesSP@bsl.org.au)

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## RECIPE OF THE WEEK

# APPLE CRUMBLE



### INGREDIENTS

### MAKES 4

- 600g Pink Lady Apples (about 4)  
*Or 300g of Apples & 300g of Pears*
- 1/3 Cup (80ml) Maple Syrup  
*Or use Pouring Honey*
- 1 Teaspoon Vanilla Extract

### TOPPING

- 80g Unsalted, chopped Butter
- 1 Cup (90ml) Rolled Oats
- 1/2 Cup (40g) Flaked Almonds
- 1/2 Teaspoon Ground Cinnamon (optional)
- 1/4 Cup (35g) Self-raising Flour

### TIME TO PREPARE AND BAKE

1. Preheat oven to 180 degrees Celsius
2. Using a vegetable peeler, peel each of the apples. With a small, sharp knife, cut them into quarters and remove the core (ask for help from an adult when you need to!). Chop them into 1 cm cubes. Place in a big bowl, add the maple syrup and vanilla extract and toss to combine. Set aside
3. To make the crumble topping, place the butter in a small saucepan over low heat. Stir with a wooden spoon until melted. Place the oats, almonds, cinnamon, flour and maple syrup in a medium size bowl. Add the melted butter. Mix really well to combine.
4. Divide the apple mixture between 4 shallow, 250 ml capacity, ovenproof dishes. Spoon the crumble topping onto the fruit, making sure it's nice and even. Place the dishes on a baking and bake for 25 minutes or until golden and the fruit is soft. Remove the crumble from the oven. Serve them warm topped with a scoop of vanilla ice-cream or cream





## BENDIGO CINEMAS – SENSORY FRIENDLY FILMS

### Sensory Friendly Films

Bendigo Cinemas are proud to bring Sensory Friendly Films to those on the autism spectrum.

Sensory Friendly Films allow families to enjoy their favourite films in a safe and accepting environment with the cinema lights turned up and the sound turned down low.

Look for the "Sensory Friendly Film (\$5 SFF)" icon next to the session times to see which cinemas and sessions are screening these films.

**ALL TICKETS \$5!**

#### Pinocchio: A True Story

Screening	Sun 7 Aug 10:15 AM
Cast	Tom Kenny, Jon Heder, Pauly Shore, Philip Lebedev
Classification	PG, 94 mins
Consumer Advice	Mild themes and animated violence
Genre	Animation
Synopsis	Young Pinocchio runs away from his genius creator Gepetto accompanied by the horse Tibalt to see the world and joins the traveling circus run by hustler Modjafocco.



#### The Bad Guys

Screening	Morning Session on Sun 21 Aug
Cast	Sam Rockwell(voice) Awkwafina(voice) Anthony Ramos(voice)
Director	Pierre Perifel
Classification	PG, 100 mins
Consumer Advice	Mild themes, animated violence and crude humour
Genre	Adventure, Animation, Comedy
Synopsis	Several reformed yet misunderstood criminal animals attempt to become good, with some disastrous results along the way.





## 2022 CIRCUS QUIRKUS – 11<sup>TH</sup> AUGUST

# 2022 CIRCUS QUIRKUS

## Free School Excursion Event

Due to a myriad of reasons, many students miss out on experiencing the magic of live theatre. Thanks to the generous sponsorship from businesses across Greater Bendigo, Circus Quirkus provides children of all abilities and backgrounds with an opportunity to experience some of Australia's best and wonderfully quirky circus performers in an inclusive, accessible and flexible environment with a relaxed attitude to audience noise and movement.

If you can't attend the live show, watch a professionally filmed version of the show direct from the stage to your screen, with unlimited streaming and on-demand viewing.

[Click here to view the 2022 show trailer](#)

### WHEN & WHERE...

**THURSDAY 11th AUGUST 2022**

**@ 11.00 AM** (1 hour show, no interval)

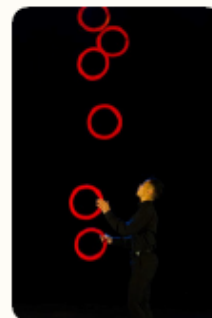
**BENDIGO STADIUM - 91 Inglis St, Bendigo West**

**All Tickets are Complimentary**

To book tickets and register for streaming access, please email your order and details to

[meredithnewman@showintent.com.au](mailto:meredithnewman@showintent.com.au)

or call/text 0404-367-782







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