



# Bendigo Special Developmental School

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

Newsletter # 5 – Thursday 07 April 2022

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Kangaroo Flat, Victoria 3555  
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T: (03)5447 3267 F: 5447 7286  
Principal: Kirshy McAinch  
School Council President: Leah Thomas  
f @bendigospécialdevelopmentalschool

## TERM DATES 2022

Term 1, 2022	Term 2, 2022
Friday 28 January - Friday 08 <sup>th</sup> April	Tuesday 26 <sup>th</sup> April – Friday 24 <sup>th</sup> June

## IMPORTANT DATES

Friday	08 April	<ul style="list-style-type: none"> <li>Last Day of Term 1 <b>All students finish at 2.00 PM</b></li> </ul>
Friday	15 April	<ul style="list-style-type: none"> <li>Good Friday</li> </ul>
Monday	25 April	<ul style="list-style-type: none"> <li>Anzac Day NO SCHOOL</li> </ul>
Tuesday	26 April	<ul style="list-style-type: none"> <li>1<sup>st</sup> Day of Term 2</li> </ul>
Saturday	30 April	<ul style="list-style-type: none"> <li>2<sup>nd</sup> Vaccination Clinic Details can be found in the Principal's Report</li> </ul>

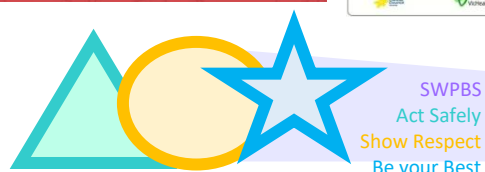
### Our Values



- 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.





## PRINCIPAL'S REPORT



### PETITION FOR A MASTER PLAN

On behalf of the School Council, I would like to send out a HUGE thank you to the parents that have volunteered this week at Lansell Square collecting signatures for our push to gain funding support for the development of a master plan for new facilities. Leah, Terri, Zara, Michelle, Teaghan, Rebecca and Wendy have done an amazing job collecting over 600 signatures for our petition. A special mention must be given to Zara who has assisted every day; thank you so much Zara! This is a great start, and we need to keep going over the holiday period to ensure that government know that we have the full support of the community. Please return your completed petition sheets to school when you have them filled. You will see that we have sent home another sheet today in the hope that on the holidays when you see family and friends, you can ask them to sign. We are aiming for 4000 signatures, and I am confident that collectively we can achieve this. Remember that the signatures must be on the sheet that has the petition explanation at the top of it, people must be residents of Victoria and no scanned or digital copies are accepted. It is so exciting to see our community come together to advocate for the education of our students.

### EASTER RAFFLE THANK YOU

Thank you to everyone for your generous donations of products for the Easter Raffle. This year, \$1,820.00 was raised, which is a wonderful effort and will go towards supporting the purchase of resources for our learning programs. I am sure those that saw the Facebook live stream drawing of the prizes by the Easter Bunny, who was very kind to pay us a visit,

an absolute laugh a minute and a great example of how our staff go above and beyond to make our school the fun and welcoming place that it is.

### FIRST TERM HIGHLIGHTS

As I read in a Principal's bulletin this week, this term has been the first term in two years where we have not had a period of remote and flexible learning. This has been an incredible achievement given we have experienced, as most schools have, significant shortages of staff and many disruptions due to the COVID isolations rules. Notwithstanding all of that, we have had so many highlights this term. We have welcomed and settled into our school 13 Prep (Foundation) and 4 new students and their families, kicked off our Mathematics Initiative, introduced three new specialist subject areas (Humanities, Digital Technologies, Respectful Relationships and School Wide Positive Behaviour Support) that students are embracing and enjoying, revamping the SWPBS acknowledgement system to make success more attainable and motivating to students, commenced a Yarning Circle get together for the families of our Indigenous students, and many, many, many incredible individual moments of learning experience joy for our students. Like this one, a new student to our school, Isaac, having his first swim, ever! Who could possibly not smile seeing the joy and excitement on his face? Sometimes it may feel like there are not too many good news stories around, but I can tell you that every minute of every day at our school, a student in one of our classes is having fun, making sense of learning, gaining confidence in a new skill, demonstrating their understanding and above all, feeling safe and supported. And term 1 is only the beginning!!

### CONTINUATION OF RAPID ANTIGEN TESTING (RAT)

Yesterday the Department of Education and Training announced that the process of supplying RATs for students and staff will continue for the first 4 week of Term 2.





Students will bring home a box of RATs that can be used over the holidays if symptoms develop, and then can be used to test before returning to school. This program has been very effective in identifying positive cases within our school community, which has no doubt limited the spread across our school. Please be aware that after a confirmed case of COVID, students and staff are not required to enter another period of isolation or retest on RATS for 8 weeks after the date of infection. Please don't hesitate to contact me at any stage should you have any questions.



## **SECOND VACCINATION CLINIC SATURDAY 30th APRIL 2022**

After the success of the first Pop-Up vaccination clinic last weekend, a second one will be held at our school on Saturday 30<sup>th</sup> April 2022. This one will be open for both adults and adolescents 12 years and older, and for children aged 5-11 years during the following hours:

**Session 1 (Adults/Adolescent 12 years+): 11:45am – 12:45pm**  
**Session 2 (Children 5-11 years): 1:00pm – 2:30pm**

Bookings can be made via the QR code underneath. Please remember that vaccinations are not required for students to come to school, no staff will be in attendance at this clinic and parents must provide written consent for their child to be vaccinated. This clinic is for our entire school community, so please pass this opportunity on to any of your family and friends.

## **HOLIDAY BREAK**

We all understand that holidays can be a stressful time for families as they are a complete break of the daily routine. Whilst we are heading into Autumn, this link to tips for holidays through the Disability Support Guide website may have some helpful information, resources and ideas for making the holiday period a more enjoyable one for all.

<https://www.disabilitysupportguide.com.au/information/article/summer-holiday-activities-for-kids-with-disability>

We look forward to seeing everyone return from school holidays on **Tuesday 26<sup>th</sup> April 2022** and wish everyone a safe and restful break.

**Kirshy McAinch**  
**Principal**





## BIRTHDAYS



09 April	<b>Sienna</b>	Room 11/12	09 April	<b>Abigail</b>	Room 21
13 April	<b>Rebecca</b>	ESS	13 April	<b>Tammy</b>	ESS
14 April	<b>Cody</b>	Room 23	16 April	<b>Micky</b>	Room 11/12
17 April	<b>Declan</b>	Room 21	17 April	<b>Desiree</b>	Room 11/12
19 April	<b>Edward</b>	Room 7	21 April	<b>Stacey</b>	Room 19
22 April	<b>Shaman</b>	Room 17	24 April	<b>Ruby</b>	Room 5
24 April	<b>Laura</b>	Room 23	25 April	<b>Kerrie</b>	ESS
28 April	<b>Saw Say</b>	Room 8/9	30 April	<b>Brogan</b>	Room 20
05 May	<b>Jaylen</b>	Room 8/9			



### Goosebumps Punch

1. Combine cold Lemon-Lime Soda and green food-colouring in a large bowl and stir.
2. Add in scoops of Rainbow Ice Cream, but any ice cream will do
3. Add Snakes in different colours.
4. Transfer to a cup and enjoy!

## BUSES



<b>BUS</b>	<b>DRIVER / CHAPERONE</b>	<b>TELEPHONE</b>
Heathcote	Gary & Jodie	0435 900 890
Huntly	Helen, Nicole & Chloe	0428 261 802
Fryerstown/Castlemaine	David & Debbie	0409 421 500
Kyneton	Steve & Raelene	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	Shaun & Cathy	0466 367 656





## WELFARE & FAMILY SUPPORT TEAM

Hello to all parents, carers & families



Congratulations on getting through what has been a huge first term for 2022. It has been fantastic to get through a whole term of learning on site to kick off the year, bringing a little normality for us all. We hope you all have a wonderful Easter break, whether that be some time spent with friends and family or even some time to catch up on some sleep and house jobs 😊

With the holidays approaching, it is a great opportunity to bring family, wellbeing, and connection to the forefront of our thinking, looking at the different holistic ways that we can approach our own wellbeing and the wellbeing of our young people through this time.

A holistic approach to wellbeing, looks at the different dimensions of our health that all contribute to our overall sense of wellbeing. For this piece we want to share some different ideas for how you can participate and support your young person to participate in activities that are going to benefit their mental and physical health. For this, we will be focussing on ideas and activities for the physical, spiritual, emotional, and social aspects of health that all have a huge impact on our overall sense of wellbeing.

### Physical:

- Supporting your young person to participate in their physiotherapy activities if they require it.
- Supporting your young person to be active: going for a long walk to get out of the house, going to the park or lake to enjoy using the playground facilities or participating in a bike ride if able to name a few.
- Supporting your young person to maintain a good sleep routine (8 hours sleep is the recommendation).
- Encouraging your young person to eat a balanced diet, with lots of fruits, healthy foods, and vegetables, as well as some yummy snacks or treats from time to time.

### Spiritual:

- Spending lots of times outdoors amongst nature. Spending time in nature has huge benefits towards our spiritual connection, physical wellbeing, and mental health.
- Cosmic Kids Yoga <https://www.youtube.com/c/CosmicKidsYoga> . This is a great resource that supports us to reconnect with our bodies and feelings and can be a great short activity to participate in and model to your young person.

### Emotional:

- Encouraging emotional expression and communication with your young person. Asking them how they feel, using communication tools for support if needed (PODD, visuals, choice boards).
- Mindfulness colouring for emotional regulation. Allowing them the time to fully immerse themselves in an activity that helps to sooth and bring a sense of calm.

[Mindfulness Colouring Pages - Best Colouring Pages for Kids](#)

### Social:

- Spending time together to do activities such as cooking, physical activity or even watching a movie.
- Organising some time to spend with friends, or even setting up a play date/hang out with other students your young person is friends with.

We really hope you all have a great break, and we look forward to what term 2 brings 😊

Thanks, from the Wellbeing Team!

Drew Barrett (Mental Health Practitioner) & Meg Holmes (Family Support)





## SWPBS NEWS

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

This week, **PLC 2 (Rooms 6, 7, and 11/12)** were rewarded with a hot chip lunch as a result of being the 'PLC of the month' for March. It was great to see the students and staff getting together to celebrate their success. There was a real sense of community amongst this group, and it is something I look forward to possibly seeing from other PLCs at the end of each month.

We also had the opportunity to celebrate our **Whole School Reward** of PJs and Popcorn today. This recognised the great work our students have done showing behaviours from our school's student matrix, and staff members ability to acknowledge our students at these times.



Wishing everyone a fun holiday where we all continue to demonstrate our school-wide expectations of **Acting Safely, Showing Respect, and Being your Best!**

Hamish Morcom

**SWPBS Coordinator and occupational therapist**





## EASTER RAFFLE WINNERS

Thank you to our whole school community for your support and donations for the Easter Raffle.

A total of \$1,820.00 raised!

This will go towards supporting programs for our students. Congratulations to our lucky winners listed below:

Helen	Ethan	Tasman	Jahkye	Mackenzie	Kath	Mollie
Glenys	Tristan	Fletcher	Keeley	Ta Be Than	Sienna	Taia
Gary	Billy	Mark	Kim	Bailey	Harry	Kane
Kriston	Jack	Sophie	Aubrey	Lynne	Tanya	Michelle

Thank you for your support

*The Team at Bendigo SDS*



## THANK YOU!



We would like to thank Ms Kim Hulm from the Mandurang Post Office for the donations of some wonderful, handmade "STAGE PROPS".

We are all looking forward to using these creations in our School Production at the Ulumbarra Theatre later this year.

Your donation is greatly appreciated by the students, staff, and whole school community.





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## PYJAMA DAY 2022



*Our Values*



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



## WELFARE & FAMILY SUPPORT TEAM



Dear tube feeding families, and those sharing some interest,

I have recently come across some resources that I have found useful and thought I would share them with you.

1. An online magazine, <https://www.theblendmag.com/>

This is a read online magazine, with beautiful stories/ journeys, resources and information for families involved with tube/peg feeding. It has whole food recipes, a history of tube feeding, a teenager's perspective and much more.

2. A podcast, something you can listen to while on the go.

This was put together for feed tube awareness week, that happened in February. This fabulous tubie team share stories about a range of topics including their biggest tube feeding blunders, their struggles and hopes for the future, the parallels between the premmie and tubie communities, designing better and longer-lasting printed tube tapes, travelling with tubie kids, creating the most inclusive clothing for tube-fed kids and adults, plus making fun and stylish accessories for tubie equipment!

<https://podcasts.google.com/feed/aHR0cHM6Ly9mZWVkcyc5hY2FzdC5jb20vcHVibGljL3Nob3dzL2U2Y2NiY2JlLWUxNDAtNTZmZi1hNmJhLWFiMWwNkOTMMDVkJgZg/episode/NjIwMjg5ZiY3Mjc3MGEwMDEyOGY1NGI0?ep=14>



Please note there's an ongoing debate in Australia about whether blended food for tube-fed children is acceptable, no conclusion has been made, but we would recommend guidance, support, and continuous monitoring from health professionals to ensure an adequate nutritional composition for your child is met.

Meg Holmes

Family Support Worker

Bendigo Special Developmental School

Days of Work: Mon, Wed, Thurs





## FREE ONLINE SCHOOL HOLIDAY COOKING

### FREE ONLINE SCHOOL HOLIDAY COOKING CLASS WITH JAMIE'S MINISTRY OF FOOD

Healthy Heart of Victoria is delighted to provide families across the Loddon Campaspe region with FREE access to an online cooking course with Jamie's Ministry of Food during the upcoming school holidays.



## LET'S GET COOKING!

SCHOOL HOLIDAY EDITION!

Healthy Heart of Victoria invites you to join us for some school holiday fun with Jamie's Ministry of Food.

As part of the FREE course, kids and families from across the region will participate in 5 online cooking classes. Classes will show you how to prepare and cook a range of simple, delicious and healthy Jamie Oliver meals, using cheap and accessible ingredients.

To book, click on the link below, or get in touch with your local contact!

Register at: [bit.ly/3LIXIAO](http://bit.ly/3LIXIAO)



[info@thegoodfoundation.com.au](mailto:info@thegoodfoundation.com.au)

[hhv@bendigo.vic.gov.au](mailto:hhv@bendigo.vic.gov.au)

0428 024 719

[@JMOFAustralia](https://www.facebook.com/JMOFAustralia)





The Healthy Heart of Victoria initiative is supported by the Victorian Government.

#### WHEN?

Monday 11th, Tuesday 12th, Wednesday 13th of April AND Tuesday 19th, and Wednesday 20th April  
11am-12pm

#### WHERE?

Classes are held live online via zoom  
Connection details are emailed to you

#### COST

No cost to participate  
Lists of ingredients and equipment required will be emailed to you before the start of the course

#### GOOD TO KNOW

- Participants must commit to participating in all five days of the program
- Online classes run for 1 hour
- Each class is recorded and the recording is sent out to those who participate in the class (if you cannot attend a class please email us on [info@thegoodfoundation.com.au](mailto:info@thegoodfoundation.com.au) so we can mark your attendance)
- CONDITION OF FREE TICKET: If you do not attend the first session your ticket will be given to another person.





## MILDURA CAMP 19-20 APRIL 2022

**LIFELY** are pleased to be working with Little Dreamers and the Interchange Network to present an exciting opportunity next month for young carers.

This overnight camp is fully funded and open to siblings of a person living with a disability.

Families do not need to be currently registered with Lifely and costs involved in getting to Mildura (e.g. for Bendigo families) may also be covered.

For further information or to sign up, please contact the organisers by phone or email.

**LITTLE DREAMERS** | **Interchange NETWORK**

PROUDLY PRESENT OUR

**Young Carer Overnight Camp**

Tuesday 19th April - Wednesday 20th April

Come to our epic overnight camp in Mildura at Lake Cullulleraine.

Join the **Little Dreamers and Interchange Team** for loads of fun activities and a night away with fellow Young Carers!

**Bus Drop off/Pick up location:**

138 Lime Avenue, Mildura

Drop off Tuesday 19th April at 9.30am / Pick up Wednesday 20th April at 12.30pm

All food will be provided. Our action-packed camp itinerary will be sent closer to the camp.

**TO BOOK: [bit.ly/shp-april-mildura](https://bit.ly/shp-april-mildura)**

For more information, please email [georgia@littledreamers.org.au](mailto:georgia@littledreamers.org.au) or give us a call on (03) 7036 8269.





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## WORLD OF MAGIC – FREE STREAMING EVENT

Immune Deficiencies Foundation Australia Proudly Presents International Entertainment's

# World Festival of Magic Streamed Show

**Watch directly from our stage to your screen.  
FREE unlimited and on-demand viewing is Now Available!**

**A magical family show not to be missed.  
You will even learn a trick or two from the UNREAL Magic Workshop. Suitable for all ages.**



**DARREN CARR**  
Ventriloquist



**JONAS JOSI**  
Illusionist & Magician



**JADE TWISS**  
Contortionist

**Click on the website or scan the QR code below,  
then enter the password to access the video...**

**[vimeo.com/showcase/msbend21](https://vimeo.com/showcase/msbend21)**



**Password: BEND21**

• Free Viewing Available Until the End of April 2022

Please show your appreciation to the businesses that sponsored this event by sending a  
thank you email to [thankyou@iepty.com](mailto:thankyou@iepty.com)

*Our Values*



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



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## BENDIGO BRICKS 2022



### BENDIGO BRICKS 2022

SPECTACULAR  
LEGO® FAN MODELS •  
FUN WITH BRICKS PLAY ZONE  
RETAIL STALLS • AND MORE!

#### WHEN

10am–5pm,  
Saturday 23 April

10am–4pm  
Sunday 24 April

#### WHERE

**Bendigo Exhibition Centre,  
Prince of Wales Showgrounds,  
Holmes Rd, North Bendigo**

#### TICKETS

**\$8 (Under 4s free)**

BOOK  
ONLINE

**[bendigobricks.com](https://bendigobricks.com)**

Proudly presented by Bendigo LEGO®  
User Group with proceeds supporting  
the 1st Bendigo Scout Group.

This event is not  
affiliated with the  
LEGO® Group

Supported by



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## GOLDFIELD LIBRARIES SCHOOL HOLIDAY PROGRAM

### **School holidays are never boring at the library!**

Join us for lots of fun and free entertainment with our 'Hands On!' school holiday program.

Celebrate 120 years of Peter Rabbit with our Great Easter Hunt, learn how to create a seed bomb inspired by Mr McGregor's garden or sit back, relax and enjoy Peter Rabbit 2 on our big screens.

Create an awesome stop-motion video using everyday objects, decorate a library bag, race solar-powered cars (and build your own!), create some fun Easter crafts, decorate our Autumn Tree or play Nintendo Switch.

Pick up a program from your local library, or [view it online](#). Remember, some sessions do require bookings, so get in quick!





**PETITION**

**To the Legislative Assembly of Victoria**

**The Petition of**

*Bendigo Special Developmental School Community*

**Draws to the attention of the House**

*The unfit for educational purpose design and facilities of the Bendigo Special Developmental School including small classrooms and doorways, inadequate accessible toilet facilities, inappropriate 'withdrawal spaces' and common rooms, disjointed portables and exposed walk ways.*

**The petitioners therefore request that the Legislative Assembly of Victoria**

*Provide funding to develop a master plan to the technical works drawing phase for the future development of Bendigo Special Developmental School, to create a first class, evidence-based learning environment for students with special needs.*

	<b>Name</b>	<b>Address</b>	<b>Signature</b>
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