



Bendigo Special Developmental School

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


Newsletter # 14 – Thursday 15 September 2022

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Kangaroo Flat, Victoria 3555
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www.bendigosds.vic.edu.au
T: (03)5447 3267 F: 5447 7286
Principal: Kirshy McAinch
Assistant Principal: Dehne Anstee
School Council President: Leah Thomas
f @bendigospacialdevelopmentalschool

TERM DATES 2022

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

IMPORTANT DATES

Friday	16 th September	<ul style="list-style-type: none"> LAST DAY OF TERM 3 – EARLY FINISH AT 2 PM BUSES WILL RUN 1 HOUR EARLIER
Monday to Friday	19 th September to 30 September	
Monday	03 October	<ul style="list-style-type: none"> 1ST DAY OF TERM 4
Thursday	06 October	<ul style="list-style-type: none"> Finance Meeting at 2.00 pm



Our

Driving learning growth

Valuing diversity with kindness and respect

Uniting to achieve excellence

Ensuring equity of opportunity



Our Values



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PRINCIPAL'S REPORT



VALE HAMISH WATSON

Last Friday 9th September 2022, we joined with Natalie and Brian Watson and their family and friends to farewell their much-loved son, and our cherished student Hamish.

We were privileged to be asked by the family to be able to share our thoughts on Hamish and his time at our school.

One of the dedicated Education Support Staff members in Room 8/9, Hamish's class, who has worked with Hamish for many years, Donna Pianta, spoke on behalf of the school.

She also read a poem written by Health and PE teacher, Mel Zysvelt. We would like to share those with you all.

HAMISH

For those who do not know me, my name is Donna and I have worked with Hamish for the past 6 years at Bendigo Special Developmental School.

Hamish started at Bendigo SDS in 2015. Oh, what a cutie, just like his brother Will. Straight from the start he won the hearts of many staff and students. Not only was Hamish beautiful on the outside, but he also had a beautiful soul.

Hamish was a very popular friend in his classroom and all the other students will miss him dearly.

Hamish loved all aspects of school; especially swimming— where he would often fall asleep floating around. When he was on the duet bike with Melissa, he enjoyed the wind in his hair and the rush of going fast. He enjoyed listening to music and sometimes singing along. Hamish liked sensory items that he could hold onto and when they made noise— like a silver safety blanket or a spiky ball. Morning tea and lunch were the best times though as he really, really enjoyed his food.

All the staff that have worked with Hamish feel extremely privileged to have had the opportunity to be a part of his life. Even though his time with us was short, he made a huge impact on all our lives.

We taught Hamish some things, but Hamish taught us a lot more.

Our thoughts go out to Nat and Brian and Hamish's extended family.

Fly high Hamish you will be remembered and loved forever.

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BLUE-EYED BOY

THROUGH THE DOOR AND
INTO ROOM 4
CAME A BLUE-EYED BOY.



A GIGGLE AND A CHEEKY GRIN,
HIS CAPTAIN AMERICA WHEELS
ROLLED IN.

THIS BLUE-EYED BOY ALMOST GAVE ME A WINK,
LET'S HAVE SOME FUN,
WHAT DO YOU THINK?



AND ADVENTURES AND FUN
WE HAD ALIKE,
HAMISH LOVED TO RIDE IN
THE DUET BIKE.



FROM PLAY DOUGH TO COOKING
AND THERAPY GALORE,
THE BLUE-EYED BOY WAS ALWAYS
READY FOR MORE.



HE TAUGHT ME THE TEACHER,
A GOOD MANY THINGS,
AND NOW OUR PRECIOUS BLUE-EYED BOY
HAS GROWN HIS WINGS.

WE WILL THINK OF THE BLUE-EYED BOY
WITH LOVE AND CARE,
FOR OUR MEMORIES BRING US HAPPINESS
OF THE TIME WE DID SHARE.





COVID ISOLATION REQUIREMENTS HAVE CHANGED

Any student or staff member who tests positive to COVID-19 must now isolate for a minimum of 5 days instead of 7. If they are asymptomatic, they may return to school on day 6. If they are symptomatic, they must remain in isolation until day 7. If they have symptoms after 7 days, they are strongly advised to stay home until their symptoms have resolved.

As an additional risk mitigation, the Department of Health strongly recommends that those leaving isolation wear a face mask when away from home, both indoors and outdoors, and when they cannot physically distance. Those leaving isolation on day 6 should wear a mask for 5 days but particularly the first 2 days. Those leaving isolation on day 7 should wear a mask for 4 days but particularly the first 2 days. We understand that people with disabilities are exempt from wearing masks, however, I would ask you to take this into account when deciding whether your child is well enough to return to school.

RAPID ANTIGEN TESTS

Rapid Antigen Tests will continue to be provided by the Victorian Government. We will be sending these home on a weekly basis. If you require tests at short notice, please contact the office on 03 5447 3267.

PARENT AND CARER OPINION SURVEY

A reminder to please completed the Parent and Carer Opinion Survey. The

Parent/Caregiver/Guardian Opinion Survey is an annual survey offered by the Department of Education and Training that is designed to assist schools in gaining an understanding of families' perceptions of our school environment, our learning programs and student engagement. We encourage all families to participate in this survey.

At this moment, only 11 people have completed it!! We would like to hear from you all.

Our school will use the survey results to help inform and direct future school planning and improvement strategies.

The Parent/Caregiver/Guardian Opinion Survey will be open for your comments until Friday 16th September.

The survey will be conducted online. It only takes 20 minutes to complete, and can be accessed at any convenient time within the fieldwork period on desktop computers, laptops, tablets, or smartphones.

Please go to this website

<https://www.orima.com.au/parent>

And enter our unique school PIN **541084**

TERM BREAK

Can you believe that it is the end of term 3! The year seems to be zipping past. Hopefully, the term break will bring some sunshine and an opportunity to spend some lovely Spring days having fun!!!

Please take care (and Go Swannies!!! 🐘).

KIRSHY MCAINCH
PRINCIPAL





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



20 September	Noah	Room 8/9	20 September	Tomas	Room 15
21 September	Finn	Room 3	22 September	Laura	Room 22
23 September	Nick	Room 20	23 September	Mick	Inclusion Coach
23 September	Margaret	Business Manager	23 September	Claire	Room 22
25 September	Sandy	ESS	01 October	Kirshy	Principal
03 October	Rosie	ESS	05 October	Nick	Room 23
07 October	Zander	Room 6	07 October	Mackenzie	Room 23
07 October	Drew	Mental Health Practitioner	09 October	Sharon S	ESS
10 October	Jeremy	Room 20			

Happy Birthday





WELLBEING SUPPORT TEAM



Students, carers, families, and staff,

It has been a very busy (and cold) term 3, with lots of fantastic things happening around our school. Whilst it is great to head into a little break at home over the holidays, it is still important for us all to engage in our health and wellbeing so that we can come back 'ready to learn' for term 4. 😊

Health and wellbeing can be looked at in many ways across many professions, but here we are going to focus on a multidimensional approach, covering 4 critical areas of health and wellbeing: physical, social, emotional, and spiritual health.

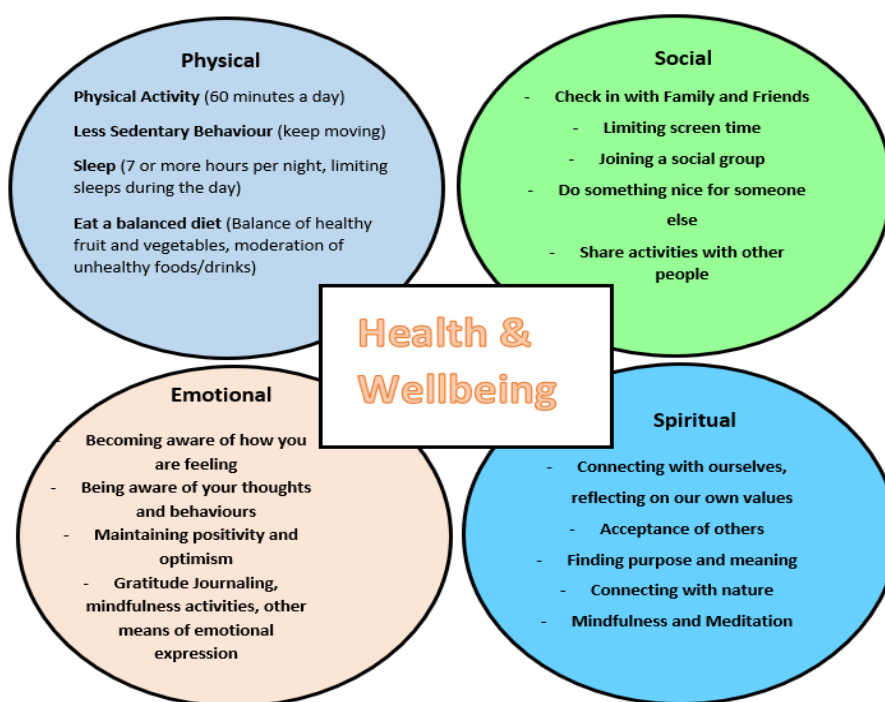
This holiday period can be a great time to focus on these areas either individually or as a family to help maintain our experience of health & wellbeing and be refreshed to go again next term. A great way to do this is to draw attention to what we are doing in each of these dimensions of health, ensuring that we dedicate some time to practice an activity or some form of participation in each. Maintaining practice in each of these areas can go a long way in reducing feelings of anxiety, depression and low self-esteem whilst boosting confidence, experiences of mental and physical health.

Below are some examples of focuses on each of these areas. If you would like to find out more about the dimensions or activities that encompass these dimensions, check out these websites 😊

I hope you all have a happy and relaxing holiday period with lots of self-care,

Drew Barrett (Mental Health Practitioner)

[Seven Dimensions of Health | MD-Health.com](https://www.md-health.com)





For parents and carers

Wellbeing support for students during the school holidays

This guide provides tips and resources for parents, carers and families to support the mental health and wellbeing of children and young people in their care during the school holidays. This includes services to reach out to if more support is needed.

Actions that support positive mental health

Encourage your young person to:

- Exercise and eat healthily to boost their mood
- Prioritise sleep to support mental and emotional wellbeing
- Explore relaxation techniques and coping strategies
- Stay in touch and catch up with friends and loved ones
- Make time to do things they enjoy
- Practice positive self-talk, and remind them they are not alone
- Seek professional help if needed.¹

The Department have developed wellbeing activities and conversation starters for parents and carers of [primary school-aged children](#) and [secondary school-aged children](#).

Feeling it: [mindfulness resources and activities for senior secondary students](#). Smiling Mind gives tips on self-care, understanding and managing emotions, being mindful, being kind to yourself, navigating uncertainty and preparing for change.

Signs a child or young person may need mental health support

In some cases, these actions will not be enough to support positive mental health.

Keep an eye out and seek professional help for changes that last two or more weeks such as:

- Loss of interest or involvement in activities normally enjoyed
- Feeling 'low', unusually stressed or worried
- Ordinary things get harder
- Being easily irritated or angry
- Taking more dangerous risks, like using alcohol or drugs
- Withdrawal or feeling overwhelmed
- Difficulties with concentration and motivation
- Having a lot of negative thoughts
- Changing in sleeping and eating.^{2,3}



1 headspace – a parents guide to school issues and stress <https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/>
2 headspace 'mental health and you' poster <https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mgp.pdf>
3 headspace – how to talk to your children about mental health <https://headspace.org.au/dads/>





CONVEYANCE ALLOWANCE

In some locations, eligible students are unable to access free school buses, or they have to travel 4.8 kms or more to the bus pick up/drop off point.

The **Conveyance Allowance** helps cover the costs resulting from any transport gaps between the public transport system and the school bus network, or where multiple transport services are required to get to and from school.

The allowance can be applied to the use of public transport, private cars, private buses, and taxis.

Eligibility for a conveyance allowance is based on the following criteria:

- Students must attend the nearest specialist school
- Students must live at least 4.8km from the school or nearest bus pick up / drop off point.

If you consider your child is eligible for this allowance, please contact the office for an application form as soon as possible.

If you have already applied successfully in 2021 and your circumstances have not changed, you are not required to reapply in 2022.

SECOND HAND UNIFORMS



Second-hand
Uniforms



THANK YOU EVERYONE FOR ALL YOUR KIND DONATIONS!

The great variety of donations are very valuable and we have been able to support a number of students.

Currently, our 2nd hand uniform stock is running low, so if you have any SDS uniform items that your child has outgrown, which are in good condition, and which you would like to pass on, please feel free to drop them off in the office.

**SCHOOL UNIFORM
DONATIONS WANTED**





OSHC NEWS

Dear parents and carers,

At OSHC this term, we've explored different themes such as National bio-diversity week, National Superhero Week, Are you Ok? Day and national science week!

The children have been investigating these themes through the exploration of educator run STEAM activities.

It's been amazing to see all the children engaging positive in all the activities provided.



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FOOTY COLOURS DAY 2022



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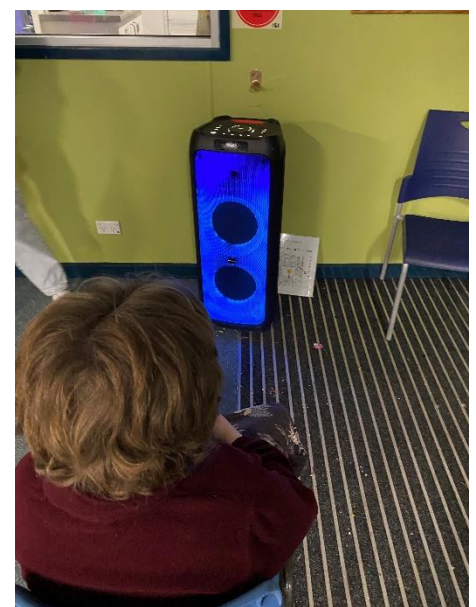
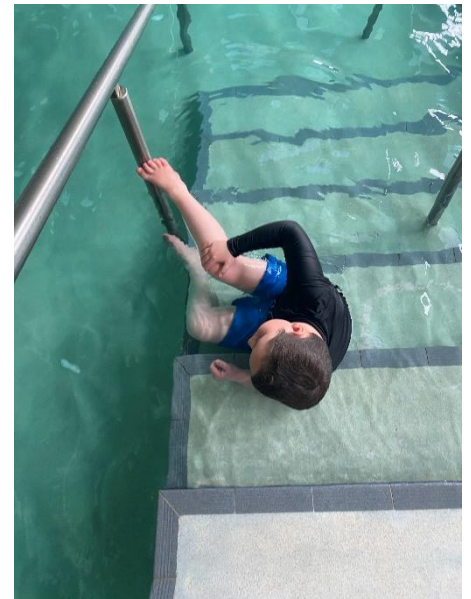
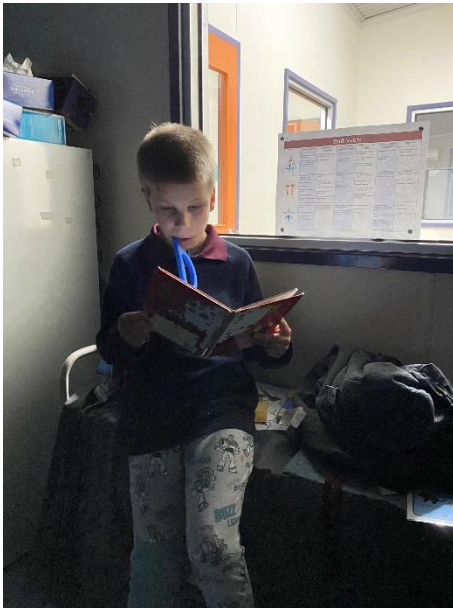
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STUDENT ENGAGEMENT SLEEPOVER – 8 TO 9 SEP 2022



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FUNDRAISER COMING UP !!!

RAISE SOME Dough

 **Bendigo Special Developmental School**

Domino's Kangaroo Flat will be donating \$1 from every pizza and 50cents from every garlic-bread sold on Friday September 16th to support the Bendigo Special Developmental School!

What: \$1 per pizza & 50c per garlic bread sold

Where: Domino's Kangaroo Flat

When: Friday September 16th

Time: 11am – 11pm

 **DOWNLOAD**
THE DOMINO'S ORDERING APP
📞 131 888 [dominos.com.au](https://www.dominos.com.au)

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BENDIGO TAFE

Transition and Work Education Interview Week

Bendigo TAFE is holding their Interview Week for those interested in enrolling in one or more of our courses.

Finished school and looking to further your education in 2023?

Continue your education in a safe, supportive environment by enrolling in one of our Work Education courses.

The Transition and Work Education courses at Bendigo TAFE are designed to support learners with permanent cognitive / intellectual disabilities to develop their skills to find the most appropriate option for them in the community **after** leaving school.

WHERE

Bendigo City Campus - J Building

WHEN

October 23rd to 28th, 2023

PREREQUISITES

Applicants must be of a School Leaving Age or older and have a permanent cognitive impairment/intellectual disability.

**Call or email now to secure your individual interview time,
or to simply get more information**

ph: 5434 1777

e: mmcdonald@bendigotafe.edu.au



2022 TWED Film Festival
Workshop



Certificate I in Transition Education (222567VIC)
Certificate I in Work Education (22566VIC)
Course in Initial Adult Literacy and Numeracy (22554VIC)
Certificate in Initial Adult Literacy and Numeracy (22555VIC)
Certificate II in Work Education (22481VIC)



PROUDLY TAFE, RTO No. 3077. Some or all of this training is delivered with Victorian and Commonwealth Government funding.

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WINDARRING HOLIDAY PROGRAM



windarring

Acknowledgement of the traditional owners and country

Windarring acknowledges the Australian Aboriginal and Torres Strait Islander peoples of this nation. We acknowledge the traditional custodians of the lands on which our company is located and where we conduct our business. We pay our respects to ancestors and Elders, past and present. Windarring is committed to honouring Australian Aboriginal and Torres Strait Islander peoples' unique cultural and spiritual relationships to the land, waters and seas and their rich contribution to society.

We look forward to seeing you!

Windarring Head Office
67 Baynton Street Kyneton
VIC 3444
(03) 5422 7001
admin@windarring.org.au
© 2020 Windarring

September 2022




Spring School Holidays at Windarring!

Welcome to the Windarring Winter School Holiday Program!

We have many exciting games and activities in store for you!

And if you have a birthday or anything else you want to celebrate, just let us know and we'll help make it a special day!

First name: _____

Last name: _____

Phone: _____

Turn the page and tick all the fun activities you'd like to do!



September School Holidays 2022

Windarring will be offering exciting trips, outings, and activities on alternating days of the September school holidays.

Whilst, we don't have planned activities every day, we are able to arrange support upon request.

We plan on utilising public transport wherever possible to develop the skills required to be able to use this independently with confidence in the future.

Due to this, start and finishing times of activities will vary between locations and we will provide information regarding this closer to the dates.

With any queries, questions or to book in for support please contact:

Ash: aspencer@windarring.org.au
or
Lisa: legrady@windarring.org.au

or call us on **03 5472 1599** between 8:30am and 4pm Monday to Friday

☐ **Tuesday 20th of September**
Swimming at the Gurri Wanyarra indoor swimming pool in Kangaroo Flat with a BBQ lunch afterwards.

Entry to the pool is \$4.80 for concession and children up to 16 years old plus \$5.00 to contribute to BBQ



☐ **Wednesday September 21st**
Trip to the cinemas at Sunbury.

Please bring along your companion card, myki card and money for a movie ticket. (\$15-20)

Lunch can be purchased or bring your own!



☐ **Thursday 22nd of September**
Footy Day in Bendigo
Clients to wear footy colours.

10.30am - 1.30pm - Costs \$10.00
BBQ lunch, activities, music, footy



☐ **Monday 26th of September**
Bowling at the Bendigo Bowling centre.
Please bring along your companion card, Myki card and money for bowling (\$12 for 1 game, \$20 for 2)

Lunch can be purchased or bring your own!



☐ **Wednesday 28th of September**
Tie-Dye and Cookie decorating at Castlemaine!

Bring along at least one white piece of cotton clothing to dye.

Costs \$10.00 and includes dye and cookie decorating supplies

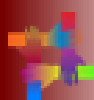
BYO lunch



☐ **Friday 30th of September**
Trip to the Melbourne Zoo
Tickets to the Zoo are free for those under 16 during the school holidays. Concession admission is \$31.50

Please bring your companion card and any money you may wish to spend
Please let us know by the 22nd of September if you wish to come.








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MARIST BRASS BAND PRESENTS....



Marist Brass Present

A Kids' Concert

In Memory of the Late Len Rainbow

Pull up a cushion and enjoy a selection of music from well-loved children's programs including Sesame St, Thomas the Tank Engine, Encanto... and much more!

Includes a special performance by the Marist Academy of Brass!



11AM

SATURDAY 17TH SEPT
BENDIGO LIBRARY
FREE ENTRY



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MUSIC THERAPY

ATTUNED MUSIC THERAPY

MUSIC THERAPY

81 STERNBERG ST KENNINGTON
BENDIGO

0413329083

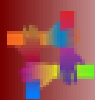
ATTUNEDMUSICTHERAPY@GMAIL.COM

NDIS FUNDED



www.attunedmusictherapy.com

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BENDIGO GEM CLUB – OPEN DAY



Sat 8 October - 10am-3pm

Free Entry - 10 Galvin St, Bendigo, Victoria

- ❖ Rocks
- ❖ Minerals
- ❖ Gemstones
- ❖ Rock Cutting
- ❖ Polishing
- ❖ Silversmithing
- ❖ Jewellery making



Look through the microscope at minerals. Bring your stones & minerals for identification (no valuations).



Gem sifting & Metal Detecting for the kids
Glowing rock display
BBQ
Raffle



Buy genuine gemstones & handcrafted jewellery from the Members' Stall

Love rocks- join the club! Chat with members, view the workshop facilities & become a member on the day or at https://bendigogemclub.tidyhq.com/public/membership_levels

All Enquiries: bendigogemclub@mail.tidyhq.com



BendigoGemClub

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ONE COMMUNITY – FREE NETWORKING EVENT



READY-SET-CONNECT



Hello, Bendigo!

**FREE NDIS
NETWORKING EVENT**



Tuesday 25/10/2022



10:00 AM to 12:30 PM



All Seasons Resort Hotel, 171/183
McIvor Hwy, Strathdale, VIC.

WHO?

Support coordinators, support workers, people with disability, teachers, parents and carers are all welcome.

WHY?

Get to know NDIS providers servicing your local area and boost your contacts in a fun and informative networking session.

HOW?

Register at oncommunity.net.au/Ready-Set-Connect

JOIN US

EVENT SPONSORS



Pathways to Care



CareChoice
for confidence

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FREE INCLUSIVE COMMUNITY SPORTS DAY



Free Inclusive Community Sports Day Accessible Sport, Recreation & Leisure Activities

Our Inclusive Community Sports Day is coming to **Ballarat in September!**

People with disabilities and their families are invited to come and experience a range of accessible and inclusive sport and recreation activities in a supported community environment.

Our team of skilled volunteers and therapists can help you to design, build, and modify customised assistive technology to enable you to participate in a variety of activities.

We will have everything you need to participate - just bring yourself!

- Archery
- Wheelchair rugby
- Giant Soccer
- Wheelchair badminton
- Dance and roll
- Pickleball
- Freedom Wheels customised bikes and trikes ...and more!

Come along with your friends, family and experience a range of inclusive activities in your community.

Free snack packs and beverages provided!

Cost: FREE
Date: Monday 19th September 2022
Time: 12:00pm-3:00pm
Location: Ken Kay Badminton Stadium

REGISTER TO CONFIRM YOUR SPOT:



For more information, get in touch with:

Tim Marchinton, Recreation Development Coordinator
0405 696 701
tim@solve.org.au



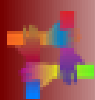


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