

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

Newsletter #9 - Friday 17 June 2022

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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 @bendigospecialdevelopmentalschool

TERM DATES 2022

Term 2, 2022 Tuesday 26th April – Friday 24th June Term 3, 2022 Monday 11th July – Friday 16th September

IMPORTANT DATES

Friday	17 June	Debutante Ball
Wednesday	22 June	SWPBS Whole School Reward – Cinema Excursion
Friday	24 June	• Last day of Term 2 – 2.00 PM finish
Monday	11 July	First day of Term 3

















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PRINCIPAL'S REPORT



DEBUTANTE BALL

Tonight, dressed in their finest, 18 young Debutantes will take centre stage at our "Dancing Under the Stars" Debutante Ball, being held at the All-Season's venue.

Whilst a Debutante Ball once signified a young woman being presented to society, the purpose of our Deb Ball is a far cry from this formal tradition. Instead, it is a celebration for our students, male and female alike, proudly announcing their transition to adulthood and being proud of who they are in the process.

We are so delighted that Dr Anne Southall, Course Coordinator of the Master of Education at La Trobe University will join with School Council President, Leah Thomas to be our official party for the evening. The staging of this event will mark the end of months of practice to several dances, and hours and hours of preparation by parents, staff, and students alike. No detail has been overlooked, from table decorations, chair covers and sashes, background displays, food preparation, and of course, the all-important dresses and suits!

It is remarkable to think that this is the first time we have been able to stage this event since 2018, ensuring that tonight's festivities will be a double celebration as we reflect on all of the challenges of the last few years. There is no doubt the Debutante Ball will be one of the key highlights of their schooling career for our students and their families.

I would like to thank everyone involved for their outstanding commitment to this experience for our students.

A special mention of thanks must be made to Belinda Malcolm, our Teacher of the Arts, who has done a remarkable job of being the key organiser of tonight's event. We look forward to sharing photographs and videos of the evening with you all.

SECRETARY'S FORUM WEBINAR

This afternoon, I was one of three Principals that were asked to present at a state-wide forum being hosted by the Department of Education and Training's Secretary, Jenny Atta, on the Disability Inclusion Reform.

You will recall that we are one of the first schools to transition to the new Disability Inclusion Profile process, which replaces the Program for Students with Disabilities, or the funding model that supports individual students.

This change is part of the wider Disability Inclusion Reforms, which is a whole state initiative aimed at transforming the way that students with disabilities are supported in Victorian government schools.

The request for our school to be invited to share the steps we have implemented as a part of this change process is wonderful recognition of the skills of our staff, the quality of the learning programs and the regard in which our school is held.

SEMESTER 1 REPORTS

Semester 1 reports will be sent home next Thursday 23rd June.



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

It is amazing to see the wonderful achievements of our students over the last 2 terms, despite the challenges that continue to face our school community, specifically with the impact of illness on student and staff attendance.

It is again an example of the resilience of our students as learners and the drive and commitment of our collective staff, to ensure that those barriers do not stop our students from achieving success in their learning goals.

If you would like to discuss your child's report with the teacher, please do not hesitate to contact them via SeeSaw or the office to arrange a Student Support Group (SSG) meeting time in Term 3.

WHOLE SCHOOL SWPBS REWARD - CINEMA TRIP - WEDNESDAY 22ND JUNE

We are all so excited about the upcoming trip to the cinemas next Wednesday 22 June, to see "Lightyear" as a whole school reward for our School Wide Positive Behaviour Support Acknowledgement system.

Staff have been preparing and planning to ensure the success and involvement of every student, and we look forward to sharing this adventure with parents and carers also.

It is not too late to let us know if you would like to join your child on the experience (\$10 cost for parents/carers), but we absolutely must know final numbers by Monday morning, so please make sure that you have returned your child's permission slip and let your teacher know if you would like to join the celebration.

HOLIDAY PERIOD

I cannot believe that we are at the end of term already. It seems to have flown past so quickly, probably aided by the fact that it was only a 9-week term.

We hope that you all have a wonderful break and change from school routines, stay warm, and avoid the coughs and colds of the winter chills. We will see you all back at school on Monday 11th July 2022. Take care!

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



22 June	Gabe	Room 2	24 June	Ester	Room 4
25 June	Kim B.	Room 8/9	25 June	Ta Be Than	Room 23
27 June	Rhylan	Room 4	27 June	Mollie	Room 21
28 June	Julie	Office	29 June	Rocco	Room 7
30 June	Levi	Room 18	01 July	Lucan	Room 19
01 July	Hayley	ESS	04 July	Ria	ESS
07 July	Keeley	Room 22	07 July	Kym	ESS
08 July	Heidi	Room 4	09 July	Noah	Room 3
09 July	Erin	Room 13	10 July	Isaac	Room 7
11 July	Melinda	Room 8/9	14 July	Matt	Room 2
14 July	Hamish	ОТ	15 July	Melissa Z.	Health & PE Senior
15 July	Madeline	Room 22	18 July	Tristan	Room 21
20 July	Oscar	Room 11	21 July	Sydney	Room 18
21 July	Jasmine	Room 21	22 July	Logan	Room 19

WELLBEING SUPPORT TEAM



Hello, all students, carers, families, and staff,

It has been a very busy (and cold) term 2, with lots of fantastic things happening around our school. Whilst it is fantastic 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 3.

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 refresh 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.

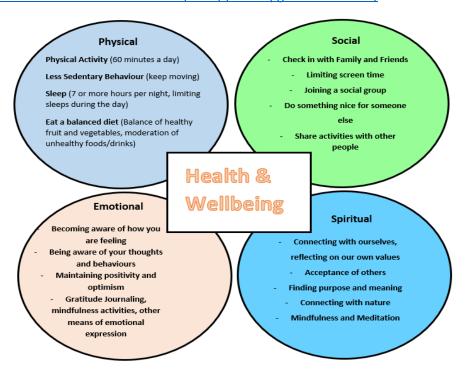
Below are some examples of focuses on each of these areas. If you would like to find out more about the dimensions or activities that encompass these dimensions, check out these websites ©

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

275 Self-Care Ideas & Activities to Deal with Life (2021) (developgoodhabits.com)



COMPANION CARD FOR PARENTS & CARERS



Just wanted to remind everyone of Companion Cards that are available for parents/carers of a person with a disability, which are registered through the Victorian State Government.

Companion Cards are a great resource that could be saving you some money if you have a young person that meets the eligibility criteria, when taking your young person to events and activities that require payment or a ticket. A little more information is provided below.

Companion Card promotes the rights of people with a disability, who require a companion, to fair ticketing at events and venues. Companion Card is a national program administered by the state you live in.

Companion Card

Companion Card promotes the rights of people with a disability, who require a companion, to fair ticketing at events and venues. Companion card is a National program administered by the state you live in.

Eligibility criteria

To receive a Victorian Companion Card, the person must:

- 1. be a permanent resident of Australia and residing in Victoria
- 2. demonstrate that they have a significant, permanent disability
- 3. demonstrate that, due to the impact of the disability, they would be unable to participate at most community activities without attendant care support
- 4. demonstrate that the need for this level of attendant care will be lifelong.

Attendant care support includes significant assistance with mobility, communication, self-care or learning, where the use of aids, equipment or alternative strategies does not enable the person to carry out these tasks. The Companion Card will not be issued for conditions with infrequent or unexpected events such as allergic reactions, falls or medical emergencies.

The Companion Card is not issued to every person who has a disability.

The card is issued to people who can demonstrate that they would not be able to participate at most venues and activities without attendant care, and that this need can be demonstrated to be lifelong.

People on NDIS Plan are not automatically eligible for a Companion Card. Each application will be assessed against the Companion Card eligibility criteria. Companion Cards cannot be issued if the applicant may become independent in the future as a result of treatment/management, training, recovery or developmental improvements.

Should you need any assistance or do you have any guestions, please contact us on 03 5447 3267



CANTEEN NEWS



Dear parents / carers,

There will be **NO CANTEEN** on **FRIDAY 24TH JUNE**, our last day of term 2.

We'll be back early in term 3.

The Canteen Team

SOURCE KIDS - DISABILITY EXPO IN MELBOURNE

Source Kids - Australia's leading disability expo for kids, youth + young adults, is coming back to Melbourne!

Our guide is out now – for this weekend's expo https://bit.ly/3NOd7RI

Registrations are FREE, so grab your ticket on the link below! https://bit.ly/SKDEMelb2022

Source Kids will host this event on 18-19 June 2022 at the Melbourne Convention Exhibition Centre (MCEC).

We'll be bringing over 150 disability product and service providers together under one roof for you to connect with and see all the latest and greatest options available.

And of course, in Source Kids style we'll have a huge range of performers, activity zones, chill zones and fun for everyone!





BOOK YOUR FREE FLU VACCINATIONS



BCHS Central

Each Tuesday in June: 10.15am - 12.15pm

BCHS Eaglehawk

Each Tuesday in June: 4.30pm - 7.30pm

Each Thursday in June: 2pm - 4.30pm

BCHS Kangaroo Flat

Thursday, June 16 and 23: 2pm - 4.30pm

Bookings are essential Phone 5406 1200 or use the OR codes below









Central

Eaglehawk

Kangaroo Flat



THINK PHSYICAL, ALL-ABILITIES DAY in BENDIGO

A GREAT OPPORTUNITY FOR THE STUDENTS TO GET ACTIVE DURING THE SCHOOL HOLIDAYS

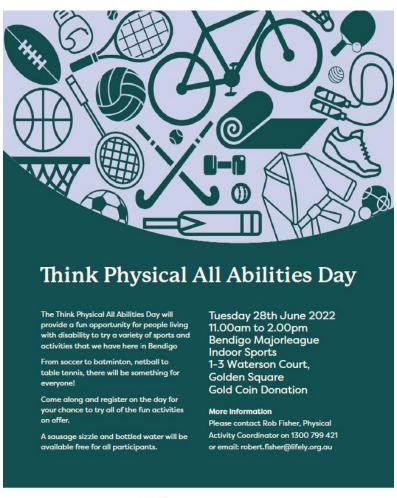
Lifely, SportzRulz & Reclink are combining to coordinate the first ever **Think Physical All Abilities Day** for the Disability Sector of Bendigo on **Tuesday 28th June 11am to 2pm** - during the first week of the upcoming school holidays.

This event is for all participants living with a disability to come and have some fun, meet some people, and find out what sports and activities there are in Bendigo to try.

All indoor courts at Bendigo Major-league Indoor Sports will be filled of a variety of activities from different some of the disability sport providers in Bendigo.

The Rotary Club of Bendigo is providing a sausage sizzle and we are providing a free bottle of water to all participants. We just ask for a gold coin donation to give to the Rotary club for their services.

This may be a great opportunity for some of your clients who are living with a disability to pop in and see what that different sporting clubs and organisations is out there can offer to assist people living with disabilities to get out of the house, engage with their community, get active again and meet new people. All participants and disability organisations are invited to come along on the day.









127 Mitchell Street, Bendigo 1300 799 421 www.lifely.org.au



RECIPE OF THE WEEK – ROOM 3 & 6 APPROVED!



Pita Pizzas Recipe

(15 Minute Pizza)

PREP TIME - 5 MINS
COOK TIME - 10 MINS
SERVINGS - 1
COURSE - MAIN COURSE
CUISINE - AMERICAN
Author Robyn Stone | Add a Pinch



This easy 15 Minute Pizza Recipe for Kids makes a quick meal or snack the whole family will enjoy! Kids and adults love making these personal pita pizzas!

Ingredients

- $^\square$ 1 piece pita bread
- 2 3 tablespoons <u>pizza sauce</u>
- 1/2 cup shredded Mozzarella cheese
- Favourite toppings

(15 Minutes Pizzas)

Pita Pizzas Recipe



https://addapinch.com/15-minute-pizza-recipe-for-kids/

Instructions

- 1. Preheat oven to 180°C.
- 2. Place pita bread on a baking sheet. Spread pizza sauce on top of pita bread and top with cheese and favourite toppings. Place in oven until cheese has completely melted and become a bit bubbly but not browned. Remove and slice or serve whole.











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REFUGEE WEEK 2022

Come and help us celebrate Refugee Week 2022!

To all those who've come from far and wide, We are happy that you're here.



12 pm Saturday, 18th June 2022

Long Gully Community Garden.

Energetic St, Long Gully

WELCOME TO COUNTRY & SMOKING CEREMONY

FREE AFGHAN BBQ FEAST:

AFGHAN BBQ KEBABS, SAUSAGES, SALADS & TRADITIONAL DESSERTS

HENNA PAINTING & TRADITIONAL GAMES

MUSIC & PERFORMANCES

FREE EVENT, ALL WELCOME!

Moving Feasts are held in outdoor spaces around Bendigo and are a chance to enjoy the multicultural food and traditions of local Bendigo residents who were born overseas.

To find out more about Refugee Week: https://www.refugeeweek.org.au/

For any questions about the Moving Feast, please contact Linto Thomas at Regional Victorians of Colour: linto@regionalcolour.org.au.







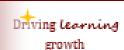












CARING FOR CARERS WORKSHOPS

Caring for Carers

Free workshop for multicultural families of kids under five with a disability or illness about looking after yourself, parenting tips and seeking support.

Supervised childcare, language and translation support, and meals provided.

Saturday 25 June 2022 12noon until 3pm The Old Church on the Hill 36 Russell Street, Bendigo









127 Mitchell Street, Bendigo 1300 799 421

www.lifely.org.au





PEOPLE OUTDOORS – COME & TRY DAY – 25TH JUNE



FAMILY DAY 'COME & TRY'

Saturday 25th June 2022

9am - 2pm

CAMPS FOR PEOPLE LIVING WITH DISABILITY

Adventure for All!

Log Cabin Camp 270 Ascot-Creswick Rd, Creswick VIC 3363

How:

Bookings essential. \$50 per family. Activities, equipment & lunch included.

> Contact Simon via simon@auscamps.asn.au or 0455 514 879 for details.



School Holiday Camps

All meals, activities, transport and accommodation included. Central pick up point.

We are a Registered NDIS Service Provider.

Kids, teens and adults welcome.

Campers supported by professional staff.

30 years experience!

Call today to find out more: Melbourne - 03 9863 6824 Ballarat - 0455 514 879





COME & TRY ALL ABILITIES GOLF

Come & Try All-Abilities Golf



Neangar Park Golf Club would like to invite people with a disability to come along and try golf!

- · Learn new skills and have fun.
- Sessions are provided by All-Abilities trained instructors.
- No experience or equipment needed.

Dates:



Wednesday 15 June 2022 Wednesday 22 June 2022 Wednesday 29 June 2022 (school holidays)



Time:

10.00am - 11.00am



Venue:

Neangar Park Golf Club Averys Rd. North Bendigo



Cost:

\$10 per session

Bookings are essential. Limited places available.

For more information and to register please contact Jasmine Noske from Sports Focus on 5442 3101 or email jasminen@sportsfocus.com.au





Is this activity right for me?				
Uneven ground covering with rocks and grassed areas	Parents/carers/ guardians are encouraged to join in			
Toilets are accessible	All-Abilities trained facilitators			





WINDARRING SCHOOL HOLIDAY PROGRAM 2022



For further information about their day-to-day program, please follow the link below: https://www.windarring.org.au/wp-content/uploads/2022/06/Windarring-School-Program-July-Web.pdf

Please note: A Companion Card is required for all outings.





LEAF LITTER ART WORKSHOP – 2ND JULY







