



Bendigo Special Developmental School

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

Newsletter # 16 – Friday 28 October 2022

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

TERM DATES 2022

Term 4, 2022 Monday 03rd October – Monday 19th December	Term 1, 2023 All students start on Monday 30 January 2023
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IMPORTANT DATES

Thursday	10 th November	<ul style="list-style-type: none"> Finance Meeting at 02.00 pm
Friday	11 th November	<ul style="list-style-type: none"> Remembrance Day
Friday	24 th November	<ul style="list-style-type: none"> Professional Practice Day NO SCHOOL for students
Thursday	8 th December	<ul style="list-style-type: none"> Graduation
Friday	9 th December	<ul style="list-style-type: none"> SSG Day (Student Achievement Conference)
Monday	19 th December	<ul style="list-style-type: none"> Last Day of School

Our Values



Driving learning growth

Valuing diversity with kindness and respect

Uniting to achieve excellence

Ensuring equity of opportunity



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PRINCIPAL'S REPORT



WORLD TEACHERS' DAY – HATS OFF TO TEACHERS!!!

World Teachers' Day is being celebrated today and commemorates the anniversary of the adoption of the 1966 ILO (International Labour Organisation) and UNESCO (United Nations Educational, Scientific and Cultural Organisation) recommendation concerning the status of teachers. UNESCO also states, *"It is a day to celebrate how teachers are transforming education but also to reflect on the support they need to fully deploy their talent and vocation, and to rethink the way ahead for the profession globally"*. The theme for 2022 is "Hats off to Teachers" which is a tribute to the many roles that a teacher plays each and every day in orchestrating the learning of an individual and a class. At Bendigo SDS, we are so grateful for the passion, skill, and dedication of our teachers, who are fully committed to making our vision and values a daily reality for each student, without exception. I applaud their creativity and resilience individually and recognise their collective skills as system leading educators. Thank you to all of our amazing teachers; ***"Hats off to you!!"***

PASS (PRINCIPALS ASSOCIATION OF SPECIAL SCHOOLS) AWARDS

Speaking of amazing teachers, we have again had some of our staff recognised at the highest level in Victorian Special Education by being shortlisted as finalists in the PASS Awards, that will take place on Friday 11th November 2022. We have three staff, well two staff members and one volunteer, who is here so often she is like a staff member! Congratulations to Tomas Napolitano, finalist in the Most Outstanding Secondary Teacher of the Year, Meaghan (Meg) Holmes, finalist in Most Outstanding Specialist Teacher of the Year and Aileen Clear, a weekly volunteer at our school for many

years now (except over COVID sadly) who is a finalist in the Most Outstanding Volunteer of the Year.

We have had a significant number of finalists and winners this year and over the years and I really want to emphasise that this is due to the incredible skill, performance, and practice of our staff. There are over 90 special schools in Victoria, and it is therefore a large field of peers that our staff are being measured against and being found to be consistently of an Outstanding level. This year's finalists are no different, and as a school community, we should be immensely proud of the continued recognition of our staff and our school and be humbled by the regard in which we are held by our special education colleagues across the state, who assess and make the decisions on the three finalists in each category. We look forward to sharing the outcome with you in the future, but of course, we know that Tomas, Meg, and Aileen are winners to us already!



SCHOOL REBUILD UPDATE

Planning for the first stage of our school rebuild and update is nearly completed, and once the overall masterplan for what our new school will eventually look like is completed, we will eagerly share this with you. This masterplan has been created from the input of parents and carers including the School Council, staff and students and external consultants that advise on the conditions of the existing buildings and who provide costings on what the various aspects of the project would be. It should be noted that the masterplan is an overview of what a complete rebuild of our school would be, and at this point in time, we do not have a funding commitment for a full rebuild. The \$8.8 million dollars is what has been allocated to start the rebuild and will fund what will be known as 'Stage 1'. Unfortunately, we are finding what \$8.8 million dollars would build in May is very different for what \$8.8 million dollars can build now, and also what it will build in 12 months' time when actual construction starts and the materials need to be sourced





and paid for. There are many factors that are contributing to this, all of which are beyond our control, including global financial markets (as this impacts on the value of money and the cost of materials) and events such as the recent floods, which will make it difficult to source materials and tradespeople. What we might have hoped for in our new build will have to be somewhat 'scaled back'. This doesn't mean, however, that we will give up our dream of a fully purpose-built school for our students. It just might mean we have to wait a little longer, to see the full facility come to fruition. I can assure you, that the School Council are closely involved in the process and will continue to advocate to DET and government for Bendigo SDS to have nothing but the best facilities into the future.

COVID UPDATE

Whilst we aren't sending home notifications of individual COVID cases anymore, please be aware that we do still have positive COVID case exposures within the school, and I would urge you all to remain vigilant and continue to test at the first sign of symptoms. Students who are displaying symptoms, or who do test positive, will continue to be sent home from school. If you need RAT tests, please contact the office as we have a ready supply from DET that we can support you with.

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



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BIRTHDAYS



28 October	Seth	Room 19	30 October	Archie	Room 11/12
30 October	Joseph	Room 15	31 October	Jett	Room 17/18
02 November	Alex	Room 15	05 November	Ta Hay	Room 6
07 November	Shui	Room 1	07 November	Brodie	Room 5
10 November	Harry	Room 11/12	10 November	Hollie	Room 3
11 November	Ivor	Room 23			



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.

ALL TICKETS \$5!



**SUNDAY
OCTOBER 23
10.30AM**



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WELLBEING SUPPORT TEAM

*Breathe in deeply to bring your mind
home to your body.*

-Thich Nhat Hanh

Hello to all parents, carers and families 😊

It has been a fast-paced term already so far with a lot of fantastic highlights with our students, but there have also been a couple of different challenges including floods which is impacting on a lot of the community and Coronavirus.

We are all prone to stress as it is our body's natural survival response to ready us for the challenges ahead, with our adrenal glands releasing the stress hormones of adrenaline and cortisol to get our bodies ready for the action! However, in these challenging times it is understandable that a lot of us are finding it difficult to switch off from this stress response and are building up some feelings of anxiety in the process.

Due to this I just wanted to share a simple resource that we can all participate in which is breathing. As simple as it sounds, breathing has a lot of impacts and benefits in reducing our body's stress response, as it sends signals to our Central Nervous System to calm. This in turn lowers our heart rate, blood pressure, increases oxygen and of course lowers the release of stress inducing hormones.

Breath work is a fantastic practice to engage in regularly for all the benefits it holds for our mental health, including reducing stress and anxiety symptoms and allowing for better emotional regulation. Below I have attached a short YouTube clip of Box Breathing and the technique behind this that we can all participate in and model to our young people. Practiced daily can have a huge impact to the way we feel and prepare us for any challenges that may lay ahead

😊 So give it a go!

<https://www.youtube.com/watch?v=tEmt1Znux58> – Box Breathing Relaxation Technique



Thanks, from the Wellbeing Team!

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





RRRR & SWPBS.... THIS WEEK

RRRR...THIS WEEK

FOCUS - PROBLEM SOLVING

Problem-solving skills are an important part of the coping repertoire. The classroom program this week provides a number of learning activities to develop students' problem-solving skills. The activities in the program assist students to develop their critical and creative thinking skills.

Learning activities within this topic this week will focus on...

Experiencing cooperation with others in group situations.

SWPBS...THIS WEEK

SHOWING RESPECT

Means

Work together to solve a problem



Means

Listen to other people's ideas without judgement





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SCOPE BENDIGO



**EXPERIENCE
THE NEW AND
IMPROVED
SCOPE
BENDIGO**

**ENQUIRE
TODAY!**

OUR FACILITIES:

DAY AND LIFESTYLE OPTIONS

SUPPORTED INDEPENDENT LIVING

THERAPY SERVICES



**Now offering
after school
care and Year
12 transition
programs!**

Contact Maggie or Kylie for
further details.

0448 849 786

0448 401 038

MGLEISNER@SCOPEAUST.ORG.AU

KROWE2@SCOPEAUST.ORG.AU

WWW.SCOPEAUST.COM.AU

FB: SCOPE BENDIGO DISABILITY SERVICES

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MUSIC THERAPY – NDIS FUNDED



Music Therapy

NDIS FUNDED

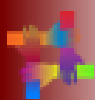
81 STERNBERG ST KENNINGTON BENDIGO

WWW.ATTUNEDMUSICTHERAPY.COM

041 3329 083



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FAMILY DAY "COME & TRY" – SATURDAY 29TH OCTOBER



FAMILY DAY 'COME & TRY'

Saturday 29th October 2022

9am - 2pm

CAMPS FOR PEOPLE LIVING WITH DISABILITY

Adventure for All

Where:

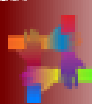
**Weekaway Camp
186 Kitchenhams Rd, Benloch VIC 3435**

How:

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

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

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PEOPLE OUTDOORS – ADVENTURE FOR ALL

PEOPLE OUTDOORS

CAMPS FOR PEOPLE LIVING WITH DISABILITY

Adventure for All!



- Overnight Camps
- Weekend Camps
- School Holiday Camps



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



We are a Registered NDIS Service Provider. NDIS plan not required to attend.



Kids, teens and adults welcome.



Campers supported by professional staff.

30 years experience!

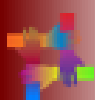
Call today to find out more:
Melbourne - 03 9863 6824
Ballarat - 0455 514 879



www.peopleoutdoors.org.au



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FAIR

**Saturday
29 October
8am-1pm**

Craft



Plants



Preserves

Baked Goods



Morning Tea



2nd Hand Clothes



Raffle



Free Concert



For further info contact Geoff on 0418 145 105

Fair held in large carpark, access off Church & Bank Street



St Mary's

Anglican Church

Kangaroo Flat

03 5447 7427

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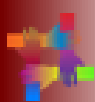
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