



Bendigo Special Developmental School

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

NEWSLETTER #10

FRIDAY 4TH
AUGUST 2023

PRINCIPAL:
KIRSHY MCAINCH
ASSISTANT PRINCIPAL:
DEHNE ANSTEE
SCHOOL COUNCIL PRESIDENT:
LEAH THOMAS



26-32 LOCKWOOD RD, KANGAROO FLAT, VIC, 3550



WWW.BENDIGOSDS.VIC.EDU.AU

BENDIGOSDS@EDUCATION.VIC.GOV.AU



@BENDIGOSPECIALDEVELOPMENTALSCHOOL



03 5447 3267

TERM DATES

TERM 3

Monday 10th July - Friday 15th Sep

TERM 4

Monday 2nd Oct - Wednesday 20th Dec

TUESDAY 8TH AUGUST

STAFF PD DAY

NO SCHOOL FOR STUDENTS

SAVE THE DATE

TUESDAY 8TH AUGUST

STAFF PD DAY - NO SCHOOL FOR STUDENTS

FRIDAY 25TH AUGUST

WEAR IT PURPLE DAY

SATURDAY 19TH TO SATURDAY 26TH AUGUST

BOOKWEEK - "READ, GROW, INSPIRE"

DRESS-UP PARADE ON THURSDAY 24TH AUGUST

FRIDAY 1ST SEPTEMBER

FOOTY COLOURS DAY & FATHER'S DAY BREAKFAST

THURSDAY 14TH SEPTEMBER

R U OK DAY?

FRIDAY 15TH SEPTEMBER

LAST DAY OF TERM 3

OUR SCHOOL VALUES:

DRIVING LEARNING
GROWTH

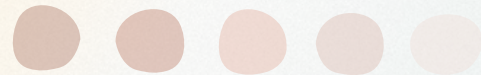
UNITING TO ACHIEVE
EXCELLENCE

ENSURING EQUITY OF
OPPORTUNITY

VALUING DIVERSITY WITH
KINDNESS AND RESPECT



PRINCIPAL'S REPORT



2023 PARENT/CAREGIVER/GUARDIAN OPINION SURVEY

**SURVEY WILL BE OPEN FROM MONDAY 7TH
AUGUST TO FRIDAY 8TH SEPTEMBER 2023**

Our school is conducting a survey to find out what parents / caregivers / guardians think of our school. The Parent / Caregiver / Guardian Opinion Survey is an annual survey offered by the Department of Education that is designed to assist schools in gaining an understanding of families' perceptions of a number of different areas about our school such as student engagement and how you communicate with your teacher.

The survey is optional but we encourage all families to participate. Our school will use the survey results to help inform and direct future school planning and improvement strategies.

All families are invited to participate in the survey.

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

The online survey can be accessed by clicking on the link below, or copy and paste the text into your browser.

This link will take you directly to the survey. <https://www.orima.com.au/parent> . You will then need to enter the PIN provided on the separate letter sent home.

If you need any assistance, please contact the office ON 03 5447 3267



NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER CHILDREN'S DAY

National Aboriginal and Torres Strait Islander Children's Day is our national day dedicated to celebrating children who identify as Aboriginal and Torres Strait Islander, to celebrate their own understanding of their culture and to their future health and wellbeing.

Children's Day is celebrated across the country each year on 4th August.

At Bendigo SDS, we have significant number of students and families who are Aboriginal and Torres Strait Islander, from many different language groups across Victoria and Australia for that matter.

Supporting these students to remain connected to their culture is an important priority for our school, as we work towards making our school a culturally safe place for all children, regardless their race or religion, sexuality or disability. It is a key reason for one of our school values: **"Valuing diversity with kindness and respect"**. For more information about this day, please see the following link:

<https://www.aboriginalchildrensday.com.au/>



PRINCIPAL'S REPORT



SOCCER DAY AT ECHUCA

Congratulations to some of our senior students who attended an inter school soccer tournament in Echuca yesterday.

Our team showed excellent sportsmanship against teams from Kalianna School, Swan Hill Specialist School and Echuca Twin Rivers Specialist School, and had a wonderful time in the process.

Enjoy the report and photos in this newsletter.

CHANGING ROOMS

Some of you may be aware that during the last week, we have moved some classes from their rooms to a new space.

There are a couple of factors that have influenced these decisions which include some ongoing ramp works that are yet to be completed on some of the portables, the growing number of enrolments and need to accommodate new student needs and the possibility of creating a new class.

Whilst these moves are disruptive to students, we do feel that many have taken it in their stride.

If you have concerns about how your child may be adjusting to these changes, please don't hesitate to contact me.

If nothing else, this will be good practice for when we are undertaking the new building process and we will need to be moving rooms all of the time!

PUPIL FREE DAY TUESDAY 8TH AUGUST

Just a quick reminder that we have a Pupil Free Day coming up next week on Tuesday 8th August.

This will be an opportunity for our staff to continue our learning about Trauma Informed Practice with the incredible Dr. Anne Southall of Latrobe University.

There will be **no school** for students on this day.

Kirshy McAinch
Principal



BUSES

BUS	DRIVER/CHAPERONE	TELEPHONE
HEATHCOTE	JASON & 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	BERNARD & MICHELLE	0466 367 656

SENTRAL PARENT PORTAL

Have you registered already?

The Parent Portal is our new **"one-stop-shop"** which will give you a variety of options.

You can send through any absence requests, book your SSG meeting, communicate with the teacher, receive newsletter etc.

New features to come



Please contact the office for assistance with your registration or to get a copy of your unique family access code.

OUR SCHOOL VALUES:

DRIVING LEARNING
GROWTH

UNITING TO ACHIEVE
EXCELLENCE

ENSURING EQUITY OF
OPPORTUNITY

VALUING DIVERSITY WITH
KINDNESS AND RESPECT



HAPPY Birthday

05 August	Imogen	Room 7	05 August	Hayden	Room 14
08 August	Joshua	Room 19	10 August	Kenward	Room 3
10 August	Mathew	Room 20	11 August	Angie	Leading Teacher
11 August	Emma	ESS	15 August	Sagan	Room 3
15 August	Bowen	Room 21	16 August	Jane	ESS
17 August	Ella	Room 21			





We invite all students, families and staff to wear **Purple** or **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 26th 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 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, not only are we inviting everyone to **wear Purple or Rainbow colours**, but we are working with our student leadership team to create a promotional video of what this day means to our schooling community. This will be accompanied by Respectful Relationships learning material across 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 Purple Hairspray Makeovers available for our students (Parent/carers permission forms will be sent home for hairspray).

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

Have a great weekend,

Drew Barrett (Mental Health Practitioner), Meg Holmes (Family Support) & The Wellbeing Promotion team.



IMPORTANCE OF CYBER SAFETY FOR OUR STUDENTS AND YOUNG PEOPLE



To all parents and carers,

In today's digital age, young people are deeply immersed in technology, opening doors to numerous opportunities for learning and socialising. However, this digital landscape also exposes our young people to risks like cyberbullying, online predators, and identity theft.

As parents and carers, it is essential to be aware of these dangers and take an active role in safeguarding our children online.

In Australia, concerning statistics highlight the vulnerabilities young people face online. Statistics from the E-Safety Commission reveal that one in five children aged 9 to 17 experienced Cyberbullying in 2021, and an even more alarming number are exposed to sexualised content in the same age group. Moreover, online grooming cases have seen a worrisome increase, with predators taking advantage of apps commonly used by our young people such as Snapchat and Tik Tok.

To protect our young people, parents must stay informed about the digital world and communicate openly. Setting clear boundaries on screen time and online behaviour is essential. Educating young people about the risks of cyberbullying, grooming and sexting is a team effort and empowers them to make informed decisions. Monitoring online activities and using parental controls where appropriate is an added layer of protection.

If you would like to find out more about Cybersafety and how you can support your young person to be safe online, visit the E-Safety Commission Australia website which is linked below.

<https://www.esafety.gov.au/parents>



TWIN RIVERS SOCCER TOURNAMENT



What an incredible day at the Twin Rivers Soccer Tournament in Echuca! We had a blast working as a team to 'be our best'. We kicked some amazing goals on the field! Not only that, we also had a fantastic time playing on the awesome outdoor exercise equipment after lunch... and the fun didn't stop there! We got to interact with the Head Space staff, playing games and learning about the fantastic support they offer.

A huge thank you to Echuca Twin Rivers School for organizing this fantastic event!

It was obvious to see we were on an excursion with our Senior School students, the leaders of our school. Everyone was certainly demonstrating our SWPBS expectation of 'Being their Best'! Everyone was giving it their all on the field!!



Therapy Team Tips!

Let's get moving with actions songs

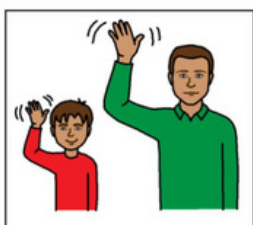
Action songs increase engagement and imitation skills

- Children love music, it naturally gets their attention
- Music can help regulate mood, reduce or increase activity
- Children's songs use catchy tunes and lyrics making it fun to sing and dance along to.
- Children, with lots of repetition will learn to follow gestures and movements
- Copying gestures and movement is easier than words so it is a nice way to teach imitation skills to support later language development.
- Go SLOW, build anticipation, exaggerate movements and facial expressions, WAIT, give your child time to take a turn.



Repetition is the key to learning

- Kids love music, they often listen to songs over and over
- Repeating songs and actions helps create anticipate and cues them into taking a turn.
- After lots of practise children will begin to dance along and imitate the actions.
- At school we use songs to compliment teaching new concepts and language.
- Songs are a very valuable learning tool.



Older students really enjoy the tunes of Just Dance



[Just Dance - YouTube](#)

Younger students really enjoy actions songs from the Super Simple Songs



[super simple action songs - YouTube](#)

10 OF OUR FAVOURITE ACTION SONGS

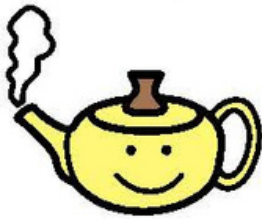
Wheels on the Bus.

Wheels on the Bus



- Fun movements to imitate.
- Fun sounds to copy (i.e. swish-swish of the wipers)
- Actions paired with concepts e.g. ROUND 'wheels go **round**' and arms make circular movements to match.
- Repeated phrases and actions

I'm a Little Teapot



I'm a Little Teapot.

- Imitation of movements combined with concepts "tip me over" "pour me out" Learning new concepts "over" "pour"
- Rhyming is a skill that helps with phonemic awareness and future reading skills.



Row Row Row your boat.

- Following directions / instructions
- A nice game with two people who can row together.
- Rowing slowly in a rhythmic pattern can help you slow down
- It's a really nice song where you can both take turns to initiate the rowing .



Lets go to the Zoo.

- Lot of sound imitation pairing words with actions e.g. stomping like elephants
- Movements are simple e.g. 'jumping, hopping, skipping'
- Matching animals to their sounds and their movements.
- Teaching animals in the category "zoo"

head shoulders knees and toes



Head, Shoulders, Knees and Toes.

- Learning body parts supports receptive language skill
- Helps with coordination and learning sequences of actions
- Great for encouraging imitation and building anticipation by changing the rate of singing and pausing....



Open Shut Them (and other opposites)

- Teaches opposite concepts e.g. fast / slow; BIG/ small
- Matches concepts with actions e.g. OPEN then SHUT (opening and closing your hands)
- Following directions with repeated instructions and gestures.



Walking in the jungle.

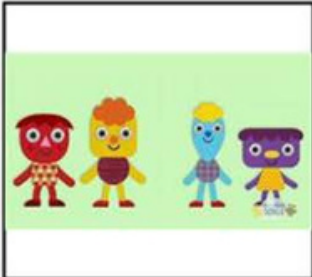
- Teaching 'stop' and 'listen'
- Identifying animals by sounds e.g 'croak' what is that? "A frog"
- Matching actions to animal movements
- Sing the song when you are moving around e.g., taking a walk outside.

If You're Happy



If you're happy and you know it clap your hands

- Learn about feelings and match feelings to actions
- Models simple actions like clapping and stomping for those starting out.
- Chance to imitate big and small body movements



Walking Walking.

- Learn about variation in speed e.g. fast and slow
- Learning to transition from one movement to another e.g. walking to hopping
- Following directions e.g. 'stop' 'go' 'tip-toe' 'jump'
- Model different movements using big expressions will increase engagement.



Hokey pokey.

- A fun and social song where dance in a group
- Teaches sequencing, actions are repeated in a sequence.
- Includes concepts like 'right and left' 'in and out'
- Repetition helps memory.

RUOK? DAY™

Thursday 14 September 2023

2023 Book Week 21st -27th August

Get ready... Get set... Go...

Thursday the 24th of August at 9:30 am

will be the Book Week Parade

Everyone can dress up in a costume from their favourite book.

The theme of Book Week this year is



We will be exploring the short-listed picture book of the year throughout the week:

“Frank's Red Hat” Author: Sean E Avery

This book will be the Shared Reading focus during assembly on Friday the 25th. All visitors welcome.

This is a story about never giving up on your talents.

Frank is a penguin with many ideas. That's why his fellow penguins are nervous when he shows them his strange new creation. Something they'd never seen or expected to see in their cold and colourless Antarctic world — a red hat.

Keep an eye on Seesaw and Facebook during for updates!

CANTEEN IS BACK ON OUR MENU

CANTEEN INFO

We will have our Canteen running every Friday. Order forms will be sent home at the start of the week. All orders will need to be returned by Wednesday 11 am



FOOD

- Pasta Bolognese \$ 6.00
- 3 x Dim Sims \$ 4.00
with Soy Sauce
- Chicken Wrap \$ 7.00
with mayo and/or chili sauce
- Mini Pizza \$ 5.00
Ham, Pineapple and Cheese
Cheese



DRINKS

Milkshakes \$3.00

- *Chocolate*
- *Strawberry*
- *Caramel*



My Pathway

About ME, with ME, for ME



Hearth invites families to participate in a pilot program.

My Pathway links the person's individual School and NDIS goals and supports the development of meaningful goals and valued roles for the person's future.

The key focus is on individual possibilities and outcomes.

Why My Pathway: About ME, with ME, for ME

It is important to think and plan beyond the present day, encouraging possibilities, building goals that may initially seem distant, but when planned for one step at a time, can be realised.

Every person deserves the opportunity to live a purposeful, meaningful life. People often wonder when the right time to start planning will be. The answer is that it's never too early, however at least 1 - 2 years prior to leaving school provides enough time for young people with a disability, their families, teachers, and support workers to address any barriers.

Hearth's planning process includes 4 steps:

1. Learning about the person.
2. Building the person's goals.
3. Goals into actions.
4. Outcomes – measure and improve personal quality of life.

For more information please contact

Frances Robertson: 0424 380 505

Email: frances.robertson@hearthaustralia.com.au





THE SWEETEST WAY TO FUNDRAISE!

Billy G's Gourmet Cookie Dough

Thank you so much for supporting our school, especially through fundraising. This term, we are once again running a **Billy G's Gourmet Cookie Dough** fundraiser!

Billy G's Gourmet Cookie Dough is an exciting fundraiser, made by an Australian, family-owned and operated business. There are nine (9) dough-licious flavours to choose from, including the most popular **Choc Chunk** and **Caramel White Choc**.

You can also create your own cookie magic with the Golden Classic flavour – the base of the Billy G's secret family recipe. Add Hundreds & Thousands, macadamia and white chocolate pieces, anything you like: the sky is the limit on what you can create! There is even something for your special furry friends, with a cheese flavoured Doggie Dough! Billy G's Gourmet Cookie Dough is exclusive to fundraising – so stock up!

Get started! Cookie dough orders must be placed online using the online platform. Create your child's profile by visiting australianfundraising.com.au, and follow the instructions in the order form. Orders are open from 24/7/23 until 18/8/23, so make sure you get rolling and create your online fundraising page today!

How do prizes work? Every student who sells a tub will receive an incentive prize for their efforts! But why not aim higher? The more tubs you sell the more prizes you will receive! There are 12 prizes up for grabs, so why not set your own fundraising goal and aim for them all? Prizes are automatically ordered at the end of our fundraiser based on the number of tubs you have sold.

Family and friends are your greatest supporters, so make sure you ask them for support. You will reach your fundraising goal in no time!

You can Win Big! Our highest tub seller will go into a draw to win a \$10,000 JB Hi-Fi Shopping Spree OR a PlayStation 5 Gaming Bundle. Plus, every student that achieves all online virtual badges will win a Billy G's Cookie scented Plush Toy.

Don't forget to refer to your Order Form for all the information. Happy fundraising!

The BSDS Fundraising Team



TRY BEFORE
YOU RIDE

NEW DATE!



AUGUST

24



TRY BEFORE YOU RIDE

Come along and try out trains, buses and taxi's in a safe and comfortable environment, learn how to ride your local service, explore ticketing and understand what occurs during a disruption on the V/Line network.

Time: 10.30am to 2pm

Where: Bendigo Station, Platform 2

Find out more at
ptv.vic.gov.au/trybeforeyouride



Authorised by the Department of Transport and Planning, 1 Spring Street, Melbourne

