



Bendigo Special Developmental School

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

Newsletter # 12 – Friday 6th August 2021

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Principal: Kirshy McAinch
Assistant Principal: Kirsty Phillips
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TERM DATES 2021

Term 3 2021 12th July - 17th September	Term 4 2021 4th October - 17th December
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IMPORTANT DATES

Thursday	12 th August	<ul style="list-style-type: none"> Parent to Parent meeting 9.00 – 10.30 am Kangaroo Flat Library – <i>Subject to COVID restrictions</i>
Saturday	14 th to 22 nd August	<ul style="list-style-type: none"> National Science Week 2021
Saturday	21 st to 27 th August	<ul style="list-style-type: none"> Book Week Celebrations and Parade on 26 August.
Friday	3 rd September	<ul style="list-style-type: none"> Footy Colours Day Father's Day Breakfast
Friday	10 th September	<ul style="list-style-type: none"> Debutante Ball <p><i>Tickets can be purchased from Reception</i></p>

Our Values



★ Driving *learning* growth

★ Uniting to achieve *excellence*

★ Valuing *diversity* with kindness and respect

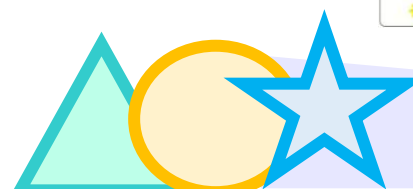
★ Ensuring *equity* of opportunity



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.



RESPECTFUL RELATIONSHIPS LEAD SCHOOL



SWPBS
Act Safely
Show Respect
Be your Best



PRINCIPAL'S REPORT



COVID UPDATE

There is very much a feeling of 'déjà vu'; here we go again, as we juggle the return of lockdown. Whilst remote and flexible learning is not ideal, we are at least grateful for the connection that See Saw gives us with our families at home. The return of lockdown also means the return of the pool being closed, no canteen, no incursions, no visitors or parents onsite and a change to the way that classrooms may operate. This is as significantly fewer numbers of students are onsite, as is the intended purpose of the lockdown, meaning that we often combine classes, and therefore students do not always undertake their regular program. As the week progresses, I will keep you updated with any changes that occur, as we all have our fingers crossed that we will be back to our regular face to face schooling on Friday 13th August.

PARENT OPINION SURVEY

Earlier this week, you would have been sent a text message with a link to our annual Parent Opinion Survey. This survey is your opportunity to provide anonymous feedback to the wider Department of Education and Training and our school about the experience of your child, and you with our school. The information we receive from the survey is taking into account when we are planning the priorities for our school each year and is an important measurement of how we are going in connecting with our wider school community. It should not take you more than 15 minutes to complete, and we are very grateful for any and all feedback that we receive.

SCHOOL REVIEW REPORT and SCHOOL STRATEGIC PLAN

After a significant process, now spanning nearly 18 months, the final School Review Report and the resulting School Strategic Plan for 2021-2024 have been approved and released from DET, and can be found on our school website. The School Review process highlighted our considerable achievements over the last four years and we are grateful for the input and feedback from many of our families, through the parent opinion survey, and through face to face forums. We are very excited to begin the next steps outlined in the new SSP, with a huge focus on enhancing student voice, agency and leadership, building our collective knowledge and focus on Mathematics and enhancing the process of transitions for students, moving into and out of our school, as well as moving between classrooms from year to year.

MANDATORY REPORTING OBLIGATIONS

Whilst this is a very sensitive subject, I wanted to identify that all staff have recently undertaken updated Mandatory Reporting online training. Teachers are mandated under law to inform the Department of Fairness, Families and Housing (DFFH, formally, DHHS) if they form a reasonable belief that a child may be subject to physical, sexual or emotional abuse, neglect, or may be exposed to family violence. If and when a teacher does make a mandatory report, this is a confidential process, and as a school, we are not able to inform parents and carers if a notification has been made. As a school, our biggest priority is to the health, wellbeing and safety of all of our students, as well as that of the wider family. We are always willing to provide whatever support we can to help every family. Please do not hesitate to reach out to us, through your teacher, the office, Meg and Drew, Kirsty or myself, to talk through how we may be able to help you and your family.





UPDATE ON NEIL STREET ROAD WORKS

There have been concerns raised by families regarding the changes to the traffic conditions on Neil Street. School council have discussed this and are currently following this up with the City of Greater Bendigo Council.

The concerns raised by the school community have been communicated with the council. These concerns include the loss of parking spaces, access for the school buses and narrowing of the road due to the pedestrian refuge that has been installed at each end of Neil Street.

KANGAROO FLAT LIBRARY PARKING

The Kangaroo Flat Library team has kindly alerted us to a change in the time limits for the 6 parks in front of the Library on Lockwood Road and the parks in the Library carpark its self. All of these parks have been reduced to a 2 hour limit. If visiting the school or the local community and parking in that area please, take note of the changes and the time.

Kirshy McAinch, Principal

Happy Birthday!

BIRTHDAYS

Happy Birthday!

6 th August	Teaghan	Room 19	6 th August	Paige	Room 20
7 th August	Alex	Room 6	8 th August	Josh	Room 6
09 th August	Kirsty	Ass. Principal	11 th August	Angie	Leading Teacher
13 th August	Noah	Room 7	16 th August	Jane	Room 1/2
16 th August	Bailey	Room 15	17 th August	Ella	Room 14
19 th August	Kim G	Room 15/16	19 th August	Ursula	Room 13

BUSES

BUS	DRIVER / CHAPERONE	TELEPHONE
Heathcote	Gary & Jodie	0435 900 890
Huntly	Graeme and Nicole	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	0427 380 040
Spring Gully	Chris & Heather	0428 159 660
Wedderburn	Shaun & Kathy	0437 108 408

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✦ Ensuring *equity* of opportunity



WELFARE AND FAMILY SUPPORT TEAM



Hi all,

Well done on getting through the first 4 weeks of term, even with all of the ups and downs that have been thrown at us. The resilience and adaptability that has been shown through this year by parents, students and staff has been amazing. As we face yet another 7 day lockdown, we thought it would be a good idea to share some more really good tips on how to get through this period for our physical and mental health.

1. **Easier said than done, but try to limit your Screen Time.**
Screen time can be anything from gaming, to social media, to TV shows and movies. While it can be easy to get lost in our screens, studies for better experiences of mental health show that limiting our screen time and engaging in more purposeful activities, has a positive effect on our overall wellbeing. It is recommended by health experts that we try limit our screen time to **2 hours** per day.
2. **Physical Activity**
Whilst we are recommended to stay at home, we still have the opportunity to remain physically active which is essential for our headspace, sleep and general functioning. This can be a great one to do as a family, whether it be jumps on the trampolines, walks around the block or even yoga in the living room. It is recommended that we engage in **1 hour** of physical activity per day or longer to reap the benefits for our biopsychosocial health. Physical health is one of the main contributors to our experience of mental health, so try to get out and get moving 😊
3. **Mindfulness Practice**
Mindfulness is the practice of becoming acutely aware of self. Focussing on being aware of what you're sensing and feeling. Mindfulness is a fantastic way of calming the mind and the body, for when things are starting to become a bit much, and is a great daily practice. The benefits of mindfulness practice include relieving stress and anxiety, improving our mood and sleep, as well as improving our ability to concentrate. There are many ways to practice mindfulness which is awesome for inclusiveness! Here is a website link for the many ways in which mindfulness can be practiced 😊
<https://www.thepathway2success.com/10-mindfulness-activities-you-can-try-today/>

TRANSITIONING STUDENTS AND FAMILIES

Last week we met on Zoom, to discuss the complexities of getting our NDIS plans ready to fully fund our 2022 programs. Thanks for all those who attended and the hearty discussions.

Remember, Grant the team leader from NIDS, was happy for you to contact him further, or I am keen to follow up with you around some of those conversations. As our students are all so unique, we didn't cover anything, so if you didn't get the information you needed for your young person, please call Meg.

Please put this date in your diary:

12.30pm – 2.30pm on Wednesday 25 August.

School expo for transitioning students

Location: the Harness club in Junortoun





This is a most important date, if your young person is leaving this year, as it is an easy way to gain so much information..... (This can be challenging for workers, but see what you can juggle).

Flyers and more information will be sent out next week. This is a free event where you can come and chat to the many agencies offering work, education, social recreation activities, day programs etc..... The event is open to any families with young people 16 years and above. If you want to start preparing early, please feel free to attend or call Meg with any questions.

We hope you all have a great weekend, and we look forward to having the parent to parent group back on track as soon as possible.

Thanks,
Drew & Meg

SCHOOL WIDE POSSITIVE BEHAVIOUR SUPPORT

This week our teachers have started a new teaching focus which will run for a 3 week period:

Be your best by celebrating yours and others success.

This focus encourages our students to support each other and to recognise their own strengths and achievements.

Success looks different for everyone. It may range from getting a role in the school production to making a goal on the basketball court to doing their first wee/poo on the toilet.

It is important that we celebrate successes within the school, home, and community as this can set up a positive climate for each environment.



Be Your Best



Hamish Morcom

SWPBS coordinator and occupational therapist





PRINCIPAL'S DAY 2021



TODAY WE CELEBRATED PRINCIPAL'S DAY!

Principal's Day is an initiative founded and supported by the Victorian Principals Association (VPA).

For 20 years the VPA has sought to recognise the valuable work performed by the Principal class in Victorian Government Schools.

Here at Bendigo SDS, classrooms acknowledged both Kirshy and Kirsty, our Principal and Assistant Principal, for their tireless work and commitment to the whole school community.

It was lovely to see the different ways that classrooms demonstrated their appreciation of Kirshy and Kirsty, including making cards, gifts, posters, as well as making special visits to their office throughout the day.





BOOK WEEK CELEBRATION AT SCHOOL



We are celebrating Book Week 2021

On Thursday the 26th of August

The theme of book week this year lends itself to all types of worlds, imaginary or real. You can talk about stories at home that explore the idea of things that happened in the olden day's compared to now, or imaginary worlds.

Throughout the day at school, we will be enjoying lots of books, songs, dancing, art and cooking activities all about exploring imaginary worlds.

In STEAM throughout book week, students will be making imaginary creatures that belong to a new world.

Keep an eye on Facebook and Seesaw for events that will happen on this day.

Parade- There will be a costume dress up parade in the morning. No need to spend lots of money. It's time to get creative, or use what you already have at home.



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✦ Ensuring *equity* of opportunity



CIRCUS QUIRKUS ONLINE STORY

To help keep our Bendigo SDS students and families entertained during COVID restrictions, the Immune Deficiencies Foundation Australia is thrilled to offer free unlimited and on-demand access to its annual 2021 Circus Quirkus Online Show.



Immune Deficiencies Foundation Australia is proud to host International Entertainment's

2021 'CIRCUS QUIRKUS' ONLINE SHOW

ENTER THE WONDROUS WORLD OF CIRCUS QUIRKUS WITH UNBELIEVABLE ACROBATIC SKILLS, MAGIC, JUGGLING AND VAUDEVILLE
CIRCUS ACTS WITH LAUGH OUT LOUD COMEDY THAT WILL HAVE AUDIENCES OF ALL AGES CHEERING ALONG!

WATCH DIRECTLY FROM OUR STAGE TO YOUR SCREEN WITH FREE UNLIMITED AND ON-DEMAND VIEWING – AVAILABLE UNTIL SUNDAY 29TH AUGUST 2021

CLICK ON THE WEBSITE OR SCAN THE QR CODE BELOW, AND ENTER THE PASSWORD TO ACCESS THE VIDEO...

vimeo.com/showcase/cqidfa21



Password: **cqidfa21**

Please show your appreciation to the businesses that sponsored this event by sending a thank you email to thankyou@lepty.com





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NATIONAL SCIENCE WEEK – 14 TO 22 AUGUST 2021



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Stay safe,
everyone!



Enjoy your weekend

