



Bendigo Special Developmental School

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

Newsletter # 15 – Thursday 16th September 2021

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Principal: Kirshy McAinch
Assistant Principal: Kirsty Phillips
School Council President: Leah Thomas
f @bendigoespecialdevelopmentalschool

TERM DATES 2021

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

Friday	17th September	<ul style="list-style-type: none"> • Last day of Term 3 2.00 pm – Pick up students from school
Friday	15th October	<ul style="list-style-type: none"> • Debutante Ball Depending on COVID restrictions

Our Values



✦ Driving *learning* growth

✦ Uniting to achieve *excellence*

✦ Valuing *diversity* with kindness and respect

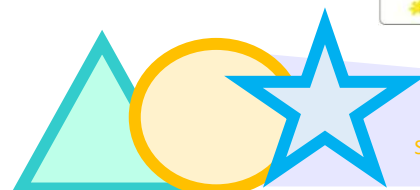
✦ Ensuring *equity* of opportunity



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



VALE TARNIE LYNE

Today we farewelled one of our delightful Prep students, Tarnie Lyne. We have been touched by the wonderful support of our wider school community, as have Tarnie's family, and appreciate the care and concern you have all expressed for the family, our staff and of course, Tarnie's wonderful classmates. PLC 1 staff, who worked closely with Tarnie and her family, along with the therapist and Specialist teams, shared these thoughts earlier today.

"Dear Tarnie's family, Joe, Tamara, Cohen and Torrie,

We wish to extend our heartfelt condolences to you and your family at the hour of grief. We send our love and support to you to find the strength, perseverance and courage that will see you through this challenging time. Tarnie was a much loved, highly spirited girl who brought joy and warmth to all those who were fortunate enough to share her life. Her sunny attitude and zest for life meant that she refused to allow her condition to hold her back. She was a fighter to the end and we loved every minute of the short time she had with us. Knowing she was blessed with the love you gave her and the memories of the time you had together, we hope you can find comfort and peace to face the days ahead and loving memories to hold in your heart. Our deepest sympathies are with you and your family."





COVID UPDATE

As we head into the school holidays, we all wait for announcements from the government to understand what restrictions will be in place for the start of Term 4. I will be in touch with the school community in the last week of the school holidays to share any information that I receive on this matter. In the interim, the government has announced that all people over the age of 12 are now eligible to be vaccinated. I have had some wonderful feedback from parents who have taken their children to the local Bendigo Health clinic in Mollison Street. Nursing staff at the clinic, once aware of the presentation of a young person, have been able to quickly transition our students to a quieter space, to complete the vaccination quickly and without distress. This process can be further supported by ringing ahead to the centre and letting them know of your arrival time and the diagnosis of your child. For further information on the vaccines and for booking a vaccine, please go to the this website

<https://www.bendigohealth.org.au/COVID19vaccine/>

FOOTY COLOURS DAY

We had a wonderful day celebrating Footy Colours Day in support of Cancer Research today both at school and via remote learning. It is always a wonderful opportunity to come together, and this year, in a COVID safe way, to cheer on everyone who proudly wears their team colours. As is the case with all aspects of our school, it is a day of diversity with many teams and codes being represented. It is not just about celebrating the game itself, but everything that goes along with sport; teamwork, fairness, trying your best, practising skills, sportsmanship and being both a gracious winner and gracious loser. It allows us just one more way to illustrate our School Wide Positive Behaviour Support Mantra of Showing Respect, by 'accepting each

other's differences', while having fun and sharing in the excitement that many families feel as the final series comes to its full conclusion.

END OF TERM

Yesterday afternoon, Wednesday 15th September, our teachers came together to present their Professional Learning Community (PLC) teams inquiry focus question process, learnings and reflections. As a reminder, PLCs are an approach to school improvement where groups of teachers and others work collaboratively to improve student outcomes. Sitting under the blossoming Manchurian Pear trees, sharing the progress teachers had made in understanding and implementing 'Student Voice, Agency and Leadership', was a highlight in what has been a term of ups and downs. Our Assistant Principal, Kirsty Phillips, made the perfect observation at the conclusion of the presentations, to say that, we shouldn't let the difficulties of the term be what we define it by. She went on to say that the success and progress of the staff through this inquiry process was just one example of the many great aspects of this term. I would encourage us all to think about the last 10 weeks and recognise that despite its challenges, there will have been moments of joy, of celebration, of laughter, of connectedness, of break through learning and of success. It is my hope that as we go into the holiday period, with Spring in full bloom, that we can all turn our minds to the special moments of the term and that they can override the frustration we may feel with the challenges of this continuing pandemic. On that note, have a wonderful break, and we have everything crossed that we see all of our students return to onsite learning next term.

Kirshy McAinch
Principal



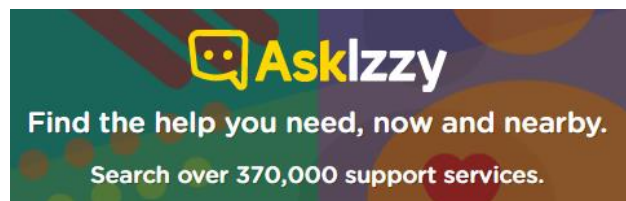


CONNECTING PEOPLE

Ask Izzy is a website that connects people in need with housing, a meal, money help, family violence support, counselling and much more. It is free and anonymous, with over 370,000 services listed across Australia.



<https://askizzy.org.au/>



Happy Birthday!

BIRTHDAYS

Happy Birthday!

20 September	Tomas	Student Engagement	20 September	Noah	Room 8/9
23 September	Margaret	Business Manager	23 September	Mick	Room 23
23 September	Nick	Room 18	25 September	Sandra S	Room 18

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 & 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 & Cathy	0466 367 656





WELFARE AND FAMILY SUPPORT TEAM

Hello all Students, Carers, Families and Staff,

Well done on getting through what has been a term full of obstacles and changes.

Our resilience, perseverance and achievements through these challenges across the term have been nothing short of outstanding. With the holiday break approaching, now is a fantastic time to shift our focus to wellbeing, taking care of ourselves so that we can be ready 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 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.

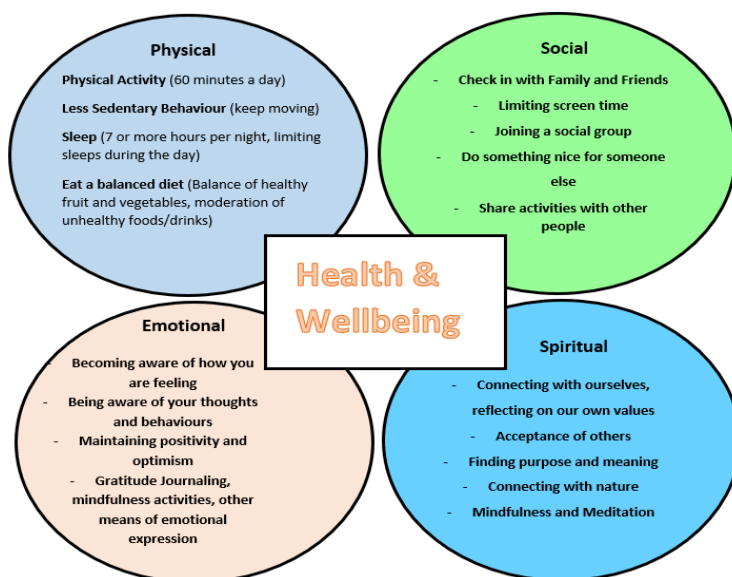
Below are some examples of focuses in each of these areas. If you would like to find out more about the dimensions or activities that encompass these dimensions, check out these websites 😊

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)

[275 Self-Care Ideas & Activities to Deal With Life \(2021\) \(developgoodhabits.com\)](https://www.developgoodhabits.com)



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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-mgpdf.pdf>
 3 headspace – how to talk to your children about mental health <https://headspace.org.au/dads/>





Young people supporting each other

Young people are **most likely to turn to each other for support** before seeking out an adult or service provider.

Young people can support each other by:

- contacting 000 if a friend needs urgent assistance or is at risk of harming themselves or others
- reaching out to a friend, offering support and letting them know you care
- letting their friend know they may need to tell a trusted adult about their concerns.

Having these types of conversations can be difficult for young people. Information for young people on how to support a friend is available on the headspace website: [How to help a friend going through a tough time](#)

Mental health support

- **Your local GP**
- **headspace Counselling:** Victorian Government secondary school students, including those who have just finished schooling, can access counselling services from headspace. During the holidays, students can self-refer by calling their [local headspace centre](#).
- **eheadspace:** 1800 650 890 www.headspace.org.au/eheadspace
- **Kids Helpline:** 1800 551 800 www.kidshelpline.com.au
- **Lifeline:** 13 1114 www.lifeline.org.au
- **Beyond Blue:** 1300 224 636 www.beyondblue.org.au
- **Head to Help:** 1800 595 212 www.headtohelp.org.au
- **Suicide Call Back Service:** 1300 659 467 www.suicidecallbackservice.org.au
- [Family violence information and support services](#)
- **Contacting 000** for urgent assistance

Family violence support and resources

- **Safe Steps:** 1800 015 188 www.safesteps.org.au
- **1800RESPECT:** 1800 737 732 www.1800respect.org.au
- **What's okay at home:** www.woah.org.au
- [Family violence support](#)

Self-harm and suicide prevention resources

- [Getting a mental health care plan](#) (ReachOut)
- [What you need to know about self-harm](#) (headspace)
- [How to help when someone is suicidal](#) (SANE Australia)

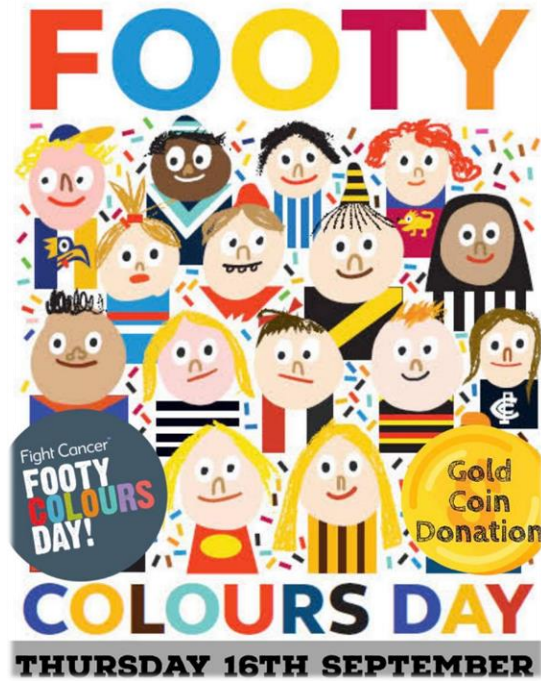
Mental health resources

- **Mental Health Toolkit:** contains resources for students, parents and carers to support the mental health and wellbeing of children and young people in their care including:
 - o [Raising Learners Podcast Series:](#) providing expert advice/information to parents/carers on topics including how to keep your child safe online
 - o [Understanding mental health – fact sheet](#) (Orygen)
 - o [Learn how to handle tough times](#) (headspace)
 - o [Get into life \(to keep your headspace healthy\)](#) (headspace)
- [Supporting your young person during the holidays](#) (headspace)





FOOTY COLOURS DAY





BENDIGO CINEMAS

Hi Everyone,

This Sunday, 19 September, we have **Space Jam: A New Legacy** screening at 10.00am as our Sensory Friendly Session.

<https://www.bendigocinemas.com.au/Page/5-sensory-Friendly-Films>

Please note we are capped at 20 per session so there are very limited seats available.

Masks are required except when eating or drinking and seated in the cinema (except where a medical exemption applies), we are required to check I.D's to ensure nobody has travelled from Melbourne or Shepparton and QR codes to scan in can be found on your cinema door.

We look forward to seeing you all soon!

Bendigo Cinemas
(03) 54408 001



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
SEPTEMBER 19
10.00AM



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WHAT'S ON?

SEPTEMBER SCHOOL HOLIDAY PROGRAM

ONLINE

ARE YOU A NDIS PARTICIPANT AND ATTEND SCHOOL?

LOOKING FOR SOMETHING TO DO THESE HOLIDAYS?

	MORNING SESSIONS 10AM - 12NOON	AFTERNOON SESSIONS 1PM - 3PM
MONDAY	Disco	Games
TUESDAY	Karaoke	Games
WEDNESDAY	Health & Fitness	Colouring
THURSDAY	Chat / Catch up	Disco
FRIDAY	Karaoke	Movie Afternoon

encompass | Recreation and Travel
community services

For all inquiries please contact **Janelle** on **0419 943 955** or at janelle@encompass-cs.org.au





SPRING ART SHOW

The Anglican Parish of Kangaroo Flat is proud to announce the now Spring Art Show will be held on **17, 18 & 19 September 2021**. This event will showcase up to 200 works from over fifty artists.

The show will be open from 10.00am to 4.00pm each day. Admission is \$5.00 per person, with accompanied children under 16 years of age FREE. Due to COVID restrictions, 20 people will be allowed in the building at the same time.

You are welcome to attend and view an amazing variety of artworks. All works will be for sale at a range of prices to suit most budgets. Venue can accept cash and cheque payments only.

The official opening will be held on Friday 17 September with doors open from 7.30pm for the 8.00pm presentation. This year we are privileged to welcome Watercolour Artist Terry Jarvis as our Judge and Guest Speaker.

Prizes of \$250 each will be awarded for Best Artwork in four categories, Oil, Acrylic, Watercolour and Other Media. Admission for the official opening is \$10 per person.

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