



# Bendigo Special Developmental School

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

Newsletter # 11 – Friday 23<sup>rd</sup> July 2021

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## TERM DATES 2021

**Term 3 2021**  
**12<sup>th</sup> July - 17<sup>th</sup> September**

**Term 4 2021**  
**4<sup>th</sup> October - 17<sup>th</sup> December**

## IMPORTANT DATES

Thursday	29 <sup>th</sup> July	<ul style="list-style-type: none"> <li>Parent to Parent 9 – 10.30 am Kangaroo Flat Library <i>Subject to COVID restrictions</i></li> </ul>
Wednesday	04 <sup>th</sup> August	<ul style="list-style-type: none"> <li>National Aboriginal and Torres Strait Island Children's Day</li> </ul>
Saturday	21 <sup>st</sup> to 27 <sup>th</sup> August	<ul style="list-style-type: none"> <li>Book Week</li> </ul>
Friday	3 <sup>rd</sup> September	<ul style="list-style-type: none"> <li>Footy Colours Day</li> <li>Father's Day Breakfast</li> </ul>
Friday	10 <sup>th</sup> September	<ul style="list-style-type: none"> <li>Debutante Ball <i>Tickets can be purchased from Reception</i></li> </ul>

## Our Values



★ Driving *learning* growth

★ Uniting to achieve *excellence*

★ Valuing *diversity* with kindness and respect

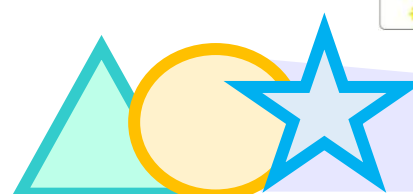
★ Ensuring *equity* of opportunity



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

As you are all aware, we continue to remain in a lockdown scenario until midnight Tuesday, 27th July 2021. At this stage we are anticipating that we will return to full on-site learning on Wednesday, 28th July 2021.

As information comes to hand from the Department of Education and Training, which is typically some hours after an announcement by government, I will endeavour to share it with you as quickly as possible. Typically, this information is distributed by email, a text, on Facebook and through the SeeSaw app. If you have not been receiving emails and text messages from the school, please contact the office immediately to update your details. In the interim, all parents and carers are reminded that you are able to choose whether you would like your child to attend onsite, or if you would like them to continue to engage in remote learning via the SeeSaw app.

If and when school returns to full onsite learning on Wednesday 28th July, I envisage that a range of restrictions will remain in place. Once I am aware of these, I will also communicate them. Whilst we remain in this lockdown situation, our pool remains closed, as does the canteen, and parents, carers and visitors are not to enter the school grounds.

As COVID restrictions continue, we understand that many people are feeling fatigued, frustrated, concerned and generally unhappy with the impact of this pandemic.

Students and indeed, wider family members, may be experiencing a range of emotions. If you have any concerns about how your child is managing the impacts of the restrictions, please do not hesitate to contact the school. We have a range of supports onsite, including our Mental Health Practitioner, Drew Barrett and our Family Support Teacher Meg Holmes. We are also able to point you in the right direction for and/or support a referral to an external service if you are feeling the pressure off stage 4 lockdown. Please don't hesitate to call the school and have a chat, as we are only too willing to help.

### DISABILITY INCLUSION REFORM

Last year, the Victorian Government announced an unprecedented \$1.6 billion to completely overhaul the way students with disabilities are supported in the wider Victorian education. This reform has been called the Disability Inclusion Reform. This reform will 'roll-out' over the next 5 years from this term, and our local Loddon region has been selected to be in the initial rollout, meaning that our school is at the forefront of these changes. The changes have a number of different aspects, including more supports at a regional level and a change to the way funding is allocated to schools. One of the key components of this new disability reform is for special schools to be considered Centres of Expertise in teaching students with disabilities. Every special school in Victoria will be given funding to appoint an Inclusion Outreach Coach, whose role will be to support and up skill our mainstream colleagues. As a school community we should be rightly proud that we have lead the way in developing this initiative. In 2017, our school formed a partnership with Yarra Me School in Melbourne.





We jointly funded one of our highly experienced teachers, Michael Ring, to become an Inclusion Coach. Over the last three years, as a staff member of our school, Michael has worked to support the vast majority of the mainstream schools in our networks to be able to better provide for the learning of all students in their schools. Over this time, Michael has showcased the skills of our educators to the wider network, and it is this model that the Disability Inclusion Reform is now set to replicate across the state.

Another key part of the Disability Inclusion Reform is the redefining of how students with disabilities are supported with additional funding. You will all be familiar with the Program for Students with Disabilities (PSD), which is the process through which your students are firstly determine eligible for our school, and secondly have a funding level determined. This is currently finalised through the Education Needs Questionnaire meeting. This process will be replaced by a new format known as the Disability Inclusion Profile.

Whilst the ENQ has 12 areas of focus, the new Disability Inclusion Profile has 31, which aims to provide a much more detailed picture of the strengths and skills of the students, whilst highlighting the areas in which they require additional supports to achieve success. The meeting to determine the Disability Inclusion Profile is run by an external trained facilitator, and families are encouraged to include any professionals currently working with their child in those meetings. Students who enrolled in our school in 2022 will be the first to undertake this process, and over the next three years, all of our current students will transfer to the Disability Inclusion Profile.

## STUDENT ACHIEVEMENT CONFERENCES

Thank you to everyone who took part in our Student Achievement Conferences yesterday. This is an important opportunity to celebrate your young person's achievements this semester and an opportunity to personalise the goals that you have for your child for the remainder of the year. We appreciate that not being able to meet face-to-face can at times create difficulties for some families, and if you were unable to have for that discussion with your teacher, please do not hesitate to make contact with the school to organise a time for that important conversation to take place.

## SAVE THE DATE!

We have some very exciting events coming up (pending Covid restrictions of course, fingers crossed) this term. These include the annual and much loved Footy Colours Day and Father's Day breakfast that will take place on Friday 3rd September. Book Week which will take place from 21st-27th August 2021, and our highly anticipated Debutante Ball will take place on Friday, 10th September 2021. These are all fabulous events on the school calendar, and we look forward to sharing them with you all.

**Kirshy McAinch, Principal**





**Happy Birthday!**

## BIRTHDAYS

**Happy Birthday!**

26 <sup>th</sup> July	<b>Angela</b>	Room 2	30 <sup>th</sup> July	<b>Lee</b>	Room 15
31 <sup>st</sup> July	<b>Caroline</b>	STEAM	1 <sup>st</sup> August	<b>Hayden</b>	Room 20
1 <sup>st</sup> August	<b>Imogen</b>	Room 3	2 <sup>nd</sup> August	<b>Edith</b>	Office

## CONTACT DETAILS

Are your contact details up to date?

It is most important that we have your correct contact and home address details at all times, especially if we need to contact you in the case of an emergency or if your child is unwell.

Please ensure you forward on any change in your details to the office as soon as possible or you can submit them on the FlexiBuzz App.

Thank you!

## BUSES



BUS	DRIVER / CHAPERONE	TELEPHONE
Heathcote	Gary & Jodie	<b>0435 900 890</b>
Huntly	Graeme and Nicole	<b>0428 261 802</b>
Fryerstown/Castlemaine	David & Debbie	<b>0409 421 500</b>
Kyneton	Steve & Raelene	<b>0428 236 271</b>
Lockwood	David & Kim	<b>0428 271 824</b>
Strathfieldsaye	Steve & Joy	<b>0427 287 843</b>
Serpentine	Peter & Janine	<b>0427 380 040</b>
Spring Gully	Chris & Heather	<b>0428 159 660</b>
Wedderburn	Shaun & Kathy	<b>0437 108 408</b>





## WELFARE AND FAMILY SUPPORT TEAM



Hi all,

In lockdown, it can sometimes be hard to maintain a good headspace and look after our mental health. This is the same for our students. Here are 3 handy tips that can be used throughout this period to maintain some positive self-care strategies that all contribute to better experiences of mental health.

### **Nature**

While we are limited with where we can go and what we can do, we are still able to get outside for some fresh air. There is a lot of research in the effects of the outdoors and better experiences of mental health. Here is a handy link with a heap of potential activities that you could do in your own yard with your young people to support getting outside and active.

<https://www.superhealthykids.com/kid-fitness/31-outside-activities-for-kids/>

### **Physical Activity**

Things may be a little different with restrictions in place that limit our ability to participate in some physical activities. However, remaining active is still one of the most important things to contribute to better experiences of mental health. This can be done through long walks, bike rides, physical movements inside or even obstacle courses in the backyard. Doing this together as a family can be a great way of getting everyone some physical activity daily.

### **Cooking**

Making some special treats can be a great way to work together, keep everyone entertained, and boost the mood in the home. Working towards something and creating the feeling of achievement is a great way of maintaining good experiences of mental health, and can be a great way of working some maths into our young people's day. Here is a link to some simple recipes that can be done with our students.

<https://www.taste.com.au/recipes/collections/easy-baking>

We will be back with our parent to parent group as soon as possible, so keep your eyes out for dates when we know more 😊

## NAIDOC WEEK 04<sup>th</sup> – 11<sup>th</sup> July 2021

NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community.

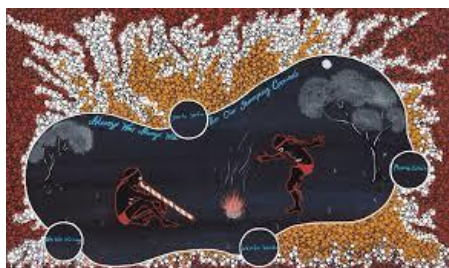
In week one at Bendigo SDS, students had fun celebrating and acknowledging NAIDOC Week in many different ways through stories, songs and art. Room 13 students made some 'yummy' wattle seed pancakes and lemon myrtle quick jam!

### *Our Values*



★ Driving *learning* growth   ★ Valuing *diversity* with kindness and respect   ★ Uniting to achieve *excellence*   ★ Ensuring *equity* of opportunity





## RECIPES

We would like to share these 2 delicious recipes for everyone to enjoy.

This is an easy cooking activity and fun to do for anyone and the children will be tasting native ingredients that our ancestors cooked with many years ago.

If you would like to receive further information about where to buy native ingredients, feel free to contact Fiona Gray by sending her an email on [fiona.gray@education.vic.gov.au](mailto:fiona.gray@education.vic.gov.au).





## Wattleseed Pancakes

- 1 ½ cups of Milk
- 1 ½ cups of Self Raising Flour
- 1 Egg
- 1 tsp Vanilla
- ¼ tsp BiCarb Soda
- 2 Tbsp Sugar
- 3 Tbsp Wattleseed, finely milled to flour
- Butter for cooking pancakes in



NOTE: If the Wattleseed that you purchased is very grainy or gritty then you need to put it thru a food processor to achieve a fine powder. This is important as the Wattleseed will not dissolve into the mix, a gritty Wattleseed thru the mix isn't what you're after!

1. Into a pouring jug mix the egg, vanilla and milk together.  
Sift the flour, Wattleseed and bicarb into a bowl then stir in the sugar.  
Add the milk to the dry mixture and whisk until combined.  
**Hint:** If you feel that the mixture is too thick and you're after a thinner pancake or a crepe that you can fold over, you might want to add some more milk.
2. Heat a large, non-stick, frying pan and add approx. 1 teaspoon of butter to cover the pan, then add approx. 1/2 cup of pancake mix, leave until bubbles form on the surface of the pancake then flip over and cook.  
**Hint:** If the butter is burning when you add it to the pan, then the pan is a bit hot...lower the heat a tad.
3. **Hint:** The secret to good pancakes is in the cooking and watching the pan temperature. Don't let the pan get too hot, otherwise you get a burnt pancake on the outside and raw mixture on the inside, be prepared to experiment with the heat until you get confident with them, it's worth the journey, these pancakes are delicious.
4. Once you have a stack of pancake then serve with your favourite fruits, berries yoghurt and cream. The Lemon Myrtle Quick Jam is delicious on these pancakes, the recipe is on the next page. Everything is delicious!!!

To add a more chocolate taste, sprinkle the Wattleseed over the jam or just on the pancake itself.





## Lemon Myrtle Quick Jam

- 1 punnet of Strawberries.
- ½ punnet of Raspberries.
- ½ punnet of Blueberries.
- 2 Tablespoons of Lemon Myrtle Sugar
- ½ cup of Apple juice.



1. Wash all fruits and slice into halves.
2. Place mixed berries, lemon myrtle sugar and juice in a small pot.
3. Place on high heat and continuously stir so as not to burn the bottom.
4. When jam is boiling, turn down to medium heat and cook until mixture is at a jam thickness.
5. Take off the heat and set aside for it to cool.

**Fiona Gray\_**

**Koorie Liaison Support - Classroom Teacher - Room 13**

**Any questions please don't hesitate to contact me by email:**

[fiona.gray@education.vic.gov.au](mailto:fiona.gray@education.vic.gov.au)

