

RANDOM FACT:

If you *smile*, even if you're in a bad mood, it will *immediately improve* your mood, because the simple action of thinking about smiling and using the muscles is enough to trigger happy chemicals in the brain.

We are every lucky at WDSS, everyday we are surrounded by people who make us smile....like Ky, Seth & Sky who had so much fun putting up their tent! Their gorgeous smiles are infectious!



Warragul & District Specialist School Newsletter

Term 3, Tuesday 1st September 2020

DATES TO REMEMBER

SEPTEMBER

Wednesday 2nd

- Book Club Orders due

Spring is here! It's the first day of spring and hopefully the warm weather is just around the corner. Despite this, it is still wet and muddy underfoot and I remind parents to check and see if your child has appropriate clothes and foot wear. Staff will be doing everything they can to keep students from getting too wet and muddy whilst still encouraging play, exploration and friendships.

The Rubicon camp staff continue to provide students and staff with a range of fantastic outdoor education activities and experiences at our school. During the last week the junior students have also started to participate in these activities. It has been great to see the excited faces of our junior students returning to their classroom after a session with Ali and Jess from Rubicon. Thank you to the senior students who have helped make the junior school sessions a success.

A huge thank you to Ali and Jess for the work they have put into planning and providing outdoor education opportunities for our students.

With the holidays just around the corner, it's time to start thinking about and planning some activities you can do with your child and family at home. Whilst the holidays are traditionally a great opportunity to do some activities together as a family, the current COVID19 restrictions has made this more difficult. This doesn't mean that with a little thought and out of the box thinking, you can't plan for some fun activities that you can all do together. If you need to do so take some time off work and make it happen!

Matt



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School Visits and Pick Up & Drop Off



Student Transport Bus runs will occur as normal. Buses will exit and pick-up students at school using a staggered process, 2 buses at a time.

Student arrival at school will be staggered. Please ensure you refer to the below timetable for times and locations. Staff will be situated at each designated pick up and drop off location.

The Main Office Foyer can only accommodate **6 adults** in this space at one time. Please consider who is coming in to the school and the necessity of this. **It is strongly encouraged to call the office beforehand rather than making an unannounced arrival.**

Sanitiser is provided upon entry, please use this.

Morning		
Who	When	Where
Drop-off Buses	9:00 – 9:15am	Bus Circle
Juniors School	9:10 – 9:20am	Outside Main office
Middle school	9:10 – 9:20am	Oval gate (through main carpark)
Senior School	9:20 – 9:30am	Main Portable Yard gate
Care Needs	Individual arrangements	

**** Early Birds supervision cancelled ****

Afternoon		
Who	When	Where
Pick-up Buses	3:00 – 3:15pm	Bus Circle
Juniors School	2:50 – 3:00pm	Outside Main office
Middle school	2:50 – 3:00pm	Oval gate (through main carpark)
Senior School	3:10 – 3:20pm	Main Portable Yard gate
Care Needs	Individual arrangements	

School Activities

Our students are going to be EXPERT campers thanks to Jess and Ali's lessons! They can now add campfire jaffles to their culinary repertoire - YUM! Students also worked as teams in putting up a tent and as you can see from their smiles had so much fun doing it.



Room 18 students listening attentively to Ali as she demonstrates the fine art of making campfire jaffles!



Josiah, Anthony and James with their jaffles - they turned out perfectly and were delicious.



Jess, Keiran & Michael – almost done!



Coby, Sophie & Tash

It's all about teamwork when putting up a tent. Luckily everyone worked really well together and couldn't wait to be the first inside!



Kirsten, Georgia & Daniel



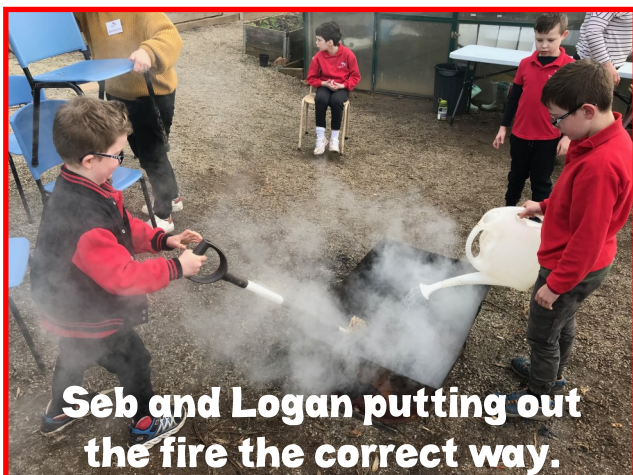
Michael

School Activities cont...

Jess and Ali were thrilled to have the Junior classes participate in some campfire activities. The toasted marshmallows were a big hit with the students and they also loved learning how to put out a fire correctly. It was lovely to have some of our middle school students also on hand to help the younger students.



Josiah guiding Seb, Logan and Savannah on how to get the BEST toasted marshmallows. Well done Josiah, you are a wonderful **RESPECTFUL** role model!



The most important thing about fires is to **SAFE** when around or near one. We were so proud of our Junior students for being awesome **SAFE, RESPECTFUL LEARNERS** in their first session with Jess and Ali. Well done everyone!





WARRAGUL COMMUNITY HOUSE

**FREE
FACE
MASKS**



The awesome folk down at the Warragul Community House are looking after our community during Covid 19 !

If you need a face mask, they have free fabric washable masks.

Thank you so much to their wonderful cutters and sewers for donating fabric, time and skill to this wonderful community project.

Call in to WCH at 138 Normanby St Warragul if you would like to choose a gorgeous fabric face mask for free. Monday to Friday 9:00am to 4.30pm.

The school would like to say a big thank you to an awesome community member, Teresa. Teresa generously made and donated 'ear savers' for our school. These 'ear saver's can be used with a face mask to reduce discomfort to your ears.



If anyone has a donation of wool and buttons it would be appreciated.



Teresa with her therapy dog

Teresa wants to offer free 'ear savers' to anyone that would like one.



Please call her on 0490 108 373 for more information.



National Asthma Week launches today as a timely reminder that for the 1 in 10 Australians with asthma and 3 in 4 who also have hay fever it not only means sneezing, runny noses and itchy eyes but an increased risk of asthma flare-ups.

This week the National Asthma Council is urging anyone with asthma and hay fever to talk to their GP or pharmacist about how they can keep safe during Spring and thunderstorm asthma season, which occurs from October to December in south-eastern Australia.

While most people know pollen, dust mites and pet dander can trigger hay fever, they may not be aware it can also cause asthma symptoms and serious flare-ups.

People who are allergic to grass pollens, particularly ryegrass, can have asthma flare-ups caused by springtime thunderstorms, especially if their asthma is not well controlled or they're not taking regular preventer medication for their asthma.

If you have allergies and you're wheezing or coughing, it's really important to visit your GP so you can work together on a treatment plan to help manage your allergies and asthma and make sure you know what to do during a Spring thunderstorm or asthma emergency.

Preventive steps for people at risk include following their doctor's advice for using a hay fever nasal spray, asthma preventer, or both, particularly from the last weekend in September until New Year's Day.

After visiting a GP or pharmacist, there are also some simple steps people can take to reduce their triggers during Spring:

Check the pollen forecast and be extra careful on high pollen days

Use your preventer medications as prescribed and keep your asthma reliever with you

Don't mow grass yourself and stay inside when it is being mown. If you must mow, wear a mask or consider taking a non-drowsy antihistamine if your GP says to.

Consider planting low-allergen plants in your garden that are pollinated by birds or insects.

On high pollen days, extra steps may include:

- Try to avoid going outdoors, especially on windy days or after thunderstorms.
- Keep windows closed when in your car and consider using recirculating air conditioning.
- Keep windows closed at home and consider using an air purifier.
- Don't dry washing on an outside clothesline as pollen in the air can end up on clothes.

For easy-to-follow information on how to manage your hay fever and asthma and prepare yourself for thunderstorm asthma season explore the National Asthma Council's website.

Courtesy of the National Asthma Foundation

LIFE IN LOCKDOWN

What have you been doing to fill in your time during lockdown?

Coby made his own "Cobys Meat Lovers" pizza on Saturday....looks yummy ! As we are running a limited cooking program at the moment it is great to see Coby doing what he can at home. Well done!

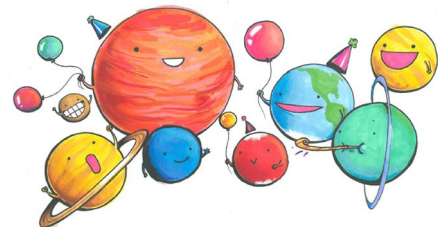
If you have done something different or special during lockdown, let us know - we would love to hear about it....



Joke of the week

I ordered a Chicken and
an Egg from Amazon....I'll
let you know what
comes first.

HOW DO YOU ORGANIZE
A SPACE PARTY ?



YOU PLANET.

Thanks for the
giggle Jaime!



Jaime



Student Awards

We are Safe, Respectful Learners !



LEVI

Being a good **LEARNER** - taking his medication without a gummy bear.



TASH

Being a **LEARNER** and working very hard at sport to do all the activities, with a BIG smile.



SKY

Being a **LEARNER** showing great resilience, staying in the green zone when working hard on improving her creative writing.



TYLER

Being a great **LEARNER** - using his communication skills.



STUDENT LED AWARD - KIRSTEN

Being **RESPECTFUL** - sitting with Jenny during lunch. Nominated by Bayden.



STUDENT LED AWARD - DANIEL

Being **RESPECTFUL** and playing safe in the yard. Nominated by Bernadette.



STUDENT LED AWARD - SETH

Being a **LEARNER** - joining in during class. Nominated by Liam.



ABBY

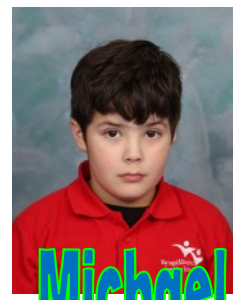
Being a **LEARNER** - joining in and helping put up a tent.

HAPPY BIRTHDAY



Ikey

Happy 9th Birthday !

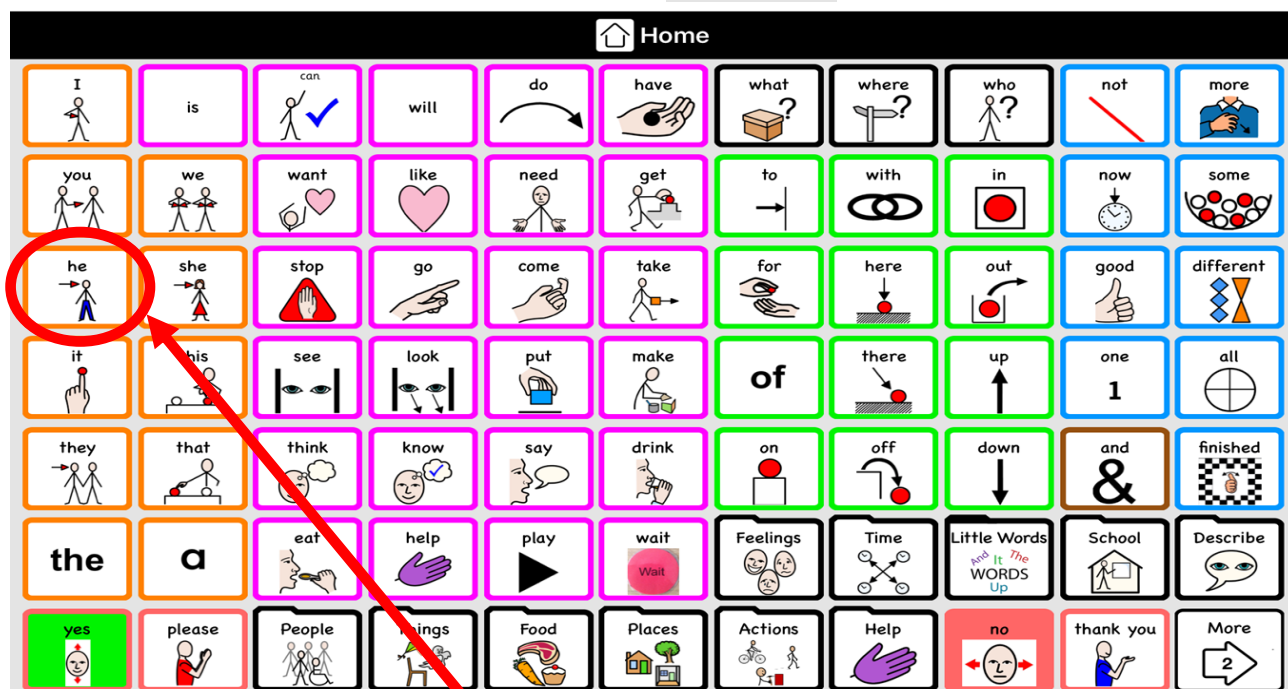
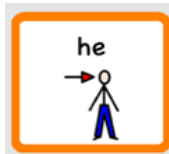


Michael

Happy 9th Birthday !

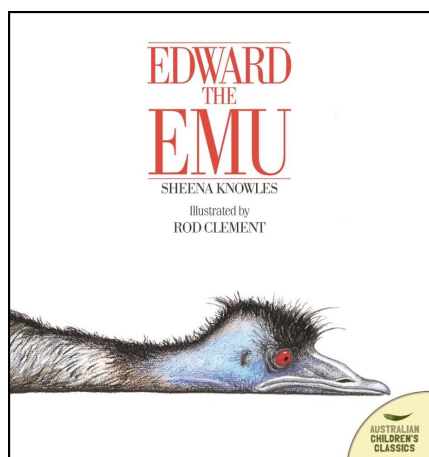
Thank you to Lachy for helping out with our storytime reading
- **he** does a wonderful job!

WORD OF THE WEEK:



Location of 'he' on the Homepage of Proloquo2Go.

Please help us practice by using the word **he** in natural communication opportunities.



Click [here](#) to see Lachy reading **EDWARD THE EMU** and modelling core vocabulary

