

# Well done on a GREAT Semester 1 everyone!

**Enjoy your holidays, we hope you get to have some lovely time together doing lots of fun things (or just chilling out – but staying warm!).**

**See you in Term 3!**



## Warragul & District Specialist School Newsletter

Term 2 Issue 15, Tuesday 21st June 2022

### DATES TO REMEMBER

#### JUNE

**Friday 24th**

- **Last Day of Term 2,  
2:00pm finish**

#### JULY

**Monday 11th**

- **First Day of Term 3**

It is hard to believe that this is the last week of term 2 and we are halfway through the school year. My sincere thanks to the students, staff and families for your flexibility and adaptability when facing constant changes due to illness and the resultant staffing changes and shortages. It is pleasing to know that all school programs continued and were successful.

As we approach the school holidays, I encourage everyone to plan some activities to do as a family. The holidays are a great opportunity to reconnect and recharge as a family and it's a good idea to think about and plan these activities now. It is always wonderful when students return to school after the holidays telling us about something they had done that had given them joy. Many of these activities are as simple as visiting the park or a family member, so please consider an activity that suits your family. For those families with the appropriate NDIS package, it is also the perfect time to utilise some of the funds to do some of the activities identified in your package.

Our school review has now been completed and the outcome report is being put together. We were very pleased with how the review went and are eager to start working on our new goals for the next four years. Thank you to everyone in the school community who participated, your contribution was greatly appreciated. We will provide more details once the report has been finalised.

Have great rest of the week and fantastic holidays!

*Matt*

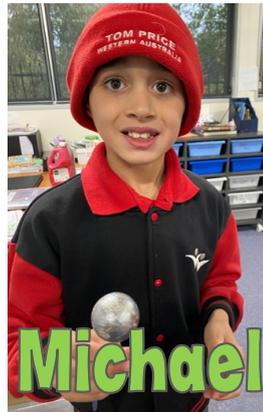


# MIDDLE SCHOOL

Welcome to the last week of Term 2! Middle school students have had such a fantastic term/semester and we are very proud of you all!

We have spent quite a few cold and wet days inside, however, have got outside as much as possible to get some fresh air and exercise in. Even in this weather, we have a reason to smile.

- Mel



Room 21 students have been learning about planets and the solar system in science this term. Our class each painted a planet to make this model of the solar system. Well done everyone, it looks awesome!

Lizzy in Room 18 shows her creative art skills.



# School Garden Program

The weather beat us again last week so there were no gardening activities - but fingers crossed we will be back in there on Thursday to carry on all the work that needs doing!

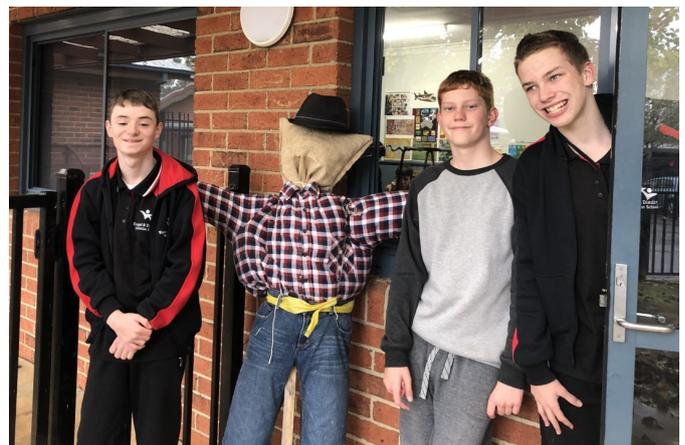
It was lovely to see that the new garden bed had had some more twigs and branches added to it so it is now ready for some lovely veggie mix! It was also great to see that someone had donated some sheets of cardboard which will go in to our compost - so if you're wondering what to do with your cardboard and old newspaper, please bring it all to the garden!

An important part of the garden that has been missing is - a scarecrow! So in our afternoon art session, the students began making one with old clothes from the op shop which we stuffed with straw. As with many of our art projects, it was very messy so a BIG thank you to the teachers and ES staff who tidied up after us! All that is left now is to find the scarecrow his own hat (he borrowed William's for the photoshoot), a jacket and some boots and he'll be ready to take pride of place in the garden! Oh and he'll need a name too so get your thinking caps on!

- Gail



**Josiah, Isaac & Michael  
with our newest student  
(or is it staff member?!)**



# Student Adventures

Jirrah recently had an awesome day up at Mt Baw Baw!

Jirrah has a special sleigh and he loves zooming down the slopes!

Thank you to Jirrah's family for sharing these wonderful photos !



## Keeping Active in Winter

We all know that moving our bodies is good for us. It's important for our mental health as well as for our body, but... it can be hard to keep active through the cold and rainy months of winter. We don't feel like going outside, and it's hard to find motivation to move when we are so comfortable and warm on the couch! And even harder to get back into an active routine if we have been sick. But we usually feel much better after some exercise, so it's worth making the effort, even just for 5 minutes. We spoke with some students and staff what they like to do to keep active during the winter.



**Marnie**  
**Physiotherapist**

- **Layla** : I ride my bike
- **Charlie T**: I play with my ball pit balls all around the floor.
- **Grace G**: I do calisthenics, I love it.
- **Jenni**: I have a varied routine of resistance exercises, high intensity cardio and yoga. I do these at home, being guided by websites. I rug up and go out for a short walk with my 2 little and old dogs. It only takes 10 – 15 minutes, but I really enjoy being out in the weather whatever it is. It helps me with stress management as well as keeping fit.
- **Ryan D**: I bounce on my physio ball.
- **Seth**: I play footy with my brothers.
- **Megan**: I rug up, and get out and walk the dogs. Sometimes I take them to a local walking track. I also go to the gym. It's really important for mental health.
- **Max**: I jump on my trampoline.
- **Jordan J**: I play footy in a team.
- **Liz**: I rug up and go walking with a friend, which is great for social and mental health. I do pilates and I also go to the gym a lot to keep my muscles strong. That's also great for stress relief.
- **William**: I play basketball at school, even when it's cold and I also have a basketball hoop at home at the shed. I go swimming with school too, even during winter.
- **Kerry**: I walk every morning no matter what the weather. I also like to do yoga or pilates using videos from the internet.

As you can see, we have some very active students and staff! What about you, do you rug up and go for a walk even when it's cold? Do you get out of the house and go to a gym, pool or somewhere else to exercise? Do you do some sort of exercise at home? Whatever works for you, keep it up over winter, and you'll feel much better for it.





# ALLIED HEALTH



## Healthy Holidays = Happy Holidays



**Meredith**  
**School Nurse**

The best Holidays are Healthy Holidays. Here are 10 top tips to help keep healthy when we are out of our usual routine.

- ☑ Eat the rainbow. Eat lots of fruits and vegetables that are different colours this will mean you are getting all the nutrients you need
- ☑ Drink at least 1.5 liters of water a day. Go easy on the sugary drinks including fruit juice. Remember to take a water bottle when you are out for the day.
- ☑ Take some healthy snacks such as fruit, dry biscuits, cheese sticks, nuts and dry fruit or popcorn, when you go out for the day.
- ☑ Keep regular bedtimes. Getting to bed at an early hour and not sleeping in too late will definitely help kids to stay well.
- ☑ Maintain good hygiene. Regular baths/showers and hair washing makes you feel better about yourself and more able to be active.
- ☑ Remember to wash hands when you are out and about. If hand washing facilities are not available take hand sanitizer or wet wipes with you. Encourage kids to be independent with this.
- ☑ The best way to keep warm is to move around. Get the kids to rug up warm and get outside. Jump on the trampoline, go to the park or take a picnic in one of the beautiful walking tracks in our area.
- ☑ Keep minds active. Less screen time is best! Use screens as a reward.
- ☑ Do family activities together. Read books, play board games, do cooking, go to the op shop for dress-ups, books, board games or jigsaws
- ☑ Have some rest days at home going slow and just chilling.



# Student Awards

## We are Safe, Respectful Learners!



**KYNAN**

Being a **LEARNER** - matching shapes



**LACHLAN**

Being a **LEARNER** - following his schedule.



**LEVI**

For being **SAFE** moving away when others are in yellow and red zone.



**MICHAEL**

Getting involved in lessons, sharing his phonics and word knowledge .



**JIRRAH**

Does the right thing, always happy! Stays in the green zone



**ABBY**

Being **SAFE** - following the school values when on excursion to Yarragon. Being a **LEARNER** working well and taking care to follow a recipe in cooking and washing all the senior dishes without being asked.



**AYDEN**

Being so helpful and great listening



**BERNADETTE**

Being **SAFE** - following the school values when on excursion to Yarragon.



**STUDENT LED AWARD - COBY**

Being part of the team and being a great captain and a great leader while out walking. Nominated by Michael



**ERIN**

Being a **LEARNER** and giving new things a go.



**JACK**

Helping clean up the classroom.



**STUDENT LED AWARDS - ISAAC**

Being kind and nice to everyone and a great sharer. Nominated by Michael. Great sport joined in all activities Nominated by Seth



# Student Awards

## We are Safe, Respectful Learners!



**JOSIAH**

Being a **LEARNER** - great session in Maths group.



**STUDENT LED AWARD - JOS**

Showing **SAFE** hands and feet nominated by Seth.



**KIRSTEN**

Being **RESPECTFUL** - listening and following instructions.



**STUDENT LED AWARD - KY**

Being nice, kind and **RESPECTFUL** - nominated by Zeth.



**LIAM**

Being **RESPECTFUL** of his peers, by engaging politely.



**STUDENT LED AWARD - MICHAEL**

Showing excellent sportsmanship when playing sports at recess and lunch - nominated by Seth.



**WILLIAM**

Being a **LEARNER** awesome swimming at the pool.



**SETH**

Being **SAFE** at swimming, listening to instructions from staff.



**ZETH**

Being a **LEARNER** fantastic swimming at the pool.



**STUDENT LED AWARD - SETH**

Sports Award being a great sport - nominated by Coby. Working hard with his writing - nominated by Josiah.



**NATHAN**

Being a **LEARNER** making huge improvements with his knife skills in cooking. Being **SAFE** - following the school values when on excursion to Yarragon.



**JACOB**

For being a **SAFE, RESPECTFUL LEARNER** remaining in the green zone when faced with disappointment. Well done Jacob!





## Adult and Children Short Term Accommodation and Assistance Services

*Whether your goal is to learn new skills, meet new people, or to enjoy a short break, staying at Scope's STAA can make it happen.*

### What's on offer

- Welcoming and safe environment
- Meet new people and try fun activities
- Increase your independence
- Develop new skills to achieve your goals
- Experienced and caring staff

This property provides support to both children and adults. Children and adults are never accommodated together. Support can be provided during the week and on weekends – including overnight stays.

Staff are highly experienced and trained to provide individualised support to children with a wide range of disabilities and specific health needs. This includes physical support assistance, medication administration, mealtime assistance, personal care assistance, behaviour management support, communication support and assistance to achieve personal goals. We also provide customers with a summary of their stay after each visit.

Scope is a registered NDIS provider and all staff undergo a screening process, which includes a Working with Children and Police Check.



## Short Term Accommodation and Assistance

Morwell



Ages:  
6-17 and 18+\*



Bedrooms:  
5



Fully Accessible

\*Children and adults are never accommodated together.

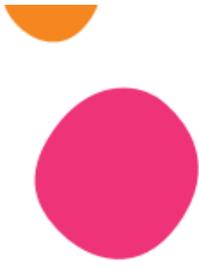
### Morwell STAA features

- 5-bedroom, modern, spacious, fully-accessible house
- Fitted out with manual handling equipment, including a hoist tracking system in the main bathroom and four of the bedrooms
- Large living areas to enjoy socialising, games, music and movies
- Backyard with trampolene, sandpit, swing set and an outdoor seating area

### Funding

Please ensure that funding for short term accommodation services is available in the core supports sections of your NDIS plan. Rates will be charged as per the NDIS price guide.

We can help you understand the STAA funding available to you and your NDIS plan. We can also provide you with a quote for services at your request.



Scope has provided services to people with a disability and their families for over 70 years.

**Contact us for more information about how you can access our STAA services.**

**Customer Enquiry Service**  
1300 472 673  
contact@scopeaust.org.au



# ROADIES

## Grantville Winter Camp

The group will spend 3 days and 2 nights at Grantville Camp with lot of fun activities.

Come along and spend the Winter Camp with your friends!

### DATE

- Wednesday 6th July - Friday 8th July 2022

### LOCATION

- ICG Morwell,, ICG Wonthaggi, ICG Bairnsdale, Grantville (200 Grantville-Glen Alvie Rd, Grantville VIC 3984)

### OUT OF POCKET COST

- \$100 to be paid prior (cover accommodation, meals and activities)
- NDIS plan charges will be discussed with you to ensure your specific support needs are met

### WHAT TO PACK

- Medication and Medication Forms
- Drink bottle
- Sleeping bag and pillow
- A CHECKLIST WILL BE PROVIDED WITH ITINERARY CLOSER TO THE DATE

RSVP by June 29th 2022



## Time Table

ICG Office	Drop - off Wednesday 6th July	Pick - up Friday 8th July
Bairnsdale	11am	2:30pm
Morwell	12:30pm	1:30pm
Wonthaggi	1:30pm	12pm

## NDIS Benefits and Outcomes

- Social participation in the community
- Meet new people and develop friendships
- Increase your capacity to access your local community
- Development of your life and independent living skills
- Improve and develop your communication skills
- Opportunity to access new activities and try new things
- Selfcare for carers and participants

For further information please contact us

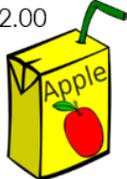
1300 736 765 [www.icg.asn.au](http://www.icg.asn.au)



# School Canteen Order

Term 2 2022 (Thursdays)

Student Name: \_\_\_\_\_ Room / Teacher: \_\_\_\_\_

FOOD - Please tick			DRINKS - Please tick	
<input type="checkbox"/> Party Sausage Rolls (2) - \$2.00 <input type="checkbox"/> Tomato Sauce 	<input type="checkbox"/> Dim Sims (3) - \$2.50 <input type="checkbox"/> Soy Sauce 	<input type="checkbox"/> Strawberry Milk \$ 2.50 	<input type="checkbox"/> Apple Juice \$ 2.00 	
<input type="checkbox"/> Chicken Nuggets (6) - \$4.00 	<input type="checkbox"/> Taco Boat x 2 filled with zucchini slice mix - \$5.00 	<input type="checkbox"/> Chocolate Milk \$ 2.50 	<input type="checkbox"/> Orange Juice \$ 2.00 	
<input type="checkbox"/> Frog in a Pond \$1.50 	<input type="checkbox"/> Icy Pole \$0.50 	<input type="checkbox"/> Cupcake \$1.00 	<b>Total: \$</b> _____  <b>Money Enclosed: \$</b> _____	