



Staff and Students had lots of fun on Friday in their PJ's! The sausage sizzle was also a great success and we raised \$311 for children in foster care.

Thanks to our PFA and AWESOME helpers Stephen, Jacqui, Emma, Mel, Brad & Glenda for running the BBQ.

We also had some of our Senior Students helping on the day. Alex, Ky and Will were amazing. It was wonderful to see these fantastic young men put into practice the work skills they have learnt in their programs. Well done to them and their parents for the work they continue to do to ensure future success!

Warragul & District Specialist School Newsletter

Term 3 Issue 18, Tuesday 26th July 2022

DATES TO REMEMBER

AUGUST

Tuesday 2nd

- Jnrs - Edward the Emu Excursion

Tuesday 9th

- School Council Meeting

Thursday 11th

- Seniors - All Abilities Netball Comp

Friday 26th

- 13 year old 2nd dose immunisations

Today many of our senior students attended the Lardner Park Job Skills Expo. Along with hundreds of other secondary students from across Gippsland, our senior students engaged in "hands on" activities, advice and information about the various skills, jobs and industries that make up our regional workforce and post school education. Students came back from the expo excited by the activities they had participated in and talked about some of the jobs and industries that were of interest to them. One of the highlights was decorating their own Bakers Delight buns. Some of the students were also able to identify the things they would need to learn to be able to do their desired job. They returned with plenty of goodies and full of knowledge, a great morning out!

Student Support Group (SSG) meetings are currently being organised and held with teachers, families, students and Allied Health staff where required. These SSG meetings are a great time to review your child's progress towards their goals and make any necessary adjustments. SSG's are a fantastic platform for everyone to come together, so I hope everyone can take the opportunity to catch up. Your child's teacher will be in contact shortly to organise a meeting time with you if they have not done so already.

Thank you to our Parents, Volunteers and students for the great work they did on Friday in supporting National Pyjama Day and our sausage sizzle. It was a fabulous day, and the sausage sizzle was a hit. It was lovely to see the sun out and our students moving across the school to get their sausage and thank our wonderful helpers! What Safe, Respectful students we have.

Just as we got a sneak feeling of Spring with some lovely sunshine last week, the week ahead looks to be cold and wet. Please remember it is time to wear warm clothing to school and have extra layers of clothing available (with clear names labelled). We continue to follow department guidelines in relation to mask wearing and COVID safety protocols. In this way we can limit the spread of illnesses and therefore limit the absences of staff and students which affects our school days and learning time. Please remember that if your child is ill, please keep them at home, we Thank you for your support in this area.

Have a great week and stay warm,

Chris



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National Pyjama Day

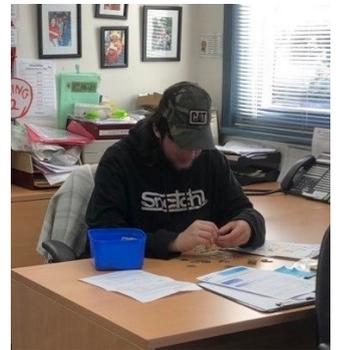
Last Friday was a fun day with students and staff arriving at school in their PJ's. Thanks to our PFA for donating items for a sausage sizzle and to our helpers Emma, Jacqui, Stephen, Mel, Brad & Glenda - we couldn't have done it without you!



Alex & Michael getting their sausages from Stephen & Glenda



Alex in action on the day - BBQing, helping the Juniors with ordering and counting the money. Amazing work!



Chris & Kynan from Room 2



Foundation student Jack was very happy to have his mum and dad (Jacqui & Stephen) helping on the day!



MIDDLE SCHOOL

What a wonderful week we have had in Middle school! Rooms 18 and 19 went off on our swimming program and had a marvellous time. We have some amazing swimmers and it was a delight to see such happy smiling faces in the pool. Room 20 cooked some delicious cheese puffs and Room 21 went on a safari adventure around the Baw Baw shire and found some Camels! Pyjama Day was also on Friday and the students all enjoyed the comfortable day in their warm PJs.

- *Mel*



Room 21 in their PJ's !

WDSS
MasterChef's in
action !



Room 18 & 19 walking down to the pool. We are very fortunate to be close to Warragul's sporting facilities.



Selfie time with
Lizzy & Laura



SENIORS



The senior Landcare group on Monday's volunteers with different groups within the Baw Baw Shire every second week. The goal of the program is two-fold: it is about students experiencing and learning about being a volunteer worker in the community and developing employability skills, such as working with others, listening to instructions, being safe and showing initiative.

The community groups we work with also gain a greater understanding of the skills that our students bring to the work environment, helping break down barriers.

Yesterday our students worked at Trida tennis courts, a small community right up in the heart of the Strzelecki's. Fortunately, the weather was lovely, and the views were stunning. The students as a group did an amazing clearing of the moss and grass of the second court. It is impressive to see how much this group can achieve. Next week we are helping clean up a garden that is becoming unmanageable for someone.

- **Phil**



INVITATION

Our Landcare group has done a lot of tree planting & cleaning at Tetoora Road Hall and the Committee has invited the school community (including families) to attend the Annual Community Day:

Tetoora Road Community Centre Annual Connecting Kids and Community Day

11 AM – 3 PM (Official ceremonies 11:15 AM – 12:15 PM)

2575 Korumburra-Warragul Road, Tetoora Road

RVSP Margaret McDonald 0410 421 167 or trccsecretary@dcsi.net.au

PROCEEDINGS:

Welcome to Country & unveiling plaque of the traditional owners in the front garden

Place Making Program unveiling of the Play and Gym equipment in the paddock

Planting a ceremonial tree in the grounds

12:30 – 1:30 PM: Lunch provided by the Committee in line with COVID protocol

1:30 – 2:40 PM: Top up planting thanks to 15 Trees and Mt Worth & District Landcare Group

2:40 – 3:00 PM: Wrap up tea/coffee

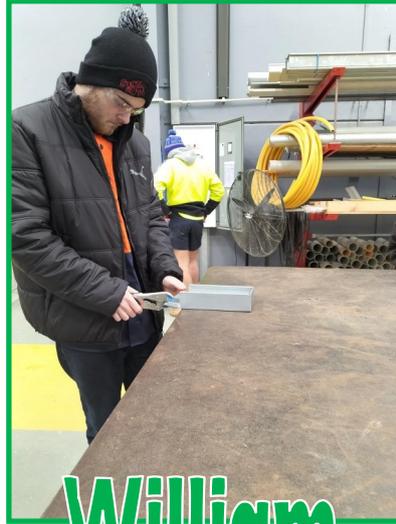
SENIORS



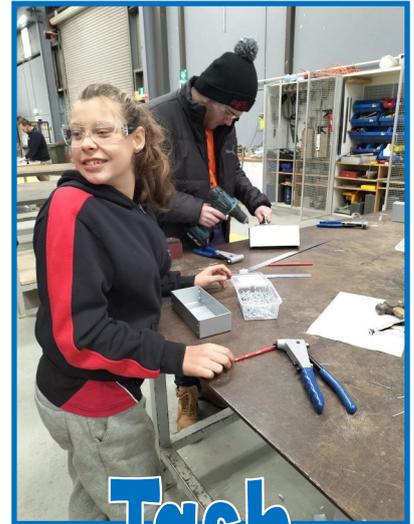
Students are enjoying their Plumbing component of Baw Baw Skills. It is wonderful to see them learn not only new skills but also the safety requirements needed when in a work environment.



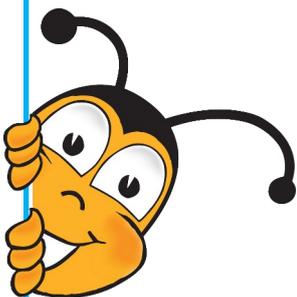
Kirsten



William



Tash



School Garden Program

So busy in the garden last week that I forgot to take photos but take it from me that the students worked very hard! There was lot of weeding (as always) and clearing to do and the good thing about doing jobs like that is that you can stand back at the end of the day and see where you've been! We can now see how well the peas are growing and we even found some baby lettuces nestling in the undergrowth. Although they have tender leaves they can battle through winter as long as there is no frost so we'll see how they look this week after those few cold days we have had.

Another job that needed to be done was moving some strawberry plants to a new home to make way for our final new raised bed. You'll now find them in a cosy spot in the herb garden that runs alongside the greenhouse.

Sometimes plants that you think will stay forever come to the end of their life often years after they have been vigorous growers. This looks to be the case with our old mate passionflower that over the past few years has adorned the fence and rambled over our twig tepee. We are in the process of pulling it out but fear not, it will send out some shoots that should grow into a thriving new plant to take its place.

Another exciting development is that the students have begun using the space behind the compost bins as a digging patch - and that is brilliant! You guys beat me to it as I was going to put a sign up telling you all to dig there if you needed to let off a bit of steam! We have a lovely grapevine in there that hasn't produced any fruit yet but gives us great foliage in the summer - so please don't dig too close to him.

It was also a great afternoon in our art session as we finally moved our four giant canvasses into their new home. The two collages and two paintings will be displayed in the Senior building so please take the time to wander over and have a look at them - they look fantastic all hung together!

We also did a little activity with old curtain rings - sticking them together to make tea light holders. We'll paint and decorate them this week which will be a lot of fun! And to chill out after all our hard work we got out the paper and pastels and did some colourful drawings - check out Tash and Charlie's portraits of each other!

- Gail



Josiah & Dylan



Tash & Charlie



Jenni



Kelly

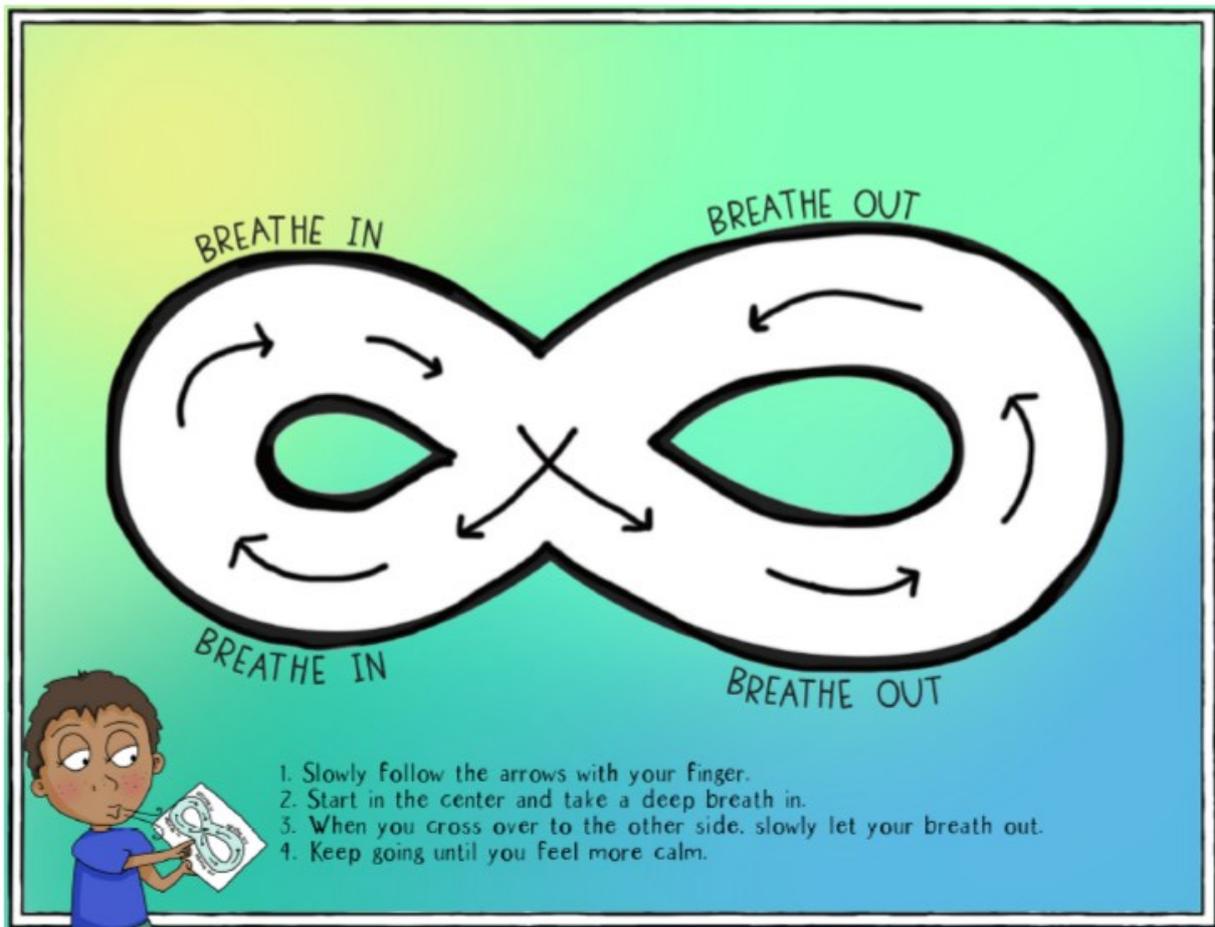
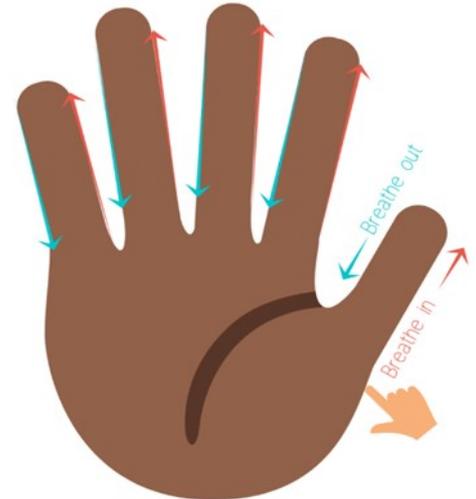
Breathing is an important function that our bodies engage without effort or awareness, but what can happen if we focus on our breathing?

Mindful breathing can reduce the amount of cortisol (the primary stress hormone) running around our bodies by activating the parasympathetic nervous system. Basically, this lets our body know that EVERYTHING IS OKAY.

Mindful breathing is particularly helpful during times of anxiety. It gives our body a chance to stop, focus, and simply "sit with our emotions". They are present, they are real, and they are okay. Mindful breathing can also help to reduce some of the negative thoughts we sometimes experience, as well as reduce much of the pain that is caused by tension.

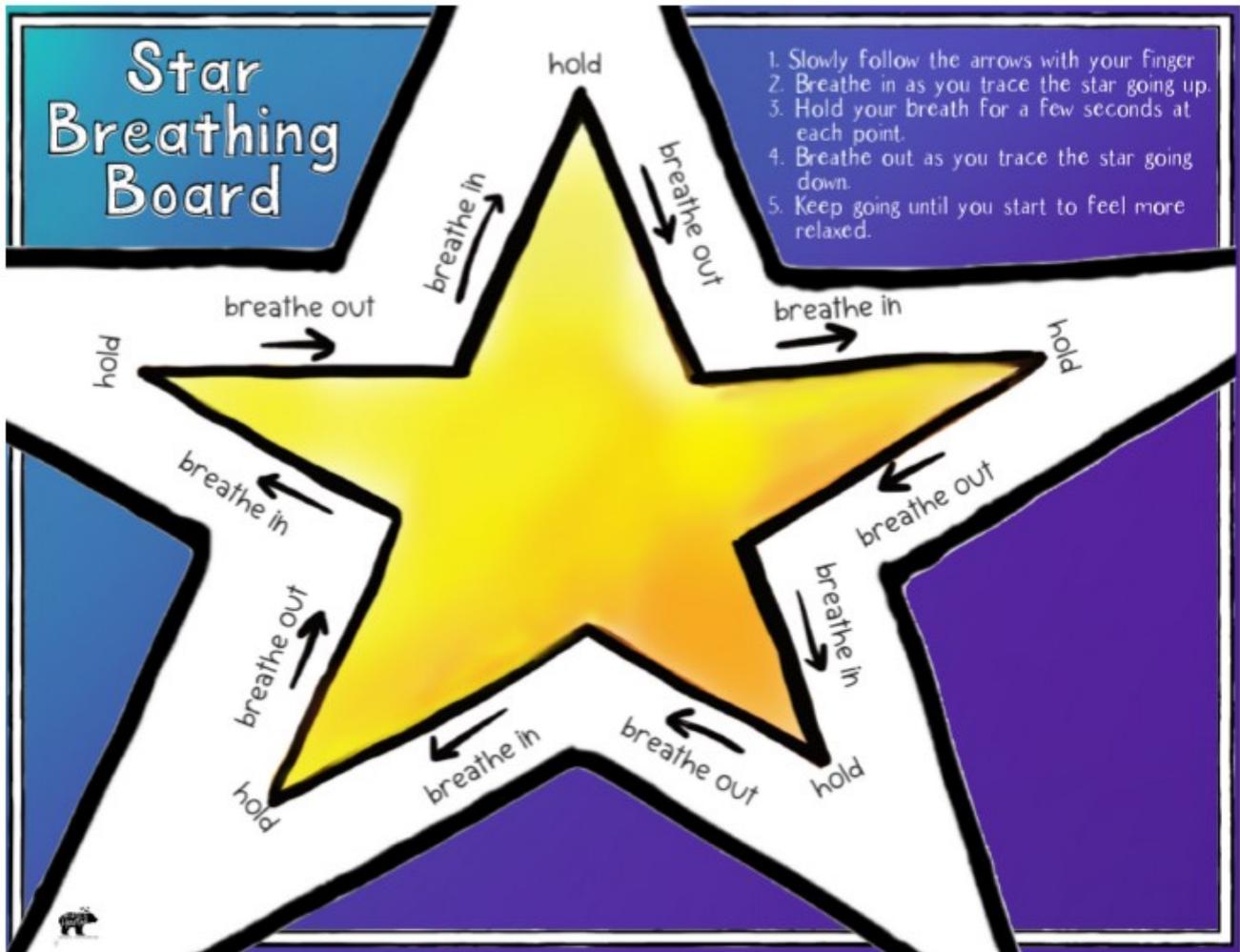
Breathing boards are a fun way to introduce mindful breathing and are super easy to make. Basically, you find a shape you like, draw or print it on some paper, then trace your finger around whilst focusing on breathing in and breathing out. You can even use your own hand as an outline. Breathe in as you trace your finger up the first finger, breathe out as you trace your finger down.

5 Finger Breathing

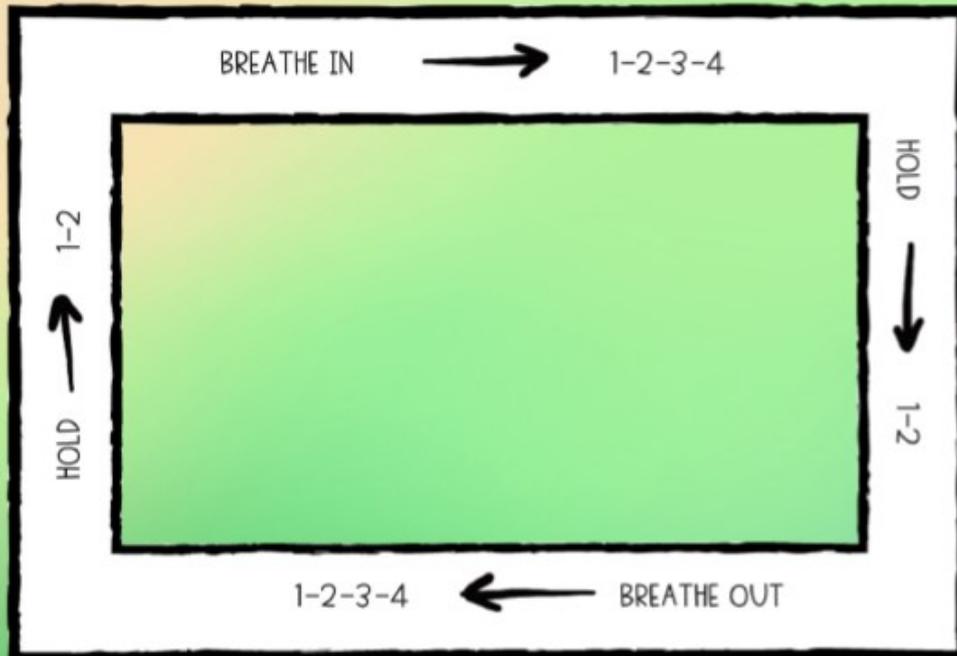


Star Breathing Board

1. Slowly follow the arrows with your finger
2. Breathe in as you trace the star going up.
3. Hold your breath for a few seconds at each point.
4. Breathe out as you trace the star going down.
5. Keep going until you start to feel more relaxed.



Rectangle Breathing Board



1. Slowly follow the arrows with your finger.
2. Breathe in for the count of 4.
3. Hold your breath for the count of 2.
4. Breathe out for the count of 4.
5. Hold your breath for the count of 2.
6. Keep going until you feel more calm, relaxed and focused.





STUDENT Awards

We are Safe, Respectful Learners!



JACK

Being an excellent **LEARNER** and following instructions.



MAEGAN

For being a **LEARNER** and being helpful.



SOPHIE

For being **SAFE** on the bus.



ALEX

Being a great **LEARNER**, showing his maths and writing skills.



AXL

Being an great **LEARNER** during cooking.



LEE

Being a **LEARNER**, completing his morning routine.



JACK

Being **RESPECTFUL** during Health and Human Development Sessions.



KY

Being an **AMAZING** mentor to his peers & teacher during woodworking at CCG. His help ensured our success.



STUDENT LED AWARD - ZETH

Including everyone and trying really hard. Nominated by Kayden.



STUDENT LED AWARD - JOSIAH

Excellent work during Maths. Nominated by Keiran



KAYDEN

Participating enthusiastically during netball training & fitness.



STUDENT LED AWARD - COBY

Being a good friend and being **SAFE**. Nominated by Noah.



TYLER

Excellent reading by himself.



NATHAN

Being **SAFE** supporting his peers on a slippery bush walk.



STUDENT Awards

We are Safe, Respectful Learners!



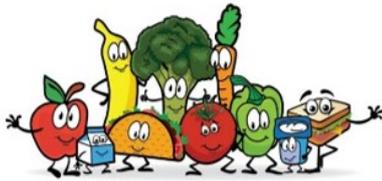
LIAM

Being **RESPECTFUL** during Health and Human Development Sessions.



KALLUM

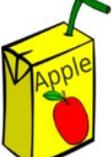
Being a **RESPECTFUL** and **SAFE LEARNER** during his first two weeks at his new school. Well done Kallum!



School Canteen Order

Term 3 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"/> Meat Pie - \$4.00 <input type="checkbox"/> Tomato Sauce 	<input type="checkbox"/> Strawberry Milk \$ 2.50 	<input type="checkbox"/> Apple Juice \$ 2.00 
<input type="checkbox"/> Dim Sims (3) - \$2.50 <input type="checkbox"/> Soy Sauce 	<input type="checkbox"/> Chicken Nuggets (6) - \$4.00 	<input type="checkbox"/> Chocolate Milk \$ 2.50 	<input type="checkbox"/> Orange Juice \$ 2.00 
<input type="checkbox"/> Baked Potato - \$6.00 <input type="checkbox"/> Bacon <input type="checkbox"/> Cheese <input type="checkbox"/> Sour Cream <input type="checkbox"/> Coleslaw 	Other Items - Purchased with cash by students from the canteen at the beginning of lunch time.		Total: \$ _____ Enclosed: \$ _____
<input type="checkbox"/> Frog in a Pond \$1.50 	<input type="checkbox"/> Icy Pole \$0.50 	<input type="checkbox"/> Cupcake \$1.00 	