

Belvoir Special School Newsletter



38 Gayview Drive, WODONGA, 3690

If you can learn at home you must learn at home.

Learning from Home

Thank you to all families for the outstanding job they are doing with their children in the home. We really appreciate that this has been difficult for many families but have found the level of engagement with the activities being sent home has been fantastic.

Learning at School

Requests for students to spend some time at school over weeks 5 and 6 of term will open from Tuesday next week. We have seen an increase in the number of families needing to have students accessing the school and we have increased the number of staff working as a result.

Clearly we are not back to business as usual. We cannot do at home learning for the majority of students and have a significant number of other students here at school. Whilst we do understand that many families are struggling to cope over the past three weeks we do thank those families who are continuing to manage learning from home.

If you are in the position that you may need your child to spend some time at school in the coming weeks, please let your child's teacher know initially or contact the office.

Priority for attending school is given to working families where there is no care arrangements and students in out of home care.

A Return to School

Belvoir is still unaware of any return to schooling in Victoria at this point in time apart from those families who have no option other than to have their children here.

I hope that some information will be forthcoming in a couple of weeks' time if the state of emergency in Victoria is lifted on the 11th of May.

School Council

Our first school council meeting will be held remotely on Wednesday next week. Parents and staff will be welcome to come to the school and connect in the room (managing social distancing) or dial in remotely. We will determine the best platform for this early next week.

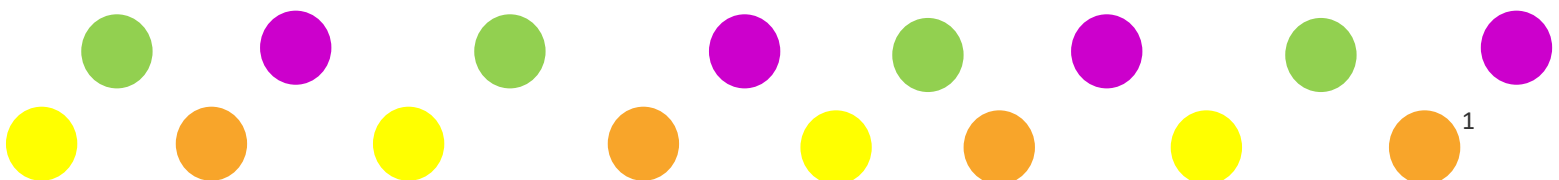
The main business for discussion will be the results of the school review that was completed on Tuesday of this week. While we will not have a full report from Heather we will be able to discuss her preliminary findings.

Thank you

Thank you to families who have connected with the school and sent in photos and stories that we can use to inform and entertain others. Keeping everyone connected to as normal a routine as possible is very important and we would like to thank families for these efforts.

Please stay safe and remember we are only a phone call or email away if you need assistance or support.

Jamie



The Australian Government has worked with experts to develop guidelines to help you, as parents and educators, support children and young people to build daily routines for better health.

The 24-Hour Movement Guidelines include a picture of what a day for a child or young person should look like, including time for physical activity, limiting sedentary activities, and getting adequate sleep.



Following these guidelines may be challenging at times; however, meeting them will benefit health. Achieving these guidelines is associated with better health and leads to improved body composition, cardiorespiratory and musculoskeletal fitness, cardiovascular and metabolic health, academic achievement and cognition, improved mental health and emotional regulation. For those not currently meeting these guidelines a progressive adjustment towards them is recommended.



Australian 24-Hour Movement Guidelines for Children and Young People (5 to 17 years):
An Integration of Physical Activity, Sedentary Behaviour, and Sleep

FOR MORE INFORMATION,
VISIT WWW.HEALTH.GOV.AU

NOTE: These guidelines are relevant to all apparently healthy children and young people (5–17 years) irrespective of gender, cultural or language background, geographic location or the socio-economic status of the family. These guidelines may be appropriate for children and young people with a disability or medical condition; however, a health professional should be consulted for additional guidance.



Australian Government
Department of Health

GUIDELINES FOR **HEALTHY GROWTH &** DEVELOPMENT FOR **CHILDREN & YOUNG PEOPLE** (5 TO 17 YEARS)



A GUIDE FOR PARENTS & EDUCATORS

Australian 24-Hour Movement Guidelines for
Children and Young People (5 to 17 years):
An Integration of Physical Activity, Sedentary Behaviour, and Sleep

OTHER INFO:

School Council Meeting

Week 4—Wednesday 6th May

Uniform shop hours

Beleza Wodonga :

Monday, Wednesday and Friday,
from 12pm to 5pm.

Book club orders Due

Online orders due - 30th April

School orders due - 29th April

***On line catalogue was
emailed out last week.***

BUS NUMBERS

BUS 1: 0408691885

BUS 2: 0417041196

BUS 3: 0407563474

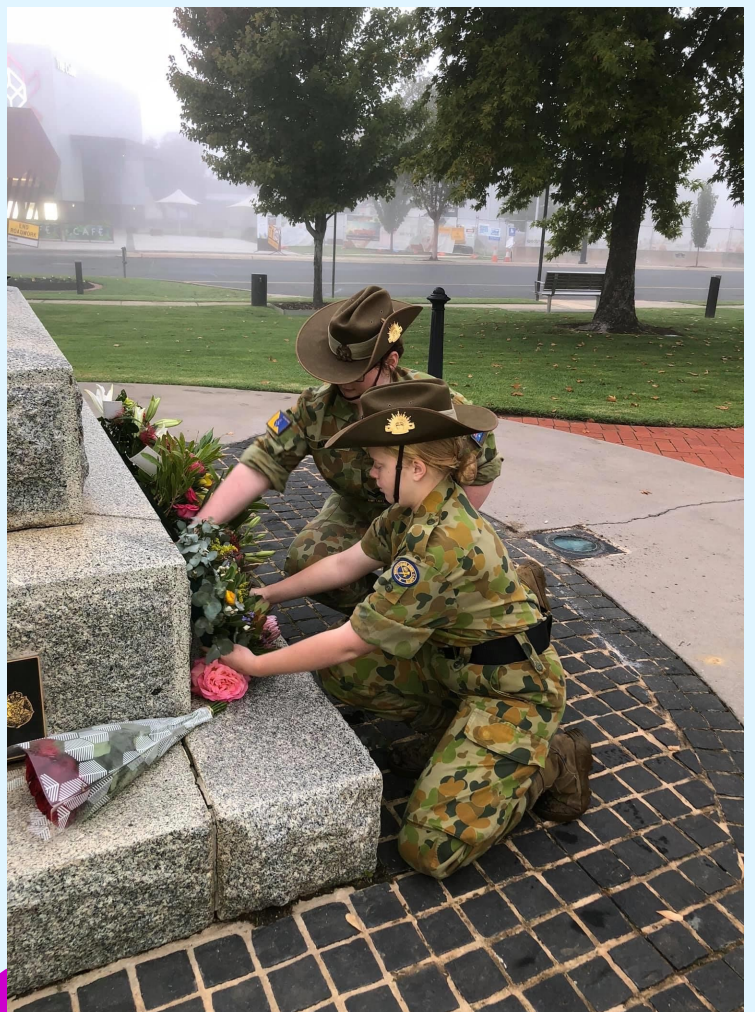
BUS 4: 0408698635

BELVOIR BUS: 0467 796 331

A message from Angel Hawkins, Room 20

Hi,
I know it's been hard for the past couple of weeks being locked up at home. Trust me I feel it to. But lets take a moment and think about all the good things that will come out of this mess. Soon we will be back at school and talking to our friends. We will get to see our teachers and E.S members. As soon as this COVID-19 disappears we'll be back at school before you know it. So my advice to you is to stay home I know that's all we can do at the moment but its better than going out and seeing a lot of people that could be infected with COVID-19. Trust me when I say it's better than getting our loved ones sick. So have a little fun whilst you are stuck at home. Don't forget you can still go out side and kick a ball and get some sunshine before winter. I know all of you miss your friends and teachers. I do to. But i also know that if we stay home and safe we'll get to see our friends and teachers before you can even blink. I would like to say a big thank you to my teacher Scott for giving me this opportunity to give out a little positive note to all of you who are struggling at home. Because I am also struggling a bit. But what helps me and I hope can help you too is to just wake up in the morning and just put a smile on your face. Believe me I'm smiling right now as I write this. So wake up put the biggest smile on your face and get through the day.

Angel Hawkins



LEARNING FROM HOME!



Will C Room 20



Zach Room 24 cutting wood with his dad.

Learning from home

Angus has had an amazing first 2 weeks. He has been loving his reading and online activities. He has worked hard on living skills around the house and has mastered matching and folding the families socks in the washing baskets. He has been doing lots of cooking and experiments with his sister and is enjoying the challenges his mum sets him daily.



Charlie has loved his walking and outside time so far this term. He has been working on making writing marks on paper independently and spending quality time with his family. Charlie and his family have planted seeds and are watching them sprout together.





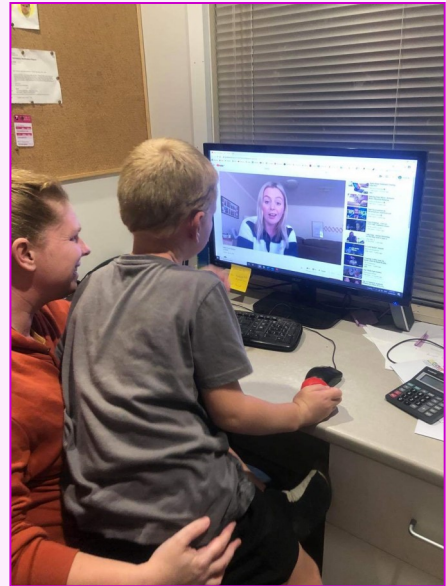
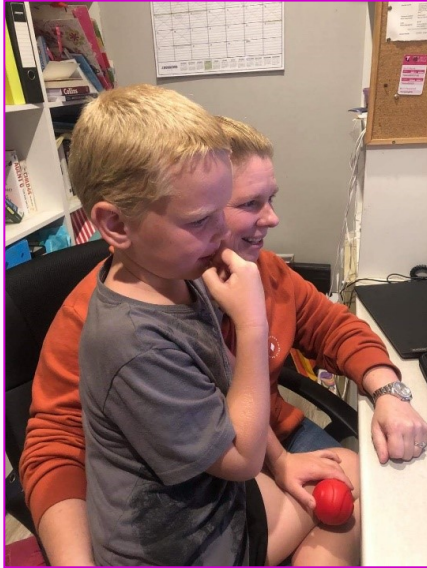
Mack (Room 4) has been enjoying his home learning. Yellow Pod have been exploring emotions, and Mack has shown his learning by making some emotions cookies for afternoon tea! Mack has also been enjoying following the videos on artforkidshub.com to draw all his favourite characters.

Every day, Mack likes to go for a walk up the hill with his family. Sometimes he even tries to race his family. Here he is with some Kangaroos he found on his walk.

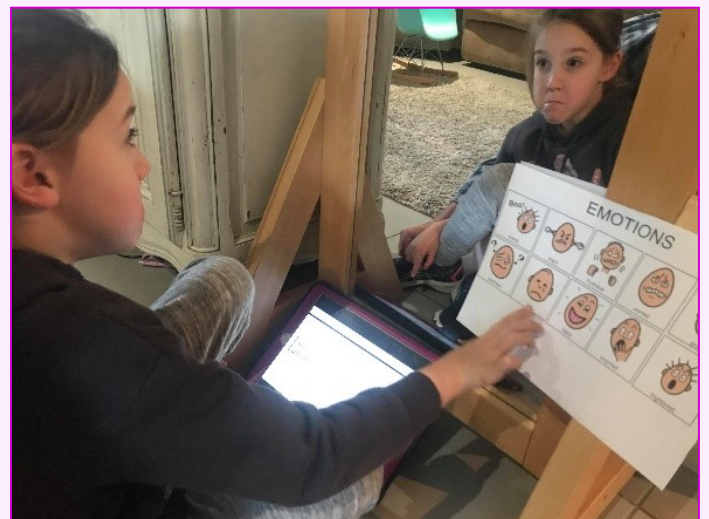


Learning from home

Luke (Room 4) is learning a new skill while working from home - learning through technology! Luke loved listening to Eleanor read the story 'Dirty Birtie' through a video.



Here is Sophie (Room 4) learning about her emotions at home. She loved using the mirror to look at her face when she feels different emotions. Sophie is also learning to make sounds and match pictures of different things that make sounds. She is enjoying using the playdoh Aided Language Display placemat to talk about the different ways she is playing with the playdoh.





Here are some photos I have had sent in of TJ Davis over the last week or so. Lots of different activities being completed.



Here is a pic of James making Pancakes with his Dad.



Learning from home



Makenzie-Lee in Room 3, a photo of her having a Birthday Party with her dolls which is part of our Learn to Play program!

Harrison Room 6 doing some cooking.



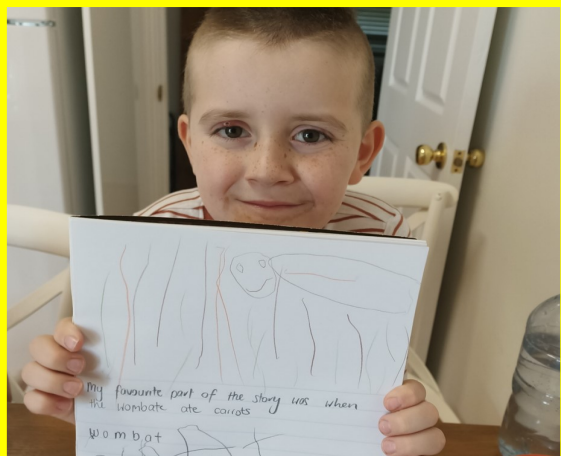
Seth (Room 23) really enjoyed completing his planting activity for Science this week.

Room 6 News



BYRON

Byron enjoying one of his choice activities.



SEB

Seb's amazing writing and drawing from the wombat story.



SEB

Seb being creative and using letters made from cookies to write his name and age.

Room 6 News

Harrison with his amazing Anzac Day artwork and activity from the Hungry Caterpillar book.



Ollie using his visual cards to express a choice. Ollie loved playing with the colourful rice as one of his sensory activities

Room 8



SCOTT I have been making ANZAC biscuits for my family and riding my motorbike.

RYAN I made a pizza and I put tomato, mozzarella, bacon, basil on my pizza



MARIAH I have been riding the new bike I got for my birthday.

Room 8



LEVI I have been learning about numbers

REILLY I am enjoying spending time with my little sister Arielle and doing woodwork, cooking and music with my mum.



HUNTER I love looking for living things. I have caught a fish and an insect.

Room 8



KAIDEN I made have been planting seeds for Science.

As you can see Room 8 have been super busy, keeping themselves engaged in their home learning, whilst getting fit and active and picking up new life skills.

I am so proud of you Room 8. Keep up the great work !

- Tanya



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Webinar
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Keeping children and young people with disability strong

**The NDIS and COVID-19:
Information for families and
young people with disability**

NDIS participants under 7 years:
10am, 5th May 2020



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Webinar
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Keeping children and young people with disability strong

**The NDIS and COVID-19:
Information for families and
young people with disability**

NDIS participants between 7 and
18 years: **11:30am, 7th May 2020**



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Webinar
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Keeping children and young people with disability strong

**The NDIS and COVID-19:
Information for families and
young people with disability**

NDIS participants aged 18–25
and beyond: **3pm, 12th May 2020**



RAISING RESILIENT YOUNG PEOPLE IN THE CORONAVIRUS ERA

PRESENTED BY DR MICHAEL CARR-GREGG

Thursday May 7 | Free Webinar
7.00pm - 8.00pm | <https://bit.ly/3bl7Hu4>

Hear from one of Australia's leading psychologists, authors, broadcasters and specialists in parenting, children, adolescents and mental health.

The spread of the coronavirus has turned life upside down, almost overnight, for millions of people around the world. Being a young person is complicated even without a global pandemic in the mix, and many adults are struggling to navigate the new reality of remote schoolwork, lots of family time, and a ton of uncertainty about what happens next. This webinar will cover information on managing home schooling and self-care.

This is a free webinar open to the community.



WODONGA
MIDDLE YEARS COLLEGE

(02) 6057 9000

www.wmyc.vic.edu.au



CONTACT DETAILS

Could all families please make sure that they inform the school office whenever they have any changes to any of their contact details *e.g.. home/mobile phone numbers, change of address etc.*

It's extremely important that we have up to date

information in case of emergencies.

Please contact Andrea or Neve on 6059 8987 if you have any changes.

School Athletics - House Groups

Students, Staff and Parents are put into groups according to their surnames. Each group has a name and colour and its requested that everyone wears clothing the colour of the house they are allocated to.

Surnames between

A-D = Red -Mitta

E-K = Green -Murray

L-Q = Blue -Kiewa

R-Z = Yellow -Hume

School's Web Page!

As many of you may already know, Belvoir has created a Web page. You can access the page by going on to

<https://www.belvoirss.vic.edu.au/>

This page is used to promote events, share information and showcase achievements of classes and individual students. We would love for you to share this page with your friends and family so that everyone can see the great things happening in our school.

 **schoolstream**
A smart solution for smart schools

(<https://www.schoolstream.com.au>)



Free for parents, students and staff of registered schools

How to get the school stream app on your mobile device

1. From your mobile device go to The App Store (iPhone/iPad) or Google Play (Android), search for School Stream and download the app to your phone
2. Once School Stream has finished installing, open the app, type your school name into the search THEN select your school
3. If you are prompted to accept push notifications, you will need to select OK

Available on the App Store (<https://itunes.apple.com/us/app/school-stream/id680416544>)

Get it on Google play (<https://play.google.com/store/apps/details?id=au.com.unlimitedfx.schoolstream>)

Electronic Version of the Newsletter

Would you like to receive the school newsletter via email?

As our school is going green, to save on using excess paper we would like to offer you the option of having the newsletter sent to you electronically. If you like this idea please fill in and return the slip below to the office, or email Andrea at: gray.andrea.j@edumail.vic.gov.au

Yes, I would like to have my weekly newsletter emailed to me:

Name:

Email address/s