

# Belvoir Special School Newsletter



38 Gayview Drive, WODONGA, 3690

In the wake of the current Coronavirus Pandemic and social distancing, we know victims of family violence may be in a situation that makes it harder to reach out for support .

There are ways to seek help discreetly.

**Safe Steps Family Violence Response Centre** offer confidential 24/7 online support and can provide advice about safely planning and emergency accommodation to keep victims safe from family violence.

For consultations with family violence crisis specialist email **[safesteps@safesteps.org.au](mailto:safesteps@safesteps.org.au)** or call **1800 015 188** if it is safe to do so.

If you require police assistance please *call triple zero (000)*

You can contact either of these services on a victim's behalf.

Victims can also apply for a family violence intervention order online through magistrates court of Victoria .

<https://bit.ly/2SFuF8a>

#ThereIsNoExcuse



## Jamie's Ramblings

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

#### **School Council**

Our first school council meeting was held last night with the following decisions being made. The school will be holding two curriculum days in term 3 to allow all teachers to complete Protective Intervention Training. These days will be held late in August to hopefully allow changes in social distancing policies to be put in place and to give parents as much of a break from having students at home as possible.

School camps for 2020 have been cancelled as a result of the coronavirus. Whilst this is unfortunate school council are very conscious of the financial issues that many families are facing this year and do not want to add to these pressures. We are also aware that we are yet to have a date for school returning and cannot guarantee that all venues will be open on the dates camps are booked for. Camps will return in 2021.

Child Safe responsibilities for school councillors was discussed and all councillors have been made aware of their responsibilities under the child safe standards. A copy of the child safe policy is attached to our website and included with this newsletter for parents to read.

#### **Learning from Home**

Once again thank you to all families for their continued work and perseverance with their children whilst working from home. We do understand the strain that families are under and there was a very open and honest discussion with school councillors last night regarding the current arrangements and the affect that these are having on family life.

Unfortunately at time of writing we still have had no advice from the Department regarding a return to regular schooling.

#### **Learning at School**

Attendance requests for students to spend some time at school over week 5 have closed today. If parents need to send their child to school for a period of time in week 6 of term can they please contact the office and ask for a form to be emailed home.

Once again I need to stress that we are not back to business as usual. We cannot do at home learning for the majority of students as well as have a significant number of other students here at school. We have increased the number of ES working at the school each day this week and we have a further increase planned for next week.

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

#### **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*

#### **BUS NUMBERS**

**BUS 1:** 0408691885

**BUS 2:** 0417041196

**BUS 3:** 0407563474

**BUS 4:** 0408698635

**BELVOIR BUS:** 0467 796 331

#### **OTHER INFO:**

##### ***Uniform shop hours***

Beleza Wodonga :

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

# LEARNING FROM HOME!

Will's cooking Room 9



Ethan, Declan and Cooper Room 5





# Room 1



COOPER

Cooper Playing Bingo!



HUNTER & JACKSON

The two boys caught a fish!



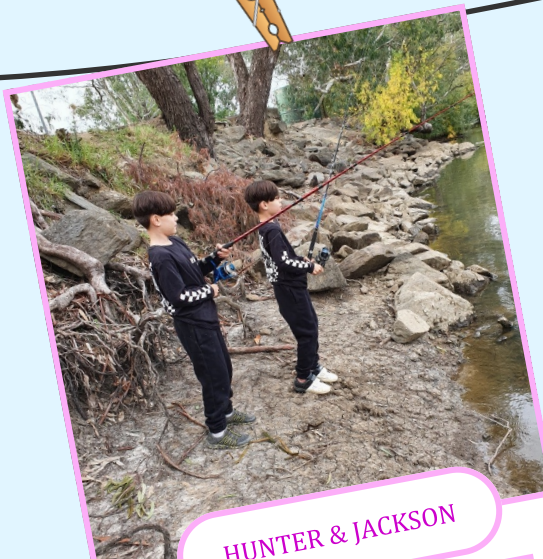
LOGAN

With his Minibeast !



LOGAN

Logan enjoying his writing!



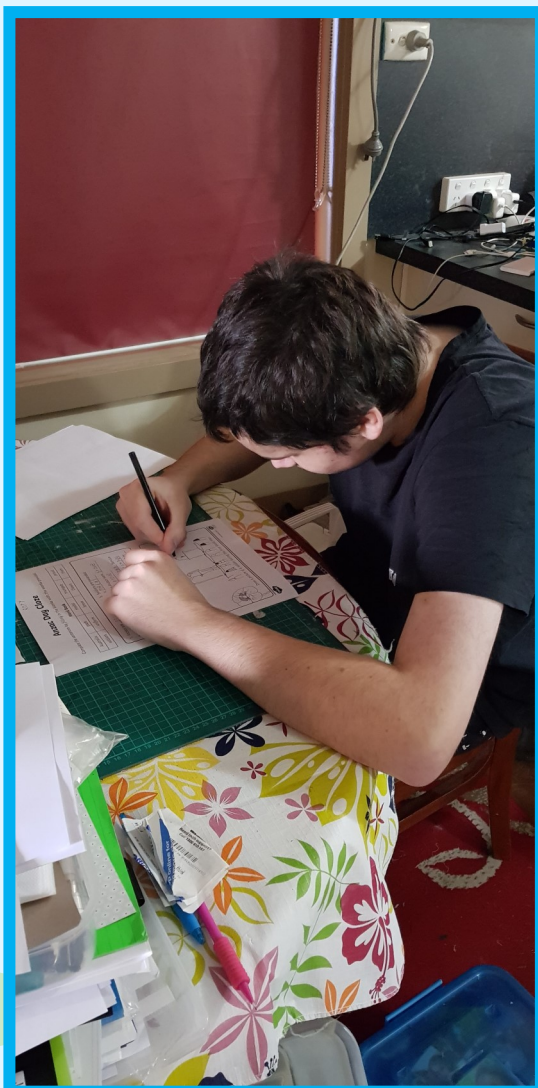
HUNTER & JACKSON

The boys fishing!



Learning from home

*Logan from Room 7 doing his home learning!*



**Rory Earle from Room 13**

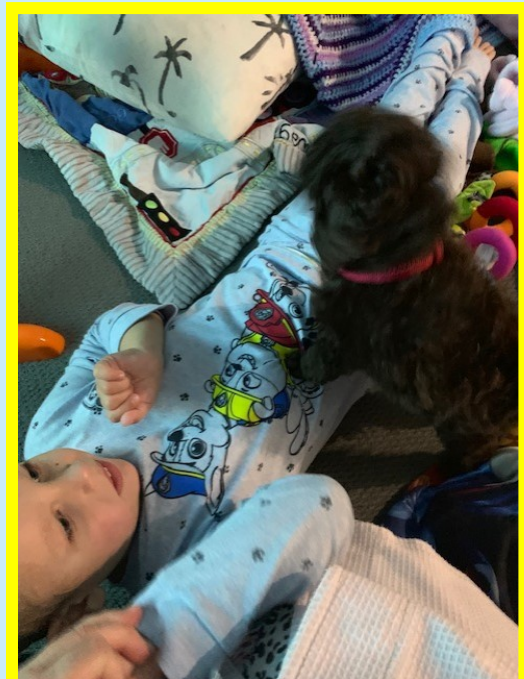
# Room 6 News

*I am super proud of Room 6 for all their hard work again this week. Keep up the work. You are all superstars. Here are some of the things they have been up to. - Lauren*

*Hi everyone*

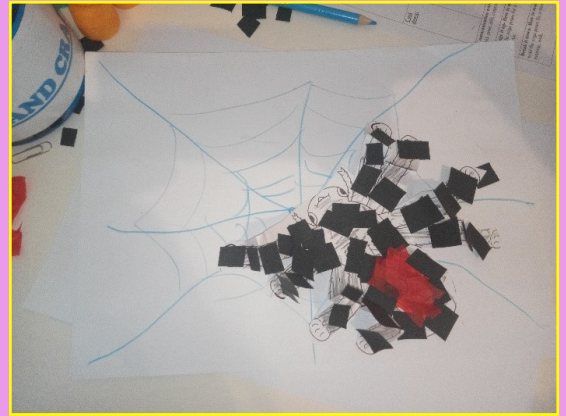
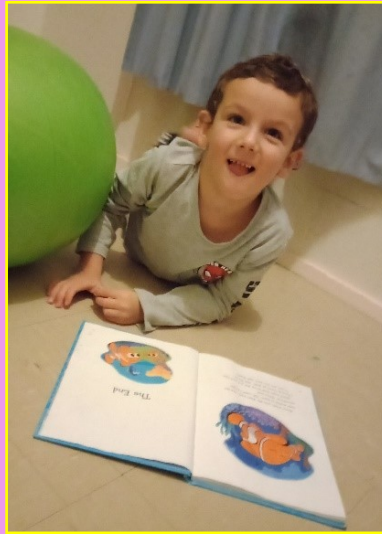
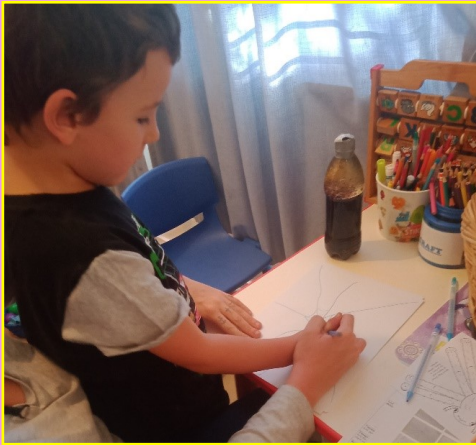
*Ollie wanted to introduce our new member of the family that arrived yesterday "Milo". He is a toy poodle puppy and is very much loved by everyone already.*

*He will be training as a therapy dog and we can't wait for you all to meet him.*

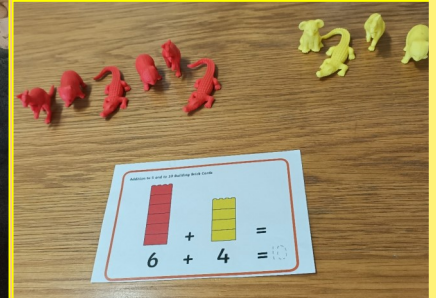




# Room 6 News



*Byron absolutely loved doing his art this week. Look at that big, scary spider.*



*Meet Seb's new addition to the family. He has called him. 'doc Strange'. What a lucky cat. It seems like Seb really enjoyed the story ' Dirty Bertie' and a lovely 'Learn to Play' session .*

*WOW! Fabulous maths happening here by Seb!*

# Room 6 News

Seb making a spider on his playdough mat.



Harrison doing some pouring. Great concentration happening in this picture.





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](http://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.

# 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*



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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.wmnc.vic.edu.au](http://www.wmnc.vic.edu.au)

