

159-211 Coburns Road
MELTON 3337
03 9743 4966
melton.ss@education.vic.gov.au

Bacchus Marsh
Coaches

ABSENCE LINE
03 5366 3444

IMPORTANT DATES

FROM OCT 14	COLLECT GRADE 6 TOPS
NOV 2	MELBOURNE CUP DAY
DEC 16	LAST DAY TERM 4
DEC 17	2022 MEET & GREET

 **COMPASS**
School Manager



Melton Specialist School
@meltonspecialistschool.5162

Newsletter Edition 12 - Friday 15th October

Dear Families,

Welcome back! Brooke has been on leave both this week and last. Alice and myself have been filling in for her during this time.

As you may be aware, we are now following the state governments Roadmap to opening. Over this week and last you will have been contacted via Seesaw by either myself or Alice Harris with what the Roadmap looks like for us here at Melton Specialist School. If you are yet to access Seesaw, please speak to the classroom teacher and they can support you in the setting up process. If you have any questions around the return to school, please contact us.

As students return, we will continue to implement our COVID safe management plan. Alongside our management plan, as per the Chief Health Officer's advice, all staff are to be vaccinated and we will be introducing air purifiers into shared spaces. If you have any questions or concerns around the management plan please feel free to call any member of the Principal Class team to discuss.

This week in accordance with the Roadmap we have welcomed back our school leavers (year 12's) and they have settled back into the routine of school well. Thank you to the amazing senior secondary team for all the work they have been doing in teaching students onsite as well as the year 11's remotely.

In the coming weeks we will see the remainder of students return to on site learning. Families are being contacted via Seesaw with dates that their young person(s) will be returning. It is important you have access to Seesaw to receive these notifications.

Please remember that parents are not allowed onsite. If you are dropping off or picking up your young person you are to contact reception and they will coordinate accordingly.

Principal Update Session

Last Friday the 8th October our Principal Team held an online session for our families. The purpose of these sessions is to provide updates and give our families an opportunity to ask questions to our Principal Class Team. The discussion was centered around:

1. Students returning to school (Roadmap)
2. What processes we have in place at school following our latest guidelines
3. General information about our school

It was fantastic to see over 40 families attend this session. Look out for the next one in a few weeks' time.

Best wishes,

Tegan Aquilina

Updates from P8

This term P8 will focus on sitting during story time, following a schedule and sitting with our classmates during meal time. We will explore a variety of picture books, light and sound, and explore our senses through some fun activities and experiments.

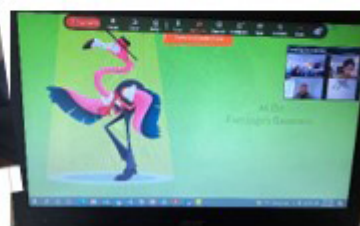
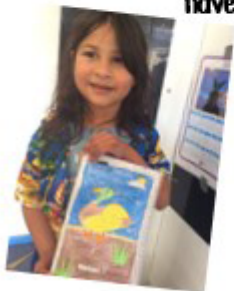
During structured play in the classroom we will practice life skills like, how to take turns and share with our peers. These activities will include some of our favourite toys and games. Last term we enjoyed themed weeks. We had pyjama day, crazy hair day, wear something blue and inside-out day.

We thoroughly look forward to being with our friends in the classroom again this term.



Welcome to P2!

We have started off Term 4 with a bang this week. On our daily Morning and Afternoon 'WebEx' sessions we have had lots of fun singing, dancing, counting, reading and learning about our 5 senses. Students in P2 have adjusted well to flexible learning and have been able to do some superstar work at home.



In saying that, staff and students from P2 are jumping out of their skin to be back at school, part time, next week to learn in the classroom. We are excited to see our friends, play in the playground and engage in our favourite work activities again!

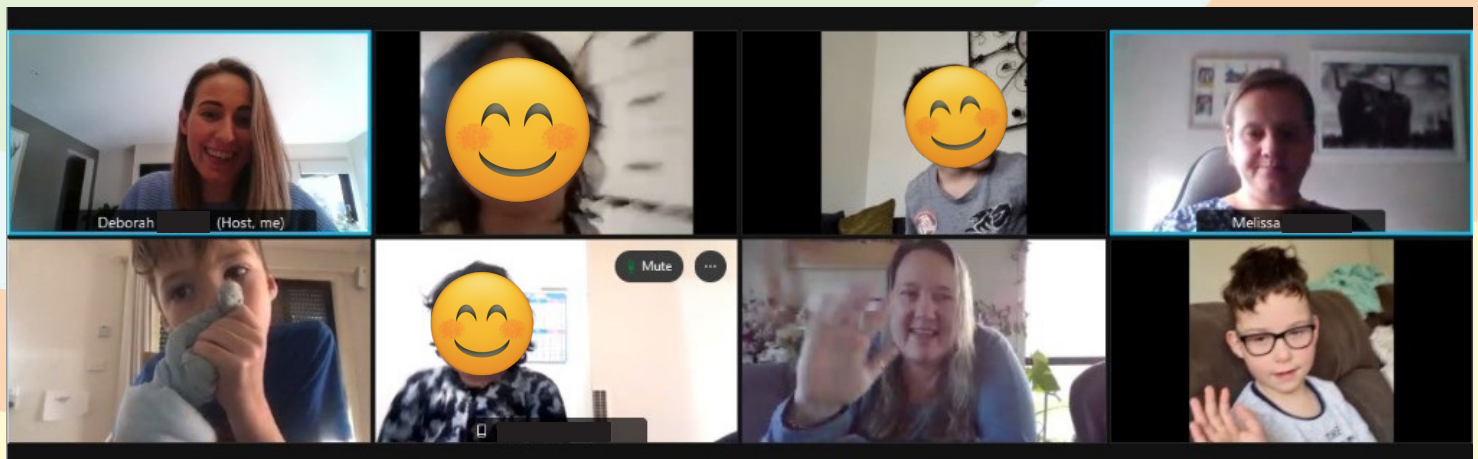


Having fun with p10

Students have been keeping their minds and bodies busy during remote learning by completing lots of different activities including seesaw, key words signing (KWS), life skills, dancing and arts/crafts. We have enjoyed keeping in touch with daily Webex meetings.

During remote learning we have welcomed Hamza and Jaiden to the class. Practicing reading and writing sight words has been very popular. It has been wonderful to see the students develop their confidence and enthusiasm for reading!

We are looking forward to getting back in the classroom and spending time with our friends. Some things to look forward to include a spooktacular Halloween day and hopefully some excursions later in the term, including Kryal Castle and Wyndham's nature play playground!



A look at our Webex sessions

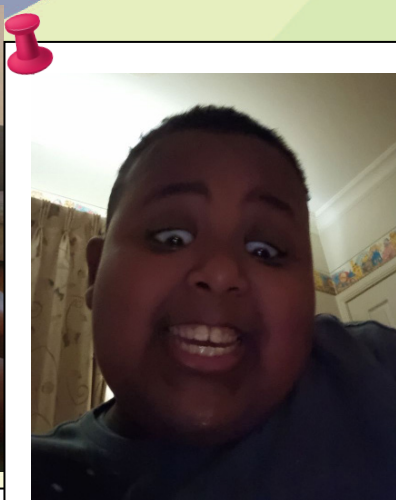
HELPING OUT IN P17



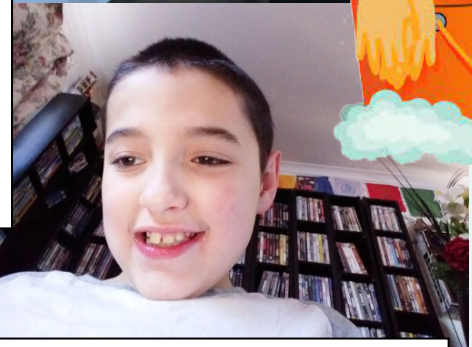
The young men of P17 stepped up to help their families by sharing some of the household life-skills chores and doing their assigned tasks during the current lockdown. Parents have appreciated their efforts to help, as students' have gained a greater independence in looking after themselves.

We are all very proud of our young STARS!! Keep up the good work boys. Also a huge shout out to our wonderful families for their outstanding support to the teaching team.

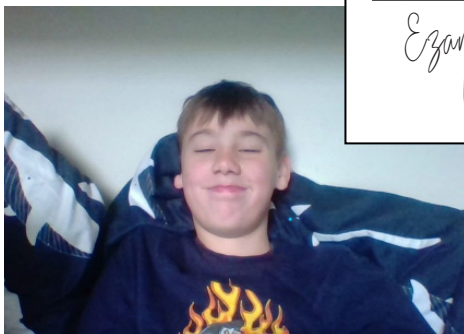
Warm gratitude from our hearts.



Ezana giving us his biggest smile



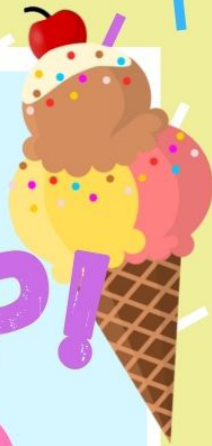
Kaifan chilling



Aden practising his cleaning skills

MSS ALLIED HEALTH

HERE'S THE SCOOP!



Did you know?

Speech Pathologists
specialise in assessing and
managing swallowing
difficulties.



Dysphagia

(dis-fay-juh)

Noun-Medical Term
Difficulty or discomfort
swallowing

Swallowing uses
26
muscles



More than
1 million
Australians
have difficulty
swallowing

PEOPLE SWALLOW

700

TIMES PER DAY

(ON AVERAGE)

Once per minute
while awake

Around 3 times an hour
during sleep

Even more during meals!

SYMPTOMS

While often varied, common symptoms
include:

- Frequent coughing during or immediately after eating or drinking
- Wet, gurgly voice after eating or drinking
- Extra effort or time needed to chew or swallow
- Food or liquid leaking from the mouth
- Keeping food in the mouth
- Recurring chest infections
- Weight loss, dehydration and/or constipation



If you have any concerns, please speak to your young
person teacher or contact the Speech Pathology Team on
9743 4966.

A Speech Pathologist will observe and assess a young person for dysphagia while they are eating different textures and drinking different consistencies. They can support parents/carers and school staff in using strategies to help a young person manage their mealtimes as safely as possible. Speech Pathologists may suggest different feeding equipment, texture changes, positions or techniques to help make eating and drinking easier and safer.

Need support at school?
Talk to your teacher or
someone from the
wellbeing team:



Anchi, Jackie, Brede, Jayden
Wellbeing team email:
set@meltonss.vic.edu.au

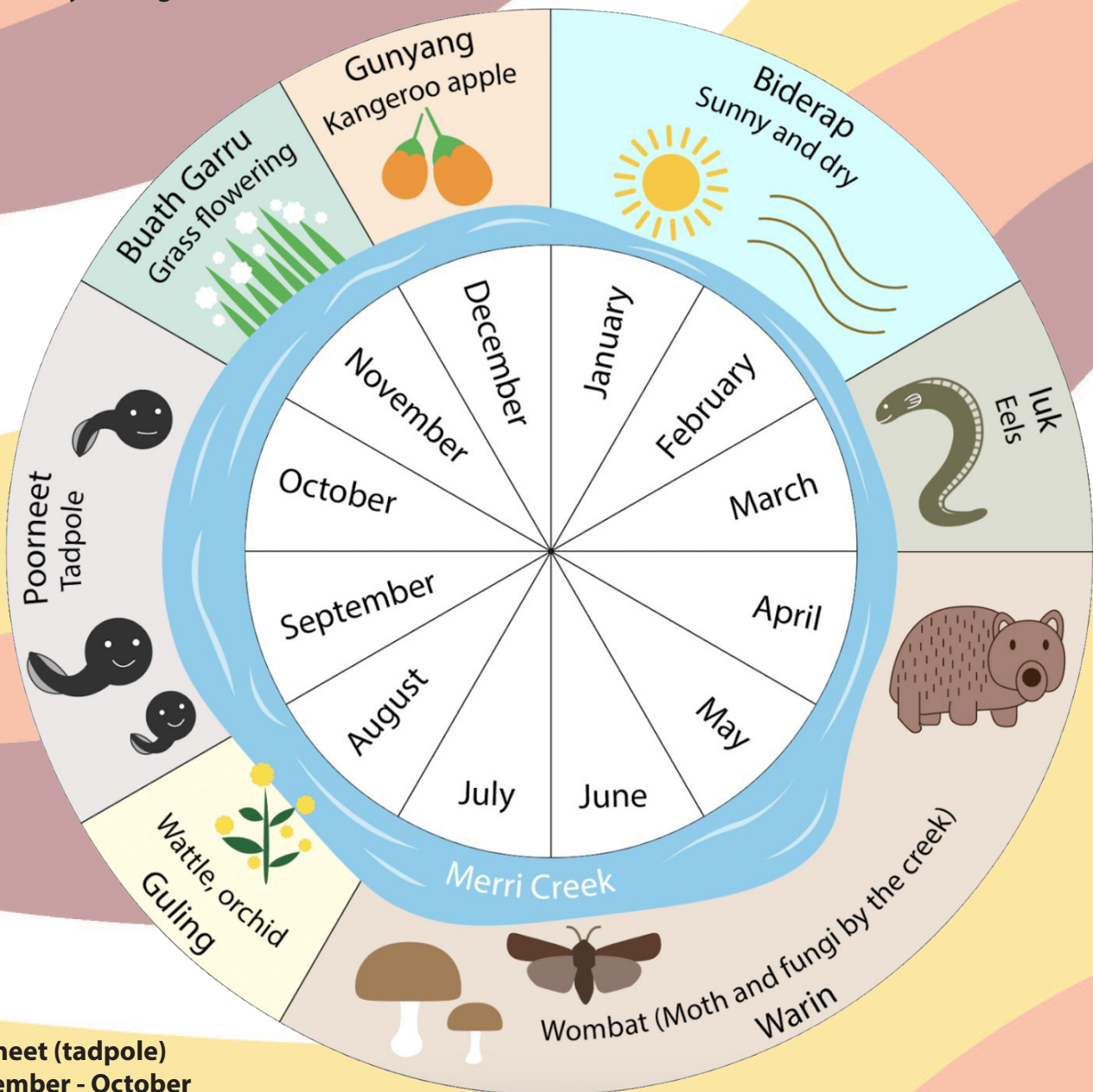
MSS 30 DAYS OF MENTAL HEALTH

Try to do a different one of these mental health activities every day for 30 days!

1 Make a list of 5 people you can talk to if you need support	2 Go for a walk outside	3 Take a picture with your favourite toy or game	4 Listen to your favourite song	5 Tell someone about a tv show you like	6 Make a card for someone you care about
7 Go to a playground or park	8 Do something to help someone else	9 Blow some bubbles!	10 Wear your favourite socks	11 Sing or dance to music!	12 Watch something funny or tell someone a joke
13 Do some stretches or bounce on an exercise ball	14 Drink some water	15 Draw or colour in a picture	16 Eat your favourite food	17 Wear something colourful	18 Take a break from screens
19 Call a friend or family member	20 Think about 3 things that made you smile today	21 Watch your favourite movie	22 Watch the sunrise or sunset today!	23 Try something new!	24 Read a book
25 Do a virtual zoo tour or watch animals at feeding time! https://www.zoo.org.au/animals-at-home/	26 Throw or roll a ball with someone	27 Eat something healthy	28 Take ten deep breaths	29 Do a puzzle or play a game	30 Do something you enjoy

INDIGENOUS PERSPECTIVES

October is true spring on the Koorie calendar. Called Poorneet or tadpole season by the Wurundjeri. The Koorie calendar describes the seasonal weather of the region around you by its rainfall, temperature, sunshine and wind. Below is an image comparing it to the twelve month calendar we are most familiar with. Using this, we can start to look for seasonal change that is being signalled through plants (gum trees with new growth), animals (birds nesting, magpies swooping) and other signs such as the night sky. With the weather warming up after a long cold in many parts of Victoria, you can explore Koorie seasons in your region.



Poorneet (tadpole) September - October

- Temperatures rise but rain continues
- Pied currawongs calling
- Yam daisies flowering
- Days and nights are of equal length

Community Resources



Access for All Abilities Play

Access for All Abilities Play (AAA Play) specialises in connecting people with disability to sporting opportunities. Due to the current lockdown restrictions, they are focusing on connecting people online and offering at home active play ideas and resources with a new website recently launched.

Check out:

- Enable- Fitness for all: short videos to help you to stay active at home.
- Reclink Connect: including sports share packs
- Get hooked- It's fun to fish: online resources from Fishcare Australia

Visit the AAA Play Website for more information and resources: <https://www.aaaplay.org.au/>

Emerging Minds.

National Workforce Centre for Child Mental Health

Need help supporting your child's mental health during COVID-19?

This free online toolkit includes videos, fact sheets, podcasts and guides to help your family navigate the pandemic. Scan the QR code to get started.



emerging minds.
com.au

For translated resources available in 18 different languages, check out:

Helping children cope with stress during COVID-19



Using play to support children during COVID-19



WE ARE A SUN SMART SCHOOL

All students must bring a hat to school during terms 1 and 4 for outdoor play. While many children do not like to wear hats. Persistence is needed to teach them that a sun protective hat is part of their outside routine. If a hat is on, the outdoor fun is on! Remember children are more likely to wear their hat if you do too.



For younger children choose a hat size that is proportional to the size of their head and provides shade across their face and neck areas. The side flap and front peak of a legionnaire hat should meet to protect the side of the face.



For older children, a bucket hat should have a deep crown and angled brim which is at least 6cm. A wide brimmed hat should have a brim that is at least 7.5cm.



If the hat is secured with a long strap and toggle, ensure it has a safety snap, place the strap at the back of the head or trim the length so it doesn't become a choking hazard.



Slip



Slop



Slap



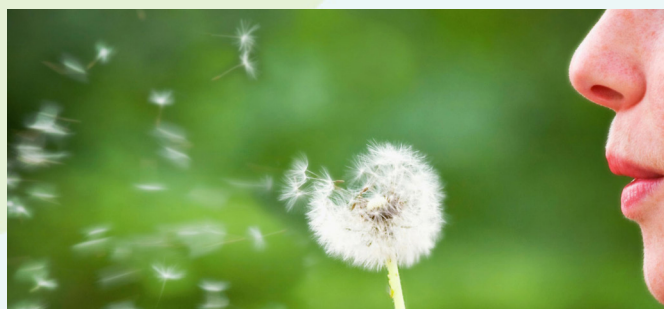
Seek



Slide

Visit <https://www.sunsmart.com.au/> for more information on being sun smart

ALLERGY SEASON



Parents and carers are reminded of an increased risk of seasonal asthma, hay fever and epidemic thunderstorm asthma during grass pollen season, which typically occurs between October and December. Epidemic thunderstorm asthma events are triggered by a combination of high grass pollen levels and a certain type of thunderstorm. People with a history of asthma, undiagnosed asthma or hay fever are at an increased risk during this time.

This risk is increased further in people who have poorly treated hay fever and asthma. The best way to reduce and prevent symptoms of asthma or hay fever and reduce unnecessary absences from school is to follow an up-to-date asthma action plan or hay fever treatment plan provided by a GP or specialist. This may include preventative asthma and hay fever medication given at home at the beginning of the day. COVID-19 symptoms can be similar to asthma and hay fever symptoms so it is essential that these medical conditions are well managed during this time.

To ensure we can continue to monitor and treat your child's asthma please organise an up to date Asthma Plan and provide us with your child's asthma reliever medication. To support good asthma management here at Melton Specialist School we have a variety of measures put in place. We have all of our staff trained in Asthma First Aid, actively monitor weather conditions to reduce risks and adjust student programs as needed. If you have any questions please get in contact with your child's classroom teacher.

UNIFORM SHOP

The uniform shop will run by appointment only until otherwise advised. If you are requiring uniform please call the office on 9743 4966 to make a time.

Due to restrictions, students will be unable to try on uniform items, however feel free to bring in a personal clothing item to help compare sizes.

We also are unable to exchange items for different sizes after purchase. We apologise for any inconvenience.

Preferred payment is Bank Transfer or we can accept correct Cash.

CHECK OUT OUR SCHOOL FACEBOOK PAGE

Remember to "like" Melton Specialist School on Facebook to stay up to date on the latest news and activities.

