

Echuca Twin Rivers Specialist School acknowledges the history, culture, diversity, and value of all Aboriginal and Torres Strait Islanders, and pays respect to their elders past and present, as well as acknowledging future generations.



Important Dates



June

24th—School Photos—TBC

24th—School Council

25th—End of Term 2

July

12th—Start of Term 3

23rd—Student Free Day—
SSG Meeting

28th—30th—Glasses for Kids
Program

Assistant Principal Reports



Covid 19 update

Thank you for supporting the students during the remote and flexible learning period, we are glad to have the students back at school and completing face to face learning. When at school the students regularly sanitise and social distance. Staff wear masks inside except when they are teaching and outside when they can't social distance.

At Echuca Twin Rivers Specialist School, we continue to be guided by the Department of Education Operations Guide. The guide provides schools with recommendations about the general operations of the school with regards to current restrictions. With this in mind at this stage we have postponed programs such as ICAN, Junior Park Ranges, Circus Arts and Billabong Ranch. We will provide an update as further information becomes available.

2021 VALA Conference

Celebrating 20 Years of Applied Learning in Victoria

Echuca Twin Rivers Specialist School have been asked to represent Victorian Special Schools at the 2021 VALA conference. Meagan, Anne Maree and Will have put together a presentation, this includes a range of short videos, photographs and a summary of how VCAL is taught within our school. It is extremely exciting that we are recognised for our fantastic work. We are very proud of the connections that our school makes with the wider community.



VICTORIAN
**APPLIED
LEARNING**
ASSOCIATION

Our Vision

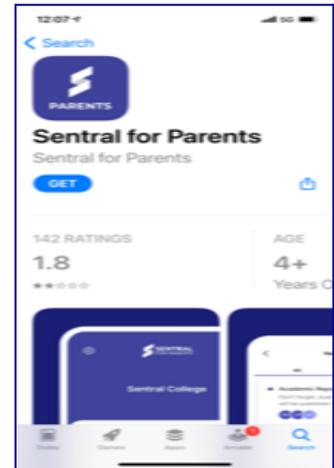
To provide inclusive and engaging learning that empowers all students for life



Cont. Assistant Principals report

SENTRAL Parent Portal

Over the next few weeks we will be trialling the use of the SENTRAL Parent Portal, this can be used for a range of reasons including parent contact, notes for excursions, current and future absences, Newsletter and day to day communication. Jenni will contact some families to participate in a trial. We will provide information to the school community when we aim to launch the program across the whole school.



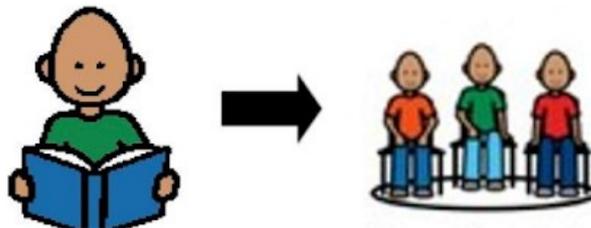
School Wide Positive Behaviour Support

Over the course of Term 2 a team of staff have participated in the SWPBS training program. Within this program we have developed an action plan, this plan will review our current practices. We will be reviewing our current documentation including the expected behaviour matrix, teaching schedule and positive reinforcement system. We look forward to the changes that will be made within this program. And support students within our school. We will be inviting feedback from members of the local community including parents regarding the SWPBS implementation.

PBS Targeted Behaviour

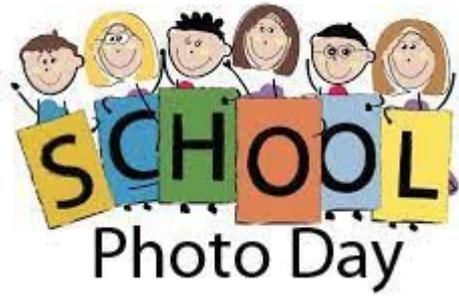
Respect when Moving

I walk safely from one program to another



I use an appropriate voice





Order forms for school photos will be sent home next week. Please return before Thursday 24th June.

At this stage photo day will be Thursday 24th June, 2021. We will advise via Facebook closer to the day with any changes



VCAL Maths Group 2



Hands On Learning

What a hard working group. This class has been working away every Monday at the old school site preparing the climbing frame to removal.



Jenny Weeks—Social Worker

I CAN Network

Have you heard of the I CAN Network? I CAN Network is Australia's largest Autistic-led organisation and they do things like group mentoring in schools and via online settings. They also do talks and some consultancy. I recently saw on their Facebook page that they have online interest groups as outlined below:

Autistic-Led Online Interest Groups (Ages 8-22)

www.icannetwork.com/online

- AFL (new)
- Anime
- Dinosaurs
- Drawing & Art
- Dungeons & Dragons
- Marvel
- Minecraft
- Pokemon
- Screens, Tunes & Characters
- Star Wars

The I CAN Network is continuing to expand the Autistic-led online mentoring program to include a wider range of ages and group themes. The online groups offer a safe, fun, supportive space where young people can connect with peers and mentors who share similar passions. A new 6-week cycle is starting the week of 26 July. I would love someone to check them out and tell me about their experience.

10 HABITS THAT MAKE ANXIETY WORSE

SKIPPING MEALS

Skipping meals causes hypoglycaemia that can lead to symptoms such as irritability, nervousness, dizziness, light-headedness and weakness



DRINKING CAFFEINE

Caffeine is an anxiety amplifier that often affects anxiety hours later, making it difficult to realise the connection between the two.

NEGLECTING FLUIDS

Dehydration causes stress to your body, and when your body is stressed, you can experience common anxiety symptoms that are detrimental to your health.



NOT EXERCISING

Your body is designed to move, and if you sit down all day and never exercise, your anxiety is likely to suffer as a result.

WATCHING THE NEWS

Anxiety is characterised by excessive worry and frae, and watching the news can exacerbate that problem, leaving you feeling moody and anxious afterward.



10 HABITS THAT MAKE ANXIETY WORSE

COMPARING YOURSELF TO OTHERS

Comparing yourself to others can cause unhappiness, low mood, and negative thoughts, that lead to feelings of anxiety and depression.



CONSUMING ALCOHOL

Alcohol can temporarily provide anxiety relief, but it can also raise anxiety levels within just a few hours after consuming, making you more anxious over time.

STAYING INDOORS

Staying indoors can feel comforting but studies have shown that being outside lessens stress through lower cortisol levels and in-turn improves overall anxiety.



LACK OF SLEEP

Getting less than 8 hours sleep can increase repetitive negative thoughts and make it harder to let go of negative feelings.

IGNORING YOUR ANXIETY

Your anxiety is a signal that is trying to indicate that you need to change something. Ignoring your anxiety will make it a lot worse.



Community News



ECHUCA MOAMA COMMUNITY

COAT & BLANKET DRIVE

Do you NEED a coat, blanket, doona, beanie or scarf?

Clean Winter warmth has been donated by your community so we invite you come to St Mary's Parish Hall and collect some free winter items to help you through the coming months.

Collection days: St Mary's Parish Hall (next to Aldi)
Every Thursday in June | 10am – 2pm | Free coffee station provided
If you have any clean items to donate please leave at St Mary's Parish - open Tue/Wed/Fri 9am-12pm.

 Echuca Moama Community Projects Team
Proudly coordinated by the Echuca Moama Community Projects Team
All queries to Julie on 0418 120 133 or julie@emprojects.org



Supported by




St Mary's Parish will host

SOUP FOR THE SOUL

Fresh, hot, homemade soup.

For those in need of some heartwarming nourishment

Soup will be served between 12:00pm – 2.00pm

Each Thursday in June at St Mary's Parish Centre with

Echuca Moama Community Coat and Blanket Drive

224 Anstruther Street Echuca



 Like us on
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