

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.



## May

**14th**—Junior Cross Country

**20th**—School Council

**21st**—Campaspe Junior Cross Country

## June

**8th**—All Abilities Senior Football Day

**24th**—School Photos

**24th**—School Council

**25th** Term of Term 2

## Assistant Principal Reports

### Mother's Day Breakfast

I would like to thank those who attended the joint Mother's Day breakfast. It was a great morning with lots of great connections being made. Both Echuca Twin Rivers Primary and Echuca Twin Rivers Specialist School staff planned and provided a beautiful breakfast. Thanks to the Echuca Moama Kiwanis club for cooking the barbecue.



### Watering system

Over the last week we have had some major works completed at school. We have had a drain installed in the yard play area and have had the shade sail pole reset. In addition to this we have had irrigation installed into the front yard of the school. We are looking forward to this becoming a functional and usable space.

### Emma McCarthy

On Monday the whole staff participated in a professional learning day. The focus of the day was trauma informed practice and behaviour support. The staff enjoyed listening to some fantastic information and gained some strategies that will be used to support the students within the school. Emma will return to school later in the year to complete some coaching sessions with groups of staff.

### Understanding Poverty Framework

On Tuesday 18<sup>th</sup> of May several staff members will participate in the 2<sup>nd</sup> session of the Understanding Poverty framework training. The staff will gain some valuable information regarding how to support students within our setting.

## Our Vision

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



## Eco Garden

Over the course of this term the students in the Eco Garden VCAL program. The staff and students have designed and built garden beds and planted a range of vegetables including lettuce, broccoli, cauliflower and cabbage. We look forward to supporting the café with our produce.



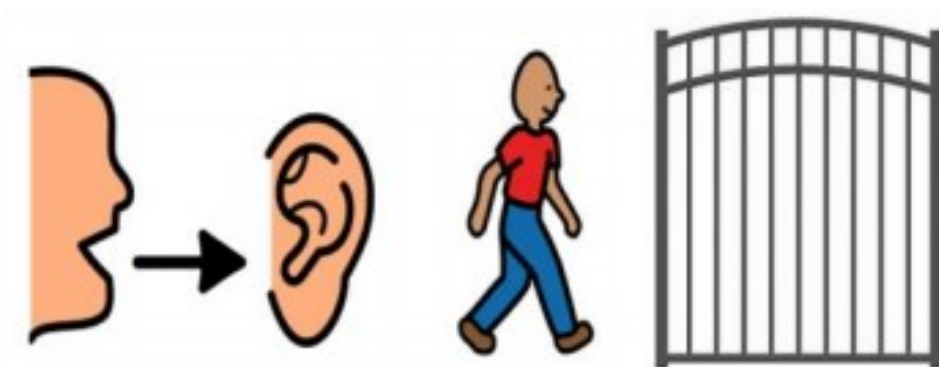
## PBS Targeted Behaviour

### Knowledge when Moving

**I go directly to my destination**



**I wait until my name is called to go through the gate**



# SOW & PBS Weeks 1 & 2

## PRIMARY

Room 3	Frank	Following directions from staff
	Noah	Having pride in his classroom and keeping it clean
Room 4	Dane	Great work in maths
	Archie	25 nights of home reading
Room 6	Ella	Following directions from staff
	Archer	Showing pride in our school
Room 8	Conrad, Zane & Daniel	Following directions from staff
	William	Taking pride in our school
Room 9	Lincoln	Following directions from staff
	Zane	Taking pride in our school

## SECONDARY

Room 12				
Room 13	Sayge & Britney	Being good friends to others	Andrew	Following directions
	Ebony	Settling back into school	Tamlye	Showing pride in her school
Room 14	Hunter & Tyler	Having an overall great week and settling well into his new classroom	Riley	Following directions from staff
	Raiden	Settling well into his new school and classroom	Bailey, Hunter, Riley, Jade & Ben	Showing pride in our school when out & about
VCAL 1	Claudia	Showing great confidence when working with the goats at the farm	Caitlin	Communicating how she is feeling to staff
	Jye	Following instructions and joining in with the group	Noah & Michael	Showing pride in his school
VCAL 2	Will	Filming and editing a movie on the progress of the Eco garden	John & Jye	Following directions from staff
	Ian	Work diligently, erecting the new part of the fence for the Eco garden	Ben P	Showing Pride in his school
CAFÉ	Stephanie	Excellent day in the Café on Thursday; Listened well to staff completed theory and cleaned up		
	Kirsty	Great day in the Café on Monday. Used her initiative and completed set tasks independently		



Room 12 students are participating in a program “Uncaged Spirit” with the Circus & Gymnastic club in Moama. Looks so much fun.





Rooms 8 and 9 students had an excursion to The Echuca Police Station. Our inquiry topic this Term is people in the community who help us and today we learnt how the police are there to help us and keep us safe.



## Allied Health Information

### Types of Sensory Behaviours

Difficulties in sensory processing may lead to maladaptive behaviours frequently seen in class. Children can be:

- **Sensory defensive** - children who experience sensory stimulation such as light, touch, loud noises, bright lights, and rough textures as distressing.
- **Sensory seeking** - children who crave and seek sensory stimulation.
- **Sensory underresponsive** - children who require high-intensity sensory input before they are able to respond.

### Types of Behaviours seen

#### Sensory defensive behaviours

- Responds negatively or emotionally to light touch sensations.
- Avoids messy play such as sand, fingerpaint, paste, glue, mud and clay.
- Withdraws from classroom participation and avoid group movement activities.

#### Sensory seeking behaviours

- Uncoordinated, distractible, impulsive, or a safety risk
- Needs to touch and feel everything in sight.
- Enjoys movement that provides strong sensory feedback.

#### Sensory underresponsive behaviours

- Unaware of messiness on his face.
- Shows little or no response to pain from scrapes, bruises, or cuts.
- Hurts other children during play.
- Appears clumsy, uncoordinated or do a lot of crashing and banging into or on objects.

### Sensory Processing: Is it Sensory or Behaviour?

Understanding sensory processing and using the sensory system to solve common behaviour/ attention problems in the classroom.

### What is Sensory Processing?

Sensory processing is the ability to organise and interpret information received through the senses in everyday activities. The sensory information can include touch, sight, sound, taste, smell, sensation of movement in space (vestibular), and awareness of the position of one's limbs in space (proprioception).



### Useful Resources

Miller, Lucy J, and Doris A. Fuller. (2006). Sensational Kids: Hope and Help for Children with Sensory Processing Disorder (SPD). New York: G.P. Putnam's Sons.

Kranowitz, C. S. (2006). The out-of-sync child has fun: activities for kids with sensory processing disorder. Rev. ed. New York, N.Y.: Perigee Book.

### Useful Websites

<http://therapiststreetforkids.com/Sensory.html>

[https://www.sensorysmarts.com/sensory\\_diet\\_activities.html](https://www.sensorysmarts.com/sensory_diet_activities.html)

<https://childdevelopment.com.au/areas-of-concern/sensory-processing/>



### Things That Can Help

- Sensory Diet – prescribed by an OT
- Heavy work and deep pressure activities
- Breathing (taking in 3 deep breaths)
- Rhythm – tapping, music, dance
- Relationships – making kids feel safe, routine, allow time to process information.

Jenny Weeks—Social Worker



@BELIEVEPHQ



# 9 WAYS CHILDREN CAN BE BRAVE AND LOOK AFTER THEIR MENTAL HEALTH



If you are struggling don't be afraid to talk to someone



Try not to keep things bottled up. Talk to someone about your feelings



Work each day on building your mental fitness (E.g breathing techniques)



Embrace challenges which you have coming up



Look after yourself and make sure to apply lots of self care (Mindfulness)



Express how you are feeling or thinking to a friend, family member or teacher



Know when to stop. If things become too much give yourself a break



Don't be afraid to ask for help



It's okay to not feel okay. Try not to fight the feelings and talk to someone





Echuca Twin Rivers Specialist School is participating in the great program. We are collection bread bags—any bread bags. The more bags the greater chance we will have to be in the draw to win exercise equipment.

Your support will be greatly appreciated.

## Help Wonder turn **BREAD BAGS** into **SCHOOL PLAY EQUIPMENT**

*It's simple...*

**1**

Collect your empty bread bags and tags



**2**

Recycle them at school in Wonder's pink Collection Bin (There is a separate box for bread tags).



**3**

We'll earn reward points to redeem new sports equipment for every 5kg bin filled!



Our school is in the draw to **WIN 1 of 5** exercise circuits made from recycled plastic we collect!

**LET'S GET RECYCLING!**



Tag Wonder on social [#wonderrecycling](#) to share all your recycling champion stories!



# Community News

CLASSES OPEN FOR AGES 6 - 17

## CULTURAL dancing



WITH  
**SISSY COOPER  
NARJIIC DAY BURNS  
AUNTY NEVA TAKELE**

Members will also  
create their own Emu  
feathered dance wear

4PM - 5:30PM  
14TH MAY - 9TH JULY  
RUNS EVERY FRIDAY

**APEX HALL ECHUCA**

Contact Sissy for more information 0457 009 269

NJERNDABORIGINAL CORPORATION  
TO KNOW OUR LIVING CULTURE

5480 6252  
WWW.NJERNDABORIGINAL.COM.AU

**Njernda**  
Aboriginal Corporation

## Echuca Library Afterschool Club

Term 2 Travel Bugs

Lets travel the world and have  
some fun in different countries.  
Each session will focus on a different  
country to explore.

Recommended for primary school aged participants.

Campaspe Library | 03 5481 2400 | www.campaspe.vic.gov.au/library



Where  
Echuca Library  
When  
3.30 - 4.30pm  
Every second Thursday  
22 April, 6 & 20 May, 3 & 17 June  
Cost  
Free!  
Bookings essential

Campaspe

ndis



## Vic - Pathways to Post School Life

A session for young people in Years 10-12 and their families  
The National Disability Insurance Agency (NDIA) and the Department of Education and Training (DET), Victoria would like parents/carers of young Victorians with a disability in Years 10-12 to attend a virtual information session.

This is a session for parents/carers of young people with a disability on building skills and paving a pathway to post school life. The DET and the NDIA will discuss a range of career planning and pathways tools, NDIA-funded supports and other assistance to help young people to build skills to prepare for their transition, and support them in achieving education, training, employment and other goals, post-school.

Sessions are offered over multiple dates to allow flexibility for attendees, and will be delivered via video-conference using Microsoft Teams. Registrations will close three business days before the event. If you would like to attend, please register via Eventbrite. Two business days prior to the event, login details (including the MS Teams link to join the session) will be sent from [events@ndis.gov.au](mailto:events@ndis.gov.au) to the email address you provide at registration.

For any enquiries regarding this session, please contact [events@ndis.gov.au](mailto:events@ndis.gov.au). Please include the session name in the subject line.

Where: Virtual Information Sessions via Microsoft Teams

Dates & Times:  
Tuesday 11 May 2021 7.00pm - 8.30pm (AEST)  
Wednesday 12 May 2021 10.30am - 12.00pm (AEST)  
Tuesday 18 May 2021 10.30am - 12.00pm (AEST)  
Thursday 20 May 2021 7.00pm - 8.30pm (AEST)

RSVP: Please register via Eventbrite at <https://www.eventbrite.com/au/vic-pathways-to-post-school-life-a-session-for-students-in-years-10-12-tickets-14791369885>

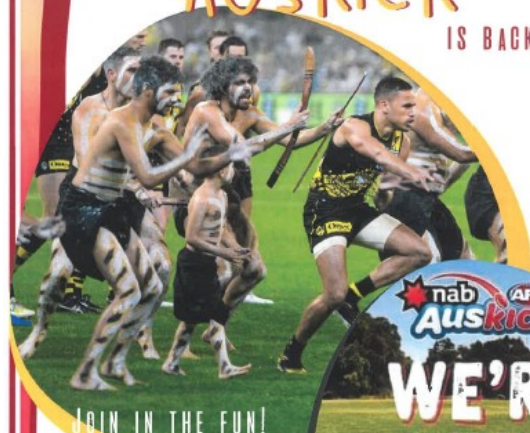
Additional information: Accessibility is important to us. If you have any accessibility requirements please let us know when you register for your chosen session. Please note - we need a minimum of five (5) business days' notice to book Auslan interpreters and live captioning services.



ndis.gov.au

## Warma Turtles AUSKICK

IS BACK!



JOIN IN THE FUN!

And have the chance to be part of  
DREAMTIME Round at the 'G'!

8-Week Program-  
EVERY Monday  
Dates To Be Confirmed

**WE'RE  
BACK!**

REGISTRATIONS NOW OPEN

[play.afl/auskick](http://play.afl/auskick)

MORE INFORMATION:  
PHONE ELLA 0436 023 644

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WWW.NJERNDABORIGINAL.COM.AU

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Aboriginal Corporation

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