

20th March 2025



Issue 4

Principals Report

Paul Marshall

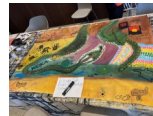


School council AGM

Thursday 20th March at 5pm is our School council AGM. The school community is welcome to attend the meeting, where we will discuss our annual report for 2024 and celebrate all of the successes of the year. We welcome a new school council member, Sol Walker. We also say a sad farewell to Scott Morrison who has been on school council for 13 years. We thank Scott for his dedication to the school over so many years.

Kaiela art project

A group of our Koorie students have recently attended a special program in Shepparton called the “Kaiela art project”. The project sees Koorie students from across the region come together to work with local elders/artists on an art project. The project takes place over several weeks. Keep an eye out for updated photos and the final product. It is great for our indigenous students to learn about their culture and mix with other students from different schools.



Harmony Cup Cricket Day

On Wednesday a group of our students participated in the Harmony Cup cricket day. Special school students from across the district came together in Shepparton to participate in a day of fun and competition. All of the students demonstrated the school values of respect, inclusion and responsibility.



4th End of Term 1—
Dismissal at 2pm

22nd Term 2 starts

25th Anzac Day—Public
Holiday



30th School Photos



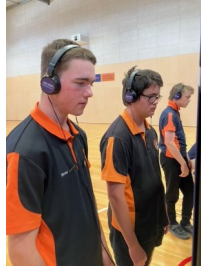
Willow the Wellbeing Dog



Con't Principal report:

Road smart program

On Tuesday our senior students participated in a Road smart program. The program taught students about road rules and how to stay safe on and around roads. The program was very interactive with various activities using technology to engage students. They even had virtual reality headsets, which the students loved.



AFL clinics

In the last week of term, we have a couple of days of AFL clinics running at school. This is something we have run in the past and the students have always enjoyed the experience. There will be specialised coaches and players running our students through various drills.

Paralympian visit

Liam Twomey, a Paralympian for Triathlon will be visiting our school next week. Liam is a Victoria Institute of Sport Athlete, who attended the 2024 Paralympics. The students are very excited to meet him.



Last day of school

A reminder that Friday 4th April is the last day of school for term 1. Students are dismissed an hour earlier at 2pm. Please adjust your parent and bus pickup time.

School returns on Tuesday April 22.



Office News

FINANCIAL ASSISTANCE

INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$154 for primary school students
- \$256 for secondary school students

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments:** your child has started or changed schools this year.
- **changed family circumstances:** such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure

Conveyance Allowance Applications

Eligibility

An application on behalf of a student may be submitted if the student is:

- a Victorian resident;
- school aged and enrolled three or more days per week at a school; and
- attends a specialist school

A student who meets the above requirements may be eligible if they:

- reside 4.8km or more by the shortest practicable route from the school attended
by private car from home to nearest bus stop or to school

If you reside 4.8km from your nearest bus stop & you think you may be eligible for Conveyance Allowance please contact Tracey or Jenni for an application form.

Application forms need to be in no later than 1st March 2025



Mental Health Practitioner/NDIS Navigator

My name is Shayna Davis and I'm part of the wellbeing team here at ETRSS.

MHP

I'm a Social Worker and have been employed in the Mental Health Practitioner (MHP) role since February 2023. My focus in the MHP role is to support the mental health and wellbeing of our Secondary students. This may include direct counselling, group work, working with staff to support students within the classroom and linking families into external services if required. I do require parental/guardian consent to work with Secondary Students.

If you require further information regarding the MHP role, click on the link below.

[Mental health practitioners in secondary and specialist schools | Victorian Government \(www.vic.gov.au\)](https://www.vic.gov.au/mental-health-practitioners-in-secondary-and-specialist-schools)

NDIS Navigator

I am also the NDIS Navigator within the school to help families navigate and understand the NDIS and get the most out of the supports available to your child. I can help by providing information and advice on the NDIS and available supports, including guidance on where to look for services and supports. I can provide guidance to parents/carers on how to apply to the NDIS and what you may need to consider, including any documented evidence to support the application and assist parents/carers to access NDIS Local area coordination partners such as Intereach for advice and support.

If you require further information regarding the MHP or NDIS Navigator role please contact me at the school.



Mental Health & Wellbeing Leader

My name is Anne-Maree Prout.

I was recently assigned the position of Mental Health and Wellbeing Leader for our school. The focus of this role is:

- To build capacity for staff to identify mental health in students
- To create clear care pathways for mental health within our school and beyond.
- To promote good mental health within the school
- To work closely with our Wellbeing Team to implement changes that enhance positive mental health opportunities within our school environment.





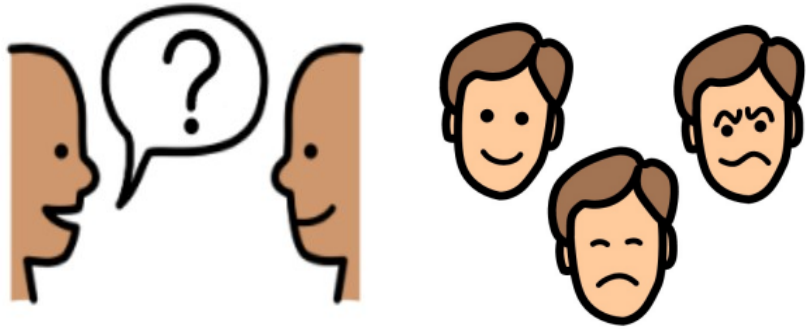
 Acknowledgement of Country

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.



PBS Targeted Behaviour

We communicate how we are feeling



Our Vision

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



Our Values

Be Respectful
Be Inclusive
Be Responsible



2025 BUS STAFF

Rushworth:

0418 322 861

Neil, Anne & Sharon

Cohuna:

0418 847 627

**Alan & Lorraine &
Kylie**

Elmore:

0427 685 124

**Bill, Kevin, Jan,
Judy & Zoe**

Kyabram:

0448 981 278

Russell & Barb



CAREER EXPO

Save the Date

Tuesday 1st May

4:30—6:30pm

Echuca Twin Rivers Specialist School Gym

The aim of the expo is to provide students and their families/ caregivers with post school options, this will include:

- NDIS support services
- Day programs
- School Leaver Employment Services (SLES)
- Supported Employment
- Employment Services

All year 7 to 12 students and families are welcome to attend

Please contact the school if you require further information



Face to Face Parent Information Sessions

Facilitated by: Annette Clements, Parenting Program Coordinator for Loddon Child, Health and Wellbeing Local

Location: Echuca Twin Rivers Primary School (held in the school library), 66 Wilkinson Drive, Echuca

Sessions will run for 1 ½ hours to allow time for questions throughout the session.

All sessions are open to parents with children who attend Echuca Twin Rivers School as well as parents in the broader Echuca community with children in the 4 – 12 yr age group.

Dates

- **Wednesday March 19th at 9.30am – Managing Big Feelings**

Big feelings include anger, sadness, worry, and distress of any kind and are hard to navigate. This session introduces you to the feelings thermometer and will help you understand your own feelings better so that you can help your child with their big feelings. We also try out some strategies to manage feelings during the session.

- **Wednesday March 26th at 9.30am – What is Autism and how can I help?**

Autism Spectrum Disorder is a condition that affects the social skills, communication and behaviour of a person. Each person on the spectrum has a different range of issues. This session will help you to understand the complexity of Autism and how you can pivot your parenting to support your child.

- **Wednesday April 2nd at 9.30am – What is ADHD and how can I help?**

The ADHD brain is different to other brains. Using video material this session will show you what ADHD is like for your child and provide lots of strategies to help you support their development. We can also answer questions you have about your child and their behaviour.

For further information or questions, please phone the schools Anglicare Early Help Practitioner Kristy Beaumont on 0459 249 990

COMMUNITY NEWS



Why MyTime?

MyTime is for parents and carers of a child with a disability, chronic medical condition or other additional needs including developmental delay.

Unwind and share experiences with others who understand!

FIND US AT:
KCLC,
21-25 Lake Road, Kyabram
Thursdays, Weekly 10am – 11.30am

CONTACT:
Theresa Heenan – Facilitator
Email: Theresa.h@mytimevic.com.au
Mobile: 0456 106 143

mytime.net.au

MyTime term plan mytime.net.au
Thursdays, Weekly
10am – 11.30am

DATES	GROUP ACTIVITY	CHILDREN'S ACTIVITY
1st Feb	Welcome Back Morning Tea	Online games, colouring, dot markers
8th Feb	Bananas & Milk - 200 Quils	Online games, colouring, dot markers
15th Feb	Morning Tea & Hot Coffee Break	Online games, colouring, dot markers
22nd Feb	Facilitation activities - online	Online games, colouring, dot markers
1st Mar	Coffee & Chat	Online games, colouring, dot markers
8th Mar	Self-Care Activity - Something Fun	Online games, colouring, dot markers
15th Mar	Online - Life Challenges	Online games, colouring, dot markers
22nd Mar	Online - Thinking Out Loud and Morning Tea with Coffee Break	Online games, colouring, dot markers
29th Mar	Chat on Friday - Online	Online games, colouring, dot markers








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Unwind and share experiences with others who understand!

FIND US AT:
Hosted on Zoom
Meet Monday nights weekly
7.30pm – 9.00pm

CONTACT:
Alison Burns – Facilitator
Email: AlisonB@mytimevic.com.au
Mobile: 0423 934 484

mytime.net.au


MyTime term plan mytime.net.au
Mondays, Weekly
7.30pm – 9.00pm

DATES	GROUP ACTIVITY
1st February 2025	School Holiday and Return to School Status. Share your stories of success, struggle and survival.
15th February 2025	Guest Speaker – Alannah About Me Workshop Create an affirming, strength based introduction to your child to give to teachers, therapists, doctors, support workers and others. Great for SGGs.
15th February 2025	Self-Care Activity – Using your Signature Strengths Do the VAS Signature Strength Survey and talk about how we can apply it to our lives and
22nd February 2025	Self-Care Activity – Mindful Watercolour Painting or Colouring Use art to calm the body and mind, process emotion and express ourselves. No skill required!
2nd March 2025	Guest Speaker – Kim Henderson: Changes to the NDIS Kim is the NDIS Program Lead for Moreton Bay City Council. She is a high-energy, straight-talking expert on the NDIS.
10th March 2025	Public Holiday – No Session
17th March 2025	Group Discussion – Care Booklets/Resource Swap Swap stories about the books, articles or podcasts that support and inspire you. No time to read? Just cover and lend.
24th March 2025	Self-Care Activity – Watercolour Easter Cards and Crafts Create beautiful pastel images and crafts.
31st March 2025	School Holiday Self-Care – Ideas, Plans and Strategies Swap your ideas for the holidays and strategies for surviving the challenge.

*Activities may vary depending on group interests and ability





HOLIDAY HUSTLE PROGRAM


The U-Choose Holiday Hustle Program is designed for young people aged 7-17 years old who are currently on school holidays. This exciting program offers a mix of fun games, sport activities, arts and crafts, and trips to youth-friendly venues. Activities are modified to ensure all participants can join in and enjoy themselves. Throughout the program, our Hustle Leaders will assist participants in joining activities, making new friends, and staying active while having a blast!


Easter Break:
 Week 1. 7th April – 11th April, Time:12:00 pm – 4:00 pm
 Week 2. 14th April – 18th April, Time:12:00 pm – 4:00 pm


July School Holidays:
 Week 1. 7th July – 11th July, Time:12:00 pm – 4:00 pm
 Week 2. 14th July – 18th July, Time:12:00 pm – 4:00 pm

September Break:
 Week 1. 22nd September – 26th September, Time:12:00 pm – 4:00 pm
 Week 2. 29th September – 3rd October, Time:12:00 pm – 4:00 pm

School Holidays 2025

 03 4410 8243
  support@u-choose.com.au
 [uchoosesupportservice](https://www.uchoosesupportservice.com.au)



U.C.A.S


AGES 7-17 YEARS

The U-Choose Youth Program is designed to empower young people with disabilities by providing a space where they can thrive both socially and emotionally.



This after-school program centers on choice and connection, allowing participants to explore their interests, build meaningful friendships, and develop essential life skills.

A dynamic after-school program specifically designed for young people with disabilities. It offers a supportive and engaging environment where participants can explore activities based on their personal interests.

Fee: \$15 – This helps support the program by covering the cost of food, drinks, snacks, as well as resources and entry fees to child-friendly spaces (e.g., pools).



When: Tuesdays & Thursdays Weekly
Time: 3.20pm-7pm (3hrs 40min)
School Pick up & Drop off

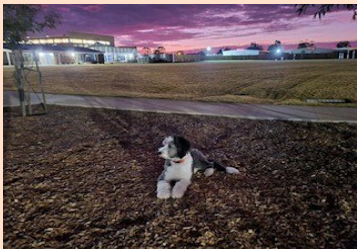
CONTACT US
 support@u-choose.com.au
 03 4410 8243

COMMUNITY NEWS

OUR SCHOOL

Echuca Twin Rivers Specialist School provides education for children ages 5-18 years with intellectual and associated disabilities. It services the Campaspe and Murray Shire area.

The school prides itself on having an open and welcoming environment that encourages parent and community participation.



Parenting Program

The "Help, I've got Kids" programs and resources support parents and carers to:

Learn about effective family functioning

Identify family strengths, Planning for safety, Planning for the future



Understand the meaning of children's behaviour, impact of trauma and cumulative harm



Learn more about brain development in children and its influence on their thoughts, feelings, and behaviours

When: Every Thursday starting May 1st until June 12th (Except the 22nd)
Time: 10:30am until 1:00pm

Where: Kyabram Community and Learning Centre, 21-25 Lake Road

Cost: Free

Facilitators: Family Support Services KCLC

To Book: Contact Reception at KCLC on 58520000



Community lunch provided after each session. A certificate of completion is available for participants who attend every session.

nab Auskick
GOOD CLEAN FUN
PLAY.AFL/AUSKICK
Echuca Moama Rockets
Echuca South Recreation Reserve
Commencing Wednesday
23rd of April, 2025
Register Here: [QR Code]

START 2025 WITH NEW SKILLS!



LETIZIA'S TRAINING & DEVELOPMENT

UPCOMING SHORT COURSES

- Victoria White Card
Monday 7th April 9.15am - 3.15pm
- Victoria RSA
Tuesday 8th April 9.15am - 3.15pm
- Food Handlers
Wednesday 9th April 9.30am - 2.30pm
- First Aid
Thursday 10th April 9.15am - 3.15pm
- Barista
Friday 11th April 9.30am - 1pm



Kyabram Community & Learning Centre
152 Allan St.
Bring: USI Number & Photo ID

Kickstart your new year with essential skills at KCLC! In partnership with Letizia's Training & Development, we're offering a range of short courses to boost your career. Whether it's earning your Victoria White Card, RSA, Food Handlers, Barista, or First Aid certification, we've got you covered!

Enrol Today Ph 5852 0000
kclc@kclc.com.au
21-25 Lake Road & 152 Allan St



Special Guest
Craig Casiro
Horticulturalist and educator
10.15am & 12 noon

Discovery Day

Come and discover what Echuca Moama has to offer you

All residents welcome - especially if you are new to the area.

There will be information provided by community groups and a showcase of social, sporting and service clubs.

It's a great opportunity to become more involved with your local community.

We look forward to seeing you.

Where
Echuca Library
310 Hare Street

When
Saturday 15 March
10am - 1pm

Free sausage sizzle
Free tea & coffee

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



Echuca Twin Rivers Specialist School
66 Wilkinson Drive
ECHUCA VIC 3564
Phone: (03) 5410 7700 press 1

echuca.twin.rivers.ss@education.vic.gov.au
<https://www.echucass.vic.edu.au>