



23rd April, 2020
Issue 8

Newsletter

Echuca 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.



Principals message:

Well done



Firstly I want to say a big thank you, congratulations and well done to all of our families. It has been an enormously challenging time for you all and I appreciate how patient and understanding you have been during this time.

I want to acknowledge the extra challenges that parents and carers are having with remote learning. I know that some of you are doing it really tough. The technology component of the remote learning has not been easy for all families. Students are challenged due to being out of routine, whilst others require significant attention to support their learning; and I know that this is not always possible from home. It is hard at the moment, but we are all in this together and we are doing what we can to keep us all safe.

I want to thank all of the parents that are essential workers that are keeping the economy ticking over. I realise that many of you are placing yourselves at risk every time you go to work.

I know some families have communicated that they are frustrated, worn down and feel somewhat left out in discussions in the media. I want to acknowledge the added challenges that all of you are facing. You are all amazing.

Congratulations to the students that have been busy completing school work. I have already seen some amazing pieces of work. Please post/share/email any photos of students completing school work. I would love to promote the achievements of our students.

Remember that learning can take many forms. Families have been very creative with this. What are the passions of your children? Do they love to cook? Do they love music/singing/dancing? Do they love board games and puzzles? Are they hands on/outside children? How can you hook in with these passions and extend their learning when they've had enough of the online or written work?

Finally, I want to thank the amazing staff of Echuca Specialist School. We have a daily skeleton staff that have volunteered to support students of families of essential workers who are both working. They place themselves at risk during these terrible times and I am extremely grateful to them. There are also a number of staff that volunteer to drop off weekly work and food packs. They travel to Kyabram, Rushworth, Rochester, Cohuna, Mathoura and all around Echuca/Moama. Again, they place themselves at risk, but do so to support the students. Due to a number of factors, many staff can't attend the school site. However, all staff are working hard to ensure learning needs of all students are supported. I congratulate the staff for their dedication and effort.

I wish all of our families the best during these challenging times. Please feel free to contact school, your child's teacher and/or our social worker for support.

Our Vision:

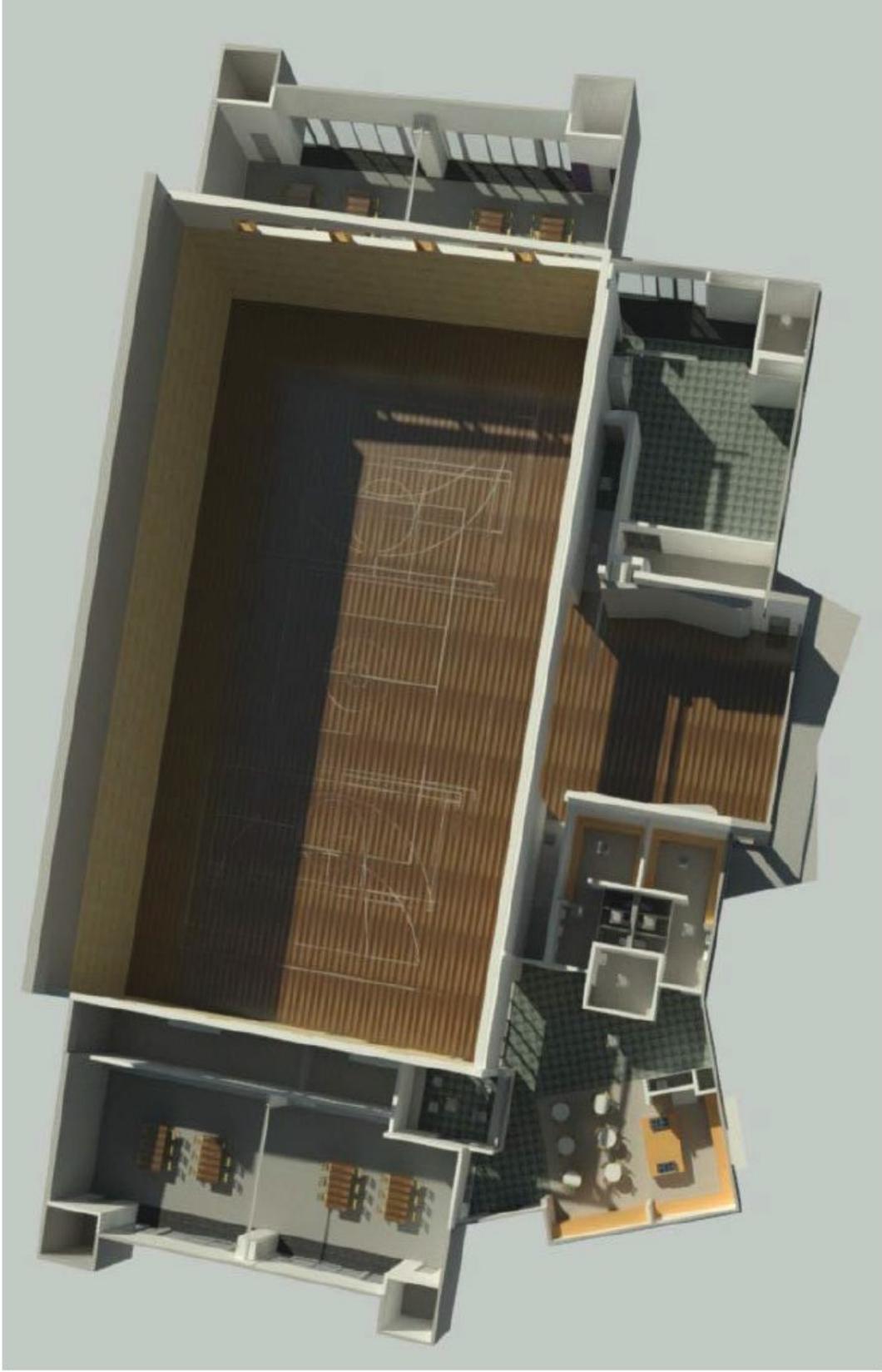
To provide inclusive and engaging learning that empowers all students for life



Great learning from home



GYMNASIUM/ ART/ MUSIC BUILDING:
AXONOMETRIC



CONT PRINCIPAL REPORT

Work and food packs

The latest school work and food packs will go out tomorrow (Friday). These will be delivered every Friday.

New school update

The new school is still on track for an August completion date. The oval has green grass popping up and the VCAL building is currently being erected. We have recently completed our furniture selection and this has been ordered. It will be very exciting having all new furniture.

Teacher Contact

If you receive a phone call from a private number chances are it is from your child's teacher. If you miss this call staff will attend to call again. Please feel free to contact the school at any time on 5482 2769.

Wellbeing of ESS students and families

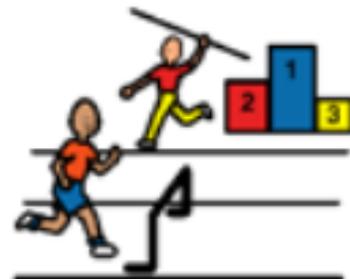
During this time of remote learning, our social worker, Jenny Weeks is available for the students' wellbeing needs. She is available over the phone on 0419 593 409. Jenny's hours will be the same as normal 8am-4pm so please try to contact her during these times. Jenny is happy to talk with you regarding student's social and emotional skills to support their physical and mental wellbeing.



PBS TARGETED BEHAVIOUR—WEEK 2

Respectful Always

I show pride in my school



How does it work in Term 2, 2020?

1. Term 2 Book Club catalogues are digital only (no paper catalogues) this term for the first time ever during these unprecedented times. To access and purchase from the latest Issue, please go to <https://scholastic.com.au/book-club/virtual-catalogue-1/> We encourage you to sit down with your child and go through the catalogue together, discussing any books that sparks your child's interest.
2. Once you and your child has made your final selection, click anywhere on the page to redirect you to the Scholastic LOOP website or go to the Scholastic LOOP app to place your order. LOOP orders are linked to your school in an easy, safe online process. Registering for LOOP will also keep you up-to-date with all of the latest Book Club news, information on exciting new releases, and our exclusive Book Club special offers (See graphic attached below)
3. Our Book Club Organiser will then take care of the rest! After everyone's orders is submitted by the suggested close date of Issue, the Scholastic team get to work packing your child's order full of exciting things.
4. Your child's order is then delivered to the school/classroom, and will delivered with your child learning pack on Friday's. If our regular Book Club order distribution procedure needs to be adapted, an electronic announcement will be made. Orders that you have marked as a 'gift' in LOOP will be sent to school for you to secretly pick-up instead.

With numerous studies finding that reading at home is a key factor in a child's lifelong success, Book Club provides a fun and easy way of bringing books into your home. Find out more about Book Club here: <https://scholastic.com.au/book-club/book-club-home/>

Book Club LOOP
The EASIEST way for parents to order and pay for Book Club!



Parents: Are you registered for LOOP?
LOOP is the easiest way for you to order and pay online for your child's Book Club order, if you wish to pay by credit card.

Parents who are registered for **LOOP** receive exclusive sneak peeks, downloads and offers throughout the school year—don't miss out!



Head to scholastic.com.au/LOOP and register today!



 SCHOLASTIC

Social Worker—Jenny Weeks

Coping with Remote Learning

As we all begin this new style of learning, it is important to acknowledge that as much as we are feeling unsure and nervous, the young people in our care are also experiencing some BIG emotions. Some common feelings may be a sense of loss, grief and uncertainty about the changes. You may see a change in your child's play - they may be playing doctors or hospitals, they may be talking about things dying or even playing superheroes to rescue people from the virus. All of these are pretty normal and are a young person's way of trying to explain what's happening in their world. You can support them by allowing them to play in this way.

Isolation can be a difficult time for everyone, and our young people are certainly not immune! It is important that the adults in their lives do their best to support their own mental wellbeing. Tips for looking after ourselves include:

- Move - really get those endorphins (our feel good hormones) going with whatever form you like eg dancing, walking, star jumps
- Connect - this may be with the people in your household, Facetime with friends or connecting with yourself through your favourite hobbies
- Stretch - make this as simple or as complicated as you like
- Feel/positive touch - give or receive a massage as this releases hormones that help to reduce our stress levels!
- Breathe - there are so many techniques out there to show you the benefit of focussing on your breathing that are incredibly calming for everyone in your family!
- Affirmations - think about the things you can control, rather than the things you can't
- Relaxation - do things that you know are relaxing for you like taking a bath or following a guided meditation

Surround yourself with stories that are uplifting and bring you and your family joy when you read them. Ideas to follow are the Kindness Pandemic and Rainbow Trail Australia. Lastly, remember to be kind to yourself - if it's not working out so well today, try again tomorrow.

I am available Monday - Friday 8am-4pm via the phone **0419 593 409** and am more than happy to be contacted so please feel free to contact me.



Echuca Specialist School
High Street South
(P.O. Box 780)
ECHUCA VIC 3564
Phone: (03) 5482 2769
Fax: (03) 5480 2077



echuca.ss@edumail.vic.gov.au
www.echucass.vic.edu.au