

23rd March 2023



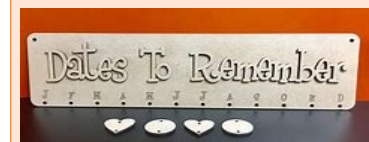
Issue 4

Principals Report



Harmony Day

On Tuesday the staff and students celebrated Harmony Day. The staff worked together to create engaging activities for the students. Harmony Day is a day that celebrates our diversity and brings Australians together from all different backgrounds.



MARCH

24TH—RIDE TO SCHOOL DAY

30TH—SCHOL COUNCIL 5PM

31ST—SCHOOL PHOTOS

APRIL

6TH—LAST DAY OF TERM 2 DISMISSAL AT 2PM

24TH—START OF TERM 2





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.



ASSISTANT PRINCIPAL REPORT CON'T

Leadership Forum

On Friday 31st of March, leaders from all of the local secondary schools will attend the Youth Leaders Forum. The forum is going to be held in the Centre. The Shire of Campaspe will run the sessions and the café will provide food throughout the day.

Professional Learning Communities

At school staff have been working in PLC's. This term the focus has been investigating the use of visual supports and schedules within the classrooms. Staff have completed observations in the classrooms and have made some changes within the programs.

Rob Vingerhoets – Mathematics Professional Learning

On Friday 10th of March all staff participated in the Rob Vingerhoets professional learning day. Rob was engaging and taught us all about the importance of teaching mathematics. Rob provided some practical examples and worked through some ideas that might improve engagement within maths. The staff have met and reviewed our current instructional model.



SCHOOL PHOTO'S FRIDAY 31ST MRCH



School photos will take place on Friday 31st of March. They are going to take place in the school library

Echuca Twin Rivers Specialist School
Photo Day 2023
Friday 31st March

To Order Photos:
 Go to www.msp.com.au and click "Order Photos". Enter your child's personalised [shootkey](#) and follow the prompts.

Order your School Photos before midnight Friday 7th March

Late Orders can be accepted after 7th March by contacting 03 5482 3190. All late orders incur an extra \$20 for postage and handling.

Family Photos - Please order online prior to photo day with the unique [shootkey](#) on the Family form. Extra Family Envelopes are available at the School Office.

1. Family Shoot Key per Family.

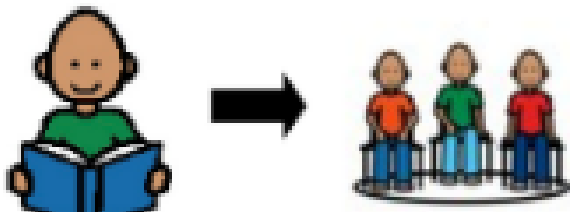
msp photography
 03 5482 3190
 admin.mrr@msp.com.au
 www.msp.com.au



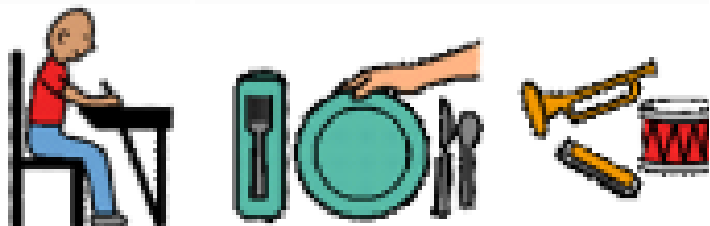

PBS TARGETED BEHAVIOUR

Be Respectful in the Classroom

We stay in our program



We use all equipment for its purpose



Harmony Day is a day that celebrates our diversity and brings Australians together from all different back-ground.

BUS CHAT

Just a reminder to all parents and carers to allow for a smooth transition in the morning to please make sure your child/ren are ready to board the bus when it arrives. The buses run on a very tight schedule and any delays cause a domino affect for the rest of the run. If you are running late or need to contact the bus at any time you can call or text the bus. Staff will endeavour to answer calls or reply to a text when safe to do so.

2023 BUS STAFF

Rushworth:

0418 322 861

Peter – Ann/Sharon

Cohuna:

0418 847 627

Alan – Jess

Elmore:

0427 685 124

Kerry – Jan/
Sandra

Kyabram:

0448 981 278

Cameron – Megan



As a part of the 7-9 pods Recyclability program, we are collecting:

- Plastic bottles
- Aluminium cans
- Glass bottles
- Cartons

We are taking them to the Moama Woolworths as a part of the 'Return and Earn' program in NSW. For each of these that we collect we get 10 cents. If you have any of these containers that you could bring in that would be great. They must be whole and not crushed. We will be taking them to Moama Woolworths on Wednesdays. If you would like to bring in any, please put them in the large plastic IBC container in the school carpark.

Thank you!

7-9 Pod - Recycling Program



The staff have met and reviewed our current instructional model.

RECYCLING PROGRAM



THANK YOU TO EVERYONE THAT HAS DONATED ITEMS FOR RECYCLING. OUR STUDENTS HAVE BEEN VERY BUSY PROCESSING THESE ITEMS.

Our Vision

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



Our Values

Be Respectful
Be Inclusive
Be Responsible



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HOT CROSS BUN DRIVE



BAKEHOUSE
— 151 —

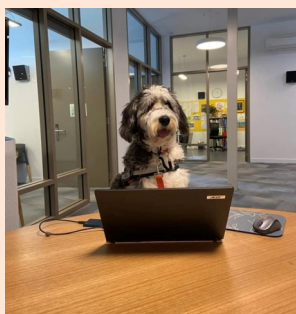
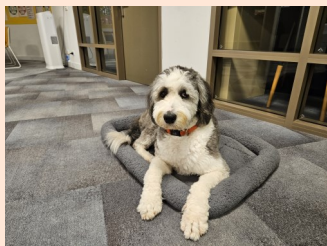


We will be participating in a Hot Cross Bun Drive in conjunction with the Primary School. All money raised will go towards new air-conditioning in the Gym. Order form and money need to be returned to school by Thursday 30th March and delivery will the week of the 3rd April.



Being active on the way to and from school contributes significantly to a student's daily physical activity and increase social and community connectedness. National Ride2School Day is Australia's biggest celebration of active travel. Tomorrow Friday 24th we will be joining forces with Echuca Twin Rivers Primary School for this event. We would love to see as many students as possible meet at the crossing on McSwain's Road at 8:15am and walk or ride along Wilkinson Drive to school.

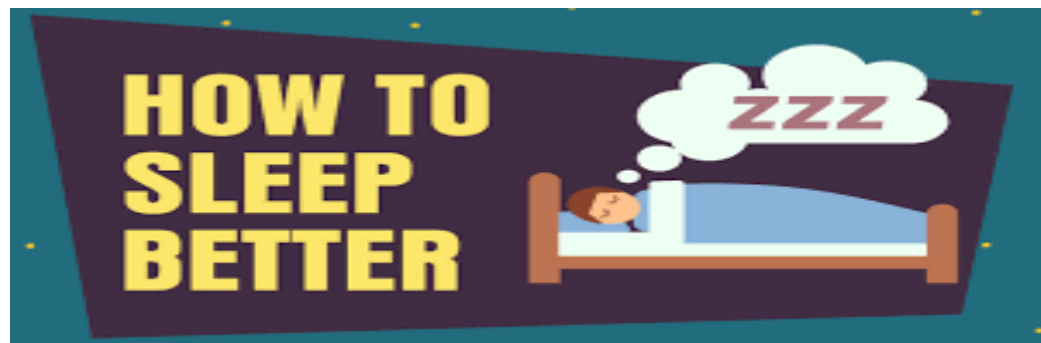
Willow the Wellbeing Dog



GV HARMONY CUP

On Wednesday, students from the VL department attended the GV Harmony Cup Cricket in Shepparton. The team took on groups from Verney Road, and Cobram with Echuca Twin Rivers Specialist School finishing 2nd overall. The group represented the school with pride and enjoyed the opportunity to work together and also socialise with students from other schools.





Dear families

While we know sleep is essential for good health, research shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood.

Research shows about 12% of primary school-aged children, a quarter of 12- to 15-year-olds and half of 16- to 17-year-olds don't get enough sleep on school nights. The recommended amount of time to sleep for primary school-aged children is 9 to 11 hours. For teenagers, it's 8 to 10 hours.

Signs that your child is not getting enough sleep can include:

- low mood and irritability during social interactions
- reluctance or arguing about getting off devices and going to bed
- falling asleep during the day
- difficulties waking up for school and sleeping in late on weekends to catch up
- changes to communicating or interacting at home.

You can help your child to improve their sleep by:

- establishing a regular sleep pattern and consistent bedtime routine
- supporting them to avoid using electronic devices such as smartphones before going to bed and in bed
- encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep
- encouraging them to wind down and relax before going to bed.

If your child is still having trouble sleeping, has persistent problems with low mood, excessive daytime sleepiness, restlessness in bed, severe snoring or wakening unrefreshed, despite getting adequate length sleep, they should see a doctor.

For more information on sleep health, you can refer to:

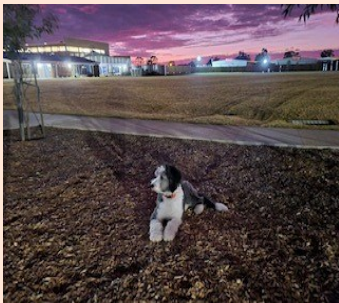
- [Sleep tips for children](#) and [Facts about sleep for parents and school staff](#), from the Sleep Health Foundation
- [Why sleep is so important](#), from the Kids Helpline's
- [Sleep explained](#), from the Better Health Channel.

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.



Transgender day of Visibility
BEYOND THE ART EXHIBITION

On Friday, March 31, the Transgender Pride flag will be raised at Hopwood gardens to celebrate the International Transgender Day of Visibility.

WHEN: 31st March 2023
TIME: 11am-1pm
WHERE: HOPWOOD GARDENS - High st Echuca
Lawn games, PRIDE march, light morning tea & refreshments.

Crossensvale Community House supports International Transgender Day of Visibility as a celebration and acknowledgement of transgender and gender diverse identities, achievements, and communities.

Partnering with: The Wron-Gold, Bottle & Bush & Campaspe Shire Council / Funded by VIC Government

Coffee Club Returns

Every 2nd Thursday in the Staffroom
Starts this Thursday 23rd of Feb from 9am
Drinks provided (not just coffee) made by the ETRSS Cafe
All parents, carers and younger children welcome to attend

Coffee Club Dates

- Thursday 23/2/23
- Thursday 9/3/23
- Thursday 23/03/23
- Thursday 6/04/23

PLAYGROUP

9am - 10:30am **FREE**

Every 2nd Wednesday Morning
66 Wilkinson Drive Echuca
Starts Term 2
26th of April 2023

Phone: 03 54 107 700

Drinks & food provided by ETRSS Cafe

Blue Light

FRIDAY
28 APRIL
KYABRAM
BLUE LIGHT
DISCO PJ party!

\$8 ENTRY

6-8PM | PREP TO YR8
ST AUGUSTINES COLLEGE HALL
CHURCH/MC CORMICK STREET, KYABRAM
CONTACT MITCHELL.BULL@POLICE.VIC.GOV.AU

PROBLY SPONSORED BY Bendigo Bank, Community Bank, FRRR, Nutrien



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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>

MURRAY RIVER REGION

FREE SCHOOL PHOTO REPRINTS FOR FLOOD-AFFECTED FAMILIES

As a local business, we understand the stress and devastation caused by the 2022 flood event. That's why we're offering to reprint any photos you may have lost to flood damage for free until March 31st.

Visit www.msp.com.au and fill in the five minute form to apply.

Here's to a safe and healthy 2023.

- Jarod, Tessa and the team at Murray River Region

msp photography