



27th August 2020
Issue 16

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:

New School

We are very excited to announce that the formal sign off for the new school has been completed. This process has been a mammoth undertaking and I thank everyone that has supported the school along the way. We will still move in at the start of term 4.



New name

Along with the official completion of the paperwork side of the new school, we have also been granted permission to change our school name to Echuca Twin Rivers Specialist School. This will be the last newsletter with the name Echuca Specialist School. It is another momentous occasion and one to celebrate.

Moving day

We have decided to leave moving day as the last day of term 3, Friday 18th September. **This will be a student free day.** We have booked removalists to support staff to move equipment and resources to the new school. Our first day at the new school will be the start of term 4.

Car park works

If you have driven past our car park at the new school, you would have noticed some large machinery asphaltting the car park. We are very excited by this because it is something that we have fought hard to have completed.

RUOK day (Week)

This year we will be holding an RUOK? Week at Echuca Specialist School. This will begin on Monday 7th of September and will finish on Thursday 10th of September. During this week all classrooms will teach 2 lessons with a focus on RUOK?. On the Thursday 10th of September we will be holding a "Wear yellow" day and BBQ. Toni will have the student complete some ART work specific to RUOK? within her programs. In addition to this, we will be putting some information and resources for families in the newsletter.



Our Vision:

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



Dates to Remember: AUGUST

31st—School Photos—
**POSTPONED UNTIL
TERM 4**

SEPTEMBER

3rd—Fathers/Special
persons day stall

18th—Last day of Term 3

Student Free Day—
Moving Day

OCTOBER

5th—First day of Term 4
at New School

NEW SCHOOL COUNTDOWN

38

Days

CONT PRINCIPAL MESSAGE

Buses

Our Trotters bus runs have been sold to Belfour's bus company. Belfour's operate our daily Rushworth run. This will not change anything for families. The staff remain the same, the phone numbers remain the same and the buses remain the same. The only difference will be the change of branding on the side of the bus. We have a great relationship with Belfour's and look forward to working with them on all of our buses in the future.

We thank Trotters for their amazing service over the past few years. They always went above and beyond to support our school and families.

Café

I want to congratulate our Café manager, Sarah, and her team of staff and students that produce amazing fresh food and coffees every day. 2020 has been an extremely challenging year for our Café but they have remained positive and shown great resilience. At the moment the team operates out of our High street address. They are looking forward to getting back up to the new school in term 4. They are also looking forward to the time the community can visit again.

Covid-19

We are currently completing daily temperature checks on all students. We hope this will make families feel confident that we are doing all we can for the safety of students. All staff are wearing masks and many students are also wearing them. Check out our Facebook page that has a video showing our wonderful staff and students wearing their masks. They are not compulsory for students, but we certainly encourage students that can wear them to do so.

Phones away

We have also created a video clip on Facebook, celebrating the amazing students following the rule of putting phones away. However, we have some students that are not following the rule. A reminder that this rule is for ALL students across the state. We will be calling home when students don't follow this rule. We would appreciate families supporting this decision and reminding their children to put phones away. Or students can keep phones at home.

This rule is to support learning in the classroom and stop inappropriate use of phones. There has been some inappropriate use with students making calls in class, recording people, looking at rude content and bullying through text. Talk to your child about what the expectations are. If they feel they can't follow them, then perhaps they should keep their phone at home.

PBS TARGETED BEHAVIOUR—WEEK 7

Knowledge in the Yard

I wear my hat and sunscreen



I ask when I need to move yards

Room	Name	PBS
7	Angelo	Showing appropriate behaviour when going on the bus to our new school for transition sessions
	Mondy	Playing appropriately outside during play times and remembering to ask a teacher if he needs to change yards
13	Elijah	Demonstrating sitting in his seat with his seatbelt on while traveling on the bus everyday to and from school.
14	Xavier	Moving safely when getting on and off the bus.
Room	Name	SOW & PBS
11	Jack W	Calling businesses in Recycling program
15	Tyler	Moving safely when getting on and off the bus when transitioning to the new school and staying in his seat and wearing his seatbelt
	Tamlye	Completing all her classwork and actively trying to improve on using good manners
16	Andrew	Moving safely when getting on and off the bus and for staying in his seat and wearing his seat belt. Using great strategies towards his learning and communication
	Izayah	Staying in his seat and wearing his seat belt.
19	Toby	Moving safely when getting on and off the bus
	Zack E	Changing his week from negative to positive
VCAL	Noah T	An excellent day in the Café program on Monday” Fantastic work cooking and great awareness of OH&S when cleaning

Room 16 have been doing some amazing cooking. Students rolled their own dough. They look so yummy.



FATHERS DAY STALL



On **Thursday 3rd September** we will be holding our
Fathers/Special persons day stall.

It will be held in the Multi purpose room from 9:30—11:00

Each child may bring \$5 to spend to purchase 2 small or 1 large item.

HATS ON 1ST SEPTEMBER

Sun protective hats



To protect skin and eyes from ultraviolet (UV) damage, wear a hat that protects the face, back of the neck, eyes and ears.

Broad-brimmed, bucket or legionnaire hats offer the best protection from UV radiation. Baseball or peaked caps and sun visors are not recommended, as these styles do not protect the ears, cheeks or neck.

For best protection during the daily sun protection times (when the UV level is 3 or higher) use all five SunSmart steps:

- Slip on clothing
- Slap on SPF30 (or higher) broad-spectrum, water-resistant sunscreen
- Slap on a hat
- Seek shade
- Slide on sunglasses.

The free SunSmart app tells you the sun protection times for your location and provides current UV levels. Sun protection times can also be found at the Bureau of Meteorology website and app and live UV levels are also available from ARPANSA.

Which type of hat?

Wear a hat that provides good shade to the face, back of the neck, eyes and ears. A broad-brimmed hat can also reduce UV radiation to the eyes by 50%.¹

Broad-brimmed and bucket hats provide the most protection for the face and head. Legionnaire hats also provide good protection. Baseball caps do not protect the cheeks, ears and neck and are not recommended.²

Broad-brimmed hat*
Brim should shade the face, neck and ears.



Bucket hat*
Bucket or surfer-style hats should have a deep crown and sit low on the head. The angled brim should provide the face, neck and ears with plenty of shade.



Legionnaire hat
Legionnaire hats should have a flap that covers the ears and back of the neck to the collarbone/shoulder. The side flap and front peak should overlap to protect the side of the face.



Recommended brim width measurements

	Indicative age group	Headwear size	Broad-brimmed minimum brim width	Bucket style minimum brim width
Children	Infants 0–1 year	41–43cm	5cm	5cm
	Toddler 1–2 years	49–52cm	5cm	5cm
	3–8 years	50–54cm	5cm	5cm
	9–12 years	55–57cm	6cm	6cm
Adults*	S/M	55–57cm	7.5cm	6cm
	M/L	57–59cm	7.5cm	6cm
	L/XL	59–61cm	7.5cm	6cm
	XXL	62–63cm	7.5cm	6cm

*Greater than 56cm circumference

Sun protective hats

When choosing a hat look at:

- the quality of sun protection it offers
- whether it is practical (i.e. easy to keep on and doesn't interfere with activities)
- safety
- ventilation (especially if the hat is to be used during physical activity or in warmer weather).

UPF

The ultraviolet protection factor (UPF) rating refers to both the design of the hat and the material it is made from.

To claim or display a UPF rating, hats are required to provide good sun protection such as a bucket, broad-brimmed or legionnaire hat (AS/NZS 4399:2017). Alternative hat designs providing protection and shading at the crown, face, ears and neck are also acceptable.³

Caps and sun-visors cannot claim or display a UPF rating.

The UPF rating also provides information on how much UV will pass through unstretched, dry material. For example, material with a UPF rating of 20 would only allow 1/20th (5%) of UV falling on its surface to pass through it, blocking 95% of UV. Any fabric rated above UPF15 provides minimum protection against UV but UPF50+ is recommended.

Considerations for babies and toddlers

When choosing a hat for young children, consider the size and comfort, the amount of shade it provides and if it will obstruct vision or hearing.

Many babies and toddlers do not like to wear hats. Persistence is needed to teach them that a hat is part of their outside routine. It is also helpful if adults role model sun protective behaviours.

For babies, choose a design such as a soft bucket hat that will crumple easily when they put their head down.

Hats that can be adjusted at the crown or can be tied at the front to help secure it on a child's head are best. If the hat is secured with a long strap and toggle, ensure it has a safety snap, place the strap at the back of their head or trim the length so it doesn't become a choking hazard.

Hat accessories

Sun protection accessories, such as broad-brim attachments or legionnaire-style covers, are available for workers who are required to use a helmet or hard hat.

There are also attachments for cyclists that provide protection while wearing a helmet.

More information and resources

Visit sunsmart.com.au or contact the Cancer Council on 13 11 20.

UV-protective clothing and accessories can be purchased at Cancer Council Victoria's shop or online at www.cancercouncilshop.org.au.

References

- 1 Rosenthal FS, West SK, Muñoz B, Emmett EA, Strickland PT, Taylor HR. Ocular and facial skin exposure to ultraviolet radiation in sunlight: a personal exposure model with application to a worker population. Health Physics 1991;61(1):77–86.
- 2 Gies P, Javorniczky J, Roy C, Henderson S. Australian Radiation Protection and Nuclear Safety Agency. Measurements of the UVR protection provided by hats used at school. Photochemistry & Photobiology 2006;82:750–4.
- 3 Standards Australia/Standards New Zealand. Australian/New Zealand Standard AS/NZS 4399 Sun protective clothing – Evaluation and classification Standards Australia/Standards New Zealand, 2017.

This information is based on available evidence at the time of review. It can be photocopied for distribution.

Latest update: June 2018



BEACON—INTERVIEW PREPARATION

LAST FRIDAY OUR VCAL STUDENTS PARTICIPATED
IN AN INTERVIEW PREPARATION SESSION.



Simple steps to an R U OK? conversation

Getting ready to ask



Be ready



Be prepared



Pick your moment



Useful Contacts for Someone Who's Not OK

Encourage them to contact one of these Australian crisis lines:

Beyond Blue (24/7)

1300 224 636
beyondblue.org.au

Kids Helpline (24/7)

1800 55 1800
kidshelpline.com.au

Lifeline (24/7)

13 11 14
lifeline.org.au

MensLine (24/7)

1300 78 99 78
mensline.org.au

Suicide Call Back Service (24/7)

1300 659 467
suicidecallbackservice.org.au

More contacts: ruok.org.au/findhelp

R U OK? Day – Thursday September 10th

This year, possibly more so than other years, we need to be asking our friends and family members R U OK? Many people ask this question and hope that the answer they get is 'YES'.

But what do we do if someone says 'NO' or we suspect that it might be no? Here are some ideas to consider:

Ask R U OK?

Be relaxed friendly and concerned in your approach

You could ask 'how are you going?' or 'what's been happening?'

Be specific – if you've noticed something you're concerned about ask them – 'you seem less chatty than usual – are you okay?'

Listen with an open mind

Take what they say seriously and don't interrupt or rush them

Don't judge their experience or reaction

Acknowledge that things seem tough for them

Encourage them to explain: 'how are you feeling about that?'

Encourage Action

Ask 'what have you done in the past to manage similar situations?'

Ask 'how would you like me to support you?'

Ask 'what's something you can do for yourself right now? Something that's enjoyable or relaxing?'

IF THEY NEED EXPERT HELP Some conversations are too big to take on alone.

If they've been feeling really down for more than 2 weeks, encourage them to see a health professional. You could say 'it might be useful to link in with someone who can support you. I'm happy to assist you to find the right person.'

Check In

Pop a reminder in your phone to call them in the near future

You could say 'I've been thinking of you and wanted to know how you've been going.'

Stay in touch and be there for them. Genuine care and concern can make a real difference.

Having the conversation



1. Ask R U OK?



2. Listen



3. Encourage Action



4. Check In

2020 Dungala-Kailela Writing Awards



Express Yourself

Open to Aboriginal and Torres Strait Islander people
with a connection to our region

Story/Yarn/Article/Play	Aboriginal Language of this Region in any written form	Poem/Lyric/Rap
- Elder Section - 1 st Prize \$200	- Elder Section - 1 st Prize \$150	- Elder Section - 1 st Prize \$150
- Open Section - (19 years and over) 1 st Prize \$400 500 to 2,000 words	- Open Section - (19 years and over) 1 st Prize \$400	- Open Section - (19 years and over) 1 st Prize \$200 (5 to 40 lines)
- Youth Section - (13 to 18 years) 1 st Prize \$150 500 to 2,000 words	- Youth Section - (13 to 18 years) 1 st Prize \$150	- Youth Section - (13 to 18 years) 1 st Prize \$100 (5 to 20 lines)
- Junior Section - (Prep to Grade 6) Prize \$75 100 to 500 words	- Junior Section - (Prep to Grade 6) 1st Prize \$75	- Junior Section - (Prep to Grade 6) 1 st Prize \$50 (5 to 10 lines)

Entries must be received by 30 November 2020

Entry forms available from: GVL branch libraries or gvlibraries.com.au

All enquiries contact: Sharon Charles, Dungala-Kailela Writing Awards

Co-ordinator: dkwa@gvlrc.vic.gov.au or 0488 044 058

Follow us on Facebook: www.facebook.com/dungalakalela



Community News

Rotary District 9800 **RICH RIVER GOLF CLUB** *Alive with fun!*

**ROTARY CLUB OF ECHUCA MOAMA
IN CONJUNCTION WITH RICH RIVER GOLF CLUB**

FAMILY FUN DAY

GOLF BALL DROP

SUNDAY 27th SEPTEMBER 2020

at 2.30pm on the Driving Range

TICKETS \$20 1500 Tickets Sold	1st PRIZE \$5000 CASH 2nd PRIZE \$1500 CASH 3rd PRIZE \$500 CASH
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Rich River Golf Club - Twenty Four Lane Moama NSW
Winners will be notified - 28/9/20 **TICKET No:**

PROUDLY SUPPORTED BY

*****FREE WEBINAR*****

Name: *Managing the Coronacoaster –
Tips for building resilient families*

When: Tuesday 15 September at
7:30pm.

Registration: For more information and
to register, visit: eventbrite.com

Podcast of Interest:

Raising Learners -
Featuring parenting experts providing
practical advice, tips and ideas for sup-
porting children's health, wellbeing and
engagement at school.

TICKETS ARE AVAILABLE AT THE SCHOOL OFFICE.

**PLEASE SUPPORT ROTARY WITH THIS FUNDRAISER THAT WILL ALSO
BENEFIT THE STUDENTS AT ECHUCA SPECIALIST SCHOOL**

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