

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:



Welcome to Twin Rivers Specialist School

It has been an exciting week for our students and staff, acclimatising to the new school. The students have enjoyed the brand new surrounds and have settled into the routine of school immediately. We have been blown away by how well the students have successfully transitioned to the new school. We look forward to eventually being able to spend time with the staff and students from Twin Rivers Primary school, but until then we will just say 'hi' through the fence.

Thank you staff

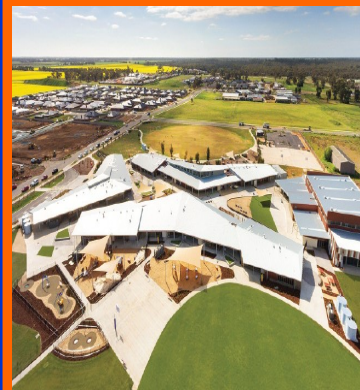
On the final day of term 3 the staff spent the entire day moving the school. We also had support from Kiwanis, Vivid and a couple of parents and staff partners. We thank all of them greatly for their hard work. I want to also make mention of the many days of extra work staff completed over the break. They volunteered their time to ensure that the school was perfect for the students on day one. We are very lucky to have such a dedicated group of staff members.

Covid-19

Unfortunately we are not allowed to have parents on site, yet. All of the same Covid-19 protocols apply to the new site. Students regularly wash their hands, staff (and many students) wear masks, social distancing is maintained and regular cleaning of indoor and outdoor areas occur. We hope that we can have a grand opening in the not too distant future to allow all families to view the school. We will continue to update our Facebook page with photos and videos so you can see the students learning and enjoying the school.

Our Vision:

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



Dates to Remember:

OCTOBER

14th—Year 7

Immunisation

23rd—Grand Final

Public Holiday

29th—School Council



CONT PRINCIPAL MESSAGE

Buses and parent drop off

Staff have worked very hard to ensure the smooth entry/exit of buses and parent pick up/drop off. A reminder that the parent pick up/drop off is in the car park in front of our VCAL building (the shed or "The Hanger") at the right side of our school. Staff will remain at the drop off area until 9:10am, after this time students are to be dropped off at the main entrance at the front of the school. There is a bell at the front of the school to ring. Traffic in the precinct is extremely challenging at 3pm. One piece of advice is to not drive past St. Mary's school. Instead go through the roundabout at Ogilvie avenue and continue through to the south side of the school. You can then easily access our car park.

School phone number

The new school phone number is 5410 7700. This is the same as Twin Rivers Primary School. When you ring this number staff from either school might answer. Just ask for the staff member you need and they will put you through. The office staff are lovely at Twin Rivers Primary School. They are very welcoming and helpful.

Setting up for 2021

We are already setting up for 2021. Staff interviews are happening at the moment and class lists are being put together. Please contact me if you have any specific requests. I will try to accommodate, but be aware that this is not always possible.

The golf ball drop has been run and won. We would like to thank the sponsors of this event for kindly donating \$2000 to the Echuca Twin Rivers Specialist School.

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

Rich River Golf Club - Twenty Four Lane Moama NSW
Winners will be notified - 28/9/20
TICKET No:

PROUDLY SUPPORTED BY

Kimmeridge Garden Centre ECHUCA SPECIALIST SCHOOL WE ACHIEVE redhs

PBS Targeted Behaviour

Knowledge Always

I follow directions from staff

KNOWLEDGE on the BUS

I follow the directions from staff.

Illustration showing a teacher (25c) and a student (8+) with a hand icon indicating a rule or direction.

I communicate about how I am feeling

Knowledge Always

I communicate how I am feeling.

Illustration showing two people communicating, with one person's face showing a sad expression.

New school uniform. Unfortunately we are still waiting on the polo tops which we hope will be delivered in the next week. Below is pricing of the uniform which you can purchase from WorkLocker if you require additional items. Each Child will receive a Polo, Windcheater, shorts and hat from funds raised.

Primary hat



\$12.50

Primary Polo



\$25.00

Primary Windcheater



\$30.00

Primary Shorts



\$15.00

Secondary hat



\$12.50

(Only available from school)

Secondary polo



\$25.00

Secondary windcheater



\$30.00

Secondary Shorts



\$15.00

We have a new lunch order supplier "School Lunch On-Line". Below are the details on how to place order on-line or via the school. If you have any queries please do not hesitate to contact the office and talk to Jenni or Tracey on 5410 7700.



It's here! School Lunch Online is supplying an online ordering system to get fresh, healthy lunches starting on Monday 12th October. You can register before this date but the first delivery will be on Monday 12th October.

You can now register at <http://www.schoollunchonline.com.au>, choose from a great list of lunch options and pay online – all without the last minute morning hassle.

Who is supplying the food?

Molloy's Takeway will be providing the food. Please contact Helen on 03 5482 5336 for all food related queries.

When will I have to order?

The Cut Off Time: Orders MUST be placed by 9.00 am on the day of delivery.

How do I place my order?

Visit <http://www.schoollunchonline.com.au/>, register your family and then follow the prompts to choose your lunch selection and place your order. You will need to register before you can view the menu. It only takes a minute or two to register and is very simple. Simply click on the calendar on any day after Monday 12th October to view the menu.

What if I encounter a problem?

School Lunch Online has conducted extensive testing to ensure the website and system are fully functional from day one. However, if you do encounter a problem, or simply need a little help with getting started, please contact them for help at hello@schoollunchonline.com.au.

How to end the school morning kitchen chaos

Mums and Dads,

Hands up if you're often running late on school mornings before you've even got the kids' lunches started. Then you dig through the fridge for something remotely fresh and edible, and find nothing. Finally, you decide to order lunch instead, then scramble around to find that elusive paper bag and the right change to put inside?

Now there's a hassle-free way to feed the hungry hordes at school - School Lunch Online.

A flexible and secure web based service that makes planning, tracking and placing lunch orders as quick as a click of a button.

Not only do kids eat well, but it gives time-poor parents a bit of breathing space in the mornings and lets hard-working teachers focus on doing what they do best - teaching.

Bliss!



Why you'll be a happy parent

- No more paper bags or finding the correct change ever again
- Relax knowing your kids will receive the lunch they want with the ingredients you want
- Have input into the menu via an initial online survey, so your school can get options right from the outset
- Cost-effective healthy meals
- Order online in advance, anywhere, anytime
- No minimum order or long term commitment
- Order ahead up to any time within the current term
- Pay per order or keep account topped up

schoollunchonline.com.au

The easy way to order school lunch



Efficient schools, happy parents, healthy kids

School Lunch Online, an easy to use lunch ordering service that's passionate about bringing schools and local suppliers together to give our kids healthy and tasty lunches every day.



As easy as 1,2,3 (well, 1,2,3,4 really)

1. Go to www.schoollunchonline.com.au to register your family
2. Choose from your school supplier's healthy lunch selection
3. Order your kids' lunches ahead or on the day
4. Pay as you go or top up your account regularly

Relax knowing your kids will receive the lunch they want with the ingredients you want.



If your school is not involved with School Lunch Online yet, just drop us a line with their details and we'll do our damndest to get them on board.

schoollunchonline.com.au

For assistance call: 1300 787 939

October is Mental Health Month

National Mental Health Month aims to raise awareness of Australian mental health. It is an important time where the Australian community comes together to raise awareness that #MentalHealthMatters. It aims to reach out to and educate as many Australians as possible, to help reduce stigma and facilitate positive and non-judgemental discussion surrounding the important topic of mental health in Australia.

Mental Illness in Australia

Some facts and statistics surrounding Mental Health/Mental Illness in Australia:

<ul style="list-style-type: none">● Around one million Australian adults and 100,000 young people live with depression. On average, 1 in 5 people will experience depression in their lives – 1 in 4 females and 1 in 6 males.● Mental disorders and suicide account for 14.2% of Australia's total health burden.● Approximately two--thirds of people with a mental illness do not receive any treatment in any 12 month period.● Reports indicate that up to 85% of homeless people have a mental illness.	<ul style="list-style-type: none">● Mental illness affects young people. Around 14% of 12-17 year olds and 27% of 18-25 year olds experience a mental illness in any given year. At least one third of young people have had an episode of mental illness by the age of 25 years.● The majority of mental illnesses begin between the ages of 15--25 years.● Estimates suggest that up to 75% of people presenting with alcohol and drug problems also have additional mental health problems.
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These statistics illustrate why we need to place mental health at the forefront and encourage positive discussions about our mental health. To find out more about Mental Health Month visit <https://mhfa.org.au>

Community News

Addressing anxieties in your children and within your family arising from COVID19.

WEBINAR

6.30pm – 7.45pm

Wednesday 14 October 2020

Presenters: Dr Lyn O'Grady Community Psychologist
& Jac Van Velsen Mental Health and Wellbeing Educator.

This webinar will explore anxiety and how it might play a role in the lives of children, young people and families during times such as a pandemic. While some anxious feelings can be helpful and keep us safe, sometimes anxiety can become a concern. How to respond to anxiety to reduce its impact and help build resilience will be outlined.

Dr Lyn O'Grady is a Community Psychologist. She is currently working in private practice as well as training and supervising psychology interns. Her experience over the last three decades includes working with parents, as a school psychologist and as a national manager of the KidsMatter project, a mental health promotion, prevention and early intervention initiative. She has recently published her first book, Keeping our Kids Safe, Parenting Suicidal Teenagers

Jac Van Velsen works for WISA Wellbeing in Schools Australia and is a writer and presenter of health and wellbeing professional learning resources for school communities, including staff, students and families.

COST: Free thanks to the support of the School Focused Youth Service at Northern District Community Health.

TO ATTEND REGISTER [HERE](#)

ANY QUERIES contact Jim Hirst SFYS Coordinator Ph: 0438 522 860 Email: sfys@ndch.org.au

Register Here

Secure your place - limit of 30 participants for each session



MyTime
PROVIDER

KYABRAM



Community Living
& Respite Services

MyTime groups are for parents and carers of a child with a disability, developmental delay or chronic medical condition.

A **FREE** service where you can socialise and share ideas with others who understand caring for a child with additional needs.

It's your time to catch up with other parents/carers in a relaxed setting. Play helpers are there to keep your children busy and active. Siblings under 6 are welcome.

What will you get out of my time?

Assistance

Community

Shared
Experiences

Friendship

Connections

Come along and see for yourself the benefit of being part of a group like this!

Every Thursday from 9.30am – 11.00am

LOCATION

Kyabram
Community
Learning
Centre

21-25 Lake Rd

Kyabram

TERM 4 DATES

Oct 8th, 15th, 22nd,
29th

Nov 5th, 12th, 19th,
26th

Dec 3rd, 10th, 17th

CONTACT

Wendy

Community Living
& Respite Services

wkelliet@clrs.org.au
Or
5480 2388



WISA Wellbeing in Schools Australia



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66 Wilkinson Drive
ECHUCA VIC 3564
Phone: (03) 5410 7700

echuca.ss@education.vic.gov.au

<https://www.echucass.vic.edu.au>