

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 Reports



Regional Restrictions

On Wednesday it was announced that there has been an easing of restrictions in Regional Victoria with the exception of Shepparton. In regards to school the current advice is that all F-2 and Year 12 students can attend school along with those who can't learn from home. The buses will be running the normal routes. Please contact the buses if there are any changes.

Landscaping

Over the next few weeks a project to grass the front yard and the space next to the VCAL building will begin. The project will be co-ordinated by Troy Griffiths and will be supported by Coolabah Turf. The project will include hard planting of turf and additional line planting of grass runners. The area at the front of the school will be fenced off at the start of term 4 to give the grass enough time to grow. As well as this we will be creating a new walking path and relocating the climbing frame from the old Echuca Specialist School site. This is exciting as it will add another usable space for the students to play in.

Water Bore

We have been lucky to receive support from the Rich River Golf Club, Moama RSL and the Moama Bowling Club. We have been successful in receiving the NSW Club grant, this will be used to install a bore. The process for installation will begin with the project to be completed in term 4. Thanks to Jenni Candy and Tracey Paine for your continued work with this project.



Important Dates

September

16th—School Council 5pm

17th—End of Term 3

October

4th—Start of Term 4

21st—Yr 7 Immunisation 2nd dose

November

1st—Report writing day—
Student Free

4th School council

Our Vision

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

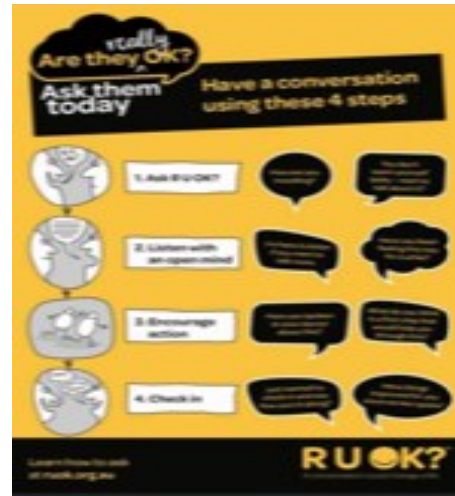


Cont. Assistant Principals report

RUOK? Day

Today is RUOK? day, it was fantastic to see so many staff and students wearing yellow and a touch of green. I would like to thank the RUOK committee who planned and co-ordinated such an engaging and purposeful

day.



End of Term 3

Please remember that on Friday 17th of September the students will finish school at 2.00pm. Buses will pick up from school at 2.00pm.



PBS Targeted Behaviour

Inclusion Always

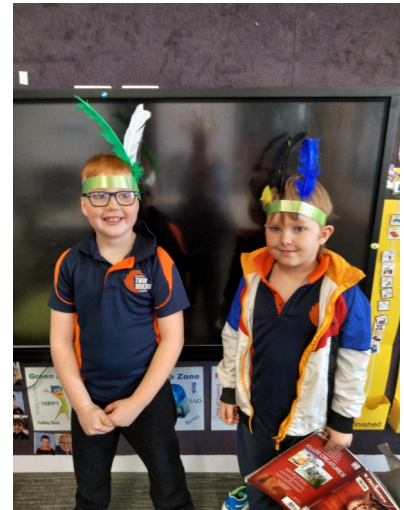
I acknowledge the diversity of others



I let others join in



Rooms 1 & 3— Dom & Dean with their amazing feather head bands. Zayne admiring his new glasses. Cooking jam drop biscuits using their thumbs to make the hole in the biscuits as thumb was the word of the week.





Art projects

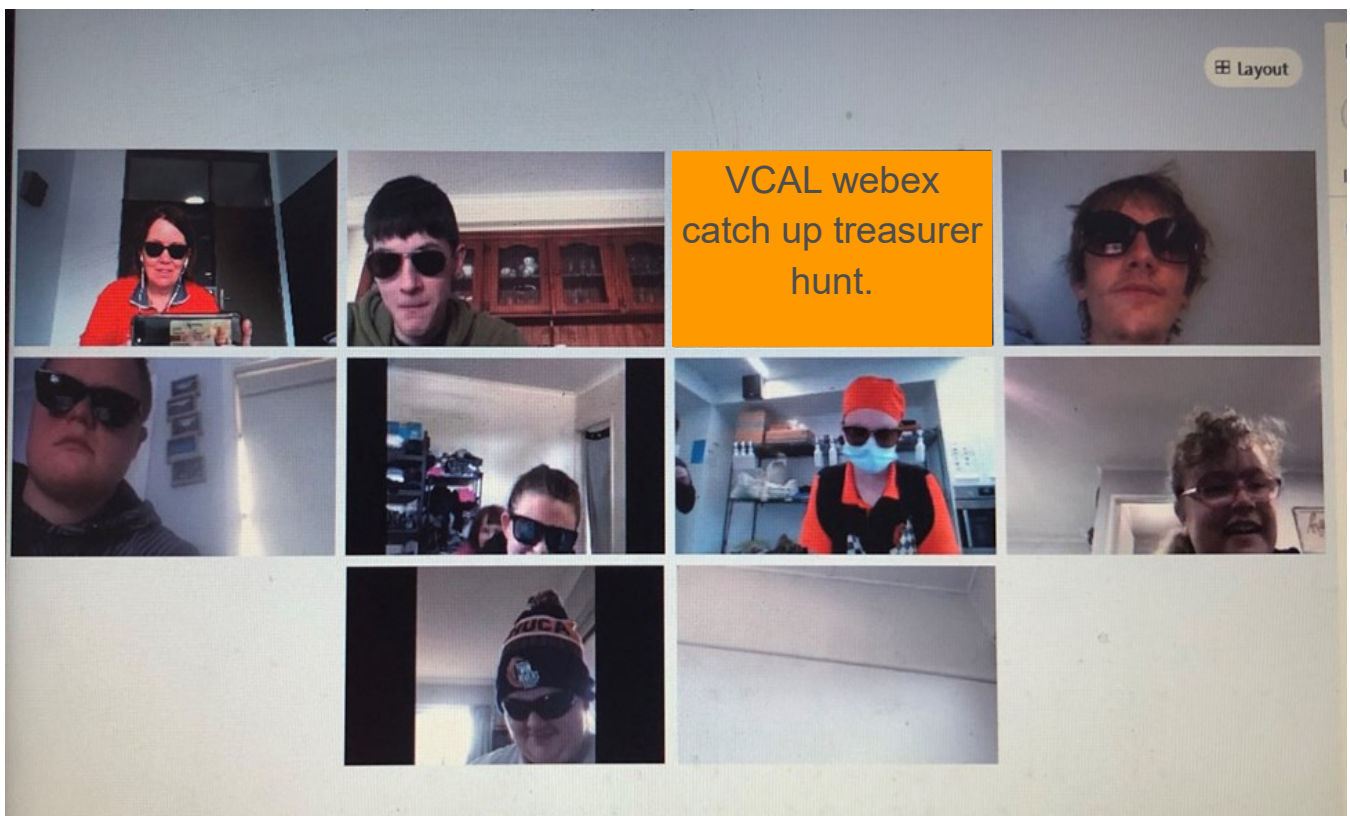
Room 13 nail salon



SOW & PBS Weeks 8 & 9

Room 1	Annika Frank	Wearing hat and sunscreen Letting others join in
Room 3	Zayne Dean A	Wearing his hat Letting others join in
Room 4	Archie W	Great writing
Room 6/7	Blake Archer	Moving safely Engaging in online learning
Room 8	Nicholas	Moving safely from one program to another
Room 9	Kyron Shaheer	Changing from one activities to another Wearing his hat

VCAL students catching up during remote learning.



What is RU OK? Day all about?

How did RU OK Day start?

It all started with an Australian man Gavin Larkin whose father died by suicide in the 1990s. Gavin decided he wanted to be able to honour his father in some way and in 2009 came up with the idea that he would champion the cause 'Are you ok?'.

At first, he thought he'd raise awareness about Are you ok by doing a documentary, but he realised that if he wanted to change Australian's to genuinely change, he would need to do more and he decided to take his campaign national.

What Gavin decided to do was to start a campaign that would give everyday Australians the skills and the confidence to ask someone 'Are you ok?'

And so, RU OK Day was formed. RU OK? is now a charity organisation that works to prevent harm by encourage people to stay connected with other people around them through having conversations and a chat to help them when they are going through something that's hard for them.

Focus is often on the person who is going through the hard time. That's where R U OK? is a bit different. It focuses on the person who is helping the person going through the tough time and tries to give the skills and the confidence to know what to ask someone who they think might be having a hard time in life.



RU OK? tries to encourage people to invest time into the relationships of the people around them and to help to build supports around the person who might be finding it hard or going through a sad time in their lives. It teaches us to look out for signs that someone might be struggling and what to say to that person.

RU OK? asks us to keep an eye of for any signs that maybe someone is having a hard time and to feel confident to ask them if they are ok. It might be that they seem sad, it might be that they don't seem interested in the things they used to be, it might be that they are sharing stuff online with you that seems really sad or talks about suicide.

RU OK also teaches us that we don't have to have all the answers. Sometimes being a really good friend means asking a trusted grown-up to help like a parent, a teacher, or me. It might be as simple as you saying, 'hey I'm a bit worried about someone, can I talk to you about it?'

They have the message of how to ask R U OK – simple steps that may save a life

A is for Ask

L is for Listen

E is for Encourage Action

C is for Check-in

Is today the only day we ask if someone is ok? No, it definitely isn't. The day is designed to give us a little refresher or reminder each year about the things to look out for in someone who might be struggling with their feelings of sadness, and it lets us brush up on our skills of what to say to someone who's feeling this way.

Why do we wear yellow for R U OK day?

Yellow is a colour associated with **sun**. It symbolizes optimism, energy, joy, happiness and friendship so I guess that's a good reason to choose the colour yellow for RU OK day.

Community News



BEECHWORTH BAKERY
"WORTH THE DRIVE"

**BRIGHTEN THE DAY
OF YOUR LITTLE PEOPLE**



**GRAB A KIDS ACTIVITY PACK
AND LET THE FUN BEGIN!!!**

SHORTBREAD PACK - 2 x blank shortbread biscuits
PLUS everything they need to decorate those to their heart's content.
(The packs also contain colouring sheets & a recipe card to make their own damper)

\$6.50
EACH PACK



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