

### **Commitment to Child Safety**

*Cobram and District Specialist School is committed to the safety and wellbeing of all students at the school.*

*We are entrusted with the education of the child, in partnership with parents, guardians and caregivers who are the primary educators of their children.*

*Cobram and District Specialist School implement the Child Safe Standards to ensure the safety and wellbeing of all students at the school and promote an organisational culture that manages the risk of child abuse and neglect.*

## **Principal's Report**

The end of term is fast approaching. The staff worked hard to ensure Term 1 ran smoothly.

Thanks to Kerrie, Ross, Jacquie and Melissa for filling in for Di while she was on leave. At this stage, Di will be back at the beginning of term 2.

James has been successful in gaining an ESS position at Cobram Primary school for the rest of the year. We wish him luck as he gains experience in a mainstream school.

Staff are currently working on setting their Performance and Development goals for the year.

These goals will be reviewed in July.

Abby our speech pathologist has visited fortnightly working across the school helping staff implement strategies into their programs.

Our senior students enjoyed a great day at Mooroopna pool participating in the interschool swimming sports.

Lisa has spent the last two days in Melbourne attending two different professional development opportunities. On Thursday, she worked with other special schools in Victoria, gaining knowledge of the Victorian Curriculum goal banks. Today Lisa attended a hearing impairment seminar in North Melbourne.

Kristy and Terry completed their Bike Education certificate last week. They are now qualified to take students out for Biked Education.

Paul Quinane completed his annual 321 ride for Down Syndrome awareness. We appreciated the effort Paul, his family and co riders put in to raise money for Down Syndrome Australia and our school.

Please enjoy a restful and safe holiday.

*Leah Willis*

*Principal*

### **IMPORTANT DIARY DATES**

29 <sup>th</sup> March	Last Day Term 1/Cadbury Chocolate Hunt
16 <sup>th</sup> April	First Day Term 2
25 <sup>th</sup> April	PUBLIC HOLIDAY-No School
27 <sup>th</sup> April	Fundraising Committee Meeting @ 1.30pm

*If you would like to receive your newsletter by email rather than print out please advise the school via our email [cobram.sds@edumail.vic.gov.au](mailto:cobram.sds@edumail.vic.gov.au)*

## Fundraising Group



The Fundraising Group Cadbury Chocolate fundraiser has raised a total of \$1150.00 so far with a couple of boxes still to be returned. As part of this fundraiser we were given a 5kg box of chocolates which we have decided to use for a chocolate hunt for students on the last day of term.

## Student Awards

<b>26<sup>th</sup> February</b>	
<i>Respect</i>	<i>Rivvah Dean, Hayley Hendrie &amp; Chris Harbrow</i>
<i>Safety</i>	<i>Boston Haimona</i>
<i>Try Your Best</i>	<i>Gus Ryan &amp; Ebony Lowrie</i>
<i>Milkshake Uniform Award</i>	<i>Cooper Scott &amp; Scott Johnson</i>
<b>5<sup>th</sup> March</b>	
<i>Respect</i>	<i>Nic Harbrow &amp; Scott Johnson</i>
<i>Safety</i>	<i>Keely Thorpe &amp; Mia Giddings</i>
<i>Try Your Best</i>	<i>Ayjah Nathan</i>
<i>Milkshake Uniform Award</i>	<i>Ned Quinane, Liam Jeffress &amp; Nathan Hendrie</i>
<b>12<sup>th</sup> March</b>	
<i>Safety</i>	<i>Tori Hehir &amp; Charles Tomlin</i>
<i>Try Your Best</i>	<i>Ella Stephens, Sam Donnelly &amp; Dylan Schmager</i>
<b>19<sup>th</sup> March</b>	
<i>Respect</i>	<i>Hollee Clark, Midas Gopalan, Jeffrey Tomlin &amp; James Carey</i>
<i>Safety</i>	<i>Bella Brown-Singh &amp; Matthew Peters</i>
<i>Try Your Best</i>	<i>Stephen Martin &amp; Dean White</i>
<i>Milkshake Uniform Award</i>	<i>Boston Haimona, Matthew Peters &amp; Rivvah Dean</i>

**Congratulations to all our school leaders who received their badges at assembly on 26<sup>th</sup> February.**

**The following students have leadership positions in 2018:**

School Captain – William Mills

School Vice-Captain – Shakaya Graham

Red Sports Captain - Dean White and Vice-Captain - Shakaya Graham

Green Sports Captain – Nathan Hendrie and Vice-Captain - Jesse Beresford

Yellow Sports Captain – Cody Connelly and Vice-Captain - Scott Johnson



## Hovell Room

We have really enjoyed our swimming sessions on Mondays this term. Everyone has made some progress with their water familiarisation and are more confident in the water. Thanks to Barry and Steve for their help at the pool. In term 2 we will be doing Bike Ed.

"Where is the Green Sheep?" has been used for reading, counting, drawing, colouring and cutting activities.

Bubble blowing has also been fun.

Despite having a regular change of teachers while Di is on leave, the focus has remained on learning, developing skills and trying new things.

## Hume Room

Our camp at Deniliquin last week was a great success. For most of our students, it was their first one and they really did enjoy themselves. Thanks to our families for letting us have your child for the two nights, they were amazing and did such a great job at independently helping with meal preparations and participating in all activities. Here are their reflections that were made at the end of each day:



Mia- I liked the water slide, it was fun. I liked pedalling on the go-karts. I liked the dogs, they came over so I could pat them.

Rivvah- It is fun being on my first camp with all my friends. The swimming pool has been my favourite activity. It is fun but I am getting really sad as it is all over. I enjoyed eating fish and chips at the river. I liked feeding the goats which got rid of my fear of goats.

Taylor- I liked going down the slide getting very wet. I liked eating potato cakes at the river. I liked the big, giant horses. Their names were Clancy and Charlie.

Dylan- I liked going down the slide. I liked swimming in the pool. I liked Lilly the dog, she had lunch with us.

Ned- I liked the slide, it was fast. I liked splashing in the pool. I liked the donkey, it was making funny noises.

Midas- I liked going fast down the water slide. I liked going very high on the jumping pillow. I liked looking at the tractors and the dogs.

Liam- I liked the waterslide. I liked paddling in the pool. I liked the pigs, I took peppercorns off the pig's back.

Hollee- The slide was fun. I liked the go-karts because I went fast. I liked the sheep and gave them lots of feed.

Seth- I liked going fast down the slide. I liked the splash park and going down the slide. I liked the Shetland horses, they were little.



This term, in Health, we have been learning about healthy and unhealthy foods. We have tasted different food items and sorted them into the two different categories. Students have also learnt about what healthy foods do for our bodies and identified the different sections of the healthy food pyramid. Last week, we conducted an audit of our lunchboxes to see where they fit in the pyramid, sticking photos of our food in the pyramid, which was on the whiteboard. This created lots of discussion, as we were able to see that our lunchboxes contained lots of 'sometimes food' instead of healthier options. We are hoping that

students will be able to inform their families of other alternatives that are available after we go shopping next week to see what other choices are in the supermarkets. This unit has been



developed with Abby and Kaitlyn, our visiting therapists, in trying to increase students' knowledge about their nutrition and how it impacts on their daily routines and wellbeing. It has also taught them to be more independent in packing their lunchboxes and know what items are healthier choices.

## Mitchell Room

And just like that, we have one week of Term left!

Mitchell room has really settled into the year well and already, we are seeing improvements from EVERY student! Our daily routine and expectations in the classroom are being followed beautifully and the independence shown from most students is fantastic to see.

Our cooking program has been a great hit, along with our swimming lessons. We have students who have gained lots of confidence and are now jumping into the deep end on their own!

Next term, we will be taking up Bike Ed, so we look forward to watching the skills grow and improve throughout each week.

Keep up the persistence and hard work everybody! Looking forward to a great Term 2.



## Senior Rooms



## Sturt Room

STEM is Science Technology Engineering and Maths. We do STEM every Friday in the middle session.

We have a 3D Printer and it can print 3D objects, some of the things we have printed are shoelace tiers and name tags. We have an Mbot, it is a lot of fun, and we teach Hume Room to run Mbot. There is a lot of thinking and coding.

Our favourite activity is Lego WeDo, it teaches us about Coding and we learn good skills.

*By Cody and Scott*





## Gwynne Room

Every Wednesday the VCAL group has continued to work on their VET Certificate II Hospitality.

On week six we went across to Yarrawonga in the van and worked at the Yarrawonga Lion's Club shed and got to use the kitchen facilities to make wraps for our lunch. On this day we met up with Shauna, Jesse and Matt N. who had shopped for us at the local Woolworths store.

A big thanks to Woollies Yarrawonga and Cobram for continuing to support our school activities by donating food items to our programs.

As we study our Certificate II in Hospitality we are learning more about how to serve food hygiene, serving food to people and what jobs are in the industry and how to do some of them.



## Moiria Shire Youth Council



On Tuesday the 5<sup>th</sup> of March, Charles, Shakaya, Matt Hicks and I went to Ulupna Island past Strathmerton for Moira Shire Youth Council.

When we got there we started by getting our shirts and name tags, then we went outside to do some ice breaker activities, we were put into groups of four to five and then one of the activities was to build a shoe tower made up of a shoe from each member of the group. We had to see how high we could get it.

Next went back inside the hall to listen and do activities with the facilitator leader Suz Christison. We talked about different leaders and what they had been able to do as leaders. This year instead of doing town projects we are focussing on leadership and leadership roles.

Michelle Dunscombe from the Lighthouse Project came and talked about how kids can get more involved in the community and seek employment and further education after school.

We are excited about Youth Council and look forward to a successful year together with the other Secondary schools in our Shire.

*By Will*

## Office News



We are putting in a uniform order next week, please have your orders in by Wednesday if you require any winter items. Attached to today's newsletter is an order form.

## Around the School



Hume and Mitchell rooms were invited to the launch of the Blackwood Park Labyrinth in Cobram on Thursday so they thought they would share a little bit of what they learnt a labyrinth is. It may be a place you could visit with your children over the holidays.

What is a labyrinth?

In physical form the labyrinth is often a circular pattern laid out on the ground with a single path that meanders from the outside to the centre. It has no dead ends, as with a maze, just a single uninterrupted path. This allows us to relax and enjoy the more subtle aspects of the labyrinth...a



symbol of the journey from the outer world to the more personal world of body mind and spirit. Within the labyrinth we can relax and just be, knowing we cannot get lost.

The inward journey offers us the opportunity to release and relax and let go of our problems, tensions and distractions. Once we have reached the centre we are more settled and receptive to the flow of life around us. We listen for the still small voice within. We may gain insight, the answer to a question, or simply attain a state of peace. The journey outwards by the same path is one of connectedness and openness to everything within and around us.

After leaving the labyrinth it is useful to spend a little quiet time contemplating the walk and reflecting on any insights or metaphors that may have come to your attention.

## Community News



### Cobram Soccer and Multi-Sport Holiday Program

[www.skillzonesports.com](http://www.skillzonesports.com)

ADAM GATCUM OR RICHARD GATCUM

0400 615 145 OR 0497 292 145

[skillzone.adamgatum@gmail.com](mailto:skillzone.adamgatum@gmail.com)

[skillzone.richard@gmail.com](mailto:skillzone.richard@gmail.com)



### *A word from Kait Cummins, The Play Project.....*

Kait Cummins is an Occupational Therapist who works with the students and teachers at school to support their motor skills, attention and behaviour.

Kait has noticed that many of the children she works with who have trouble concentrating and are prone to meltdowns and challenging behaviours are fussy eaters which places enormous strain on parents, especially when they are trying to find foods to pack in students lunch

boxes.

What she has also noticed is that children who are fussy eaters tend to crave foods that make their behaviours worse which creates even more challenges for parents and teachers.

Kait has the following tips for packing a school lunchbox that will help reduce the cravings and fussy eating in children thus improving their behaviour, attention and learning.

- 1) pack 1 piece of fruit or diced fruit in juice (if your child needs choices it's ok to pack a second piece so they can choose)
- 2) foods that have lots of protein like a boiled egg are filling, cheap and great for children's brains they are also quick to eat which means the kids can get outside and play sooner.
- 3) if you have milk yoghurt or cheese for breakfast or dinner don't pack it for lunch. Children only need 1.5 serves per day.
- 4) crunchy foods like vita wheats with butter and Vegemite are a great filling snack for Morning tea instead of packaged foods like chips and roll ups. These packaged foods contain many chemicals that can make attention and behaviour worse and can increase the child's cravings for this type of food. Your child does not need any packaged food in their lunch box. This will save you heaps of money each week as the more they have of these foods the more they crave.
- 5) try introducing top deck sandwiches (one white piece of bread and one wholemeal piece to help make the transition to wholemeal bread) or try mountain bread wraps. Fussy eaters tend to crave white bread, which makes their behaviours worse.

If you need help working through fussy eating issues with your child please do not hesitate to give Kait a call on 0439485500





# April 2018 Holiday Programs



## Mask Making Ages 5+

Choose from a variety of templates or design your own.

**Numurkah Library**  
Fri 6 April, 2.30pm  
Fri 13 April, 11.00am



## Marshmallow Flowers Ages 5+

Create beautifully delicious flowers.

**Cobram Library**  
Wed 11 April, 10.30am



## Fingerprint Magnets Ages 5+

Make fun and colourful magnets using your own fingerprints.

**Cobram Library**  
Wed 4 April, 10.30am



## 3D Spinning Hot Air Balloons Ages 5+

Make one of these colourful balloons to hang up at home.

**Yarrawonga Library**  
Thurs 12 April, 10.30am

## Craft on Tap

Available throughout the school holidays...

*Parents or carers need to accompany children under 10 years as these are not supervised programs.*

### Make a Face

Make a self portrait, someone you know or make someone up.

**Nathalia Library**



### Mask Making

Choose from a variety of templates or design your own.

**Cobram Library**



### Paddle Pop People

Bring your own paddle pop family to life with a variety of craft materials.

**Numurkah Library  
Nathalia Library**

**For bookings or more info ring 1300 374 765**





## 2018 Student Uniform Order

Name: .....

Item	Size (Please Circle) Children Sizes	Adult Sizes	Price Per Item	Qty.	Total Cost
<b>Logo Items</b>					
Short Sleeve Polo	4 6 8 10 12 14 16	S M L XL 1XL 2XL 3XL 4XL 5XL 6XL	\$20.00		
Long Sleeve Polo	4 6 8 10 12 14 16	S M L XL 1XL 2XL 3XL 4XL 5XL 6XL	\$22.00		
Polar Fleece Half Zip	4 6 8 10 12 14 16	S M L XL 1XL 2XL	\$28.50		
Polar Fleece Vest	4 6 8 10 12 14 16	S M L XL 1XL 2XL	\$25.00		
Dry Jacket	4 6 8 10 12 14 16		\$48.50		
Dry Jacket Adults		S M L XL 1XL 2XL 3XL	\$52.50		
Sports Polo Kids Sizes	4 6 8 10 12 14		\$25.00		
Sports Polo Adult Sizes		S M L XL 1XL 2XL 3XL 4XL 5XL	\$26.50		
<b>Plain Items</b>					
Boys Shorts	2 4 6 8 10 12 14 16		\$20.00		
Adult Shorts		S M L XL 1XL 2XL	\$22.00		
Boys Double Knee Pants	2 4 6 8 10 12 14 16		\$25.00		
Adults Double Knee Pants B585CP		S M L XL 1XL 2XL	\$35.00		
Unisex Fleece Track Pants	2 4 6 8 10 12 14 16	S M L XL 1XL 2XL	\$22.00		
Skorts	2 4 6 8 10 12 14 16		\$20.00		
PSW Boot Leg Girls Pants	4 6 8 10 12 14 16	12L 14L	\$30.00		
<b>Hats</b>					
Broad Brimmed	XS S M L XL		\$14.50		
Bucket Hat	XS S M L XL		\$12.50		
Beanie	One size fits all		\$12.00		
<b>Senior Students Only</b>					
Hoodie	12 14 16	S M L 2XL	\$34.00		
<b>TOTAL</b>					

\* Payments can be made via direct deposit to;

BSB: 063554

Account Number: 10185506

Account Name: Cobram Special School \*Please use Surname as Reference Code

