

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

A reminder that our school is business as usual and we look forward to all our students attending daily. Only children with a medical condition will be sent remote learning materials for the term. Please keep your child home if they are showing any signs of illness. We don't want to end up with the situation of the school being closed and reverting to remote learning again.

Students 12 years and over are required to wear masks to and from school and while at school. We have been lenient on the wearing of masks while in class if it interferes with their learning. Even though students at special schools are now required to wear masks there is also an exemption for people with a disability so this is why we are being a little lenient. Staff are not required to wear mask while they are instructing the students.

Thanks to our VCAL students for organising the online assembly, they have done a great job. The Department of Education has given all regional and rural schools an extra curriculum day on top of last Tuesday's curriculum day. It was too short of notice to have it on Wednesday so it will now be on Friday 28th August.

We look forward to working together, in a positive manner, as a school community. Times are hard now under stage 3 restrictions so please look after yourselves and your family.

Leah Willis

Principal

IMPORTANT DIARY DATES

12 th & 13 th August	VCAL-First Aid course
28 th August	PUPIL FREE DAY
18 th September	Last day for Premiers Reading Challenge



Congratulations to our Principal's Award winners for Term 2

Shyanne Bishop-Gordon, Mortada Ghaloom, Bella Brown-Singh, Hollee Clarke, Sam Donnelly, Hayley Hendrie & Emily Power

Welfare News

Bec wants to let you know that if you feel as though your child is struggling with the COVID19 situation she is available for them to check in with her. Please make contact with Bec on the school number. This is a difficult time for everyone please ensure you look after each other. Please remember that the following services are available to all in the community.

Beyond Blue Support Service offers short term counselling and referrals by phone and webchat on 1300224636. Resources are available at beyondblue.org.au

Lifeline offers tips, resources and advice, as well as crisis and suicide support.

Phone 13 11 14 (24 hours/7days)

Text 0477 13 11 14 (6pm-midnight, 7 nights)

Chat online: www.lifeline.org.au/crisis-chat (7pm-midnight, 7 nights)

Cobram & District Specialist School values are Respect, Safety & Try Your Best








Student Awards

20th July	
<i>Respect</i>	<i>Jeffrey Tomlin & Caitlyn Koopman</i>
<i>Safety</i>	<i>Luke Hoggard & Matt Nieuwenhout</i>
<i>Try Your Best</i>	<i>Ayyah Nathan, Matthew Peters & Joel Brown</i>
<i>Reading Awards</i>	<i>Cassius Bishop-Gordon & Matthew Peters</i>
27th July	
<i>Respect</i>	<i>Bella Brown-Singh</i>
<i>Safety</i>	<i>Mortada Ghaloom & Logan Palmer</i>
<i>Try Your Best</i>	<i>Alex Beurs & Peter Fitzpatrick</i>
<i>Reading Awards</i>	<i>Bentley Goldsack, Ben Hall and Keely Thorpe</i>
3rd August	
<i>Respect</i>	<i>Xavier North & Noah Ferguson</i>
<i>Safety</i>	<i>Boston Haimona</i>
<i>Try Your Best</i>	<i>Shyanne Bishop-Gordon, Hollee Clarke & Emily Power</i>
<i>Reading Awards</i>	<i>Shyanne Bishop-Gordon, Boe Dougherty, Mia Giddings, Ben Hall, Alex Beurs & Xavier North</i>

Office News

CORONAVIRUS (COVID-19) CHILD TEMPERATURE SCREENING

If you are unwell, please stay at home.

- 1 Make sure you and all other adults are appropriately physically distanced, 1.5m from each other. 
- 2 Perform hand hygiene and wear a single use or cloth mask. 
- 3 Using an outstretched arm, take temperature in accordance with device instructions. 
- 4 If temperature is less than 37.5°, no further action, child proceeds to their room. 
- 5 If temperature is 37.5° or above, re-check in 15 minutes, referring to guidance for prompts. 
- 6 If temperature remains at 37.5° or above, follow protocol for the management of unwell child. 
- 7 At the completion of screening, clean and disinfect thermometer with a wipe or cloth and perform hand hygiene. 

As part of the implementation of the current Operating Guide from DET we are now temperature testing all students. It is not practical to conduct the checks on the bus as we don't have time to wait the fifteen minutes if a high temperature is recorded. Please ensure to the best of your ability that your child is well when you send them to school.

Hovell Room

This term in the Hovell room, students have been working really hard in all areas of their learning. We had a visit from Healthy Harold, where the students were able to learn different parts of the human body and what healthy foods they need to fuel their bodies. In addition to Healthy Harold the Hovell room students have been making healthy foods. In one of our activities students were able to cut up fruit and make skewers. It was fantastic to see students trying different fruits!



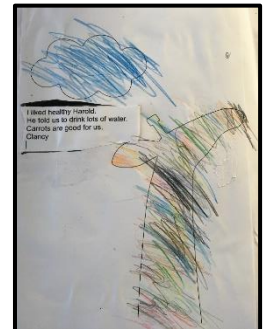
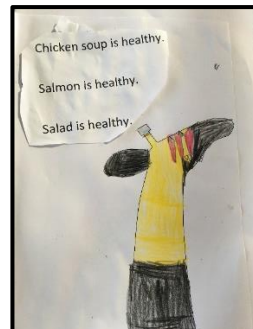
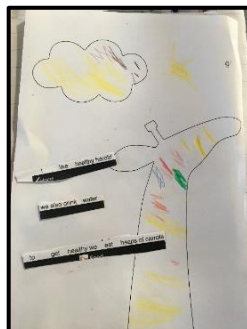


Each Monday the Hovell students go the Community Garden. The students are currently working really hard on getting a bed ready to plant new seeds in. This includes weeding, raking and using the shovel. After some hard work students enjoy free time at the garden before we leave. It is fantastic to watch the children play and use their imagination.

On Wednesday afternoons the Hovell room are very lucky to have Kerry who comes in and helps with their Bike Education. The students have been practising really hard at their steering and stopping on the bike. Well done to Shyanne, Bentley, Luke, Mortada and Dean for their great work. It's great being back at school.

Hume Room

After our Life Ed visit, with Healthy Harold and Hayley, we have been using our Writer's Workshop sessions to write about what we learnt. Over the past couple of weeks, we have brainstormed and discussed ideas, before working on three important messages, in our workbooks. Students have edited their work and published onto SeeSaw, and would like to share a few messages below:



Gwynne Room

In the Gwynne Room we have farewelled Dean, who has moved house, and Bailey has joined our grade. It is always great to meet new students and everyone has showed great friendship skills in their ability to make Bailey feel welcome and include him. The students have been learning about time. We have been brainstorming different things that help us tell the time and came up with a long list, which we are still adding items to. Discussions then moved onto different ways we measure time, such as minutes, hours, days, months and years. We have looked at the makeup of a clock and how to place the numbers more accurately. Now we use a classroom calendar to keep track of upcoming events (birthdays are always exciting), and to record our date on the board each day. This is Bailey's job. Each student has their own independent job which they are in charge of each day. Next term we will rotate jobs and take responsibility for something different.



Our inquiry this semester is 'Design and Technology'. Within this we have been talking about farms, different types of farms and what they produce. It was great to hear that the students were able to offer many ideas and types of farms beyond animals. This topic also involves trial and error as we create items with an end goal in mind. We have used many different materials to build and think about ways we could improve our masterpieces.

Each day ends on a positive note. Each student chooses a strength card and talks about something they have done well during that day. Kerry, Helen, Jorja and myself are privileged to hear what they are proud of or a problem that they have managed to work through.

Mitchell Room

After returning from the Covid-19 home-learning program, the students were all delighted to be back at school and returning to regular and familiar learning programs. It was great to see students appreciating each other's company in person in the classroom, and also outside in the yard.

This term the students have started learning more about air pressure during science lessons by building their own rockets, then analysing data findings to make their rockets shoot higher into the air. In numeracy, Mitchell room students are learning about shapes, time, number, and measurement. Last week we measured how far we could kick a football, then recorded the results onto a column graph.

Students are also keeping fit by continuing the Sporting Schools, Bike Ed, and Blueearth programs. Mitchell room have also enjoyed challenging themselves in a new 'boxercise' course on Tuesdays where students rotate exercise stations which include skipping, planking, boxing, running, and step-ups. Our summer bodies will be ready in no time.

Senior Rooms



Sturt Room

In the Sturt room, We have done lots of things. One of the things we have done is landscaping with Joel. What we did was laid the turf from where the old sports shed was and moved it to the playground, with wheelbarrows and shovels it took us two weeks to finish. We also carried some dirt to help lay it.

Some of the other things that we have been doing is making Thursday's lunch orders, some of the lunch orders we have made are hot dogs, sausage rolls, parma, schnitzel, soup and lots of others. The people who make the lunch orders are Sami, Noah, Liam and Bree, because they have done their food safety course.

Because everyone has to wear masks we are using our 3D printer to make mask supports for people at our school who required one.

From Liam



VCAL

The VCAL group have been busy this term organising events and activities for our school to be involved in. During term three we had planned to host a celebration of the ten year anniversary of Cobram on the Murray, our school based Leo Club. Unfortunately due to the current state wide restrictions we will have to reschedule the event to another date.



This week the VCAL students have organised for our students and staff to be involved in supporting Jeans for Genes Day which raises funds to support genetic research into childhood diseases. It was a great day with a lot of smiles and some fantastic fashion on display.

VCAL participated in the Life Ed van presentation several weeks ago. Our unit was titled Relate Respect and Connect. The discussions were around making and keeping friends and was enjoyed by several Sturt students who joined VCAL for the session as well.



On the 24th of July a small group of Leo Club members from Sturt and the VCAL class joined our Leo Club advisors Les and Ron for an online meeting. We successfully chatted about upcoming club events and activities the members will be part of for the rest of the year. We had a few laughs and got over our nerves to

talk at the meeting and be on camera.

This week the Leo Club members decided to purchase a paver to support the Cobram Cinema fundraiser drive. The members will host a series of fundraisers in coming weeks to cover the cost of this paver and to support other community events where they can.

Community News



Moira Shire are providing us with information around healthy eating please feel free to check out their Facebook page www.facebook.com/more4moira

A Healthy Lunchbox is composed of...

A healthy lunchbox should incorporate food from all five food groups and water. It should be nutrient rich and provide enough energy to get your kids through to the next meal.

Grains: These are mostly included in the main item, for example bread, wraps, pasta or rice. These could also be snack items such as wholegrain crackers, plain popcorn or rice cakes.

Fruit: Whole fruit is best. Canned fruit in natural juice is a convenient option on occasion and fruit juices should be limited to once a week only.

Vegetables: Veggie sticks or a small salad are easy healthy snack options. Incorporating as many vegetables as you can into the main item is even better.

Meat & meat alternatives: Lean meats like beef, pork and chicken can be included in the main item. Hard-boiled eggs and canned beans are a good snack too.

Dairy: Plain UHT milk, fortified alternatives, cheese, plain yoghurt and tzatziki are considered dairy. They provide calcium for healthy bone and teeth growth.

Combating Fussy Eating:

One week bananas are your child's favourite food, the next they won't touch them? Or they only eat jam sandwiches and won't eat any vegetables?

Fussy eating isn't uncommon in this age group, and can be very frustrating and a cause of anxiety for a lot of parents. Increased growth rate, asserting their independence, and an increased awareness of what their peers and others eat contribute to this. Here are a few tips and tricks you can try at home to develop your child's eating habits, to support healthy eating throughout life!

- 1. Eat meals together.** Role modelling is very important, if a child observes you or a sibling enjoying and trusting a food, they will be more accepting of it.



2. **Patience.** It can take 15 exposures to a new food before it is trusted, and double this before they enjoy it – Keep trying!
3. **Rewarding.** Do not use food as a reward for good behaviour or achievements. This sets up an unhealthy relationship with food that can last into adulthood. Use non-food rewards like stickers, specific praise & time together.
4. **Positive language.** Don't assume your child will not enjoy vegetables, offer them in a relaxed, supportive environment. Offering a variety of different vegetables alongside other foods they enjoy can help.
5. **Routine and Consistency.** During mealtimes, sitting at the table is a great way to do this, with no television as a distraction. Make meals together an enjoyable, stress free time.
6. **Do not cater.** Do not quickly offer another option if they are not eating one already offered. This demonstrates to your child they are not expected to eat the meal in front of them. Give them time to consider it, then put it away and re-offer it at a later stage.
7. **Explain, don't bribe.** Bribing can be detrimental to how your child sees food. Try to explain why it is good for them in ways that they value, for example; 'this sweet potato gives you energy to play longer!'
8. **Plant vegetables.** When your child is involved in the process of planting and caring for the vegetables, they are more excited to eat them!

Healthy children will eat when they are hungry. You decide when, where and what they eat, and let your child decide whether they eat and how much they would like to eat. Remember persistence is the key!

Savoury Mighty Muffins

Prep time: 10 mins

Cooking time: 20 mins

Serves: 6

Ingredients:

- 1 1/2 cups self-raising flour
- 2 cups grated tasty cheese
- 100g chopped salt-reduced shaved ham
- 1 grated zucchini
- 1/4 cup thinly sliced chives
- 3/4 cup milk
- 1/4 cup fruit chutney
- 1 egg

Method:

Step 1: Preheat oven to 200°C. Grease a muffin pan. Line bases of holes with baking paper or muffin cases.

Step 2: Sift flour into a large bowl. Add cheese, ham, zucchini and chives. Whisk milk, egg and chutney in a jug until well combined. Make a well in centre of dry ingredients. Pour in milk mixture. Gently mix until just combined. Spoon into muffin wells.

Step 3: Bake for 15 - 20 minutes or until a skewer inserted into the centre comes out clean. Stand in pan for 3 minutes. Turn onto a wire rack to cool. Store in an airtight container at room temperature.



Save time

- Plan ahead and bake these muffins on the weekend ready for the school week
- Store muffins in the freezer and place in a lunch box frozen. They will defrost in time to eat at school

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