

Well done to Jack and Keith who attended an online Live4Life forum last week.



Jack Keith

Our School Captains were AMAZING and made such an great impression on everyone, including representatives from other schools.

Please take time to read Zoe's report on Page 2 about the forum and these two outstanding young men!



Warragul & District Specialist School Newsletter  
Term 3 Issue 28, Tuesday 7th September 2021

# DATES TO REMEMBER

## SEPTEMBER

Friday 17th

• Last Day of Term 3



What an interesting term we have had so far. Resilience and flexibility within our school community has certainly been something we have all had to dig deep to find at times throughout the course of this ongoing pandemic. With lockdown continuing we know these uncertain times can be draining on everyone's health and wellbeing and it is important that we all do all we can to look after ourselves and each other.

I would like to take this opportunity to recognise our school families for all your ongoing support and hard work as caregivers to your children during these unprecedented times.

We would like to thank everyone involved in working together to enable remote and flexible learning for our students and that it can be as successful as possible. Families please do not hesitate to contact your child's teacher for further support or to discuss any necessary adjustments to remote learning programs if you are feeling they are required. We appreciate how flexible everyone has been to keep their child's education happening during this time. We appreciate that for some families flexible and remote learning combined with social isolation can be difficult. Our staff will continue to work with you to try to reduce these difficult times.

Thursday 9th September is R U OK? Day and is our national day of action dedicated to reminding everyone that we've all got what it takes to ask, "are you ok?" and support those struggling with life. It is more important than ever that we do all we can to support each other during these uncertain times. Taking part in R U OK? Day can be as simple as learning R U OK?'s four steps so you can have a conversation that could change a life.

# THANK YOU



1. Ask



2. Listen



3. Encourage action



4. Check in

**A big Thank You to Office Choice Warragul donating \$50 of Gel Pens for Prizes for our WDSS Colouring Competition! See Page 4 & 5 for details!**

In a national survey conducted, R U OK? posed the question - just how likely are we as a nation to feel confident enough to ask, "are you ok," of anyone we are worried about. The good news is 70 per cent of respondents said they felt comfortable asking the question. For the third of us who don't feel comfortable, the leading reasons include:

"I don't know what to say" - "I wouldn't want to make it worse"

"I'm worried they might get angry" - "I'm not an expert" - "It's none of my business"

To this end, R U OK? has sought expert advice to develop a four step strategy to guide people through a conversation. The day is about inspiring people to start these conversations every day of the year and we encourage everyone to wear yellow this Thursday whether at home or at school.

Take care everyone and please do not hesitate to contact the school if we can help you in any way.



Alesha



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# SENIORS



## Well done Jack & Keith!

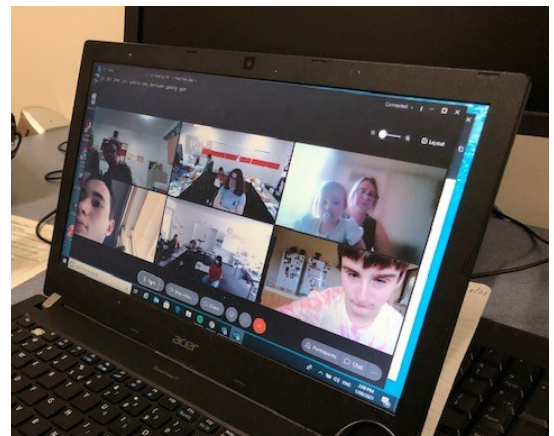
The Live4Life initiative aims to build young people's capacity to recognise and seek help for mental health concerns through providing mentoring and resources to young people to take the lead with health promotion activities within their schools and communities.

With restrictions in place the Live4Life crew members of the Baw Baw shire met online on Tuesday via webex. Around 35 senior students and teachers from nine Secondary schools in the shire along with the lead from Tanarly Hood gathered online to share and discuss how the crew members can spread the word on mental health into their school community with Covid Safe restrictions in mind. Jack T and Keith represented our school by joining the meeting wearing their Live4Life hoodie and their school badges ready to share their experience so far as crew members at WDSS.

Jack and Keith represented not only our school but the young men in our wider community. Both boys were congratulated by the other teachers from the area for stepping up and representing the male population and how wonderful it is was to see two young males so passionate about improving the mental health of their peers. The boys spoke ever so clearly and shared some excellent ideas of how they will launch the program and share key mental health messages around our school in the near future. Jack and Keith are hoping to put together a short Buzz TV episode to launch the initiative within our school with the support from Paige and Denzell.

- Zoe

Senior school held another assembly via Webex - everyone is really enjoying seeing each other! This week they had Josh playing his ukulele, Keith leading the exercises and Jack and Keith spoke about Live 4 Life.





# Learning at Home



Grace

**Grace** had a game of Monopoly with her family as part of her Remote Learning last week! Monopoly is such a great game for learning. We aren't sure who won but Grace seems to have built up quite an empire! Well done Grace and family!

**Alex** has also been a Remote Learning superstar! He has been doing Therapy, watching ABC education and playing games with his family! Awesome work Alex and family!



Alex



Seth



**Seth** has an awesome work station set up at home! Seth powers through his work and really enjoyed the WebEx Assembly. Seth's mum and dad are always happy for help with dinner! Love your style Seth and Family!

# Student Adventures



James and his family are continuing their Big Adventure and having the absolute best time! It is also awesome to see James keeping up with school work in-between the fun outdoor activities - well done James (we are all very jealous!).

We went four wheel drive and kayaking and we saw a pod of dolphins swimming around. We kayaked for 2 hrs. the water was very clear. We have traveled to Bargara and we saw our block of Land and we went fishing and tempin bowling. We are here for two weeks and we are going on scooters, team building and a fishing line. I have learned to tie my own hook and lure.



## Surf's Up!

Monday 5th September 2014  
Yesterday our friendly neighbours took us on a tour of how the sugar cane is transported to the mill. Les works for 4 months driving the trucks and then they travel back to their home in Victoria until the next sugar season. He took us to see the full carriages unloaded off the truck onto the trainline so the train engine can take it to the mill. He then loads empty carriages onto the truck from the train track to take back to the other location so another train engine can take the empty ones back to the farms to refill. He does this being 10 loads per day. We saw the train bring in the full carriage take the mill off then take empty ones back to the farms. Today we went to the Bynderg Rum distillery and saw how rum is made. They use the molasses from the sugar cane to make it.





# STUDENT Awards

## We are Safe, Respectful Learners!



**ZAC**

Being **RESPECTFUL** whiteboard and the bike.



**TASH**

Being a **LEARNER** - working so well in the BER building.



**KIRSTEN**

Being **RESPECTFUL** - Getting along well with others in the BER building.



**LEE**

Being a **LEARNER** - following instructions well when getting off the bus and working in the class.



**BERNADETTE**

Being a **LEARNER** - excellent progress with her self care skills.



**MAL**

Being a **LEARNER** - For showing great resilience while at school.

# Competition

## TIME

Sandra has organised a colouring competition and there are some great prizes! On the following page is the front of WDSS - we encourage students to use their imagination: 'paint' the school a colour they'd like it to be, draw in one of the buses or a teacher, add some bees to reflect our school values.

Good luck everyone!

Please take a photo of your entry and email it to the school.

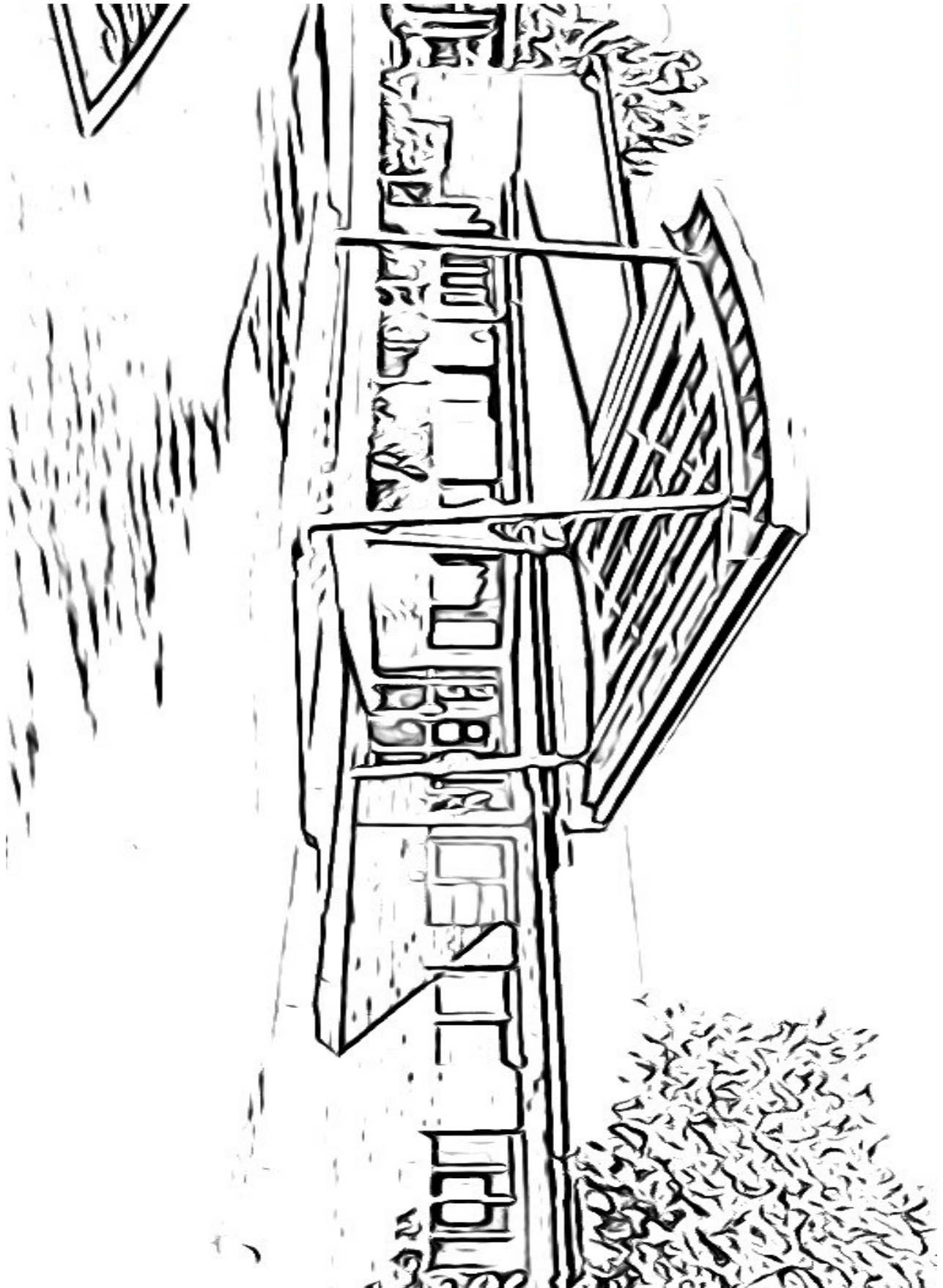
# GREAT PRIZES!



If you do not have a printer at home and would like a hard copy of the page please let the class teacher know and they will include it in your pack or contact the school office and we will print one for you to pick up.

# WDSS Colouring Competition

Name: \_\_\_\_\_



## Top TIPS from OT

# TAKE 5

“Look after yourself”, they say, “Take a break”

How do you do that when there's so much to do, too many pressures, and you're surrounded by uncertainty?



Perhaps this short mini break can help 😊

**Take 5** can be done in just a minute to start with and you can build up from there. It can be practiced once a day or several times. It can be done every day or a few times a week.

**Take 5** is about being a keen observer of what's happening right now in the world around you. It can be done sitting, standing or lying down. The important thing is to PAUSE.

**Take 5** focuses on using the five senses - sight, sound, smell, taste, and touch – and can help you to slow down, live in the moment and feel more in control.

### Here are the Steps to Take 5:

**1. Notice five things that you can see**

Look around at things that you don't normally see, like a shadow or a crack?

**2. Notice four things that you can feel**

Think about how your clothes feel on your skin, what's under your feet? Is the air moving around you?

**3. Notice three things that you can hear**

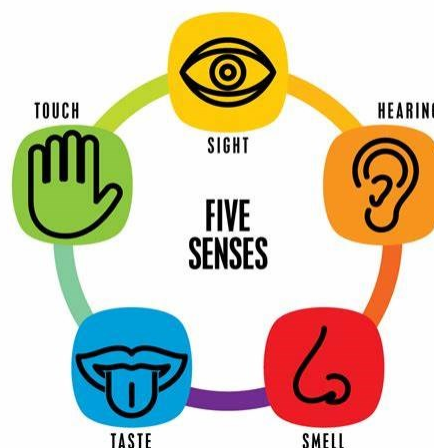
Tune into sounds that may be close/further away, inside/outside, loud/faint.

**4. Notice two things that you can smell**

Do you sense things that are pleasant/unpleasant? Are they coming from inside/outside?

**5. Notice one thing that you can taste**

Is there a taste in our mouth right now, the drink you just had, toothpaste, chocolate? If not try opening your mouth and see if the air has a taste you can detect.



Enjoy taking a mini break and if you need any further help, please let your teacher know.

Note: **Take 5** can be practised by children and adults alike.



# School Visits and Pick Up / Drop Off

Student arrival at school will continue to be staggered in 2021. Please ensure you refer to the below timetable for times and locations. Staff will be situated at each designated pick up and drop off location.

The Main Office Foyer is still under social distancing rules and can only accommodate **6 adults** in this space at one time. Please consider this when visiting the school.

**When picking up or dropping off Junior students please wait outside near the bollards after letting the office know you have arrived.**

**Sanitiser** is provided upon entry, please use this.

Morning		
Who	When	Where
Drop-off Buses	9:00 – 9:15am	Bus Circle
Juniors School	9:10 – 9:20am	Outside Main office
Middle school	9:10 – 9:20am	Oval gate (through main carpark)
Senior School	9:20 – 9:30am	Main Portable Yard gate
Care Needs	Individual arrangements	

Afternoon		
Who	When	Where
Pick-up Buses	3:00 – 3:15pm	Bus Circle
Juniors School	2:50 – 3:00pm	Outside Main office
Middle school	2:50 – 3:00pm	Oval gate (through main carpark)
Senior School	3:10 – 3:20pm	Main Portable Yard gate
Care Needs	Individual arrangements	