

# AVONVALE EDUCATION SUPPORT CENTRE

*Inspiring Dreams, Celebrating Success*

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## A Message From the Principal



Dear parents, carers and community members

We are approaching the end of term 2 and after next week we will be heading into our 2 week term break.

### ACROD Parking

We have had some parents parking in the disabled parking in the top carpark. ACROD parking spaces are reserved for vehicles displaying a valid ACROD permit. This permit must be for either the student or the parent/carer who directly assists the student from the car into the school. These spaces are crucial for ensuring that individuals with mobility challenges have safe and convenient access to the school.

To maintain fairness and accessibility for those who truly need these spaces, we respectfully request that parents without an ACROD permit refrain from using these designated parking spots. Your cooperation is essential in helping us create an inclusive and supportive environment for all our students and families.

### Consumption of Alcohol on School Premises

As part of our ongoing commitment to maintaining a safe and respectful environment for all students and staff, we would like to remind everyone that the consumption of alcohol on school premises, including in parked cars, is strictly prohibited.

This policy is in place to ensure the safety and well-being of our school community. We kindly ask for your cooperation in adhering to this rule, as it helps us provide a positive and secure environment for all.

### Semester 1 Reports

Teacher's have finished writing reports and these will be printed and sent out by mail next week. Reports will also be sent out by email as well. Please ensure we have your up to date postal and email addresses.

### Long Service Leave

I will be taking a break from school life for a short time next week and Week 1 of Term 3. Ms Dayman is also taking her Long Service Leave in Week 11 and Week 1, Term 3. Ms Wolfenden and Mrs Dasborough are taking some of their Long Service Leave at beginning of next term. We wish them all a wonderful and relaxing break.

### Hellos and Goodbyes

We would also like to welcome some new staff members to our school. Ms Stacey Harris has joined us as an Education Assistant. Welcome to the school Stacey! Also welcome Ms Kylie Ruscoe to the admin team. Welcome aboard ladies.

Sadly we are also saying goodbye to our wonderful gardener Richie Roser. After 34 years he's hanging up his hat. Thanks for all you have done for our school, Richie. We wish you the best retirement.

### Schools Upgrade Fund

The Ministers for Education announced the schools that were successful in receiving additional funding for upgrade and add on facilities for their school.

- More than 400 WA public schools expressed interest in round 2 of the fund.
- Of those, 269 schools were deemed eligible to apply. The combined total value of projects exceeded \$500 million.
- The Australian Government selected 13 public schools in WA to receive funding in round 2.
- We were fortunate to be one of the 13 schools whose application was accepted.

The Department of Education is currently working with the school to look at the best options for our school's facilities improvement. Watch this space for further information.

Kind regards

Michelle O'Brien

Principal



## School Diary

Monday 24 June	Reports to Parents and Carers
Friday 28 June	Last Day Term 2
Monday 15 July	First Day Term 3
Monday 4—Saturday 10 August	Dental Health Week
Monday 12 August	IEP Meetings with Parents Begin
Thursday 22 August	SDD—NO STUDENTS
Wednesday 28 August	Father's Day Stall—Primary Camps
Thursday 29 August	School Council
Thursday 12 September	R U OK Day

## Student Birthdays

July Birthdays

*Abel, Camden*

### Walk Safely to School

May celebrated National 'Walk Safely to School' Day. To enhance our Health program topics of 'Pedestrian Safety' and 'Road Safety', staff and students walked one block around the Primary Campus.





## Secondary Room 2

Dear Room 2 Parents and Carers

Can you believe we are nearly halfway through the year already?! It has been a busy and productive year in Room 2. Our students have been immersed in various activities and opportunities to enhance their skills and knowledge. From work experience for our senior student to excursions, we have had a range of diverse and enriching experiences.

Room 2 has the opportunity of having Mini Woolworths on site which allows practical exercises which aid in the understanding of the day-to-day operations of a retail store and develops essential workplace skills such as customer service, inventory management and financial literacy. We also have a great time deciding what we are going to purchase each time.

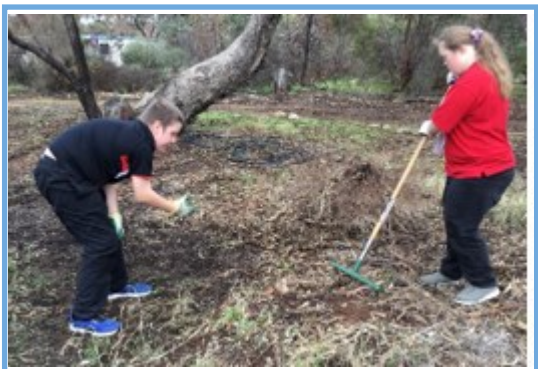
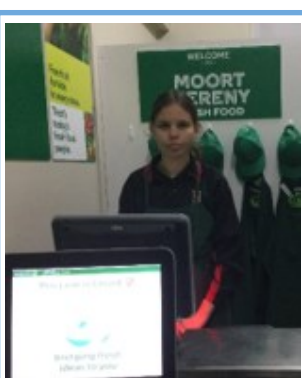
We have had a busy year preparing for our Easter and Mother's Day stalls. From crafting homemade gifts to selling their creations at the primary school, our students have shown creativity, teamwork, and dedication to finishing their items. We are looking forward to beginning preparations for the Father's Day Stall next term.

One of the highlights of our week is our Food Technology days where we have been learning about food wastage, preserving foods, food safety and of course, preparing and creating delicious dishes. We have made Fried Rice, Ricotta, French Toast, Spanish Omelette, Taco Salad and Tzatziki Dip to name a few. Students have been excellent in trying out new tastes and the Spanish Omelette would have to be the standout so far.

We have had a great first semester and we are looking forward to the next half of the year being full of learning and growth opportunities.

Kind regards

Mrs Edwards and Mr Black







## Football Fever

On Tuesday the 28<sup>th</sup> of May we were thrilled to Welcome the West Coast Eagles to our school to run their All-Stars Program. This Program allowed a group of our students to engage in a hands-on skill session with the Eagles staff including past West Coast Eagles and GWS Players. In this session the students worked on Handballing, dodging, and catching along with hand eye co-ordination skills. The students thoroughly enjoyed the session and left enthusiastic about playing sport.

Later more students learnt about the importance of keeping active and staying safe along with eating healthily during their Assembly with Rick the Rock. They practiced keeping fit and discussed healthy eating habits. At the end Rick the Rock helped to identify happy, sad, and angry facial expressions, although we found his expressions harder to understand.

Our footy fever continues this week with the Fremantle Dockers running a skill session for a handful of our students who have displayed our school values.





## Zero 2 Hero Day

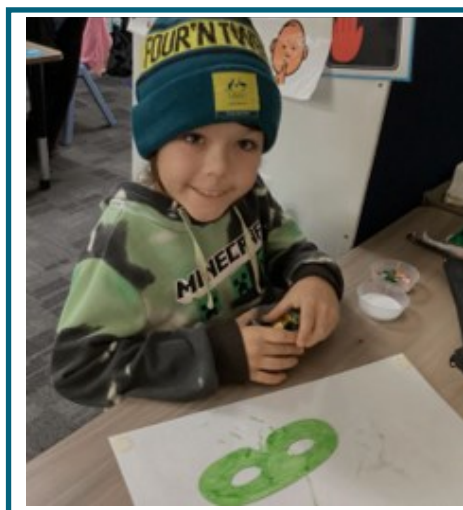
On Friday the 14<sup>th</sup> June, students donned capes and costumes to celebrate Zero2Hero Day.

Zero2Hero run programs for students in Primary and Secondary and this day is run annually. They are dedicated to educating, engaging, and empowering young heroes to become mental health leaders. Over the last few weeks, students have been exploring the difference between a hero and villain, emphasising that a hero stands up for right of others using courage, empathy, and kindness. Students learned that a hero is not always someone who wears a mask and cape but can be somebody in our community who helps make a positive contribution to someone's life.

The activities students completed over the day included, designing, and decorating their own mask, walks through nature and lots of mindfulness activities. These activities will hopefully be strategies our students can use when their heads are feeling a little fuzzy and they need a little encouragement.

All money raised over the day will contribute to Zero2Hero programs and camps, where students can learn more about being an advocate for mental health for others.

Thank you to everyone that participated and arranged costumes for the day. Our students looked amazing. Please enjoy our photos of the day.



zero2hero<sup>®</sup>



# Free online parent workshops

## Term 3, 2024 Calendar

### Facilitated by school psychologist consultants with the Triple P and Child and Parent Centre [teams](#)

The Triple P and Child and Parent Centre teams are excited to offer a series of free online workshops for families. The Triple P - Positive Parenting Program gives parents and carers ideas and strategies to help their child develop the skills and behaviours they need for a healthy childhood. To learn more about Triple P, visit the [Education in WA](#) website.

### How to register

Scan the QR code or click/type the link below into your browser:

<https://forms.office.com/r/gUzPu8xhvt>



Registration is essential to attend online workshops and will close 24 hours before the scheduled workshop. You will be sent an email with information and a link to join on the morning of the workshop. We would recommend downloading the [Webex app](#) ahead of the workshop.

If you would like to register for other Triple P workshops, please visit the [Triple P in WA](#) website and search for upcoming sessions by location. Parents can also access a range of [Triple P Online](#) programs for free. Please note that these webinars are unable to be recorded.

Date and time	Workshop
Tuesday 23 <sup>rd</sup> July 8pm – 10pm	<b>Healthy screentime habits (pre-schoolers and primary schoolers)</b> Raising children in a digital age brings both benefits and risks for children and parents. The challenge is to manage the amount of time children spend on screens and keep them safe, as well as ensuring they take part in a range of other activities that are vital for their development. This presentation gives some suggestions to help you establish healthy screen time habits and routines, and deal with any conflict over screen time.
Tuesday 30 <sup>th</sup> July 8pm – 10pm	<b>Expressing feelings without aggression (pre-schoolers)</b> All children get upset and fight sometimes. This can happen because they are still learning how to manage their emotions, get along with others, and solve problems calmly. In this session, we will talk about responding to your child's frustration and anger and suggest ideas that will help them express themselves in non-hurtful ways.

Tuesday 6 <sup>th</sup> August 7pm – 9pm	<b>Making and keeping friends (10-16 years)</b> Peer relationships become increasingly important during the teenage years, and parents may find it difficult to navigate and adjust to these changes in relationships. This session will provide suggestions on how to support your child to make friends, encourage positive relationships with peers, set appropriate boundaries and deal with challenges that may arise.
Tuesday 13 <sup>th</sup> August 7pm – 9pm	<b>Raising competent teenagers (10-16 years)</b> A challenge for parents is knowing how to encourage your teen to make the most of their time at school. This session will provide some ideas on how to help teens develop the skills they need to become competent young adults. We will cover six key ingredients: developing self-discipline, being a good problem solver, establishing routines, getting involved in school activities, following school rules and having supportive friends.
Tuesday 20 <sup>th</sup> August 8pm – 10pm	<b>The power of positive parenting (under 12 years)</b> Children of all ages need a safe, secure and loving environment to do well. This seminar will discuss children's behaviour, how to create a safe, interesting and positive learning environment, how to use assertive discipline, and taking care of yourself as a parent.
Tuesday 27 <sup>th</sup> August 8pm – 10pm	<b>Promoting self-esteem (pre-schoolers, primary schoolers and teens)</b> As children grow up they form views of themselves as a person, their value as an individual and how good they are at doing things. This view of their self-worth is called self-esteem. This session will help you encourage your child to be confident and develop healthy self-esteem.
Tuesday 3 <sup>rd</sup> September 8pm – 10pm	<b>Learning to separate (toddlers and pre-schoolers)</b> All children have to learn to cope with temporary separations from their parents. Shyness around new people and anxiety about separation from parents is common in toddlers and pre-schoolers. This session will help you teach your child to be comfortable around others and calmly separate from you, into the care of another trusted adult/caregiver.
Tuesday 10 <sup>th</sup> September 7pm – 9.30pm	<b>Fear-Less: Supporting children with anxiety (6-14 years)</b> Everyone feels anxious at times, even children and teenagers. But anxiety may cause distress and get in the way of life. This seminar will help parents to understand how anxiety works, how to manage your child's anxiety effectively and teach your child new coping skills.
Tuesday 17 <sup>th</sup> September 8pm – 10pm	<b>Learning to use the toilet (toddlers and pre-schoolers)</b> Teaching children to use the toilet independently can be challenging for parents. This workshop will provide tips on when your child may be ready, the skills needed to use the toilet, and some common behavioural issues related to using the toilet. This workshop is suitable for parents of children with neurotypical development and does not address any medical problems related to using the toilet.



Child and Parent Centres

# AESC Parent Planner Term 3 – 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	SAT	SUN
	8	9	10	11	12	13	14
1	15 Term 3 Students Back	16	17	18 2.30pm Early Close	19	20	21
2	22	23	24 Newsletter	25 2.30pm Early Close	26	27	28
3	29	30	31	1 August 2.30pm Early Close	2	3	4
4	5 Dental Health Week 4 <sup>th</sup> – 10 <sup>th</sup>	6 Keep Australia Beautiful Week 5 <sup>th</sup> – 11 <sup>th</sup>	7	8 2.30pm Early Close	9	10	11
5	12 IEP Meetings with Parents Begin	13	14	15 2.30pm Early Close	16	17	18
6	19 Children's Book Week 17 <sup>th</sup> – 23 <sup>rd</sup>	20	21 Newsletter	22 Staff Development Day NO STUDENTS	23	24	25
7	26	27	28 Father's Day Stall	29 2pm School Council 2.30pm Early Close	30	31	1 Sept
8	2	3	4	5 2.30pm Early Close	6	7	8
9	9	10	11	12 R U OK Day 2.30pm Early Close	13	14	15
10	16	17	18 Newsletter	19 Talk Like a Pirate Day 2.30pm Early Close	20 Students last day	21	22
	23 King's Birthday	24	25	26	27	28	29