



# Heatherwood School

February 2016



## A WORD FROM OUR PRINCIPAL MR PAUL HILLS

The school year is well underway and with first term being relatively short a lot of events and activities need to occur. Thank you to the members of the school community who attended the Information Night earlier this month, your presence at the evening made it very successful. One of the most important events for the term is the Parent/Teacher conversations that are currently being held. These meetings are very important in designing and developing a shared understanding of the students educational and personal development goals for the year. It would be terrific if every student had their parents and carers attend these meetings.

The school strives to provide the most comprehensive learning opportunities for its students and reflecting this goal is the staffs' strong commitment to supporting a number of camps run throughout the year. There are two camps this term a Year 10 camp to Bogong and an Alpine Bike camp, two great opportunities for student to develop and practise new skills.

Heatherwood is always looking to improve and greatly appreciates feedback and ideas from its community. The strength of the partnership between the school and its community needs to be strong so that each can support the other to achieve the best learning outcomes for the students.

Paul Hills

DATE	EVENT
March 1-2	Junior & Middle SSGs
March 14th	<b>LABOUR DAY HOLIDAY</b>
March 18th	Free Dress Day-World Vision
March 21 -24	Year 10 Mt Bogong Camp
March 21-24	Alpine Bike Ride camp
<b>MARCH 24TH</b>	<b>LAST DAY OF TERM 1 STUDENTS DISMISSED AT 1:50</b>
<b>APRIL 11TH</b>	<b>TERM 2 COMMENCES</b>

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# OFFICE NEWS

## CSEF Applications

The first payment of successful CSEF applications will be paid to the school early March. Anyone who has applied for the CSEF should have received a yellow acknowledgement slip from the school. If you have applied and haven't received acknowledgement please call Kaye Shilcock (Business Manager) ASAP.

**\*\*Please be aware that the funds can only be used towards camps, sporting activities, (including the Junior swimming program), or excursions.\*\***

**\*\*\*Your statement may appear as if you are in credit but the essential items such as Homeskill fees, (where applicable), and the Yearbook cannot be covered by this money and need to be paid by other means.\*\*\***



### Homeskill Fees



Semester One fees are now due. Your prompt payment of these will ensure this quality program continues.

## 2016 Yearbook

The 2016 Yearbook will only be ordered for students that have paid their \$25.00. The Yearbook is loved by the students, so to ensure that a copy is ordered for yours, full payment is required by the start of November 2016.

## 2nd Hand Uniforms

The school is always looking for good quality, second hand school uniforms. If you have some to donate the school would be happy to receive them.



# STUDENT REPRESENTATIVE COUNCIL

It has been a busy start to the term for Heatherwood SRC! At our first meeting on Thursday, Lesley Foster came to outline the "School Wide Positive Behaviours Program" to all SRC students. Lesley asked the SRC for suggestions on many aspects of this program and went away with a lot of excellent ideas from students.

## Welcome Day Friday 5th February

Welcome Day is a very important event on SRC calendar, as it allows the whole of Heatherwood the opportunity to demonstrate to all new students that we value them and welcome them into the Heatherwood community. I would like to thank parents, carers, staff and students for their enthusiasm and contributions on this day!

## Leadership Skills Training

It was lovely to see School Captains, Drama Captains and Year 10, 11 and 12 SRC and their

families come along to an inspiring session where both Tony Walker and Mark Walker outlined a program for training our student leaders. It was a wonderful night thank you to all concerned.

## SRC Meeting Dates - Term 1

Recess: Friday 12th February.

Recess: Friday 18th March.

## Fundraising- Free Dress Day

Friday 18th March: World Vision.

Gold coin donation

*Lynda DenElzen*

*(On behalf of Heatherwood SRC).*

# HORTICULTURE NEWS

The students have been busy harvesting tomatoes and potatoes for use in the kitchens and a donation has been made to Doncare. The other main task has been watering and weeding the garden beds and getting them ready for autumn plantings. Students have also been topping up the mulch on some of the gardens.

*Max Moyle*

*Horticulture Teacher*



# POSITIVE ANIMAL WELFARE SUPPORT (PAWS)



*Note: As our weather is so unpredictable please remember our pets and their needs. Thunderstorms and fireworks can really spook our dogs.*

We are so fortunate at Heatherwood to have wonderful parents and community connections who are willing to look after our school pets over the holidays. Snowy and Rainbow were again taken care of by Heidi and her family. Thank you so much. Rainbow and Snowy really enjoy going to their foster family and it is a pity they cannot tell me about their adventures.

A very big thank you to Rob Nolan, our school electrician, who looked after Theodore and Britney this Summer. He has a female dragon and she was very excited to have visitors.

Rhyder was cared for by myself and seemed to enjoy travelling down to the beach with two dogs, and our pet cockatoo.

Please ensure that the PAWS forms are signed and returned to the class teacher. This enables the school to keep up to date records in relation to allergies, fears, and phobias about interaction with animals at school.

*Sue Nicholls.*

*PAWS Coordinator.*

## TRADE KITCHEN NEWS

*Welcome to Trade Kitchen for 2016!*

This year we have students from Year 10 in the Trade Kitchen Monday to Wednesday and a Senior group on Thursday. The Trade Kitchen is a valuable program for our students to gain experience working in a hospitality environment. Daily, they prepare and serve a variety of fresh food for the students and staff at Heatherwood. In addition to the attached canteen menu there is a \$4.50 daily special, typical inclusions being salads, wraps/rolls, pasta or quiches. There will be emphasis on providing healthier choices, including the sweet options. For example, this year we have produced chocolate zucchini slice, banana berry icy-poles and yoghurt based fruit muffins.

Congratulations to the following students, who have been awarded 'Chef of the Day' so far this year:



*Kirsty Lighten-M7  
Billie Jones-M7  
Elly Hudson-M7  
Philip Hour-M9  
Serena Ruggieri-M6  
Grace Dean-S7*



Students who wish to order their lunch need to come to the Trade Kitchen just before classes commence in the morning to fill in the order form. The Canteen is closed at recess. Student's can pick up their lunch between 12.30-12.45pm, during which time drinks and small snacks can also be purchased.

*Gemma Clements and Judee Murfett  
Trade Kitchen*

## 2016 SCHOOL TERM DATES

<b>TERM 1</b>	<b><i>Friday Jan. 29th - Thursday March 24th</i></b>
<b>TERM 2</b>	<b><i>Monday April 11th - Friday June 24th</i></b>
<b>TERM 3</b>	<b><i>Monday July 11th - Friday September 16th</i></b>
<b>TERM 4</b>	<b><i>Monday October 3rd - Tuesday December 20th</i></b>



## CARING CONNECTIONS: Information & Support for Kinship Carers

“Caring Connections” is a program suitable for all kinship carers. It gives an opportunity for carers to share their common experiences and learn together with others in similar situations. Topics discussed will be relevant to the daily experiences & challenges of caring. Participants are invited to attend the full 5 session program, but can choose to attend individual sessions of interest. There is **no charge** to attend.

### CARING CONNECTIONS workshops available in 2016 will offer:

#### Information and Understanding about...

- how trauma & disruption can affect children, and the ongoing effects this may have on their behaviour & development
- grief and loss experiences & how they can affect children and carers

#### Effective Strategies for the care of children and young people...

- that are practical & will support you to respond to a variety of behaviours & challenges

#### Ideas & Activities that...

- build on your family and child's strengths
- support positive, life-long relationships

#### OPPORTUNITIES TO -

- meet and talk with other kinship carers in a confidential group. Share your experiences - as much or as little as you wish - in an atmosphere of support & respect

#### Kinship Carers who have been part of Caring Connections groups share their views:

*Julie, a kinship carer for a long time says: “I wish this course had been available when I was first caring for my grandchildren. It has changed the way I understand the effect of their [early experiences] on them and what their needs were...it is an ongoing challenge. It would be so much better [if carers could come] earlier on”*

*Marie, a carer for just a short while says: “I am bonding so much better with my grandson...learning and sharing...all the information with my family. My grandson and I are communicating so much better...my understanding has really changed. We see a big, difference, you'll never be sorry if you go to something like this.”*  
[\* names changed for privacy reasons]

**BACKGROUND** – Kinship carers include any relative, grandparent or family friend who has taken on the care of children unable to live with their own family. Commitment to the family and the well-being of these children is a strong value for kinship carers. However, a kinship caring role often comes with little time to prepare for taking on day-to-day care of children & less opportunity to consider the impact this major change may bring. Carers find that making time for themselves to sustain their own **well-being** and capacity can be a challenge.

**Children & young people** who need kinship care may have experienced trauma, separation, family change and crisis, affecting their development and wellbeing. The experience of coming into kinship care is a life change that can give children stability within their caring network. At the same time, children and young people commonly experience feelings of grief & abandonment [loss of a sense of family & home, school, friends, possessions, pets]. Children may display challenging behaviours & outbursts of strong emotions that their carers find difficult to understand and deal with.

“Caring Connections” will be offered in selected areas across Victoria during 2016 for any Kinship carer wishing to attend. Lunch is included.

**2016 Dates**      **Term 1: Dandenong**      **Term 2: Bendigo**

For more **information or to register** your interest in attending:

**Email:** [kinship.program@anglicarevic.org.au](mailto:kinship.program@anglicarevic.org.au)

**Freecall: 1800 809 722**

There is **NO cost** to attend this program thanks to Victorian Government funding support.

# Y EXERCISE

# MANNINGHAM YMCA YOUTH SERVICES

## HEALTHY LIFESTYLE PROGRAM

P: 9848 5400  
E: MYS@YMCA.ORG.AU

[WWW.MANNINGHAMYMCA.YOUTHSERVICES.ORG.AU](http://WWW.MANNINGHAMYMCA.YOUTHSERVICES.ORG.AU)

Y Exercise is a sports and exercise program for young people aged 15+ with a disability. The program consists of fun and inclusive exercise sessions including gym, dance and sporting activities.

Y Exercise promotes healthy living by developing a range of physical and healthy lifestyle skills.

Additionally, participants will also enjoy a related day group activity/outing during the holiday periods.

**WHEN:** Mondays  
5pm-6pm

**WHERE:** Aquarena  
Aquatic & Leisure  
Centre, Doncaster

We build strong  
strong **PEOPLE  
FAMILIES  
COMMUNITIES**  
strong

  
**YMCA**  
Manningham



## PARENTS AS PATHWAY PLANNING ADVOCATES PROGRAM

### About the Program:

The Parents as Pathway Planning Advocates pilot program will deliver knowledge and advocacy skills to parents and carers who live in, work in, study in or visit Manningham with a focus on improving pathway planning outcomes for young people with autism (15 – 18 years of age). Delivered by community organisation IMVC with supporting partners Amaze and Manningham City Council, this FREE pilot program begins March 2016.

### The Program aims to:

- provide participating families with skills and knowledge of local resources in order to ensure increased participation, inclusion and advocacy within their local community;
- provide key information about planning effectively for life after school, including knowing about the range of post-school pathways young people can take and the support available.

**When:** The program consists of six sessions on the following Wednesdays:  
23/3/16 30/3/16 6/4/16 13/4/16 20/4/16 27/4/16

**Time:** 10.00am to 12.00pm

**Where:** MC Square - 687 Doncaster Road, Doncaster

**Cost:** Free

Bookings are essential as places are limited. To confirm your place please RVSP to: Effie Kapsalos via email: [ekapsalos@imvc.com.au](mailto:ekapsalos@imvc.com.au) or phone: 03 9686 2354.

Visit [www.imvc.com.au](http://www.imvc.com.au) for more information on this and other local programs for youth with disability.



Endless Opportunities



This project is supported by Manningham City Council's Community Development Grant Program.

V.01 Jan 2016