

Important Dates

Parent Information Morning -
17th Aug
RC, LC & NB 9:30am–10:30am
Venue – Reservoir Campus

Curriculum Day
RC, LC & NB – 18th Aug
Student Free Day
No buses running.

Reservoir Campus
16-18 Gertz Avenue
RESERVOIR VIC 3073
Phone: (03) 9462 5990
Fax: (03) 9460 8058

Lalor Campus
2 - 4 Lyndon Street
LALOR VIC 3075
Phone: (03) 9464 3480
Fax: (03) 9464 4713



FROM THE PRINCIPAL

Blackwood Camp

Over the year many students were fortunate to attend Blackwood Outdoor Camp, located in the stunning Wombat State Forest. Students had the most incredible outdoor camp experience! We are thrilled to share the amazing memories and adventures our students had during their time at the camp. From the moment they arrived, the excitement was palpable. The beautiful natural surroundings provided the perfect backdrop for a few days of exploration and learning.

The camp offered a wide range of activities that catered to every interest. From hiking through lush trails and discovering hidden waterfalls to team-building challenges and outdoor games, there was never a dull moment. Our students embraced every opportunity to connect with nature and each other.

The highlight of the camp was undoubtedly the evenings around the campfire. Gathering together under the starry night sky, the students shared stories, sang songs, and roasted marshmallows. It was a time for laughter, bonding, and making lifelong memories.

We were so proud to see our students stepping out of their comfort zones and embracing new experiences. The camp provided them with a chance to develop important life skills such as problem-solving, teamwork, and resilience. It was heartwarming to witness their growth and confidence throughout the week. Thank you to the staff who went above and beyond to ensure our students had a safe and memorable experience.

Parent Communication throughout the day

It is important teaching teams are not interrupted during the day. I have asked the administration team not to transfer phone calls to the classrooms unless it is an emergency. Parents can speak to a member of the Leadership Team or wait until 3:15pm to speak to the classroom teacher.

Social Media

I'm sure you're wondering how social media impacts your teens in school. Well, it's not all bad, but it's not all good either. Here are some things you should know and some tips on how to support them.

- Social media can help teens connect with their friends, learn new things, and express themselves. But it can also distract them, expose them to cyberbullying, and make them feel insecure or anxious.
- Teens need your guidance and supervision when using social media. You can set some rules and boundaries, such as limiting their screen time, checking their privacy settings, and talking to them about online safety and etiquette.
- Teens also need your empathy and understanding when they face challenges online. You can listen to their feelings, validate their emotions, and help them cope with stress or negativity. You can also encourage them to seek help from school.

Northern School for Autism Newsletter

Please do not contact students or families via your child's account.

Social media is part of your teens' lives, but it doesn't have to be their whole life. By being involved and supportive, you can help them balance their online and offline activities and enjoy the best of both worlds.

For more information about Online Safety: <https://www.esafety.gov.au/>

COMPASS

We will soon be moving to COMPASS for our Parent Communications. If you need a separate log in or would like to check your information, please contact the office. This will ensure accurate information and that parent/ guardian privacy is maintained.

Northern School for Autism Year Book 2023

As we are almost halfway through another wonderful school year, we are excitedly putting together the 2023 school yearbook to commemorate all the cherished moments and achievements of our students.

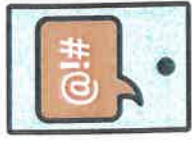
Our yearbook aims to capture the essence of our school community and its various activities, including classroom interactions, extracurricular events, sports, and other special occasions. It serves as a lasting keepsake for our students, providing them with a collection of memories they can look back on fondly in the future.

We would like to include all of our wonderful students across all year levels. However, if you do NOT wish for your child's photo to be included in the yearbook, please send an email to pamela.mathieson@education.vic.gov.au as soon as possible, and we will ensure we update our media permissions.

Thank you kindly for your assistance in this matter.

Pamela Mathieson

Principal



Cyberbullying

Cyberbullying is the use of technology to bully a person or group with the intent to hurt them socially, psychologically or even physically.

What does cyberbullying look like?

Examples of cyberbullying include:

- abusive texts and emails
- hurtful messages, images or videos
- imitating, excluding or humiliating others online
- spreading nasty online gossip and chat
- creating fake accounts in someone's name to trick or humiliate them.

Online bullying can have a devastating impact on young people, whose online life is a key part of their identity and how they interact socially.

I think my child is being bullied

Your child may not tell you if they are experiencing bullying behaviour online because of a fear it might make things worse for them or they may lose access to their devices and the internet.

Signs to watch for:

- being upset after using the internet or their mobile phone
- changes in personality, becoming more withdrawn, anxious, sad or angry
- appearing more lonely or distressed
- unexpected changes in friendship groups
- a decline in their school work
- changes in their sleep patterns
- avoidance of school or clubs
- a decline in their physical health
- becoming secretive about their online activities and mobile phone use.



Cyberbullying

What can I do?

Talk to your child about cyberbullying before it happens. Together you can work out strategies to address any potential issues and reassure them you will be there to support them.

If your child is experiencing cyberbullying

- **Listen, think, stay calm** — talk to them about what happened, try to remain open and non-judgemental, ask them how they feel and ensure they feel heard.
- **Collect evidence** — it is a good idea to collect evidence, such as screenshots, of the bullying behaviour, in case you need to report it later on.
- **Block and manage contact with others** — advise your child not to respond to bullying messages and help your child block or unfriend the person sending the messages.
- **Report to site or service** — many social media services, games, apps and websites allow you to report abusive content and request that it is removed.

- **Report to eSafety** — if serious cyberbullying is affecting your child and you need help to get the material removed from a social media service or other platform you can make a cyberbullying report to us.
- **Get help and support** — check in with your child regularly about how they are feeling. If you notice any changes that concern you, get help through a counselling or online support service.



Help and resources

Kids Helpline

Kids Helpline provides free and confidential online and phone counselling to young people aged 5 to 25. It is available 24 hours a day, 7 days a week.

kidshelpline.com.au or 1800 55 1800.

eHeadspace

eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. It is available 9am to 1am (Melbourne time), 7 days a week.

eheadspace.org.au or 1800 650 890

Support for parents

Each state or territory has a dedicated Parentline that offers counselling, information and a referral service. Opening hours vary by state.

[Parentline \(QLD and NT\)](#) — 1300 30 1300

[Parentline \(VIC\)](#) — 13 22 89

[Parentline \(NSW\)](#) —1300 1300 52

[Parent Helpline \(SA\)](#) — 1300 364 100

[Parentline \(ACT\)](#) — 02 6287 3833

[Parent Line \(TAS\)](#) — 1300 808 178

[Parenting WA Line \(WA\)](#) — (08) 9368 9368 or 1800 111 546

Room 10

Students in room 10 have had a great start to the year with lots of engaging and exciting activities. They have been enjoying their weekly excursions to Bounce, Inflatable world and Gymnastics at YMCA where they get to jump, bounce and climb.

We have been creating Easter hats to wear for our Easter Hat Parade.

Room 10 love taking turn and choosing their favorite instrument during music session. Room 10 has participated in lots of engaging sessions such as Cooking, Science and Art. They also practiced team work skills in different activities such as NSA recycling program and Laundry jobs. Room 10 has done a great job this term, Well-done room 10.



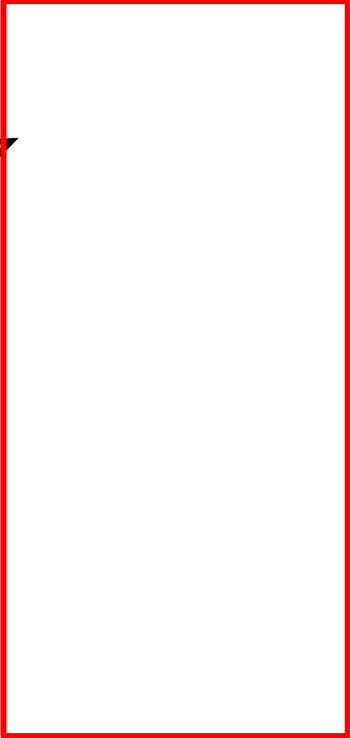
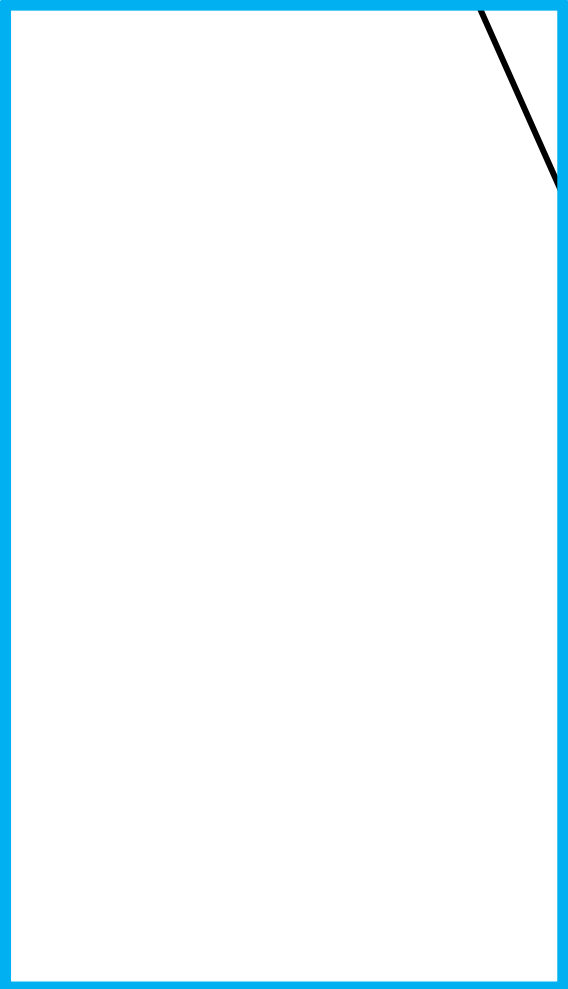
LC14



LC14 have been incredibly busy and have taken advantage of all that there was.

We went to Don Bosco every Friday to use the trampolines, play pool and air hockey and even made sure the rabbits got a run around (plus lots of hugs).


We combined the excursion to Melbourne Skydeck with the ASDAN topic that we were covering.



Melbourne
Skydeck

LC14 are fresh from 3 days at Blackwood camp.

It has been a huge success where students were able to learn and apply a range of different skills.



Later Years C

Students in Later Years C have settled into term 3. They have worked very hard and participated in a wide range of sessions, both curriculum and extra-curricular focused.

Each class has been enjoying a variety of activities such as karate, gymnastics, Don Bosco Youth Centre, a hospitality short course and Blackwood camp. These activities have supported students to work on their life-skills, working towards post-school life. It has been great to see so many enjoying visiting different places and interacting with each other, outside the school environment.

Each classroom has been completing ASDAN, whilst students in VPC have been working on work-related skills.

We look forward to a great second half of the year!

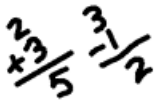
Occupational Therapy Lalor

Later Years C update

The Occupational Therapy (OT) team have been working with later years C students on a range of different skills and activities.

Session have incorporated developing executive functioning skills such as planning, organization and problem-solving skills, completing sensory experiments as part of the interoception program, developing computer skills and completing work-based tasks. Students have been using the gym and participating in a range of movement activities across their week to support their regulation.

We look forward to see these skills continue to develop in therapy group work across the second half of the year.

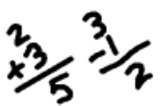


“Students will have an individual functional communication system across all teaching sessions.”

Term 2 has been a busy time filled with plenty of great communication opportunities on display across the Early and Middle Years classrooms. Every classroom has worked hard to make communication accessible to all students at all times.

Students across the Early and Middle Years classrooms have used their individualised Augmentative and Alternative Communication (AAC) systems during a variety of activities in and out of the classroom such as shared reading, cooking and art.

Staff have been working hard to be effective communication partners who are always ready to support spontaneous messages from our students. Students will continue to be supported to develop their skills to become confident and competent communicators.





What an absolute pleasure it was to have Rachel and Carolyn Luder visit our school. Carolyn is the founder and Managing Director of the Little Sprouts program.

As you can see from all the wonderful photos, our students enjoyed the hands-on aspect of this incursion.

Our students learnt about the different parts of a plant, what plants need to grow and the life cycle of plants, through movement and music.

It was great to see our students explore their senses of sight, smell and touch. Each student had the opportunity to plant their own seedling to take home to their families.

Well done to all our students on immersing themselves in this science incursion. I hope you all have fun taking care of your seedlings and watching them grow.

Paula (Science Teacher)