

Warrnambool Special Developmental School

Newsletter Edition 12 – Friday 08/05/2020

Term 2

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Well Done!

Welcome to the end of week four of remote learning and well done to all parents, carers and families.

The first few weeks have been difficult as we all learned how to navigate this new and challenging way of teaching, learning and parenting.

I would like to acknowledge all parents and families, whether they are caring for their families at home, working from home or are required to work out of the home environment.

Everyone one of you is highly important in ensuring that life continues as normal as possible, that we ensure that our children are safe and supported, and that essential work continues to be undertaken to keep our community running smoothly.

It is encouraging to see the students' remote learning skills developing. It is also very pleasing to note the life skills the students are learning as they manage their remote programs. Like the adults in their lives, they are learning how to work from home.

We are very much looking forward to a return to full operations. But, when that will happen is the decision of the Victorian Chief Health Officer and the Victorian Government.

With my best wishes,

Robert



 **UPCOMING EVENTS**

If anyone needs any extra educational supplies, please contact the school.



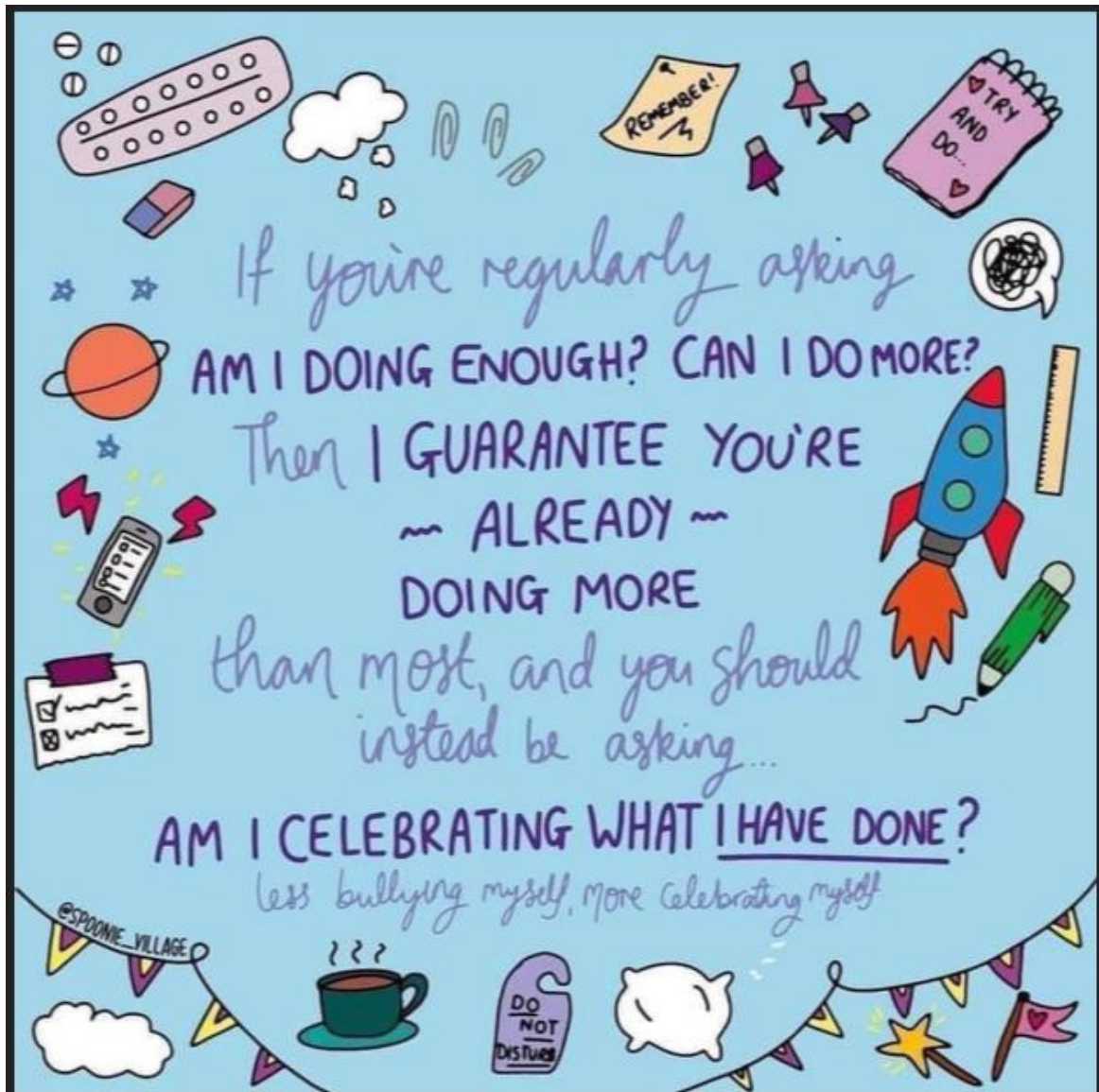
Happy Birthday to everyone that celebrated their special day over the past week.



Warrnambool Bus Lines
55621866
Christians Bus Company
55629432.

A big congratulations to our S6 teacher Kristen Hill on her recent engagement to Nigel Roll.

We wish them all the best for the future.



Staying Connected With Our Children

Now is the time to stay close to our children.

They need to feel us beside them so they don't feel as worried as they are. We need to be honest with them and let them know that good people from around the world are working very hard to keep them safe and healthy. Our children will believe us, we love them deeply.

Be Honest

"COVID 19 is a sickness like a cold. Some people will get it. Maybe someone in our family might get sick. We are all a little bit scared. Being scared is a sign that we are concentrating on being safe. There are really good people like doctors who know what to do. They are helping to figure it out."

Validate Their Feelings

"I know I might look worried sometimes. Mums or dads get worried too, just like children. I know it can make you feel scared. But I am ok."
"It is ok to be feeling scared, or worried or whatever you are feeling right now. You can share that with me whenever you need to."

Acknowledge Day to Day Disruptions

"Even if school and your after school activities stop for a while, they will start up again. How about we think about some ways of doing versions of these things together at home if we need to?"

Remind Them

"I love you, and that is one thing that will never change."

Here are some ways that parents and carers can share connection, comfort and care with their children right now.

Look to History

"There have been sicknesses like this before. And they have stopped. Clever people from around the world have worked them out together. The scientists are doing this right now with this one."

Remain Available

"You can talk with me whenever you need to. I will answer any questions you have. If I don't know the answers, I will find out and then I will tell you."

Have fun

"Share some time with your children that is just for them, and let them lead the play."

"Let's do some things that you like to do."

Create some quiet time

"Find a regular time where you can just be still with children. Stroke their hair. Watch a favourite show on TV. Listen to music together. Let them decide if they want to talk. Be present with them. Enjoy it."



FOOD FOR LIFE

HI EVERYONE, WE ALL HOPE YOU ARE ENJOYING DOING SOME FUN COOKING FROM HOME! KEEP US UPDATED ON SEESAW ON ALL YOUR AMAZING COOKING! WE HAVE LOVED ALL YOUR PHOTOS AND VIDEOS OF YOUR COOKING, KEEP IT UP! FROM JANE AND SARAH.

This weeks Recipe of the Week:

White Chocolate and Raspberry Muffins 🍪

Ingredients: 265 g (2 cups) self-raising flour, 170 g (3/4 cup) caster sugar, 1 egg beaten, 50 g (1/4 cup) vegetable oil, 240 g (1 cup) milk, 125 g raspberries fresh or frozen and 100 g white chocolate

Method:

1. Preheat oven to 200 degrees celsius (180 if using fan-forced). Line a 12 hole muffin tin with muffin cases.
2. Sift the self raising flour into a large bowl. Add the sugar and stir together. Create a well in the centre of the dry mixture.
3. In a separate bowl, whisk together the egg, oil and milk. Pour the liquid into the well and very gently fold the mixture together (the batter should be slightly lumpy - do not over-mix).
4. Very gently fold through the raspberries and white chocolate chunks (do not over-mix).
5. Spoon the mixture into the muffin cases (fill 2/3 to the top). Bake for 20-25 minutes or until lightly golden. Allow to cool in the baking tray for 5 minutes before transferring to a wire rack to cool completely.

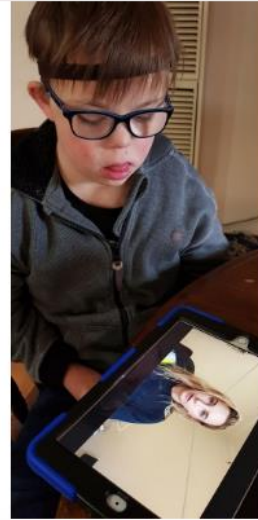


Healthy Hygiene Tip of the Week:

Don't forget to wipe down technology after using it to remove any bacteria on your screens!

Ashley H from S4 making some yummy Fruit Salad





Senior Primary students have done a fabulous job with engaging in their learning tasks this week!
Congratulations!

