ASESC Newsletter

Term 1 - Week 10 - 2022



Albany Secondary Education Support Centre acknowledges the traditional owners of this land on which our school is located, the Menang people of the Noongar nation. We pay our respects to ancestors and Elders, past and present. ASESC is committed to honouring Australian Aboriginal peoples' unique cultural and spiritual relationship to the land, waters, and seas.

Dear Parents and Carers,

As the school holidays and Easter fast approach, it's a pertinent time to reflect on what students have been learning this term. Despite being a very disrupted time for adults, students seem to have been impacted less, largely because they've been able to maintain their routine. At school most programs have continued as planned, including excursions and off site activities until the last week. There are lots of great stories and illustrations throughout this newsletter.

We have had a few cases of staff and students who have either tested positive to COVID or are close household contacts of someone who has. Fortunately we have had very clear advice from the Department of Health to follow. Thank you for your vigilance in supporting your child to wear masks where they can and keeping them home when they have any cold symptoms. Our staff have been incredibly supportive, calm and professional throughout what has been a tricky time for us all; I'd like to thank and congratulate them for all their work too.

Due to limitations, we will not be participating in the ANZAC march on York Street this year; however we will have a commemoration assembly at school early in Term 2.

Due to being a very busy lady Fiona Simpson, our Noongar languages teacher, is unable to continue with us next term and beyond. On behalf of our staff and students I'd like to thank her for what she has brought to our school to spread enthusiasm and appreciation of our indigenous culture, language and music. For the first 2 weeks of term Jo Lucas will come in and work with students on health and activity while we investigate alternatives.

Next term we have a number of staff taking leave; Jake Butler is away all term, to be replaced by Louise Gardner and Robyn Sellenger, one of our Ministerial Officers Carol Griffiths is away for 6 months, to be replaced by Shelia Percy and several other people are taking short periods of time to clear their leave.

I wish you all a fabulous break; time to relax and spend time with your favourite people in your favourite places.

As always please feel free to contact me if you would like to.

Warm Regards

Karen Campbell Principal



Albany Secondary Education Support Centre

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65 Anson Road ALBANY WA 6330 Website: www.albanysecondaryesc.wa.edu.au

CI Class Report—Miss Piers

We have been having lots of fun in C1 during the past few weeks of term.

We have been learning all about numbers, place value and telling the time. We have been learning all about our letter sounds, blending the sounds together to make words and reading recounts.

On Tuesdays we make toasted sandwiches in our Breakfast Club for life skills. We use a range of gluten free breads, vegemite, jams and cheese. We are working very hard at being as independent as possible- even taking staff orders!

We have been working very hard on our retail program, practising folding and hanging clothes, using the washing machine and hanging out items on the drying rack. We have been making so many cool experiments in science with Mr Butler and planting lots of vegetables with Mrs Mills. Our Noongar language has progressed and we can now sing the Wanjoo song with all the right words.

Yanga Mrs Simpson!

We have been on lots of excursions with Bushrangers including the museum, community garden, Emu Point and fishing. We are looking forward to see what next term brings!!























C2 Class Report—Mr Jarzabek











Kaya, Wandoo (Hello and welcome) to another inspiring C2 newsletter for Term One.

C2 class continued to diligently work at their diagnostic assessments and other subject activities to ascertain their goals for their IEP's. I believe all student goals are realistic and will be achievable if all show their continued enthusiasm towards their work.

C2 students are embracing the activities they are participating in and displaying skill in many new tasks.

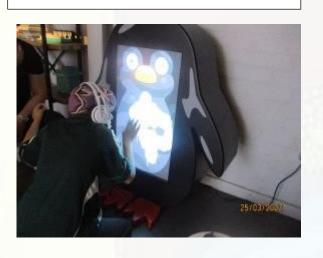
Our Bush Ranger group scored luck in being able to attend Fishabilities at Emu Point two weeks in a row and the glorious Albany weather ensured all had a fishing good time!

C2 students have explored many different science experiments and asked and answered the question why? And how? Excitably.

C2 students have certainly worked their green thumbs in the garden and are looking forward to cooking and eating their produce.

Kind regards

John Jarzabek C2 Teacher













C3 Class Report—Mrs Craig

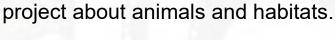
C3 Cooking

This term, C3 have been cooking up a storm in the fancy new Home Economics room at ASESC. Together, the students have worked both as a team and individually to cook simple, but delicious food such as pancakes, chocolate mug cake, macaroni and cheese, fruit crumble, banana cake and corn fritters. One of the students even made playdough for everyone to use in maths. The students have learnt the importance of hygiene in the kitchen and teamwork, as well as cleaning up after they have finished. I think most students like the eating



C4 Class Report—Ms Morrow

The students of C4 have had an amazing first term. They have learned about each other, shared ideas, worked together, and enjoyed great experiences. This term the students have enjoyed morning walks, swimming, creating amazing artworks, gardening, and cooking. The students have engaged in come exciting STEM tasks about geography, additionally they have completed a research















C5 Class Report—Mr Turner

C5 Newsletter - Term 1, Week 10

As we approach the Easter holidays, the students can be very proud of their efforts to consistently produce their best work. Indeed, they have responded magnificently to the request of challenging themselves by wholeheartedly implementing new strategies and learning many new concepts.

In English, the students have been focusing on their spelling and writing, improving their accuracy when using punctuation, and they have begun to develop their sentence and paragraph structures. In Civics and Citizenship, the students have been learning about democracy and voting, and impressed staff by producing and presenting arguments designed to inform voters prior to an election.

In Art, the students have been exploring line, colour, shape and symmetry, whilst in Physical Education, they have been increasing their physical fitness by preparing for the North Albany Senior High School Cross-country race. Indeed, they can all be congratulated for improving their original times as the term has progressed. On behalf of the whole class, I wish you all a safe and happy Easter.

Mark Turner

C5 Class Teacher



Will finished the cross-country course strongly.



Phoenix investigated lines of symmetry.



Mrs Campbell and the students lined up at the polling booth to cast their votes.



The students are continuing to make good progress towards their learning goals but are looking forward to having a deserved break. Students are ensuring they are trying their best in English by working hard on their reading comprehension; Letters and Sounds work and have done exceptional work on biographies of a person of their individual interest. Great progress was also experienced in Maths as well.

In our HASS period we have recently looked into the roles women had during WWII and the students were also introduced to the horror of the Holocaust. Learning about WWII has been an important journey and is so significant especially when ANZAC Day is next month. We are also constructing war planes from paper which the students are enjoying!

I hope you all have a wonderful, safe Easter holidays and are looking forward to hitting the ground running in Term 2.





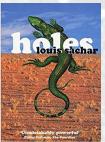
C8 Class Report—Mr Butler

It has been a productive and enjoyable Term 1 in C8. Well done to each and every member of the C8/9 team.

In Maths this term the class have been learning how to add using different mental and written methods. Students have used number line and regrouping method, either in formal written column addition or by using the Yumi maths concrete resources such as counters and base 10 blocks. They have begun to use these same methods to add numbers to two decimal places to apply to money problems.

In English, students have been enjoying the class novel Holes by Louis Sachar. They have been reading aloud in front of classmates and answering comprehension questions related to each chapter to test their understanding. During creative writing lessons, students are planning simple narratives before using technologies such as a digital story board creator to illustrate their own stories.





In Business, the school company 'ASESC Rec Collection' has been busy collecting, counting and sorting containers while gaining warehouse experience at Green Skills.

The group voted to make Cycling Without Age Albany this years community charity. This wonderful organisation gives everyone the chance to enjoy the thrill of bike riding and has supported our school in the past by providing the experience during last years graduation day. 75% of raised funds will go to this charity. The remaining 25% will be used to purchase additional equipment for the new sensory room here at school.

Please remember to drop off your own eligible containers for students to collect







The Community Work Crew have made good progress in clearing the overgrown site for a new undercover meeting area. This has involved assessing the students in the use of tools such as mattocks, spades and shears.

In addition to this, the team showed amazing communication and team work skills to tidy the wood store shed of the camp before stacking the winter loads for drying. They even designed and built two additional kindling sheds. Extremely useful new additions to the camp. Top work by all involved!

Well done everyone on a fantastic Term 1. During Term 2 Mr Butler will be away. Stepping into his shoes will be the wonderful Mrs Gardner and Mrs Sellenger. Have a great break and Term 2.

Jake Butler



C9 Class Report— Mr Limpus

Some students from C9 went and enjoyed a fantastic night full of dancing and good times at the Albany Entertainment Centre for the Year 12 Ball. All of the students scrubbed up tremendously in their ball outfits with Liam winning an award for one of the best dancers of the night.

Sam and Ka The Moo have been enjoying their work placement out at Piacun Farm. They have been collecting eggs; picking watermelons; and sorting tomatoes, zucchinis, courgettes.





James and Alexandra have started their placement at Good Sammy's where they are helping out tidying all of the display racks on the shop floor.

Tim and Sarah have been working really hard earning their Certificate I in Business. Dawn has been teaching them how to use and make coffees with the plan to start up a small coffee enterprise at school next term.



Literacy and AAC—Mrs Claessens



Supporting Augmentative and Alternative Communication at ASESC for students with Complex Communication Needs.



Myths Busting fact #2

Myth

skills to be able to benefit from low to learn to use as AAC. The system is for "higher functioning kids".

Research Shows

Children must have a certain set of If the individual is not able to access a communicate device at the same level as AAC. His/her cognitive skills are too peers, his/her communication difficulties may be limited and reduce their ability to successfully interact with others as well as express themselves.

School Nurse— Cathy Watson

Hello, My name is Cathy Watson and I am the school health nurse for your school, if you have any health issues about your child that you would like to discuss with me I am available by phone or email (see below), I work on site at NASHS/health centre site 4 days a week but if you would like to meet with me face to face then please contact me to make an

I believe there may have been some concerns about students with Head Lice so I have include a little information for you to read.

Head Lice

Head lice are tiny insect parasites that live on your head and feed on your scalp. Head lice are spread by head-to-head contact with another person who has head lice. This kind of contact includes doing group work, playing, or hugging. Tips for preventing head lice

- •Check your child's hair regularly for head lice and eggs ('nits'). Use a metal fine tooth 'nit' comb and plenty of hair conditioner applied to the dry hair, to make the task easier and more effective. To help children sit still for this, offer distracting activities, e.g. play a favourite video, provide games, iPad apps, offer a head massage.
- •Tie long hair back. Braid long hair and/or put it up if possible.
- •Consider applying hair gel or mousse. These do not prevent or repel lice but may help to keep stray hair strands from contact with other heads.
- Avoid sharing combs or brushes.

Remind your child to avoid head-to-head contact with other children, e.g. when working at the computer with others, or when playing, or hugging.

If your child has head lice please notify the teacher.

For more information:

• Request the Head lice Fact Sheet available from the school

Visit: http://healthywa.wa.gov.au/Articles/F I/Head-lice



Bush Rangers











Valley of the Giants

We went to Walpole Valley of the Giants for a day excursion. We watched a presentation on trapping animals. I learned about endangered animals and the animals that are getting hunted by foxes and feral cats. I trapped a Quokka, and his name is Roger. I had to put bait in Roger's cage to trap him.

By James

In Week 7 the Bush Rangers went to Walpole and the Valley of the Giants for a day excursion. We watched a presentation about Trapping. We learnt how to trap a Quokka for research. We went for a forest walk and saw the tall Red Tingle trees. I had a good day. By Isaac



Term One - Day Excursions



Because of the ongoing Omicron Coronavirus (COVID-19) Pandemic we are not allowed to go on camps until further notice, but we still got day excursions. On Week 7, we went on excursion to Walpole, aka, The Valley of Giants. We watched a Presentation about animals that are critically endangered and extinct. After that we learned about how to trap Roger the Quokka and checked how healthy it is. We checked its head, what gender it is and its fur. Then we did the walk around the bushwalk and we learned about the Red Tingle Tree (Eucalyptus Jacksonii). Then on Week 8 we went to Camp Quaranup and we did canoeing near the Nurses Headquarters' Jetty, around the rocks, around the pole and the bridge and raced on the way back. Then after lunch, we made shelters to protect ourselves from rain. And we stayed dry in the rain test... well... most of us did. And then we drove home. As you can presume my favourite thing is the shelter building and the canoeing at Camp Quaranup, but I did like the Walpole excursion too. I'm pretty jealous that camps are put on hold due to Omicron, but I'm enjoying my last year at Bush Rangers very well.

From Liam

Loing to Quaranup

On the 8th week of Term 1, the 2022 Bush Rangers went to Camp Quaranup. We went canoeing in groups, and then we did shelter building. My favourite activity was the canoeing because I'd never been canoeing before. It was fun but a little frustrating coordinating the paddling to control the canoe. We got stuck on a rock and had to get help to get our canoe off. We travelled from the 'bathtub', around the side of the camp and then rafted up. After a little break, we broke away from the raft one by one and headed back to the launch point. Once back at the 'bathtub', we paddled out and around the jetty and got a look at an old ship that was abandoned when it got stuck on the very shallow seabed that had formed when all the sand got washed up onto a pile and caused it to be really shallow. After that, we headed back to the 'bathtub' and brought our canoes onto the shore again and finished canoeing.

We then had lunch which was provided for us by the camps kitchen staff and then we did some shelter building. The shelter building was alright but we could've reinforced it better and maybe slightly overlapped the 2 tarps to help block the rain out.





Bush Rangers













Term 1 day excursions

The Bush Rangers group have made their way to Camp Quaranup. When we got there we had morning tea and after that we went kayaking. We went to the shed near the water to get more instructions on how to properly wear the life jackets and use the oars for the kayaking. First in my kayak I had Liam Walker then he swapped with Tim. We had fun!

After lunch we made shelters out of materials that was given to us and of the bush around us. I built mine with Sarah, Miss Piers and Sue. I was impressed by our team effort and I made rope out of vines, we were amazing! We went back to school with a smile on our faces.

By Samuel

Bush Rangers

We went to Camp Quaranup for a day trip and I enjoyed doing the kayaking, it was my first time steering the kayak. Me, Tim and Luke were in a kayak together. Tim was at the back, I was in the middle and Luke was in the front. When we went through the rocks we got stuck on the rocks. Then Ian had to pull us off and another Kayak had to push us from behind. Some people got swapped around to different Kayaks, so then I was in the back. I liked been at the back. We were all tired at the end of the day.

By Todd



Bush Rangers Newsletter

When I went to Walpole we went to Valley of the Giants. I saw a presentation about how they trap the animals and what animals are extinct, endangered.

In week 8 we went to camp Quaranup and I went kayaking with Miss Piers and Sue. We were the best ones there. I had a lot of fun going kayaking. I can't wait for next term and I hope that next term we can go on camp.

By Sarah



Bush Rangers trip to Valley of the Giants

- 1. We watched the presentation of endangered and extinct animals in Walpole.
- 2. I went into the forest for a walk. The trees grow up to 70m tall.
- 3. We drove the bus to the boat, but it was cancelled, then we drove back to school. It was fun, and next time, I want to go on the boat.

By Jacob



STEM













In STEM students have continued a range activities within the broad STEM learning area, including coding. STEM stands for Science, Technology, Engineering and Maths. They presently have a task to create a musical instrument using sustainable materials, so expect your young adult to embark on a scavenger hunt at home to source recyclable materials.

Part of our STEM lessons have also been to create a mosaic compass rose and sundial for the school garden. All STEM students have participated. The colours represent the Australian flag, the Aboriginal flag and the Torres Strait Islander flag with the star of federation in the centre, so it could be called a 'reconciliation compass rose'. Hopefully we can install it into the garden by next term. Wishing all our wonderful students, their families and the fabulous staff a great and safe holidays.



World's Greatest Shave

Students and Principal exacted some revenge on Mr J, Andy and Mr Mansell taking turns in shaving their heads and beards.

Students demonstrated great skill and restraint under the expert tutelage of Sue Bassett ensuring no eyebrows were lost!!!!

A big thank you to staff and friends for donating and raising **\$410.40** for the Leukaemia Research Foundation.













Career Conversations with your Teen



A team of experienced career development practitioners have come up with five key messages that will help you to support a young person's career learning. Known as the "High Five" of Career Development, these messages will help if the young person you are assisting doesn't yet have an answer to the question, "What career pathway are you going to take?"



1. Change is constant

Taking a flexible approach when planning a career can greatly assist when unexpected changes happen. Making plans are great - just be prepared to adjust them along the way.



2. Follow your heart

Encouraging a young person to dream of a future full of different types of career choices, enables them to explore and expand their career possibilities. What may appear to be an unconventional or unrealistic choice may just be the very thing that materialises into a career.



3. Focus on the journey

Enjoying the journey to your child's career destination is vital. Whilst outcomes are important, remembering to explore and experiment with different career paths can be productive and lots of fun.



4. Keep learning

Keeping up-to-date and adapting to change is important in today's environment. Learning comes from many experiences not only from school or workplace training, but also from everyday activities such as using social network sites, being part of a community group, sporting teams and family members.



5. Be an ally

While wanting young people to be self-directed we also want them to feel supported. Being a career "ally" is part of being a support network for those who are exploring career paths. These support networks can consist of parents, youth workers, neighbours, family, friends, and employers, and can be a terrific support for a young person when making career choices.

(Acknowledgement: The High Five of Career Development were developed by Dave Redekopp and others)

Community Health News



COVID-19 vaccines are free and available for children aged 5 years and older. Protect your children this school holidays.





Government of Western Australia Department of Health



ERE TO GET HELP



COVID-19 information

- Call 13 COVID (13 26843)
- · Download the Service WA app
- Visit: http://www.wa.gov.au

Health services

Ask for phone/video-call appointment options

- · GS Aboriginal Health Service: 9892 7222
- Palmerston Albany: 9892 2100
 Amity Health: 9842 2797

After hours/emergency

- HealthDirect: 1800 022 222
- Emergency: 000

GPs

- · Aberdeen Medical Centre: 9842 9844
- Albany Medical Centre: 9841 8455
- Hillside Family Practice: 9841 0480
 Pioneer Health: 9842 2822
- · Southern Regional Medical Group: 9845 9000
- · St Clare Family Practice: 98418102
- The Surgery: 9842 5900
- Dr Neil Worthley: 9841 5333

Pharmacies

Ask for home delivery or postal options

- · Albany Community Pharmacy: 9841 1532
- · Albany Plaza Discount Drug Store:
- Amcal Albany: 9842 2036
- · Priceline Spencer Park: 98411100
- TerryWhite Chemmart Bayonet Head: 9844 9615
- TerryWhite Chemmart Chester Pass: 9841 3841
- Albany Dog Rock Chemist: 9841 1115

Food orders and delivery

- Coles (Albay Plaza & Orana)
- Woolworths (Dog Rock, Chester Pass &
- Bayonet Headl: www.woolworths.com.au

 North Road IGA: northroad igoonline.com.au
- Town Around Albany: www.townaround.com.a

Food relief

- Foodbank: 9842 6645
- Salvation Army: 9841 7336
- Albany Regional Volunteer Service: 9841 3588

Financial support

- Services Australia: 18 022 66 (COVID-19 crisis payments)
- WA Department of Communities
- 6154 0508
 - (COVID-19 test isolation payment)

Other support

- Albany Youth Support Association: 9842 2082 (support for ages 12-25)
- Department of Communities: 6277 4100 (family and housing support)
- PIVOT: 9842 9699 (emergency relief items, housing support)
- Southern Aboriginal Corporation:
- 9842 7777 (housing support)
- Anglicare: 9845 6666 (family support)
- Wanslea: 9843 0077 (family support)
- Translation services: 131 450
- Elder Abuse Helpline: 1300 724 679
- Alcohol & Drug Support: 1800 198 024
- Sexual, Domestic & Family Violence Support: 1800 737 732
- Child Protection & Family Support Crisis Care: 1800 199 008

If you need support to self-isolate due to COVID-19, contact the services mentioned.

They may be able to help you or refer you to someone who can.

- Lifeline: 13 11 14
- Beyond Blue: 1300 224 636
- - Rural Link: 1800 552 002
- Kids Helpline: 1800 551 800
- MensLine: 1300 789 978
- Perinatal Anxiety & Depression (PANDA): 1300 726 306



Community Health News

BETTER HEALTH PROGRAM



Better Health Program is a free 10-week evidence-based healthy lifestyle program for 7 - 13-year-old children who are above a healthy weight, and their families.

The program has two delivery models; a face to face, group-based program with weekly 2-hour sessions, or an online program with weekly online activities and personalised coaching with a health professional.

What is the Better Health Program?



Better Health Program focuses on nutrition, physical activity and behaviour change for 7-13 year olds. The program has been designed by dietitians, exercise professionals and health psychologists to encourage a whole family approach towards establishing healthy habits.

The program aims to empower children and parents to make informed decisions through practical education and the provision of supporting resources.

Program approach

Better Health Program has been developed in accordance with the clinical practice guidelines for the management of overweight and obesity of children in Australia. The guidelines emphasise the importance of multicomponent lifestyle interventions focusing on the program principles of nutrition, physical activity and behaviour change. The program content aligns with all current Australian guidelines and recommendations including the Australian Dietary Guidelines and the 24 hour Movement Guidelines for Children and Young People.

Results from a successful RCT published in Pediatric Obesity (Vol 11(6), 2015) showed significant improvements at 6 months across a range of key indicators.

"The program was fantastic. So great that I didn't have to coax my daughter to come every week. She loved it and she couldn't wait to come! It's made a huge difference in our life."

- Better Health Program Parent



facebook.com/betterhealthco/



@betterhealthcompany

1300 822 953 betterhealthprogram.org

info@betterhealthcompany.org



2022 WA School Holidays and Term Dates

Period	Start	Finish
Term 1	Monday 31st January,	Friday 8th April
School Holidays	Saturday 9th April	Sunday 24th April
Term 2	Tuesday 26th April	Friday 1st July
School Holidays	Saturday 2nd July	Sunday 17th July
Term 3	Tuesday 19th July	Friday 23rd September

Lest we Forget **ASESC - Important Dates 2022**

ANZAC Day 25th April - ANZAC march

Public Holidays:

Labour Day 7th March Good Friday 15th April

Easter Monday 18th April

ANZAC Day 25th April

WA Day 6th June

School Development Days—Students do not attend School on these days.

Friday, 3rd June

Monday, 18th July

Friday, 11th November (Albany Show Day)

Friday, 16th December







My Time is your time

- Term 2 2022 program -

MyTime is a FREE service just for you! Come along and join others in similar circumstances to socialise over coffee/ tea and cake in a relaxed setting.

We welcome families/ carers who are caring for a child aged 0-18yrs with a disability, developmental delay or chronic illness to attend one or more of the sessions below. Parents whose child hasn't yet received a diagnosis are welcome as well.

"It's nice to have a group that looks after the parents' needs as well as the children's. MyTime Parent

DATE	TOPIC DETAILS	
Fri 6th May	Visit from Ashleigh from Amity Health	
Wed 11th May	Visit from Jen Dodson from Carers WA	
Wed 18th May	Coffee and Chat	
Wed 25th May	Project focus - please bring a project that you are working on or we can provide a stress free activity	
Wed 1st June	Coffee and Chat	
Wed 8th June	Visit from Margot Morgan from Parenting Connections WA	
Wed 15th June	Indoor Fun—seated exercise for all ages and mobility. Please bring a towel, water bottle and comfy clothes	
Friday 24th June	Coffee and chat	

WHERE: Wanslea, 26 Prior Street, Albany

TIME: 9.30-11.30 each Wednesday (unless specified)









TERM TWO

FRIDAY 6TH MAY		WEDNESDAY 1ST JUNE	
22	Visit from Ashleigh from Amity Health	<u></u>	Coffee and Chat
WEDNESDAY 11TH MAY		WEDNSEDAY 8TH JUNE	
22	Visit from Jen from Carers WA	21	Visit from Margot from Parenting Connections
WEDNESDAY 18TH MAY		WEDNESDAY 15TH JUNE	
<u></u>	Coffee and Chat		Indoor Self Care Seated Exercise
WEDNESDAY 25TH MAY			FRIDAY 24TH JUNE
	Project Focus	<u></u>	Coffee and Chat

All meetings are held from 9:30—11:30am



26 Prior Street Albany Facilitator: Kerry Harvey 9843 0077

kharvey@wanslea.org.au

Community News and Events





