From the Principal’s Desk

Welcome back to Term Two and all of the students have returned to school with lots of energy and enthusiasm. The programs that operate in all year levels across the school continue to provide an extensive range of exciting and motivating learning opportunities that encompass all areas of the Australian Curriculum. At this time of the year I have many prospective parents doing tours of our school and they are always impressed by the number of programs that are provided, the facilities, the staff and of course the students. Congratulations to all of our students on the positive manner in which they have commenced Term Two and of course to the staff who work tirelessly to provide the very best opportunities for our students.

Beyond School Parent Information Evening

We recently held an information evening for all parents regarding the process for students who are in Year 12 as they begin to finalise their Personalised Plans with the Disability Services Commission (DSC). This evening was extremely well attended with a range of providers including; DSC, supported and open employment options, further study opportunities such as WCIT and Leederville TAFE as well as a range of Life Skill opportunity providers in attendance. Parents of students in Years 11, 12 and 13 attended and feedback on the evening was extremely positive. Thank you to Mrs Jenny Winston who organised this evening and to all of the staff who also attended and assisted during the night!

Mrs Manship as Lower Secondary Deputy Principal also organised an afternoon tea on Friday 20th May, 2016 for prospective parents in Year 7 in 2017. We are anticipating that our student enrolments will continue to grow and we look forward to showcasing our school and our exceptional students.

School Board

Our next School Board meeting is on Tuesday 31st May, 2016 and the School Board participates in establishing and reviewing from time to time, the school’s objectives, priorities and general policy directions; planning financial arrangements necessary to fund those objectives, priorities and directions; evaluating the school’s performance in achieving those objectives, priorities and directions; and formulating codes of conduct for students at the school. One of the agenda items will be to discuss the extension of our Administration Building to provide much needed space. The increased space will provide a much more welcoming reception area for our students, families and visitors as well as increased office and storage space.

School Uniforms

As the cooler weather approaches rapidly parents are reminded of the need to follow the school uniform policy. The school uniform plays an important role in creating a sense of identity within the community but also supports the inclusive nature of the two schools here at Belridge. Students are able to wear navy blue track pants and jumpers that DO NOT have any logos. School track suit jackets, pants and jumpers are also available for purchase from Uniform Concepts located in Winton Road. We appreciate your support in following these rules and please contact the school if you require any information regarding this.

Important dates to remember

Just a reminder that Friday 3rd June, 2016 is a designated School Development Day and students will not be attending school on this day.

The following Monday 6th June is WA Day so we hope that you are able to make the most of the long weekend.

Kind regards

Jenine Wall
Belridge Secondary ESC Board

To ensure that our board can support our school as effectively as possible, membership has expanded to now include four parent representatives, two community representatives, one teaching and two non-teaching representatives along with the Principal. Board members participate in Independent Public Sector board training to ensure we are equipped for the role.

The board meets each term to discuss school matters such as priorities, general policy directions, financial arrangements and approval of contributions and charges, as well as the evaluation of school performance. The meetings always focus on the students, their progress, celebrations and future school directions to enhance opportunities for all. There have been many opportunities to enhance the education for students at Belridge SESC and the school utilises its finances to maximise these opportunities through the provision of activities and facilities such as; swimming lessons, community access programs, the Music Rocks programme, VET programs and the refurbishment of the Independent Living Centre to name just a few. All of these activities are provided by the school at no extra cost to families.

On behalf of the Belridge SESC School Board I would like to thank all the staff for their ongoing commitment to providing wonderful support and opportunities for our ‘exceptional students’. I also want to congratulate all our students for their hard work and successes and look forward to celebrating and recognising student success throughout the coming year.

Wendy Langford
Board Chair
Year 7-1

We are well into Term Two and everyone is working hard to achieve their goals.

We are continuing to enjoy our Dance, Home Economics and Design and Technology lessons. We are also learning to use the iPad in lots of different lessons.

As part of our Art program we explored primary and secondary colours, looking especially at monochromatic colours. We used this knowledge to create our beautiful Mother’s Day projects. We hope all our Mothers had a great day and enjoyed their presents.

We began our Physical Education program in Term 2 by learning and practicing different ball skills and we are using these to help us learn new games we can play at recess and lunch such as four square. In week 3 we participated in a football clinic run by West Perth Football District Association. We had lots of fun especially when our friends from 8-1 joined us. We were able to practice some of the ball skills from our PE lessons as well as learning some new ones. We began by completing warm up exercises, then handballing to a partner and then in small groups, we kicked lots of goals and even learnt to tackle the dummy as well as enjoying some games.

Thank You to Mrs Clarke for organising this.

Ms Helen Carlyon
Year 7-1 Teacher
Year 7-2

We have had a fantastic start to Term Two in Year 7-2.

We have commenced swimming lessons under the direction of Mrs Goodwin and all the students are thoroughly enjoying these sessions every Monday morning.

All the students made a huge effort to create a card and gift to give to someone special in their lives for Mother’s Day. They commenced a week earlier preparing chocolates using various shaped moulds. These were carefully placed in mugs personally chosen by each student and to add that extra touch for these special ladies, they wrapped them up beautifully to present to their loved ones at the weekend.

In Health, we have commenced learning about the Rock and Water program. This involved examining how each student can build resilience and become more assertive with their peers. Each student demonstrated the difference between a water stance and that of a rock after they bowed as a mark of respect for their partner. They will continue to develop more resilience and assertiveness skills as the term continues.

We have continued to tend to our veggie and flower patches in the school garden every Friday since returning in Term Two. Each of the students have a role to play in maintaining our own plants and they are becoming more aware every week of the commitment required to keep our plants healthy and alive.

In Maths, we have been studying patterns and sequences. The students have had much fun in creating their own patterns using counters of various colours and sizes. They made some very impressive displays over the last two weeks.

Ms Martina Gilligan
Year 7-2 Teacher
Welcome to Term 2! It’s been so lovely to see everyone smiling and happy to return to school. It is clear to see everyone is working hard throughout all curriculum areas and making positive progress towards IEP goals.

I am hearing a number of positive comments about dance, students’ are working towards a performance piece for the end of the year! I am sworn to secrecy and therefore cannot reveal what the dance is about but it’s very exciting and will be something to look forward to! Miss Currie is working very hard with our students to perfect their dance moves and Mrs Manship has been running a recess dance club so there is plenty of opportunity to practice.

We are also participating in an Active and Healthy challenge at the moment. Here is the website if anyone would like to have a look [http://www.activehealthy.com.au/pages/cyopaaresources.php](http://www.activehealthy.com.au/pages/cyopaaresources.php). We are tracking our kilometres to see how far we can get around Australia! There are plenty of physical activities listed that can be used to contribute such as swimming, bike riding, walking, running and dancing. If students’ are participating in physical activity at home let me know via the school planner and I can add it to our tracking sheet.

Before I go I’d like to take this opportunity to congratulate all students on their AAC use so far this year! I am pleased to say everyone is progressing in leaps and bounds and students are using their methods of communication to tell us a number of different things! If anyone would like any further information or activities designed to support AAC use at home I would love to hear from you!

That’s all from me for now but as always feel free to contact me via email or your child’s school planner.

Ms Emma Reed
Year 7-10 Teacher
Sensory Friendly Flicks presents

FINDING DORY

SUNDAY 26TH JUNE @ 10:30AM

(DOORS OPEN FROM 9:45AM )

Grand Cinemas - Warwick
Warwick Cinemas, 639 Beach Road, Warwick

Lighting is dimmed, sounds is lowered, volunteers watching exits for runners, special dietary foods allowed (except hot food & yoghurt )

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- Children with SPD
Welcome back to Term Two!

We have had a great start to the term, with many different classroom activities and sporting events. We have all had fun learning new things interacting with other classes for different subjects.

As part of our Physical Education Program, we have joined up with the Year 7 class for weekly sports sessions. We are doing a number of different relay games in the spirit of the upcoming Rio Olympics. At the end of the term our two classes will compete against each other for the gold medal.

As a special treat, we also had some visitors from the West Perth Football Club come and run an exciting footy clinic. We got to learn how to do warm up drills, chest passes and goal kicking. It was so much fun and we can’t wait to try it out again sometime. There is also an afterschool footy clinic being held on a Wednesday if we are interested!

In Maths this term, we have had a look at the different months of the year and the seasons that go with them. One activity we did, was finding specific clothing we would wear in winter compared to what we would wear in summer. It was a great activity where we all got the chance to dress up and show the class what we had learnt. We had to pick out the correct clothing items for each season – it was a lot of fun and even Miss Thompson joined in!
Belridge Secondary ESC News

Year 8-2

Our students are working hard on a number of projects at the moment. They are all busily beginning to build their medieval European castles for History. Students have been bringing in boxes and cylinders to use on this project. The castles they build must exhibit at least 4 features of a medieval castle, so thinking hats are on! There are many good ideas being put to the test.

We are also growing crystals in a saturated salt solution as part of our studies in chemical sciences. There are many crystals formed already and everyone is most excited about this. Please have a look at our photos.

Swimming is progressing well. Students enjoy their swimming lessons on Monday and they are working hard to develop their skills.

In Maths students are learning to tell the time on both analogue and digital clocks and some are also working out what time it will be in a given number of hours and minutes. There has been Maths homework set to provide additional practice of these skills. There is also set work on the Studyladder website that is individualised to each child’s learning needs. Students have spent time in class completing the activities on their iPad or on the desk top computers. A letter was sent home recently with student password details and explaining how the program works. This program is free of charge, allowing students to practise work set for them as often as they like. Students can also access two other activities of their own choice per day.

In English students are learning about contractions, words such as don’t, he’s, I’m etc. in reading and spelling. They have been practising reading the contractions and matching them to the longer form of the words by playing memory games. They are also learning to spell frequently used contractions. It is pleasing to see that students are completing their spelling and reading homework. There are also English activities on Studyladder that have been set for each child. These may be accessed along with the Maths.

We are a looking forward to the rest of the term and hopefully by next newsletter we will have photos of the student’s castles for you to see!

Mrs Pauline Egan
Year 8-2 Teacher
For Mothers Day this year 9-1 students wrote beautiful poems for the special people in their lives.

M is for Mum
O is for our family
T is for terrific.
H is for you make me happy, I feel like dancing.
E is for everything you do.
R is for really special mum.

Love from Sam Hanson

M is for my caring mum
O is for the money you paid for the optometrist
T is for the treats you gave me
H is for the happiness you bring me
E is for the excellent cooking you make
R is for the love and respect you give me

Love from Ann Hanson

M is for my mum.
O is for outstanding coffee with my help.
T is for thank you.
H is for thank helping me.
E is for every thing you do.
R is for really being great.

Love from Caleb

My loving mom
Oh so great
Team family harris
Hero
Everything you do
Really funny

Ms Nichola Manship
Year 9-1 Teacher
Year 9-2

Greetings from 9.2

We have been ‘busy bees, so far this term playing kickball rounders with T4; painting Mother’s day mugs; working together in Health to recognise and manage our emotions; having a laugh on ‘Joke Friday’; enjoying Music Rocks; hands on in Home Ec and D&T; learning about sound and light waves in Physical Science and exploring Japan.

9-1 & 9-2 have enjoyed getting together each Thursday for sport. The teams have been mixed between the two classes spurring some fierce competition with good sportsmanship displayed by all students. Everyone has given 100% kicking, running and fielding. There have even been some great fielding, catching pop-fly balls and big kicks scoring home runs.

Everyone enjoyed our recent Art projects designing and painting their personalised mugs for Mother’s day gifts and photo frame cards. We hope everyone enjoyed their mugs filled with chocolate, handcrafted photo cards and were very spoilt on the day.

In Health we are exploring our feelings with a focus on anxiety and what makes us feel angry and frustrated. We will learn to use an anger thermometer, explore our warning signs and learn management techniques such as: taking timeout, deep breathing and stop and think strategy. We had a few laughs comparing our drawings of what we think our faces look like if we become angry.

In Physical Science we are learning about light waves and refraction; we can bend straws with our eyes and we even made our own rainbows! We are also exploring how sound travels in waves and making music with glasses of water.

Geography is taking us to Japan where we will learn about the culture, clothing, family and traditions and of course the food. Elle is our resident expert reciting words and translating into Japanese.

In D & T the students are busy finishing off their beautiful cheese boards to take home. We can’t wait to see the finished product. Well done!

A reminder of our weekly events:

- **Monday** – Weekend news and new reading books put in the reading folder and sent home (or continue reading same book) Home Ec and D&T
- **Tuesday** – Health
- **Wednesday** – Home Ec
- **Thursday** – Sport, D&T and Library
- **Friday** – Jokes, Music Rocks, turn in reading folders with completed reading log, recount sheet goes home in the diary to record the weekend news.

Mrs Susan Osborne
Year 9-1 Teacher
Year 10-1

The Year 10-1 class returned from the school holidays, refreshed and ready to take on another term of learning and experience. In Maths we are continuing our skill development in money, interpreting bus timetables and reading grid maps. These skills are put into practice weekly when we are out on Community Access. In English the students continue to use their iPADS to provide a recount of Community Access each week, beginning to provide more individualised and specific information about their trip and improving their presentation skills.

The students continue to enjoy Agri Foods each Wednesday and were very excited when the seedlings they sowed at the beginning of term began to sprout. They will now be planted in our garden bed and soon we will have our own produce to use in cooking!

Community Access each Thursday is becoming more interesting this term as we move further away from the local area and begin using the train more often. So far we have visited Hillary’s Marina, Forrest Chase and London Court in the City, Elizabeth Quay and South Perth Foreshore by ferry and are looking forward to the coming weeks where we will visit Perth Art Gallery, the Police Academy, Kings Park, Perth Mint and AQWA. The students always look forward to these outings each week and are showing greater confidence in using public transport and displaying appropriate behaviours in the community.

In Independent Living Skills each Friday the students enjoy making and EATING the items they have chosen to make. This program also provides an opportunity for the students to develop their knowledge and skills in kitchen hygiene, using equipment safely and of course cleaning up! (In a supervised and supported environment.)

In DFES the students participated in a First Aid Course and learnt about DRS ABCD. They also had the opportunity to practice putting their peers in the recovery position and performing CPR on the dummies. Later in the term they will be visiting Tamala Park Education Centre and then complete a two week Archery Program at Ern Halliday Recreation Centre.

As you can see the students have a very busy week at school and it would not surprise me if some days they return home very tired! I hope that some of the skills they are learning in their various subjects are beginning to show at home.

Mrs Aileen Finn
Year 10-1 Teacher
Belridge Secondary ESC News

Year 10-2

So here we are, week 4 of term 2! Year 10.2 class have sustained their great start to the year by continuing on with their programs this term.

In English, students have been writing stories using photos and images as inspiration. They have refined their creative writing skills by using a wider range of vocabulary and using a thesaurus to strengthen the quality of their scripts.

In Maths, the development of calculating complex math equations has continued and the introduction of money skills has commenced. For Health, the students have begun to explore feelings and emotions. They have conducted a variety of activities that identify feelings that a person experiences, highlighted facial expressions that they may see in others and they have discussed methods of coping with such feelings when they arise.

In our Cooking and Independent Living lessons students have continued on with their A to Z list of foods by cooking up different meals beginning with the letters H to J that included Handmade Hamburgers, Italian Spaghetti and Jambalaya. For Independent Living we have been studying the importance of maintaining household appliances for safety and hygiene purposes as well as the importance of being able to read the ingredient list on food packaging.

In PE the students have combined with the other year 10 class to participate in both AFL and Ultimate Frisbee.

For Community Access the students have thoroughly enjoyed the outings that they have attended so far this term. The students have visited Perth Museum where they saw ‘100 Historic Objects’ from the British Museum and just last week they explored the Art work at Perth’s Art Gallery.

So as you can see this term has been extremely busy and it’s not even half way through!

Well done to all students for a great start this term!

Mr Tom Cann
Year 10-2 Teacher
Hi Everyone,

What a great time we had today when I brought out the huge game of Snakes and Ladders complete with a giant blow up dice. The squares are big enough for the children to actually be the playing pieces. Just some of the fun we get up to at school.

Recently I discovered an interesting article on the website Kids matter that I would love to share with you. Eight ways to help children with anxiety

Anxious feelings are fed by anxious thinking. It is important not to dismiss children’s anxious feelings, but to help children see that the situations they are worried about may not be as bad as they think.

As early intervention is important, take note of children’s worries so that their difficulties can be addressed sooner rather than later.

Here’s eight ways to help children with anxiety

Parents and carers can help by supporting children to understand and express their feelings and seek help when needed.

Encourage children to problem solve and have a go so that they gradually build up their confidence by taking on small challenges.

1. Help to recognise and understand anxiety

A first step in helping children gain some control over anxiety is recognising when it occurs and how it affects them.

2. Model helpful coping

Being a good model involves showing children how to cope with emotions (not just telling them). Show children how you cope positively with feeling anxious or stressed and remaining calm and positive (e.g. “This looks a bit scary, but I’ll give it a go”).

3. Discourage avoidance

Try to limit excessive avoidance and reassurance-seeking behaviours. Sometimes when children say they feel sick, they are describing feeling anxious. It is important that children do not avoid things like school or homework unnecessarily.

4. Praise having a go

Encourage children with anxiety to attempt new things and praise them for trying. It is very important to emphasise trying rather than success, particularly when anxiety is an area of difficulty.

5. Introduce challenges gradually

Children build strength and resilience by learning to face challenges. It is important to begin with small challenges that children can meet. For example, a child who is frightened of dogs might start by walking past the house when the dog is barking without having to cross the road. This improves confidence for taking on more challenging steps.

6. Start small

Help the child to choose goals for becoming braver and to take small steps towards achieving them. Celebrate his or her success at each step. Experiencing even small successes helps to reduce anxiety.

7. Practise coping skills

Practise using coping strategies for challenging situations. Help children talk about problems and support them to come up with possible solutions. Avoid taking over as this stops children from learning how to cope themselves.

8. Try not to get angry

If a child simply refuses to do something even after you have encouraged him/her and broken the task into steps, it may simply be overwhelming at that time. Sometimes, it helps to back off and praise the child for doing as much as he or she could. Later, try again with smaller steps and encourage your child to have a go, one small step at a time.

I truly hope this is helpful for you all.

Your School Chaplain
Bev Fruin
The ESC year so far in pictures

Year 7 — D & T

Year 7 — Dance

Year 8 — Art

Year 8 — Easter

Year 8 — Bowling

Belsurf

Anzac Assembly

Lego Club

Year 9 — Museum

Year 9 — Cooking

Music Rocks

Music Rocks

Swimming

Year 10 — Community Access

Year 10 — Agrifoods

DFES — First Aid

Year 11 — Community Access
May 2016

Congratulations to one of our teaching staff Cathy Kennedy. Cathy is representing Western Australian in the State Masters Women’s Rowing Team at the Australian Masters Rowing Champions. The championships are being held at Lake Kawana in Queensland over the long weekend in June.

We wish you every success Cathy!
First Aid

The Year 11.1 students completed a practical first aid course for DFES. They had a combination of theory, demonstrations and hands on practice in the basic techniques of CPR. Well done to all students for their great listening skills and active participation in the practical role plays!

Community Access - Ikea - Wanneroo Library and Cultural Centre

Exploring items and prices at Ikea after planning the travel route on public transport gave students a variety of learning experiences with Mr Pantelis on Fridays’ Community Access. Travelling to the Wanneroo Library and Cultural Centre allowed them to access community services in the local area including use of public transport.

Mrs Sandy Riley
Year 11-1 Teacher
Year 11-2

In English lessons students have researched a career of their choice and presented their findings using Book Creator on their iPad. They focused on the skills and qualifications needed to get a job in their chosen industry. They shared their information with other class members.

In Maths lessons students have been learning about different bank accounts and their fees. They have also had the opportunity to practise their money skills, both in the classroom and out in the community.

On a Friday our class has been visiting Belrose Grandview Aged Care Facility. Students have spent their time interacting with residents, playing word and communication games. They have assisted residents by pushing their wheelchairs to the local park. Students have embraced these activities. They are well on the way to achieving their ASDAN Certificate in Citizenship.

Thank you to the DFES instructors for organising St John Ambulance Australia to visit our classroom and give the students the opportunity to learn and practise first aid.

Mrs Kelsey Collins
Year 11-2 Teacher
Year 12-1

Term Two is off to a speedy start! This term the students began their transition process – exploring all of the possibilities after school. Thank you to the families who attended the Beyond School evening organised by Mrs Winston. It was hugely informative and I hope lots of great ideas were gained!

Work Place Learning
We are so proud of our students who are participating in Work Place Learning. We have students at Bunnings, Activ, WorkPower, BCF, Woolworths and the Post Office. The feedback we are receiving is that not only are our students productive at work, they are happy, reliable and hardworking! Keep up the good work year 12’s!

Cobra Café
In Cobra Café the students have been working on following a recipe, chopping vegetables, using the stove and serving customers. They have each had a special project where they need to plan and prepare a recipe of their choice, which is then served during Cobra Café. We have had some yummy meals made including, Tacos, beef soup with noodles, pork noodles, minestrone soup and meat pies! YUM!!

Mrs Carmen Lopez and Ms Tonya Vander Loop
Year 12-1 Teachers
Year 12-2

This term the 12-2 students have decided to work on increasing their physical activity. To motivate the class, we have adapted a Queensland program to create our own Physical Activity Adventure Western Australia: North to South. The class worked in small groups to learn how to read distances between towns on a map of Western Australia. They chose different towns as a target to stop in and calculated the distance between each town and the total distance from the North of WA around the coast to the South of WA. The class is using a conversion table to track their physical activity into weekly kilometre totals and have invited other interested classes to participate. Special thanks to Kathy Skehan for researching the program and Michelle Mellows for building our fantastic trophy/tracker.

As part of our ASDAN Maths program, the class has been asked to organise and participate in chosen Leisure activities. Students have formed groups of three, chosen appropriate activities and organised dates, costs, travel etc. I have been impressed by the students dedication to ensure that all parts of the activities are well organised and their independence in ensuring they have all the evidence required for the excursion to take place.

Congratulations to Beth Langford on completing the HBF Run For A Reason last weekend.

Well done Beth—we are all very proud of you!
Work Place Learning

On Tuesday 10th May we hosted the Beyond School information evening at school. It was a really informative time to hear from a wide number of Service providers in the community who are working in partnership with our school to provide opportunities for students when they leave school. It was wonderful to see so many parents and students attending and engaging with them and getting useful information and contacts to follow-up. We are very appreciative for the support from everyone to help give our students great outcomes and transition plans.

I am receiving positive feedback from staff and employers with our students out on work placements. This is such a big part of our Senior School program with links to all the curriculum coursework we are doing in school, so it’s really important that students attend regularly. I would like to commend students who are now travelling independently to work and are able to stay on and work longer to increase their hours and skill lists. It is very refreshing to have students who ask to work longer and are willing to find their way to work and show initiative and endeavour.

A few tips for students to make sure you are prepared for work each week:

- Pack your work bag the night before.
- Make sure your clothes are clean and appropriate for your workplace.
- Come with a positive attitude to learn some new skills and work in a team.
- Remember your employer is voluntarily giving up their time to help you learn so try and be productive with 100% effort.

Well done all students who are completing ASDAN programs, the work books and assessment sheets are really looking great. Well done also to all the staff who work so hard to maintain the log books and help the students to be so productive.

We are pleased that many of the Year 12 students are making plans with their LAC’s and families planning their journeys for next year. If we can assist you in this transition planning please let us know through your classroom teachers.

The gardens are looking great around the new demountable offices and in the Patch now thanks to the Year 10 Agrifood students and staff. Thanks a lot everyone for making a difference to our school community.

Mrs Jenny Winston
VET/WPL Program Coordinator