

Officer Specialist School

Dare to Dream

NEWSLETTER

ISSUE 16 DECEMBER 2023



**Class 308 out
enjoying the sun**



**Class 502 Visit
The Gym**



**STEM Electives
in Secondary**

Principal's Message.

Hello everyone

Our year is nearly over, and the next two weeks will be full of celebrations and fun! Our first Primary Graduation event was held on Friday. Students were very proud to receive their certificates and we are very grateful to all the families who attended. The Duke of Edinburgh Awards were also presented on Friday to the Secondary students who participated in the DOE program this year. It was wonderful to recognise the achievements of all the students. Our hospitality students catered for both events and families enjoyed a delicious morning/afternoon tea!

Now we are looking forward to the graduation dinner on Friday for students who will be graduating from school this year.

I have had some questions about student attendance until the end of the year and our school finish date.

- **End-of-year school programs will run until Tuesday, Dec 19th and the finish time on this day will be 1.30pm.**
- **Secondary Graduation is Friday 8th December.** After this date, in line with Department policy, any students in the Pathways Program (last 3 years of school) may finish school as long as parents notify the school. Please notify your teacher this week if your student will be finishing on this date.

Continued Inside..





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ACKNOWLEDGEMENT

Officer Specialist School acknowledges the traditional owners of the land throughout Australia. We pay our respects to them and their cultures, and to the elders past, present and future.

For all other students:

- Thursday December 14th is our Celebration Assembly (9.30 am) and Family Celebration Picnic (4-6). Friday 15th Dec, our secondary students will have their final electives day. From Monday 18th Dec will be running alternative programs and preparation for 2024 across the school. Parents may choose to keep their students home from this date. If you wish to do so please let your teacher know as soon as possible so that we can adjust programs.

We are currently completing reports and allocation of 2024 classes. We will notify you when these are ready to read and send you the information about your student's class, teacher, and start dates for 2024. I can't believe we are talking about this already!

Our yearbook has just arrived from the printers and is AMAZING. Thank you to the staff for their contributions and to Mike and the team for creating such an amazing book. It is a real celebration of our students and our school.

I am looking forward to seeing many of you at our final Celebration Assembly for the year on Thursday, Dec 14th.

Helene Rowe

Principal Officer Specialist School.

Hay Fever & Thunderstorm Asthma Information

By Angie - School Nurse

HAY FEVER SEASON – October - December

It is that time of the year again when we have students and staff suffering from hay fever symptoms.

1. Hay fever treatments:
2. Minimise exposure to allergens.
3. Medicine – eg. Nasal spray, antihistamines, and decongestant sprays
 - o Follow your doctor’s recommendation for taking medicine for hay fever.
 - o If it is a daily non-drowsy antihistamine or nasal spray, then this should be taken in the morning before school or work.
 - o If your child requires antihistamine at school then parents need to:
 - Supply antihistamines to the school
 - Fill out a Student Medication Authority
4. Monitor pollen levels by downloading the “Melbourne Pollen” app or looking on the “Melbourne Pollen” website.

THUNDERSTORM ASTHMA

Thunderstorm Asthma is triggered by high pollen levels and certain types of thunderstorms.

- October – December is the highest risk period.
- Pollen particles are released in high winds prior to thunderstorms.
- Particles are breathed in and lodge into the respiratory tract and asthma symptoms rapidly arise.

Who is at greatest risk?

- People with asthma now or in the past
- People with hay fever, allergy to grass pollen
- Undiagnosed asthma

NOTE: Thunderstorm asthma can affect people who have never had asthma

Common symptoms of asthma and thunderstorm asthma:

- Wheezing
- Breathlessness
- A feeling of tightness in the chest
- A persistent cough

Continued Next Page.....

healthdirect

www.healthdirect.gov.au

 **Better Health**
Channel

www.betterhealth.vic.gov.au



Hay Fever & Thunderstorm Asthma Information

How to prepare if at increased risk of thunderstorm asthma:

- People with asthma:
 - Always have a reliever inhaler (blue puffer) and spacer with you.
 - Have an up-to-date Asthma plan and follow this when having any asthma symptoms.
- People with hay fever:
 - See a GP or pharmacist about a hay fever treatment plan.
 - Check with your GP or pharmacist if you should have an asthma reliever puffer.
 - Check the daily pollen count by visiting **Melbourne Pollen Count and Forecast**
- During high risk of thunderstorm days – avoid being outside during thunderstorms and during wind gusts before a storm. Close doors and windows and if using the air conditioner switch to recirculate/recycle.
- Be alert to and act on the development of asthma symptoms as explained in your asthma action plan if you have one or if you don't, use asthma first aid.
- Check the epidemic thunderstorm asthma forecast during the grass pollen season at **VicEmergency**.

Officer Specialist School, Measures to keep our school community safe as the risk of thunderstorm asthma increases:

- All teachers and many ES staff are trained in asthma first aid.
- The school will monitor the VicEmergency app to receive thunderstorm warnings and where appropriate, keep students indoors when weather forecasts identify greater risk.
- Inform parents when Asthma plans need to be updated.

References:

- <https://www.healthdirect.gov.au/hay-fever>
- National Asthma Council
- <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/thunderstorm-asthma>



2023 CALENDAR

Here's a quick Snapshot of some key dates to remember for 2023. Dates are correct at the time of printing. But dates can change due to varying circumstances. We will inform the school community of any changes.

December.

- **4th - 13th** Primary Swimming
- **8th** - Graduation
- **14th** - Celebration Day
 - Final Assembly
 - Family Picnic
- **15th** - Swimming - Primary



**December 8th is when we officially
farewell our Graduates for 2023 with
our Graduation Night.**

CLASSROOM

Snapshot

Classroom 308
Antony Zuccen



Welcome To 308

During term 4, the students in 3.08 have been visiting Wilsons Botanic Gardens in Berwick using a map to explore the garden grounds. The students have enjoyed directing the group to their chosen location from our current position and playing on the playgrounds. Last week we had an incursion from Splashes, teaching us about water safety. The students got to dress up like a life guard and practiced some CPR skills.



CLASSROOM Snapshot

Classroom 407
Madison Celpe

Welcome To 407

On Wednesday the 1st of November, Room 4.07 and a few other classes went on an excursion to the Ross Reserve Playground in Noble Park. The park is fully fenced and very big with a lot of equipment to choose from. When we first arrived, all students sat on the picnic tables to eat their snack then eagerly finished up to start playing. There was so much to explore! Students in 4.07 had so much fun playing on the swings, trampolines, flying fox, slides, musical instruments, climbing frames and even the “human wheel” as Alex called it. Everyone was so safe and responsible on their excursion, they did great listening and made sure to stay with their group. It was a lot of fun, well done 4.07!



CLASSROOM

Snapshot

Classroom 502

Senal Kaur



Welcome To 502

Meet & Greet Special Workshop with Kamaldip Kahma Bodybuilder at Kahma Gym, Clyde North.

Students from classes 5.02 and 5.01 attended a Meet & Greet workshop with Kamaldip Kahma, a body builder at Kahma Gym, Clyde North. During this session, students demonstrated safe actions and improved their public speaking skills by interacting with Mr Kahma. Several self-help strategies have been explored by the students, including mindfulness, goal setting, time management, positive affirmations, and other techniques. The students had the opportunity to ask questions as well as participate in team building activities with Mr. Kahma. Watching our students' remarkable improvements in their communication skills was a pleasure. Congratulations to all of you!



CLASSROOM Snapshot

Classroom 502
Continued



Message from the manager of Kahma gym.

This is to appreciate the opportunity given to host a boot camp for some truly incredible and inspirational young people. It was a pleasure to have them over for the fitness session with our gym instructors. Our gym believes the key to these successful fitness sessions was taking a client-led approach and using our imagination to build the session around them. In the weekly sessions that were held every Tuesday, we did full-body workouts, and yoga and we also had the pleasure of having our Director Kamaldeep Kahma for the last session. The last session with Mr Kahma was very interactive and the kids also had the opportunity to get answers to their queries from him.

Once again, I would like to thank you for giving us this opportunity, and looking forward to having you back here again soon.



Performance

By Glynis.



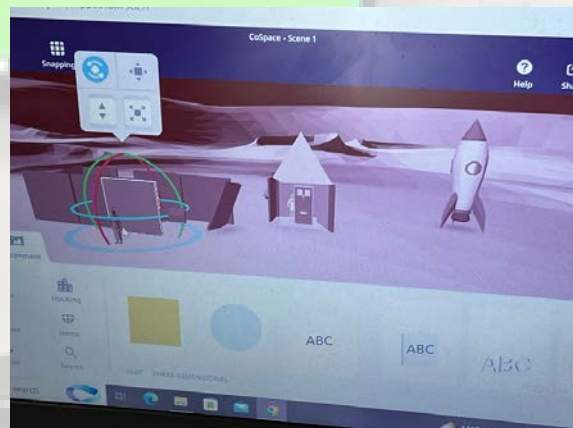
This term, Room 2.08, each Wednesday, for the geography session, are visiting special places around the school. This week Gunni, Jaxx, Emanuel and Kean did a big tour around the school and visited the outside of the library, art room, 300's kitchen and the performing arts room. They walked together and visited the sensory playgrounds, back basketball court, the chickens, the Binbeal playground and the front basketball court. On the way they bumped into Marie and Kobb twice. They did well by remembering both times, to say 'hello' to Marie and then asked permission for a 'pat' of Kobby. Miguel also did fantastic work, by visiting the Binbeal playground. Well done, everyone! An absolute fantastic effort by all.



STEM/Coding Elective.

Richard Frade- Teacher

In the STEM/Coding elective, secondary students are diving into the world of virtual reality (VR) using CoSpaces, a platform that allows them to create their own VR and augmented reality (AR) content. This immersive technology is transforming the way students learn and engage with coding, enabling them to become creators rather than just consumers of content. The students are using CoSpaces to design incredible VR environments, which they then explore using VR headsets. This hands-on approach not only enhances their understanding of computer science concepts but also fosters creativity and problem-solving skills.



SunSmart

at Officer Specialist School

It is that time of the year, the weather warms up and also the UV levels rise. The sun's ultraviolet (UV) radiation is the major cause of skin cancer. UV damage also causes sunburn, tanning, premature aging, and eye damage. The good news is you can prevent damage – and skin cancer – by being SunSmart.

For the best protection, we at Officer Specialist School use all five SunSmart steps in Term 4 and 1 (when UV 3 or above):

- **Slip on covering clothing**
 - Students wear our school uniform which has been chosen as it covers as much skin as possible with its collar, sleeves to the elbow, and shorts to the knee.
- **Slop on SPF 30 (or higher) broad-spectrum, water-resistant sunscreen.**
 - Parent/Carers are to supply personal, suitable, SPF 30 (or higher) sunscreen for their child in their bags.
 - The school will supply an emergency supply of sunscreen for when personal sunscreen is temporarily unavailable.
 - Parents/Carers need to fill out sunscreen permission every year.
 - Staff will encourage and remind students 20 minutes before recess and lunch play to apply sunscreen.
 - On campus and on excursions, students will be reminded and encouraged to apply sunscreen every 2 hours.
 - Staff will help students to apply sunscreen if needed.
- **Slap on a hat**
 - Students are to bring a hat to school.
 - Students are to wear a hat for recess and lunch play and when participating in outside activities.
 - Choose, a broad-brimmed, legionnaire or bucket-style hat which shades your face, nose, neck, and ears.
 - Caps and visors do not provide enough protection.
- **Seek shade**
 - Students can seek shade by using trees or shade structures.
- **Slide on some sunglasses.**
 - Sunglasses can be worn to reduce UV radiation exposure to the eyes.

Protect yourself in **five ways** from skin cancer



SLIP



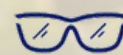
SLOP



SLAP



SEEK



SLIDE



THERAPY Corner



LAMP Words For Life®

At Officer Specialist School, many of our students use a program called LAMP Words for Life (WFL) throughout the school day to support their communication. LAMP WFL is an Augmentative and Alternative Communication (AAC) system that supports language development and allows individuals to communicate by selecting symbols to produce voice output.

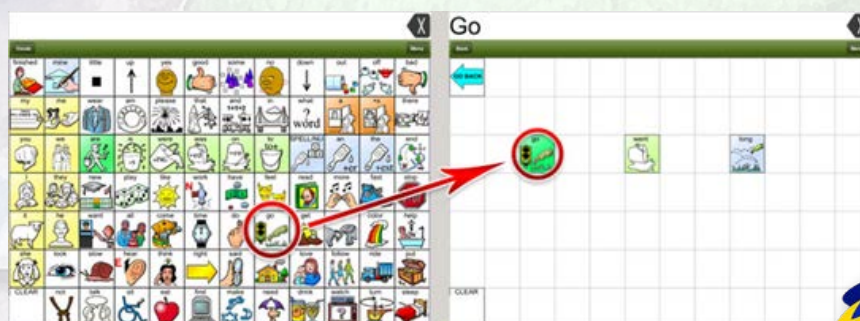
LAMP stands for Language Acquisition through Motor Planning. On LAMP WFL, the symbols always remain in the same place, which makes it easier to develop language!



What is motor planning?

A motor plan is what our brain uses to remember the steps to make a movement happen. For example, to wave to someone, the motor plan is to lift our hand and move it from left to right. When using LAMP WFL, the motor plan is to use our finger to select a symbol that takes us to a word.

Our brain creates memory of each word that we learn using LAMP WFL, and memorises the pathway we need to take to find the symbol. The more we say a word, the stronger our memory becomes... making it easier to communicate!



LAMP



THE THERAPY Corner

LAMP Words For Life®

LAMP Words for Life in action...

The OSS Speech Pathologists work alongside classroom staff to support students in using LAMP WFL and other AAC systems. We encourage students to use their device to communicate across the day, with support from staff to model and teach vocabulary.

It is important to make the most of each opportunity to model vocabulary. If a child needs help with something, model “help” by showing them the symbol on device.

We can model the same words many times throughout the day during many different activities so that the child fully understands the meaning.



For example:

“Go” - To go on the swing, to go to the bus, to make someone go away, to make a toy operate.

“Turn” - To spin on a swing, to spin a top, to open a jar, to request a turn.

“On” - to turn the light on, to put the lid on, to go on a piece of equipment.

“More” - to request more food/drink, to blow up a balloon more, to dance more.

LAMP can be downloaded as an iPad app, or can be used on other dedicated devices. Please speak to your private Speech Pathologist or NDIS coordinator if your child requires a communication device such as LAMP WFL to use at home. The OSS Speech Pathologists are also happy to talk to you about your child’s communication and can liaise with private therapists as well.



If your child has an AAC device at home, we would love for you to send it to school after signing our Bring Your Device (BYOD) policy. Students must be using their devices throughout the day to communicate and develop their language.

If you would like more information about LAMP Words For Life or have any questions about AAC, please contact the Speech Pathology Team and we will arrange to chat with you! J



Christmas Together 2023

Christmas can mean very different things to different people. Family and individual stress levels may rise throughout the Christmas season.

If you're experiencing financial or social difficulties, there are support services within Cardinia Shire that are available to assist you.



Where can I go for support with Christmas hampers?

Christmas Together, Pakenham

Toy and food hampers

Registrations open until 12 December:
bless.org.au/christmashamper

Purton Place Preloved Shop, Pakenham

Toy and food hampers

Registrations: call 0437 006 654

Pakenham Library

Care packs available to pick up:

- Wednesday 27 – Friday 29 December
- Tuesday 2 - Friday 5 January

No registrations required

Have A Little Hope, Pakenham

Christmas hampers

Registrations: call 0493 661 704
or email halh@havealittlehope.org

Turning Point Support Hub, Koo Wee Rup

Food support

Pick up available Friday
22 December, 10am – 2pm

No registrations required,
just bring ID

Who can I share a free Christmas meal with?

Gather Church, Pakenham

Christmas dinner

Sunday 17 December from 4.30pm
Register: info@gather-church.org

Bless Collective, Pakenham

Christmas dinner

Thursday 21 December, 5pm-8pm
Register: www.bless.org.au

AfriAus iLEAC, Officer

Christmas dinner

Saturday 23 December from 6pm
Register: 0415 964 113

Salvation Army, Pakenham

Christmas Day lunch

Monday 25 December, 12pm-2pm
Register: 5941 4906

Cockatoo RSL, Cockatoo

Christmas Day

Monday 25 December, from 11am
Register: 5968 8053

For handy budget tips to help your family this Christmas, visit:
goodshep.org.au



For a list of social, health and community services, visit www.cardiniasupport.com.au



Christmas Together



Christmas Hampers

Follow Bless Collective and the Salvation Army Pakenham are bringing the Christmas Spirit to those experiencing hardship. Do you reside within the Cardinia Shire and need help spreading the joy this Christmas in your family?

Register for a Hamper

simply scan the QR code or head to our website <https://bless.org.au/christmashamper> to fill in the hamper registration form!



follow
bless
collective



Pakenham
YOU BELONG

Supported by



Cardinia

Cardinia Shire Council



Cardinia Youth Services

Summer School Holiday Program



Bookings for our Summer Teenage School Holiday Program are now open!

Secure your place or learn more by scanning the QR code, phoning **1800 496 884** or visiting www.cardinia.vic.gov.au/tshp

Tennis day

Learn to play Tennis and compete to become the My Place Tennis Champion!

Pakenham Regional Tennis Centre Tuesday 16 Jan, 1.30pm - 3.30pm

Cost: FREE

Digital photo scavenger hunt

Join our digital photo scavenger hunt, solve the clues, snap a shot, and win!

Cardinia Cultural Centre Wednesday 17 Jan, 1.30pm - 3.30pm

Cost: FREE

Harry Potter party

Join us in a magical Harry Potter themed party with lots of fun and games!

My Place Youth Centre Thursday 18 Jan, 1.30pm - 4pm

Cost: FREE

Games and pizza

Join the Youth Services team for pizza and gaming - can you beat the staff?

Pakenham Library Friday 19 Jan, 6.30pm - 8.30pm

Cost: FREE

Cricut crafting

Make personalised drink bottles or pencil cases for the new year using our new cricut machinery!

My Place Youth Centre Tuesday 23 Jan, 1.30pm - 3.30pm

Cost: FREE

Gumbuya World

Feel the rush of thrilling rides, meet the local wildlife, and get soaked at the water park!

Gumbuya World Wednesday 24 Jan, 9.45pm - 3.30pm

Cost: \$35

Cooking

Mix, stir and create yummy treats!

My Place Youth Centre Thursday 25 Jan, 1.30pm - 3.30pm

Cost: FREE



All Cardinia Youth Services activities are fully supervised drug, alcohol, vape and smoke-free

myplace@cardinia.vic.gov.au
1800 4 YOUTH (1800 496 884)





Association for
Children with a
Disability

NoticeBoard



Sensitive and Auslan Santa

It's only five weeks until Christmas so if you want to see Santa, you'd better get your skates on!

To help you and your family have a great time visiting Santa this year, we've put together a list of where to find Sensitive and Auslan Santa across Victoria. We update it regularly, so if you can't see Santa in your area right now, keep checking the list for more information!

We're making a list and we're checking it twice! Here's your guide to Sensitive and Auslan Santa across Victoria.

We know that sensitive sessions book out fast, so we'll keep updating this list as more locations open up for bookings. Please note that some of these locations may not yet be open for bookings.

Centres where you will find Sensitive Santas:

Casey Central, Cranbourne, Fountain Gate, and Pakenham.

See our FREE newsletter for full information - www.acd.org.au/newsletter/