



East Gippsland Specialist School Newsletter



Upcoming Events



JULY

Secondary
Swimming starts
Monday 28th

AUGUST

City Senior Melbourne
Camp Wednesday
27/08/2025



AUGUST BIRTHDAYS

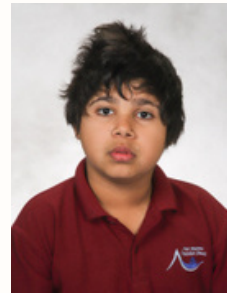
HAPPY BIRTHDAY



Aiden



Pete



Adrian



Isabella



Tray

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Safe
Respectful
Learners



Principal Report

Dear Families,

Welcome Back to Term 3

We would like to warmly welcome back all our students and families for the beginning of Term 3. We hope everyone had a restful and enjoyable school break and are feeling recharged for another exciting term ahead.

To kick off the term, our staff participated in a student-free day on Monday 22nd of July. This day was focused on professional learning aligned with our new School Strategic Plan following our recent school review. The day provided valuable opportunities for staff to engage in targeted learning related to our strategic priorities, including improving student outcomes in learning, wellbeing, and engagement across the school.

Swimming Program Begins

We are pleased to announce that our Secondary Department Swimming Program begins this week. Sessions will take place each **Monday** for the next four weeks term. We kindly ask families to ensure students come to school on Mondays with **bathers, a towel, and a change of clothes** so they are ready to participate. This program provides a fantastic opportunity for students to develop their confidence, safety and skills in the water.

Bus Reminders

We'd like to remind families to notify the school office directly regarding any changes to your child's bus arrangements. This includes changes to pick-up or drop-off addresses, or if your child will not be using the bus on a given day. Please communicate these changes via your child's diary, SeeSaw message, or by calling reception on 5152 5922. Sharing this information with the school directly helps ensure a safe and smooth transition for all students at the start and end of each day.

We acknowledge the Gunai Kurnai people, the traditional custodians of the land where we live ,work and travel. We pay our respect to the Elders, past, present and emerging



Parent Support Group – Post-School Pathways

We would like to thank members of our Parent Support Group who have recently been exploring post-schooling pathway options for students. These sessions have provided valuable insights into what supports and services are available beyond school and how we can best prepare our students for successful transitions. If you would like to be involved in future sessions or learn more, please contact **Pauline Canfield** or **Donna Prince** through the school office.

Exciting Events This Term

We have a jam-packed calendar of events and excursions this term which we're sure students will thoroughly enjoy. Some of the exciting opportunities coming up include:

- Soccer and Table Tennis days for selected students
- Community Access excursions across both Primary and Secondary departments
- Cultural excursions with a focus on Indigenous perspectives and connections
- The **Melbourne Camp** for senior students

We're looking forward to a vibrant and engaging term full of learning, growth, and memorable experiences for our students.

Kindest Regards,



Principal



CALENDAR

July 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4 Last day term 2	5	6
7 School Holidays	8 School Holidays	9 School Holidays	10 School Holidays	11 School Holidays	12 School Holidays	13 School Holidays
14 School Holidays	15 School Holidays	16 School Holidays	17 School Holidays	18 School Holidays	19 School Holidays	20 School Holidays
21 Staff PD NO students	22 First day of term 3	23	24	25	26	27
28 Secondary Swimming starts	29	30	31			

August 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4 Secondary Swimming starts	5	6	7	8	9	10
11 Secondary Swimming starts	12	13	14	15	16	17
18 Secondary Swimming starts	19	20	21	22	23	24
25 Primary Swimming	26	27 Melbourne City Camp Seniors	28	29	30	31

Staff Shoutouts



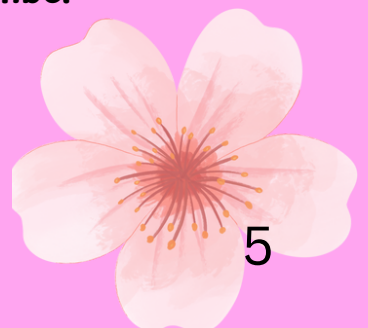
**Therese Molineux -
For always putting in so much
effort to achieve great success for our
School**



**Cindy Felstead-
For always putting so much effort
into making our School run smoothly**



**Jennayer Hopkins-
For always being such a supportive
and enthusiastic team member**



ROOM ONE



ROOM TWO



This term, Room 2 has been busy learning through play, with a strong focus on developing communication skills and building positive relationships. One of the standout activity has been our gymnastics sessions!



The children have thoroughly enjoyed exploring movement, balance, and coordination in a playful and supportive environment.



SMILE SQUAD



FREE SCHOOL DENTAL PROGRAM

Coming to EGSS in September

PLEASE RETURN YOUR FORMS





**Black Dog
Institute**

During the holiday break, I (Donna: Assistant Principal @ EGSS) attended a webinar 'Teen Mental Health Matters' ran by The Black Dog Institute.



Black Dog Institute is a globally renowned mental health research institute connected to UNSW Sydney. They are a medical research institute in Australia that investigates mental health across the lifespan—from childhood to adulthood.

This **free** webinar had many tips and resources for parents; here are just a few that I thought would be useful for our school community.

Connections

- Recognise the value and opportunities in all forms of connections.
- Support interests and encourage extracurricular activities, promote participation in clubs and activities.
- Provide opportunities for socialising, host gatherings at home to create a comfortable space for socialising.
- Model positive social interactions, demonstrate healthy relationships within the family and with friends.
- Provide emotional support, be a supportive listener, offering comfort during friendship challenges, talk with them about their friendships.



Screens

- Don't demonise screens, recognise the positive aspects of social media and gaming.
- Open digital dialogue, foster open conversations, showing genuine interest in your young person's digital world.
- Model balanced tech use, lead by example. Share your own digital struggles.
- Upskill, learn about the platforms and discuss design features that keep users engaged.
- Healthy lifestyle, promote overall well-being by encouraging healthy relationships, physical activity, balanced nutrition, and good sleep.



Sleep

- **Set and model family values** about sleep, making it a family priority.
- **Upskill** with your teen, learn about sleep and use an evidence-based resource to help improve routines.
- **Negotiate consistent sleep routines**, including regular bedtimes and wake-up times.
- **Promote a healthy lifestyle**, encourage balanced diet, regular eating for all day energy, regular exercise.

Sleep Ninja



Provided also, was this list of online services available to both parents and our children.

Digital services

Young people

Information

- ReachOut
- Beyond Blue



Support

- Kidshelpline
- Headspace
- 13YARN



Online Programs

- Sleep Ninja
- This Way Up
- Breack
- The Brave Program



Parents and carers

Information

- Head to Health
- Healthy Families
- Raising Children
- Kidshelpline – Parents
- ReachOut Parents
- eSafety Parents

HEAD TO HEALTH



raisingchildren.net.au



eSafety



Support

- Parentline
- Family Relationship Advice Line
- Mensline
- 13Yarn



Online Programs

- Triple P - Positive Parenting Program
- My Compass
- BDI Online clinic



For more information, or access webinars, go to ...

<https://www.blackdoginstitute.org.au>



Wednesday July 30th
2:00-3:00pm

The Brew Crew
Cafe



♥ SUPPORT ♥





- **Needing help to access the NDIS**
- **Supports and services**
- **Plan reassessments**
- **Therapists and Physio**
- **General enquiries**

**If you would like more information please call the
school on 51525922
our NDIS Navigators
Linda Pendergast
Jennayer Hopkins**





Every School Day counts

If your child is absent from school please remember to let us know why.

Please call the office on 51525922 explaining why your child will be absent and how long you expect them to be away.



PROTECT

Everyone has the right to be safe and be protected from abuse.

No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community.

Tell a teacher or any adult at your school if you feel unsafe.



It's everyone's responsibility.

Adults at school must listen and respond to concerns about child abuse.

If you suspect abuse of any child or young person, you have a responsibility to report it, even if you are not sure.

Further information & resources

www.education.vic.gov.au/protect