YARRAVILLE
Special Developmental School

YSDS NEWSLETTER

18.09.2026

Last DAY of TERM 3

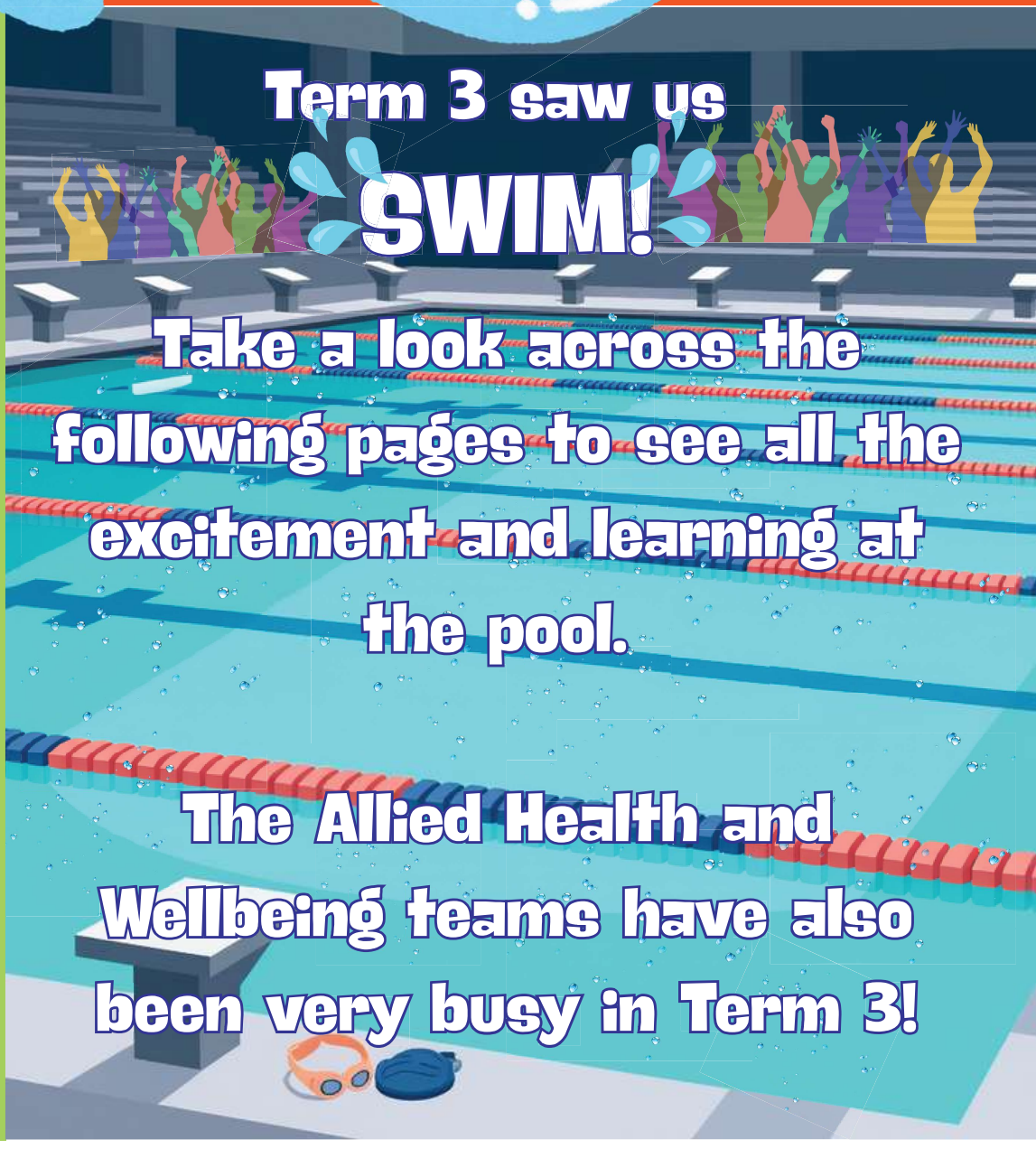
EDITION 30

Important Dates

End of Term 3
2.30pm finish
TODAY
18th September

First Day Term 4
Monday 5th October

Art Show
Wednesday 14th October



Term 3 saw us SWIM!

Take a look across the following pages to see all the excitement and learning at the pool.

The Allied Health and Wellbeing teams have also been very busy in Term 3!

Hello YSDS Parents, Carers and Community!

Another term has flown by, full of learning, successes, and opportunities to grow.

Allied Health

Following feedback from classroom staff, our Allied Health team are regularly timetabled in classrooms to provide strategies that support students' day-to-day needs. The Steps to Success program is occurring concurrently in rooms 3, 6, 12 and 17 to support regulation, communication, personal care and gross motor goals.

In preparation for the upcoming YSDS Art Show on 14th October, the Allied Health team have also been supporting students to create "under the sea" artworks which will be on display in the sensory room.

We are seeing the benefits of the OT sensory motor program (SMP) during session one, helping students begin their day regulated and ready to learn.

The Speech Pathologists have been providing structured visuals, differentiated by colour, medium (e.g. tabletop, lanyard) and location (e.g. classroom, playground) to support the language development of all students.

Our Junior Learning Area and Room 12 are enjoying Music Therapy sessions. Students are learning the school routines through music videos, sharing social experiences through exploring instruments, and practicing communication by choosing activities and singing familiar songs.

Wellbeing

This term we have continued to facilitate the Canine Comprehension Program with our Junior Learning Area students. They enjoy playing with Billy and Charlie to support engagement, communication, and regulation goals. We continue to educate students regarding puberty, body changes and regulation. We are currently facilitating topic 6 of Respectful Relationships, focussing on help-seeking and safety. As part of this topic, we welcomed a visit from the local Fire Brigade. In celebration of Father's Day, the Wellbeing Team collaborated with Theircare to host a breakfast. The parents and carers enjoyed delicious home cooked food and live music by our Music Therapist, Dewi.

Nursing

We are blessed to have a brand new support role at YSDS: a full-time nurse! Nurse Gill has been warmly welcomed, and we don't know what we did without her. She is busy instilling best practices across the school and may be in touch with families to update medication authority forms and/or medical management plans. Nurse Gill is always open to discussing your child's health and how we can assist at school.

Happy holidays!

We wish you a restful and restorative two-week school holidays. School breaks can feel different for everyone. If you have any concerns, Beyond Blue offers 24-hour crisis support via 1300 22 4636. We look forward to seeing our students when they return for Term 4 on Monday 5th October.

- The Allied Health and Wellbeing Team

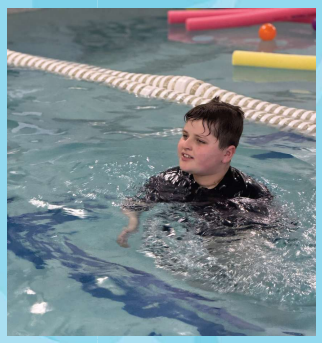
SAFE RESPONSIBLE RESPECTFUL

TERM 3

SWIMMING











































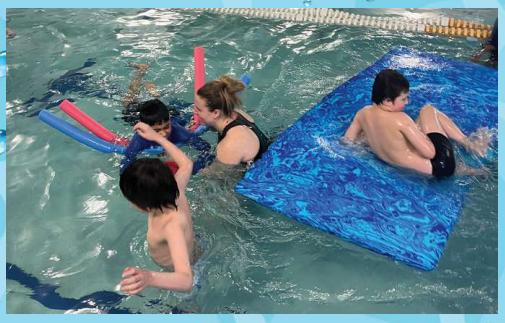




































AS APART OF OUR 'HELP SEEKING' TOPIC FOR RESPECTFUL RELATIONSHIPS, WE HAD A VISIT FROM THE LOCAL FIREFIGHTERS!














RESCUE VIC

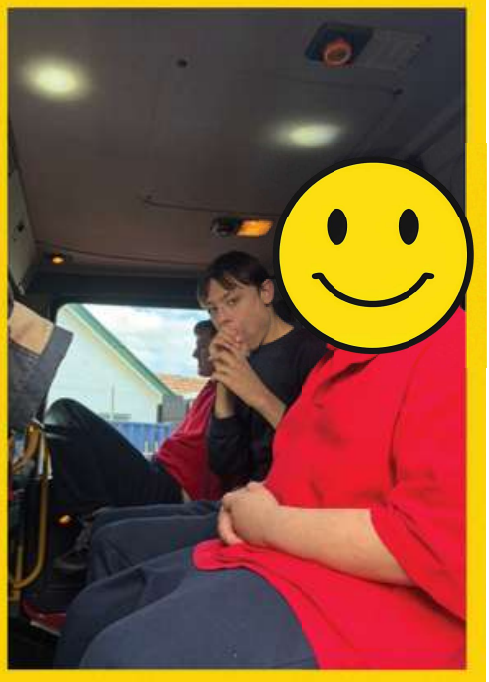

FIRE RESCUE















In JLA, dog therapy has supported us with regulation, having calm bodies, social skills, and engagement!







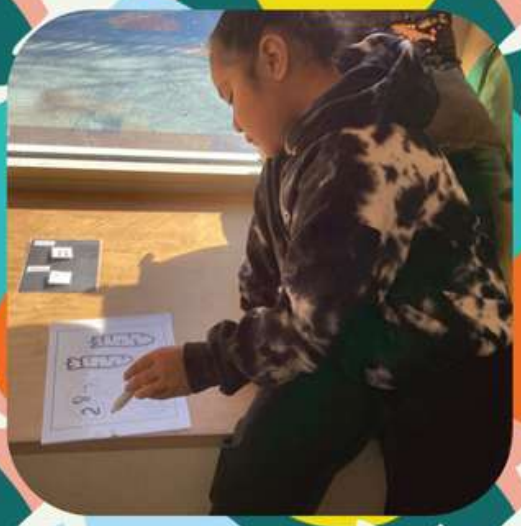
We love our Thursday afternoons with Billie and Charlie!













GREAT WORK!!









Steps to success and individual student supports




COOL






WOW






Under the sea sensory art


SONIC
HART SPORT





Music Therapy joy!















YSDS HEALTH CORNER

Dear Families,

Just a friendly reminder that if your child develops any of the following at home;



- **Temperatures**
- **Vomiting**
- **Diarrhea**
- **Obvious flu-like symptoms**
- **Contagious (notifiable) infections e.g. chickenpox, whooping cough, hand foot and mouth,**

We kindly ask you **NOT** to send your child to school, and instead keep them home to allow optimum rest and recovery. We also ask that your child **not return to school until 24hours after the last vomit or episode of diarrhoea or until your child is well again**. This in turn keeps your child safe and also the other students/staff in our school community safe too.

Please utilise the link *https://www.health.vic.gov.au/infectious-diseases/school-exclusion-table* for more guidance on infection-related exclusions periods for your child. **If your child has a notifiable infection, please inform the school immediately.**



If your child develops any of the following at school;

- **Temperatures**
- **Vomiting**
- **Diarrhea**
- **General malaise**

We kindly request for your child to be collected and be allowed this time to be monitored and rest at home.

I am happy to be contacted at any time if you have any questions. Your child's health and wellbeing is my priority at school. Thank you in advance!

Nurse Gill 🙂



Affordable mental health options in Australia (low to no cost Therapy)!

PANDA
Perinatal Anxiety & Depression Australia



What it is: Australia's only national helpline for perinatal mental health — supports parents and families during pregnancy and the first year of parenthood. Not just for crisis; you can call for everyday adjustment struggles too.

Cost: Free

Website: panda.org.au

Medicare Mental Health



What it is: Free, government-run walk-in mental health support. No referral, appointment, or Medicare card required. Talk to a qualified mental health professional face-to-face or by phone.

Cost: Free

Website: medicarementalhealth.gov.au

Note: formerly called "Head to Health" — same service, new name as of 2025–26. In Victoria, it's still called 'Head to Health clinics'.

@SESSIONSWITHSHAME

Mindspot



What it is: Free, government-funded digital mental health clinic. Complete an online/phone assessment, then choose a self-guided or therapist-supported course for anxiety, depression, stress, chronic pain, or sleep — no GP referral needed to start.

Cost: Free

Website: mindspot.org.au

Eligibility: 18+, Medicare-eligible. A good option to flag for people who want to start with something low-barrier before committing to face-to-face therapy.

@SESSIONSWITHSHAMETA

Telehealth Psychology
Someone Health | Access Health Online



What it is: Video/phone psychology sessions. With a GP Mental Health Treatment Plan and Medicare card, eligible clients can access up to 10 bulk-billed sessions a year ($0 out of pocket). Self-funded options also available.

Cost: Free

Website: someone.health , accesshealthonline.com.au

@SESSIONSWITHSHAMETA

This Way Up



What it is: Self-directed, evidence-based online CBT programs for anxiety, depression, post-traumatic stress, and more. You can do them on your own or as an adjunct alongside therapy. There are free Mindfulness and Insomnia programmes too!

Cost: Course fees vary (some free, some low-cost); Free assessment tools

Website: thiswayup.org.au

@SESSIONSWITHSHAMETA

Follow @sessionswithshameta for more well-being supports

Pool Party

Term 3



Week Ten

2026
School Council
Members
Dallas Fisher
Alan Henderson
Ayan Abdisalam
Fay Forde
Makiya Abdu
Davina D'Mennie
Ana Conti