Principal's Report
Recently our Parents and Friends Association held a ‘Bunnings’ BBQ to raise funds for the school. When I met with them last week they were very excitedly counting the final takings and had raised approximately $2,400. A great effort at the start of the year, thank you to those who assisted with the BBQ. Your efforts as a community over the past year and the support from community groups has enabled us to purchase a second bus which is due to be delivered next week. This now means we have a modern bus fleet which will enable our off-campus programs to continue into the future. Our fund-raising can now move to other resources for the school, in particular the improvement of the Manningham Road campus facilities, playground and Physical Education equipment for the students.

Next year will be the 40th anniversary of Bulleen Heights School. Our school council will be working with leadership and staff to organise activities and events during the year. We look forward to your continued support as we celebrate this milestone.

Daily school attendance is important for all children and young people to succeed in their education, developmentally and socially. To meet our duty of care responsibilities schools are required to mark student attendance twice per day, provide an excuse for an absence and whether this is reasonable in accordance with the Education and Training Reform Act 2006. Please inform your class teacher or the office if your child is absent due to illness. I encourage you to keep late arrivals and early collection to a minimum, as this time adds up quickly during the year and is an important social time for students in class when they come together to greet each other in the morning to prepare for the day and finish their day together when they say goodbye.

Regards
Susan Merjan

Parents Association News!
YOUR PARENTS ASSOCIATION NEEDS YOU!
The Parents Association has worked tirelessly to raise funds to support the children at Bulleen Heights School. This year a group of parents have organised Sausage Sizzles, Lunch Order days for all students, raffles, and Mothers and Father’s Day stalls. They have met termly to brainstorm and plan events, and liaised closely with the school to allocate funds, providing equipment and resources to support your children in their educational experiences. On Friday 20th March the Parents Association met to vote in their new committee. Unfortunately not enough interested participants came along so the committee could not be formed. The Parents Association consists of President, Vice President, Secretary, Treasurer and Committee members.

We require the support of more parents to enable the Parents Association to continue their positive work into 2015. We understand that time is precious but any support you can provide with attendance at meetings or support at events will be gratefully received.

Adele Ganley has shown interest in becoming President. We now need to fill the other vacant positions.
If you feel you are able to join the Parents Association Committee or would like more information please contact Adele on 0407 879 409 or email bhspfa@gmail.com.

BBQ at Bunnings Northland.
Thank you to Chris, Harish, Pauline, Grace, Ezaz, Burak, Richard, Desmond, Rochana and Cassie who gave up their Sunday on 1st March, we worked well as a team, often scrambling to keep supplies up with demand. A big thank you goes out to Pauline Higginson who came back a few hours later when she was called to help and bring supplies.

Our profit was $1,455.40. These proceeds have been requested by the Manningham OT to buy equipment for her room.

During the week you would have received a request for Easter related donations for our hampers. Please forward these to the school through your child’s teacher or in person at the Pleasant Rd campus. Thank you for your support.
UNIFORM PRICE LIST

Dear Parents,
Our Uniform prices have been contained for the past two years, so that parents are offered the best possible pricing and range for children’s school uniform. On reviewing our range and prices for 2015, we find that suppliers’ price increases over this time can no longer be contained and therefore we have had to increase our prices, effective from 1st March 2015.
Ordering of uniform will be simplified to enable a more streamlined approach to delivery of garments via your students.
- Order form can now be downloaded from our website at www.bulleenheights.vic.edu.au. Please remove previous pricelist from your records
- Payments can be made by direct deposit to our bank account or by credit card.
- Forward the order form along with your payment to school for packing.
- Delivery of orders to be sent home with your child within a week.
Special Price - We have stock available with the old logo at a discounted rate of 10% until sold out.

SCHOOL COUNCIL

On behalf of the School Council we welcome all our families to 2015. As the school year begins we wanted to make you aware that we continue to require significant ongoing fundraising in order to provide those extras things that are not funded by DET. There are things such as buses, and we are proud to acknowledge that a (second) new bus is arriving this week! Whilst this is a significant milestone there will continue to be many more items that require our own fundraising efforts. We now focus on obtaining two “people movers” to add to our bus fleet and to fundraise to improve the grounds and fencing at the school, as well as many other items.
You should also know, that 2016 is the 40th anniversary of BHS and so we would like to prepare for a significant celebratory event next year. So the purpose of this update is to call out to you as our school community to make contact with me as follows as we need a bigger collective effort:
1. Ideas for external fundraising (note: internal – student and family fundraising is managed by the PFA)
2. Any contacts you have who might be prepared to donate funds, services or products to the school
3. Your details and what you can offer or what interests you have if we pull together bigger fundraising committee for 2015 and 2016. We will need a few different events and efforts to focus on as a collective group.
Please email: kathy@catalystfg.com.au
Thank you for helping where you can!
Kathy Havers
President BHS School Council

POST-SCHOOL OPTIONS FOR YOUNG PEOPLE WITH A DISABILITY SESSION

By Respite East
Come and explore post-school options for young people with a disability.
The forum provides you with the opportunity to meet a variety of organisations that provide services to young people with a disability locally. Throughout the afternoon, presentations will be made by DHS on Futures and Funding, Centrelink on benefits individuals can receive, and Disability Employment Services on employment futures.
Participating organisations include:
- Box Hill TAFE (Lilydale)
- Burke & Beyond, Centrelink
- DHS Transition
- Glen Park Community Centre
- Knoxbrooke
- Melba
- Outer Eastern LLEN
- Outer East Interchange
- Monkami
- Villa Maria
- Your DNA

Date: Tuesday 17th March    Time: 4pm - 7pm
Location: Scope Lilydale Lifestyle Options, Cnr Castella & Jones St, Lilydale, 3140
Contact: Please RSVP to Mike McDermott at Scope by Tuesday 12th March 2015
mmcdermott@scopevic.org.au or 0419 755 142

Integrity - Respect - Consistency - High Professional Standards - Care and Support
Collingwood Junior Eagles
Special Needs Soccer Program

The Collingwood Junior Eagles program caters for children aged 8 to 18 with a physical and/or intellectual disability, autism and downs syndrome. Junior Eagles players learn to play soccer in a safe, friendly and relaxed environment where the focus is on fun, skill development and participation.

When: Saturdays 9:30 — 11 am April 18 to July 25
No sessions during Term 2 holidays or Queen’s Birthday weekend

Where: Bastow Oval, Kevin Bartlett Sporting & Recreation Complex Richmond
Melway Ref: 59 A1

Cost: $100 for 12 week season
Includes FFV registration, uniform, coaching, team trophy & photo

For further information, please contact: Annette Hall (Team Manager) 0411 460 567
or Email: soccermail.hall@gmail.com Web: www.collingwoodcity.com.au

www.collingwoodcity.com.au
Shake Your Bon Bon

Wednesdays 5.00pm – 6.00pm (during school terms)
Fee: $5.50 per session

A fun and social dance class for young people with a disability to develop co-ordination, recognise beat and rhythm, increase self-confidence and control of movement. Set to contemporary music, create and learn new routines that will get you out on the dance floor.

For more information and bookings call Living & Learning @ Ajani on 9850 3687 or visit us at
Ted Ajani Reserve, 284 Thompsons Road, Lower Templestowe VIC 3107
Join in the ACTION!

Senior Football Squad
Two teams, the Reds and the Blacks, offer young men and women aged 14 onwards with differing abilities the opportunity to play football within the Football Integration Development Association (FIDA) competition.

Netball Squad
A success for girls and boys aged 12 onwards. Monday evening training sessions, games in the Mountain District Netball Association All-abilities competition, Netball Victoria State titles and more.

Junior Development Squad
Sunday morning skills development sessions for boys and girls aged between 5 and 14. Fun games teaching skills and teamwork; plus a grid game prior to a Spiders home game.

Social & Recreation Activities
Off-field recreation and social activities designed to further develop friendships, teach new skills and provide valuable opportunities our members may not otherwise have.

Our Mission
'To provide and promote active participation in community sport and social activities for people with a disability', and 'To provide people with a disability an opportunity to interact, participate and build social skills and leadership within the community'.

About Us
The Ringwood Spiders All-abilities Sports Club provides Australian Rules football and Netball opportunities for people with a mild to medium intellectual disability within the City of Maroondah and surrounding areas. We have a strong position and history within the outer eastern suburbs of Melbourne and have forged a long term relationship with the Maroondah City Council and other key recreation and disability organisations.

Ringwood Spiders is run by volunteers with the support of Maroondah City Council, our sponsors and community partners, without whom we could not provide our programs.

Want to Know More?
Web: www.ringwoodspiders.com
email: info@ringwoodspiders.com
Phone: Gavin or Sue Ross: 9725 8264

www.ringwoodspiders.com

COME & TRY
Football Training:
Sunday March 15, 22, 29th
Netball Training:
Monday March 16th
SEE WEBSITE FOR DETAILS
Your Body
Your Friend

A six week program building positive body image for women in the City of Boroondara

**What is it?**
Your Body, Your Friend is a 6 week program designed to help you improve your relationship with your body.

Building positive body image can play a significant role in your overall mental health, mood and happiness, and influence all areas of your life.

**This program covers:**
Strategies to improve your body image including:
- Reducing body comparisons and checking
- Media literacy
- Mindfulness
- Understanding thinking styles that contribute to poor body image
- Increasing awareness of your body’s strengths and abilities

**Who is the program for?**
Women aged 18+ who want to improve their relationship with their body and boost their self-esteem.

If you are receiving treatment for a mental health issue such as an eating disorder, please contact EDV to discuss whether this program will be suitable for you.

**When:** Tuesdays, 6:00pm – 7.30pm
**Dates:** March 3rd, 10th, 17th, 24th, 31st and April 14th, 2015
**Location:** Hawthorn Community House
32 Henry St, Hawthorn
**Facilitator:** Dr Rachel Gold
EDV Clinical Psychologist
**Cost:** $50 for 6 weeks

Call 1300 550 236 or email edv@eatingdisorders.org.au to register your interest or for more information.
Registrations close Monday 16 February

**About us**
**Eating Disorders Victoria** is the primary source of support, information, community education and advocacy for people with eating disorders and their families.

w: www.eatingdisorders.org.au
ph: 1300 550 236
e: edv@eatingdisorders.org.au

This program receives funding support from the City of Boroondara

Integrity - Respect - Consistency - High Professional Standards - Care and Support
**TWYLIGHT DISCO!**

Hit the dance floor at the first TwYlight Disco of the year! Get your dancing shoes on and make sure you book in ASAP for this fun night.

Please note that due to the nature of TwYlight, the environment is loud. We appreciate this may not suit everyone; therefore a Quiet Area is available for anyone wishing to use it. Water and fruit provided free of charge courtesy of The Rotary Club of Doncaster. Tea and coffee are also available for parents and carers. If a participant requires one on one support, they must attend with a parent or carer.

Date: Saturday March 21st 2015  
Time: 7pm to 10pm sharp  
Location: Heimat Centre, 125 George Street Doncaster East  
Cost: $10 (parents and carers free)  
Contact: To RSVP call 9848 5400 or email Penny: penny.maher@ymca.org.au

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**MELBA SUPPORT SERVICES GRAND OPENING DAY**

Come along and tour Melba’s new site and see first hand the services offered at Melba Support Services. Enjoy a BBQ, Coffee Van, Jumping Castle and the Able Bake House goodies!

Date: Thursday 26 March 2015  
Time: 2.00pm-7.00pm (Official Opening at 2.45pm)  
Location: 40-50 Melba Avenue, Lilydale  
LD Building (former Swinburne University Campus)

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**I CAN Network’s young adults camp empowers young adults (aged 18 - 30) on the Autism Spectrum to live the ‘I Can’ attitude. It will equip participants with the confidence to be leaders in our growing network. Register your interest today on the I Can Network website**  
Join in on the fun of games, bonfires and outdoor activities!  
After registering interest, a Camp Mentor will give you a call where you will hear more about the I CAN Camps and the process of completing registration. Please note that the camp costs $150.  
Date: 13th – 15th March 2015  
Cost: $150  
Contact: For more information contact James by email: camp@icannetwork.com.au or call him on 0432 405 384

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**BUNNINGS NORTHLAND**

FREE Family Easter Night Thursday 26th March  
Time: 6pm-8pm.  
Bunnings Northland. 120 Chifley Drive Preston.  
Bookings essential 94166000  
Easter craft activities, face painting, sausage sizzle, entertainment and a visit from the Easter Bunny
PATHWAYS EXPO

**When:** Tuesday 24th March 2015

**Time:** 1.30 - 6.00pm

**Where:** Bulleen Heights School Secondary School Campus
221 Manningham Road, (Parking via Gate 2)
Lower Templestowe, 3107

Come along and explore post-school options for young people with a disability

Participating organisations include:
- Day Services from the Northern & Eastern Region
- Tafe Colleges
- DHS Transition – Futures for Young Adults
- Information on Guardianships
- Supported Employment agencies
- Individualized programs
- Centrelink workshops at 2.00pm & 3.30pm

Enquiries:
Katina Heaslip
Transition Coordinator
Interested in Playing Aussie Rules Football?
Do you have an intellectual disability?

JOIN THE MIGHTY FIDA BEARS

COME AND TRY DAY

Tired of sitting around and looking for something exciting and fun to do?
Are you a Football Fanatic?
Have you always wanted to play Aussie Rules?
Want to make lots of new friends?

Then get out of that chair, get away from the TV, the computer, iPad and get yourself down to our Come and Try Football Day and have some fun.

WHEN: FRIDAY 27th MARCH 2015
WHERE: Lower Plenty Football Ground
South Oval, Para Road, Montmorency
Melways: Map 21 B 6
TIME: 5 pm till 7.00 pm
WHAT YOU NEED: Runners, Shorts and T-Shirt

The Lower Plenty FIDA Bears are part of the Lower Plenty Football Club and play in the FIDA competition. Football Integration Development Association (FIDA) is a 10 week structured football competition for Males and Females between the ages of 14 and 40 with an intellectual disability with the aim to give people who may not otherwise have had the chance, an opportunity to play football. Sound interesting and something you would like to be a part of, then give us a call.

CONTACT DETAILS: Grant Barden 0419 230 831 Email: grant@totalprint.com.au
Stephanie Krt 0408 394 063 Email: krtstephanie@gmail.com
MINDFULNESS MEDITATION
EVENING GROUP

An 8-week group program that combines meditation with therapy for people who have a child with autism and have experienced depression or chronic unhappiness.

This group teaches a range of exercises and skills based on Meditation and Cognitive Behavioural Therapy, a type of therapy which helps people to change unhelpful or unhealthy thinking habits, feelings and behaviours.

- Learn gentle and effective techniques that help maintain clarity and well-being.
- Learn about the patterns of the mind, how to recognise when your mood is starting to sink and how best to respond.
- Learn the practice of mindfulness meditation by listening to it in classes and at home.
- Help break the link between periods of sadness and negative or self-critical thinking.

For more information please contact Louise Morse on (03) 9720 1118 or via email: louise@irabina.com

Book your place at www.irabina.com Training and Development • Mindfulness
Preparing for the NDIS

Wednesday 22 April 2015, 10.00 am – 12 noon
Manningham Civic Centre, Function Room 2, 699 Doncaster Road, Doncaster

Manningham City Council presents a practical information session on the NDIS for individuals, families and workers

Be more informed about the NDIS, including:

- How to prepare for the NDIS
- Concerns and issues around the scheme
- The strengths and potential of the scheme
- Time for questions, both personal and technical.

RSVP
For more information, contact Jon Adams, Metro Access, Manningham City Council on 9840 9317 or email Jon.adams@manningham.vic.gov.au

Registration closes 15 April 2015.