

Number 7, Friday 20 May 2022

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PL events

The [2022 Professional Learning Calendar](#) is available on the SVRC website. Most PL will continue to be held online, but some are planned to be onsite. Please encourage school staff to [register for PL through our website](#).

Tuesday June 7 [Inclusion of students who have vision impairments in PE](#)

Providing ideas and practical strategies to support the inclusion of students who are blind or partially sighted in physical education.

Tuesday August 9 [Inclusion of students who have low vision](#)

Practical strategies for classroom teachers and ES staff to promote inclusion and achievement for their students who have low vision.

Tuesday October 18 [Preparing for a student who reads braille](#)

Providing practical support for school staff preparing to welcome and include a new student who will be learning to read using braille.

Message from the Manager

Source: Kim Foley, Manager, SVRC

The Round Table on Information Access for People with Print Disabilities Inc. 2022 Conference was held this week. Marion Blaze's presentation on "Strengthening student and teacher engagement and access through innovative online learning during the pandemic" described the outstanding effort of SVRC staff and students to continue the Support Skills Program in a virtual space during the Victorian lockdowns. Students who are blind or have low vision engaged in online access technology training, braille reading and maths, art sessions including origami and alfoil sculpture, yoga, pre-employment skills, blind cricket and have followed the Paralympics. All students become skilled in using key commands to independently operate Zoom.

Deb Lewis's presentation on "SVRC Ozzie Dots: teaching contracted braille" showcased the Ozzie Dots program. Ozzie Dots progressively introduces braille contractions with at least ten books per contraction, with a total of 560 books in the collection and thousands of PictureBraille illustrations. The program encourages readers to learn the contractions as quickly as possible rather than try and read all books in the program. Deb's take home messages are to enjoy opportunities for tactile graphicacy and concept development, and that re-reading is valuable. If you would like more information contact Deb or visit our website and look under the Resources link on the homepage. Thank you to Marion and Deb for their informative and insightful presentations.

This year Braille Music Camp will be held at Frensham Girls Boarding School, Mittagong, NSW. It is very exciting news for our budding braille reading musicians. The Music Camp dates are Saturday 24th September to Saturday 1st October 2022 (second week of Victorian school holidays). Please register your interest with Roma Dix romad@westnet.com.au. Applications need to be returned by August 19.

SVRC, in partnership with Monash University, have been supporting Occupational Therapist Honour students over the last year. The Monash students meet regularly with their university supervisor Cathy Horder and SVRC supervisors Marion Blaze and Di Bennett in designing handbooks based on Expanded Core Curriculum topics. The students had the opportunity to present their projects in a draft form at the last Visiting Teacher-Vision Community of Practice. Their projects included two handbooks, one on Social Skills and one about Self Care. The Self Care handbook is already available on our website and the Social Skills handbook will shortly follow. This partnership has made significant contributions to the development of user friendly handbooks for our blind community.

Blind Sports and Recreation Victoria are supporting the term two SSP theme 'Leisure'. Each week the organisation introduces a possible team and/or individual sport which students can participate in. It has been wonderful to observe the students actively listening and considering participating in one of these sports in the future. Hopefully, it will encourage more students who are blind or have low vision to become actively involved in a team or individual sport which promotes positive health and wellbeing outcomes.

Victoria's Premier's Reading Challenge 2022 ... in Alternative Format!

Source: Deb Lewis, Transcription Manager, SVRC

The Victorian Premier's Reading Challenge is an exciting annual event that encourages students to read a set number of books over several months.

Many schools arrange registration so all you have to do is:

1. read books
2. upload the titles to the online list and mark them as "read"
3. have the teacher verify this
4. celebrate with a certificate later in the year!

No problem if your school doesn't participate as you can register as a "home reader" – this also available for pre-schoolers.

SVRC Library Catalogue

This year, we have added a column to the SVRC Library Catalogue which indicates if the book is listed as a "Challenge Book" and the relevant year level. You can identify the alternative format that is currently available from the catalogue ... but if you'd like a different format, please make a request!

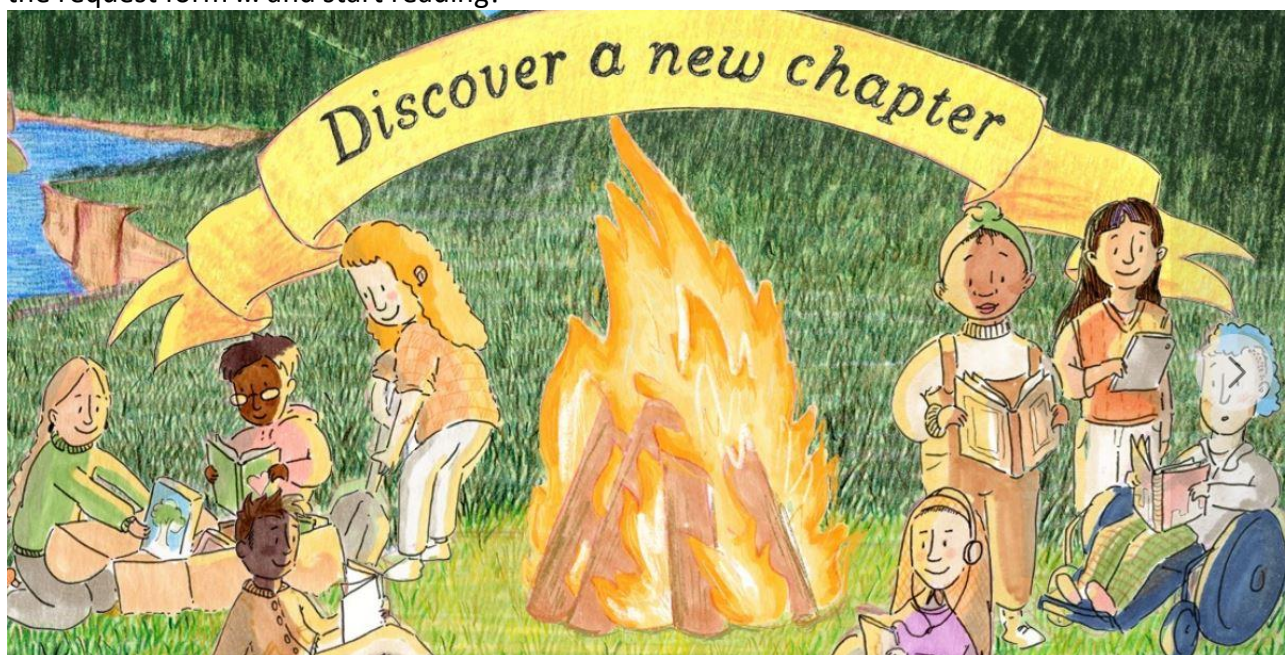
There are lots of books in alternative formats to choose from in each age group:

- Early childhood and years 1 & 2: 300 titles
- Years 3 & 4: 400 titles
- Years 5 & 6: 330 titles
- Years 7 & 8: 360 titles
- Years 9 & 10: almost 300 titles

It's that easy!

You'll find further information about the [PRC 2022](#) on the DET website along with the [challenge book lists](#). There are fun ideas for schools and families on the [PRC Vic Facebook page](#).

Check out alternative formats in the [updated SVRC Library catalogue](#), submit your requests using the request form ... and start reading!



Improving Selfcare at Home: A handy guide for you to use with your child

Source: Abby Vong and Sansan Choi

The [Improving Selfcare at Home](#) guide was produced by fourth year occupational therapy students from Monash University as part of their Honours project. Abby and Sansan have been on placement at the Statewide Vision Resource Centre for the past twelve months, investigating the needs of students with vision impairments in selfcare. The guide is the culmination of this project and they are now seeking feedback in order to evaluate the effectiveness of this resources for families. Please read any or all of the guide and provide feedback for Abby and Sansan by emailing hcho0031@student.monash.edu and mvon0006@student.monash.edu

National Braille Music Camp is happening in 2022!!

Saturday 24th September to Saturday 1st October 2022 (second week of Victorian school holidays).
At Frensham Girls Boarding School, Mittagong, NSW

This is a music camp for braille readers who wish to learn braille music.

Applications forms can be obtained from Roma Dix and need to be returned by August 19. Contact Roma at romad@westnet.com.au

The National Braille Music Camp is a fantastic opportunity for braille readers to learn, improve, share, transcribe and teach braille music. It is held at Frensham School, Mittagong, New South Wales over a week, usually in June each year.

Each evening, a mini concert is held. It's a wonderful opportunity for children to connect musically with friends and perform individually or in groups. The final concert for the week is a performance for the public. Families can travel up to Mittagong and enjoy the performance. Local music lovers look forward to coming each year and hearing beautiful harmonies made by our senior and junior choirs, and individual and small group performances that we have been rehearsing all week. Musical children enjoy the excellent accommodation and delicious meals provided at the Frensham Girls Boarding School, and make friends for life!

Vision Australia - Online games night

Source: [Vision Australia website](#)

Details: Date 01 Jun 2022; Time 18:00 PM

Contact Vision Australia Feelix Library

Phone 1300 84 74 66; Email feelixlibrary@visionaustralia.org

Overview

Online games night for tweens, teens and young people. Join the library for a fun filled and challenging night of UNO - online!

Exploring Careers

Source: [American Foundation for the Blind](#)

When thinking about your future work, one of the first steps is exploring career possibilities. The Explore Careers section of the [CareerConnect site](#) is a great place to begin this process.

There are many benefits to doing a thorough career exploration before you start your job search. Job seeking can be a long and challenging process, so it's important that you've done the research to ensure that the positions you do pursue are right for you, your background, and your interests. Career exploration will help you avoid:

- Applying for jobs for which you don't meet minimum training or education requirements
- Pursuing positions in a profession, field, or work environment not suited to your personality, values, or lifestyle
- Going for jobs where the average salary and/or opportunities for promotion do not match your career plan
- Ending up in a position where the reality of the work is not what you thought it would be

The Explore Careers section has two robust tools to offer to people preparing for employment: The Jobseeker's Tool Kit and Career Clusters.

Job Seeker's Toolkit

[The Job Seeker's Toolkit](#) is a self-paced, online course about navigating the employment process as a person who is blind or visually impaired. The course guides participants through thirty-three lessons and assignments. The tool allows users to save their assignments and associate a mentor to their profile. The Jobseeker's Toolkit has been very successful and is accessed by over 1,000 visually impaired jobseekers each year.

Braille Bombing in Melbourne

Did you hear about the Braille bombing event that happened during Melbourne Knowledge week last week? A team from Monash University with support from the Australian Braille Authority showed participants how to braille using a slate and stylus before adding braille to various signs.

[Read more in an article from the Age.](#)

Blind Sports 4 Kids & Teens 2022

Source: [Blind Sports and Recreation Victoria](#)

If any of these activities interest you and are not close by, consider approaching your local club and seeking advice from these 'specialty' providers. They can help your local club cater for your needs.

Junior Swimming Program

This Vision Impaired Swimming Program offers pre-school and primary school children, who are blind or vision impaired, individual swimming lessons which aim to establish a range of early skills

to ensure they feel confident and safe around water.

When: Sunday's during school terms (excluding public holidays)

Where: Ruyton Girls School, 12 Selbourne Road, Kew

Cost: Please enquire.

Contact Person: For more information or to join in please email Blind Sports and Recreation Victoria info@blindsports.org.au or phone 03 9822 8876.

Junior Tennis Program

Blind Sports & Recreation Victoria - in partnership with VicHealth and Tennis Victoria - are proud to continue the Junior Blind Tennis program. Children aged 5 to 15, who are blind or vision impaired, are invited to join us. Participants are instructed by qualified, professional coaches and all equipment is supplied. Free parking is provided for parents of participants at the venue – Melbourne Park Tennis Centre.

When: Friday evenings from 5.30pm to 6.30pm.

Where: Junior programs are held at the National Tennis Centre (Indoor Courts), which are located within the Melbourne Park precinct, opposite AAMI Park Stadium, next to Melbourne Arena.

Cost: \$20 per term for juniors

Contact Person: If you are interested in participating in this program or would like to volunteer your time to assist, please contact Susan Marshall / Phone: 03 9822 8876 / Email: info@blindsports.org.au

Junior Gymnastics Program

Essendon Keilor Gymnastics Academy has been running a Blind Sports Gymnastics Program since late 2011. Offered to school aged children, the classes are suitable for absolute beginners, with no prior experience or exposure to Gymnastics.

Some of the greatest benefits of gymnastics include coordination, power, strength, flexibility, balance, grace and most importantly injury prevention through developing core stability and agility. Gymnastics teaches children perseverance, poise, confidence, attention to detail and concentration.

Essendon Keilor Gymnastics Academy has purchased extra equipment, specifically to assist in teaching children with a vision impairment. Some of the equipment includes items that make sounds when stood on, props with texture, balls with bells etc.

Coaches from Essendon Keilor Gymnastics Academy deliver the program, assisted by Senior Gymnasts and Junior Coaches. This allows us to offer one-on-one assistance for the participants. Our Coaches have received sighted guide training to ensure they are ready to not only teach gymnastics, but to work with children who are blind or vision impaired.

All staff and volunteers have a Working with Children's Check. Our Coaches are accredited through Gymnastics Australia.

When: Weekly on Friday evenings

Where: Essendon Keilor Gymnastics Centre, 194 Roberts Road, Airport West 3042

Cost: \$220 for a 10 week term, plus an annual \$45 registration and insurance fee.

Contact Person: If you would like further information about the Gymnastics Program for children who are blind or vision impaired please contact Christy Hemphill, Essendon Keilor Gymnastics Academy by phone on 03 9336 4077 or by email gymnastics@ekga.com.au

Regional Victorian Gyms with experience tailoring programs for young people who are blind or vision impaired:

Jets Gymnastics Grovedale

Location: [12 Essington St, Grovedale VIC 3216](#)

Contact: [0438 861 337](tel:0438861337) or grovedale@jetsgym.com.au

Ballarat Gymsports Inc. – Don Pennel

Location: 1 / 100 Longley Street, Alfredton, VIC, 3350

Contact: 03 5336 2605 or admin@ballaratgymsports.com

Palmers Gym – Emma Carmoody

Location: Tom Tweed Stadium, 47 Mundy Street Bendigo VIC 3555

Contact: 0428 990 819 palmerstumbletots@gmail.com

Junior Judo Program

Yuki Judo is a Dojo (martial arts club) located in Strathmore Heights and dedicated to the teaching and practice of Kodokan Judo, emphasising not only the physical benefits that Judo provides as a sport, but also the mental and character development that this traditional Japanese martial art provides.

The benefits of Judo for people who are blind or vision impaired include:

- Learning how to fall safely
- Improved motor skills, including coordination, balance and speed
- Develop mental and physical strength
- Enhanced self-confidence by following a self-improvement pathway towards excellence.

Class timetable:

- Kids Classes Age 8 – 15: Mon & Wed 5PM
- Adults Classes (Age 16+): Mon & Wed 6PM
- Kids Classes Age 4 – 7: Sat 9:15 AM

Where: Yuki Judo Dojo: Strathmore Heights Community Centre (1 Boeing Rd)

Contact Person: email info@yukijudo.com.au or call/text Claudio on 0448 514 104.

Junior Goalball Program

We encourage children (up to the age of 14 years old) and their families to have fun, learn new skills and make new friends through the game of Goalball.

U15s Program participants have access to twelve 90 minute sessions on a fortnightly basis for the cost of \$80.00. These sessions are divided into small skill building activities and games, where attendees are encouraged to demonstrate what they have learned. At the end of the year, the final session will conclude with a social gathering and an awards presentation.

Goalball is a family, so we encourage everyone to come along. We are also a provider under the Victorian Governments Get Active Kids Voucher Program.

When: May 14th & 28th, June 18th, July 2nd & 16th, August 6th & 20th, September 3rd & 17th, 2022.

Time: 12:15 pm - 1:45 pm

Where: Scotch College Junior School Gym, Entry 7, Corner of Glenferrie & Callantina Roads, Hawthorn, 3122.

Cost: \$80 for twelve 90 minute sessions

Contact Person: Contact Brooke at email - info@goalball.org.au or follow us on Facebook at <https://www.facebook.com/vic.goalball>.

Social Goalball Comp

Our social competitions are friendly structured games that occur on a weekly basis for the cost of \$180.00. Through these games, members (15 years and older) are placed in teams where they are encouraged to have fun, work as a team and test out new skills. We acknowledge that everyone plays Goalball for different reasons. To accommodate for all abilities on court, we use a traffic light system. The aim of this system is to ensure that everyone has the opportunity to play Goalball in a safe and supportive environment. To celebrate those who demonstrate teamwork and good sportsmanship, we are currently giving away Grill'd burger vouchers as part of our new partnership with Grill'd Hawthorn.

When: May 7th, 14th, 21st, 28th, June 4th, 18th, 25th, July 2nd, 9th, 16th, 23rd, August 6th, 13th, 20th, 27th, September 3rd, 10th & 17th, 2022.

Time: 12:15 pm - 1:45 pm

Where: Scotch College Junior School Gym, Entry 7, Corner of Glenferrie & Callantina Roads, Hawthorn, 3122.

Cost: \$180 for weekly games on an ongoing basis.

Contact Details: Contact Brooke at email - info@goalball.org.au or follow us on Facebook at <https://www.facebook.com/vic.goalball>.

Junior AFL Blind Program

As part of our AFL Blind league this year we will be running a junior AFL Blind program, this will be a 2-3 week program to introduce kids (5-16 years) to the sport. They will also get the chance to come and watch our league prior to the sessions. Skills Attained – We will introduce the game of AFL Blind and the rules and equipment involved. Participants will work on their kicking, hand-balling and marking skills throughout the sessions.

So what is AFL Blind?

Testing video - [AFL Blind \(Testing Day 2\) - YouTube](#)

When: Saturday the 23rd of July and Saturday the 3rd of September

Where: Action Indoor Sports Centre, 2/10-12 Carrick Drive, Tullamarine VIC

Cost: Free

Contact Person: Steve Odgers at email – Steve.odgers@afl.com.au

Pathway – When you turn 14 years you are eligible to play for one of our 4 AFL blind teams. Please visit this link for more information [Energy Safe Victorian Blind Football League | AFL Victoria](#)

Junior Blind Cricket

Facilitator: Victorian Blind Cricket Association

Description: The game of cricket is a version of the mainstream game which has been adapted so that it can be played by blind and partially sighted players. The pitch measures the same length and width as the one used in sighted cricket. The current ball used is made of white plastic with metal washers inside to give the ball an audible sound when bowled or thrown. All bowling is underarm. A team consists of 12 players of which four are totally blind and 8 are partially sighted. The rules have been modified to allow full participation by all players in the game.

All ages are welcome.

When: The season runs from October to February (followed by the Grand Final on the first weekend in March).

1. Player development/Come & Try sessions – Saturday mornings from 10.30 am to 12.00 pm
2. Games – Saturday afternoons from 1.00 pm to 5:15 pm

Where: Charlie Bradley Pavilion, at the rear of 454 Glenferrie Road, Kooyong VIC 3144 (opposite Kooyong Lawn Tennis Club).

Contact Person: Travis at email - secretary@vbca.org.au

Table Tennis

Facilitator: Victorian Vision Impaired Table Tennis Association.

Description: Vision Impaired Table Tennis (also known as Swish) is a fast, invigorating game. It was developed by people who are blind in Australia and has been played here for many years, on

both a recreational and competitive level. The game allows people who are blind, vision impaired and sighted to compete on almost equal terms.

Vision Impaired Table Tennis is like playing table tennis, but instead of hitting a ball over the net, the ball is hit under the net and must travel along the surface of the table. The net is at a certain height so that those players with various degrees of sight do not have an advantage over blind players. The ball has bells in it to make it audible and it is about the size of a tennis ball and made of plastic with holes in it; and the bat is rectangular with a handle.

Vision Impaired Table Tennis is either played as a doubles or singles competition. It can be played from one game up to the best of five, and the first to eleven or the advantage of 2 after eleven. It can be played as singles (two players) or doubles (four players). It's a great activity for kids as well as adults, no matter what age or ability.

Clubs: Kooyong, Moreland, Dandenong, Mooroolbark

When: Every Saturday during school term.

Where: Vision Australia - 454 Glenferrie Road, Kooyong

Contact Person: Contact Jamie at email - treasuer@vitta.org.au

Junior Football (Soccer) Program

Blind Football (B1) is an internationally recognised sport played at the Paralympics. It is played outdoors by athletes who are totally blind (B1) on a 40m x 20m pitch with side kickboards and an audible ball. There are two teams of five; four outfield players and a goalkeeper. The outfield players wear eye-shades to equal their sight and the goalkeeper can be fully or partially sighted.

When: Sundays fortnightly. Please check link for [full list of training days](#)

Where: Paul Wade Field 7/8 (Albert Park)

Paul Wade Field, known as synthetic field 7-8 is a multi-lined and multi-purpose full sized synthetic field used by various sports including soccer and touch football. The field is booked by the club with Parks Victoria for our sessions giving us exclusive use of the whole pitch, even if we only use a small portion of it. At all other times the field is available for public use. There is no building or pavilion at this field. This means there is no changeroom or protection from adverse weather. There are male, female and disabled access public toilets which are open on weekends at the adjacent Cox McKenzie Pavilion which is approximately 200m walk from the field.

Cost: South Melbourne FC subsidises the playing costs for Blind Football players to reduce barriers to them participating in the sport. This fee for 2022 is of \$50 and is payable at the time of registration through the Football Australia Play Football website. This may be claimable under the players NDIS plan.

Contact Person: You can contact our All Abilities Football Coordinator Skip Fulton via email at all.abilities@smfc.com.au and he will reply or call you to discuss any queries you may have.

And finally ...

The Transcription team spends a lot of time on textbooks and we end up finding out some interesting facts around the morning tea table. This one is from a Year 9 Science textbook.

Old wiring may have red (active), black (neutral) and green (earth) wires. Up to 8% of electricians are red/green colour blind and cannot tell the difference between a red active wire and a green earth wire. These two wires are deadly if swapped! For the safety of everyone, the colours have been changed to brown, blue and green/yellow.