

John Purchase Public School

Advance Together: Strive for Excellence



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www.johnpurch-p.schools.nsw.gov.au

THE CALENDAR

	<u>TUES 7 APRIL</u> Principal's Morning Tea for Bronze Award POSTPONED	<u>WED 8 APRIL</u> Principal's Morning Tea for Bronze Medallion POSTPONED	<u>THURS 9 APRIL</u> Easter Hat Parade Last day of Term 1 CANCELLED	<u>FRI 10 APRIL</u> Good Friday Public Holiday
<u>MON 27 APRIL</u> School Development Day	<u>TUE 28 APRIL</u> Students Return for Term 2			

For future dates please refer to the 'calendar' tab located on the school website

www.johnpurch-p.schools.nsw.gov.au

FROM THE PRINCIPAL

SCHOOL DEVELOPMENT DAY

The school development day for Term 2 falls on Monday 27 April 2020 (the first day of Term 2). Our teachers will be engaged in professional learning on that date, to explore applications and processes to support online learning. The first day of Term 2 for students is Tuesday 28 April. This four day week will be reflected in the home learning plans for the first week back next term.

OOSH and VACATION CARE

Please note these services will continue to remain open.

PLAY SCHOOL COVID-19 SPECIAL

Play School is a popular series for young children. This may be a useful episode for pre-schoolers or kindy kids to watch, as it explains COVID-19 in a way that young children may understand:

<https://www.facebook.com/ABCKidsCommunity/videos/203365794285386/>

PROMOTING ONLINE SAFETY

The NSW Department of Education (DoE) has a [Digital Citizenship website](#) and there is also the [eSafety Commissioner website](#). These websites provide helpful advice for parents to help their children have safe, enjoyable experiences online.

COVID-19 Resource

The DoE has a new public-facing [COVID-19 page](#) which includes FAQs, information about learning from home, updates and other useful information.

[Information for parents and the wider community](#)

ACTIVE COPING CALENDAR

Please see below for an Active Coping Calendar, a lovely resource, to help us manage working and living in more isolated circumstances.

ACTIVE COPING CALENDAR: APRIL 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl			1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system
5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help	8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you
12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger	15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity
19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with	22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths
26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year	29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time		

ACTION FOR HAPPINESS

30 actions to look after ourselves and each other as we face this global crisis together

www.actionforhappiness.org

Keep Calm • Stay Wise • Be Kind

FROM THE DEPUTY PRINCIPAL

Our School Expectations



This week's expectation is:

Aspire: Have a growth mindset (at home and at school)

With a growth mindset we try to:

- **Embrace any challenge** For example: I will practise using Seesaw or Google Classroom.
- **Never give up** For example: I will try to upload my document to Seesaw when the iPad is free.
- **Practice self-compassion** For example: I didn't get to finish every task on my home learning plan today but I will try to do everything tomorrow.
- **See effort as a journey** For example: It's going to take me more than one day to create the best narrative that I can.
- **Learn from all feedback** For example: I will try to use my teacher's feedback to reflect on my learning goals and create something even better, next time.
- **Be inspired by others' success** For example: I will use that exemplar to improve my own writing.
- **Help and nurture others** For example: I can be more patient and help my parents to do more jobs around the house.
- **Believe in possibilities** For example: I can't wait to learn how to Zoom conference with my teacher.

Congratulations to the students who have demonstrated our school expectations of **RESPECT, RESPONSIBILITY** or who have tried to **ASPIRE**.

Bronze Award (10 Class Awards)

The Principal's Morning Tea, for students and their parents, will be held when we all return to school. These students will receive their Bronze Award certificates at this event. (For the time being, all certificates are being stored safely at school.)

Let's congratulate the following **Bronze Award Winners for Term 1**:

William R (1M), Erin S (4L), Lauren D (4L), Aisha S (2C), Adam L (1C), Adele N (1C), Aarika D (2B), Nafseen K (4L), Tirisha K (3S), Ruby A (2B), Darshae V (4L), Daniel K (2N), Sydney L (2B), Cara C (2B), Neal S (2N), Nathan M (3S), Ryan W (2B), Taylor S (5A), Holly M (2B), Ellen C (2B), Sahana J (3S), Julia T (3S)

Appreciate Our Beautiful Environment

Walking through our school grounds last week, I thought I would take a moment to share some photos from our garden with you. The flowering gums are blooming and the Wollemi pine has grown!

**Cyberbullying leaves a trail**

- Many young people are unaware that everything they say and do online leaves a 'digital footprint' and although they may have deleted a message, picture or website, this can never fully be deleted.
- If your child has been cyberbullied, here are a few tips for how you can save and report the evidence:
- *Mobile phones*: download and print the message or take a photo of the message on the screen with your camera. For nuisance calls or messages you can contact your mobile phone service provider and for threatening calls or messages, contact the Police.
- *Online content*: If content is posted on a website you need to contact the website directly. Most social networking sites (e.g.: Facebook, Twitter) have pages where you can report 'inappropriate' behaviour. Alternatively you can find more information of the Australian Communications and Media Authority (ACMA) website at: <http://www.cybersmart.gov.au/Parents.aspx>
- More helpful resources and information for schools, parents and carers, and students can be found on the **NSW anti-bullying website** at:
- <https://antibullying.nsw.gov.au/parents-and-carers/Keeping-my-child-safe-online>

The DoE has published some ideas to support student wellbeing (below). However, many of the suggestions apply equally to adults.

| NSW Department of Education

Teaching and learning resource - wellbeing

Weekly wellbeing challenge for students

Each box is worth 50 points – Your aim is to complete 150 points from at least 3 columns per day

Physical wellbeing	Emotional wellbeing	Social wellbeing	Cognitive wellbeing	Spiritual wellbeing
Design and complete a body weight circuit (of at least 10 activities) to participate in at home *Bonus 10 points if you get your family to do it with you*	Turn off all devices for at least 5 hours (after school!)	Call, Skype or FaceTime a friend and talk about anything BUT Covid-19	Complete a mindfulness guided meditation. You can access these on Smiling Mind.	Participate in a yoga, Pilates or meditation session. There are some available on YouTube or you create your own.
Complete 30 minutes of incidental physical activity (everyday activities like vacuuming, putting clothes on the line or taking the bins out)	Participate in a self-care activity e.g. going to bed early, painting, deep breathing, watching the sunset or having a bath.	Do something for a family member e.g. cook a meal, tidy part of the house, offer to mow the lawn/ get the washing off the line/ wash your pet)	Learn a new skill such as juggling, cooking, breakdancing, knitting or playing recorder	Spend at least 30 minutes outside connecting with nature
Participate in a virtual workout for at least 30 minutes. Some examples are Just Dance, Wii sports and YouTube fitness videos.	Complete a journal activity for the day or compile a list of things you are grateful for	Connect with someone who you have not spoken with in more than 1 month via google hangout or FaceTime	Complete a log book of your moods over the next week	Go on a nature walk, plant some seeds, listen to some birdsong or do some weeding...
Take your pet, teddy bear or sibling for a walk	Watch your favourite show/movie; then write down how it made you feel	Play a board game with your family members	Read a book/listen to a podcast or listen to your favourite artist	Think about someone you admire - what values do you share?
Create your own game to play with your family members. Be creative with your objects e.g. wrap up some socks to make a ball.	Tidy your room / desk	Write a thank you note to someone and post it/email it	Complete a jigsaw puzzle, sudoku or crossword puzzle	Write a weekly list of affirmations(e.g. I am capable of making it through this storm)

education.nsw.gov.au



Take care of yourselves everyone!

Mrs Adela King

Deputy Principal

FROM THE TEACHERS

PSC 10 WEEK CHALLENGE is still on

The Premier's 10 week Challenge is still going ahead as normal. It is encouraging to see that PSC registration numbers are still soaring! So far, **over 200,000** primary and secondary students and **6,945 staff have fully registered for the 2020 10 week Challenge**.

Whilst social distancing measures are a priority, finding ways to keep physically active is important to overall health and wellbeing, and physical activity might act as a protective measure against all types of illness. As all sporting competitions have been temporarily ceased, it is more critical than ever to find new or other ways to promote the importance of and remain involved in physical activity.

Resources to keep kids active during class

The Play for life resource has a wide variety of activities, many will be suitable in this situation <https://www.sportaus.gov.au/p4/>

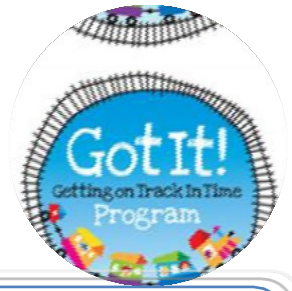
GoNoodle is widely used in primary schools, but can be great for secondary too <https://www.gonoodle.com/>

Thinking while Moving – the PSC website has a whole host of lesson plans for including physical activity into English and Maths lessons <https://app.education.nsw.gov.au/sport/psc/Resources>

Just Dance – there are hundreds of videos on YouTube https://www.youtube.com/channel/UChIjW4BWKLqpojTrS_tX0mg

Jessica Mu

Got It!



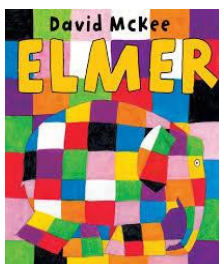
Talking with our children about their strengths and what they do well helps to develop their confidence and self-esteem.

Strengths

Everyone has strengths and often we have strengths that we are unaware of that other people notice about us. Talking to children about their strengths increases confidence and self-esteem because they are able to understand the positive ways they are perceived by others. Every so often when you notice a strength in your child, take the time to verbally acknowledge this to your child.



Book



This is a book you might like to read with your child. This book celebrates diversity and individuality. We all have different strengths and each person is unique. This book encourages us to think about celebrating and appreciating our differences.

Descriptive Praise

When parents use praise it builds up a child's 'emotional bank account'.

Descriptive praise is being specific in our language so children understand what they have done well. Instead of 'good boy' or 'good girl' you can make your praise more effective by describing what you liked about what your child did, 'I really like the way you have put all your toys away'. This builds a child's confidence as they learn that they can do things well.

From the Learning Support Team

Thank you for supporting your children in learning from home this week. We appreciate that this is no mean feat.

While you are working with them from your homes please be assured that the Learning Support Team is still working hard to support the students at the school, in particular those with learning difficulties or emotional needs.

The Learning Support Team is continuing to meet weekly. Our Learning and Support Teacher, Mrs Leonie Cole is continuing to work from school Tuesday-Thursday, as is the School Counsellor, Mrs Rachel Hercus. If you have any concerns or questions you can continue to reach us at the school phone number, 9875 3100.

The coronavirus outbreak may be harder for some children or young people to handle than others, for example those already experiencing anxiety. Children and young people develop coping skills through exposure to manageable amounts of stress. However, when there are high levels of stress or multiple stress factors (especially those they can't control) then it can impact on their physical and mental health, relationships, and learning and development. There are multiple sources of reliable information on supporting your children through stressful times including COVID-19 such as:

- The World Health Organisation (WHO) has some information on [How to cope with stress related to Novel Coronavirus \(COVID-19\)](#).
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- The APS (Australian Psychological society) has an excellent resource 'Tips for coping with coronavirus anxiety' on how to manage our own anxieties as well as how to talk to children about the corona virus. (<https://www.psychology.org.au/COVID-19-Australians>)
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- If you or your children would like some relaxation exercises, such as progressive muscle relaxation (great for going to sleep) or guided meditations, Beyond Blue have some good recordings: <https://www.beyondblue.org.au/get-support/staying-well/relaxation-exercises> Remember in all of this, everyone is different and what somebody finds helpful, another may not.
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- There is a free app called 'Smiling Mind' which has daily meditation and mindfulness exercises for children and young people.
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- While the school is still open Mrs Hercus is still available Tuesday-Thursday via the school telephone.
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- If you or your child needs counselling support outside of these hours, Kid's helpline is available 24/7 on **1800 55 1800**.
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- There is also an online chat counselling service available at eheadspace.com.au . Their website also has many helpful resources.

Please remember that your own mental health is vitally important for you and your family. If you need to talk to someone Lifeline is available 24/7 on **13 11 17**. If you feel you need longer term support please see your GP who can refer you to a psychologist, this may also fall under the Medicare 'mental health care plan' which entitles you to a Medicare rebate for sessions.

Mrs Rachel Hercus and Mrs Leonie Cole.

FROM THE COMMUNITY

Please note our school publishes events for the convenience of families but does not endorse any activity, person, product

Welcome!



Our mission

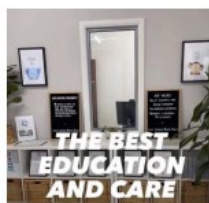
"We aspire to provide the best education and care, and create a nurturing environment for you and your child's individual needs"

What do we offer?

Quality educational program and individual care for your child.

We provide all daily meals and nappies to make things easier for busy families

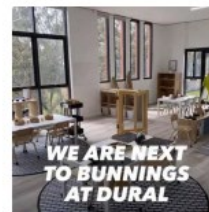
Professional and passionate educators



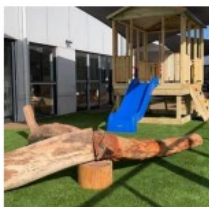
Follow us on
Facebook and Instagram!

Our Values

- Quality education and care
- Genuine partnerships
- Collaboration and contribution
- Respectful and reciprocal relationships



**Special
introductory
offers for new
families!**



Centre hours

We are open from 7am and close at 6pm weekdays.

Care for birth to 6 years

We are at
242 New Line Road,
Dural

www.learningblocks.com.au

**Now Open
Call 9651 7700**

**Free Playgroup with Hills
Playgroup on Monday and
Wednesday**

Contact Hillsplaygroup@learningblocks.com.au