

John Purchase Public School

Advance Together: Strive for Excellence



9875 3100



9875 3762



johnpurch-p.school@det.nsw.edu.au
www.johnpurch-p.schools.nsw.gov.au



THE CALENDAR

Events cancelled or postponed at this point.

Dates will be posted here when finalised and when school activities get back to normal!

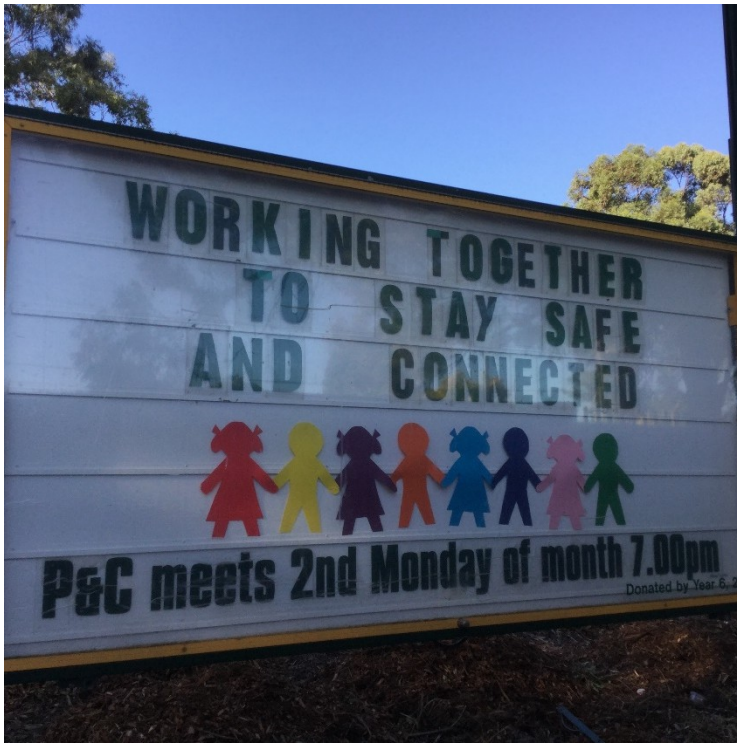
FROM THE PRINCIPAL

WE ARE MISSING THE CHILDREN!

We certainly have had a very different holiday break and start to term and are looking forward to welcoming students back to school for one day per week from 11th May. While our staff have been busily connecting with students online, we really have been missing seeing the children's smiling faces at school.

Thank you for returning the survey so quickly, which allowed us to consider the needs of our community when devising our plan for the phased return of students over the coming weeks. As you would be aware, the survey results, frequently asked questions and phased plan were emailed out on Friday.

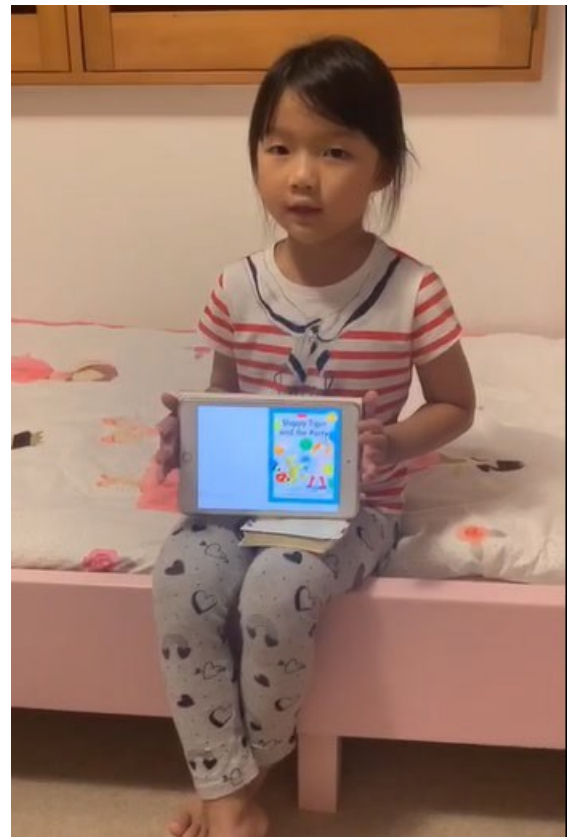
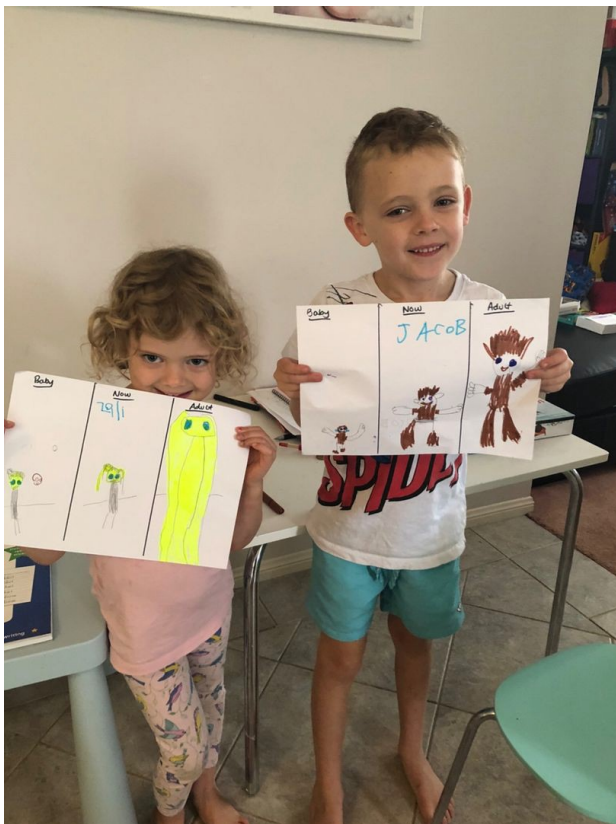
We seem to be on track to continue flattening the curve so that we can get back to learning at school full time for every student!

CELEBRATING LEARNING AT HOME AND AT SCHOOL

It has been such a delight to see and listen to some of the children's work while learning at home. I am incredibly proud of our students and teachers for their efforts and also so very appreciative of our amazing parents for the support you have been providing to the children.

While our teachers provide video snippets, zoom lesson overviews, written instructions and feedback, we know it's not the same as having teachers in front of the children all day and it's so helpful that parents are taking this journey with us. This is such a challenging period with so much to juggle, but I feel I can speak for our staff when I say we are so appreciative of the superb job our parents are doing.

While it is a difficult period, it is also a special time that may never eventuate again, a time to enjoy being more engaged with what children are learning at school.



In History, Stage One students were learning how they have grown and changed over time. In reading, they were learning to summarise a story and in Health, they have been learning what to do in an emergency situation.

Learning to Call Emergency Services

Last week, when stage 1 students were learning to call emergency services, the teacher received some wonderful examples of students practising this.

Here is a transcript of an audio recording from a stage 1 student. The students were learning how to make an emergency call. Dad was being a fabulous help playing the part of the telephone operator. Ring ring ring ring

Operator: Hello emergency. Fire, police or ambulance?

Child: Ambulance

Operator: Tell me exactly what's happened?

Child: My mum has fallen down the stairs and she's not awake.

Operator: And who am I speaking to?

Child: Aisha

Operator: How old are you?

Child: 7

Operator: Are there any other adults at home who can help?

Child: No

Operator: Okay. Do you know your address?

Child: Yes. 1 Cherrybrook Rd, Cherrybrook.

Operator: Okay. I've organised an ambulance. It's on its way. Are you inside or outside the house?

Child: Inside the house.

Operator: Okay so your mum has fallen down the stairs and she's not awake. Is she breathing normally?

Child: Yes.

Operator: You can see her breathing?

Child: Yes.

Operator: How old is mum?

Child: 99

Operator: 99? Okay the ambulance is on its way.

Child: Can you stay on the phone with me until help arrives?


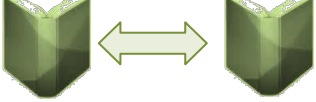

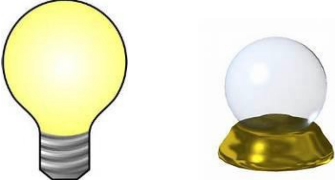








READING TOGETHER AT HOME – PRACTISE MAKES PERFECT!

This is a wonderful opportunity to share the joy of reading with the children. We are always encouraging as much reading as possible, and this includes while learning at home. It's been lovely listening to the children reading out aloud and also to see the teachers' filming read-a-louds to the children.

Here is a helpful outline of questions to ask children after reading a story, whether it be a short picture book or part of a novel or when reading informative text. Of course, not all questions would be suitable for all ages and all books, but this does provide an idea of the kinds of questions to ask children to promote understanding.



Super Six strategy	Visual reminders	Questions you can ask your child during home reading
 <p>Making connections</p>		<p>Have you read other texts like this one?</p> <p>Does this remind you about something you have experienced?</p> <p>Have you seen a documentary, news article or website about this topic?</p>
 <p>Predicting</p>		<p>Can you use these pictures or diagrams to predict what the book will be about?</p> <p>Do you think you know what will happen next?</p> <p>When you first saw the book, even before you read it, what kind of book did you think it was going to be?</p>
 <p>Visualising</p>		<p>Could you draw a picture or diagram about the information you have just read?</p> <p>When you were reading, did you 'see' the story happening in your imagination?</p> <p>Can you explain your mental image of this scene or character?</p>
 <p>Summarising</p>	<p>Very important points</p>	<p>What were the most important points in this information?</p> <p>Can you tell me the main idea in this story?</p> <p>What was an interesting piece of information you have read about?</p>
 <p>Monitoring</p>		<p>Does this information make sense?</p> <p>Are there any words you didn't understand?</p> <p>Do you need to clarify the meaning of any words in the text?</p>
 <p>Questioning</p>	<p>How? What? Where? When? Why? Who?</p>	<p>Can you think of a question you could ask the author?</p> <p>Does this information make you want to research further about the topic?</p> <p>How does the text make you feel?</p>

KEY LEARNING AREAS DURING LEARNING AT HOME PERIOD

Here are some guidelines outlining how long children can be engaging in the key learning areas during the COVID-19 *Learning at Home* period. For some students the set work may seem a lot and for others it may not seem enough.

Our stage teams have used various methods to manage this - such as setting optional tasks and identifying work samples which are most important to upload.

	ES1	ST1	ST2	ST3
English	45-60 mins	45-60 mins	45-60 mins	45-60 mins
Maths	30-45 mins	30-45 mins	30-45 mins	30-45 mins
Other KLAs	30-60 mins	30-60 mins	60-90 mins	60-90 mins
Other Activities	eg wellbeing or sport	eg wellbeing or sport	eg wellbeing or sport	eg wellbeing or sport

Additional programs, such as Mathletics also allow extra practice for students.

We know our students will continue trying their best to complete what they can and will continue to ask for assistance if required.

BC TV EDUCATION

The Department of Education (DoE) has a partnership with ABC TV Education.

The DoE has collaborated with ABC TV Education to plan a [daily schedule](#) of free to air educational programs, from Monday 27 April 2020 to Friday 8 May 2020.

Programs can be accessed via the ABC TV Education broadcast on ABC ME (Channel 23) from 10am- 3pm weekdays. Each day commences with programs suitable for lower primary students followed by upper primary and then secondary.

These programs are complemented by student booklets to cover all school ages and a range of subjects. You can download these resources on the [Learning from home hub](#).

SUCCESSFUL CLOSE QUARTER LIVING

Close quarter living is the new family norm thanks to the coronavirus pandemic. While challenging at first glance, with strong parental leadership families can thrive in these interesting times. Refer to the article below by Michael Grose.

A COVID-19 UPDATE FOR PARENTS & CARERS FROM THE NSW GOVERNMENT

Stay up to date with the NSW Department of Education's response to COVID-19.

The department's dedicated [COVID-19 page](#) is the best place for parents and carers to go for the latest advice, current news and resources during this period.

There you'll find links to:

- **Answers to FAQs** about the department's response to COVID-19.
- **NSW Schools Update app** to receive operational status updates for NSW public schools.
- **Learning from home** resources relevant for continuing your child's education at home.
- **Advice for families** from the department to support your household during this time.

And remember: Wash your hands, cover your cough and stay at home if you're sick!

<https://education.nsw.gov.au/covid-19>

Mrs Leonie Black
Principal

Notice of Special General Meeting

When : Monday 11th May 7pm

Where : Zoom

<<https://us02web.zoom.us/j/92493930371?pwd=bUpDZ0czTWpOK0xRMFZ1OFZiRURUUT09>>
(Meeting ID: 924 9393 0371, Password: 174772)

Please make sure your name is set correctly so that we can record attendance properly.

Purpose : Elections of Vacant P&C positions

Dear JPPS Parents and Carers,

At the P&C Annual General Meeting in March, a number of roles on the P&C did not get filled. These roles are still open for nominations and to be filled. If you are interested in taking up one of these roles, please fill out the attached form and email it to the school by 3pm Mon 11th May.

See the attached link on the school website to find out more about some of the roles.
(<https://johnpurch-p.schools.nsw.gov.au/p-c/p-c-rules-and-guides.html>)

If you have any questions, contact Anh Holland, one of our current Vice Presidents at johnpurchpublicschool-vp1@pandcaffiliate.org.au or call her on 0404082240.

Voting will take place straight after the General Meeting at 7pm 11th May.

If you are not currently a member of the P&C, you must attend the General Meeting first.

If two or more candidates are standing for the same role, we will defer any votes for election until such time as we are able to meet face to face and conduct a traditional ballot.

Roles available for nominations

- President
- Secretary
- Executive members x2
- Child Protection Officers: Female Officer
- Canteen/Uniform Subcommittee Convenor
- Canteen/Uniform Subcommittee Minute taker
- Canteen/Uniform Subcommittee Members x 2

From the P&C



John Purchase Public School Parents &
Citizens Association

"Participate & Communicate"



NOMINATION FORM

for 2020 JPPS P & C Association Positions

Nominee to complete (self nomination)

Nominee Name: _____

Phone Number: _____

Position nominated for: _____

~~Returning Officer only~~ -----

Accepted by: **Name** _____

Signature _____

Seconded by: **Name** _____

Signature _____

~~Nomination form to be completed and emailed to the office prior to 3pm Monday 11 May: - -~~
The school email address is johnpurch-p.school@det.nsw.edu.au

**THE MEETING WILL BE HELD ON MONDAY 11 MAY AT 7PM
ON ZOOM**

INSIGHTS

Successful close quarter living



The current physical distancing measures due to the COVID-19 pandemic will be with us for some time. This cocooned existence is a test of parental patience, children's willingness to cooperate and a family's ability to pull together.

So, if you're about to enter the family cocoon, or even if you've been living in close family quarters for some time, the following tips will help ensure your children not only survive each other, but emerge from the cocoon with a strong sense of camaraderie, a greater appreciation for their siblings and knowledge that they belong to a rock solid family who can pull together in a crisis.

Get kids on board

Start your period inside the family cocoon by getting everyone on board. Give kids a voice in how they'd like their social isolation time to flow. Listen to their fears and worries. Empathise with any concerns about missing regular activities and contact with friends but point to the positives of having more free time than normal. Consider providing kids with family organisation roles – the music girl, games guy, food planner and so on – and swapping these regularly to maintain interest. At Parenting Ideas, we believe that it's reasonable to expect kids to help at home and there are many resources at our website that help with this.

Establish structure

Many kids struggle with anxiety when routines break down, so ensure that you have a regular structure that brings predictability to each day. Parents and kids need their own routines starting with get up times, work times and in the event of at home learning, times for schoolwork. Break the day into different time zones that mirror their school days. A regular structure will make the days more workable, feel shorter and be more manageable. It's important to keep daily foundation behaviours in place such as waking up at the same time, dressing for school and preparing for class as they trigger your child's readiness for learning. Similarly, relaxing your routine on the weekend gives everyone a break from the structure of the school and working week. A regular family meeting provides an ideal way to give kids some input into their own routines and also a say in how family-life looks in the cocoon. If formal meetings are not for you, then ask for opinions and gain feedback in more conversational ways.

Set up activity zones

The Nordic countries with their long, dark winters lead the way in successful close quarter living. One of their major strategies for success is the establishment of living zones within homes and apartments. These zones differ from the usual sleeping, cooking and communal living areas that you may be used to. They incorporate areas for individual activities including learning, playing, chilling out and exercise. With consistency, children soon associate a specific activity with a particular zone making concentration and focus a great deal easier. Avoid having multiple activities in one space as this may lead to conflict, while diluting the impact of this whole zoning strategy.

parenting*ideas

Get moving, grooving and having fun

Maintaining children's healthy exercise levels when organised sports and informal group play are prohibited is a major challenge for parents. Some organisation and creativity will help. Establish mini movement breaks during each day involving dancing, shooting hoops and exercise to movement. Remember that any activity that gets kids arms and legs moving is beneficial to their physical and mental health. Amp up the fun factor by incorporating music, dancing to online videos and playing simple indoor games.

Instil good mental health habits

As the old saying goes 'prevention is better than a cure', which is pertinent if your child is prone to anxiety and depression. With routine preventative measures such as playing and talking face to face with friends on hold, consider introducing regular mindfulness and breathing into your daily routine. At Parenting Ideas we recommend the resources at smilingminds.com.au as they cater for mindfulness for all groups and at any level. Schedule times for kids to digitally connect with friends so that they don't experience the effects of isolation.

Know when to steer clear

It's hard for family members who are used to doing things on their own to suddenly be thrust together in each other's company for extended periods of time. Many family holidays end in sibling squabbles because family members aren't used to spending so much time together in the same space. Encourage kids to spend some time alone each day so they can relax, reflect and draw on their own emotional resources. Time alone is an under-rated contributor to a child's resilience and mental health.

And know when to come together

While time alone is important it's also essential for your family to come together to connect, to have fun and to enjoy each other's company. Work out your regular family rituals and make these non-negotiable. Evening meals, family discussions and at least one weekly movie or entertainment activity give children and parents the opportunity to come together on a regular basis.

This time spent with your family inside the cocoon at first may be difficult, as it requires changes of habit and behaviour from everyone. There are many positives to close quarter living brought about by COVID-19. Families now get a chance to connect with each in real time and bond with each other in deep, meaningful ways.

Parents also get the chance to establish the positive behavioural and mental health habits in their children that has so often been made difficult by the insanely busy lifestyle that we've all been living for some time now.

The roller coaster has stopped. It's now time adjust to a slower pace and have the types of conversations and pleasurable times with kids that have meaning, have impact and leave lasting memories.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

FROM THE DEPUTY PRINCIPAL

Parent Interviews

At the end of last term, our staff demonstrated a high level of flexibility by creating many opportunities for parents to participate in individual telephone interviews with teachers, rather than cancelling this important calendar event. I trust that parents found this opportunity incredibly valuable. Thank you to all concerned.

Working Together to Stay Safe and Connected



Term 2 commenced last week under the Department of Education's 'Phase 0' structure (see chart below). The majority of students at John Purchase Public School continue to engage in learning at home, while a small number of students complete online programs while attending school.

Learning at home programs for all JPPS students, prepared by our wonderful teachers and support staff, can be found at <https://johnpurch-p.schools.nsw.gov.au/online-learning.html>



NSW Department of Education

At all times

- Schools are safe places for students, teachers and staff.
- All students engage with a single unit of work.
- Keep up-to-date with your school's communications to make sure you receive important messages about timetable changes.
- Any identified cases of COVID-19 will continue to be managed in line with health advice, including temporary school closures where necessary.

Learning from home

Practical resources and guides to support students are available at the department's [Learning from home hub](#).

A managed return to school

Guidelines for families

Schools are open for families who need it.	Students at school at least one day per week.	Students at school at least two days per week.	Students at school five days per week, with social distancing measures.	Students at school five days per week, with full school activities.
<ul style="list-style-type: none"> Families are encouraged to keep their children at home wherever possible, with no student to be turned away. Students who attend school are supervised only, not in their regular classes. No excursions or inter-school activities. Continued enhanced cleaning and hygiene supply arrangements. 	<ul style="list-style-type: none"> Schools have discretion for establishing which group attends on which day, with a preference to group siblings/families together. Families who need to send their child to school every day may continue to do so and no child will be turned away. Classes are split across different spaces and break times can be staggered. No excursions or inter-school activities. Continued enhanced cleaning and hygiene supply arrangements. 	<ul style="list-style-type: none"> Schools have discretion for establishing which group attends on which days, with a preference to group siblings/families together. Families who need to send their child to school every day may continue to do so and no child will be turned away. Classes are split across different spaces and break times can be staggered. No excursions or inter-school activities. Continued enhanced cleaning and hygiene supply arrangements. 	<ul style="list-style-type: none"> Students with increased health risks may continue to learn at home to suit their individual needs. Students remain in the same classroom for the day, break times can be staggered to reduce mixing between class groups. No excursions or inter-school activities. Continued enhanced cleaning and hygiene supply arrangements. 	<ul style="list-style-type: none"> Normal school breaks and entry/exit processes will resume. Infection control procedures will continue on a school by school basis. Communication to staff, students and families regarding NSW Health advice will continue. Continued communication to the Early Childhood Education sector regarding NSW Health Advice.
You can now	You can now	You can now	You can now	You can now
<ul style="list-style-type: none"> Send your child/children to school one day a week. You are encouraged to keep your child at home for the rest of the week wherever possible. Check with your school to see which day of the week your child/children should attend. Use the school canteen and uniform shop where appropriate hygiene measures are in place. 	<ul style="list-style-type: none"> Send your child/children to school two days a week. You are encouraged to keep your child at home for the rest of the week wherever possible. Check with your school to see which two days of the week your child/children should attend. Use the school canteen and uniform shop where appropriate hygiene measures are in place. 	<ul style="list-style-type: none"> Send your child/children to school every day. Access community services run on school sites, where they are not restricted by Public Health Orders. Use the school canteen and uniform shop where appropriate hygiene measures are in place. Walk your child/children into and out of school while maintaining social distancing. 	<ul style="list-style-type: none"> Send your child/children to school every day. Participate in school excursions and inter-school activities. Use playground equipment at schools. Drop your child/children off at school as you would normally do. Participate in school based activities such as volunteering in classes and assemblies. Use services that usually operate at your school like canteens and other community run activities. 	
You must continue to	You must continue to	You must continue to	You must continue to	
<ul style="list-style-type: none"> Keep your child/children at home if possible. Support your child/children to continue learning at home. Communicate with your school via email and phone wherever possible. Follow the health advice and keep your child/children at home if they are unwell. 	<ul style="list-style-type: none"> Follow your school's advice regarding changes to drop off and pick up, including staying in your car when dropping off and picking up your child/children if safe to do so. Maintain social distancing by avoiding gathering outside of school gates. Make sure your child/children have access to lunch and snacks, noting some canteens may not be operating at this stage. Support your child/children to continue learning at home on remote learning days. Communicate with your school via email and phone wherever possible. Follow the health advice and keep your child/children at home if they are unwell. 	<ul style="list-style-type: none"> Follow your school's advice regarding changes to drop off and pick up, including staying in your car when dropping off and picking up your child/children if safe to do so. Maintain social distancing by avoiding gathering outside of school gates. Make sure your child/children have access to lunch and snacks, noting some canteens may not be operating at this stage. Support your child/children to continue learning at home on remote learning days. Communicate with your school via email and phone wherever possible. Follow the health advice and keep your child/children at home if they are unwell. 	<ul style="list-style-type: none"> Follow your school's advice regarding changes to drop off and pick up, including staying in your car when dropping off and picking up your child/children if safe to do so. Maintain social distancing by avoiding gathering outside of school gates. Make sure your child/children have access to lunch and snacks, noting some canteens may not be operating at this stage. Support your child/children to continue to learn at home if they are required to learn remotely. Communicate with your school via email and phone wherever possible. Follow the health advice and keep your child/children at home if they are unwell. 	

A managed
return to school

Guidelines for families

Our School Expectations



This week's expectation is:

Responsibility: Wash your hands!

Covid-19 Resources for Parents

We are pleased to share the following resources to parents from the NSW Department of Health and the World Health Organisation (please see below).

Special Religious Education and Ethics

Face-to-face Special Religious Education (SRE) and Special Education in Ethics (SEE) will not be available until schools resume normal operations (Phase 4). This includes the use of interactive online media such as Google Classrooms, Seesaw or Zoom.

Following discussions with the Special Religious Education (SRE) and Special Education in Ethics (SEE) approved providers on the Consultative Committee for SRE and SEE, approved providers will deliver their authorised curriculum with modifications to enable students to learn from home from the commencement of second term 2020.

The approved providers acknowledge the necessity to review lesson content of the authorised curriculum and the mode of delivery to enable ease of access by students. The approved providers recognise that learning at home will not replicate face-to-face learning at school.

From the commencement of second term, there will be five live portal entry points to lesson content:

- [Approved providers for All Faiths SRE](#) (Islamic, Jewish, Buddhist, Bahai, Hindu)
- [Anglican SRE](#)
- [Catholic SRE](#)
- [Approved providers for Christian based faith SRE](#)
- [Primary Ethics for SEE](#)

Additionally, the coordinator of Catholic scripture has provided the following learning from home link for our Catholic students at:

<https://www.bbcatholic.org.au/parish-community/ministries/ccd/curriculum/learning-from-home-sre-lessons>

Mrs Adela King
Deputy Principal

COVID-19 Resources for Parents

WEBSITES



<https://raisingchildren.net.au>

Provides free, reliable, up-to-date and independent information to help families grow and thrive together. Contains information on COVID-19 and how to help your family cope.



www.esafety.gov.au

Information on how to stay safe online during the COVID-19 pandemic



www.parentline.org.au

1300 130 052

Provides telephone counselling, information and referral service for parents and carers of children ages 0 to 18 who live in New South Wales



www.familyreferralservice.com.au

1800 066 757

Brings together families, support services and community resources so that our children and young people are safe and well



<https://coronavirus.beyondblue.org.au>

1800 512 358

Information, advice and strategies to help you manage your wellbeing and mental health during the COVID-19 pandemic



<https://emergingminds.com.au>

Resources for parents and carers to best support their children and reduce worry and distress during the COVID-19 pandemic

ARTICLES

(Click on title to view article)

[Coronavirus \(COVID-19\) and children in Australia](#)

[Communicating with your child about COVID-19](#)

[Physical distancing and family wellbeing](#)

[Home schooling & keeping kids busy during COVID-19](#)

[Helping your children get along during quarantine](#)

[What to Say to Your Child about the Coronavirus](#)

[Staying Sane When School is Closed](#)

[Working From Home with Kids](#)

Official Coronavirus Information

NSW COVID-19 Website

www.nsw.gov.au/covid-19

Australian Government's National Coronavirus Helpline

1800 020 080 (24 hours, 7 days a week)

Useful Contacts

Domestic Violence Line 1800 65 64 63

Mental Health Line 1800 011 511

Lifeline 13 11 14

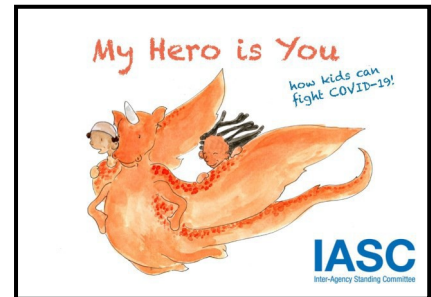
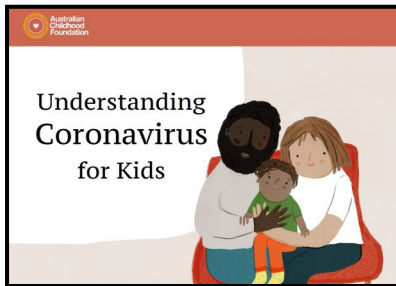
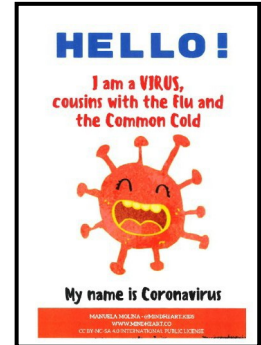
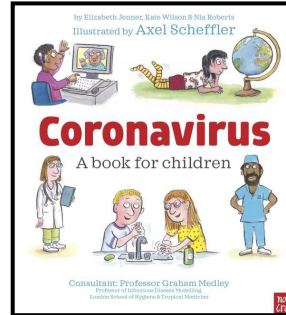
Mensline 1300 78 99 78

In an emergency, please call 000 or go to a hospital emergency department

COVID-19 Resources for Parents

BOOKS

Free children friendly ebooks available to download (click on book cover to download)



WEBSITES FOR CHILDREN AND YOUNG PEOPLE

The Digital Lunchbreak <https://www.digitallunchbreak.nsw.gov.au>

The Digital Lunchbreak website has been developed in response to Covid-19 to collate a variety of activities and resources government and non-government organisations have made available for children and young people.



Kids Helpline <https://kidshelpline.com.au>

Kids Helpline is an Australian free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.



headspace <https://headspace.org.au>

Information, resources and support for young people dealing with mental health issues.



Youth Beyond Blue www.youthbeyondblue.com

Information, resources and support for young people dealing with depression and/ or anxiety.





World Health
Organization

Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

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.

We are currently putting together a range of suitable strategies that teachers can utilise to achieve this effectively and will publish these as soon as possible. In the meantime, some suggested strategies for your classes are listed below, we encourage facilitators to share these widely with their colleagues.

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/p4l>

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/UChIjW4BWKLqpoiTrS_tX0mg

Jessica Mu

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.
-
- 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.

Got It!



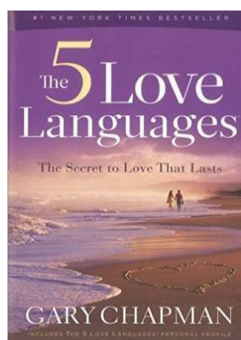
Spending **quality time** with our children helps build positive relationships, improves self-esteem, and is essential to optimal development.

Our lives can get so busy that quality time with our children can fall off the radar but it is important to find a few minutes here and there.

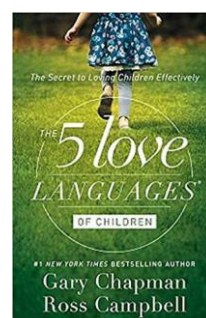
Ways to spend quality time with your children:

1. Plan regular **scheduled dates**. Planning and scheduling quality time means our kids look forward to quality time.
2. Take **pictures together**. Photos create memories that stretch quality time beyond the time you physically spent together.
3. **Cook together**. Your child gets to spend time with you and learn some helpful life skills as well!
4. **Eat dinner together** as a family a few times a week.
5. **Exercise together**. It's good for both of you.
6. **Play together**. Build an indoor cubby house with an old sheet, build a fort out of boxes, play doctor, or have a family games night.
7. Build quality time into your **morning and bedtime routines**. Set aside time to really talk together, read together, relax together - whatever suits your family.
8. Remember, it is **quality** not **quantity** - just 5-7 minutes a day of one on one time is enough.

Resource: A book about the different ways people express love.



*The 5 Love Languages
By Gary Chapman*



*5 Love Languages
of Children
By Gary Chapman
and Ross Campbell*



Health
Northern Sydney
Local Health District

FROM THE P&C**Canteen Re-Opening – Monday 18 May**

The Canteen will be re-opening in week 4 on Monday 18th May from 8.30am to 1.30 pm Monday to Friday. As the Department and the school are discouraging non essential adults in the school and have advised us not to have volunteers, we are not having any volunteers in the canteen. Therefore the canteen will be staffed by either Donna or Anna, or sometimes both when it gets busier. To all our volunteers who are keen to get back and help in the canteen, we will let you know when you can come back to help us – we will miss your friendly smiley faces.

To reduce cash handling, we would ask parents to order the lunches on www.flexischools.com.au however we will still accept lunches over the counter before school. Please ensure the bags are written on to save time and avoid queuing in the morning.



There will be lines on the ground for students to line up and keep social distance from each other as well as a teacher on duty to ensure the 1.5m distance is adhered to.

Only students with lunch orders will be allowed to pick their lunches up so please ensure your child knows they have a lunch order.

Anna and Donna

ORDER YOUR WINTER UNIFORMS NOW! - UNIFORM SHOP OPEN ON WEDS 11 MAY & FRI 13 MAY FOR A PICK UP ONLY SERVICE

The uniform shop will be open from 9am to 11am on Wednesday 13 May and Friday 15 May for the collection of new uniforms.

Please purchase new uniforms via Flexischools at least 24 hours prior to picking up the uniforms. This will enable us to quickly give out uniforms, fostering social distancing. This is important as it can take 24 hours for Flexischool orders to be received and processed. The orders will be packaged and ready for collection on 13th and 15th May (Week 3).

We ask that you do not venture beyond the uniform shop, that you do not arrive prior to 9am and that you leave the school immediately after picking up the

purchase. We want to have all students in class before any parents arrive for uniform pick-ups. Please also respect the 1.5 metre distancing rule if there are any other parents waiting to pick up parcels.

Sarah

BOOK CLUB IS COMING!

We're really excited to have **BOOK CLUB** running this Term, but it will look a little different! It will be a **virtual catalogue** rather than the printed catalogues you're used to receiving.

To order from this issue go to:

Virtual Catalogue: <https://scholastic.com.au/book-club/virtual-catalogue-1/>



Place your order on LOOP as normal and orders need to be in by:

18th MAY 2020

We will receive your order here to our school like normal.

It is anticipated that orders will be arriving during the student transition back into the classroom, so it is likely that orders will be distributed in class as 'normal'. However, if circumstances do not permit this, other arrangements will be made to get orders to students speedily so they can enjoy their books asap!

If you have any questions or queries, please email Book Club Parent Volunteer:

Ruth.dsilva@bigpond.com



Even though this is a virtual catalogue, we will still receive 20% of your order value back in Scholastic Rewards to use to purchase additional books and resources for our school!