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17th September 2021

## Principal's Message



Welcome to our Term 3 Week 10 newsletter. I hope you are all well and keeping safe.

### Covid Update – the return of students to school

Currently the clear message from NSW Health is that families should be keeping children at home unless it is absolutely necessary for them to attend school.

Looking ahead, on Friday 27 August 2021 the Premier announced the return to school roadmap for students in NSW. Students will return to face-to-face learning either through a 'staged return' or 'full return', depending on NSW Health conditions in their area.

### Full return (Level 3)

Areas across NSW that are removed from stay-at-home rules will return to school under Level 3 settings. This is a full return for all students to schools, with reduced mingling and on-site activities.

### Staged return (Level 3 plus)

Where stay-at-home rules are still in place but high community vaccination and low transmission conditions are met, students will return to school in a staged way. This is a staggered return for prioritised cohorts, with no mingling or on-site activities.

### Local Government Areas of concern

Identified Local Government Areas (LGAs) and suburbs of concern operating under Level 4 plus restrictions will continue learning from home until we are advised otherwise by NSW Health.

### Order of return

Students will return to face-to-face learning with NSW Health-approved COVID-safe settings on school sites in the following order:

From 25 October 2021 – Kindergarten & Year 1

From 1 November 2021 – Years 2 & 6

From 8 November 2021 – Years 3, 4 & 5

We will be providing further advice as we develop our plan for a staged return.

The return to school roadmap is subject to change depending on new information expected through the Public Health Order and additional advice from NSW Health. You can stay up to date with the most recent advice on our [Advice for families page](#).

### Vaccinations for school staff

To ensure a COVID-safe return to school, all NSW public school and preschool staff on-site to support the staged return of students will be required to be fully vaccinated. Any contractors, volunteers or people on site who require a Working With Children Check will also be required to have 2 doses of vaccination before returning to our school.

Our staff have been encouraged to make use of the various routes for priority vaccination available to them and to book appointments for whatever vaccine is available as soon as possible. We will continue to work with NSW Health to prioritise vaccinations for all staff across NSW.

All NSW school and preschool staff will be required to be fully vaccinated by 8 November.

The department's [COVID-19 webpage](#) is constantly being updated, and outlines the restrictions in our schools as well as other useful information and resources to keep you up to date and supported.

### Learning from Home

[The learning from home page](#) has a wide range of curriculum-based activities to further supplement your child's learning, if required.

We understand the pressures of parents both supervising learning from home as well as completing their own work. There are some helpful [wellbeing tools](#) available to help look after yourself and those around you. Parents are the best judge of

what is appropriate for your child to be doing at home. Please don't hesitate to reach out to me or your child's teacher if you need further guidance or something is not working for you.



Thank you again for your understanding and support of our school, please do not hesitate to reach out if we can do anything to assist you and your family to help us all get through these challenging times.

### The Journey Ahead of Us

The following information, taken from the Department of Education website, regarding the level of operation in schools is worth reading as we navigate our way back to face to face teaching and learning when it is safe to do so.

### Levels of restrictions

Depending on local conditions, schools will operate under one of the following levels of restrictions:

- [Level 4 plus](#): Minimal students and staff on-site; learning from home, parents must keep children at home, schools are open for families who need it
  - While on school sites, masks or face coverings are required for all staff, and all students in Year 7 and above.
- [Level 4](#): Learning from home; parents must keep children at home, schools are open for families who need it.
  - While in indoor settings in schools, masks or face coverings are required for all staff, and all students in Year 7 and above.
- [Level 3 plus](#): Staggered return of students to face-to-face learning for areas under a stay-at-home rule.

- o Priority to return to face-to-face learning will be for students in Kindergarten, Year 1 and Year 12 as well as those completing their HSC.
- o While at school, face masks are required in all indoor and outdoor settings for all students in Year 7 and above. Masks are strongly recommended for primary students.
- **Level 3:** COVID-safe; further restrictions on activities and non-essential visitors
  - o While in indoor settings in schools, masks or face coverings are required for all staff, and all students in Year 7 and above.
- **Level 2:** COVID-safe; restrictions on activities and non-essential visitors
  - o While in indoor settings in schools, masks or face coverings are recommended for all staff, and all students in Year 7 and above.
  - o No NSW public schools are currently operating at this level.
- **Level 1:** School operating in a COVID-safe way
  - o Staff and students are supported to wear a mask or face covering should they choose to do so.
  - o No NSW public schools are currently operating at this level.

## Parenting, Work, Routines & Schooling. How can we manage it all?

Please see information below regarding a 1 hour workshop with leading child neuropsychiatrist, Dr Dan Siegel, on how to navigate these difficult times with more presence and connection as a family.

In this workshop, Dr Dan Siegel & his colleague, Nikki, discuss:

- How to nurture your child's developing mind
- Help your child manage large emotions
- Tips on how to help your family thrive

<https://www.lifeskillsgroup.com.au/parenting-uncertain-world-replay?>

## Wellbeing Tips for Parents taken from Holistic Management and Consultancy







### ▼ 1. Eat Well

In the United States, Canada, the Republic of Ireland, and United Kingdom, hiking means walking outdoors on a trail, or off trail, for recreational purposes. A day hike refers to a hike that can be completed in a single day. However, in the United Kingdom, the word walking is also used, as well as rambling, while walking in mountainous areas is called



### ▼ 2. Meditation

Meditation is a beautiful way to center yourself. When life is stressful or your mind is racing, you can always turn to meditation. It's also accessible to everyone because you can do it anywhere. All you need to do is find a quiet, comfortable space, close your eyes, and simply breathe. If you don't know where to start, or you just prefer guided meditation, I would recommend downloading an app. There are lots of great ones out there! When you dedicate yourself to easing your mind every day, you will reap the benefits of meditation as your own wellness advocate



### ▼ 3. Get Physical

Moving your body in a mindful way is much different from exercising or working out. This isn't about forcing yourself to do something you hate. This is about tuning in to your body and asking yourself what you need. One of my favourite ways to move my body is walking outdoors with my dogs. I look at the sky, the flowers, the trees, and the beauty all around me. I become present and aware. I love the way my body feels. Find a way to move that makes both your body and mind feel good. Maybe a hike or a yoga class is what you're looking for? If you haven't found your mindful movement of choice, keep looking. Because the best part about finding it, is that you get to choose something you enjoy!



### ▼ 4. Self Love

Surround yourself with joy  
Where do you spend most of your time? Is it your desk at work? Is it your car? When you look around your surroundings, do you feel a burst of joy? If not, the next step is to create an environment you absolutely love. My favourite things to surround myself with are fresh flowers, positive messages, pictures of people I love, salt lamps, essential oils, and my favourite books. It's an act of self-love when you are in a comfortable environment full of the things that bring you joy. When you can smile by just looking around, you're practising self-love!





### ▼ 5. A Good Read

Finding a book (or books!) that speak to you is an extremely important part to self-love and wellness for the mind. Go lose yourself in a bookstore. Walk through the self-love book aisle and see what chooses you.



### ▼ 7. Find your place of bliss

We should all have that one place we can go to and feel blissful. For example, when I need a pick-me-up or a place to rejuvenate my soul, I head to a coffee shop. Something about sitting down at a table, surrounded by the positive energy, working on my computer, and sipping on a latte fills my needs. Think about where you love to go. Is it a walk along the beach? A hangout with friends? A workout class? An art class? Self-love is about filling up your own cup. When your cup is full, you can better serve others.



### ▼ 6. Ask for Help

When you're having a hard time, you'll be surprised that most people do want to be there for you. It may be hard to be vulnerable and ask for help, but one of the best ways to get through a tough time is getting the support you need.

It's okay to not be okay. The point is, you don't have to go through it alone. Asking for the support you need is a gift that you get to give yourself.



### ▼ 8. Gratitude

Having a morning and nighttime routine that's dedicated to gratitude is an amazing way to boost your self-love. And all you need is a journal to start.

When you wake up every morning and each night before you sleep, write down three things for which you're grateful. It's a beautiful way to honor yourself and your life. It's a perfect time to say thank you to your body!

Reference - <https://www.healthline.com/health/8-ways-to-embrace-self-love>



## Final Class Zoom photos for Term 3

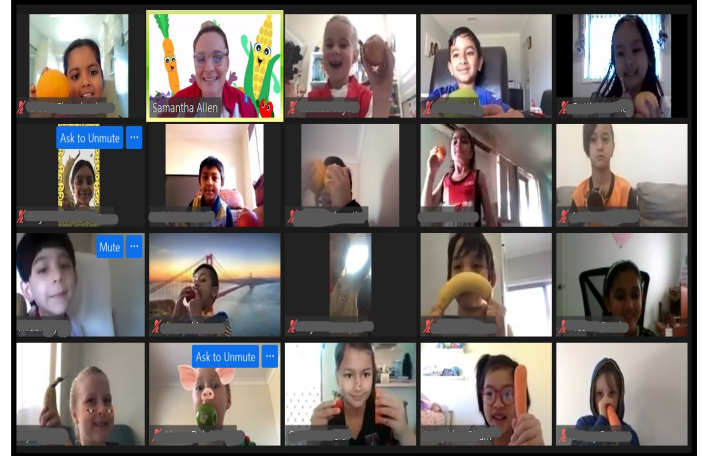
Here are our last zoom class photos for Term 3. I'm really proud of our students and staff. They've made it through a very challenging and difficult term. They've made the very best of this situation we all find ourselves in.

Thank you to all our wonderful parents who have been managing the home learning space on top of everything else that is happening for families. We so appreciate your support.

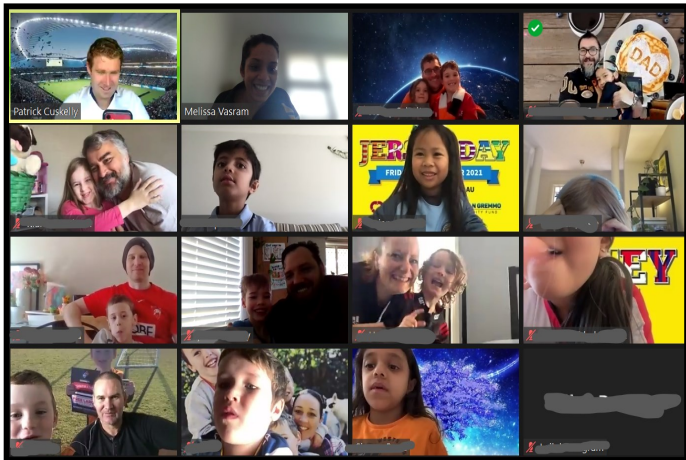
KM



1A



1C



1J



1W



1/2V





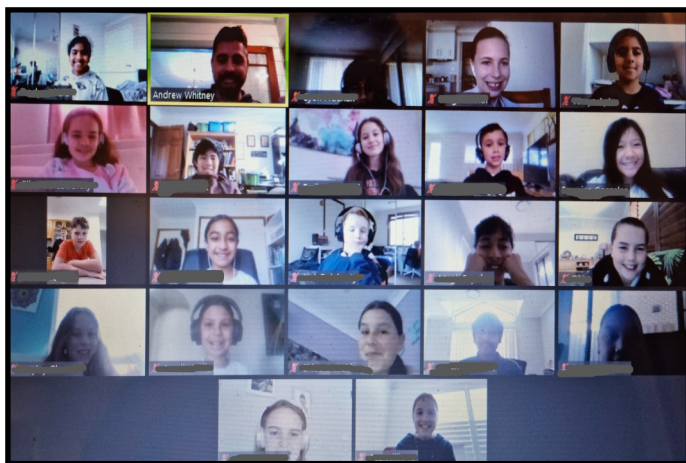
2F



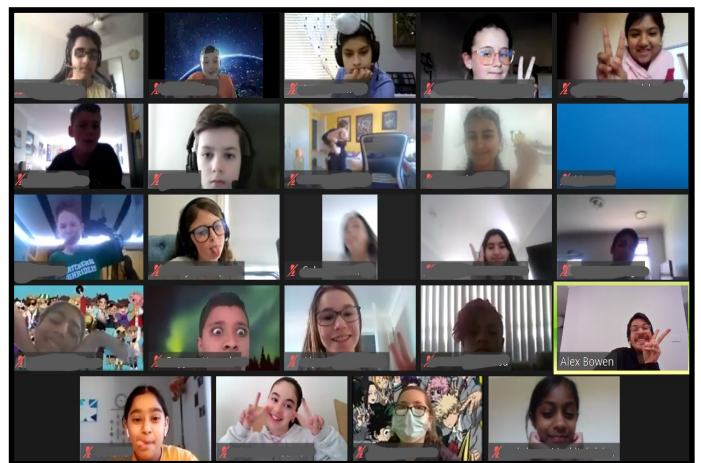
4R



5/6W



6B



*Take care, have a lovely weekend and school holidays, everyone!*


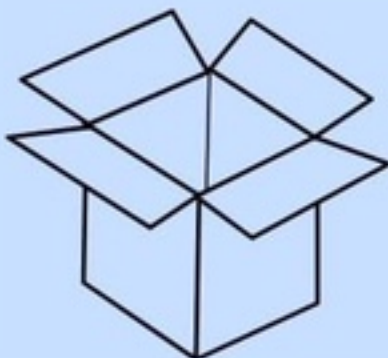


*Warmest regards,  
Mrs Mandy Hollis  
Principal*



# School Holiday Matrix

*This matrix can be shared with students and families to complete over the school holiday period - a chance to create memories at home!*

<b>Have a backyard picnic!</b> Get out your picnic rug and favourite picnic foods. Maybe theme the event!	<b>Build</b> an obstacle course in your backyard or house. Time your family members to see who can finish it the quickest!	<b>Make</b> a cubby using blankets and pegs and hang over your clothes line or over your dining table!	<b>Build</b> a new planet out of Lego. Create an alien or animal to live there.
<b>Challenge</b> yourself with an Hour of Code challenge on <a href="https://code.org">Code.org</a> .		<b>Hide</b> something in your backyard, and <b>create</b> a treasure map for a family member to follow!	<b>Learn to cook something.</b> Read a recipe and then make a delectable delight to share with your family.
<b>Share a phone call or video chat</b> with a friend. Talk about why you like each others' company so much.	<b>Design and make shadow puppets.</b> Put on a twilight puppet show. Create a poster, write a story and pick some snacks for your event.	<b>Research and plant</b> some native flowers to bring mini beasts, butterflies and bees to your garden.	<b>Watch</b> some <a href="https://www.youtube.com/watch?v=Ug8v8U8U8U">Little Penguins TV</a> with your family at sunset.
<b>Create your own scavenger hunt and go for a walk.</b> Look for animals, cars, colours, flowers or something else of your choice!	<b>Paint, draw or photograph</b> a garden or landscape. Think about colours and composition.	<b>Mystery Box Challenge!</b> Use recycled materials to create a futuristic animal, vehicle or home.	



# WE'RE RUNNING A VIRTUAL BOOK FAIR

 CarnivalFairs



**JOIN  
IN THE FUN**  
& SELECT FROM A WIDE  
RANGE OF QUALITY  
BOOKS

# BOOK FAIR



**VirtualBookFairs**  
by CarnivalFairs

**SUPPORT YOUR SCHOOL & PURCHASE  
GREAT LITERATURE FOR YOUR KIDS**

**GO TO: [WWW.CARNIVALFAIRS.COM.AU/VIRTUAL](http://WWW.CARNIVALFAIRS.COM.AU/VIRTUAL)**

[www.carnivalfairs.com.au](http://www.carnivalfairs.com.au)

**EVERY PURCHASE BENEFITS  
OUR SCHOOL!**





# VirtualBookFairs

by CarnivalFairs

**SUPPORT YOUR  
SCHOOL  
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LITERATURE FOR  
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## WHAT IS IT?

A Virtual Fair is a web-based warehouse sale of books and activity packs run by Carnival Fairs on behalf of our school. It offers a hand-picked selection of high quality books and developmental activity packs which parents and staff can purchase for the family, or to donate to school or classroom libraries. Everything is discounted.

## WHATS ON OFFER?

- Picture Books
- Early chapter books
- Novels Suitable for children 7-14 years
- Wide range of non-fiction, high interest books
- Activity and reference books
- Educational toys and activities to help with literacy, numeracy and science
- A selection of great teen reads

## HOW TO TAKE PART

**1** Log on to  
[www.carnivalfairs.com.au/virtual](http://www.carnivalfairs.com.au/virtual)

**2** Search for **your school** and select its name

**3** **Browse** the books, add your selections to your **shopping basket** as you go

**4** Follow the prompts to purchase your items using a credit card at the secure **checkout**

**5** After the Virtual Fair closes, your **order will be shipped**. If you selected the 'ship-to-home' option, it will be shipped directly to you. Otherwise we will arrange distribution to you through your school.



**PLEASE NOTE:** Due to NSW Government Health Orders,  
this program is available for children of *Essential Workers* ONLY

# SPRING 2021

WEEK 1

## MONDAY

20th September

### SPACE EXPLORERS

- Play Pass the Planet
- Become an Alien!
- Make some Galaxy Playdough
- + more

## TUESDAY

21st September

### ULTRA KIDZ DETECTIVES

- Join us for a Scavenger Hunt
- Let's Play Murder Wink!
- Fingerprint Collecting
- What's in the box?
- + more

## WEDNESDAY

22nd September

### 80'S DISCO DAY

- Come dressed in your best 80's outfit!**
- Let's have a Disco with some music and Karaoke!
  - Can you solve a Rubik's Cube?
  - + more

## THURSDAY

23rd September

### CAREERS DAY

- Dress up as what you want to be when you grow up!**
- You can be a Doctor, a Scientist, a Chef, a Jewellery Designer, a Soldier etc;
  - Enjoy a relaxing Day Spa
  - + more

## FRIDAY

24th September

### MARVELLOUS MAGIC

- Play in the Quidditch Tournament
- Make an Edible Magic Potion
- Harry Potter Hama Beads
- Magical Dancing Beans
- + more

WEEK 2

## MONDAY

27th September

### LEGO LEGENDS

- Create a Lego Marble Maze
- Lego Stamping Art
- Lego Volcanoes, Bridge Building and more!
- + more

## TUESDAY

28th September

### MOVIE & PJ PARTY

- Come Dressed in your comfy PJs!**
- Enjoy our Outdoor Movie Theatre with your OSHC Friends
  - Make your own Bath Bomb
  - Box Car Creating
  - + more

## WEDNESDAY

29th September

### BOARD GAME BONANZA

- Make your own Giant Dice
- Let's play a Concrete Chalk Game with the Giant Dice
- Play Jenga, Twister, Connect 4, Chess
- + more

## THURSDAY

30th September

### THE WILD, WILD WEST

- Come Dressed as a Cowboy/Cowgirl!**
- Gold Panning
  - Knock down Tin Cans!
  - Create some Wanted Posters
  - + more

## FRIDAY

1st October

### MARVEL HEROES

- Come Dressed as a Superhero!**
- Make your own Hero Masks
  - Create a Light Saber
  - Play Superhero Tag
  - + more

*Join us* for our daily outdoor sports and fitness challenges!