



March 23rd Term 1, Week 9

Hi everyone,

The latest State Government announcement is that school holidays for Victorian students begin tomorrow.

Teachers will be planning and preparing over the next four days to move to remote and flexible learning. This means we may have to do school in a different way, currently we are working on communicating via an app called Webex.

This will enable students to learn from their teachers and for families to have face to face contact with their teacher.

I am currently trialling this approach with a few families to see how effective this is. Staff are participating in professional learning over the next two days so that they become more confident in using this. That way we can teach you lessons from school even if you are not here!!

Latest updates:

Parent/teacher interviews have been postponed. As we transition to remote learning we will rely on using Xuno to discuss your child's learning with you.

There is a survey link on Xuno which will assist us to identify those students who don't have access to the internet, devices, scanners or printers. It would be really useful if all families could complete this as soon as possible.

We have been notified that schools are to provide care and supervision programs for essential services worker's children for the following week, where those families choose to send their children to school. If you need us to provide this for your child/ren please contact me and I can arrange this. Examples of essential services may include health, police, corrections and emergency service workers. I also need to know if these same children require holiday program places for their children over the Term 1 holidays due to the State of Emergency.

Term 2 – Staff return on Tuesday 14th April – this is a pupil free day. Students return on Wednesday 14th April – whether onsite or remotely. The Victorian Chief Health Officer will advise on whether we will transition to remote learning closer to that date.

How to manage anxiety during COVID-19 outbreak

While most of us have not yet endured the physical effects of COVID-19, many of us, including our children, will be feeling the psychological effects of such an outbreak. For me it has been the despair and frustration at seeing empty shelves at the supermarket, and the worry for my loved ones who have impaired immune systems during this time.

For those who have pre-existing anxiety, or stress levels that are already sky-high, this latest outbreak may feel like it has pushed them to their limit. One writer described her experience with anxiety like a cloak- while it always sits loosely around her shoulders, it has tightened recently due to the COVID-19 outbreak. However, while it is a stressful and uncertain time for us all, there are many things we can do to help ourselves, our children, and our community to stay mentally well.

Following the advice and evidence from the Resilience Project, using the GEM model, we could try the following:

Gratitude: have a nightly dinner conversation about two things that every family member is grateful for.

Empathy: reach out to those who are vulnerable or need some extra help and support in the community during this time (get creative if it can't be face to face!) Perhaps the kids could be enlisted as kindness detectives and put a scrap-book together of all the kind acts they see coming out of this crisis (there will be plenty).

Mindfulness: to help keep you (or the kids) focussed in the present moment and to calm your worry brain, use this simple technique:

5 things you can see

4 things you can touch

3 things you can hear

2 people who love you

1 thing you are grateful for

There are also some great meditation apps suitable for children, to download: try the peaceful kids section on the insight timer app to begin.

Little brains are also not so great at filtering the information they are exposed to, so limiting their exposure to media reports about coronavirus is strongly recommended. While it is important to be honest, it's also recommended that you keep a level of optimism and positivity.

Here are some good links for managing coronavirus stress and anxiety :

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

https://schooltv.me/wellbeing_news/special-report-coronavirus

All the best to you all during this difficult time. I am available Thursdays and Fridays if your child needs extra support during this time.

Kind regards, Anna Drylie Wellbeing worker

MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

BlessingManifesting

Protect yourself and your family

Wash your hands regularly



1

Wet your hands.

Put soap on
your hands.

2



3

Rub the soap over all
parts of your hands for
at least 20 seconds.



Rinse your
hands under
running water.

4



5

Dry your hands thoroughly
with disposable paper towel
or hand dryer.



Stay germ free and healthy

STATE SCHOOLS' RELIEF

Prep CSEF Uniform Package 2020



UPDATE FOR PARENTS

Applications for the Prep CSEF Uniform Package begin: Tuesday 14th April 2020

What you need to know

Who is SSR?

State Schools' Relief is a not-for-profit organisation that works closely with all government schools across Victoria. Each year State Schools' Relief provides assistance to families experiencing financial disadvantage with school uniforms and footwear.

Introduction to Camps, Sports and Excursions Fund

Through government funding the Camps, Sports and Excursions Fund (CSEF) was established to provide payments for eligible students to attend camps, sports days and excursions. To find out more, or to apply for assistance, please refer to the Department of Education and Training [website](#).

State Schools' Relief provides uniform packages to families eligible to receive CSEF funding.

2020 Prep Uniform Package for CSEF recipients

Prep students for 2020 that are recipients of the Camps, Sports and Excursion Fund (CSEF) automatically qualify for the uniform package and/or voucher.

What's in the package?

The 2020 package contains the following items:

- 1 x Rugby Top or Hooded / Windcheater or Jacket (Bomber/Polar Fleece) or Long Sleeve Polo
- 1 x Tracksuit Pants or Trousers or Pants
- 1 x Pair of Shoes (Lace Up or T-Bar or Runner/Sneaker)

Please note the following:

- PE items are not included as part of this package
- Shoes must be requested in UK sizes (*please contact your school for our shoe sizing chart*)

Cost to parents

Where State Schools' Relief is unable to provide a uniform item directly (due to contractual agreements with uniform retailers) you will receive a voucher that subsidises the cost of the items. The voucher can be redeemed at your child's school uniform shop, or independent uniform retailer, which will be listed on the voucher. Parents receiving vouchers may need be required to make a contribution towards the cost of these items. The amount a parent has to pay will depend on the retail purchase price and the State Schools' Relief subsidy.

The voucher provided by State Schools' Relief lists every approved item, and the maximum purchase value, that State Schools' Relief will cover. Please check your school's uniform price list to work out how much extra may be required to contribute towards the uniform item. **Please note:** vouchers *do* have an expiry date and *must* be used before this date.

How do I apply for the CSEF Uniform Package?

Applications are made through your child's school. Please refrain from contacting State Schools' Relief directly as staff are unable to accept applications directly from parents or families. Should you have any questions, or wish to apply for assistance, please speak with your child's school.

When I get bored, I get **creative** by.....

-drawing my cat when she's snuggled up on a pillow.....
-modifying skateboards by adding different objects or fixing them up.....
 -*making up a ball game with my brother*.....
-looking at clouds and making them into monsters.....
 -**dreaming**.....
-building medieval tools out of wood, string, elastic bands and nails.....
-taking photos, putting them in my scrapbook and decorating it.....
 -making signs and artwork for my bedroom door.....
-going for a walk with my dog and looking for objects to make artwork with.....
 -*Listening to music and drawing at the same time. I draw anything that comes into my mind*.....
 -drawing designs on the back of my skateboard.....
 -making things out of anything around the house.....
-**DRAWING**.....flowers.....playgrounds.....cars.....
people.....faces.....trucks.....animals.....my little brother's face.....anything and
turning it into something else.....
-going on my tramp bike and making up new tricks.....
 -*cooking cupcakes and decorating them*.....
-making things like houses and cards out of scraps.....making things on my PS3.....
 -*fixing and remaking parts for my scooter and motorbikes*.....
-**building a cubby house**..... out of wood, tin, sticks and metal.....
-with my brother on our bunk beds.....in a tree.....out of upside down kitchen chairs
and a blanket (don't forget the torch!).....
 -*making zoodles out of spare parts from models*.....
 -*making models*.....making things out of cardboard.....
 -*putting ribbons in my horses hair*.....*painting my feelings*.....
-making things out of bits and pieces of packaging.....
 -making up a character and drawing it.....
-going out into the shed and making random stuff out of leftover pieces of wood.....
 -drawing faces of people I know.....
 -drawing a picture with a line then writing a story about it.....
 -pulling a clock apart and making something out of it.....
 -making a design for a dress or skirt to make when I am older.....
 -decorating Mum's painting.....
-climbing up a tree to sit up there and think.....changing recipes around.....
 -drawing pictures that I haven't drawn before.....

BY YEARS FOUR, FIVE and SIX