



October 5th **Term 4, Week 1**

A warm welcome back to Term 4, it was heart-warming to see students returning to the school today, excited and eager to talk to their friends and teachers. It certainly has been a challenging year and I am hopeful that we can end the year by staying at school for the whole term.

It is a special term for our Year 6 students as they begin the transition from primary school to secondary school. PFCS has some time honoured traditions which students look forward to and it is our intention to do all of these, although some may have to be adapted to be Covid safe!

Teachers were planning some special welcome back activities today to ease students back into the school routine. Also, we will be working on a school dance to the 'Fight Song' during class time today. It is hoped that we may do this together in 2 groups during the day on Tuesday.

We would like to welcome Mr Matthew Vale to the school, he is a student teacher and will be working with Mr Hoey for the next 3 weeks.

Whilst we appreciate that many children may have thrived during remote learning, others may have found it really difficult to manage. There will be children who are struggling emotionally and others who have some learning gaps. I want to reassure you, that as a school, we are putting significant resources into addressing these concerns.

For the following 8 or 9 weeks there will be additional Education Support Staff working across every classroom for a combined total of 60 hours a week. This means that in every classroom they will have an aide in there for a minimum of 6 hours a week to support teachers to catch up any learning in Literacy and Numeracy. I would like to warmly welcome Mikayla McLaren, Carly Watson, Jill Gibson and Leah Evans who will be the staff members assisting the teachers. Both Mikayla and Carly are pursuing teaching degrees.

To assist Anna with the growing number of students requiring support, I am delighted to announce that Elissa Johnson will be working every Monday, starting next week for the remainder of the term.

Leah will be facilitating Maths Intervention for some of our F/1 students, this focuses on building and consolidating number skills.

Jenelle Baulch will continue to provide reading invention for 7 small groups of students, who each receive 3 or 4 extra reading sessions with her a week. This is a total of 28 students who benefit from additional reading lessons.

I also take 8 foundation students for three sessions each week to give them another session of learning the sounds they are struggling with.

Continuing on...

A new initiative to be introduced this term is tutoring during school time. Peita Cryer, Jenelle Baulch and Mikayla McLaren have all agree to be available in the afternoons to offer tutoring. This would be a private arrangement similar to that of instrumental music whereby parents pay the tutor directly for their service. To avoid missing valuable classroom instruction these tutoring sessions will run between 2 – 3:30pm for 30 mins.

If you would like to book a spot for your child please contact me, asap on kathryn.tanner@education.vic.gov.au to secure a spot.

The new operational guide was released yesterday by the Department of Education & Training and I have included a summary of some of the changes and the impact they have on operations at Port Fairy Consolidated School

1. Although temperature testing is no longer required we will be temperature checking each child at the start of the day. Please keep unwell children at home.
2. Swimming pools and aquatic facilities can reopen however schools are only permitted to use outdoor pools at this stage. This means that **we won't be able to conduct our swimming program unless this restriction eases**. You will be notified as soon as the information is given to schools.
3. Singing (e.g. choir), brass and woodwind instruments are not allowed. At PFCS we will run our instrumental lessons apart from singing lessons, starting in Week 2 however choir will not run until we are otherwise notified.
4. Community use of playgrounds and outdoor school grounds is allowed
5. Children at primary schools do not have to wear masks while at school however they can, if they choose to. If students are 12 years of age, they must wear them to and from school. Masks are the only permitted form of face covering
6. Excursions are allowed in regional Victoria however there are many limitations around conducting these.
7. **School photos are not allowed**. At PFCS, this means we will not have school photos from Frank Monger. I have spoken to him this morning and we have booked in a date for 2021 in March. Any families who have already paid can either; ask for a refund or the funds can be used for the 2021 photos. If your child is in Year 6 then you are able to get a refund.
8. Interschool outdoor sports are allowed in Regional Victoria
9. Canteens can open and our café will resume providing delicious lunches from next week.

There is a lot of information to digest so if you have any questions or need clarification on any point, please don't hesitate to give me a call.

Warm regards,
Kath

PFCs CAFE MENU



Welcome to our café menu served over 2 days on Wednesday and Friday. The café program is a part of our kitchen garden program and as part of our sustainability waste free lunch program. Our meals are freshly prepared in our café each day. We provide wholesome versions of the student's favourites. We love home cooked food that is created from fresh ingredients, is sourced locally, supports local business and celebrates seasonal foods.

Term 4 - 2020 :

Week	Wednesday	Friday
2 12/10	Spaghetti bolognaise (GF, V)	Nachos with cheese (V, DF)
3 19/10	Toasted cheese sandwiches (V)	Baked potatoes (GF, V, DF)
3 26/10	Fried rice (GF, V)	Egg and bacon muffins
4 2/11	Pesto pasta (GV, V)	Cheeseburgers (V)
5 9/11	Mac and cheese (V)	Pizza (V)
6 16/11	Baked potatoes (GF, V, DF)	Soft Beef and Bean Tacos (V)
7 23/11	Pesto pasta (V)	Toasted Cheese Sandwiches (G, GF)
8 30/11	Spaghetti bolognaise (G,FV)	Pizza (V, DF)
9 7/12	Toasted sandwich (GF, V)	Sausage sizzle

SPECIAL DIETARY : You will notice that the meals have been allocated according to diet preference. Please check the food offered especially if you are putting in a term order, as we cannot accommodate all diet needs on all meals. **CAFÉ EXTRAS** : If you would like to have an extra serve on any day just add \$2 to your order and let us know (for example writing on an envelope that you are having an extra serve). Please make sure that you **LABEL YOUR LUNCH ORDERS** so that the office knows who it belongs to and for when you want café. Eg On an envelope / plastic bag with the child's/children's names, class/classes and the date they would like café (eg Friday 28/6/19)

Recently I've had an increase in parents contacting me with concerns about their children's mental health during the COVID-19 crisis. Two common themes that have emerged are that kids are either withdrawing, or are acting out and misbehaving more. In periods of sustained crisis, people often talk about the '6 month wall'. Many of us, including our children, probably felt like we hit this wall a few weeks ago. And while restrictions have eased in regional Victoria, the hangover from this 'wall' and the uncertainty we all still face, may still see many of us feeling flat and stressed.

Some of the following tips may be useful to help us and our kids keep gently pushing on through:

1. Angry feelings and acting out is a very normal reaction for children during a crisis. We are asking our little people to step well out of their comfort zones every day: putting their faces on Webex, learning online, wearing face masks, staying away from their best friends and everyone they love. Children will usually act up or misbehave with people they feel safe with- so although you're the one copping it, give yourself some credit for creating an environment safe enough for your little person to express their big feelings with you.
2. The same does NOT apply to adults, as we have the ability and responsibility to manage big emotions. If you or your partner are acting out in violence -shouting, yelling, hitting, throwing things, then it's important to seek help. Confidential help is available by calling 1800 RESPECT or local service Emma House on 1800 366 238.
3. Withdrawal, anxiety, sadness and worry are also normal reactions to the crisis we are in. Normalise these feelings with your kids. Explain to them that these feelings can be unpleasant, but that they are a completely normal reaction to the current reality we are experiencing. We wouldn't be human if we didn't feel sad or worried about what was happening. Allow yourself and your kids to feel these unpleasant feelings and to let them gently pass over time, rather than trying to push these feelings away, 'jolly' kids out of it, or mask the pain (i.e. with alcohol as adults). Doing this helps to build our understanding of feelings and our resilience, and makes us better able to empathise with others.
4. Once you've normalised feelings, be a problem solver with your children. Talk about what helps you when you're feeling a bit yuck. Do you talk to friends? Go for a walk? Take some deep calming breaths? Zone out and watch a whole series on Netflix in one sitting?! Explore what helps your kids individually and what helps you as a family to feel good.
 - For anger or worry feelings and acting out behaviour, look at calming strategies like listening to music, having a bath/shower, taking some calming breaths, listening to a meditation, using their 'calm corner' that you could develop together, snuggling a favourite toy.
 - For sad and fear feelings and withdrawal behaviours, look for activating strategies, like going for a walk, doing star jumps on the spot, crunching cold ice cubes, running hands under cold water.
5. Once you have normalised feelings and talked about what helps, then it's time to focus on the positives in life. This helps switch our brains out of crisis zone and into the good stuff. Remind yourselves of the skills and resilience you have already used to get through so far. Don't underestimate your amazing natural ability to get through this crisis. Point out the little amazing things throughout the day- how awesome the clouds are in the sky, how nice it was the neighbour left you eggs, how you've noticed the flowers starting to bloom, how great it is that people are helping each other through this. Each night sit down for dinner as a family and share what you are grateful for and what you are looking forward to the next day.

Continuing on...

Many of us will be grateful that school has returned to some normality, but for many this will bring more challenges. You can expect to see big emotions surface again in your little ones (and probably in yourself) over the next few weeks. Give yourselves time to adapt to the new routine and the easing of restrictions. Like any crisis, it takes time to heal and move forward. It may take time for you or your young people to have the drive or energy to socialise and get out in the world again. Give yourselves time, go back to basics, be kind, take small steps toward your goals and don't push too hard against that wall we have all been hard up against. Go gently. We will all get through this, particularly with such an amazing community in Port Fairy. All the best, Anna

NOTE: if you are concerned about someone's mental health, including your own, and if symptoms such as sadness and withdrawal continue to persist, the best option is to see your GP. They are your first contact for accessing psychological support and counselling. You can also contact Lifeline 13 1114 or Kids Helpline 1800 55 1800

REMINDERS :

- Students are required to **wear hats in Term 4.** - \$15 at school office for purchase.
- **Parents are asked to not come onsite** unless it is an emergency.
- Please observe social distancing when dropping off or picking up children.

BEFORE AND AFTER SCHOOL HOURS CARE :

Before and after school hours care will be running during Term 4 for PFCS students only (not including St Pat students) If you need to book your child in please contact the school or Bev directly as soon as possible.

**PFCS P&F Committee meeting to be held via Webex
on Monday 12th October at 7:30pm.**