

Thursday 13th August, 2020

"Golden Past, Bright Futures" Canterbury Street, Vic. 3370 Telephone (03) 5345 3182 Email: <u>clunes.ps@edumail.vic.gov.au</u>

We learn. We show respect. We are safe.

Clunes Primary School Newsletter

UPCOMING EVENTS

2020	Term <u>3 Draft #4 Calendar on the back page</u> There will be a weekly Newsletter for the remainder of Term 3.
2020	There will be a weekly Newsletter for the remainder of Term 3 .
	Please continue to contact the school/ Sonia with any questions or concerns. Be safe!

Dear Parents and Carers,

An <u>updated Clunes PS IT Acceptable Use Agreement</u> was included in all Learning Packs last Thursday. These signed forms (once read with your child/children) need to be returned to school as soon as possible. They can be returned next Thursday at Learning Pack delivery/ collection in the MP Hall or via online. Thank you. There will be a Class Reward for the first class to return all forms. ⁽²⁾

An updated Department of Education Operations Manual (August 7th) was forwarded to school Friday afternoon. It provided detail in regards to school operations -Remote Teaching and Learning- Learning from Home #2.0. Following this, I forwarded home a School Community Update on Monday (10th August) explaining Clunes PS 'Care & Supervision' requirements and also Student Temperature Screening for on-site attendees.

Rising COVID-19 cases in regional and rural Victoria has prompted further discussion with the staff about **readiness** for supporting families and ensuring seamless access to Learning from Home curriculum, *if* we were to receive a positive COVID-19 notification. <u>If</u> this was to happen, we would have a forced short term school closure for a deep clean and self- isolation for close-contact students and staff. (We would be guided, supported and would remain self-isolated until told otherwise by a specially designated Health team.) Without alarming anyone... (*reassuring advice from the Victorian Health Officer over the page*) Would you be prepared? (remembering that we would have little or no notice)

Our staff were presented with this 'drill' *scenario challenge* at Tuesday's Staff Meeting/ Professional Learning session.

These were key discussion points:

- The majority of our staff are currently teaching/working from home. Each class has a 'back up Buddy teacher' that is ready to support the class/contact families etc. All staff support each other.
- Communication with families; phone, SMS, email, MS Teams should be able to continue as per normal. (as long as the school Server remains fully functioning) All staff have Contact details.
- Our Learning Packs collection and delivery process works very well... but if you were not able to collect Hard Copy Learning Packs from the MP Hall tasks could be placed online. Alternatively, all families have access to student codes and passwords for Reading Eggs, Wushka, Mathletics and Typing Tournament that could be utilised & relied upon for the short term.
- Other external mental and physical health supports for families could still be managed via off-site means for the necessary time period.

Drills, e.g. fire and disaster, are strategically scheduled across every school year. These assist us greatly to be prepared for all to be safe at Clunes PS.

Have you considered a back-up family based COVID-19 plan/drill? Wishing you all a safe, supported and very successful week ahead. Kind regards, Sonia & the staff of CPS. ③

STUDENT OF THE WEEK AWARDS FOR TERM 3



Our current Term 3 You Can Do It foci for Learning from Home are..... Getting along! Organisation! Resilience! Persistence! Confidence!

Prep B – Whole class! All Families!	1/2B – Whole class! All Families!
2/3LM – Whole class! All Families!	3/4L – Whole class! All Families!
5/6AT – Whole class! All Families!	5/6D – Whole class! All Families!
PE- Japanese-	Art-

An update from the Victorian Chief Health Officer

For those continuing to receive on-site provision at mainstream and specialist schools, I want to reassure you that schools remain safe places for staff and students when sensible steps as outlined in this guidance are taken. I ask all Victorian school communities to protect themselves and others by following this advice.

The available data suggests that transmission in school settings is uncommon, and the risk to staff and students in both mainstream and specialist settings remains low, with health and safety measures in place.

The vast majority of cases of coronavirus (COVID-19) observed in schools involve the student or staff member acquiring the virus in the community, and these cases have been well contained through reactive and temporary closures.

With significant testing in place, I am confident in our ability to identify and respond appropriately when a student or staff member tests positive to coronavirus (COVID-19).

Reassuringly, evidence also continues to show that children are less impacted by the virus, they tend to have milder symptoms and are less likely to develop severe illness.

I once again thank teachers, staff, students and families for their incredible efforts during these challenging times, and with your support I am confident we can once again flatten the curve of the pandemic in Victoria.

Adj Clin Prof Brett Sutton

Victorian Chief Health Officer

Learning from Home- Class Meetings & Meetings- MS Teams schedule

Prep – News – Daily 2pm 1/2B - Class Meetings Tuesdays and Fridays - 12.30pm 2/3LM - Tuesdays, Wednesdays, Thursdays and Fridays - 11.30am 3/4LJ - Class Meetings - Mondays and Fridays - 10.30am 5/6D - Roll and Class Meeting - Daily 9am 5/6AT - Roll and Class Meeting - Daily 9am Student Leaders Meeting – Fridays - 10.30-11am Junior School Council - Weeks 6 & 9 – Tuesday 12.30pm

We will trial a whole school <u>Assembly</u> via MS Teams this Monday at 8.45am.

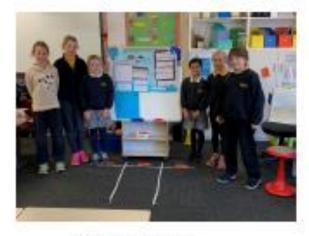
Following student and family feedback at the end of last term we will also trial a Recess & Lunchtime monitored 'Chat Time' for students. We will let you know when this is about to begin.

Please check your MS Teams class calendars/ schedules for daily small group teaching and learning sessions linked to your specific class e.g. Literature Circles, Reading- Fluency & Expression, Poems, Maths Groups etc.

2

AUSTRALIAN CELEBRATION PROJECTS 3/4LJ

This term the students in 3/4 have been learning about Australian Celebrations. In their reading groups, they have each researched a different celebration and presented their findings as a poster. They then orally presented their projects to the class, Ms Jardine and Mr James. Each group displayed our You Can Do It values when working together and produced and presented projects of a very high standard. Well done 3/4U!



Australia Day



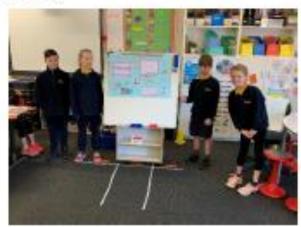
NAIDOC Week



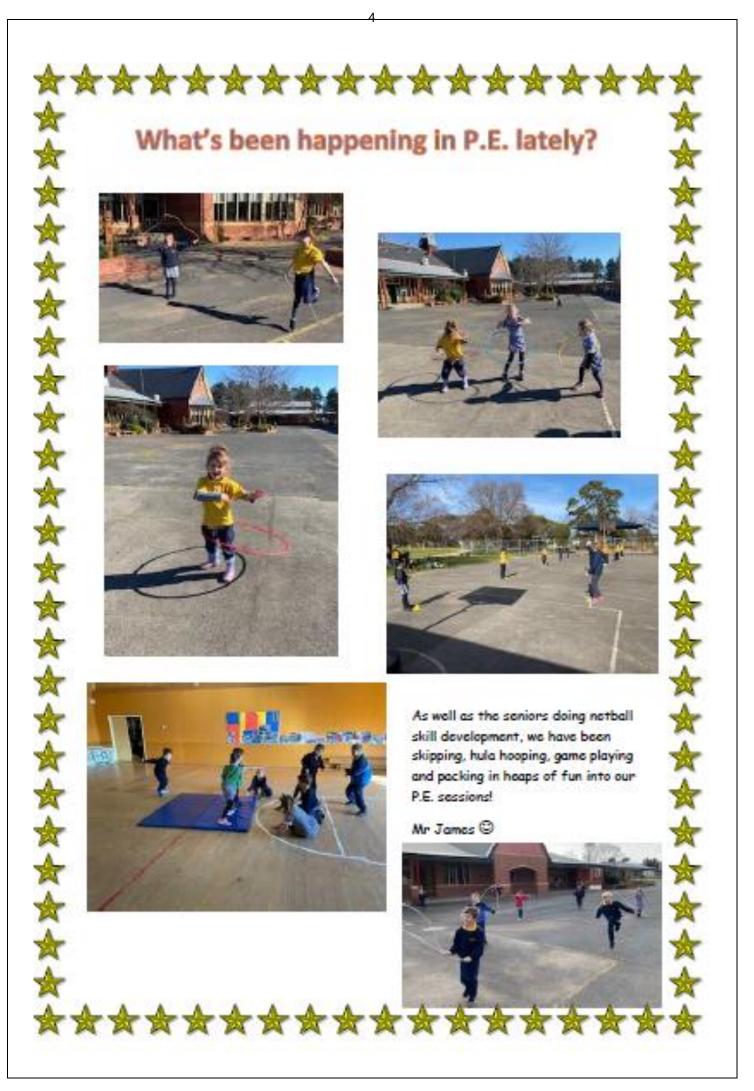
National Sorry Day



ANZAC Day



Harmony Day



11 August 2020

Help kids to beat COVID induced anxiety

CORONAVIRUS SUPPORT

by Michael Grose

Since COVID has entered our lives I've had countless conversations with parents and enquiries from schools seeking presentations on how to support kids who with COVID induced anxiety.

It's wonderful to see how kids' mental health and wellbeing is being prioritised, and importantly, resourced. However these conversations show we still have some way to go as a community to fully grasp the nature of anxiety.

While the current situation we are all living through is extremely difficult, it does present an opportunity to develop sustained growth and vitality in anxious children and young people.

In <u>Anxious Kids</u>, the book I co-authored with Dr. Jodi Richardson we wrote, "Anxiety doesn't have to be the shadow that clouds the days of children and young people. Understanding that anxiety is a well understood and manageable condition brings anxious kids such relief."

We wrote this pre-COVID and nothing since has caused me to change my mind. In fact, experiences of this COVID era have reinforced that the more we know about anxiety the less fearful we are and better equipped to move kids from anxiety to real resilience.

There is no cure for anxiety

Just as there's no cure for the common cold, and it would appear the coronavirus, there is also no cure for anxiety. We know that anxiety runs in families. Children are born with a predisposition for anxiety. There is every likelihood that an anxious child will have at least one parent who experiences anxiety, maybe not clinically, but one who is familiar with a churn in their stomach, the constant overthinking and the desire to over prepare when they face new or unfamiliar situations.

The impact of anxiety can be minimised

Anxiety may be a constant companion for many children but it's certainly not their best friend. Often, it's a demon with which they are locked in a long-running, laborious battle where simple activities such as attending school camp or doing at home learning become something they dread. Alternatively, they can avoid events or situations that make them anxious or bring them discomfort.

It's better to give an anxious child or young person tools such as mindfulness, checking in and deep breathing with which they can manage their anxiety, rather than allow them to miss out and be miserable, or tackle discomfort full on and be stressed out.

You can build anxiety resistance

While we can't necessarily tackle anxiety at its source and make the situations that overwhelm a child disappear, we can help them to develop a lifestyle that builds their resistance against the very worst of anxiety. Plenty of sleep, adequate diet, regular exercise and sufficient time in nature are some of the lifestyle factors that builds strength against the psychological ravages of anxiety.

You can help kids reduce their ongoing anxiety

While the world waits and prays that we'll come up with a coronavirus vaccine, we don't have to wait to help a child or young person with anxiety. A combination of being nurturing and firm (features of the authoritative parenting style) offers the best protection against ongoing anxiety. A child is best prepared to face difficulties when they have a confident, calm adult in their life who says, "I think you can do this," encouraging them to face their fears. This approach needs to be supported by an

5

empathetic adult who understands the impact of anxiety and makes sure that kids feel safe and secure.

While parenting an anxious child or young person can feel overwhelming and difficult, I encourage you to think about it differently. We can't change what is happening right now, and we can't undo it. Help your anxious child to flourish in this COVID era by building their understanding of anxiety. Give them the tools to help them push anxiety into the background. Promote a lifestyle that will protect them from its affects by ensuring they experience nurturing, firm, brave and hopeful parenting. We hope coronavirus will one day disappear, but your child's ability to be impacted by difficult events will still be an issue unless you take some preventative action now. The good news is that there is so much you can do to help.

Online Mental Health Resources

- <u>Kids Helpline</u>
- Parenting Anxious Kids online course
- <u>Smiling Mind app</u>
- <u>eheadspace</u>



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an awardwinning 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.



Are you needing a little extra help to make ends meet?



HOW TO ACCESS HELP?

Asking for help in a small community town can be tough. In fact, this might be the first time you've ever needed support. Just know, you make our community stronger by asking for help. So if you need support - please let us know!

This pandemic means that Clunes now has a local emergency relief and support program available through a partnership with Clunes Neighbourhood House. This program is managed by Anglicare Victoria, with distribution via Clunes Neighbourhood House - all you need to do is ask for help. What is involved? A simple registration form that needs to be completed for Anglicare Victoria. It includes your address, Centerlink number, name and date of birth and details of your household.

PROVIDED LOCALLY

We 'll be able to provide food vouchers to the local IGA, (emergency relief), food hampers and fire wood (1 square metre) delivered by the Valley of Gold Service Station. This 'buy local' approach is a special feature of this program. It means that when you access this support, you are also helping others who are doing it hard (businesses) in our local community **U**.

Assistance is also available applying for utility bill support via the Utility Bill Grant Support scheme.

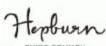
CONTACT US

Call in and see us at Clunes Neighbourhood House (rear shipping container office) Monday, Wednesday and Friday 10am until 11am (even during stage 3 restrictions) or email co-ordinator@clunesnh.org or leave a message on 53454078 if you would need to schedule an appointment outside these hours.

PLEASE NOTE: To make getting support easier, Clunes Primary School families can access this support directly through the Primary School. Speak to your child/ren's teacher or call the school on 5345 3182.







Provided by Anglicare Victoria in partnership with Neigh

Supported by COVID-19 Community Support gran

		Tam	- 2 Colondon Droft #4 42th Account 2020		
	Mon	13-Jul	rm 3 Calendar – Draft #4 13 th August, 2020 new information highlighted ⁽²⁾ First day of Term 3!		
	Tue	13-Jul 14-Jul			
1		11.50	Antoinette- Private Music Lessons remain POSTPONE	ED at school UNTIL FURTHER NOTICE.	
H			School Council Meeting –No July Meeting		
WEEK	Wed	15-Jul	Buildings & Grounds Committee Meeting 6pm.		
>	Thu	16-Apr		CORONAVIRUS (COVID-19) RESTRICTIONS REMAIN IN PLACE	
		47.4	NO Breakfast Club or LUNCH ORDERS until further	RESTRICTIONS REMAIN IN PLACE	
	Fri	17-Apr	Notice	The greatest risk of transmission of	
	Mon	20-Jul		coronavirus (COVID-19) is between adults. Please prepare your	
K 2	Tue	21-Jul			
WEEK	Wed	22-Jul		children to be collected	
	Thurs	23-Jul		from an external meeting	
	Fri	24-Jul		point.	
	Mon	27-Jul		During drop-off and pick-up of your child	
K 3	Tue	28-Jul	SSG Meetings	remember to keep 1.5m between yourself and other adults.	
WEEK	Wed	29-Jul			
5	Thu	30-Jul		1.5m 🖉	
	Fri	31-Jul			
	Mon	3-Aug	School Review- Validation Day- postponed		
4	Tues	4-Aug	Student Free Day		
EK	Wed	5-Aug	Learning from Home resumes daily School Bus in operation		
WEEK	Thurs	6-Aug	Learning Pack collection – 3-5pm MP Hall	ω ω	
-			Weekly Student Leadership (School Captains & Vice	Please move promptly away from the	
	Fri	7-Aug	Captains) meetings online 10.30am	school grounds.	
	Mon	10-Aug		-	
5	Tues	11-Aug		Please avoid the Office if at all possible!	
WEEK	Wed	12-Aug	School Council Meeting –online		
Ň	Thurs	13-Aug	Learning Pack collection – 3-5pm MP Hall		
	Fri	14-Aug		- 3: -	
	Mon	17-Aug		Everyone 12 years and	
9	Tue	18-Aug	JSC Meeting- online 12.30pm	over entering school	
×	Wed	19-Aug	School Review- Fieldwork Day- postponed	grounds must wear a	
WEEI	Thurs	20-Aug	Learning Pack collection – 3-5pm MP Hall	face covering	
_	Fri	21-Aug			
	Mon	24-Aug			
۲٦	Tue	25-Aug			
WEEK	Wed	26-Aug			
≥	Thurs	27-Aug	Learning Pack collection – 3-5pm MP Hall		
	Fri	28-Aug			
	Mon	31-Aug			
8 ×	Tue	1-Sept			
WEEK	Wed	2-Sept	School Review- Panel Day- postponed		
3	Thu	3-Sept	Learning Pack collection – 3-5pm MP Hall		
	Fri	4-Sept			
WEEK 9	Mon	7-Sept			
	Tue	8-Sept	JSC Meeting- online 12.30pm		
	Wed	9-Sept	School Council Meeting- online	For detailed information visit:	
	Thu	10-Sept	Learning Pack collection – 3-5pm MP Hall? TBC	For detailed information visit: https://www.dhhs.vic.gov.au/coronavirus	
	Fri	11-Sept			
	Mon	14-Sept			
10	Tue	15-Sept			
WEEK 10	Wed	16-Sept			
VEE	Thu	17-Sept			
-		1	List day of Tame 2. Factor Day / Carriel Days Days	coin donation required- TBC <u>End of School Time</u>	
5	Fri	18-Sept	Last day of Term 3 Footy Day / Casual Dress Day- no TBC	com donation required- rBC <u>end of School Time</u>	