



*We learn. We show respect.  
We are safe.*

Thursday 13<sup>th</sup> August, 2020

*"Golden Past, Bright Futures"*

Canterbury Street, Vic. 3370

Telephone (03) 5345 3182

Email: [clunes.ps@edumail.vic.gov.au](mailto:clunes.ps@edumail.vic.gov.au)

## Clunes Primary School Newsletter

### UPCOMING EVENTS

2020

**Term 3 Draft #4 Calendar on the back page**

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 updated Clunes PS IT Acceptable Use Agreement 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. 😊

An updated Department of Education Operations Manual (August 7<sup>th</sup>) 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 (10<sup>th</sup> 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. If 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. 😊

## 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!**

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

### **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 Assembly 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.**

## 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 3/4LJ!



Australia Day



NAIDOC Week



National Sorry Day



ANZAC Day

Harmony Day



# What's been happening in P.E. lately?



As well as the seniors doing netball skill development, we have been skipping, hula hooping, game playing and packing in hoaps of fun into our P.E. sessions!

Mr James 😊



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 [Anxious Kids](#), 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



# 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 😊.*

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](mailto: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.**

Term 3 Calendar – Draft #4 13 <sup>th</sup> August, 2020 <b>new information highlighted ☺</b>			
WEEK 1	Mon	13-Jul	First day of Term 3!
	Tue	14-Jul	
	Wed	15-Jul	Antoinette- Private Music Lessons remain POSTPONED at school UNTIL FURTHER NOTICE. School Council Meeting –No July Meeting Buildings & Grounds Committee Meeting 6pm.
	Thu	16-Apr	
	Fri	17-Apr	NO Breakfast Club or LUNCH ORDERS until further Notice
WEEK 2	Mon	20-Jul	
	Tue	21-Jul	
	Wed	22-Jul	
	Thurs	23-Jul	
	Fri	24-Jul	
WEEK 3	Mon	27-Jul	
	Tue	28-Jul	SOG Meetings
	Wed	29-Jul	
	Thu	30-Jul	
	Fri	31-Jul	
WEEK 4	Mon	3-Aug	School Review- Validation Day- postponed
	Tues	4-Aug	Student Free Day
	Wed	5-Aug	Learning from Home resumes daily School Bus in operation
	Thurs	6-Aug	Learning Pack collection – 3-5pm MP Hall
	Fri	7-Aug	Weekly Student Leadership (School Captains & Vice Captains) meetings online 10.30am
WEEK 5	Mon	10-Aug	
	Tues	11-Aug	
	Wed	12-Aug	School Council Meeting –online
	Thurs	13-Aug	Learning Pack collection – 3-5pm MP Hall
	Fri	14-Aug	
WEEK 6	Mon	17-Aug	
	Tue	18-Aug	JSC Meeting- online 12.30pm
	Wed	19-Aug	School Review- Fieldwork Day- postponed
	Thurs	20-Aug	Learning Pack collection – 3-5pm MP Hall
	Fri	21-Aug	
WEEK 7	Mon	24-Aug	
	Tue	25-Aug	
	Wed	26-Aug	
	Thurs	27-Aug	Learning Pack collection – 3-5pm MP Hall
	Fri	28-Aug	
WEEK 8	Mon	31-Aug	
	Tue	1-Sept	
	Wed	2-Sept	School Review- Panel Day- postponed
	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
	Thu	10-Sept	Learning Pack collection – 3-5pm MP Hall? TBC
	Fri	11-Sept	
WEEK 10	Mon	14-Sept	
	Tue	15-Sept	
	Wed	16-Sept	
	Thu	17-Sept	
	Fri	18-Sept	Last day of Term 3 Footy Day / Casual Dress Day- no coin donation required- TBC <b>End of School Time</b>

### CORONAVIRUS (COVID-19) RESTRICTIONS REMAIN IN PLACE

The greatest risk of transmission of coronavirus (COVID-19) is between adults.

Please prepare your children to be collected from an external meeting point.



During drop-off and pick-up of your child remember to keep 1.5m between yourself and other adults.



Please move promptly away from the school grounds.

Please avoid the Office if at all possible!

Everyone 12 years and over entering school grounds must wear a face covering



For detailed information visit:  
<https://www.dhhs.vic.gov.au/coronavirus>

