



SCHOOL NEWSLETTER

For **TERM 1 WEEK 10**

Starting **30 MAR 2020**

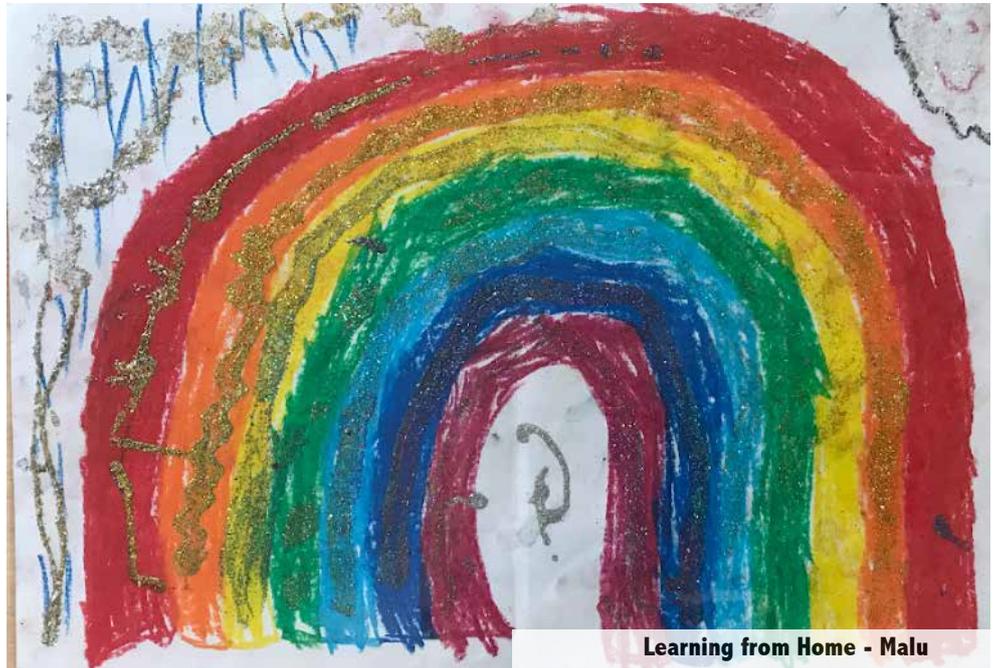
DATES TO REMEMBER

April

- 6th - Parent/Teacher interviews commence **POSTPONED**
- 9th - **LAST DAY OF TERM 1**
- 27th - **STAFF** return for Term 2
- 28th - **STUDENTS** return for Term 2

May

- 1st - 2:45pm - Merit Assembly (TBC)
- 4th - 2:20pm - Wombats Assembly (TBC)



Learning from Home - Malu

Learning from Home

This week saw a significant change in the way NSW schools deliver lessons to their students. Schools are now producing a unit of work that is delivered at school as well as at home.

Thank you to every single parent and carer for your support as we (very quickly) transitioned to a dual home and/or at school learning model. Thank you for the many positive messages we have received, they have been passed on to all staff. A HUGE thank you to every student for the resilience you have shown in this ever-changing time. Every teacher is proud of your commitment to your learning whether it be from home or at school.



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www.facebook.com/sppssydney

PB FOR L FOCUS

Moving safely through the school

Morning and Afternoon pick ups

REMINDER: To assist with social distancing measures, I would like to request parents spread out in the drop off and pick up areas rather than congregate close to each other. Thank you for your support.

Absences

If your child is absent from school, please let us know the reason, including if your child is learning from home so the school roll is updated accordingly. Thank you for your assistance.



Learning from home: Yindi and Mylla



Learning from Home Jasper and Felix

Cough etiquette

Cover your cough



- When coughing or sneezing, use a tissue to cover your nose and mouth
- Dispose of the tissue afterwards
- If you don't have a tissue, cough or sneeze into your elbow.

Wash your hands



- After coughing, sneezing or blowing your nose, wash your hands with soap and water
- Use alcohol-based hand cleansers if you do not have access to soap and water

Remember hand washing is the single most effective way to reduce the spread of germs that cause respiratory disease.

Anyone with signs and symptoms of a respiratory infection, regardless of the cause, should be instructed to cover their nose/mouth when coughing or sneezing; use tissues to contain respiratory secretions; dispose of tissues in the nearest waste receptacle after use; and wash their hands afterwards.



are unlikely to get very sick or go to hospital.

6. Let them know that you will be available. You will be there to talk to them about their worries whenever they would like to and if they think of questions after your chat, they can ask them anytime.

7. Identify other responsible adults in their life. If you aren't there to field any questions they may have, it is reassuring for them to know they have other adults they can approach.

8. Get the right information. Choose one reputable website to get your information from (such as the Department of Health) and resist temptation to look at more sensational sources.

9. Let them know about family plans. Share what you are doing and plan to do to keep their family safe. Encourage regular safe contact with loved ones, e.g. video chat with grandparents.

Practical strategies to reduce COVID-19 related anxiety

Provide a sense of control by discussing and implementing practical steps your child can take to stay safe.

These may include:

- Regular handwashing for 20 seconds. They can sing 'Happy Birthday' through twice to get the right length of time.
- Cough and sneeze into elbows. For younger kids tell them to pretend to be elephants as they do it.
- Give them new chores so they feel able to help keep control. Things like cleaning areas at home each night or helping to prepare food will give them a feeling of responsibility.
- Limit unhelpful or excessive media exposure which can often increase anxiety.

General tips to support wellbeing

- Remaining active is very important for mental health and wellbeing. Many school sporting competitions have been postponed and substitute activities like going outside for walks or doing online exercise programs like yoga or zumba are great options
- Make sure you join in with their fun. It can be hard if you're not feeling well yourself or if you're having to make lots of decisions about changing your routine, but remember your child is looking to you to know how to behave. Show them there is still time for fun.
- Encourage communication with friends using virtual formats when face-to-face isn't an option.
- Develop a plan with your child about their schooling over the coming weeks. This will need to be done in collaboration with their schools, but it will be reassuring for them to know that there is a plan, even if it needs to be adapted at a later date.
- Help your child to get enough sleep. You can do this by limiting the use of screens late in the evening and encourage your child to start a wind down routine about an hour before they go to bed. This helps them prepare their body and mind for sleep.

Seeking additional support

If your child or teenager is experiencing anxiety that is very distressing to them or interfering with their ability to function, it is important to seek additional support. There are digital tools and helplines listed at the end of this fact sheet that you can recommend.

If you are struggling with anxiety yourself, you can find more information [here](#).

If you have significant concerns about your child and want some professional help, you can

Reassuring your children about the unknown Information for parents during COVID-19



What this fact sheet covers:

- How to talk about the situation
- Strategies to reduce anxiety
- Tips to support wellbeing
- Seeking additional help

Introduction

It's not just adults worrying about COVID-19 and the day-to-day changes around the situation. As parents, it is important to listen to the questions coming from your children so you can offer clear and honest answers.

It's also OK to admit that you may not know the right answers rather than pretending to have the correct response.

Children will be picking up information from their peers, the media, and what they are observing in the outside world.

It is the role of parents to communicate openly with their children in a way that does not exacerbate any feelings of anxiety, and to tailor information to their kid's age and developmental stage so they can be sure it is understood.

Talking about COVID-19 with your children

- 1. Speak to them calmly and openly.** Don't shield them from everything but at the same time choose your words carefully. Saying that it is a 'pandemic never seen before in our lifetimes' does not help to calm your child.
- 2. Encourage them to ask questions.** Curiosity at this time is natural and it is a good sign if they are wanting to find out more.
- 3. Ask them what they know and what they are worried about.** Agree with them if you have the same concerns but also offer reassurance and set up a plan to help deal or cope with that worry.
- 4. Reassure them it's normal to be worried.** Both children and adults have worries about COVID-19 and most people are feeling concerned.
- 5. Provide reassurance that as young people, they are relatively safe.** Current data suggests that young people are less likely to catch the virus than others, and even if they do, they



get a referral to a psychologist or mental health professional through your GP.

It's best to contact your GP over the phone first and they will let you know how to proceed. Many psychologists are now offering their services using tele-health or online communications.

Helpful resources and online tools

Bite Back

biteback.org.au

Kids Helpline | 1800 55 1800
kidshelpline.com.au

Beyondblue | 1300 22 4636
beyondblue.org.au/get-support/national-help-lines-and-websites

eHeadspace
headspace.org.au/eheadspace

Brave online
brave-online.com

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