

Important Dates

- * Monday 18/10
K & Yr 1 Commence
- * Monday 25/10
Yrs 2 to 6 Commence

We can't wait to see you all!



Dear Parents/Carers,

Welcome back to Term 4 and the return to some normality in coming weeks. Firstly, I want to thank all of my amazing staff who worked tirelessly during Term 3 while I was on long service leave. What a grand effort in the most difficult term we have ever faced. Thank you also to all of you: our parents, carers and students who also made it through. Together we are a strong community and I love the support offered to each other on a regular basis.

I would like to firstly congratulate Liam M. (2/3H), Emie R. (3/4C) and Kirra M. (5/6M) for reading 100 nights. Great work kids!

Last week you will have received a note outlining information about our staged return to school. This note covered information about return dates, vaccinations of staff, mask wearing, cohorts and ventilation. If you have not received this, it is available on our school website and was sent via your child's class teacher. Below you will find some more specific information around our return to school procedures.

Student Cohorts

Our students will be divided into 3 stage cohorts – K-2, Stage 2 and Stage 3.

Class time: cohorts will work in their class cohorts during class time. Stage 2 and Stage 3 Maths groups will go ahead as they are with stage cohorts.

Break times: students will eat and play within their stage cohorts in designated playground areas. Students are not to bring their own balls or toys to school. Limited sanitised equipment will be provided during break times and sports lessons.

Toilets: Students will use the toilets allocated for use by their cohort.

Drop-off arrangements

Parents and non-essential visitors are not allowed on school grounds at this time. Please drop your children off at the school gate no earlier than 8:35am each morning. Staff will be on duty at the top, Scout Hall and bottom gates at 8:35am each morning to welcome your child to school. If students attend much before 8:55am, they will play with their peers in the following areas: K-2 in Area 1, Stage 2 Upper Area 3, Stage 3 on the Basketball Court.

Pick up arrangements

Due to the number of exit points available to our students, we will not be staggering pick up times at this time. If issues arise, we will revisit these plans. Students will be separated in their 3 cohort groups at the back gate until they can sight their parents. Staff will be on duty at the top, Scout Hall and bottom gates each afternoon to ensure students depart safely.

Parents and carers are required to stay outside school grounds, you will need to wear a mask and physically distance. Please be patient at pick up times.

Bus Travel

The advice from Transport NSW is to use your personal vehicle to drive your children to and from school if possible. Where it is essential for your child to catch the bus, you may wish to consider supplying them with a mask to wear while on the bus. Students will be separated in their cohorts while waiting in bus lines, but this cannot be guaranteed while riding on the bus. Please refer to the Transport NSW site for more details if required.

Access to school during the day

For anyone needing to come on site during the school day, please phone ahead so that we can maintain social distancing and appropriate numbers. If collecting your child early for an appointment, this will allow us to have your child ready for pick up to limit the amount of time you are on site. You will be required to Check In using the QR Code in the office foyer.

Canteen

Our Canteen will not commence operation until **Monday 25th October**. Students will only be able to order lunch and recess online through Flexischools. There will be no over the counter sales and the Canteen will be operating with reduced menu options.

Uniforms

Orders for the Clothing Pool can now be placed on Flexischools. Order by 3:00pm on Wednesday 20th October for collection on Friday 22nd October. Collection will be at the Scout Hall gate between 8:00am and 8:30 am.

As at 25th October Flexischool online orders only. All flexischools orders are to be placed by 3:00pm on a Wednesday for classroom delivery by the Friday of the same week. Please note: for a refund or exchange of sizing, please keep all tags on garments and packaging and return it to the office with a note for the Clothing Pool team.

Student Attendance and Learning Delivery

All students should be at school on the date indicated for their year group to resume face to face learning, unless:

- they have a medical certificate which states they can't return to school due to a condition or illness (Please provide a copy to the school so that work can be arranged)
- they have been asked by NSW Health to self-isolate. (Please inform the school so work can be arranged)
- they are currently unwell (you will be called to collect your child if they are unwell or become unwell during the day)

Activities that are not currently permitted or on hold

Schools are not currently allowed to run the following activities during school hours or within school grounds:

- choirs
- bands and ensembles
- interschool activities and events including interschool sport, gala days, trials, knock outs and carnivals
- SRE
- assemblies
- school performances, productions, concerts, speech nights and award presentations
- excursions, camps, field trips and principal-endorsed activities for students
- student visits to aged care facilities
- community events (fetes, grandparents' days etc.)
- P&C activities, including meetings (unless held online only)
- all external providers and specialist programs not directly related to educational outcomes and support, including community use of school facilities

Water bottles

All students are required to have their own drink bottle at school as bubblers are not in use.

Responding to COVID-19 cases

Where there is a case of COVID-19 in the school community, the department has established systems and protocols with NSW Health to manage and respond accordingly to keep our staff and students safe. These protocols include communication with parents or carers if their child has been in contact with someone who has tested positive to COVID-19 while at school or if the school becomes closed.

If our school becomes closed due to a COVID-19 case

Parents and students will be notified when a decision is made to make the school closed for onsite attendance due to a confirmed case of COVID-19 or other events that require the school to close. Information about the operational status of the school will be distributed through our usual information channels and the department's website. During this period, then we will provide learning activities for your child to do at home and will communicate with you about their learning. Parents and students will be informed by the department when the school is ready to resume onsite learning.

School Visitor Check-in-System

A single School Visitor Check-in system for every school across the state is coming from 18 October!

The Department of Education has partnered with Service NSW to provide a streamlined, digital school sign-in system for visitors and contractors at every NSW government school.

Benefits of the new system include:

- Accelerating your check-ins to as fast as 20 seconds
- No need to manually sign in
- Linked to NSW Health's COVID-19 contact tracing ensuring every school is compliant with the NSW COVID-19 mandate
- Giving every school greater access to streamlined NSW Government services.

Who can use School Visitor check-in

- Visitors such as parents and carers, contractors, service providers and volunteers.

Students or visitors under the age of 18 are not required to use School Visitor Check-in.

School Visitor Check-in will be ready from 18 October at all NSW Government schools.

For more information visit School Visitor Check-in on the department website.

Finally, now is a good time to start getting your child/ren into routine ready for their return to school. Start regular bedtimes to ensure they are well rested and set alarms for usual wake up times to get their bodies prepared.

Thank you all once again for your support and understanding during these trying times.

Have a great weekend.

Lyndal Coleman
Principal

Did you know?

Children grow more in the springtime.

LIBRARY NEWS

Thank you!

Thank you so much to our wonderful P&C for providing our Library with a new secure charging station for our Library devices. This will reduce congestion in our tech room of an afternoon and charge, secure and store up to 32 devices in our Library. Our brand new laptops that have been purchased for the Library are all set up in there and charging, ready to go once our students return! Thank you!

Library Books

Have you been on a Library book hunt yet? Library books can be returned on any day during the week. Your child can bring them to school and pop them into the returns tub in the Library at any time before or after school. This way, they will be ready to start borrowing as soon as possible on their first Library day. We are so very excited to start borrowing again!

Kayla Frost
Teacher Librarian



Become a nipper in 2021/22

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WE ACCEPT ACTIVE KIDS VOUCHERS - apply online before registering here:
<https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>

If you have any questions about registration, please contact admin@wamberalsurfclub.com

Nippers will be returning under the Public Health Orders for community sport released by the NSW Government.
Start date is dependent on NSW Public Health Orders, no refunds are available if season is cancelled.



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Maintaining Connection Whilst Setting Boundaries

Children may find it difficult to adjust back to regular daily routines and household rules. This is a difficult time for you and your child. It will be helpful to maintain connection with your child whilst setting boundaries and limits.

Communicate comfort and connection through nonverbal communication. Be relaxed in your facial expression and body, get down to your child's level, and offer gentle touch/affection.

Validate and Relate. Consider what your child might be feeling, and how they are experiencing things from their point of view.

"It is hard to get up early in the morning after you have enjoyed weeks of sleeping in."

"You have been doing a great job completing your work online. It must be frustrating not being able to do all your work on the iPad now."

Reason and Set Limits. Support your child to consider the bigger picture and help them problem solve. Communicate that wishes and feelings are acceptable, but some behaviours are not. It is important to remain calm, clear and assertive.

"It's hard to go back to school after such a big break. We have to go to school. Let's sit together and figure out how to make this easier".

"I hear you want to play more. It is important that you get a good night sleep before school. It is bed time."

"I can see you are frustrated but it is not ok to yell or hit."

Useful Resources:

- ◊ **Contact the Family Referral Service at**
<http://www.familyreferralservice.com.au/>
- ◊ **Speak to your GP about mental health support via Medicare for adults and children**
- ◊ **Parent Line:** 1300 1300 52 or
<https://parentline.com.au/>
- ◊ **Raising Children Network:**
<https://raisingchildren.net.au/>
- ◊ **Parenting courses and seminars in your local area:**
<http://www.resourcingparents.nsw.gov.au/>
- ◊ **For immediate support please call:**
Lifeline: 13 11 14
Beyond Blue: 1300 22 46 36
Mental Health Access Line: 1800 011 511



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Supporting children's return to school during COVID-19



Children have experienced a lot of sudden change over the past few months, and may experience difficulty returning back to normality.

This **Parent Guide** includes information to support your child with their gradual transition back to school.

These are uncertain times and can be stressful for both adults and children. Ensure you're giving yourself time to relax and unwind, take some time to reflect on how you're feeling.

Things to do:

It's time to get ready to come back to school! We are looking forward to seeing everyone again. Here are some things you can do to get ready. This will be different for each family, and depend on the age of your child. Here are some examples:

- ◊ Find school clothes
- ◊ Make sure school clothes are washed
- ◊ Find school shoes and school bag
- ◊ Get up at the normal school wake-up time
- ◊ Eat breakfast at the normal time
- ◊ Help make lunch
- ◊ Pack school bag
- ◊ Drive past school at the usual drop off time for practice
- ◊ Talk about the plan for after school pickup
- ◊ Talk about what your child is looking forward to doing at school
- ◊ Ask them how they feel about going back to school

Going back to your family's normal school morning routine will be a powerful way to help them get back to school successfully.



How your child may be feeling...

Excited or happy: Some children feel ready for their return to school and be excited to see their friends and teachers again.

Nervous or anxious: Due to being away from their peers and routine structure, some children may feel uncertain about their place amongst their peers and how school will look on their return.

Frustrated or annoyed: Some children may have enjoyed learning in the home environment and do not want to return to school.

It is important to remember that all of these feelings are normal and we all react in different ways.



Your child may have a hard time understanding and expressing their feelings.

As a result, you may notice some **changes in their behaviour:**

- ◊ Changes to sleeping or eating habits, such as struggling to fall asleep;
- ◊ Becoming quieter or more withdrawn;
- ◊ Clinginess or difficulty separating from you;
- ◊ Becoming fidgety and restless;
- ◊ Seeming irritable and acting out, possibly refusing to attend school;
- ◊ Physical complaints such as an upset stomach or headaches;
- ◊ Excessively asking questions or seeking reassurance.

These are normal reactions to stress.



How should I talk to my child about returning to school?

Children may feel a variety of emotions. By providing children with a space to discuss and explore their feelings, we can support them to regulate, problem solve and overcome any difficulties.

Be aware of your child's emotions. It is important to show your child that it is safe to share their feelings by showing acceptance and holding a non-judgemental attitude.

Validate and normalise their feelings and experience.

Here are some ideas:

"You feel worried about returning to school. You don't know what to expect. Everything changed so quickly."

"I can see you're so excited to go to school and see everyone."

"You look nervous about seeing your friends after so long. It is normal to feel nervous. I felt a little nervous about that too."

Listen, be curious and encourage the conversation.

Here are some ideas:

"I wonder if you are feeling nervous about seeing your friends."

"You're excited! What are you most looking forward to?"

Encourage hope by supporting your child to problem solve, plan or consider a difference perspective.

When they come home from school, take the time to talk about their day, for example:

- ◊ *"What did you like about today?"*
- ◊ *"What was it like seeing your friends again?"*
- ◊ *"What did you learn?"*
- ◊ *"Is anything worrying you?"*

Self Defence – Krav Maga

- Kids/Juniors
- Women's only
- Adult & Family class
- Personal Training
- BOOTCAMP
- West Gosford + Erina



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