



Newsletter

Issue 4

Term 1

Week 8

DIARY DATES

Term 1

WEEK 9

Thurs 26/3

Walking Club 8:30am

Fri 27/3

Pupil Free Day

WEEK 10

Thurs 2/4

Walking Club 8:30am

WEEK 11

Tues 7/4

World Health Day

Easter Special

Second Lunch

Thurs 9/4

Walking Club 8:30am

Early Dismissal 2:05pm

Fri 10/4

Public Holiday –

Good Friday

Community Hub

**The Community Hub
will be closed for the
remainder of Term 1.**

Information from the Principal

COVID-19

As per information communicated to you earlier this week, in light of the latest information we have received from the Department for Education and SA Health, I would like to reiterate what we are doing as a site in regards to the safety and wellbeing of our school community.

Funding has been allocated to ensure additional cleaning takes place across the school. Hygiene posters regarding washing of hands and safe coughing/sneezing practices have been placed in all learning areas. Teachers have reminded students about hygiene procedures. We are also sending students home straight away who are presenting as sick. Furthermore, staff have also been informed that if they are feeling unwell with a fever and/or respiratory infection they should remain at home until symptoms resolve.

Regarding Term 1 events and focus areas, we have made the decision to:

- Postpone Aqua Dance sessions that were scheduled earlier this week
- Postpone Sports Day
- Postpone Parent/Teacher Interviews scheduled for week 9
- Shut down our Community Hub until the end of term
- Modify Harmony Day
- Cease outside groups utilising our site facilities out of school hours as directed by the Department for Education

Teachers and staff have been communicating with students regarding tips for managing any anxiety to do with COVID-19. Joseph has also included information in this newsletter for parents and caregivers.

We will continue to communicate information to you as it comes to hand. Thank you for your support and understanding as we navigate this new space together.

Kind Regards,

Mandy Alcorn
Principal



Year 6/7 Aquatics

In week 7 the year 6/7s from Rooms 3, 5 & 7 ventured down to West Lakes Aquatic Centre to take part in a day of aquatic activities. We left bright and early and we were eager to get out on the water and take part in a range of activities. When we got there we were given a safety talk so that we all knew what we needed to do if there was an emergency.

We then were split into groups and went off to our first activity. We were lucky enough to be given the opportunity to do all the activities. These included: kayaking, snorkelling, sailing and surfing. They were all lots of fun.

It was a beautiful day down at West Lakes with a slight breeze. This was helpful when we were sailing because we were able to get lots of speed up and down West Lakes. When we were surfing we learnt about what to look out for when going into the ocean and how to keep ourselves safe.

Although the wind was helpful, it was also unhelpful. When we were kayaking and canoeing, the wind made it hard to paddle so we got tired quickly.

By the end of the day, we were all tired but still excited about the day we just had. We were grateful for the opportunity to take part in all the aquatic activities.



Camp at Arbury Park

On Monday the 24th February, the year 5, 6 & 7s went on camp to Arbury Park Outdoor School. They were really excited about camp and the activities that they were going to take part in. The learning focus was around team building and different aspects of the environment. The camp was very hands-on where the students were able to experience new things.

Another big learning for the students was developing independence and staying away from home. The camp allowed them to interact with people in different ways, through sharing living spaces and being responsible for their belongings. Students were also given the opportunity to try different foods, which they loved. All in all, it was a really successful camp that the students enjoyed and benefited from.



Helpful Tips to Manage Coronavirus Anxiety

As we continue to learn more about the coronavirus (COVID-19), it is likely that both adults and children may experience feelings of worry and anxiety. It is important during these times to stay informed by accessing accurate information from credible sources, keeping a rational mindset, taking appropriate precautions, looking after yourself, and speaking calmly to your children about the virus. The Australian Psychological Society (APS) outlines ways in which we can support the mental health of ourselves and our children.

Learn the facts

By limiting social media exposure if it causes distress, and seeking information from credible sources, anxiety will likely decrease as you are absorbing more accurate information and less unsubstantiated 'facts'. Credible sources include:

- **Australian Government** coronavirus (COVID-19) health alert
- **Health Direct** – Coronavirus (COVID-19)
- www.smartraveller.gov.au – travel information for Australian citizens
- **World Health Organization** – coronavirus disease (COVID-19) outbreak

Keep things in perspective

Stress makes us focus on the negatives and worry about 'worst-case scenarios'. Instead of focusing on this, it is important to remind yourself that the number of confirmed cases in Australia is still low, measures are being taken to reduce the spread, a large number of confirmed cases have been those who have arrived from overseas travel and people who have been in direct contact with them, and the coronavirus infection is *usually* mild and most people recover without specialised treatment. That is not to say, it isn't important to take necessary precautions to protect yourself and others who are more at-risk, rather a reminder to avoid catastrophising thoughts and keep perspective.

Take reasonable precautions

By being proactive and following the recommended hygiene principles, you can ease your anxiety. The World Health Organisation recommends these hygiene actions:

- wash your hands properly and frequently
- avoid touching your eyes, nose and mouth
- stay at home if you begin to feel unwell until you fully recover
- seek medical care early if you have a fever, cough or experience breathing difficulties.

Practice self-care

To remain in a positive state-of-mind, it is essential to look after yourself. Some things you might do to support your wellbeing are:

- Connecting with family and friends and keeping in open contact
- Taking the time to engage in safe activities and hobbies that make you happy
- Maintaining a healthy lifestyle by taking care of your body, eating balanced meals, exercising regularly, and getting good quality sleep.

Tips for talking with children

While this may be a stressful time for some children, we can help children navigate their feelings by answering their questions and reassuring them that feelings of anxiety are completely normal during uncertain and stressful situations.

By answering children's questions in supportive, age-appropriate ways, we can help reduce their anxiety. Parents and caregivers can achieve this by:

- speaking to them about coronavirus in a calm manner
- asking them what they already know about the virus so you can clarify any misunderstandings they may have
- giving them a sense of control by explaining what they can do to stay safe (e.g., wash their hands regularly, keeping a safe distance from people who cough or sneeze)
- not overwhelming them with unnecessary information that may increase their anxiety
- reassure them that coronavirus is less common and severe in children compared to adults
- allowing regular contact (e.g., by phone) with people they may worry about, such as grandparents, to reassure them that they are okay.

As there is mass media coverage of the coronavirus, it is important to monitor children's access to social media and the internet, as frequent exposure can increase the level of fear and anxiety they experience. Where possible, ensure you are with your child when they are reading, watching or listening to the news, so you are there to address any questions or concerns they may have.

By supporting each other, taking a sensible approach, looking after our mental health, and speaking carefully and openly with children, we will get through this period together.