



BARDIA PUBLIC SCHOOL
NEWSLETTER

37 Arthur Allen Drive
Bardia NSW 2565
9605 2459



Term 3 – Week 6 – 2021

August

Please note: all excursions and incursions have been postponed. You will be notified if/when excursions and incursions are resumed.

Please note:

Parents and carers must collect their children at 3:00 pm sharp. There is no supervision provided in the afternoons. Should you be late repeatedly you are advised to enrol your children in Camp Australia or make alternative arrangements.

Chewing gum is banned at Bardia Public School. Please do not allow your children to bring chewing gum to school.

Park safely
in the kiss and drop zone

Follow the road rules

Park for 2 minutes at most

Stay within 3 metres of your car



Disclaimer:

Bardia Public School does not endorse any product or services advertised in this newsletter.

Message from the Principal

Dear parents and carers,

The bad news first: According to the ABC's case locator we now have 45 active cases of covid-19 living in the Bardia/Ingleburn area, up from the 18 cases I reported some time ago. Also worrying is the information now available about how the Delta variant is impacting on children. Children and teens now account for one third of all covid-19 cases in NSW.

<https://www.abc.net.au/news/2021-08-12/nsw-covid-cases-in-those-under-19/100371666>

Once again, if you can keep your child at home, please do so.

Now for some good news: Together the teachers and the students, supported by our wonderful learning support teachers and office staff are doing a fantastic job at making the most of remote learning.

I was lucky enough to be invited along to see Echidna Hub dressed up as me for Principal's Day. What an honour! Some of the boys outdid themselves with those beards!

For the teachers, remote learning is difficult, frustrating and much more time consuming to prepare than face to face teaching. Having teachers prepare packages and online learning means they have less time to do them extremely well. I have instructed the teachers to focus their energy on the online learning.

It has been great to see 95% of our students engaging in the online learning and no longer requiring work packages sent through school stream. The work packages sent through school steam are not nearly as good as the online learning. If you want your children to get the most from remote learning, please try to have them join in these online lessons and zoom meetings and not have them reliant on the packages sent via school stream.

If you are having any issues, we are here to help. Please do not hesitate to let your child's teachers know if you or your child are having any issues with remote learning. We may not be able to resolve every issue, but if we don't know about it, we can't help!

Attendance and Duty of Care:

Yes, we are required by law to monitor student engagement with learning, but we also do something more import, we monitor the morale of our community. We are concerned about how you are all going during this awful time and we are here to help. Please let us know if you are not coping and we can refer you to, or alert, those services which are expert in helping. And don't forget we have our own Counsellor Mrs Patel. Please email the school today if you want more information.

If we don't see or hear from your child, we will ring you. If we can't get through to you or your emergency contacts then on the fifth day after the first attempt at contact, we will ask the police to see if you and your child are ok. Please see this for what it is in these difficult times, care for our community.

I am sorry to announce that we have had to **cancel this year's student camp**. I know that our Year 6 students will be very disappointed by this news. To make up for this the teachers and I are thinking hard about something special we can do in Term 4. Unfortunately, camps are out of the question. Perhaps you could think of something? Suggestions from students and parent/carers are open. Please pass your suggestions on to your child's teachers. The Assistant Principals will collect these suggestions and give them to me. I will select the suggestion that is covid-safe, inexpensive, logistically feasible and relatively time efficient.

FACT SHEET

FOR FAMILY,
FRIENDS AND
YOUNG PEOPLE

TAKING CARE OF YOURSELF IN A TIME OF COVID-19

There's a lot going on in the world right now, with the coronavirus COVID-19 adding uncertainty to our daily lives. You may notice that you feel more stressed, anxious or depressed than usual. This is normal at this time but there are things you can do to look after yourself both physically and emotionally. We've put together this list of self-care activities you can do from home. They'll help you feel a bit better and give you a sense of control.

* TAKING CARE OF YOUR MENTAL HEALTH

- 1 If you feel overwhelmed, talk to a health worker, social worker, similar professional, or another trusted person in your community.¹
- 2 Draw on skills that you have used in the past during difficult times to manage your emotions during the COVID-19 outbreak.¹
- 3 Try to keep to a routine. If you are at home more than usual, set your alarm to get up at the same time each day, have a shower, put on your favourite clothes and try to maintain a routine. It will feel different than your normal but it will help.
- 4 Be creative. If you have good ideas for keeping your mind busy and healthy, share them with others.
- 5 Anxiety is normal, talk about it. Lots of people feel the same way. Listen to your mind and body, anxiety is a feeling like any other. Don't try to push it away, acknowledge that it is anxiety.
- 6 Acknowledge your sense of achievement when you have tried something new or feel good about something.
- 7 Try something new. Look on YouTube for creative ideas of new things to try. Bake a cake, try some origami. Learn something new and teach it to someone else, if possible.

* TAKING CARE OF YOUR PHYSICAL HEALTH



- Have a plan on where to go and seek help for physical and mental health and psychosocial needs, should you need them.¹
- Download a Couch to 5K app if you haven't run before. It is a great way of staying healthy and active.
- Maintain a healthy lifestyle (including a proper diet, sleep, exercise and social contact with loved ones). Keep in touch with family and friends through email, phone calls and social media.¹
- If you are missing the gym or want to try to up your exercise level, use a YouTube video or online coach to motivate you.
- Stay active - go for a walk each day, try to see the sky and breathe fresh air every day. Pay attention to your surroundings. Notice the colours and sounds around you. Just remember physical distancing rules - keep a safe distance from other people.

* STAYING CONNECTED



- It is normal to feel sad, distressed, worried, confused, scared or angry during the COVID-19 outbreak. Talk to people you trust. Contact your friends and family.¹
- Start a Netflix group, watch the same series as friends and chat online about it.
- Try to stay connected to friends and family members as much as you can. Social isolation is difficult but stay connected and make the effort to use your preferred social media platform to video call friends.
- Have a virtual music party or share a playlist. Enjoy your favourite music.
- Ask your friends how they are keeping busy and active, they may have some really good ideas.
- Read a book, start an online book club.

* TAKING CARE OF OTHERS

- If children in your life have concerns, addressing these together may ease their anxiety. Children will observe adults' behaviours and emotions for cues on how to manage their own emotions during difficult times.²
- If you know of vulnerable people in your community, ask them if they need any shopping or leave them a note to say hi and you hope they are okay.

* SEEKING COVID-19 NEWS OR INFORMATION

- Get the facts about your risk and how to take precautions. Use credible sources to get information, such as the World Health Organization website or a state or federal public health agency.¹
- The near-constant stream of news reports about COVID-19 can cause anyone to feel worried. Seek out facts, not rumours and misinformation. Facts can help to minimise fears.²
- Minimise watching, reading or listening to news about COVID-19 that causes you to feel anxious or distressed.²

Sources: 1 | World Health Organization, Coping with stress during the 2019-nCoV outbreak (Handout). WHO: Geneva, 2020. 2 | World Health Organization, 2020.

SOMETIMES SITUATIONS CAN BECOME OVERWHELMING, EVEN IF YOU'VE BEEN PRACTISING SELF-CARE.

Sometimes situations can become overwhelming, even if you've been practising self-care. As most people will be physically distancing (also known as social distancing) or self-isolating, a great way to access support is through telephone and online services. **Lifeline (13 11 14)** and **Kids Helpline (1800 55 1800)** can be accessed for phone and online counselling. Lifeline phone counsellors are on call from 7 pm to midnight, and Kids Helpline is available 24/7. **Eheadspace** also offers free online and telephone support and counselling.

If it's available to you, you could also see your GP or mental health professional for extra help (but make sure to follow the advice of Healthdirect if you're showing symptoms or are in self-isolation). You could also ask your mental health professional if they could chat over Skype/FaceTime if you're in self-isolation.



LIFELINE AUSTRALIA

13 11 14
www.lifeline.org.au

KIDS HELP LINE

1800 55 1800
www.kidshelpline.com.au

GET IN TOUCH
IF YOU'D LIKE MORE
INFORMATION ABOUT
ORYGEN, PLEASE CALL
(03) 9966 9100 OR
SEND AN EMAIL TO
INFO@ORYGEN.ORG.AU
ORYGEN.ORG.AU

35 POPLAR ROAD
PARKVILLE VIC 3052
AUSTRALIA

FOLLOW US ON



**REVOLUTION
IN MIND** *ory
gen*



Do you have a child starting Kindergarten in 2022 and have not completed an online enrolment?

If you live within the Bardia Public School catchment zone use this link
<https://enrol.education.nsw.gov.au/#/?schoolCode=4311>

If you already have a child attending Bardia Public School and you live outside of the Bardia Public School catchment zone please use the Out of Area Application form
<https://ooa.enrol.education.nsw.gov.au/?schoolCode=4311&catchmentLevel=primary>

LIBRARY NEWS

Extreme Reading Challenge



Are you up for a challenge?



Mrs Wyber and Ms Fonseca would like you to post a photo of an unusual place where have you been caught reading!

Sounds great! How do I enter?

To be in with a chance of winning a book prize, simply send us a photo of you doing your "extreme reading", with a short description of what's going on. We want to see strange places, silly costumes and as many wacky ideas as possible!

Email bardia-p.school@det.nsw.edu.au with Attention Ms Fonseca.

Just remember to stay safe and get help from an adult if you need to!

There will be 1 book prize per stage and you must have permission to publish as the photos will be shared with the rest of the school. Competition closes 31/8/21.

Here are just a few ideas to get you started!



FROM THE OFFICE



LOST PROPERTY

We have a quite a number of uniform items in lost property with no names. If your child has lost clothing that does not have their name on it but you feel you would recognise it, please go through the lost property (located in front of the office)



Don't forget to bring your child's hat and jacket purchases to the office for embroidery with their unique initials. We retain a register of all records so we can return any lost items to the students.

Embroidery service is on FRIDAY MORNINGS only

Our Eftpos service is available between 8:30am – 12:00pm



We kindly ask you to send tissues which are **urgently** needed.

Out-of-area applications

Out-of-area applications are now online. It is a requirement that all applications for out-of-area must be applied for under the out-of-area guidelines.

If you have a child currently enrolled in our school but live outside our catchment area please complete an out-of-area online application <https://bardia-p.schools.nsw.gov.au/about-our-school/enrolment.html>

These applications will be reviewed by the panel on Thursday 26th August, 2021.

Paper applications already submitted will also be reviewed by the panel on this date.

P & C NEWS

Dear parents and carers,

Thank you to everyone who has supported our Library Book fundraiser so far. We have reached \$1400 so far and \$1000 of that was in the first week!

We hope to keep up the momentum and achieve \$5000 by the end of the school term so that when students return to school (whenever that may be), there will be a plethora of new adventures for them to read!

This is only possible by asking you to share with family members and friends - wherever they live in the world. This fundraiser is because we cannot participate at school fundraising activities due to COVID but the best part about this opportunity is that anyone can donate from anywhere - it's not just on the school grounds!

If you haven't already donated, please dig deep to help us reach our goal.

Sharing this fundraiser will help keep the fundraiser going until the end of the term.

Thanks in advance!

<https://gofund.me/aa209c03>



[Support our Library, help us buy more books!, organized by Bardia Public School P and C Association](https://gofund.me/aa209c03)

Please help us grow our library catalogue! The enrolments at... Bardia Public School P and C Association needs your support for Support our Library, help us buy more books!
gofund.me

Amy Rankin
President

Bardia Public School P&C Association

c/o 37 Arthur Allen Drive
Bardia NSW 2565

No more paper notes will be sent home

By now all parents should have access to School Stream.

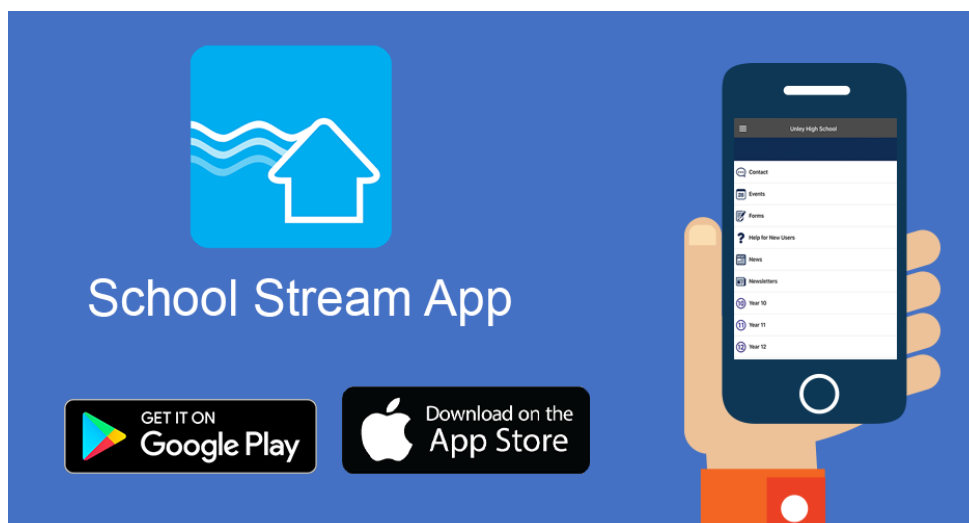
If you have downloaded the app and do not have access it is because your details do not match the details given on your child's enrolment. Mrs Zeeman sent an email to these parents today attaching a change of details form. Once received we will update our computer records and you will receive access automatically.

If you have not downloaded the app do so immediately. You will be missing out on vital information and notes. Detailed instructions on how to download the app are in the last few issues of the newsletter which is emailed to parents who have given their email address. Alternatively the newsletter can be found on our website <https://bardia-p.schools.nsw.gov.au/> (tab top right).

One-to-one messaging between parents and teachers is still a couple of weeks away. We have been in negotiations with School Stream and will advise you as soon as it is available. In the meantime you can send a message to the school's email address bardia-p.school@det.nsw.edu.au (please put the teacher's name in the subject line) and the office staff will forward to your child's teacher.

School Stream in your preferred language is a wonderful feature. You can set your preferred language so all communication will be received in the language of your choice. When you send a message or complete details in your preferred language it will appear to us as English! Details on how to set up this feature are in the instructions as noted above.

Happy Streaming

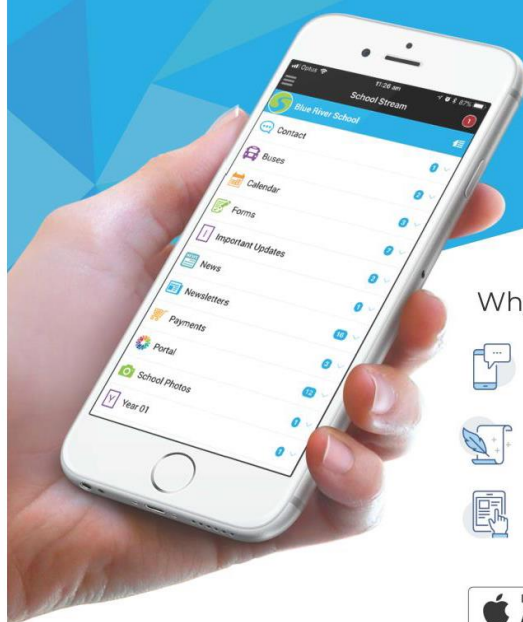


s.nsw.edu.au






This is how the school communicates with you. One-to-one messages to the teacher, whole-school communications, forms, permission slips, newsletters etc. Easy school contact details and you can set your preferred language

Download our school app for free!



Why download the app?

-  Receive instant notifications for important news.
-  Easily register absentees and excursions.
-  Keep up to date with events and set reminders.



Download instructions:

1. Go to the App Store and download "School Stream" to your phone.
2. Open the app and type the school's name into the search bar to load the school's profile.
3. Make sure you agree to Push Notifications when prompted.



Icons will only appear if there is information within them

One-to-one messages with your child's teacher

Important Updates - here you will find the most recent updates.

Forms

Current forms:

- * Change of Details
- * Absentee (this is where you report your child's absence)

Future permission slips for excursions/events will be located in Forms

Contact

Easy link to our school.
You can send an email to the office or your teacher. If you want to send an email to your teacher **MAKE SURE YOU SEND IT TO THEIR ATTENTION.**
Next year you will be able to send your teacher a message through the app.

Communication – this is where you will see all the messages from your teacher to the entire class.

Published newsletters

Make a Payment

Make a Payment

This is where you can make an online payment (POP).
* Press here

Remember !
Only mandatory fields need to be completed (*).
You do not need this number - no *.

Make a Payment

Enter your payment details below. Fields marked with an asterisk (*) are mandatory.

Student Details

Student Registration Number

If this 9 digit number is on the Statement issued by the school it will be to the right of the student's name

* Given Name

* Surname

* Enter both Class/Year & Ref Number, or Date of Birth:

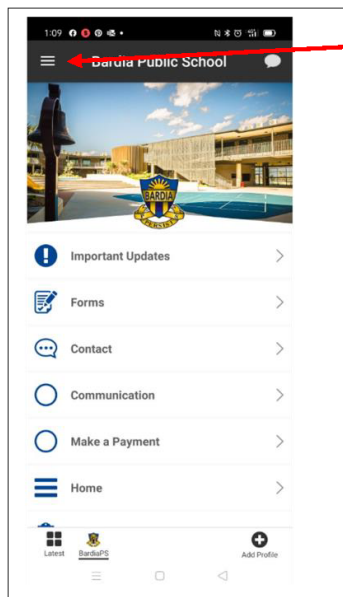
Class or Year

You can set your preferred language so that all this information will be shown in another language.

See next page to change your settings to your preferred language.

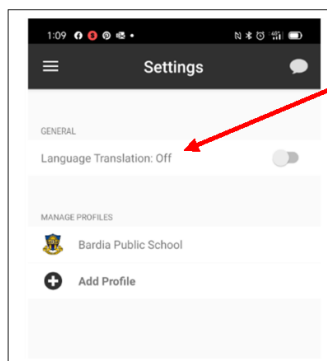
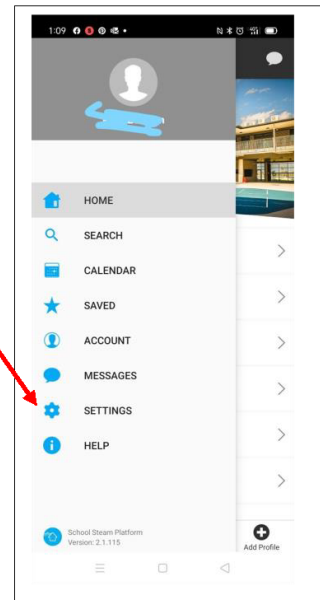
HOW TO SET YOUR PREFERRED LANGUAGE

See all communications, messages, forms etc. in your preferred language



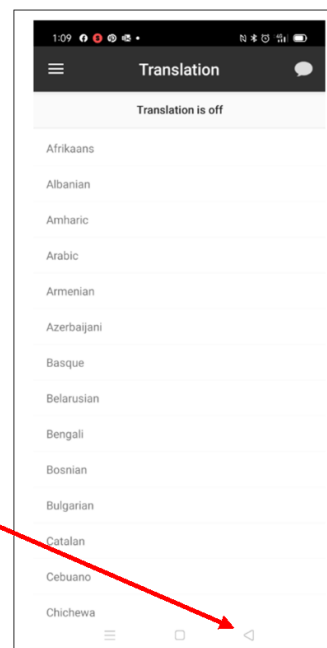
1) Press  (Home)

2) Go to **SETTINGS**



3) Press Language Translation Off

4) Select your preferred language



5) Press back

All forms, messages, communications etc. will now be in your preferred language



BARDIA PUBLIC SCHOOL - UNIFORM PRICE LIST

37 Arthur Allen Drive, Bardia NSW 2565
Phone : 9605 2459
Email : bardia-p.school@det.nsw.edu.au
Website : www.bardia-p.schools.nsw.edu.au

Available from our retail shop at 45A Oxford Road in Ingleburn.

Proudly supplied by :

SKOOL UNIFORMS PTY LTD

Shop 45A Oxford Road, Ingleburn, 2565

Phone : 9829-1027

Email : skooluniforms168@gmail.com

Prices effective 1/1/2021 inclusive of GST.

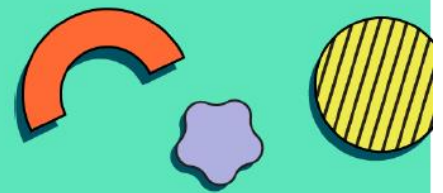
GIRLS UNIFORM	SIZES	PRICE
Dress	1, 2, 3, 4, 6, 8, 10, 12 and 14	\$62.00
Polo Shirt with Logo	5, 6, 8, 10, 12, 14, 16 and M	\$31.00
Jazz Pants	4, 6, 8, 10, 12, 14 and 16	\$27.00
Skort	4, 6, 8, 10, 12, 14 and 16	\$25.00
Navy Tights	4 to 6, 6 to 8, 8 to 10, 10 to 12, Ladies 2 to 8	\$11.00
BOYS UNIFORM		
Polo Shirt with Logo	5, 6, 8, 10, 12, 14, 16 and M	\$31.00
Microfibre Shorts	4, 6, 8, 10, 12, 14, 16 and M	\$22.00
UNISEX UNIFORM		
Polar Fleecy Jumper with Logo	4, 6, 8, 10, 12, 14, 16, M and L	\$36.00
Bomber Jacket with Logo	4, 6, 8, 10, 12, 14, 16 and M	\$46.00
Fleecy T/Pants with Cuffs	4, 6, 8, 10, 12, 14 and 16	\$24.00
Bucket Hat with Logo	XS (53cm), S (55cm), M (57cm), L (59cm)	\$15.00
Sport Socks	S (9 to 2), M (2 to 7), L (7 to 12)	\$11.00
White Socks	9 to 12, 13 to 3, 2 to 8	\$4.00
PAYMENT BY CASH, EFTPOS, CREDIT CARD (VISA / MASTERCARD) AND INTERNET (EFT) AVAILABLE.		
Account name : Skool Uniforms	BSB : 012318 Account number : 498172378	
Reference is BPS plus childs name and surname.		V5

Shop opening hours : Monday to Friday 9am to 5pm, Saturday 10am to 2pm.

In the January peak period our opening hours will be extended to Monday to Friday 8.30am to 6pm and Saturday and Sunday 9am to 5pm from 5/1/2021 till the end of February, 2021.

Dear Parents - given the new normal with Covid 19 and the required social distancing we can only accommodate 3 customers in the shop at any time. We recommend for the 2021 back to school period that you plan your purchases earlier in January to avoid the likely long queues in late January 2021 and throughout February 2021.

Newsletter



National Science Week in Your OSHC

16th - 20th August, 2021

Join us for a week
filled with exciting
experiments.



Win a cookbook
featuring your very
own recipe!



Find out more at
campaustralia.com.au/cooking-comp

A message from your Coordinator

Hope everyone is staying safe in these tough times, we look forward to seeing everyone again after the lock down.

The kids had a great time during educational and Olympics weeks, they were able to find learning fun and loved competing with each other.

For week 6, we will be enjoying national science week with some fun experiments. Fizzy fun on Wednesday will be especially great making our own sherbet.

Activities coming up

- Corn flour slime
- Fizzy fun
- Science of baking

What's on the menu

- Cupcakes
- Mixed fruits
- Popcorn

It's free to register

To attend our program, you must register your child. You can register an account with us at pp.campaustralia.com.au or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.



Visit our blog

New articles are added each week for parents and cover various topics to help families.

[Visit our blog](#)