



**BARDIA PUBLIC SCHOOL  
NEWSLETTER**

37 Arthur Allen Drive  
Bardia NSW 2565  
9605 2459



## Term 3 – Week 8 – 2021

August/September

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,

First can I thank Renee Langdon for standing in as Acting Principal while I took a two week break. From all accounts, Renee did a superb job!

No doubt you will have heard the news, but just in case:

**Monday 25th October Kindergarten and Year 1 return to face to face teaching at school.**

**Monday 1st November Years 2, 6 and 11 return.**

**Monday 8th November Years 3, 4, 5, 7, 8, 9 and 10 return.**

**All staff must be vaccinated by 8th November.**

**Masks are HIGHLY recommended for ALL students K to 6.**

**Schools will be operating under strict LEVEL 3 conditions - no parents, carers outside service providers will be allowed on site (unless invited to do so by the Principal).**

With the covid situation in NSW so unpredictable we will have to wait till early in Term 4 before the above can be confirmed. I will keep you updated.

This means that for Kindergarten and Year 1 there are 5 more weeks of remote learning left, 6 weeks for Years 2, 6, and 11 and 7 weeks for Years 3, 4, 5, 7, 8, 9 and 10.

Hang in there folks! I know we are all sick of the lockdowns, but we have to remember why we have them: they save lives.



**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>

# Practical Parenting in a Pandemic

**Wednesday 1<sup>st</sup> September 4:00 p.m. to 5:15 p.m.**

**We have registered BPS to this webinar.**

**Parents** can access this webinar by clicking on the following link:

<https://nsweducation.zoom.us/j/68784865493?pwd=MDR4dTdqR1Vpekx4K3hvcWNaWXgyQT09>

If you experience any issues on the day, please email [admin@nswppa.org.au](mailto:admin@nswppa.org.au).

The webinar includes free resources available after the event. A recording of the webinar will be available for a month after the event. Links for these will be distributed to parents after the webinar.



*"Regardless of how long it will take, this pandemic will end. Everyone is being impacted, inconvenienced, challenged, has lost something of value and had their lives shaken to the core."*  
(Maggie Dent)

#### **Content**

In this webinar Maggie explores the layers of stress, anxiety and grief for families that have been created by the pandemic. She then dives into the issue of students learning from home. Maggie will explore the reality of parents working from home with kids or teens underfoot, with some doing digital learning while in social isolation.

#### **Resources**

This webinar includes free resources, a comprehensive handout and will be available as a recording for a month after the event for schools to access.

## Virtual Camp

On Wednesday 25/8 - Thursday 26/8 - Stage 3 enjoyed Virtual Camp! The students participated in many fun activities over the 2 days.

We even had “virtual cabins” on Wednesday night and the students were able to chat with their friends.

The students enjoyed:

- Star gazing and making aliens
- Building rafts and towers
- Playing online trivia
- Cooking damper
- Playing games at home like Sock Sweep
- Making arts and crafts
- Participating in a Selfie Challenge
- Scavenger Hunts

A huge thank you to all the parents who helped their child participate in the activities.

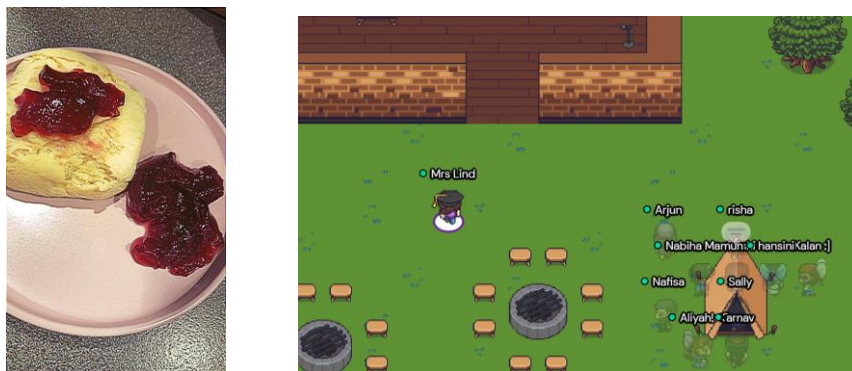
The students had a great time!

Mrs Lind, Mrs Green, Miss Duggan, Mrs Moloney, Mrs Kavanagh, Mr Raynham, Mr McCloskey and Mr Shipley.

We watched the stars and made aliens from items around the house.



We cooked damper and enjoyed our “virtual cabins”





We made tall towers and rafts!



We played Sock Sweep



We made creatures out of natural items from the garden.





Hi everyone,

What a ride it has been with technology! Congratulations to everyone who has been able to join our Library LIVE sessions. I know how difficult it is to arrange all the sessions and technology, so totally understand if you haven't been able to get there...

The students have been enjoying the sessions especially the K-2 students and their dancing to the goodbye song has brought a lot of joy to them and the teachers.

## **Children's Book Week**

Children's Book Week will go ahead officially at Bardia in Week 5 next term. We will only have the Kinder and Year 1 students most likely at school but will have other fun things arranged for the students at home.

We hope to run book fair and your children can pick up their books once back at school.

Dads we hope that you will be able to send us a recording of you reading with your child.

Look out for more information in the next newsletter or on Schoolstream about how we will be organising the week.

## **Borrowing eBooks and Audio books from our Library...**

I'm excited to say that we now have audio and eBooks in our library catalogue. For the next three months we will have access to Wheeler Books online for free.

I have made a video to show you how to borrow these books...

<https://vimeo.com/594426153/36f09d75e2>

## **#BardiaROCKS**



The P & C and a very dedicated parent, Rebekkah Zara, have begun this new initiative. Using the #BardiaROCKS you may find some painted rocks in the local area. You can keep or re-hide. Also, you are welcome to paint and hide some rocks for others to find. All the details are in the Facebook Group <https://www.facebook.com/groups/4382203065156285>

This is an awesome way to get the kids out and make a same walk a little more interesting. PLEASE keep to COVID safe rules. Wear a mask, keep within your LGA and social distance when rock hunting and hiding.

Mrs Wyber

**KEEP READING**



# 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 26<sup>th</sup> August, 2021.

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

# No more paper notes will be sent home

**By now all parents should have access to School Stream.**

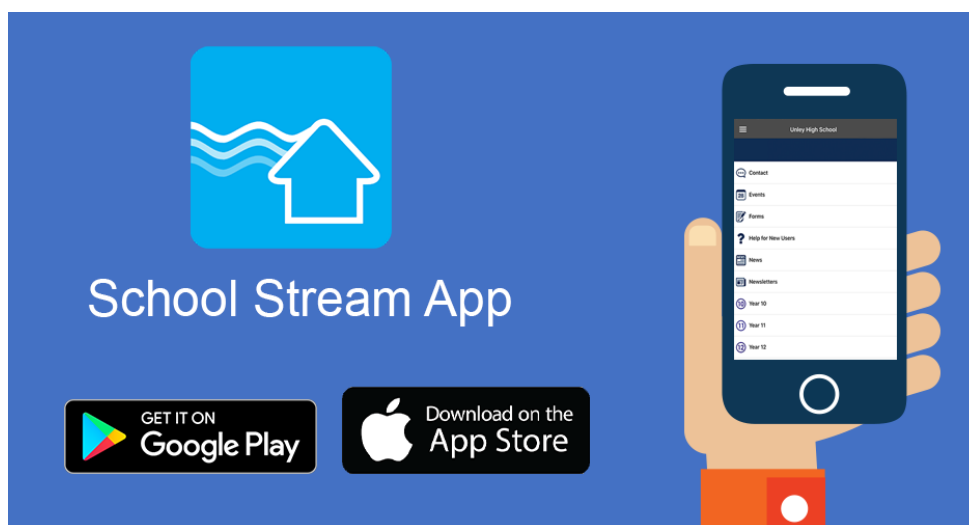
**If you have downloaded the app and do not have access** it is because your details do not match the details given on your child's enrolment. Mrs Zeeman sent an email to these parents today attaching a change of details form. Once received we will update our computer records and you will receive access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



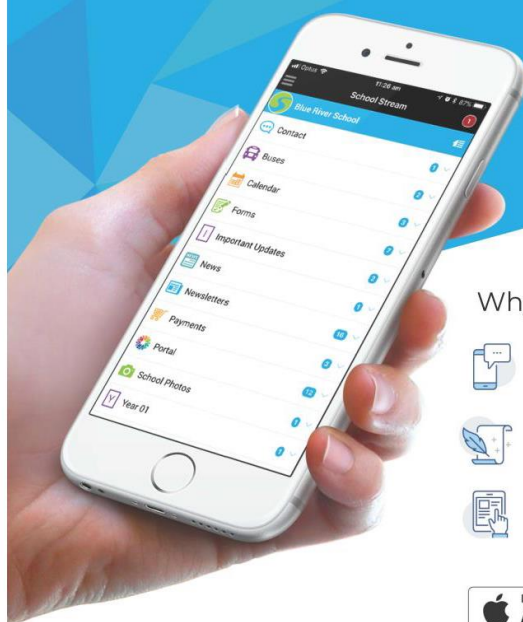
[s.nsw.edu.au](http://s.nsw.edu.au)








**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**

Make a payment via POP

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:

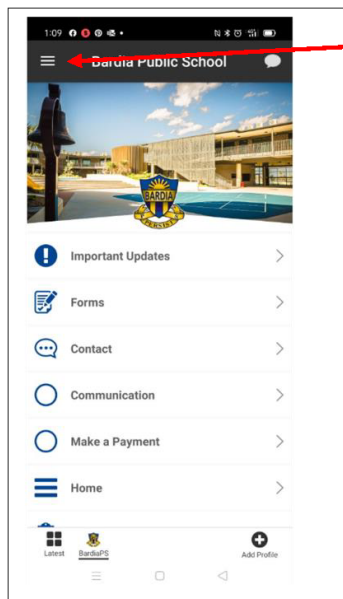
Class or Year

**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.**

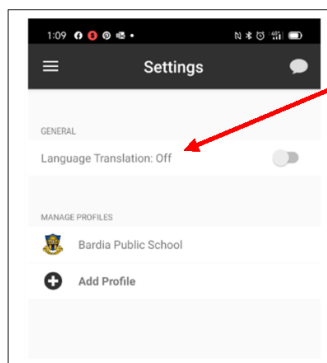
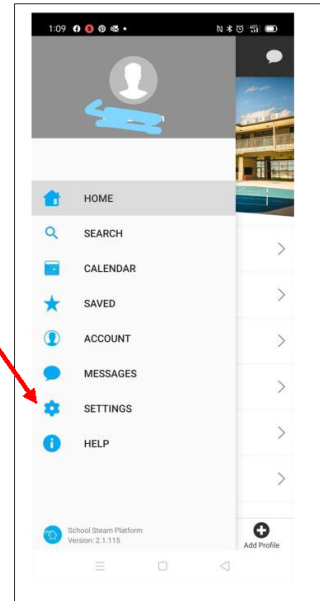
## HOW TO SET YOUR PREFERRED LANGUAGE

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



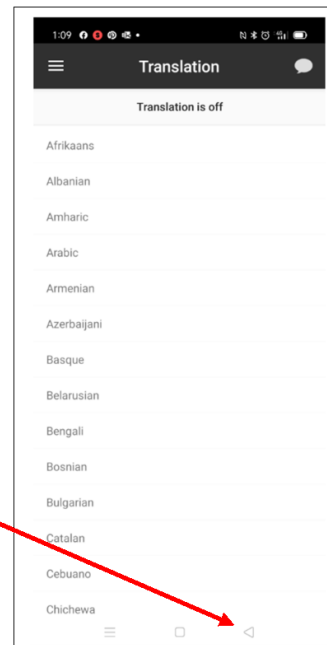
1) Press  (Home)

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

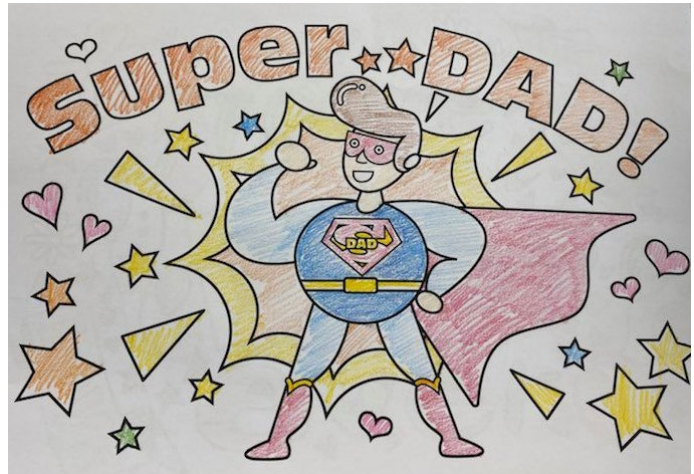


# P&C NEWS & UPDATES

## FREE FATHER'S DAY ACTIVITY

The P&C are proud to bring you specially designed Father's Day colouring in activities that the kids can colour and decorate.

Two talented local artists have created many different designs to suit every man who deserves recognition and thanks this Father's Day. Designs are at the end of this newsletter in printable, high res format!



**We would like to thank Vivian Messimeris and Toshi Miyagawa (Micky Rabbit) for their magnificent artistry!**

## COMPETITION TIME!

**Both a boredom buster and a great way to win a prize! Get your kids together and work out the below riddles. Submit your answers to go in the draw to win a \$20 Coles Gift Card! Winner will be drawn on Friday, 17<sup>th</sup> September at 4:00pm.**

1. The more there is, the less you see. What is it?
2. I exist only when there is light, but direct light kills me. What am I?
3. What has a face and two hands but no arms or legs?
4. What gets wetter while it dries?
5. What travels around the world but stays in the same corner?
6. People make me, save me, change me, raise me. What am I?

**Click here to  
submit your  
answers**



# NEW KEYBOARDS FOR THE MUSIC ROOM!

We are so pleased to announce that Matt O'Grady from Mode Installations Pty Ltd has donated *10 x brand new keyboards, stands and accessories (RRP \$2,800)* to the school to enhance the capacity for musical learning!

"Being a proud parent at the school and seeing the difference that a love of music can make to a child, I wanted to support the future of music learning at Bardia," said Matt.

Mode Installations offers commercial and industrial electrical, data and automation services across Greater Sydney and regional NSW.

**Thank you, Matt, for your generous support!**



**mode**  
INSTALLATIONS

## Follow P&C on social media



**@bardia.pandc**

Keep up to date with all the latest P&C news and updates by following our official social media accounts. You can find us on Facebook and Instagram



## Sneak Peek:

### A surprise is coming for *EVERY STUDENT!*

Who doesn't love getting lost in a good fiction book or enjoying the brain busters that come along with a quality activity or 'how to draw' book?

Bardia Public School was one of the very lucky schools to be selected as part of the Dymocks Children's Charities Greater Sydney Covid-19 Lockdown Appeal.

### Every student will receive a brand new book to take home and keep!

These books are currently being packed up and loaded into the truck and will be delivered to the school very soon. Next term not only will you get to see your friends and amazing teachers, but you will be able to select a book to enjoy. We hope this gives the students something to look forward to next term!

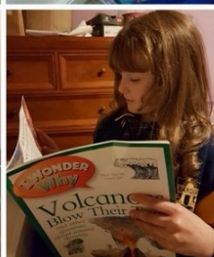
# LIBRARY BOOK FUNDRAISER

In the spirit of all things books and giving the students more to look forward to when they return to school - can you spare \$10 to help our library to buy more books?

Thank you so much to all the parents (and students!) who have donated to our Library Fundraiser so far. We still have a long way to go and we need your help!

***If 1 in every 3 parents donated just \$10 to the fundraiser, we will achieve our goal by the end of the term!***

**Please  
CLICK HERE  
to donate**







# FREE SPECIAL EVENT

Tuesday 7<sup>th</sup> September 7:00pm – 7:30pm

## Our students Our teachers



**TRACEY SPICER AM**  
AUTHOR AND BROADCASTER



**CRAIG PETERSEN**  
PRESIDENT NSW SECONDARY  
PRINCIPALS' COUNCIL



**ANGELO GAVRIELATOS**  
PRESIDENT NSW TEACHERS  
FEDERATION



**NATALIE WALKER**  
PRESIDENT NSW FEDERATION  
OF PARENTS AND CITIZENS  
ASSOCIATIONS



**ROBYN EVANS**  
PRESIDENT NSW PRIMARY  
PRINCIPALS' ASSOCIATION

These are challenging times for students, parents and teachers and the impact COVID-19 continues to have on our public school communities cannot be underestimated.

That's why the NSW Teachers Federation have joined with public education leaders to produce a special broadcast for parents, carers and community members.

**Teacher shortages mean classes are not covered which leads to kids missing out. That's why it's important for teachers, parents and carers to work together in the interests of our students and the future of our public schools.**

Hosted by author and broadcaster, Tracey Spicer AM, this broadcast will feature education leaders discussing how we can secure the education all children deserve.

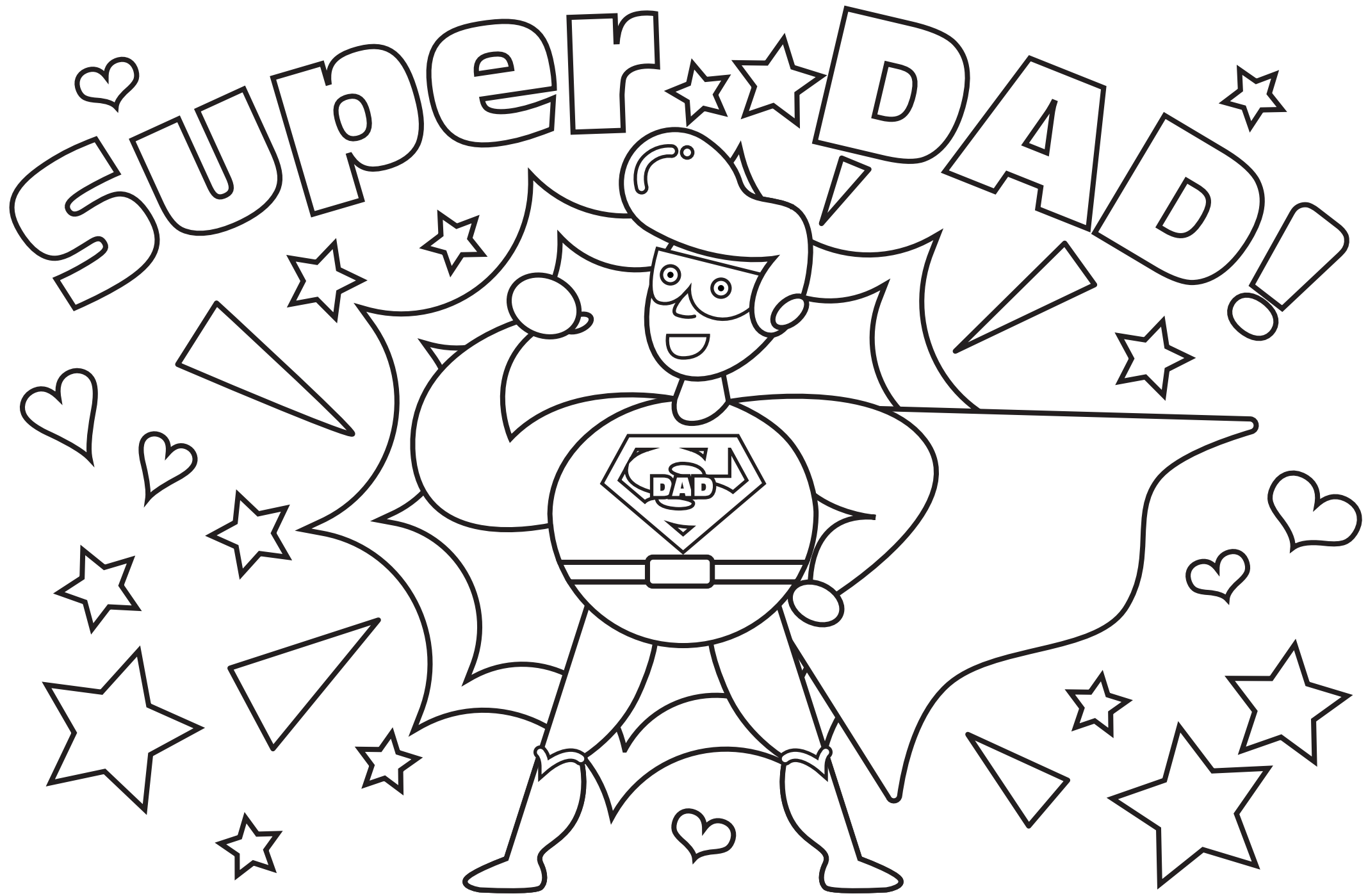
To help you understand more and learn about what you can do to address these important issues we encourage you to tune in.

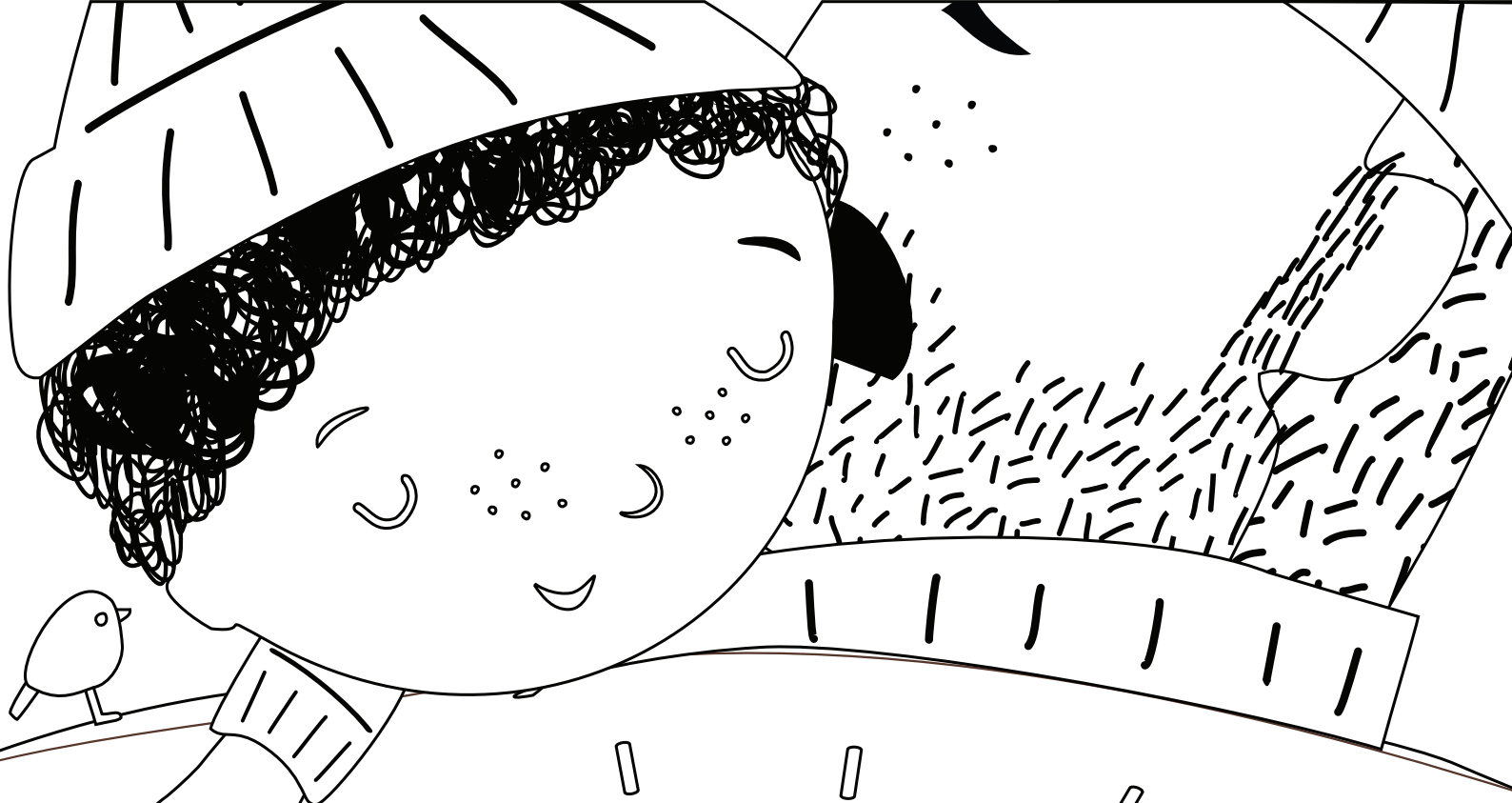
**REGISTER HERE**











Best  
Grandpa  
ever!

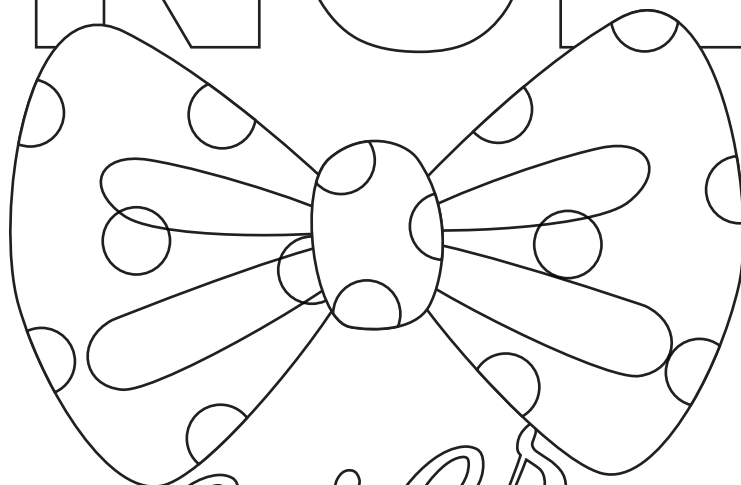




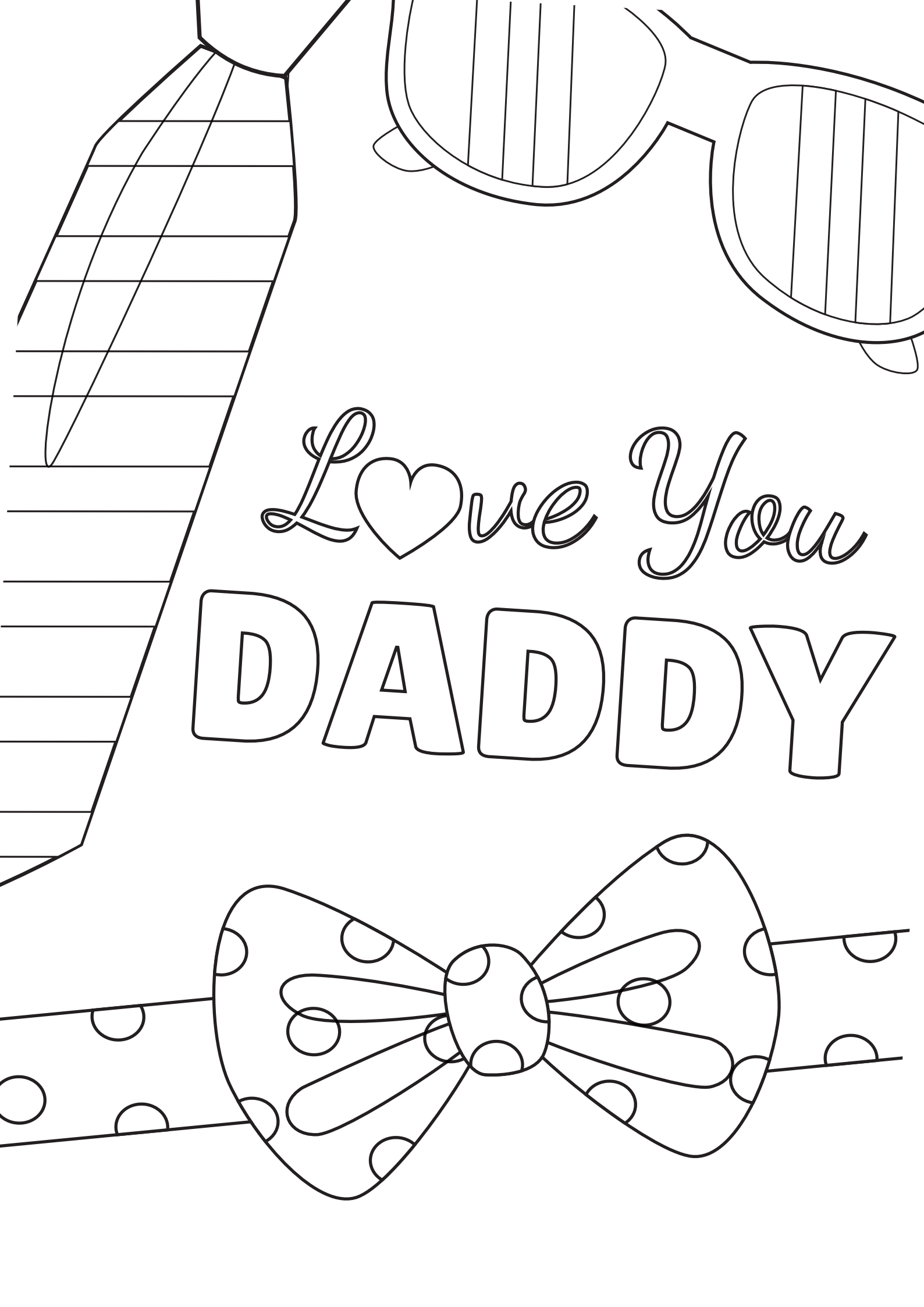
# Happy Father's Day



*Best*  
UNCLE



*ever*



Love You  
DADDY



Love You  
STEP-DAD



# balancing online schooling and working from home

**Coronavirus (COVID-19) has resulted in new opportunities and challenges for those supporting and caring for young people in our community.**

The transition to online schooling and working from home will be exciting for some people who may thrive in this new style of working and learning and for others this transition may be quite stressful and overwhelming. It may also be a mixture of both these experiences. All of these feelings and experiences are understandable in these circumstances.

Each household will be different in what they are managing. There may be multiple people of various ages trying to transition to online schooling and working at home or there may be just one or two in your household. Everyone will balance this differently with each household having different ways of managing and different priorities. This is okay. There is no one right way to go about this and no household will get it perfectly right.

The initial weeks of this transition will be the hardest whilst everyone is trying to adapt to new routines.

Here are some tips to support the balance of online schooling and working from home.

## 1. Create good communication

Creating good communication between young people and others at home will be very important during this time. It could be the difference between balancing and negotiating everybody's different needs or increasing conflict in the household.

Some important ideas for good communication include:

- **communicating early**

Start conversations and model talking early when you are noticing things aren't working so well or there are differences in priorities, expectations or people's needs being met in the household.

- **taking a 'you and me vs the problem' approach**

If you think about any problems coming up 'side by side' rather than 'you vs me' you are more likely to get a good outcome for everyone. This includes letting everyone have a turn to express their perspective, expectations and opinions in a respectful way.

- **acknowledging and summarising what each person has said when communicating**

This shows you're interested and listening to the other people. When we feel our perspective has been heard and understood we are more able to listen to what the other people have to say.

- **using 'I' statements rather than you statements**

Using 'I' statements to express our perspective or needs helps us to own what we are saying rather than giving a sense of blame that can happen with 'you' statements.

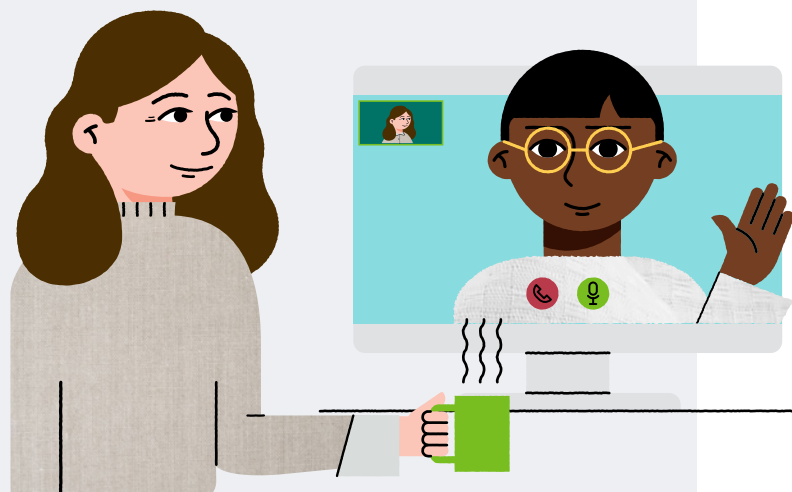
Take some time to talk about what everyone in the house is going to need to be effective in online schooling and

working from home. It is good to set up a time for this conversation when everyone is available and able to be focus on what you are talking about. This conversation may need to keep occurring over time as you try things out and adapt to see how it is going.

This conversation could include thinking together about ideas such as:

- **how you will let each other know when you can be available to support young people's online schooling and when are you not able to be interrupted**
- **how you will let each other know when you need some help or support**
- **how you are going to manage shared work and schooling spaces**
- **what is working or not working for the household?**

If you feel like there is some tension between household members during this transition or you would like more ideas on communication, check out the responding to family conflict fact sheet for more tips and information.



## 2. Consider and manage your expectations

Each household will be managing different things during this time. For some households, those working from home are going to need to prioritise work and won't be available for online schooling support. Other households will have more flexibility in moving between supporting online schooling and working.

Consider what your household is managing and adjust your expectations accordingly.

It is okay if you are not always available or if young people aren't completing all of the allocated tasks during this time. If this is happening some things to think about include:

- **using the communication tools discussed above to have a conversation with the young person and ask them about what feels reasonable and manageable. Once they have come up with some ideas, negotiate and work together to come up with an agreed solution.**
- **keeping the communication with teachers going so that they are aware of what is happening for the young person during this time.**

Usually school time and work time is a time of social contact for young people and adults too. Discuss expectations around talking to friends during school or work time and encourage peer to peer connection in an appropriate way to maintain social connectedness.

## 4. Foster independence

Young people are usually independent during their school day without the support of care givers to guide their work. Wherever possible, try to encourage this to remain the same.

Take some time to talk to them and ask them about what they would normally do if they got a bit stuck at school with some work or don't know quite what to do.

Some ideas might include:

- **sending a question to the teacher**
- **asking their friends.**

Independence also includes things like encouraging young people to make their lunch, choose what to do at breaks or lunch time and setting up their work space.



## 3. Create a routine

As much as possible try to keep to a normal routine for online schooling and working from home. It can be easy for work time, school time and home time to merge into one which can be overwhelming at times. It can be good to create routines to differentiate this time and support being able to 'switch off' from work or school time.

Some ideas around this could be:

- **taking a walk around the block or exercise when you finish work/school to mimic your usual travel home time (whilst still obeying the COVID-19 restrictions)**
- **packing down your work space at the end of your work day, closing computers and putting books away. You may even want to cover your station with a blanket**
- **changing into different clothes for work or study time and home time.**

## 5. Use your resources

Think about the resources that you have around you. This may be adults in the household taking turns to provide support to young people. If this is not possible, there may be other extended family members or friends that have special skills in areas such as Maths or English that young people can reach out to for support with tasks online or via phone when required.

## 6. Get creative and flexible

There are many ways of learning and different areas of learning for young people. As young people develop they are learning how to be independent and complete the tasks of an adult. The online learning environment creates an opportunity for young people to have the time to learn different skills associated with this process. These skills might include:

- **cooking a meal for the household**
- **helping out with chores**
- **learning how to pay bills and managing finances**
- **taking care of the garden.**

Remember to use the communication ideas discussed above in thinking about and trying out these ideas. Ask young people what they are interested in learning and negotiate to come up with what will be appropriate for your household.

If online schooling support is required consider whether these tasks could occur outside normal school hours so that you are able to provide support during non-work hours.

## 7. Take regular breaks

Stepping away from the computer, getting some fresh air and stretching is important for everybody. If you do this on a regular basis everybody in the house will be more productive in their work and learning. It also supports good physical and mental wellbeing.

## 8. Model self-compassion

We are experiencing something very unusual and unprecedented at the moment with the transition to online schooling and working from home.

Remember, nobody is going to get this perfectly right. Lots of people are experiencing increased stress and anxiety at the moment and that is really understandable. It is important to take care of yourself during this time. If we can model self-compassion, talking about our experiences and looking after ourselves to young people, they are more likely to practise this themselves.

For some more ideas on looking after yourself during COVID-19 check out the 7 tips for a healthy headspace and how to cope with stress related to the Coronavirus outbreak situation.

## Check in with yourself

It's important to check in with yourself and notice what might be making you feel good or what might be contributing to your stress and worries. It can be helpful to practice self-care, and our resources can help to give you a sense of control during this unusual time.

Check out our headspace COVID-19 resources for a range of information and support services:

[headspace.org.au/covid-19](https://headspace.org.au/covid-19)

The latest medical information for COVID-19/ Coronavirus is changing on a regular basis. If you would like to understand more, please visit the Department of Health's website.

[health.gov.au](https://health.gov.au)

# There's support available

If you think your young person might be feeling overwhelmed, anxious or needs additional support help is available.

By visiting the headspace website, young people can connect with others, interact with self-help tools and access lots of great mental health resources. This is in addition to one-to-one direct support that young people can access via eheadspace or at headspace centres.

## Help is available through these mental health organisations

- headspace: visit [headspace.org.au](https://headspace.org.au) to find your nearest centre or call eheadspace on 1800 650 890
- Kids Helpline: 1800 55 1800 or [kidshelpline.com.au](https://kidshelpline.com.au)
- ReachOut: [reachout.com](https://reachout.com)
- SANE Australia: 1800 187 263 or [sane.org](https://sane.org)

You can speak to your local General Practitioner (GP) and help make a plan to support your young person's mental health. Appointments with your GPs are available over the phone, via a video chat or in-person.

Search for your local health service or GP on the healthdirect website.

• • • • •

If you feel like someone you love might need immediate support, help is available:

## National 24/7 crisis services

- Lifeline: 13 11 14 or [lifeline.org.au](https://lifeline.org.au)
- Suicide Call Back Service: 1300 659 467 or [suicidecallbackservice.org.au](https://suicidecallbackservice.org.au)
- Beyond Blue: 1300 224 636 or [beyondblue.org.au](https://beyondblue.org.au)





## FACT SHEET

### TAKING CARE OF YOURSELF IN A TIME OF COVID-19

FOR FAMILY, FRIENDS AND YOUNG PEOPLE

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



#### \* 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.<sup>1</sup>
- 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.<sup>1</sup>
- 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.<sup>1</sup>
- 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
- 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.<sup>2</sup>

- 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.<sup>1</sup>
- Minimise watching, reading or listening to news about COVID-19 that causes you to feel anxious or distressed.<sup>2</sup>
- 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.<sup>2</sup>

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. **Eheadsace** 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



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Jazz Pants	4, 6, 8, 10, 12, 14 and 16	\$27.00
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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.