



**BARDIA PUBLIC SCHOOL
NEWSLETTER**

37 Arthur Allen Drive
Bardia NSW 2565
9605 2459



Term 4 – Week 2 – 2021

October

- Monday 18 – Kindergarten and Year 1 return to face to face teaching
- Monday 25 – Years 2 to 6 return to face to face teaching
- Monday 25 – Canteen reopens

November

- Monday 15 – Kindergarten Orientation – concludes on Friday 19

December

- Thursday 16 – Last day of school

Please note:

You will be notified of any changes the return to face to face teaching schedule via School Stream.

Disclaimer:

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

Message from the Principal

Dear Parents and Carers,

At long last the children will be returning to face to face teaching. I'm sure you are as excited as the Bardia staff. We all want our lives back to normal. However, we are not quite there yet. We still have a few things we need to do and be careful of if we are to ensure we remain as safe as possible from the scourge of covid.

Please note that from Monday 25th October ALL students are expected to be attending face to face teaching here at Bardia Public School. After the 25th October there will be NO learning support provided to any student who remains at home. These students will be marked as absent and will fall under the school's usual attendance procedures.

Students in Years 2 to 6 should NOT attend school until Monday 25th October.

Please, to keep your family, the students and the staff safe, we need everyone to follow the instructions below precisely!

No parents/carers or anyone without permission from the principal will be allowed to enter the school. Please remain on the footpath along Arthur Allen Drive. Please do not congregate in a group; in particular, do not congregate around the administration office. If you need to see someone in the office, please QR code before entry and then sanitise before approaching the counter. Masks are mandatory.

We will be attempting to keep student cohorts separated throughout the day. In effect this means that Kindergarten, Stage 1 (Year 1 & Year 2), Stage 2 (Year 3 and Year 4), Stage 3 (Year 5 and Year 6) and our Support Unit will form 5 separate groups that we will attempt to keep separated as much as possible at school.

- Arrival at school:** if you are dropping your child off, please stand on the footpath and watch them enter the school. Please do not escort them to the entrance ways.
We will direct the 5 groups to different locations within the school to wait for the morning bell.
- Mixing cohorts:** Students will be directed to play in designated locations around the school at recess and lunch times. During the school day cohorts will not mix and there will be no school assemblies.
- Home time:**
 - Class will conclude for Kindergarten at 2.50pm and they will be escorted to the entrance between the library and the hall. By the time they get there it should be 2.55pm so please be waiting to pick them up on time. Kindergarten will wait to the right (facing the school) of the entrance – near the staff car park. **Younger siblings are to wait with the teachers for their older siblings.**
 - Class will conclude for Stage 1 (Year 1 & Year 2) at 3.00pm and they will be escorted to the entrance between the library and the hall. Stage 1 will wait in front of the entrance.
 - Class will conclude for Stage 2 (Year 3 and Year 4) at 2.50pm and they will be escorted to the entrance between the library and the administration office (the main entrance). Stage 2 will wait to the right (facing the school) of the entrance. **Younger siblings are to wait with the teachers for their older siblings.**
 - Class will conclude for Stage 3 (Year 5 and Year 6) at 3.00pm and they will be escorted to the entrance between the library and the administration office (the main entrance). Stage 3 will wait in front of the entrance.
 - Students from the Support Unit will conclude class at the usual time and will be escorted to Malaya Avenue where they can be picked up by their parents/carers.
- Masks:** It is optional for our students to wear masks. The teachers will not be managing this at school. You should write your child's full name and hub on their mask. It will be the student's responsibility to look after their mask and to wear it when needed.
- Signs of Illness:** Any student or member of staff who shows even the slightest symptoms of cold, cough or flu will be sent home immediately. You should not send your child to school if you know your child has such symptoms, *no matter how slight those symptoms*. Once your child is sent home with such symptoms they will not be permitted to return to school until they present a negative covid-19 result.

While all this sounds a little scary, I agree with Dr Kerry Chant that the risk to school children in our post 70% fully vaccinated city, when 100% of the school staff are double vaccinated, is **extremely** small. Your children need to get back to school; they need to socialise with their friends; and most of all they need to be taught face to face by their amazingly skilled teachers.



*Appreciated
very much*





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://oaa.enrol.education.nsw.gov.au/?schoolCode=4311&catchmentLevel=primary>

Park safely
in the kiss and drop zone





Hi everyone,

I don't know about you but I'm excited to be back at school and to see all the students. Plus, there will be a special surprise for every student in their first library session. Keep up with the remote learning and reading. Remember to check out the link below on how to borrow an eBook from our library.

Also, Book Week will go ahead in Week 5 with Book Fair running all week and the mufti/character dress-up day on Friday 5th November. See the poster below...

See you all soon!

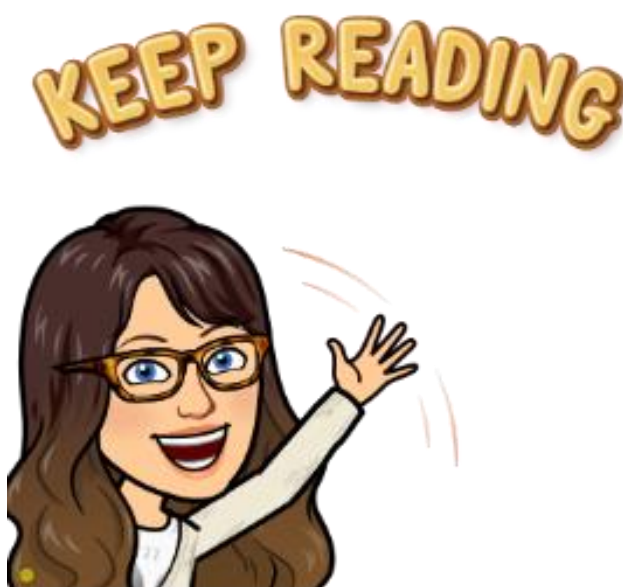
Borrowing eBooks and audio books from our library...

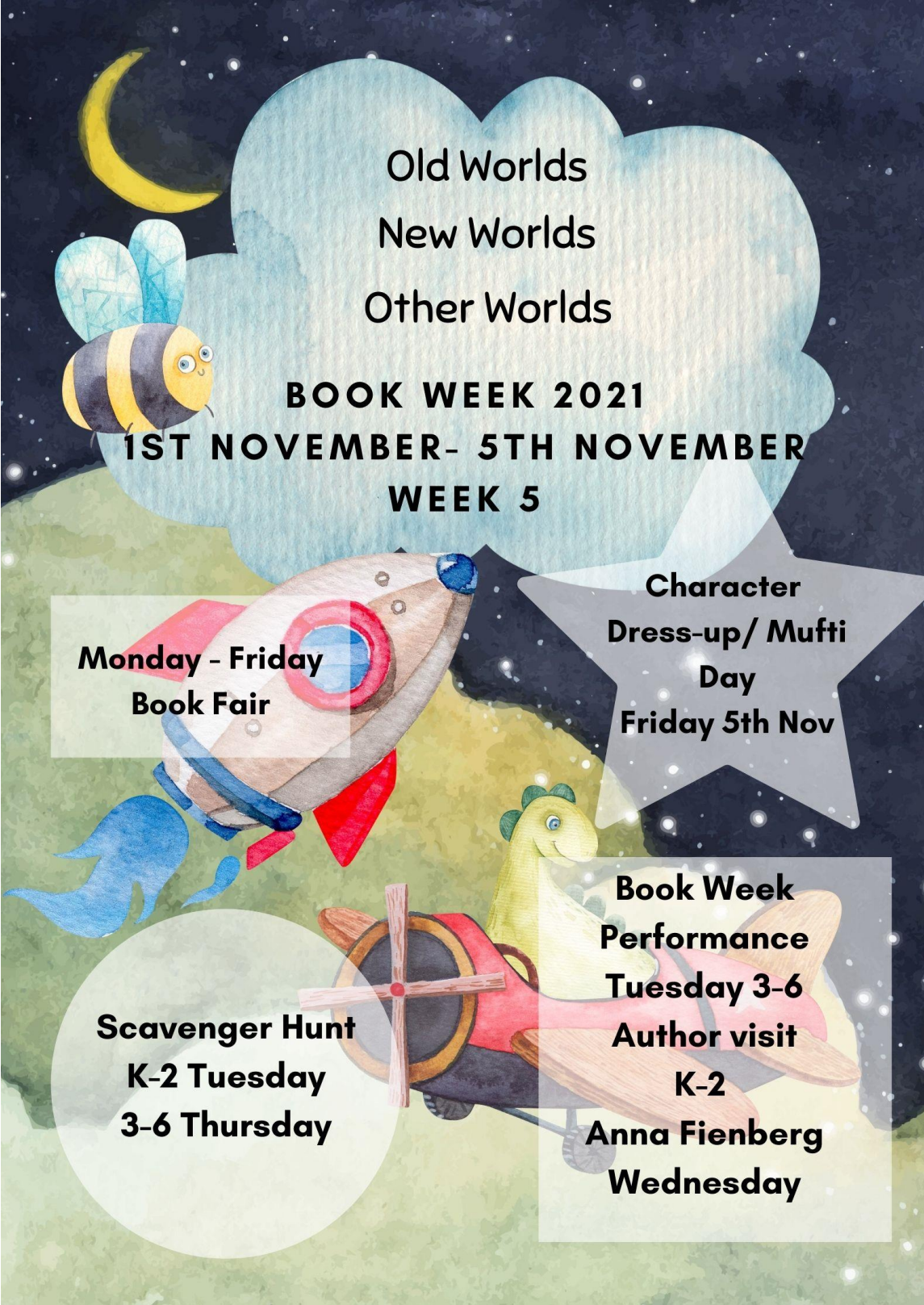
I'm excited to say that we now have audio and eBooks in our library catalogue. For the next three months we will have access to Wheeler books online for free.

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

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

Mrs Wyber





Old Worlds
New Worlds
Other Worlds

BOOK WEEK 2021
1ST NOVEMBER- 5TH NOVEMBER
WEEK 5

Monday - Friday
Book Fair

Character
Dress-up/ Mufti
Day
Friday 5th Nov

Scavenger Hunt
K-2 Tuesday
3-6 Thursday

Book Week
Performance
Tuesday 3-6
Author visit
K-2
Anna Fienberg
Wednesday

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>

No more paper notes will be sent home

By now all parents should have access to School Stream.

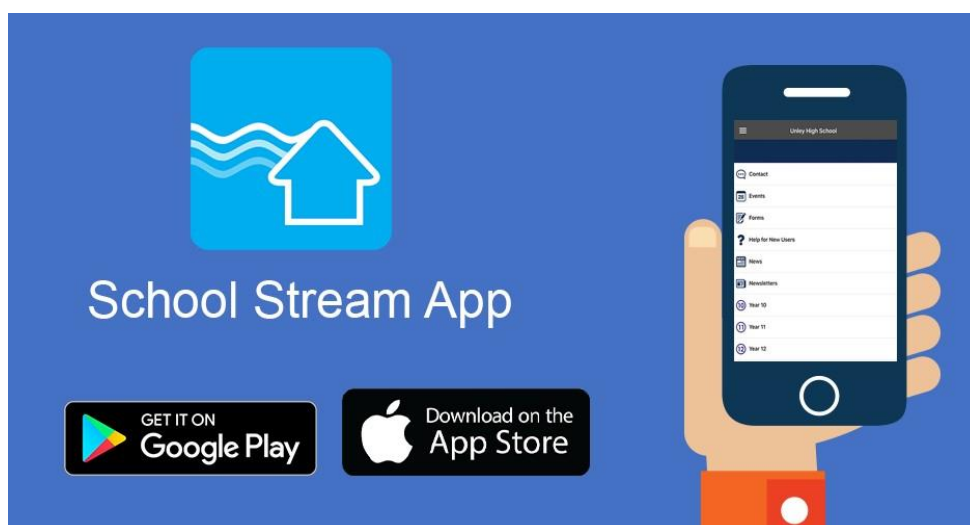
If you have downloaded the app and do not have access it is because your details do not match the details given on your child's enrolment. Mrs Zeeman sent an email to these parents today attaching a change of details form. Once received we will update our computer records and you will receive access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

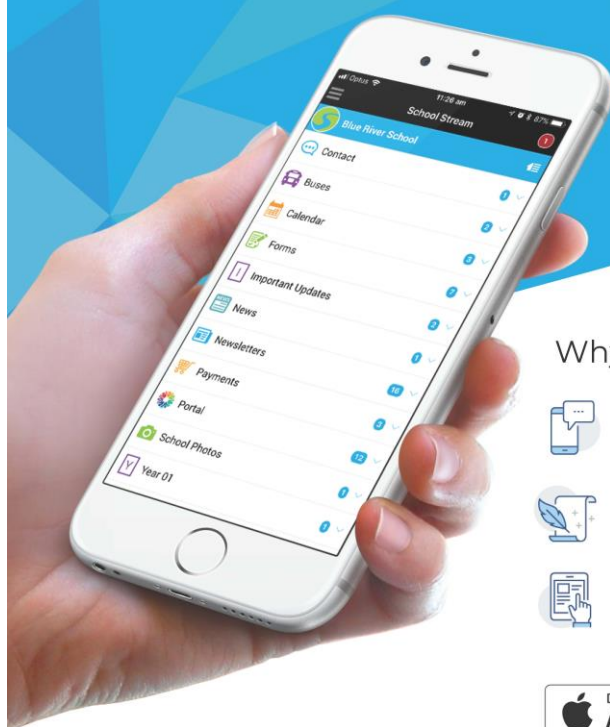
Happy Streaming





**This is how the school communications 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:

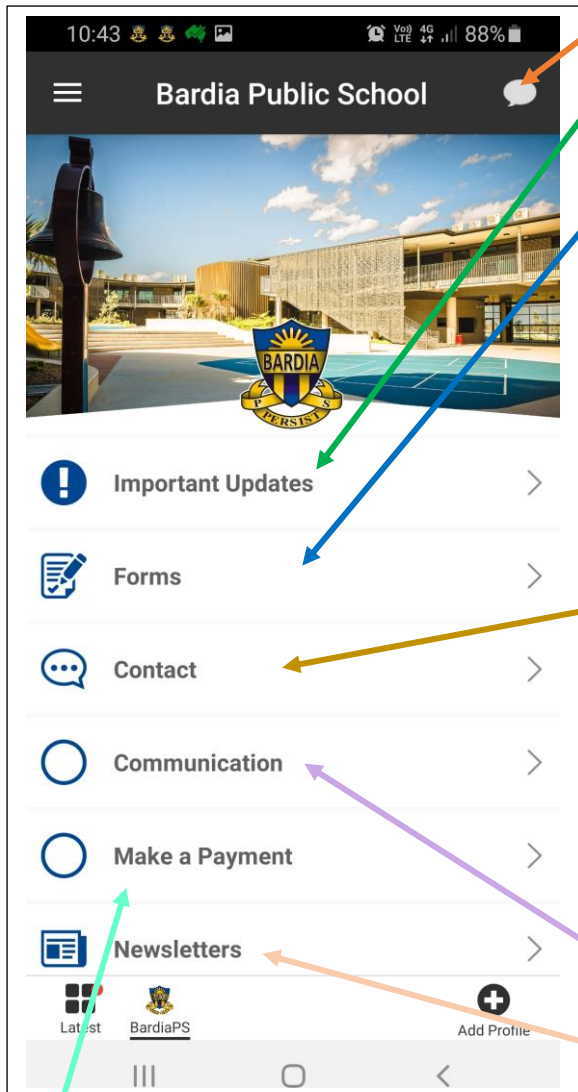
1. Go to the App Store and download "School Stream" to your phone.

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

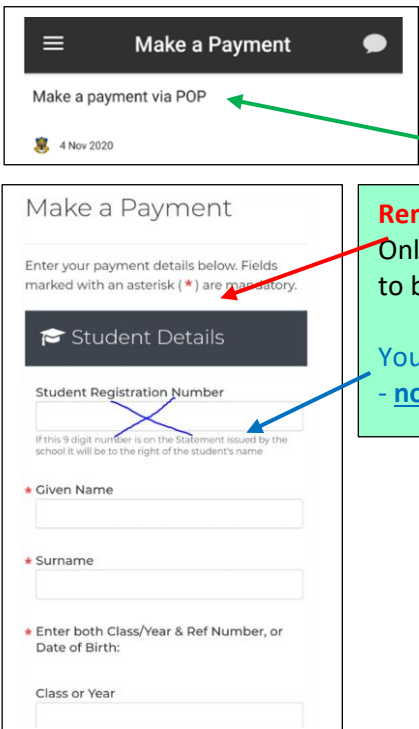
Contact

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

4 Nov 2020

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

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:

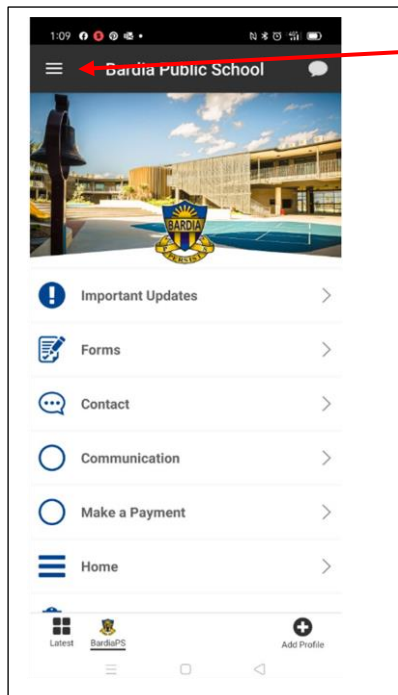
Class or Year

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.

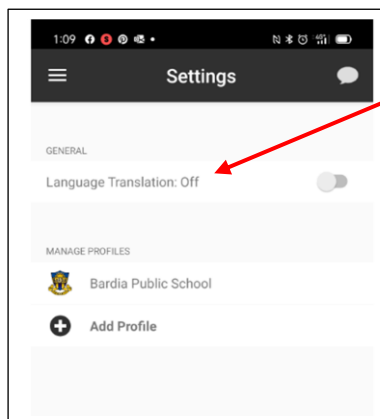
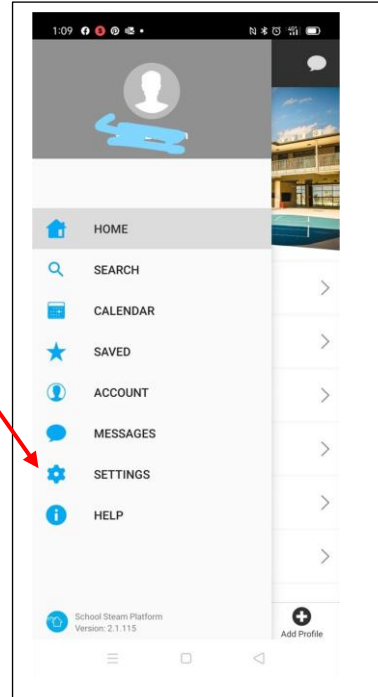
HOW TO SET YOUR PREFERRED LANGUAGE

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



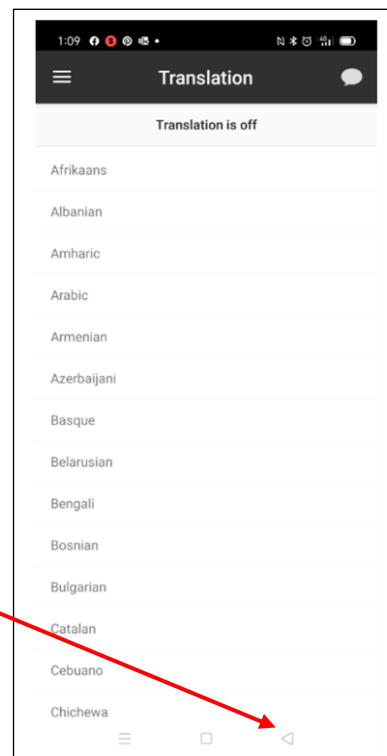
1) Press  (Home)

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

THANK YOU!

LIBRARY BOOK FUNDRAISER

We'd like to thank every parent, carer and community member who helped us to raise **\$3225** to contribute to new library books!

With the sudden growth of the school, the library has seen its resource supply drop to just 50% of its ideal level. These funds will help bolster this year's library target.

Please keep your eye out for the Scholastic Book Drive this term, to continue helping the library catch up with 700 new enrolments.



WE ARE 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

More than thanks

GIVE TEACHERS A PAY RISE

Teachers now work 55 hours a week or more to keep up with higher student needs and constant curriculum changes.

But teachers' salaries haven't kept pace. In fact, they've fallen way behind other professions.

1 in 8 teachers now leave the profession within 6 years because of the pay and workload pressures.

There are more than 1,000 full-time teaching positions unfilled in NSW, and it's harder than ever to recruit talented people to become teachers.

That's why the NSW Teachers Federation is asking for a much needed pay rise.

SIGN THE CAMPAIGN
TO SHOW YOUR SUPPORT

Because without great teachers, our kids don't get a great education.

WE STILL THANK THEM, THOUGH

Alongside our support to reform teachers' pay and working conditions, we still recognise the work our school does for us.

On behalf of the Parents, Carers and students throughout the community, the P&C have delivered gift packs to all staff members at Bardia Public School.

These packs are to thank staff for their guidance and hard work during home schooling. Everyone demonstrated agile response to the needs of the students and parents in an ever changing COVID climate. A special thanks to Daily Bean Café for providing coffee vouchers specifically for our staff.

Our kids can't wait to see their teachers and staff again!



BECOME A P&C MEMBER



If you would like to become more involved in your child's school community, why not join our P&C as a member? You'll meet many like-minded, passionate parents and carers who look out for each other and work together on some fantastic projects to build a strong community.

[CLICK HERE TO JOIN TO THE TEAM!](#)

YOUR QUESTIONS ANSWERED

PARENT AND CARER INFORMATION

FOR RETURN TO SCHOOL

[Click here for the full PDF](#)



NSW Department of Education

Roadmap for parents and carers

Return to school for Level 3 plus

Information current as at 7 October 2021.
Developed in partnership with NSW Health

education.nsw.gov.au/covid-19/advice-for-families



Helping Your Child Transition Back to School...

It's been a tough few months and first of all, I want to say **congratulations** for doing such a **great job** with remote learning. It is not a perfect way to teach and no one expected you or your child to get it right! BUT now school is going back!! You may be **jumping for joy** and feeling a **little apprehensive** about this transition. Maybe your **child is super excited** or already saying, "I don't want to go back to school!". Either way, the strategies I'll be sharing with you on the next few pages will help make the transition back to school as **smooth as possible**.

I've been through many transitions with my four kids and what I've noticed is that they are **great times to start new habits**. It's almost like a fresh start. If your child was having trouble getting out the door. Now you can change that! If your child was having trouble getting to bed on time now you can change that! BUT, yes the big BUT this only works if you **enlist your child's support**. More on that on the next page.

For now, **focusing on the positives** is the starting point. This way you will show your child the excitement you have not about **getting rid of them** but what they will experience when they go back to school.

The school will look different for the first few weeks as teachers begin to **assess** where your child is at and how they may or may not have to **catch them up**. Don't be concerned by this process all the students are in the same boat and schools are prepared with extra resources to get **everyone on track**.

By far the best thing you can do for your **child's academics** is to help them be prepared for school **physically & emotionally**.

So let's get started and back to school!



Helping your child transition back to school...

03

01 Enlist your child's support...

To create a **lasting change** and the **smoothest transition** it begins with talking with your child and **enlisting their support** in the transition process. If we spring it on them the night before or simply tell them what they need to do. You are likely to need to continue to do this so they remain motivated. You know nagging them to be ready on time. By enlisting their support they have **ownership** and are therefore more likely to do what needs to be done. We call this process **collaborative problem solving** and it **empowers** your child to find **solutions, feel supported, and take responsibility**.

So now is to begin these **conversations**, yes it will be a number of conversations over the next couple of weeks...

Don't skirt around the edges sit down next to them and have a discussion **about going back to school**.

Ask them these questions:

- **What did you love about remote learning?**

Here you are identifying any possible roadblocks to them wanting to go back. (Remember unless you're planning to home school going back is not optional) Continue the conversation asking how we could include some of those things when you go back. Maybe your child enjoyed the slower start. Work together how this could happen. If you're returning to work yourself talk about what you will need.

- **What did you hate about remote learning?**

With this question, you are opening up about how good it will be to go back to school. Then you can talk about the need to be on time again, wear a uniform, proper shoes, and go to bed earlier so you're ready for school. Talk here about how we form habits and that it takes time and practice to get back into a routine. Get the calendar out and look at when school returns and when you should start building those habits again.

- **How do you feel about going back to school?**

What is important here is not to minimise how they feel. As uncomfortable as it is to see your child distressed they are allowed to feel what they feel. Remain calm comfort them and tell them that you understand this is hard and together we will make a plan.

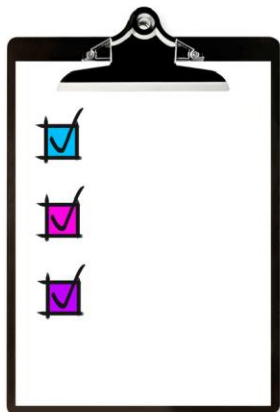
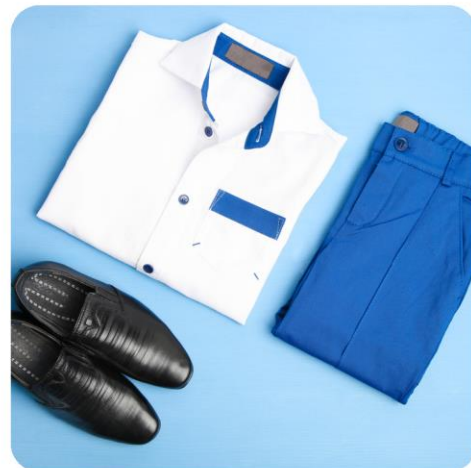


02 Get the uniform out...

This may seem like a **simple idea** BUT it works on a number of levels. Firstly your child will most likely have **grown** over the last few months and their uniform may need adjusting or you may need to get a **new uniform**. Nothing makes a child **more anxious** than going to school in the wrong uniform. It's simple to control and easy to do.

Secondly, your child has most likely been dressing as they please and in **comfortable** clothing. Making the transition from doing as you please to **doing as everyone else** will again take time. By getting your child back into their uniform this process will be **sped up**.

Now let's talk about **shoes**. If you're like me and have been working from home, you probably haven't been wearing your **normal shoes** either. Again your child may have grown out of them. If your child is **distracted** by them not being used to wearing their shoes they will have **trouble paying attention** in class.



So how do you get them back into their school uniform?

Remember the **conversation** from the previous page. Start there. Include in the discussions that you too will need to get **used to** wearing work clothes and shoes. You may even talk about wearing them **at home while doing their remote learning**. In fact, in many schools, the children have had to wear their uniforms during the day at home. You will be **surprised how more focussed** they will be.

And don't forget the **school bag**, hopefully, it's not full of old lunches! **Lunch box, home reader folder, library bag, socks, hat**, and anything else they may need. BUT instead of you doing it for them, help your child draw and **write a checklist**. Using clip art pictures in a word doc works well. Then they can check off the list as they find the items. **Kids love a checklist!**

Now if your child struggles to **get organised in the morning** and you find yourself yelling, getting frustrated, nagging or giving up and doing it for them just so you can get out of the house. Then think about creating with your child **a similar checklist**. Work with your child to include all the things that need to be **done in the morning**. Laminate it and they can **use it again and again**. Start them using it as soon as it is ready. That way you can all **practice getting out the door on time**.

03 Talk up the positives...

Talking up the **positives** will help focus your child's attention away from the negatives. If your child's previous experiences at school have been negative you will need to work hard at this...Some children and adults also find it **hard to look for the positives**. This is where each time school comes up in conversation remind them of the **good things** about school.

We also as adults need to **check how we are responding** to our children when they are at their most frustrating. Perhaps it has been **extra challenging** to get your little one to do the remote learning tasks and you really can't wait for them to go back! Let me tell you first you are not alone. Many parents are feeling this right now and it is normal. That said if you are saying things such as "You're teachers can sort you out! I can't wait until school is back! Or you'll know what for when you're back at school.



These statements no matter how true make your child **feel unwanted** and that they are the problem, which grows into a belief "**I'm not loved**" or **I'm not good enough**". Two things happen when kids feel these things, **they rebel or they shrink**. Vent if you need to but never in earshot of your child.

Remember to keep **validating** your child's feelings about returning to school and help them paint a picture of how it may be different. Have your child draw, write or make **a list of positives and negatives**. Then look together at the negatives and work out how you can together make them easier. If your child hates maths, then ask why? If your child feels he doesn't have any friends then talk to him about how you can start having friends over. Often, children who feel anxious **catastrophise**, that is make things larger than what they are. The way to beat this is to explain what it is and help them **look at the facts**.

You also have the **school to help** if your child is struggling with the thought of returning to school. **Contact the classroom teacher** and they may refer you to the **school counsellor**. Schools are **ready and are expecting** that there will be some students who will need extra support to return to school happily. I want to remind you now that you have done nothing wrong if your child is not wanting to return to school. Children depending on their personality or past experiences will react differently. What you can do to help is to use the strategies outlined here and ask for help.

On a final note here, **change is hard for everyone**, whether it is good or perceived as bad. **Be kind to yourself and your child**. If you know your child is going to struggle have a plan and most importantly communicate with the school what is going on for you and your child.

04 Get back into a good sleep routine...



Sleep is vital for your **child's wellbeing**. Evidence shows that children who do not get enough sleep have **more trouble learning**. They are **less attentive** and motivated, have **poor problem solving**, more confusion, increased irritability, reduced memory, impaired communication, slower processing of information, poorer judgement, diminished reaction times and more indifference. Lack of sleep can also **lead to behaviour and mood issues** impacting negatively relationships and leading to mental health difficulties such as anxiety and depressed mood. In Australia, the number of children and adolescents who are sleep-deprived is rapidly growing due to our lifestyle behaviours.

Wow! It's a biggie and if you're like me and have a child that doesn't sleep well you have probably seen many of the side effects listed above. I don't have the space to explain why children have **trouble sleeping** but if you want to find out more check out The [Sleep Health Foundation](#).

Aside from knocking them out with drugs or banging them over the head. (Trust me if you have a child who doesn't sleep these thoughts do cross your mind) Of course, these are never options especially the second one and if you feel they need medication please consult your GP.

On a lighter note, many kids have been able to **sleep in and stay up** later during the **last few months** and I get it! This may have been one less battle to fight or even one of the positives of remote learning, the slower mornings. Again it will take time to get your child and maybe yourself back into the school times. How is this different from the start of the year? Well, schools are gearing up to begin intensive learning so as to get kids back on track and if your child is **too tired they will miss out on the extra teaching**.

OK now for the plan...

Yep, you've got it! **Enlist their help**. Share with them what you know about poor sleep and how it affects people. Start setting the timer to start the evening routine. If there is a big gap in what they need to change then make gradual adjustments each couple of days.

05 Keep going with remote learning...

Some students have only this week at home and some will have another week. With everything opening up it can be easy to let the **home learning slip**. But this time is exactly when you need to keep your child going with their learning.

The key is to keep the momentum. That way your child will be attuned and ready when going back to face-to-face learning. Be as positive as you can be even if they are struggling with the work.

It may be a good time to work using the **normal school times** to do remote learning if you haven't already. Get your child sitting at their **work area at 9 am**, eat lunch and recess at their normal times so that your child is used to this routine by the time they get to school.

Let's talk about food...

Your child may have been able to **snack whenever they liked** but when they come back to school eating at the normal lunch and recess times will take **some adjustment**. It's a good idea to start while they are at home. If your child is **distracted by hunger pangs** or feeling the need to snack all day this will interrupt their **ability to concentrate** and their adjustment back to school will take longer. So try to keep to the school eating times now.

Final thoughts...

Our main aim is to help the students **transition** back to school with a **minimum of fuss**. Ways that you can help at home are to:

1. **Start the conversation** about going back to face-to-face learning and contact the school to set up a plan if your child may be putting up a lot of resistance to the idea.
2. **Get out the uniform** and other school items they will need. Have them start to wear their uniform while remote learning.
3. **Talk up the positives** about going back to school.
4. Help your child get back into a **great sleep routine** if needed.
5. **Keep up the remote learning**.



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.

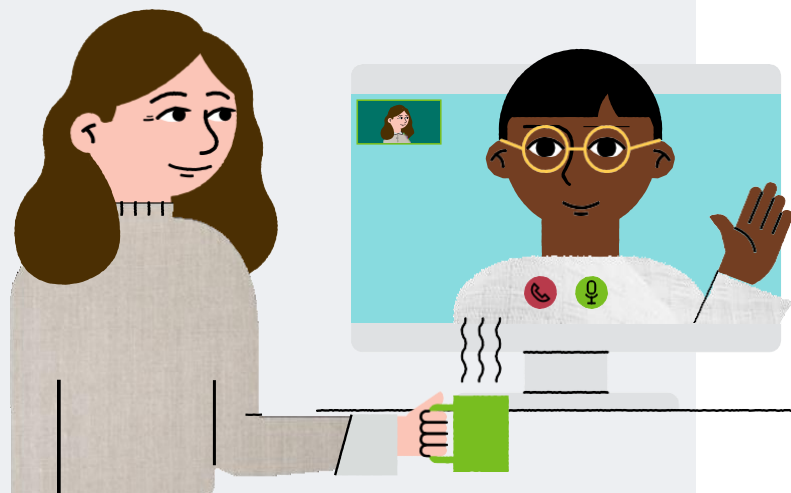
Take some time to talk about what everyone in the house is going to need to be effective in online schooling and

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

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

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 to find your nearest centre or call eheadspace on 1800 650 890
- Kids Helpline: 1800 55 1800 or kidshelpline.com.au
- ReachOut: reachout.com
- SANE Australia: 1800 187 263 or 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.

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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
- Suicide Call Back Service: 1300 659 467 or suicidecallbackservice.org.au
- Beyond Blue: 1300 224 636 or beyondblue.org.au



FACT SHEET

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

If you feel overwhelmed, talk to a health worker, social worker, similar professional, or another trusted person in your community.¹

Draw on skills that you have used in the past during difficult times to manage your emotions; during the COVID-19 outbreak.

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.

Be creative... If you have good ideas for keeping yourself busy and healthy, share them with others.

Anxiety is normal talk about it. Lots of people feel the same way. Listen to your mind and body, anxiety is a feeling like anything else. Don't try to push it away, acknowledge that it is anxiety.

Acknowledge your sense of achievement when you have tried something new or feel good about something.

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. his 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 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 - be 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

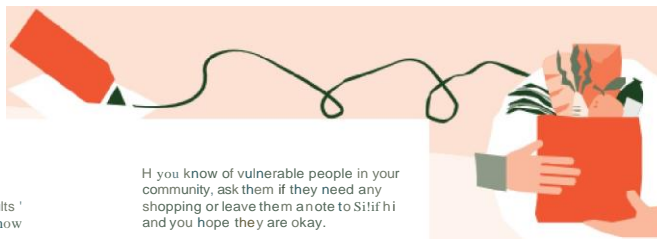
Ask your friends how they are keeping busy and active, they may have some really good ideas.

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."

If you know of vulnerable people in your community, ask them if they need any shopping or leave them a note to let them know you hope they are okay.



SEEKING COVID-19 NEWS OR INFORMATION



4 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.

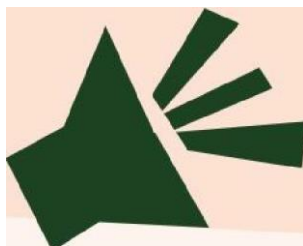
4 Minimise watching, reading or listening to news about COVID-19 that causes you to feel anxious or distressed.

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.

Sources: 1. World Health Organization. COVID-19. 2. The New York Times. 3. WHO. 4. World Health Organization. 2020.

2020. 1. 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 (131114) and Kids Helpline (1800 551 800) 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 hours. 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 your healthcare provider if you're showing symptoms or are in self-isolation). You could also ask your mental health professional if they could chat over Skype/Face Time if you're in self-isolation.

LIFELINE AUSTRALIA

131114
www.lifeline.org.au

KIDS HELPLINE

1800 551 800
www.kidshelpline.com.au

FOR MORE INFORMATION
IF YOU'D LIKE TO
CONTACT US

35 POPLAR ROAD
PARKVILLE VIC 3052
AUSTRALIA

FOR MORE INFORMATION
(03) 9366 9100 OR
SEND AN EMAIL TO
INFO@ORYGEN.ORG.AU
ORYGEN.ORG.AU

FOLLOW US ON
(0800) 080 080



REVOLUTION

IN MIND : 1

BARDIA PUBLIC SCHOOL - UNIFORM PRICE LIST.

Macdonald Road

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.

Nutrition Snippet

NEED SOME LUNCH BOX IDEAS?



Check out our range of [healthy lunch box](https://healthylunchbox.com.au) examples to give you inspiration!

For ideas and recipes visit:
healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Nutrition Snippet

SPRINGTACULAR FRUIT AND VEG.



Try these seasonal recipes:

- [Pea and zucchini risoni](#)
- [Bliss balls](#)
- [Celery with cream cheese](#)

For these recipes and more visit
healthylunchbox.com.au

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Nutrition Snippet

HEALTHY HALLOWEEN SNACKS.

Healthy snacks don't have to be boring!



Swap out the usual snacks
for these healthier ideas:

- Witchy [guacamole](#) face
- Veggie and [tzatziki](#) skeleton
- Banana ghost and mandarin lanterns

For ideas and recipes visit:
healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Healthy Lunch Box recipe

Couscous cakes



Ingredients

¾ cup couscous, preferably wholemeal
1 tsp reduced-salt vegetable stock powder
1 cup boiling water
1 clove garlic, crushed
¼ cup parsley or coriander
½ cup tinned chickpeas, drained & rinsed
2 large eggs, lightly beaten
1 lemon, zested
Olive oil

- Makes 8 patties

Method

Place the couscous and stock powder in a large bowl and add boiling water. Stir, cover and sit for 5 minutes.

Chop the garlic in a food processor. Add the parsley or coriander and pulse until finely chopped. Add the chickpeas and pulse until chopped.

Fluff the couscous with a fork. Add the chickpea mix, eggs and lemon zest and mix well. Refrigerate for 15 minutes. Press into a ¼ measuring cup to create cakes. Repeat with the remaining mix.

Heat olive oil in a frypan over medium heat. Add the couscous cakes in batches so not to over crowd. Press them down gently with a spatula to flatten. Cook until golden on both sides.

For more recipes visit:
healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Newsletter



A message from your Coordinator

Wishing everyone a great start to term 4 and I am looking forward to spending another fun term together with the kids, their families, and our educators.

Our team will be keeping up the hygiene practices and doing our best to ensure everyone remains safe. We request guardians to continue dropping off the children at the gates, hopefully we are reaching the end of this tough period.

On another note, we are looking to celebrate and appreciate the children's talents and skills with 'Talent Week' from the 22nd – 26th November. We encourage everyone to join in and enjoy themselves, please let us know if you want to participate and what you will be performing by 18th of October.

We thank everyone for their support and cooperation.

Activities coming

- Fire drill
- Sports
- Construction

What's on the

MENU

- Pancakes
- Spaghetti
- Milo
- Breakfast, afternoon tea and late snacks will be provided everyday

It's free to register

To attend our program, you must register your child. You can register an account with us at pp.campastralia.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](#)