



**BARDIA PUBLIC SCHOOL
NEWSLETTER**

37 Arthur Allen Drive
Bardia NSW 2565
9605 2459



Term 4 – Week 4 – 2021

November

Monday 15 – Kindergarten Orientation – concludes on Friday 19

Tuesday 30 – Zoom for parents/carers enrolling children in 2022

December

Monday 6 – Year 6 Farewell

Thursday 9 – Presentation Day (if parents unable to attend we will have a live zoom)

Thursday 16 – Last day of school at BPS (different schools conclude on different days)

Disclaimer:

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

Message from the Principal

Dear Parents and Carers,

We are back! How wonderful it has been to see the students arriving at school excited to see their friends and to resume their lessons. A huge thank you goes to our amazing Bardia community for being so supportive of our great school during these difficult times! Thank you for keeping your children at home, when possible, and for sticking to the drop off and pick up rules. You are helping to make everyone safe.

How great is BPS you ask?

For the non-teachers among you, **effect size** is the measure of how much a student learns over 12 months. Most educators consider effect size the most important measure when comparing schools. Public schools usually have effect sizes far greater than private schools. Effect size is really a measure of just how good the teachers are at a school and most importantly, how the entire staff works as a team.

An effect size 0.4 over 12 months is considered very good. So, when a student gets an effect size of 0.4 (or a group of students has an average effect size of 0.4), we can proudly say that they have gained 12 months of learning for 12 months of teaching.

An effect size of 0.6 is considered excellent. This means the students have gained 18 months of learning in just 12 months of teaching!

The average effect size for the BPS 2019 Year 3 - 2021 Year 5 cohort is as follows:

Reading: 0.86 (the mechanics of reading, but more importantly, the comprehension of what is read)

Numeracy: 0.89 (all mathematics strands combined)

Congratulations go to every BPS student, member of staff and supportive parent/carer for these outstanding results.

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.

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. **When going into the office foyer please sanitise before approaching the counter. Masks are mandatory. You no longer need to QR code when going into the foyer, but the foyer is limited to 3 adults MAX.**

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.

1. **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.
2. **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.
3. **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.
4. **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.
5. **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 you 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.



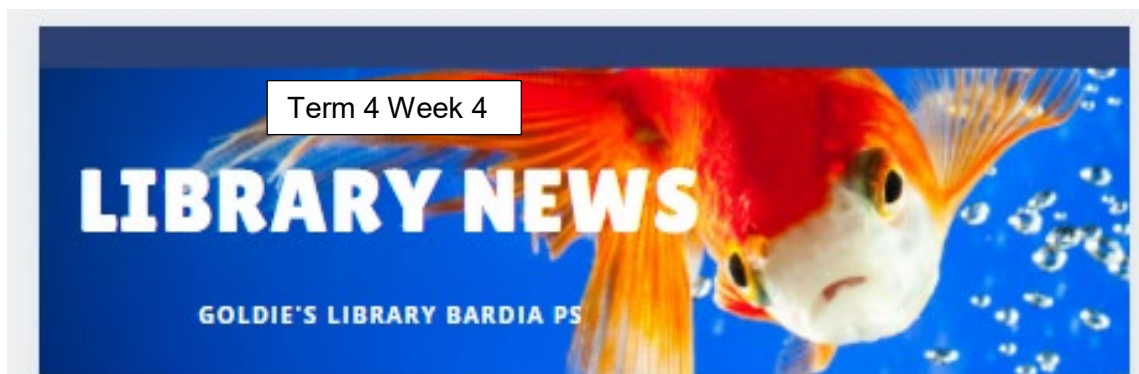
Do you have a child starting Kindergarten in 2022 and have not completed an online enrolment?

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>

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. 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!

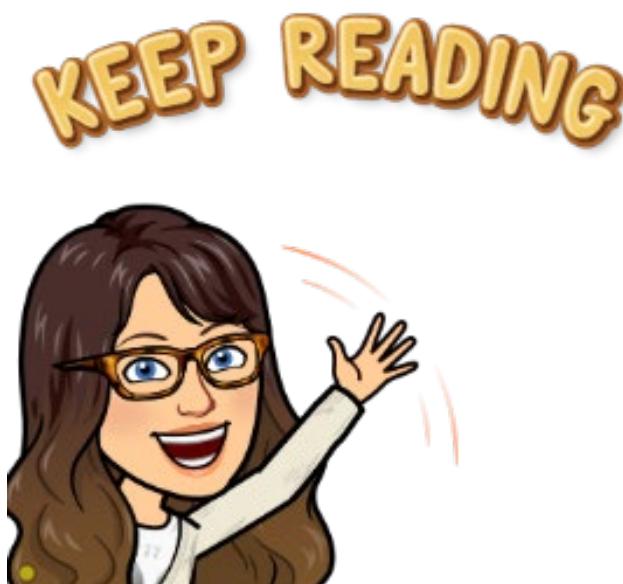
Borrowing eBooks and audio books from our library...

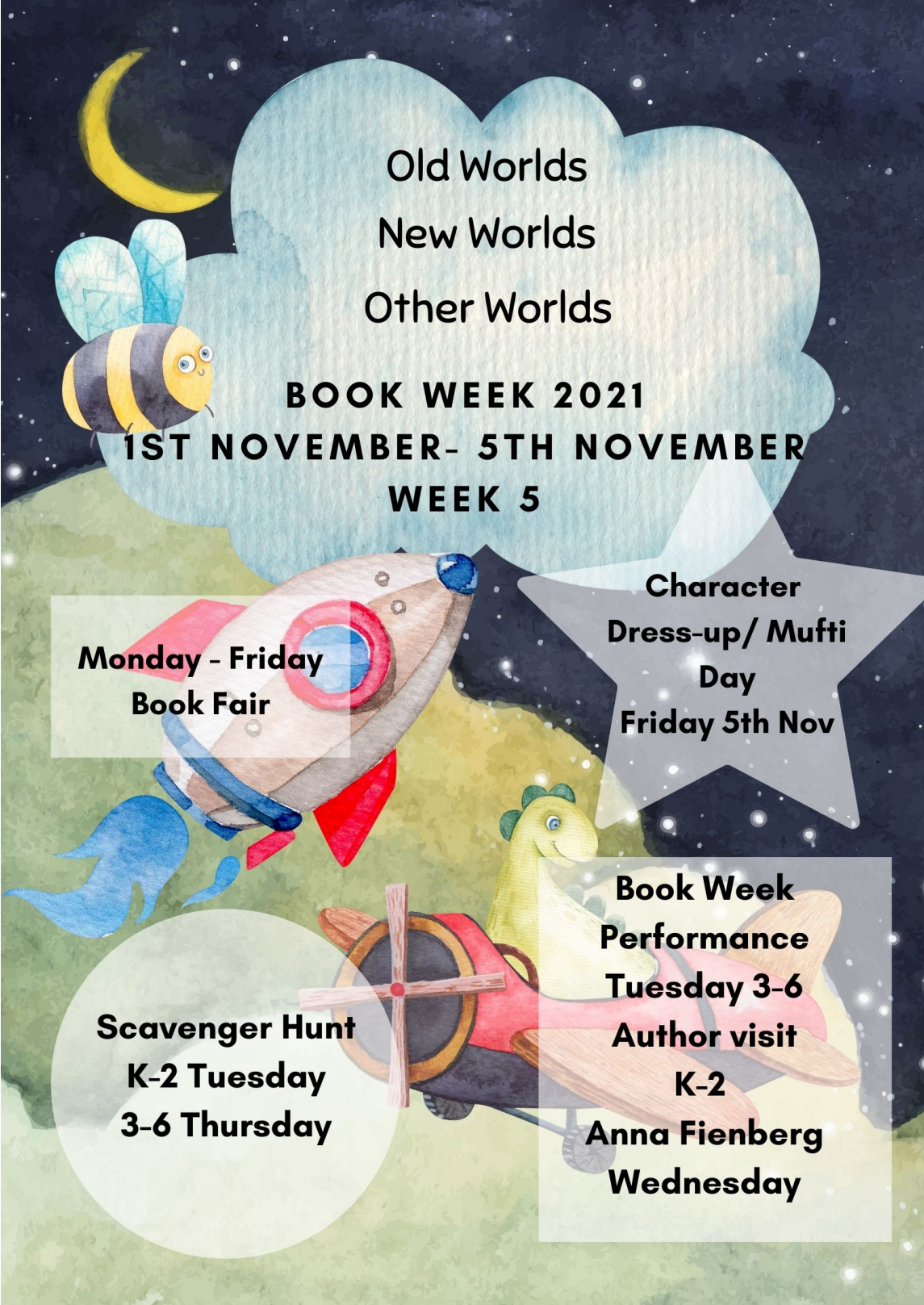
I'm excited to say that we now have audio and eBooks in our library catalogue. For the next three months we will have access to Wheeler books online for free.

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.

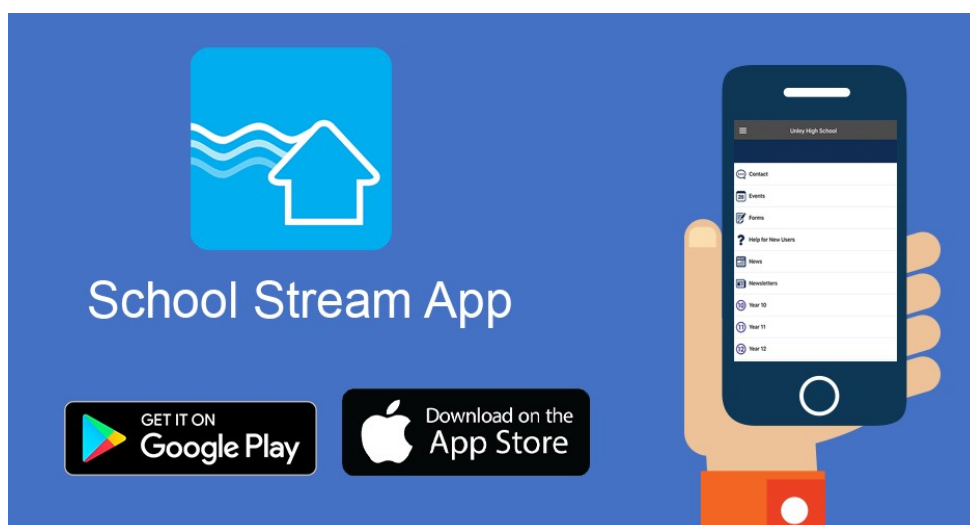
If you have downloaded the app and do not have access it is because your details do not match the details given on your child's enrolment. Mrs Zeeman sent an email to these parents today attaching a change of details form. Once received we will update our computer records and you will receive access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

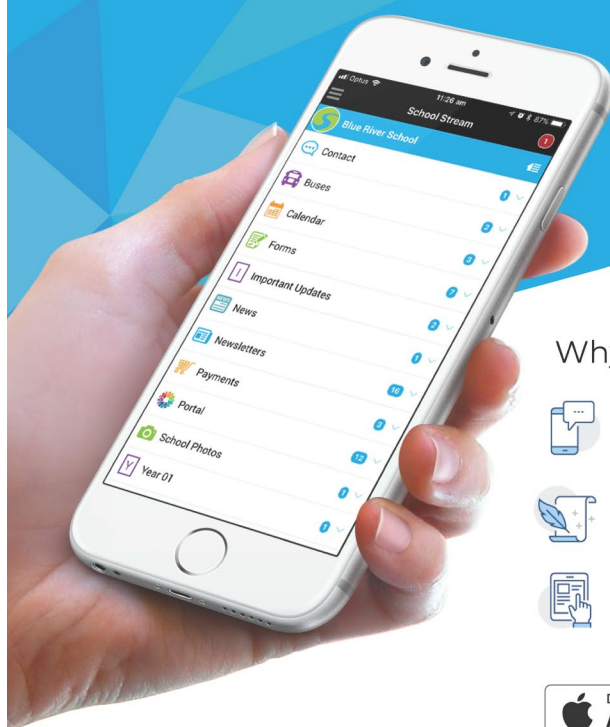
Happy Streaming





This is how the school 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:

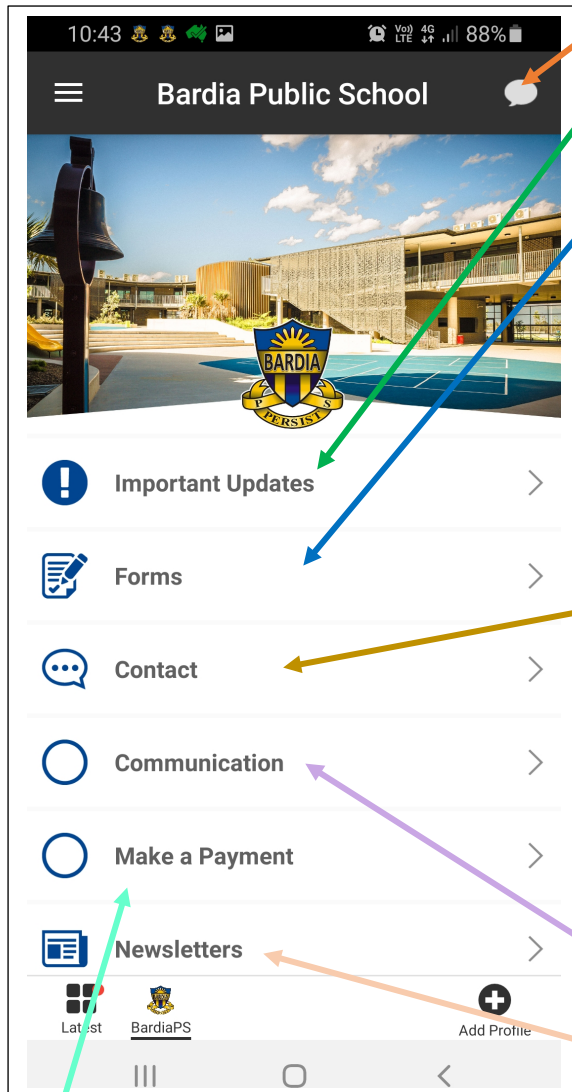
1. Go to the App Store and download "School Stream" to your phone.

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.



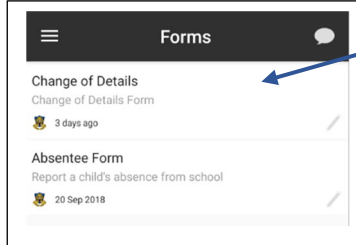
Icons will only appear if there is information within them



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

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

Forms

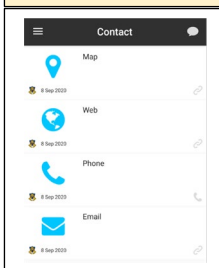


Current forms:

- * 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.

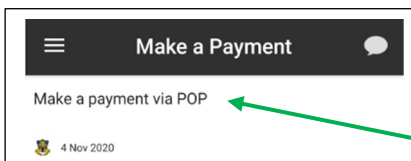
You can send an email to the office or your teacher. If you want to send an email to your teacher **MAKE SURE YOU SEND IT TO THEIR ATTENTION.**

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



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

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

Remember !

Only mandatory fields need to be completed (*).

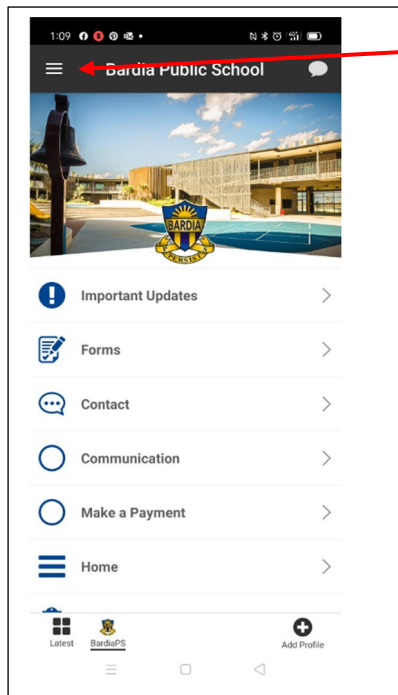
You do not need this number - no *.

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.

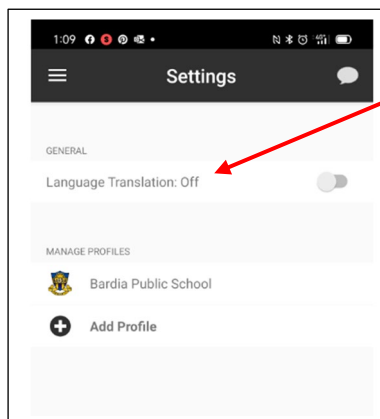
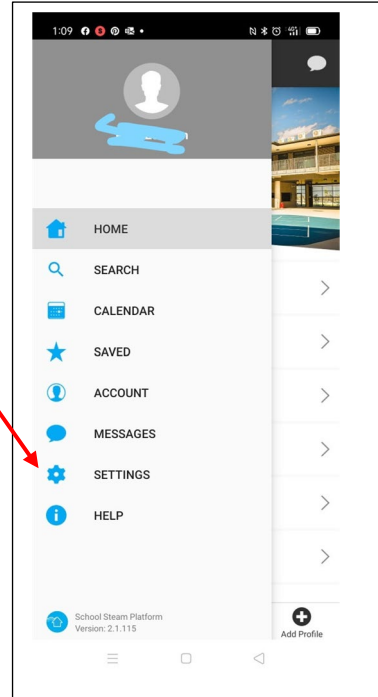
HOW TO SET YOUR PREFERRED LANGUAGE

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



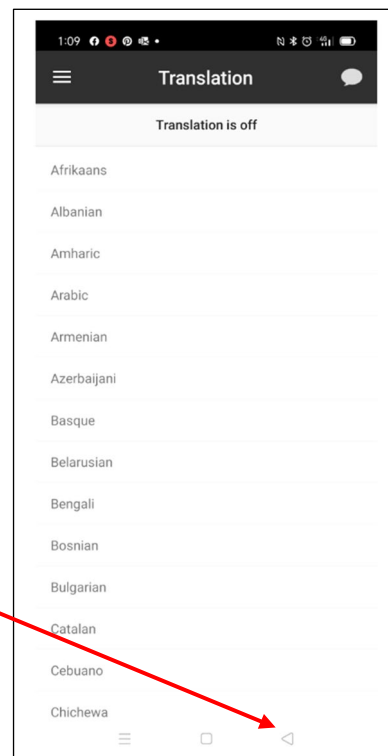
1) Press  (Home)

2) Go to **SETTINGS**



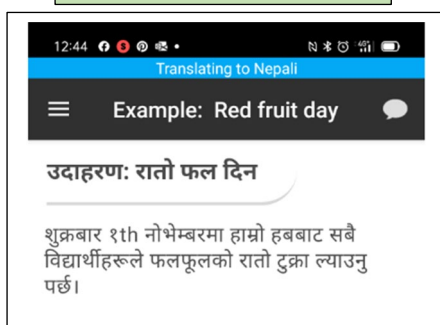
3) Press Language Translation Off

4) Select your preferred language



5) Press back

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



P&C NEWS & UPDATES

Volunteers needed!

Saturday, 6th November

8:30am-4:00pm

Bunnings Crossroads

FUNDRAISING WILL CONTRIBUTE TO YEAR 6 FAREWELL

Up to \$1000 will be donated to Year 6 Farewell costs, depending on takings on the day.

Bunnings require all volunteers to be fully vaccinated.

For more info email:

bardiapublicschool@pandcaffiliate.org.au



The P&C put their heads together recently to work out a way to support Year 6 given COVID has limited their capacity to fundraise at the school.

We are holding a Bunnings BBQ on 6th November with \$1000 of the proceeds going to Year 6 to contribute to their farewell.

We are seeking volunteers to come and help with cooking, food service and representing the school.

You do not have to be a P&C member to fundraise for the school, we will appreciate any time you can give.

Please email bardiapublicschool@pandcaffiliate.org.au for more info.

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.

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!](#)

Brooke's CANTEEN



Keep an eye out on the
Brooke's Canteen Facebook
page for photographs of
just some of the healthy
counter items that are
made daily!



Tummy Warmers

3 Chicken Nuggets H	\$2.00	Lasagne H	\$4.00
6 Chicken Nuggets H	\$4.00	Chicken Penne Napolitana H HM	\$4.00
Spaghetti Bolognese HM	\$4.00	Butter Chicken & Rice H HM	\$5.00
Penne Napolitana H V HM	\$4.00	Hash Brown V	\$1.00
Beef Burrito HM	\$5.00	Sausage Roll H	\$3.50
Beef Pie H	\$4.00	Macaroni & Cheese H V	\$4.00
Beef Burger HM	\$4.00	Beef or Chicken Noodles H	\$3.50
Crumbed Chicken Burger H HM	\$4.00	Bruschetta Roll V HM	\$4.50
Beef Cheeseburger HM	\$4.00	Vegetarian Curry Rice V HM	\$4.00
Beef Nachos HM	\$5.00	Ham & Cheese Toastie HM	\$4.00

Sandwiches And Wraps

Vegemite, Jam or Honey HM	\$1.50
Cheese Sandwich V HM	\$2.00
Cheese & Tomato Sandwich V HM	\$2.50
Ham & Cheese Sandwich HM	\$3.50
Tuna Sandwich HM	\$3.50
Salad Sandwich V HM	\$3.50
Ham & Salad Roll HM	\$4.00
Chicken Caesar Salad Wrap HM	\$5.00
Chicken & Salad Wrap HM	\$5.00
Sweet Chilli Chicken Wrap HM	\$5.00
Salad Wrap V HM	\$5.00

Salad Boxes & Cold Food

Garden Salad Box GF V H HM	\$3.50
Fruit Salad Box GF V H HM	\$4.00
Vermicelli Noodle Salad Box V H HM	\$5.00
Greek Salad V HM	\$4.50
Teriyaki Chicken Rice Paper Rolls HM	\$5.00
Vegetarian Noodle Rice Paper Rolls HM	\$5.00
Teriyaki Chicken Salad HM	\$5.00
Ham or Tuna Salad Box HM	\$5.00
Moroccan Chicken Salad Box HM	\$5.00
Chicken Caesar Salad Bowl HM	\$5.00
Yoghurt Fruit & Muesli Bowl V HM	\$5.00

Pizzas & Quesadillas

Garlic Bread H V HM	\$2.00
Cheese Pizza Roll H V HM	\$2.50
Cheese & Diced Ham Roll HM	\$2.50
Vegetarian Pizza Roll H V HM	\$3.50
Hawaiian Pizza Roll HM	\$3.50
BBQ Chicken Pizza Roll HM	\$3.50
Cheese & Tomato Quesadilla V HM	\$4.00
Spinach & Feta Quesadilla H V HM	\$4.00
Ham & Cheese Quesadilla HM	\$4.50
BBQ Chicken Quesadilla H HM	\$4.50
Vegetarian Quesadilla H V HM	\$4.50
BBQ Chicken Pizza H	\$5.00
Cheese Pizza H V	\$5.00
Meat Pizza H	\$5.00



Snack Food



Frozen Pineapple Ring GF V H HM	50c	Milo Cereal Cup V	\$1.00
Piece of Fruit GF V	\$1.00	Nutrigrain Cereal Cup V	\$1.00
Carrot or Cucumber Sticks GF V HM	\$1.00	2 x Vegemite Saos V HM	\$1.00
Yoghurt Tub V	\$2.00	2 x Cheese & Tomato Saos V HM	\$2.50
Frozen Grapes GF V H	\$2.00	Popcorn GF V H HM	\$1.00
Corn Cobette GF V H HM	\$1.50	Koala Popcorn - BBQ, Chicken + Sweet Chilli	\$2.00
Custard Cup V	\$2.00	Grain Waves Sour Cream & Chives 28g	\$2.00
Watermelon Cup GF V HM	\$2.00	Red Rock Deli Crisps Sea Salt 28g	\$2.00
Honey & Yoghurt Cup V	\$2.50	Mamee Noodle Snacks	\$2.00
Orange Wedges GF V H	\$2.00	Mamee Rice Sticks GF	\$2.00
Fruit Kebab GF H V HM	\$2.50		



Thirst Quenchers

Water 600ml	\$2.00
Fruit Infused Water	\$2.50
Oak Milk Lite	\$2.50
Juice Bomb Cans	\$2.50
Juice Poppers	\$1.50

Frozen Treats

Ice Mony Triangle	\$1.00
Juicies Ice Treat	\$1.00
Quelch Stick	\$1.00
Frozen Juice Cup	\$1.00
Moosies	\$2.00
Frozen Yoghurt	\$2.50

To order online please go to www.myschoolconnect.com.au. All online orders must be placed by 8am. If you miss this cut off time orders can be placed at the canteen by 9:00am. We accept cash & EFTPOS payments also. Sauces + Salad dressings are available for 50c each. Sandwiches can be toasted for an extra 50c and can also be changed to a wrap or bread roll for \$1. You can add cheese and other extras for 50c each. Extra spoons and forks are 10c each. All ice blocks, watermelon cups, yoghurt cups, noodle cups and custard cups need to be collected from the canteen by the student as these will not be sent to their classroom to avoid any spillage. Healthy over the counter items are available daily and range from 50c to \$2.50, these will be displayed on the counter at lunch and recess.

If making a halal or gluten free order or if student has any allergies please write dietary requirements clearly on the lunch bag.

H = Halal, **GF** = Gluten Free, **V** = Vegetarian, **HM** = Homemade

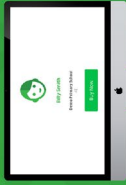


OUR SCHOOL TUCKSHOP IS NOW ONLINE!

Download the free app or access www.myschoolconnect.com.au/bardiaps

STEP 4

To start ordering lunches simply select your Student and click "Buy Now", and you can order for the day, week, it's that simple!



STEP 4a



STEP 4b



STEP 4c

STEP 5

Once you have completed your order, view your order summary in the "cart" and proceed to "checkout". Select your preferred form of payment and submit, all orders are confirmed via email.



STEP 5a



STEP 5b

Note: only paid orders will be sent to your canteen, not those still sitting in your cart.
To start ordering lunches simply select your Student and click "Buy Now", and you can order for the day, week, it's that simple!

www.myschoolconnect.com.au/bardiaps



My School Connect has a 7 day a week Support Line, contact (03) 8669 1869



OUR SCHOOL TUCKSHOP IS NOW ONLINE!

Download the free app or access www.myschoolconnect.com.au/bardiaps

STEP 1

Register your account on any device, simply login to www.myschoolconnect.com.au/bardiaps and click on "Create Account", follow the prompts to add your email and password.



STEP 1

STEP 2

Add your Child as a "Student", and make sure that you select your school and classroom details.



STEP 2a



STEP 2b

STEP 3

Select "Top Up" to add money to your account via Credit Card or Paypal, you can choose Direct Deposit but allow 3-5 working days to process prior to ordering. You can also pay as you go, simply slip the pop up screen for adding funds and start ordering.



STEP 3a



STEP 3b

(Please note Merchant Fees applies to Credit Card or Paypal Transactions)

School Travel for 2022



2022 school travel applications are now open

Students who need a School Opal card or travel pass for 2022 can [apply](#) now. A new application will need to be submitted if they are applying for a school travel pass for the first time, or if they are requesting an additional travel entitlement as a result of a new shared parental responsibility situation (e.g. joint custody).

Students who change address, school, campus location, or who have repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should [renew or update](#) their details before **the end of term 4**. This will ensure that schools can endorse applications and current entitlements are updated and remain valid. School Opal card holders will have the changes applied to their existing card.

If a student's distance eligibility has changed based on their grade the system will automatically update their entitlement if they meet the new criteria. If they do not meet the new [eligibility criteria](#), they will receive an expiry notification via email.

Students who have an entitlement approved under a medical condition that is due to expire will receive a notification advising them to re-apply.

[Term Bus Pass](#) holders will receive a notification to re-apply.

Students in the Opal network applying for an Opal card (including a Term Bus Pass) for the first time will receive their Student Opal card at their nominated postal address. Cards will be mailed out from January 2022.

Students living in rural and regional (R&R) areas should receive their travel pass at the start of the new school year from their nominated transport operator. It may come via the school or be sent directly to them at home. **Note:** some R&R operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.

School Student Transport Scheme site change

On 1 October 2021 the School Student Transport Scheme (SSTS) information and application portal was moved to **transportnsw.info**. This will assist families to find all their travel information in the one place.

Travel from Term 1 2022

We ask that parents plan ahead and make sure their child knows which service/s to use and has a valid ticket to travel; either a School Opal card or Child/Youth Opal card (within Greater Sydney) or a School Travel Pass (outside Greater Sydney), from the start of the school year.

Applications for the School Student Transport Scheme (SSTS) open at the start of Term 4 2021 for travel in 2022, so parents/students can [apply](#) or [update](#) details early and be ready for the start of the new school year.

Most students using the Opal network will not need a new Opal card and can continue travelling on their existing card each year.

The start of the year is a difficult period for local bus operators, and students travelling without a valid ticket make service planning and operations increasingly difficult.

We recognise that for some families last minute changes to school enrolments mean they may not have a School Opal card or Travel Pass for the start of term. In the Opal network, we strongly encourage these families to have their children travel on a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their [local bus operator](#) to discuss their travel needs.

Bus operators are flexible and understanding, particularly at the start of the school year, and will ensure students can travel safely to and from school. But to best support our operators we encourage all students to have a valid ticket, as early as possible, from the start of the school year.

Please also remember that students using Opal cards must tap on and tap off in line with the [Student code of conduct](#) and [Opal terms of use](#).



Further information can be found at transportnsw.info/travel-info/using-public-transport/school-travel

Enquiries can be submitted at transportnsw.info/contact-us/feedback/passes-concessions-feedback

Supporting children's return to school during COVID-19

Children have experienced a lot of sudden change over the past few months, and may experience difficulty returning back to normality. This **Parent Guide** includes information to support your child with their gradual transition back to school.

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

Things to do:

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

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

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



How your child may be feeling...

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

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

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

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

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

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

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

These are normal reactions to stress.

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

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

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

Validate and normalise their feelings and experience. Here are some ideas:

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

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

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

Listen, be curious and encourage the conversation. Here are some ideas:

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

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

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

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

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



Maintaining Connection Whilst Setting Boundaries

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

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

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

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

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

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

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

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

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

Useful Resources:

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

HELPFUL TIPS FOR COMING BACK TO PRIMARY SCHOOL

Your teacher is looking forward to seeing you and we know that you are looking forward to seeing your friends.

Sometimes learning from home felt easy, sometimes it felt a bit hard. Everyone has a different learning from home story to tell. Here's some helpful tips for you as you get ready to return to school.



BE KIND AND PATIENT

Everyone will settle back to school in a different way. Showing kindness and being patient with the people around you will help everyone feel better.



GET READY

Check your uniform and shoes still fit, and repack your school bag. Your school will have hand sanitiser and masks, but you can take your own too!



BE SAFE

Safety first – wear your mask. Sneeze or cough into your elbow, put used tissues in the bin, and wash your hands during the day and before you eat.



SCHOOL WORK

Try your best. Let a teacher, parent or a carer know what you found easy or hard when working from home. They are there to help you.



FEELINGS

It can help to talk. It's ok to feel a little unsure, worried, nervous, happy, angry or any feeling in between. Talking to your parent or a carer, your teacher or other staff is important when you feel unsettled or are worried about a friend.



HAVE SOME FUN

Your teacher wants you to enjoy being back at school. Join in the classroom and break-time fun, and play outside with your friends and classmates.



EAT

Food is fuel for your body and brain. Don't forget to eat breakfast and grab a healthy lunch and keep your water bottle topped up!



SLEEP

Nothing beats a good sleep. Go to bed early and keep phones and other devices in another room, so you're not disturbed. It might take a little time to get back into your routine.

There are more ideas on looking after yourself on the Department of Education's [student mental health and wellbeing](#) pages.

NSW Department of Education



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

Things to do:

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

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

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



How your child may be feeling...

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

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

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

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



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

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

- ◊ Changes to sleeping or eating habits, such as struggling to fall asleep;
- ◊ Becoming quieter or more withdrawn;
- ◊ Clinginess or difficulty separating from you;
- ◊ Becoming fidgety and restless;
- ◊ Seeming irritable and acting out, possibly refusing to attend school;
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