

LIGHTNING RIDGE CENTRAL SCHOOL



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Deputy Principal: Mrs Margaret Morriss
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Term 1 Week 10



Principal's Report

This situation in which we find ourselves as a nation and indeed as a world has certainly had us all rethink our approach to the regular; even a handshake is considered poor form.

In the last week, the Premier, Gladys Berejiklian has encouraged parents to keep their children at home unless they work in essential industries. I would like to emphasise that Lightning Ridge Central School is open!

With the current world events, feelings of worry or fear can be quite common, no less when changed circumstances take us out of our comfort zones.

In the truly anxious, these feelings can become so strong as to interfere with normal daily function. It can manifest as stress that is totally out of proportion to a perceived threat, leading to at best, an inability to set aside personal worry or restlessness, and at worst panic attacks.

Last week, the World Health Organisation formally declared the COVID-19 a pandemic; the name given to a virus that spreads easily between humans on a global scale.

Across Australia and indeed the world, the crisis has triggered antisocial behaviour, like the panic buying.

The concern for us all should be the children in our midst, especially the very young. For little ones, the unrelenting 24 hour news cycle showing scenes of people in hazmat suits, deserted cities, empty shelves in supermarkets and people prepared to wrestle over grocery items takes a toll. So too the adults in their lives talking incessantly about what they see. It has the capacity to terrify little kids simply because they are young. Their brains are still developing; not permitting them the capacity to process well what they perceive and leading them to experience an amplified sense of fear.

They have a propensity to become disproportionately anxious.

When this happens, it falls to us adults to put these fears into context and soothe their anxieties.

Our teen children, as young adults, have a role to play in this too.

If the adults in the room do a little focused investigation – any of us could do far worse than visit the NSW Health site – we could each keep much better informed. We could know the facts and when you know the facts, you are in a better place to implement strategies that will potentially help you and others – especially the little ones – avoid this virus.

Important Information

School Holidays

Fri 10th April
Mon 27th April

Term 2 Commences

Tues 28th April

ABC Education

<https://education.abc.net.au/home#!/home>

Lexia/Reading Plus

<https://www.lexialearning.com/>

Maths Prodigy

<https://www.prodigygame.com/>

Soundwaves

https://online.fireflyeducation.com.au/services/student_login/soundwaves

Kids Helpline

1800 551 800

Beyond Blue

1300 224 636

Join us on

SkoolBag

 Like us on
Facebook

2020 School Newsletter now available online via our Skoolbag App and website on www.lightningr-c.schools.nsw.edu.au and SkoolBag

Here is a fact:

As of 8.00pm on Saturday 28th March, NSW Health reported that in the 0-20 age bracket – the age bracket in which our students fall – there were just 59 known cases out of a total of 1791 for all ages. 93,099 people have been tested in NSW. None of those confirmed cases were in Lightning Ridge.

Here is another fact:

It is good hygiene practice to properly wash your hands using soap. It is good hygiene practice to use a facial tissue when coughing or sneezing, before disposing of that tissue in a bin and immediately washing your hands using soap. If you are sick, stay at home and seek medical advice if necessary.

Here is one more fact:

It is good mental health practice to avoid gossip and rumours. If someone begins a sentence with “I just heard” or “A bloke I know told me” your BS detector should crank into action.

A person who sources all of their “information” from social media should know that it is almost certain they will become one more ill-informed punter. Why? Because any ill informed individual with a keyboard has access to social media, and social media is a tremendous source of idiocy.

Anxiety is a terrible thing. It has the capacity to suck the life out of a day for the afflicted. As reasoning adults – young and not so young – we all have a role to play in remaining rational and helping the more anxious cope with what are unprecedented yet not insurmountable circumstances.

What are we doing to support your students?

All staff at LRCS are working hard to minimise the disruption to your child’s education. I am proud of the work they are doing and will continue to do. Teachers are also learners and they continue to support each other and work together to ensure they upskill themselves with the ultimate aim of improving educational outcomes for your children. It needs to be remembered that the COVID-19 pandemic impacts all of us and many staff live a long way from family and friends.... Yet they continue their fine work.

Staff are supporting your children in a myriad of ways;

- ◆ Many KLAs in secondary have Google Classrooms established
- ◆ Students have access to Lexia, Reading Plus, Maths Online, Education Perfect (in some KLAs), Science by Doing, as well as GROK Learning (for computer coding)
- ◆ PE with Joe, The Physical Activity (You Tube it!)
- ◆ In the event that students lack internet connectivity, hard copy work, including all assessment tasks for every KLA in secondary, as well as text books and other resources are available from the office.
- ◆ Work contracts have been established for Seniors in Maths.
- ◆ Information has been posted on various social media platforms, particularly with reference to the responsibilities of year 12 students in meeting HSC requirements.

Year 12 students are able to come in to school (provided their parents approve) to work on Major Works for Visual Arts, Design and Technology and Construction, and undertake practical lessons.

For students in school we provide supervision so that they can undertake online learning, like their absent peers, sport, Quick Smart Numeracy and other practical lessons.

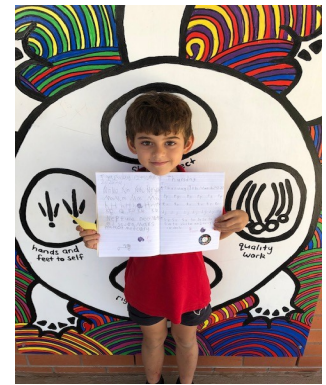
We are essentially working as a Distance Education School and like everyone our staff are required to adapt and be flexible. As this situation continues, we will refine our processes and modes of delivery and get better at what we do. As previously stated, I am extremely proud of the work our staff are doing and we will continue to maintain open lines of communication with the wider community to ensure the best outcome for students.

continued

Congratulations Noah Cobb!

Noah showed me his work late last week and I am sooo proud of the improvement he has made with his handwriting in just one week. It just goes to show what hard work can achieve.

Great work Noah!



Congratulations Roslyn Shaw!

In this era it is highly unusual for a staff member to remain in one work place for a long period of time. Recently Roslyn Shaw, our Aboriginal Education Officer (AEO) for secondary, commonly known as Ros received her 30 Year Service from the Department of Education. I and Darryl Ferguson, President of our AECG had the pleasure of presenting Ros with the certificate.

The AEO role is an important one in our school community because Ros has provided a link between school and our Aboriginal parents and wider community. She participates in parent – teacher interviews, executive meetings, staff meeting and is a driving force behind our NAIDOC Week celebrations. Ros has established authentic, long lasting and positive relationships with staff, students, parents and carers and she has always focused on the needs of students.

Since my arrival she has been a great support to me in establishing links in the community. Ros has given great service to the Department of Education, staff and the children of Lightning Ridge Central School and her work is much appreciated.

Well done Ros!



Positive Behaviour for Learning

Lightning Ridge Central School share a Positive Behaviour for Learning focus with our Students each fortnight. Students who show exceptional PBL values are rewarded throughout the year with excursions, special activities and treats.

**This fortnight's PBL focus is
Right Place, Right Time**



""Right place right time"" is shown by a meeting symbol, to give that idea of protocol and Law in knowledge exchange.

Primary Students should arrive at school by 8:55am
Secondary Students should arrive at school by 8:40am

LATE IS NOT GREAT



Secondary Deputy Principal's Report

Those students who do attend school are finding it is 'business as normal'. Senior students have been provided with their assessment tasks for this term and some Year 12 students are working on their major works at school whilst maintaining 'social distancing'. Most senior classes have google classrooms established for students to get on with their learning. Student have been given online work to complete such as Lexia, Reading Plus, Online Maths, research tasks, quiet reading, cool maths games and most students have assessment tasks which need to be completed, these can be emailed to the teachers.

We have students in the library and computer laboratory working on course work with teacher assistance.



The annual cross country has been postponed to a later date. Students must have handed in a walking note to be able to attend.

With the cooler weather on its way it is now time to check that your child/children have appropriate winter uniform for school. This includes a plain black jumper or jacket, there are jumpers and jackets available from the P&C uniform shop. Black trousers or track pants– this does not include tights. Tights are a weekend attire and should not be worn at school

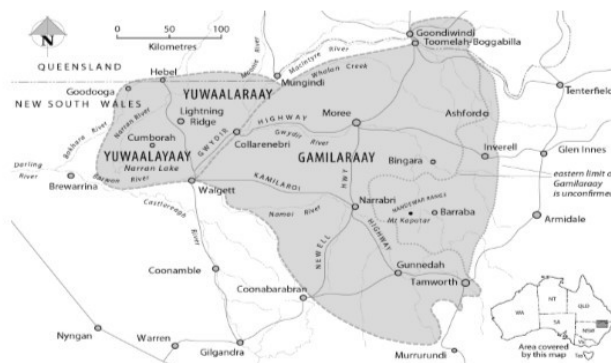


Yuwaalaraay is the dialect of the Lightning Ridge area. The name of the language and Aboriginal people of the Balonne River Region.

Yuwaalaraay **Word of the Week**

Maa wagirmaya!

Let's wash our hands!





Library Report

What a fortnight it has been! Some very exciting news in the library as I write this newsletter. We got a delivery today of new books! I am so excited to get these covered and out for students to borrow. Certificates and books from the reading challenge will be handed out to the students at school next week, anyone who is away will be given theirs once they return to school.

Thank-you to the families who have purchased books from our second hand book fair. Given the current state of the world we are leaving it set up for longer than originally planned.

I mentioned last newsletter about using e-books and audio-books, now is a great time to be utilising them. No contact with a book borrowed by lots of people, can be accessed without leaving the house, ready and waiting for you on any device connected to the internet. Below is a short guide on accessing the Oliver system to retrieve the e-books and audio-books.

Accessing e-books and audio-books on Oliver.

Log onto student portal (normal school log-on) through a web browser using <https://education.nsw.gov.au/> and selecting student portal from the log in options.

Once in the portal on the left hand side of the screen select Oliver Library.

When Oliver loads in the search menu type Overdrive. This will bring up a list of all e-books and audio-books available.

On the left hand side menu is a range of options to narrow down the list. Selecting GMD will allow you to reduce the list to either audio-books (Overdrive Listen) or e-books (Overdrive READ). From there you can choose a book of interest to you.

If you have trouble accessing Oliver please let me know and I will try to get the issue resolved.

If you are looking for some reading suggestions that are age appropriate check out the Premiers Reading Challenge site. They have list of books for various years and topics, the lists can be accessed through <https://online.det.nsw.edu.au/prc/booklist/home.html>

Lists of the books we have available for the challenge can be accessed through Oliver using list as the search option.

Turtle Draw Winners:

Week 8

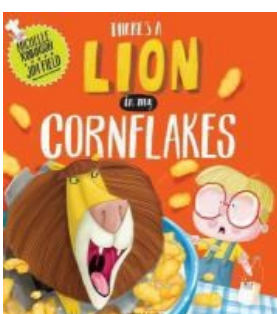
Kindergarten: Hendrik Haverhoek ES1P
Stage 1: Elise Gibson S1Y
Stage 2: Alana Noyes S2H
Stage 3: Izabella Mallouk S3N

Week 9

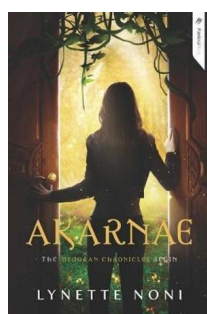
Kindergarten: Clay Barry ES1P
Stage 1: Archie Barry S1Y
Stage 2: Riley Cross S2F
Stage 3: Blake Benjamin S3B

Miss Cross' top picks:

Junior Fiction



Fiction



Senior Fiction



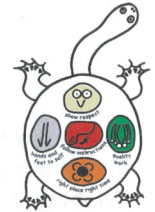
Non-Fiction





Lightning Ridge Central School

Respect · Responsibility · Pride



24 March 2020

Dear Parent/Guardian,

Thank you for your ongoing support, as well as the many words of appreciation received for the work we continue to do here at Lightning Ridge Central School. I can confirm that no staff member nor any students have been diagnosed with COVID-19. That said, if your child is ill or has a cough, sore throat or runny nose, please keep them at home until they are well. There has been a cold doing the rounds over the last few weeks.

I would like to remind the community that as principal I am obligated to follow the advice of the departments of Health and Education. The Health advice on schools remains unchanged. Our Chief Medical Officers indicate that our schools should remain open for education provision at this time.

The Government and NSW Department of Education are encouraging you to keep your child at home from Tuesday 24th March to contribute to supporting the community response to COVID-19. The school's doors will remain open for those students whose parents are in the essential services or who are vulnerable. As updated expert information comes to the DoE, who are in constant liaison with NSW Health we will keep you informed of any impact on school operations.

Should you choose to keep your child at home, the following options are available;

- Lexia/Reading Plus for K to Year 10 <https://www.lexialearning.com/>
- Soundwaves (K-6) <https://online.fireflyeducation.com.au/services/login>
- Maths Prodigy <https://www.prodigygame.com/>
- ABC Education <https://education.abc.net.au/home#!/home>
- Maths Online <https://www.mathsonline.com.au/>
- Education Perfect (Years 7-12) <https://www.educationperfect.com/app#!/login>
- Stage 6 Google Classrooms where applicable
- Task Grids (K-6) – available as paper copies from the office.

The Learning from Home resources available at: <https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-from-home/advice-to-parents-and-carers>

Provide practical advice to parents and carers on how to best create and support a productive learning environment at home.

In the meantime, before the school holidays, staff will be working to develop online units of work that students can access should the current situation continue into term two.

In addition to these, Assessment Tasks for Secondary students will be posted on the LRCS website and other electronic platforms, or emailed to students by the end of this week. If you do not have access to printing, feel free to drop in to the office and office staff will print tasks for you. We encourage your children to revise previous work, complete previous homework and practise reading.

Students are asked to regularly check their school emails. This will be a key means of communication for many staff and students, and a means by which students can access and submit work.

For those students who do come to school, we are expecting high hygiene standards and appropriate social distancing as per Government requirements. Liquid soap will be provided at school. There is no doubt that social distancing is very difficult to enact in school settings and with young people. Young people stand close, share equipment and interact with a high level of physicality. You may wish to encourage your child to come straight to school and come straight home after school.

Again, thank you for your understanding as we address this unprecedented situation.



Richard Finter
Principal

Students Accessing Google Classroom

<https://schoolsequella.det.nsw.edu.au/file/687216f8-76f3-425e-8036-260f13ed4a61/1/GoogleClassroomAtHome.zip/>

How **students** can access
Google Classroom
in NSW Public Schools

A

B

Sign into Google Classroom with a desktop browser

1. Use a **modern browser** in Windows, MacOS or Linux
2. Browse to your DoE Portal at:
<https://portal.det.nsw.edu.au>
3. Sign in with your **department credentials** B
4. Select **Google G Suite** from the **Learning** box at the right
5. Choose **Classroom** from the list of apps

Classroom
Manage your class online

Accessing Google Classroom using mobile Apps

1. Multiple **G Suite** apps are needed:

 iOS 	 Android
○ Google Drive	LINK
○ Google Docs	LINK
○ Google Slides	LINK
○ Google Classroom	LINK
2. Install the **four** correct apps to your device
3. Open **Google Drive** and sign in with your **DoE GOOGLE account** and choose **Next** A
4. The **DoE log on screen** B will appear. Sign in with your normal department credentials
5. Once signed in **all four Google G Suite apps** will be ready for use!

?

Need help using Google Classroom?
- Ask your teacher!



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26 March 2020

Dear Parents/Guardians

Thank you for your assistance during these trying times. Please be aware that the following codes will be used for student absenteeism. Parents are required to contact the school either by phone or Skoolbag if they wish to have their child's absence justified. If a student is sick and then becomes well and does not return to school, parents and carers must contact school and notify the reason for their continued absence.

F (flexible) - Students at home engaged in learning because parents have kept them at home, they have been placed into self-isolation due to contact with COVID-19 or have been self-isolated after returning from overseas.

S (sick) - Parents advise the school that their child is sick and not able to attend school and therefore unable to complete work.

A (unapproved leave) - There is no evidence of students completing work therefore students are on unapproved leave. When students log into Google Classroom, their engagement can be noted by their teachers. When work is collected from the school for a particular student that too is an indication that that student is in a position to engage with their school work.

Remember that when you indicate you have isolated your child by keeping them at home, an F will be recorded for the remainder of the term or until you indicate those circumstances have changed.

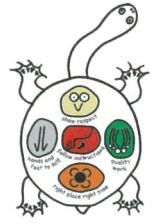
Yours sincerely

Richard Finter
Principal



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Year 12 students, parents and carers,

The following statement is targeted at Year 12 students and was taken from the NSW Education Standards Authority (NESA) webpage, after a meeting on March 24th 2020.

“At its meeting today, the NSW Education Standards Authority (NESA) Board confirmed that the Higher School Certificate (HSC) is going ahead in 2020... Following the meeting, Chair of the NESA Board Professor Peter Shergold said he had three important messages for HSC students:

1. We know you are worried. While we recognise we are facing an unprecedented situation, we want to assure you that **you will be able to get a HSC certificate this year**, and that the certificate will facilitate access to university, further education and employment, as it has for students over the past 50 years.
2. **Keep learning**, do your assessments as advised by your school, make progress on your major projects where you can and, most importantly, look after yourself, whether you are at school or at home. Reach out to family, friends and your teachers if you need to.
3. If you get sick, your school and NESA have provisions to ensure you are not disadvantaged”.

For up to date advice about the 2020 HSC visit the NESA COVID-19 advice page: <https://educationstandards.nsw.edu.au/wps/portal/nesa/about/news/novel-coronavirus>

With this message in mind, staff at Lightning Ridge Central School would like to reaffirm their commitment to our Year 12 students and encourage them to take initiative with their own learning.

All LRCS staff are currently working diligently to provide appropriate and meaningful educational material that will be accessed through emails, Google Classrooms or in hardcopy at the school. Practical teachers have offered their time for students that can get in to school, to work on HSC major works, such as Art and Technical Design projects.

It is important to understand that this difficult time is unprecedented and the situation is constantly changing. With that being said, it is paramount that students remain flexible and are able to adapt, as their current assessment schedule may change on the advice received from NESA in the future.

Staff at Lightning Ridge Central School ask that students do the following:

1. **Check emails regularly and complete all set tasks in the time set by teachers.**
2. **Register for Google Classrooms where applicable and keep up to date with set tasks.**
3. **Keep in regular contact with elective teachers and set times to continue working on HSC major works.**
4. **Submit draft copies of written tasks to staff for feedback.**
5. **Create your own timetable that allows for class work, assessments, revision and preparation for HSC examinations.**

The key message is that nothing has changed. The mode of delivery may be different, but the expectations at LRCS remain the same; you are required to complete all set tasks to the best of your ability. We understand that the lack of structure can make it difficult, however, we encourage all students to take charge of their own learning.

Finally, if you find that you have ‘nothing to do’, you should revise course content, attempt HSC past papers, complete wide reading or attempt HSC quizzes on <https://quiz.nesa.nsw.edu.au/home>

Blake Reavell
Year 12 Coordinator

Richard Finter
Principal

Novel Coronavirus (COVID-19)

how to cope with stress related to COVID-19

It can feel stressful and overwhelming during an event like the outbreak of the Novel Coronavirus (COVID-19) and we can all be affected differently.

You might feel overwhelmed by the information, conversations and the increased levels of stress in your community. It can be hard to know what information to trust especially in a situation where things are changing so quickly. It can be helpful to keep up-to-date but it's also okay to switch off from the 24 hour media cycle if this is getting too much.

During this time some things in your life may be affected by attempts to contain the spread of the virus. You may have been looking forward to a gig or a trip that's been cancelled. You may be affected by school, uni or your workplace temporarily closing. Or you may have a loved one who is directly affected by the virus.

It's important to find the right level or type of support for you. And keep in mind that the type of support you may need can change as time passes. For many people staying connected to family and friends/loved ones is important.

Tips to maintain a healthy headspace during this time

- 1 Be mindful of exposure to information through stories, traditional and social media. It can be helpful to take a break from the 24-hour news cycle**
- 2 Do things that make you feel safe and connected, and be with those who are helpful to your wellbeing**
- 3 Engage in activities that promote a sense of calm and feeling grounded (use of alcohol and other drugs can be counterproductive with this)**
- 4 Our 7 tips for a healthy headspace demonstrate simple and effective things that can help people to create and maintain a healthy headspace, irrespective of whether they have been affected by COVID-19 or not**
- 5 It can help to talk with a trusted adult if it all feels a bit much.**

Please note

The latest medical information is changing on a daily basis. If you suspect you are at risk, or would simply like to understand COVID-19 more, please visit the Department of Health's website.

health.gov.au

Common reactions

Fear and anxiety

At this time you might experience feelings of fear or anxiety. You might be worried about the virus and how it might affect you, your loved ones or your life.

Anger, frustration and confusion

It can be difficult to understand what to do in these situations because of the volume of different information available. This might feel confusing and frustrating, this is normal. Events like these can reduce the things we normally do in our days and that can seem unfair. This might make you feel frustrated or angry.

Sadness

If you've been asked to stay at home or stop your normal activities you might feel disconnected from important people or things in your life. This might make you feel sad or bored.

Denial

When bad things are happening, some people might prefer not to think about them at all. This might be helpful to start with, but our feelings can catch us by surprise later on. It's OK to distract yourself, but also find some time to think about what is happening and how you're going.

If you start to notice that you are experiencing these things, it is important to remember that these are normal reactions to a not normal time. During this time it is important as best as possible to keep engaged with the activities that support your wellbeing. You might need to get creative in how you continue to do them.

Reassuring your children about the unknown

Information for parents during COVID-19



What this fact sheet covers:

- How to talk about the situation
- Strategies to reduce anxiety
- Tips to support wellbeing
- Seeking additional help

Introduction

It's not just adults worrying about COVID-19 and the day-to-day changes around the situation. As parents, it is important to listen to the questions coming from your children so you can offer clear and honest answers.

It's also OK to admit that you may not know the right answers rather than pretending to have the correct response.

Children will be picking up information from their peers, the media, and what they are observing in the outside world.

It is the role of parents to communicate openly with their children in a way that does not exacerbate any feelings of anxiety, and to tailor information to their kid's age and developmental stage so they can be sure it is understood.

Talking about COVID-19 with your children

- 1. Speak to them calmly and openly.** Don't shield them from everything but at the same time choose your words carefully. Saying that it is a 'pandemic never seen before in our lifetimes' does not help to calm your child.
- 2. Encourage them to ask questions.** Curiosity at this time is natural and it is a good sign if they are wanting to find out more.
- 3. Ask them what they know and what they are worried about.** Agree with them if you have the same concerns but also offer reassurance and set up a plan to help deal or cope with that worry.
- 4. Reassure them it's normal to be worried.** Both children and adults have worries about COVID-19 and most people are feeling concerned.
- 5. Provide reassurance that as young people, they are relatively safe.** Current data suggests that young people are less likely to catch the virus than others, and even if they do, they



are unlikely to get very sick or go to hospital.

6. Let them know that you will be available. You will be there to talk to them about their worries whenever they would like to and if they think of questions after your chat, they can ask them anytime.

7. Identify other responsible adults in their life. If you aren't there to field any questions they may have, it is reassuring for them to know they have other adults they can approach.

8. Get the right information. Choose one reputable website to get your information from (such as the Department of Health) and resist temptation to look at more sensational sources.

9. Let them know about family plans. Share what you are doing and plan to do to keep their family safe. Encourage regular safe contact with loved ones, e.g. video chat with grandparents.

Practical strategies to reduce COVID-19 related anxiety

Provide a sense of control by discussing and implementing practical steps your child can take to stay safe.

These may include:

- Regular handwashing for 20 seconds. They can sing 'Happy Birthday' through twice to get the right length of time.
- Cough and sneeze into elbows. For younger kids tell them to pretend to be elephants as they do it.
- Give them new chores so they feel able to help keep control. Things like cleaning areas at home each night or helping to prepare food will give them a feeling of responsibility.
- Limit unhelpful or excessive media exposure which can often increase anxiety.

General tips to support wellbeing

- Remaining active is very important for mental health and wellbeing. Many school sporting competitions have been postponed and substitute activities like going outside for walks or doing online exercise programs like yoga or zumba are great options
- Make sure you join in with their fun. It can be hard if you're not feeling well yourself or if you're having to make lots of decisions about changing your routine, but remember your child is looking to you to know how to behave. Show them there is still time for fun.
- Encourage communication with friends using virtual formats when face-to-face isn't an option.
- Develop a plan with your child about their schooling over the coming weeks. This will need to be done in collaboration with their schools, but it will be reassuring for them to know that there is a plan, even if it needs to be adapted at a later date.
- Help your child to get enough sleep. You can do this by limiting the use of screens late in the evening and encourage your child to start a wind down routine about an hour before they go to bed. This helps them prepare their body and mind for sleep.

Seeking additional support

If your child or teenager is experiencing anxiety that is very distressing to them or interfering with their ability to function, it is important to seek additional support. There are digital tools and helplines listed at the end of this fact sheet that you can recommend.

If you are struggling with anxiety yourself, you can find more information [here](#).

If you have significant concerns about your child and want some professional help, you can



get a referral to a psychologist or mental health professional through your GP.

It's best to contact your GP over the phone first and they will let you know how to proceed. Many psychologists are now offering their services using tele-health or online communications.

Helpful resources and online tools

Bite Back

biteback.org.au

Kids Helpline | 1800 55 1800

kidshelpline.com.au

Beyondblue | 1300 22 4636

beyondblue.org.au/get-support/national-help-lines-and-websites

eHeadspace

headspace.org.au/eheadspace

Brave online

brave-online.com

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Written by:

Dr Aliza Werner-Seidler
Clinical Psychologist and Senior Research Fellow, Black Dog Institute



**Black Dog
Institute**

Creating a mentally healthier world

When should I get help?

If you ever feel unable to cope because of overwhelming or intense emotions, or if you have any thoughts of harming yourself, then ask for help immediately.

National 24/7 crisis services

- **Lifeline:** 13 11 14 or lifeline.org.au
- **Suicide Call Back Service:** 1300 659 467 or suicidecallbackservice.org.au
- **beyondblue:** 1300 224 636 or beyondblue.org.au

Additional youth support services

- **headspace:** visit headspace.org.au for eheadspace or more information
- **Kids Helpline:** 1800 55 1800 or kidshelpline.com.au
- **ReachOut:** reachout.com
- **SANE Australia:** 1800 187 263 or sane.org

Talk with a trusted adult, such as a parent, teacher, school counsellor or find out if there is a headspace centre near you.

Speak to your local doctor or General Practitioner (GP) and help make a plan for your recovery. Or you can search for a health service and GP on healthdirect.



headspace

SkoolBag

Don't forget to download our school's SkoolBag app to ensure that you are kept in the loop on:

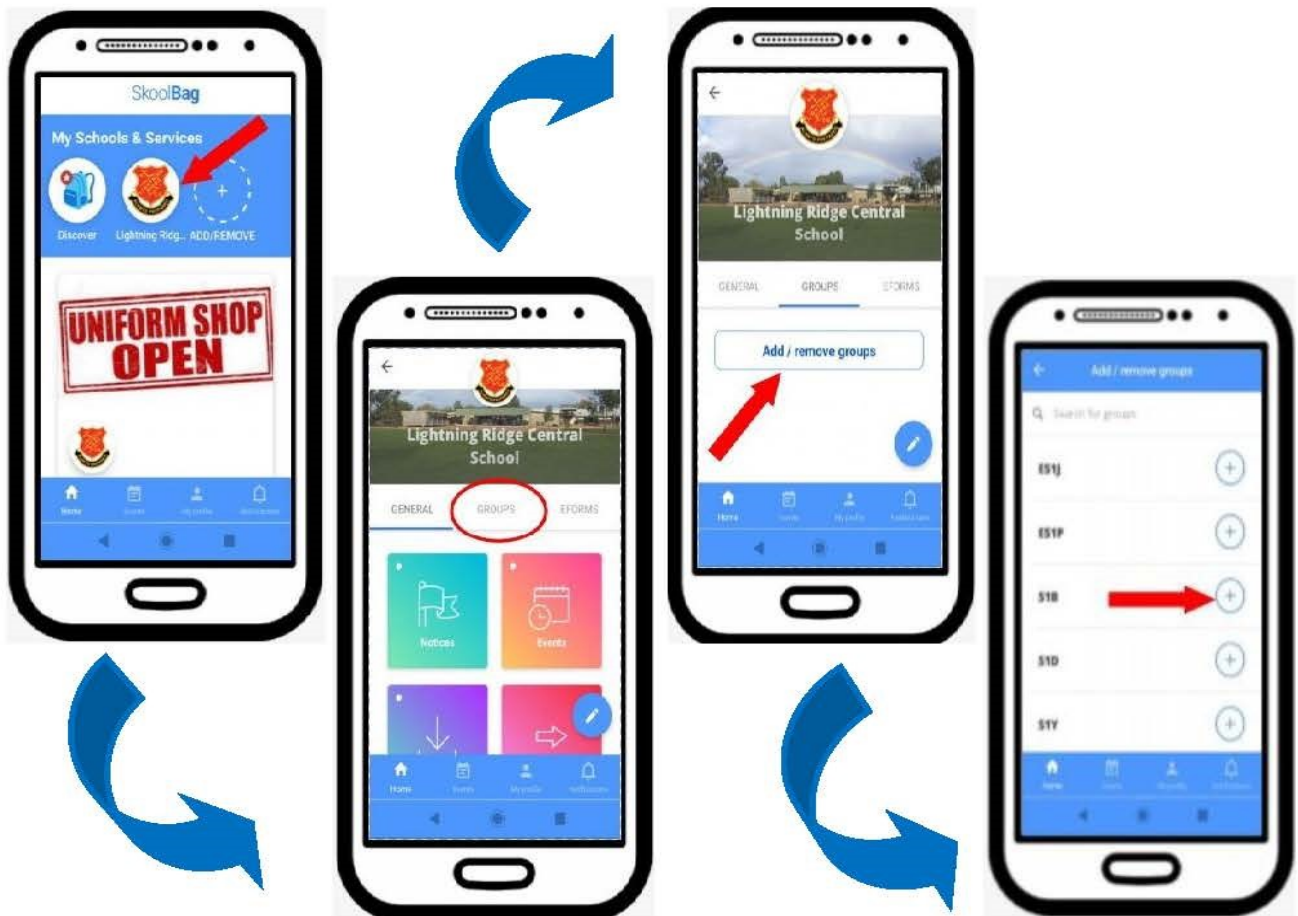
- * School newsletters
- * Notices
- * Events
- * Cancellations
- * Reminders
- * ...and more!

**INSTALLATION
INSTRUCTIONS**

Just download the "SkoolBag" app on your phone, open the app and add our school!


Subscribe to Groups

Select Class/ Year Group to appear in your feed






VIRTUAL EASTER HAT PARADE




WE INVITE ALL PRIMARY STUDENTS TO GET INVOLVED. THERE'S NO NEED TO GO OUT AND BUY THINGS, TRY AND BE CREATIVE WITH THINGS YOU ALREADY HAVE AT HOME!



SHARE YOUR PHOTOS THROUGH OUR FACEBOOK MESSENGER OR BY EMAILING THE SCHOOL BY

Wednesday 8th April

We will create a slideshow which we will share on THURSDAY 9th APRIL



Please note by sharing us your photos, you give us permission to publish them. If you do not want your child's face published, please modify your photo before sending.

Protect yourself from viruses



Clean your hands with soap and water, or hand sanitiser.



Cover your nose and mouth when you cough or sneeze.



Avoid close contact with anyone with cold or flu-like symptoms.



Stay home if you are sick.



Find the facts

health.nsw.gov.au/coronavirus