

Term 4, Week 2
Monday 18th October 2021



Narara Public School

Monday Mumbles

Fortnightly Newsletter

Dates to Remember

Notes You Should Have



Narara Public School
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Principal's Message

Thank you for the incredible effort you have put into home learning with your child/ren. I know it has been a challenging time and we appreciate the support, collaboration and flexibility that has been shown. It is greatly appreciated!

As we know the best learning environment for students is in the classroom and we are looking forward to welcoming back our staff and students to their classrooms. This will occur in a staggered approach as follows:

- From 18 October 2021: Preschool, Kindergarten and Year 1
- From 25 October 2021: All other cohorts

We know that while there will be excitement, there will also be some uncertainty about being back together at school. The Department of Education has worked with NSW Health on a COVID-safe plan to return to school and have put in place effective practices including vaccinations for all staff on site, mask wearing, reduced mingling of staff and student groups, ventilation audit in classrooms and continued good hygiene and cleaning. We are confident that this, in combination with support from our school community, will minimise risk and help to keep students learning face-to-face next to their peers.

As a school we have made changes to the regular school day. In the morning families have the option to drop off at Newling Street, Douglas Close and Pierce Street as they always have. We will not be asking specific cohorts to use specific gates and come in to school at designated times. From 8:10am there will be a staff member at the front gate (Newling Street) meeting and greeting students and monitoring the number of students entering the school at one time. A member of our support staff will also be assisting children to say goodbye to their parents / carers as visitors, including parents and carers, are still not permitted to be on school grounds. An exception to this rule is if you have a disability permit to enter the carpark, a staff member will be waiting to meet students and walk them in from the top carpark. We ask that if you are using the staff carpark to pick up or drop off your child that you wait in your car and staff will assist with this process.

During the morning period (8:10am to 8:30am) we will have additional staff supporting students as they play in these designated areas:

- K-2: main quad and tiered seats outside the school hall
- 3-6: Cola and the area in front of the fixed equipment
- K-6M and K-6C will play outside their classroom



Student Banking: Thursday

Uniform Shop: Tuesday and Friday - 8.15am - 8.45am

When the bell goes students will line up where they have done so earlier in the year and wait for their teacher.

During lunch time students will play in the following areas:

- K-2: main quad, tiered seats and fixed equipment (subject to work being completed)
- 3-6: oval and grassed slope

When the bell goes for eating, staff will allow students to wash their hands and distribute hand sanitiser to students.

During afternoon tea students will play in the following areas:

- K-2: oval and grassed slope
- 3-6: main quad, tiered seats and fixed equipment (subject to work being completed)

Student amenities (toilet blocks) have also been allocated to K-2 and 3-6. This will be the same for water fountains (bubblers), however, we do encourage all students to bring and use their own drink bottle. At the end of the day staff will support all students leaving school. Students in bus and walker lines will line up as K-2 and 3-6 and will exit the school with support from staff in these groups. For students in K6M and K6C a support staff member will walk students down to the front gate, Newling St, to meet parents. A staff member will also walk students up to the carpark to meet taxis and parents as required. We have made a social story to help explain these changes to students which has been shared via Class Dojo. It would be great if you could discuss these changes with your child/ren prior to returning to school. This plan will come into effect this week as Kindergarten and Year 1 students return and we have students in different cohorts for families of essential workers.

Parent Pickup

As previously mentioned, parents / carers are not allowed to be on school grounds unless given permission by the principal. In the event that parents / carers need to drop off or pick up children outside of regular times, for example a medical appointment or unforeseeable occurrence, they are asked to drive up to the top carpark and call the administration office on 43283024. Parent / carers are asked to remain in their car and a staff member will assist with collecting / delivering your child/ren to you. Parents / carers should not be accessing the administration office unless authorised to do so by the principal. If Collecting your child/ren from OSH you can collect them as you would normally.

Emergency Book Pack

In Week 4 all students will receive a book pack with 2 weeks worth of work. This has been supplied in the event our school should temporarily close due to a confirmed case of COVID-19 on school grounds. Should our school close temporarily due to a confirmed case of COVID-19 you will be notified via our regular communication channels including Facebook and Class Dojo.

Please store this pack in a safe place in case we are required to use it. We are hoping we do not have to access this resource, however, we want to be prepared in the event of an unforeseeable school closure.

School Attendance

All students should be at school on the date indicated for their year group, unless:

- they have a medical certificate which says they can't return to school due to a condition or illness
- they are currently unwell and/or waiting on a negative COVID-19 test result
- they have been asked by NSW Health to self-isolate.

All students are expected and will be supported to return to school for face-to-face learning. While I know this may be an uncertain time for some students and parents, I do encourage you to get in touch with us directly and visit the Department's wellbeing for students and families page for support materials. We also have an important parent seminar tonight that may support with transition back to school. I encourage all parents to access this free resource. Further information related to this seminar is accompanied in this newsletter.

Loaned Devices

Students are asked to carefully return their loaned device when they return to school. Staff will assess the device and sign them off the register when they are returned. It was great to see so many of our students utilise these resources during at home learning. These resources will again be utilised in the classroom for day-to-day learning.

School Canteen

Our school canteen will be operational when all students return on Monday 25 October 2021. Safe practices will be in place and all volunteers will be fully vaccinated. Further information will be supplied closer to the date.

Wellbeing

If you are worried that the impacts of COVID-19 or going back to face-to-face learning may be affecting your child's wellbeing, please discuss this with your child's teacher. You can find more information to help your child's wellbeing through the mental health and wellbeing resources on the Department's website. The social story shared via Class Dojo may also assist students to familiarise themselves with rules and routines.

Masks and Face Coverings

Masks are mandatory for all staff and are strongly recommended for primary students both indoors and outdoors unless eating or exercising.

Students should bring their own masks where possible, but schools will have back-up supplies just in case.

Masks are mandatory for all travel on public transport for children 13 years and older.

Masks for students are being encouraged across all NSW schools, however we understand that this will be a challenge for some of our students and this is very much a parental decision. No child will be forced to wear a mask.

Physical Distancing / Hygiene

All adults must keep 1.5 metres distance from each other, including teachers and support staff, and parents and carers waiting to collect children. Physical distancing between children in the same class is not required under the latest health guidelines. Mixing between class groups will be minimised and students will be supported to follow strict hygiene practices like:

- regularly washing hands
- not sharing drinks or food
- coughing or sneezing into their elbow, or else using a tissue which should be put in the bin straight away
- filling water bottles from taps and bubblers rather than using this facility directly.

Schools will continue to receive additional cleaning in line with advice from NSW Health and have received extra supplies of soap, hand sanitiser, toilet paper, paper towels, disinfectant wipes and personal protective equipment.

Vaccination

All adults at school sites, including employees, contractors, volunteers and essential visitors, must be fully vaccinated against COVID-19 by 8 November 2021. Adults that are required to support the staged return to school in October 2021 will be required to have received two doses of COVID-19 vaccine by that date. For schools under Level 3 settings, adults are strongly encouraged to have had two doses of a COVID-19 vaccine, but are not required to be fully vaccinated until 8 November.

School activities

Many school-based activities will remain on hold, including large celebrations such as presentation days and graduations, arts and sports events. For a full list of what is permitted and what is on hold, refer to education.nsw.gov.au/covid-19/advice-for-families. Further information will follow in regards to specific events such as Year 6 Graduation, Kinder Orientation and Presentation Day as we progress through the term and new information is made available.

Visitors

Only essential visitors are allowed on school sites at this time. When dropping off or picking up your child, parents / carers need to stay outside school grounds, will need to wear a mask and physically distance.

Some exceptions may exist as previously mentioned. Please follow the procedure as outlined above.

If visitors are required to be on school grounds they must adhere to vaccination requirements, wear a mask, adhere to social distancing and sign in using the Service NSW QR code when entering and exiting the school.

Ventilation

Having open or well-ventilated spaces reduces the risk of transmission of COVID-19 because infectious particles are more quickly diffused in the open air. The department will continue to work with NSW Health to provide us with advice and guidance on maintaining good ventilation in our school and we will make use of our outdoor spaces wherever practical.

Our school has been provided with a ventilation audit report and we are currently working with and being guided by the advice from School Infrastructure NSW in conjunction with NSW Health.

If our school becomes closed due to a COVID-19 case.

Parents and students will be notified when a decision is made to make the school closed for onsite attendance due to a confirmed case of COVID-19 or other events that require the school to close.

Information about the operational status of the school will be distributed through the following communication channels: Facebook, Class Dojo, the school website, Schools Safety App and the Department's website. During this period, the school will continue to provide learning activities through way of the emergency work pack that will be supplied to all students in Week 4. Parents and students will be informed by the school and the Department when the school is ready to resume onsite learning.

Staffing Update

I am very pleased to announce that Mrs Norman has been successful with an active transfer and will be appointed to our school permanently. Mrs Norman has been part of our community for a number of years in a temporary position and will now remain at our school for the years to come. We are very fortunate to secure such a hardworking, dedicated teacher. Congratulations Mrs Norman.

Congratulations also goes to Mrs Moulder who has been successful in a transfer to Budgewoi Public School. This new appointment is close to home and will better suit Mrs Moulder and her family. We wish Mrs Moulder every success at Budgewoi Public School and thank her for her time, effort and dedication at NPS.

From Week 3, Mrs McKinnon will be supporting 1J students from home and Mrs Fiene will support students full time in their face-to-face teaching. Further information will be supplied to the families of 1J.

Final Thought

I know there is a lot of information that has been provided and that there will be some students and parents / carers who have personal concerns about returning to school. Having our students continue with their studies at school under the guidance and support of quality practitioners and exceptional support staff is key. I encourage you to visit the COVID-19 Advice for families for the wellbeing handy hints guides for students and parents / carers.

Thank you for your ongoing support. I look forward to seeing all of our students back in the classrooms on their scheduled date

Regards,
Grant McFarland
Principal

Parent Workshop - Parenting Anxious Kids

Narara PS, along with our neighbour schools – Wyoming PS, Ourimbah PS and Valley View PS are very excited about the Interactive Digital Parent Presentation we will be hosting tonight via the Zoom Platform with one of Australia's leading parenting educators, Michael Grose (see flyer below). Michael is an award-winning speaker who has been informing and inspiring audiences in Australia, Asia, the US and UK for more than 20 years, supporting families and children experiencing anxiety. Anxiety among children and young people is on the rise, yet many parents are unsure how to help. Research informs us that anxiety left unmanaged in childhood will almost always reoccur in adulthood. Fortunately, there's so much parents can do to help kids recognise, manage and minimise their anxiety. In this presentation, parents will learn:

- The origins of anxiety and why we appear to be in the grip of an epidemic
- A new evidence-based management approach that's easy for parents to use with their children
- Practical tools to teach kids to self-regulate their anxiety
- A parenting framework to help anxious kids develop resilience
- How to respond constructively to children's and teen's anxious moments
- When to seek professional help for your child or young person

We look forward to having you join us online for this very informative and special presentation. Please contact the front office if you are interested in attending as there are limited spaces available (125 participants only per school). There is no cost to families to attend this seminar.

The details of the Parent/Guardian Presentation - Parenting anxious kids are:

- Date: Monday 18th October 2021 (tonight)
- Time: 7.00pm – 8.30pm (AEDT)
- Venue: via Zoom. The link is as follows:

<https://professionalspeakersaustralia.zoom.us/j/91342378171?pwd=NjhxWHhTWIJjRGNGbmJ2Tko2L0M3dz09>



NARARA PUBLIC SCHOOL

Selection of School Captains and Prefects 2022

All Year 6 students are expected to set a good example for the other students in the school. They should take a responsible leadership role in the playground and when travelling to and from school, helping younger students to feel safe and secure.

Each year, 2 School Captains and 6 Prefects will be elected as student leaders in the school. The selection process is outlined below.

A nominated student must:

- Be advancing into Year 6 the following year
- Display responsible behaviour and co-operate with other students and all staff

Selection Process

1. Year 5 students can nominate themselves or other students. Teachers can also nominate students. Nominations are made on a nomination form. Another student or a teacher must second each nomination. Only 1 nomination is needed for any individual student.
2. If there are more than 8 girls and/or 8 boys nominated, all nominees will give a short speech supporting their nomination to Year 5 students and Stage 3 teachers. A secret ballot will be held with each Year 5 student and teacher being entitled to 1 vote. The Principal will hold a 'casting vote'. The 8 boys and/or 8 girls with the highest number of votes will become the candidates for selection.
3. Each candidate will speak at an assembly of Year 2-6 students outlining the reasons why they should be elected as a captain or prefect.
4. A secret ballot will be held with each Year 2-5 student being entitled to one vote. Each teacher in the school will also be entitled to one vote. The Principal will hold a 'casting vote'.
5. The boy with the highest number of votes will become a School Captain. The girl with the highest number of votes will also become School Captain. The three girls and three boys who poll the next highest numbers will become Prefects.
6. The Principal, in consultation with Year 5 teachers will be responsible for the final selection of Captains and Prefects. Regardless of the number of votes polled, a student who does not consistently display Safe, Respectful behaviour may be disregarded for selection.
7. The School Captains and Prefects will be announced at Presentation Day and then invested into their positions at a special assembly held early in Term 1.

Parent/Guardian Presentation - Parenting anxious kids

- ❖ Date: Monday 18th October 2021
- ❖ Time: 7.00pm – 8.30pm (AEDT)
- ❖ Venue: Interactive digital presentation hosted on the Zoom platform. The Zoom meeting link and details will be emailed to you closer to the date.

Have you ever wondered how to best help your child when they were feeling anxious?

Anxiety amongst children and young people is on the rise, yet anxiety left unmanaged in childhood will almost always reoccur in adulthood. Fortunately, there's so much parents can do to help kids recognise, manage and minimise their anxiety. In this presentation, parents will learn:

- ❖ The origins of anxiety and why we appear to be in the grip of an epidemic
- ❖ A new evidence-based management approach that's easy for parents to use with their children
- ❖ Practical tools to teach kids to self-regulate their anxiety
- ❖ A parenting framework to help anxious kids develop resilience
- ❖ How to respond constructively to children's and teens' anxious moments
- ❖ When to seek professional help for your child or young person.

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As there are limited spaces available for each participating school, please make contact with your school as soon as possible [to register your interest!](#)

parenting*ideas

SPEAKER BRIEF

Michael Grose

Parenting expert, author, speaker

Michael Grose, founder and Managing Director of Parenting Ideas, is one of Australia's leading parenting educators and an award-winning speaker who has been informing and inspiring audiences in Australia, Asia, in the US and UK for more than 20 years.

A recognised media figure Michael has had parenting segments on The Project, The Today Show, Weekend Sunrise, 3AW, ABC radio and more. He has contributed to Huff Post, Kidspot and Mamma Mia, and is a former columnist with News Ltd and Fairfax newspapers.

Michael is a former primary school teacher with 15 years' experience. He holds a Master of Educational Studies from Monash University specialising in parenting education.

He is a bestselling author of 12 books for parents including Spoon-fed Generation, Thriving!, Anxious Kids and his latest re-release Why First Borns Rule the World and Later Borns Want to Change It.

Michael is the parent of three children who have all successfully flown the parenting nest.



parenting * ideas

World Teachers Day

Internationally World Teachers' Day is celebrated on 5 October each year. However, as this is usually during Australian school holidays, Australia celebrates the day on the last Friday in October of each year which in this year, falls on 29 October. Although we announced World Teachers Day on 5 October we will once again celebrate our amazing teachers. They deserve it!



Uniform Shop Update

The uniform shop will begin fulfilling orders from Tuesday, 12 October for Flexischool orders and orders submitted via the school office. All items, excluding second hand items are available. Under current restrictions on visitors to school sites, the shop cannot be open for in-shop purchases.

For orders via the school office please print an order form available on the school website under P&C - Uniform Shop or the P&C Facebook group. The order form must be accompanied with cash payment and put in an envelope clearly marked to the 'Uniform Shop' and with the Student's Name and Class.

Orders will be fulfilled on a Tuesday and Friday each week, which means your order must be submitted by 3.30pm on a Monday and Thursday.

Items will be delivered to the office and later distributed to the child via their class teacher.

Tunic Dress

The tunic Dress is back in stock. Size 4 to 16 now available for years K to 4.



NARARA PUBLIC SCHOOL

Narara Nippers

FOR ALL 2022 KINDY KIDS!

Sessions

9am – 12pm

Wednesday 24th November 2021

Thursday 25th November 2021

**See the school office to enrol your
child or ring on 4328 3024**





The infographic is titled "24/7 Mental Health Services" and features a clock icon. It is organized into a grid of colored boxes, each representing a different mental health service. The services listed are Beyond Blue, Kids Helpline, MensLine Australia, Open Arms, Lifeline, and Suicide Call Back Service. Each service box includes its name, a brief description, a website icon with the URL, and a phone icon with the contact number. At the bottom, a red box contains an emergency warning icon and text.

24/7 Mental Health Services	
Beyond Blue <i>Anyone feeling anxious or depressed</i> beyondblue.org.au 1300 22 4636	Kids Helpline <i>Counselling for young people aged 5 to 25</i> kidshelpline.com.au 1800 55 1800
MensLine Australia <i>Men with emotional or relationship concerns</i> mensline.org.au 1300 78 99 78	Open Arms <i>Veterans and families counselling</i> openarms.gov.au 1800 011 046
Lifeline <i>Anyone having a personal crisis</i> lifeline.org.au 13 11 14	Suicide Call Back Service <i>Anyone thinking about suicide</i> suicidecallbackservice.org.au 1300 659 467
Is it an emergency? If you or someone you know is at immediate risk of harm, call triple zero (000)	

OSH CLUB at NARARA.

Come along and meet our staff.

We pride ourselves on providing your child/ren with fun, play based learning experiences before and after school as well as during the school holidays. Whether your child attends OSH daily or only occasionally, each visit is an exciting and engaging adventure.

We also fuel their curious minds and growing bodies, helping to shape your child's understanding of health and wellness positively.

On our menu we have (Gluten free), and Vegan options.

We have qualified staff so as a parent you can be confident that your child/ren are always safe.

For bookings.

Oshclub.com.au just click and register.

Dee Green
Coordinator