

Principal's Report

Constant public debate about the merit of operating schools and preschools has been unsettling for everyone. The guidance received yesterday was that all schools and preschools will stay open. However, parents can choose to keep their children at home.

DfE reports that the Australian Health Protection Principal Committee (AHPPC), made up of the chief health officers from each state and territory, does not support the closure of school sites. The AHPPC views schools as an essential service and strongly supports keeping them open.

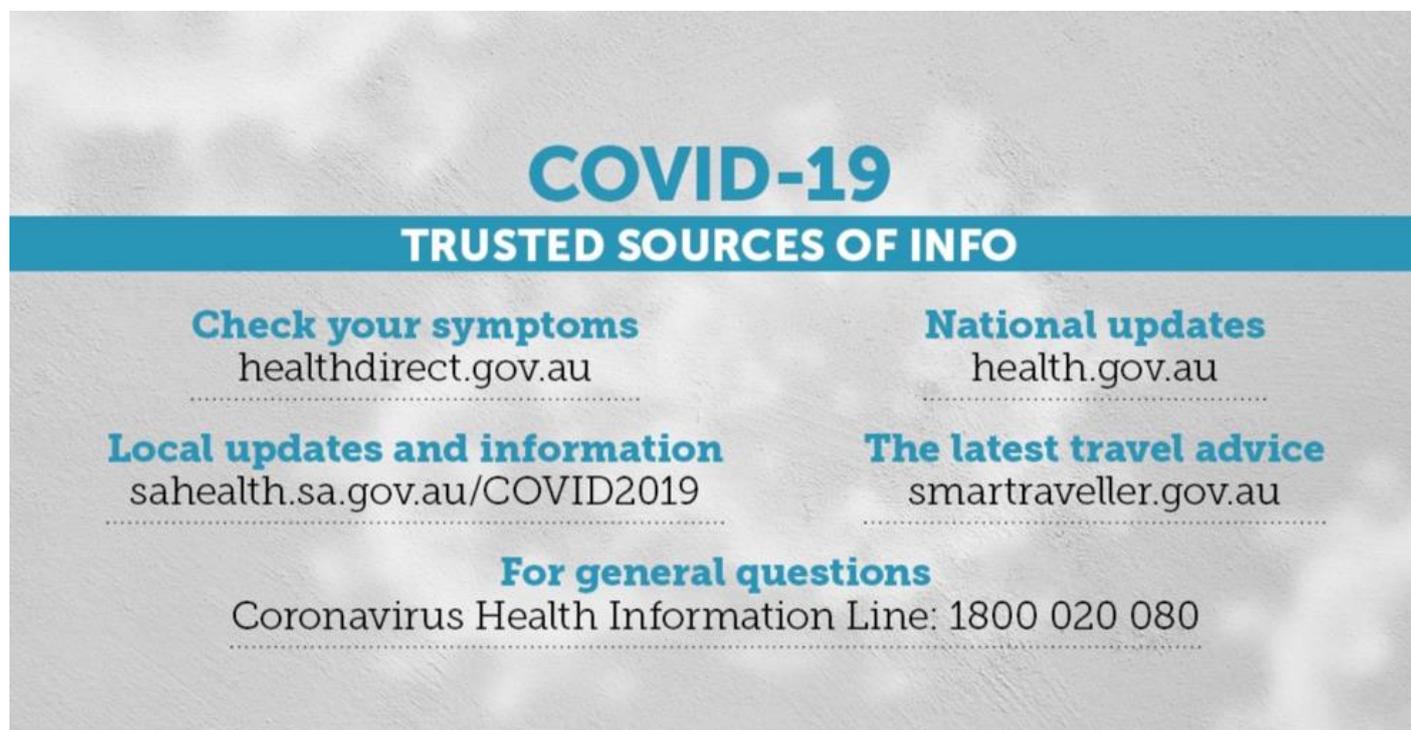
As a result, here in South Australia, we will keep our schools and preschools open until national health advice changes. However, any parents who wish to keep their children at home are free to do so, and can be assured that the school will support whatever decision you choose to make for your family.

Should you choose to self-isolate, please could you send us an email or Class Dojo message, communicating your intentions to us in writing. Please include the dates during which your children will be away from school. Thank you.

If you require any additional, up-to-date information, please visit

<https://www.education.sa.gov.au/supporting-students/health-e-safety-and-wellbeing/covid-19-coronavirus/covid-19-coronavirus-latest-advice>

Other sources of information include:



COVID-19
TRUSTED SOURCES OF INFO

Check your symptoms healthdirect.gov.au	National updates health.gov.au
Local updates and information sahealth.sa.gov.au/COVID2019	The latest travel advice smartraveller.gov.au
For general questions Coronavirus Health Information Line: 1800 020 080	

Friday Lunch Orders Cancellation

Please note that Nosh has temporarily ceased trading and, as a result, there will be no lunch orders available on Friday.

Protective Practices

As a site, we continue to increase the number of protective steps which now include:

- Additional cleaning hours & provisions
- Consistent social distancing practices across the school
- Clear & consistent hygiene promotion in all classrooms
- Reduction in visitors to the school (eg. work experience students, pre-service teachers)

NAPLAN 2020 cancelled

As you may be aware, Australia's Education Ministers met last Friday and decided that NAPLAN will be cancelled for 2020.

This decision was made so that school leaders, teachers and support staff can focus on the wellbeing of students and prepare for the continuity of education, including working on online and remote learning options.

This decision means that the scheduled testing of NAPLAN Online platform, the Coordination Practice Test (CPT) planned for today, did not go ahead.

The Ministers thank you all for the hard work of every school in preparing for the CPT and all the preparations for NAPLAN in general.

Visits to classrooms

Given the continuing evolving situation regarding the Corona Virus-COVID-19, we would like to advise that from tomorrow it would be preferred if parents/carers did not enter the classrooms at the beginning and end of the day. This is primarily to support current social distancing expectations and assisting us to minimize risk to parents, staff and students.

Please drop your child off at the beginning of the day (outside of classrooms) and meet them outside the classrooms to pick up at the end of the day, whenever possible.

In making this request, we keep in mind that we don't want to cause any undue stress or worry to the students or parents; therefore, if you need to accompany your child into classrooms, please do so with social distancing in mind.

Due to the close community ties we have at this school, this is a difficult request; however, it is essential that we support those most vulnerable in our community in the best way possible at this time.

If you do need to make contact with staff at any time, we certainly encourage you do so, but phone calls, emails or Dojo message are preferred.

Learning at home resources

Schools have had many requests for work to be sent home from parents of children who have chosen to self-isolate. This is challenging for sites to manage at present, as teachers are still needing to prepare for classroom teaching, and our ICT infrastructure does not readily support on-line learning. At this stage, we are unable to provide individual learning resources for children who are not at school.

DfE is working hard to transition to a flexible delivery model so that learning can happen at home, as well as at school, recognising that we need an approach where kids can continue their learning, regardless of where they are. **DfE's Learning from Home online presence _ "Our Learning SA" has launched today** and will provide you with materials to support you to teach your child at home. This is a resource for students, families, teachers and schools.

These materials promoted continued learning between school and home. Aligned to the Early Years Framework and the Australian Curriculum, these resources support learning in the classroom and beyond, and are the recommended source of learning activities. They can be accessed at

<https://www.education.sa.gov.au/our-learning-sa>

A range of other learning materials are accessible through the following websites:

<https://www.education.sa.gov.au/teaching/curriculum-and-teaching/teaching-and-learning-resources>

<https://education.nsw.gov.au/teaching-and-learning/curriculum/continuity-of-education>

DAILY SCHEDULE	
BEFORE 9:00am <input type="checkbox"/> EAT BREAKFAST <input type="checkbox"/> MAKE YOUR BED <input type="checkbox"/> GET DRESSED <input type="checkbox"/> PHS IN THE LAUNDRY	
9:00am - 10:00am PHYSICAL ACTIVITY <input type="checkbox"/> YOGA <input type="checkbox"/> WALK <input type="checkbox"/> BIKE RIDE <input type="checkbox"/> SCOOTERS <input type="checkbox"/> CATCH	
10:00am - 11:00am ACADEMIC TIME (NO ELECTRONICS) <input type="checkbox"/> ACTIVITY BOOKS <input type="checkbox"/> FLASH CARDS <input type="checkbox"/> JOURNAL <input type="checkbox"/> STUDY GUIDE	
11:00am - 12:00pm CREATIVE TIME <input type="checkbox"/> LEGOS <input type="checkbox"/> DRAWING <input type="checkbox"/> CRAFT <input type="checkbox"/> DANCING <input type="checkbox"/> COOKING <input type="checkbox"/> EXPERIMENTS	
12:00pm LUNCH TIME	
12:30pm CHORE TIME WIPE DOWN AND CLEAN ALL <input type="checkbox"/> TABLES <input type="checkbox"/> CHAIRS <input type="checkbox"/> DOOR HANDLES <input type="checkbox"/> LIGHT SWITCHES <input type="checkbox"/> BATHROOMS	
1:00pm - 2:00pm QUIET TIME <input type="checkbox"/> READING <input type="checkbox"/> PUZZLES <input type="checkbox"/> COLOURING IN <input type="checkbox"/> NAP	
2:00pm - 4:00pm ACADEMIC TIME (WITH ELECTRONICS) <input type="checkbox"/> IPAD EDUCATIONAL GAMES <input type="checkbox"/> EDUCATIONAL SHOW <input type="checkbox"/> CRAFTS/CREATING	
4:00pm - 5:00pm AFTERNOON FRESH AIR <input type="checkbox"/> PLAY OUTSIDE <input type="checkbox"/> GO FOR A WALK <input type="checkbox"/> BIKE RIDE <input type="checkbox"/> PLAY BALL GAMES	
5:00pm - 6:00PM DINNER TIME	
6:00pm - 8:00PM FREE TV TIME	
8:00PM BEDTIME	

We are also working on developing our own learning packages that do not require internet access and will complete these packages in the next few days. You may have noticed that a blank book has been sent home with your child. This is for them to use at home if needed. If you have kept your child at home, please do not contact your child's teacher requesting individual work programs – we will send home our materials via email as soon as we are able.

Below are some additional resources to support you which are all free to access and provide engaging learning opportunities for your child.

Structuring the day: Maintaining a structure to provide balance to each day will support you and your child. Here is an example of how you might wish to include physical activity, hands on learning and some quiet online learning time.

Online Free Resources: An overwhelming number of free online resources are available to you, which provide opportunities for children to engage with a mix of Reading, Writing, Maths, Science, Arts, History, Geography and more.

Here are some online resources which you may wish to look at:

- <https://www.studyladder.com.au>
Is an online learning platform which requires you to create a free account and then provides a wealth of resources for many subject areas, broken down into year levels.
- Virtual Excursions- https://docs.google.com/document/d/1SvldgTx9djkO6SjyvPDsoGikgE3iExmi3qh2KRRku_w/mobilebasic
- Visit museums. Google Arts and Culture partnered with over 2,500 museums and galleries around the world to offer virtual tours of their spaces. Some of the options include New York's Museum of Modern Art and Amsterdam's Van Gogh Museum- <https://artsandculture.google.com/partner?hl=en>
- Explore the surface of Mars on the Curiosity Rover- <https://accessmars.withgoogle.com/>
- Geography with National Geographic- <https://kids.nationalgeographic.com/>
- Children's books read by famous- people <https://www.storylineonline.net/>
- Crafts and activities- <https://www.allkidsnetwork.com/>
- Illustrated recipes designed to help kids age 2-12 cook. Recipes encourage culinary skills, literacy, maths and science- <https://www.nomsterchef.com/nomster-recipe-library>
- Young Explorers is a magazine designed specifically for young children. <https://ngexplorer.cengage.com/ngyoungexplorer/index.html>
- Movement and mindfulness videos created by child development experts- <https://www.gonoodle.com/>
- Kid-friendly workouts – choose from Strength for Kids, Agility for Kids, Flexibility and Balance for Kids, Warm-Up for Kids, Cooldown for Kids, Stand Up and Move for Kids, OR create your own custom kid workout- <https://app.sworkit.com/collections/kids-workouts>
- Mo Willems, the author of 'Don't let the Pigeon Stay up Late' is uploading daily drawing lessons- <https://youtu.be/MjaYnyCJDdU>
- Learn a language- <https://www.duolingo.com/>
- Cosmic Yoga and mindfulness for kids- <https://youtu.be/0ImHIWzP49M>
- Short videos and texts that answer various burning questions for children. There are vocabulary challenges and comprehension questions- <http://wonderopolis.org/>
- Learn to code- <https://www.codecademy.com/>
- Work on the 8 parts of speech- <https://www.grammaropolis.com/>
- Google Earth. All sorts of learning here- <https://www.google.com/earth/>
- Scratch teaches students all about coding- <https://scratch.mit.edu/>
- ABC- Educational resources- <https://education.abc.net.au/home#/home>
- Boost writing confidence with Storybird- <http://storybird.com/>
- NRICH maths online <https://nrich.maths.org/>
- Kahn Academy online resources <https://www.khanacademy.org/>

I will continue to keep you updated as new information is provided. Please take good care and stay well,

Kind regards, Michelle

Leading the way for children during the Coronavirus pandemic

If you're like me, the news of the Coronavirus (COVID-19) pandemic has your head spinning and your heart pumping. That's only natural as life as we know has taken a seismic shift in recent days.

International travel bans, cancellation of sporting and cultural events, shopping frenzies and talk of school closures continue to dominate the airwaves. Terms such as social distancing, self-isolation and social lockdowns have entered our vocabularies and may soon become part of our daily lives.

Coronavirus is having an unprecedented impact on our daily lives, and will probably do so for some time. While keeping ourselves and children healthy and safe is our main concern, it's also essential to address the anxieties of children and young people during these changing times. Here are some ideas to help inform, reassure and keep children and young people safe.

Build on what your children know

Children and young people have already been exposed to a great deal of information about corona virus through media, digital means and direct social contact. Their understanding will vary depending on their age and also the quality of their information sources so you probably will need to help kids process what they already know.

Casual conversations with teenagers and older children can be useful ways to glean their understanding. You could ask questions like "What are you hearing about Coronavirus? Is there anything you're not sure about?" Younger primary age children may need a more direct approach with parents addressing their specific concerns without giving too much information that can overwhelm them.

Check your own thoughts and feelings

Check your own frame of mind and emotions about COVID-19 before talking to kids. Most children are astute mood detectives and they'll gauge their safety by the way you communicate with them. If you tell a child, "You've got to wash your hands or you'll get infected," you are communicating your own anxieties, making it difficult for them to maintain a healthy state of mind. Have a think about how you can frame your instructions and their importance in a way that doesn't heighten your child's anxieties.

Stay informed

It's difficult to work out fact from fiction, correct from incorrect, information from exaggeration when the news is changing so fast. However you need to educate yourself about the virus itself, including how it's transmitted and how to stay safe. Get information from trustworthy sources such as The Australian Government Health Department website and the current federal government corona virus information media campaign.

Answer questions truthfully

It's important that parents and teachers answer children's questions honestly in age-appropriate ways and within context of what is happening at the given time. If their sport or hobby has been temporarily cancelled empathise with their concerns, while helping them maintain a sense of perspective.

Initiate positive action

One way to reduce anxiety and allay children's fears is to involve them in planning and preparation for their personal and group safety. Positive activities such as maintenance of personal hygiene, greeting people with an elbow tap and getting plenty of sleep can help restore a sense of control, that is so important for their wellbeing.

Find refuge in rituals

Regular rituals such as mealtimes, bedtime stories and regular one-on-one time provide both an anchor to normality and a sense of connection for kids at times of change. Consider reconstituting favoured family rituals at this time if they have lapsed due to lack of time, or lifestyle frenzy.

Look outwards

In difficult times there is a tendency to look inwards, which is a natural protective strategy. The alternative is to establish a sense of connection and community spirit by focusing on generosity and togetherness. Help children see past their own needs and look for ways to assist others whether it's shopping for an elderly neighbour, helping a younger sibling occupy themselves, or planning an indoor movie night for the whole family.

The Coronavirus presents many practical challenges to parents and other important adults in the lives of kids. Staying calm, keeping informed, and adjusting our own habits are just some of the challenges we face. However a significant challenge is one of personal leadership. That is, during these difficult times we need to be civil to each other, look out for each other and be mindful of the common good in everything we do. In this, we can all take a significant lead.