



Government of South Australia
Department for Education

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Term 1, Week 9, 26th March 2020

DIARY DATES

Friday April 3rd
Monday April 6 - 9
Monday April 26th

End of Term 1 early dismissal 2.15pm
Pupil Free Days
Term 2 commences

Dear Parents and Caregivers,

The impact of COVID-19 (Coronavirus) continues to evolve and our priority is to ensure school routines remain as consistent as possible. The manner in which our school community has managed the situation to this point in time has been very impressive; the level of support, care and understanding shown by everyone has been appreciated. Staff are committed to supporting our students and families and I encourage you to speak to your child's teacher or a member of the leadership team if needed. Please find below further information that has been provided to us from the department:

School status: The current position of the Department for Education is that schools will remain open, however, families may choose to keep their children at home. Individual sites will only be temporarily closed if there is a confirmed case of COVID-19.

Pupil free days: It was announced today that all government schools will have 4 pupil free days from April 6th—9th. The purpose of these days is to enable staff to plan and prepare for the delivery of student learning into the future. Further information will be provided as it comes to hand.

At home work activities for students: Work packs (intended to be used in the event of a school closure), will be sent home with students tomorrow unless they have already been picked up. If your child will not be attending school on Friday, please contact the front office to arrange a time to collect it or alternatively, if you would like this information to be posted out.

Requests for daily work cannot be accommodated at this point in time. Please be aware our teachers not only continue to plan and assess for their current classes but are also working hard to prepare online learning platforms, therefore we seek your understanding with this matter. In regards to the online platforms that were described in the letter sent home on Monday, if you anticipate any difficulties with this process please contact the school. We appreciate how families have promptly responded to the requested permission information.

In addition to this, the department has launched an online collection of educational resources to support continued learning between school and home. The website can be found at <https://www.education.sa.gov.au> and provides students, families and teachers with curriculum resources along with advice on how to support learning at home. The resources have

been developed by department personnel and align with the Australian Curriculum.

Student Wellbeing: The care and wellbeing of students has been of upmost importance during this time. Our Student Wellbeing Leader, Frazer Scanlon, has been liaising with staff to monitor this area and provide support where needed. In this week's newsletter some information has been included that may useful in any discussions that you are having with your child/children about COVID-19.

Cleaning: Cleaning services are being increased at all department children's centres, preschools, schools and offices. This will include more regular and thorough cleaning of door handles and wiping down tables.

Social distancing: We are requesting all parents and carers to be mindful of the current social distancing advice. The following expectations for our school are in place:

- Parents and carers do not enter classroom or corridor areas at any stage during the day.
- If you need to collect your child, please wait outside their classroom or organise an alternative meeting point in the school grounds.
- If you need to speak to your child's teacher for non-urgent matters, send an email or contact them via phone.
- All visitors to the school during the day, including parents and carers, are required to report to the front office rather than go directly to classroom areas.

We understand these requests may present as an inconvenience however we seek your understanding and support as they have been put in place to promote the health and safety of everyone at school.

More information: The department is working closely with SA Health to ensure we have access to the latest advice on how to keep our staff, our students and community safe. If you have any questions please call the school or the government's coronavirus health information line on 1800 020 080. The line operates 24 hours a day, 7 days a week.

Stephen Jolley
Principal

COVID-19 Additional Information

Due to the COVID-19 situation a decision has been made by our government to cancel NAPLAN for this year (scheduled for next term). This is a consistent nation wide decision. Other events and activities that have been postponed or cancelled:

- Year 4 & 5 camp Postponed: A decision to re-schedule will be made later in the year.
- Year 6 & 7 Surf Education Cancelled
- SAPSASA Athletics Postponed
- Pupil free days (March 26 & 27) Postponed
- Sports Day Postponed
- Assemblies Postponed
- Class Excursions Cancelled
- Yr 3-5 T-Ball Cancelled
- Auskick Postponed
- Volunteer helpers Postponed

Parent - Teacher Interviews

Our parent-teacher interviews concluded last week. These catch-ups provide an important opportunity to discuss the progress of each student. We value all families working with the school to develop a positive partnership; please be aware that parent and carers are invited to speak with their child's teacher at any stage during the year.

Short Term Car Parking

The city council has updated the signage at the front of the school along O'Halloran Tce. Whilst the signs indicate 'no parking', the city council has indicated that this type of signage is used at schools for drop off / pick up areas (further information is provide on the back of this week's newsletter). This is a pleasing outcome and one that we hope will support our families and students.

Pastoral Support Worker

Hello Reidy Park Primary School!

My name is Kirsty Musci and I am excited to be filling the role of Pastoral Care Worker at your school. My role will be to support the social and emotional well being of the students and to provide support for a range of day to day matters affecting the school community. Through my youth work experience over the last few years I have a clear child focused approach to all aspects of working with children and families. I am passionate about supporting and nurturing the intellectual development and well being of the young people in our community. I will be at school on Tuesdays and Fridays and am looking forward to being a familiar face and meeting you all.



Student Wellbeing

Hello parents and caregivers,

With the recent declaration of a global COVID-19 pandemic it is important that we try to support our children with calm and consistent messages. Attached to this edition of the newsletter is a tip sheet from the Australian Psychological Society (APS). The tip sheet suggests practical strategies which we can do to help ease our own anxiety and stress and provides a range of strategies when talking to children about the COVID-19. These strategies include answering children's questions, talking to them about how they are feeling and limiting media exposure. Student wellbeing during this challenging time has been a priority for all staff. If you would like any further support with resources or strategies around this matter please contact your child's class teacher or myself.

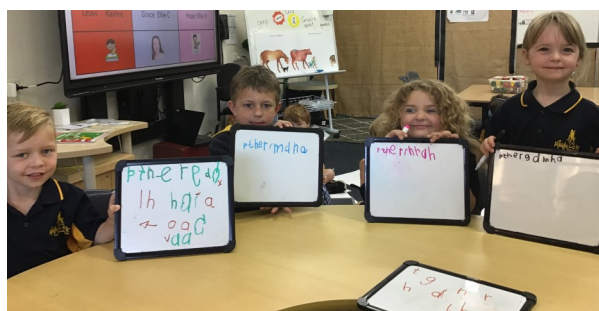
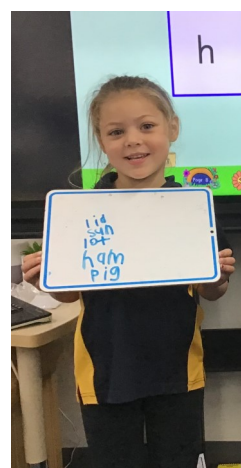
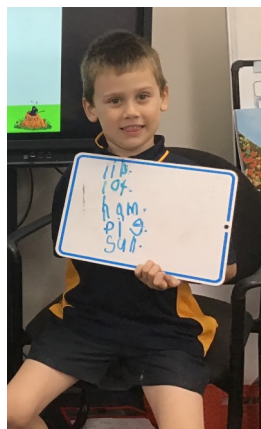
Frazer Scanlon, Student Wellbeing Leader

Auskick News

Centres will not be commencing the Auskick program in Term 2 due to instructions from the government regarding COVID-19. The Auskick program at Reidy Park will be postponed until Term 3, Week 2. Further information will be released when families are able to register again. Thank you for your understanding. – Amy Brown and Tamara Fleming (Auskick Coordinators)

Learning Sounds

This term in room 24 we have been learning to identify sounds of letters and use that knowledge to read and write CVC words. Students have been practicing sounding out the sounds of words and recording what they hear. We have also been learning correct letter formation when writing and identifying the initial, middle and end sound of simple words.



Japanese

In Japanese our students have been learning about school in Japan. To date they have been studying a unit of work about "Japanese School Bags". Traditional Japanese school bags are purchased when students begin school and they use the same bag throughout their primary school education.



Reimbursements for camps and excursions

With camps and excursions being postponed or cancelled, the school needs to refund all monies. Please note this amount cannot be credited to anything other than school fees. All refunds will be deposited into your bank account; we cannot refund in cash. Please fill out the details below and we will endeavor to refund all money ASAP. If you haven't already done so, the form below will need to be filled out and submitted to receive the reimbursement.

Reimbursement for camps and excursions (Please return to front office)

Parent's Name: _____

Child's Name: _____

Room number: _____

Name of camp or excursion to be reimbursed

BSB Number: _____

Account number: _____

Email address: _____

Signature: _____

Values in Action Awards

Room	Presented to	For
1	Elliot B	For doing really well with his learning and always helping his peers.
2	Emerson B	Having the courage to challenge herself in maths.
3	Ava H	Persistence in maths strategy lessons.
5	Jack D	Having the courage to have a go in maths.
6	Indie-Rose E	Showing care to her friends and always being respectful.
7	Lacey A	Showing kindness in our classroom by respecting her peers views and giving constructive feedback.
9	Mackenzie D	Being helpful and supportive to the relief teachers while Miss Symons has been absent.
10	Levi R	Showing care by assisting others in their use of technology.
11	Shania W	Showing care and respect when talking about tricky things.
12	George C	Being a courageous classmate.
13	Chloe D	Always using her manners. A role model for all.
15	Lara A	For working hard and having a growth mindset with your learning.
16	Jayden M	Being courageous when facing new situations.
17	Hollie A	Always showing her school values and trying her best in her work.
20	April V	Making a fantastic effort in all her learning.
21	Pearl H	Being brave at the start of each day.
22	Jaxon D	Showing enthusiasm and dedication in completing his sight word homework.
23	Isla S	Creating an excellent recount during writing.
24	Harvey B	Trying his best and challenging himself with his learning.
25	Xavier B	Working hard on tricky learning.

What does a No Parking sign mean?

You must not park your vehicle in an area where a 'No Parking' sign applies, unless:

- you are dropping off or picking up passengers or goods
- you do not leave the vehicle unattended - that is, move more than three metres away and
- you complete the dropping off or picking up as soon as possible - in any case, within two minutes.



City of
Mount Gambier



No Parking
sign (for a
length of road)

When can you get booked?

You are not allowed to be parked in a No Parking area, to sit in the stationary vehicle to wait for a person. **FINE \$83**

If you leave the vehicle and walk 3 metres or more, you are committing an offence. **FINE \$83**

Australian Road Rules - REG 168

168—No parking signs

- (1) The driver of a vehicle must not stop on a length of road or in an area to which a no parking sign applies, unless the driver—
- (a) is dropping off, or picking up, passengers or goods; and
 - (b) does not leave the vehicle unattended; and
 - (c) completes the dropping off, or picking up, of the passengers or goods, and drives on, as soon as possible and, in any case, within the required time after stopping.
- (2) For this rule, a driver leaves a vehicle "unattended" if the driver leaves the vehicle so the driver is over 3 metres from the closest point of the vehicle.
- (3) In this rule— "required time" means—
- (a) if information on or with the sign indicates a time—the indicated time; or
 - (b) if there is no indicated time—2 minutes; or
 - (c) if there is no indicated time, or the indicated time is less than 5 minutes, and rule 206 applies to the driver—5 minutes.
- FINE: \$83**



As the number of coronavirus cases rise across Australia, the level of anxiety within the community is increasing.

Feelings of worry and unease can be expected following a stressful event, such as the recent declaration of a global pandemic, however, it is important that we learn to manage our stress before it turns to more severe anxiety and panic.

This information sheet outlines some useful strategies which can help both adults and children cope with the stress or anxiety experienced as a result of the coronavirus outbreak.

Learn the facts

Constant media coverage about the coronavirus can keep us in a heightened state of anxiety. Try to limit related media exposure and instead seek out factual information from reliable sources such as the Australian Government's [health alert](#) or other trusted organisations such as the [World Health Organization](#).

Keep things in perspective

When we are stressed, it is easy to see things as worse than they really are. Rather than imagining the worst-case scenario and worrying about it, ask yourself:

- *Am I getting ahead of myself, assuming something bad will happen when I really don't know the outcome?* Remind yourself that the actual number of confirmed cases of coronavirus in Australia is extremely low.
- *Am I overestimating how bad the consequences will be?* Remember, illness due to coronavirus infection is usually mild and most people recover without needing specialised treatment.
- *Am I underestimating my ability to cope?* Sometimes thinking about how you would cope, even if the worst were to happen, can help you put things into perspective.

Take reasonable precautions

Being proactive by following basic hygiene principles can keep your anxiety at bay. The World Health Organization recommends a number of protective measures against the coronavirus, including to:

- wash your hands frequently
- avoid touching your eyes, nose and mouth
- stay at home if you begin to feel unwell until you fully recover
- seek medical care early if you have a fever, cough or experience breathing difficulties.

Practise self-care

To help encourage a positive frame of mind, it is important to look after yourself. Everybody practises self-care differently with some examples including:

- maintaining good social connections and communicating openly with family and friends
- making time for activities and hobbies you enjoy
- keeping up a healthy lifestyle by eating a balanced diet, exercising regularly, getting quality sleep and avoiding the use of alcohol, tobacco and other drugs to cope with stress
- practising relaxation, meditation and mindfulness to give your body a chance to settle and readjust to a calm state.

Tips for talking with children about the coronavirus

Children will inevitably pick up on the concerns and anxiety of others, whether this be through listening and observing what is happening at home or at school. It is important that they can speak to you about their own concerns.

Answer their questions

Do not be afraid to talk about the coronavirus with children. Given the extensive media coverage and the increasing number of people wearing face masks in public, it is not surprising that some children are already aware of the virus.

Providing opportunities to answer their questions in an honest and age-appropriate way can help reduce any anxiety they may be experiencing. You can do this by:

- speaking to them about coronavirus in a calm manner
- asking them what they already know about the virus so you can clarify any misunderstandings they may have
- letting them know that it is normal to experience some anxiety when new and stressful situations arise
- giving them a sense of control by explaining what they can do to stay safe (e.g., wash their hands regularly, stay away from people who are coughing or sneezing)
- not overwhelming them with unnecessary information (e.g., death rates) as this can increase their anxiety
- reassure them that coronavirus is less common and severe in children compared to adults
- allowing regular contact (e.g., by phone) with people they may worry about, such as grandparents, to reassure them that they are okay.

Talk about how they are feeling

Explain to your child that it is normal to feel worried about getting sick. Listen to your child's concerns and reassure them that you are there to help them with whatever may arise in the future.

It is important to model calmness when discussing the coronavirus with children and not alarm them with any concerns you may have about it. Children will look to you for cues on how to manage their own worries so it is important to stay calm and manage your own anxieties before bringing up the subject with them and answering their questions.

Limit media exposure

It is important to monitor children's exposure to media reports about the coronavirus as frequent exposure can increase their level of fear and anxiety. Try to be with your child when they are watching, listening or reading the news so you are able to address any questions or concerns they may have.

Seek additional support when needed

If you feel that the stress or anxiety you or your child experience as a result of the coronavirus is impacting on everyday life, a psychologist may be able to help.

Psychologists are highly trained and qualified professionals, skilled in providing effective interventions for a range of mental health concerns, including stress. A psychologist can help you manage your stress and anxiety using techniques based on the best available research.

If you are referred to a psychologist by your GP, you might be eligible for a Medicare rebate. You may also be eligible to receive psychology services via telehealth so that you do not need to travel to see a psychologist. Ask your psychologist or GP for details.

There are number of ways to access a psychologist. You can:

- use the Australia-wide Find a Psychologist™ service. Go to findapsychologist.com.au or call 1800 333 497
- ask your GP or another health professional to refer you.

More information

Australian Government Department of Health

The Department of Health has developed a collection of resources for the general public, health professionals and industry about coronavirus (COVID-19), including translated resources.

<https://bit.ly/38OOWHe>

Centers for Disease Control and Prevention

The Centers for Disease Control and Prevention provides reliable information about the coronavirus such as its symptoms, steps you can take to protect yourself, and what to do if you are affected.




<https://bit.ly/39MEml8>

World Health Organization

The World Health Organization provides information and guidance regarding the current outbreak of coronavirus disease.

<https://bit.ly/3cQUwCw>

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