



Term 3, Week 5, Friday 14th August 2020

A word from Mrs Cooney,

This week marks the halfway mark of term three. Five weeks in and the responses from our families to remote learning has been outstanding. I certainly understand that this type of schooling is not ideal – however, thank you for making the most of the learning opportunities being provided to your children.



Our Foundation students are also celebrating 100 days of school today and we will feature their celebrations in next week's newsletter. It is great to see and hear about the great learning they are doing during remote and flexible learning. Our staff have made a short video to celebrate this milestone so take a look.

<https://www.youtube.com/watch?v=xEMNgkkyh74&feature=youtu.be>

Our expectations for our students during remote learning time are high so that they can still achieve great things. While this may not be our chosen way to operate as a community, some of our students are doing exceptionally well. It is great to see such high participation in our online classes and small group Webex lessons. These are important opportunities for students to receive explicit teaching, ask questions, clarify their understandings, and receive feedback from their teacher to support learning. It is also good to see the high number of students accessing daily mini lesson videos designed to teach concepts and support students to complete independent tasks, enabling them to practice new strategies. Teachers plan and produce these to be short and succinct and it is important students watch the videos to the end to support their learning.



Our teachers are working extremely hard and constantly striving to find innovative ways to teach remotely and motivate students. We are very committed as a school to ensure we keep students engaged throughout the remainder of the term and we are planning a number of events over the second half of the term to help achieve this.

We live in interesting times. It will become a memory, we will get through this and when we do, it will be onwards and upwards!

The health and wellbeing of our students and families is foremost in our minds and today's newsletter offers a number of supports for families.

Please contact us if you need additional support.

Take care, stay safe!

Mrs. Jennene Cooney

**3 WAYS TO
STAY SAFE WHILE
YOU'RE OUT**



Stay 1.5 metres
away from others



Wear a face
covering



Wash your
hands regularly

If you have symptoms, stay home.

**STAYING
APART KEEPS
US TOGETHER**

Visit vic.gov.au/CORONAVIRUS

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Remote Learning



Student Wellbeing / Supports

It's easy to see the negatives when things change, but it can help to try and see the positives, too. As restrictions gradually relax, look for the upsides. For example, you might now be able to return to your favourite restaurant, even if it's only operating at half capacity, or to resume sports training, but in smaller groups. Remember that even these small changes are a big step forward.

But how?

Practise gratitude. As the rules change and life starts to open up again, practise identifying the things you are grateful for – even if it's as simple as being able to have a coffee with a friend at a cafe!

Speaking of friends, surround yourself with positive pals. If certain friends are continually banging on about how crazy everything is, then maybe mute them for a while and focus on people who look for the silver lining. Laughing is also a sure-fire way to feel more positive when the going gets tough. Start a LOLS-Only WhatsApp thread with friends, dedicated to swapping funny videos or memes.

Practising positive self-talk can also be a big help. Each week, write down one thing you like about yourself. At the end of every month, you'll then have a little list that proves you're a legend. Ultimately, the better you feel about yourself, the more likely you'll be to find the good in any situation you face.



Online therapy for worried kids
(and their parents)

Body signs

Relaxation

Active helpful thoughts

Victory over your fears

Enjoy! Reward yourself



GEM TV

Watch GEM TV - 11am AEST Weekdays

Family Wellbeing and Supports

Lightening the Lockdown Load

Wednesday 19th August | 8pm.

Join Dr Justin Coulson, one of Australia's most trusted parenting specialists, as he shares 4 secrets to make it through the pain of the winter COVID-19 Victorian lockdown. By the end of this FREE webinar, you'll:

Feel reassured, with less stress and pressure around your kids, their schooling, and life

Have concrete strategies you can start on immediately to make your family happier

Know how to be on the same page as your partner

Be able to develop habits and practices that will ensure your children – and YOU – can get your daily work done, even while everyone is stuck at home.

Follow this link to sign up and you will be sent the link to join live, as well as the recording of the session the following day <https://www.happyfamilies.com.au/freebies/lightening-the-lockdown-load/>

Extra 10 Medicare-subsidised Mental Health Appointments

The Federal Government has announced that all Victorians and any other residents in lockdown areas will be offered up to 20 Medicare subsidised sessions with a psychologist, commencing on Friday 7 August 2020 until 31 March 2021. The additional Medicare subsidised sessions will allow people in eligible areas who have used their 10 sessions to continue to receive mental health care from their psychologist, psychiatrist, GP or other eligible allied health worker. The new items will apply to people subject to public health orders restricting their movement within the state or territory issued at any time from 1 July 2020 to 31 March 2021, and to people who are required to isolate or quarantine under public health orders.

Red Cross, Brotherhood of St Laurence and the Department of Health and Human Services have implemented the Extreme Hardship Support Program to provide emergency financial assistance to people who are unable to access income support (further info attached). To be eligible for this program a person must:

live in Victoria, and

be unable to access Commonwealth income support (such as JobKeeper or JobSeeker) or the Victorian International Student Emergency Relief Fund, and

have zero or very limited income, savings or community support

LIGHTENING THE LOCKDOWN LOAD

A FREE WEBINAR FOR PARENTS IN VICTORIA

Lockdown is hard. It hurts our kids and it's a drain on parents. The first time was tricky. There were challenges. For some, it was horrible. But most of us managed ok and got through it.

This time it's different. The pressure is higher. The demands are greater. The children are more oppositional. The home learning stretch will be longer. There's work stress, family stress, and stress about being stressed!

While we can't click our fingers and make it magically disappear, there are real strategies that parents and children can rely on to not just survive, but thrive – even in a far-too-long lockdown. They're simple ideas that you can start on right away.

Join Dr Justin Coulson, one of Australia's most trusted parenting specialists, as he shares 4 secrets to make it through the pain of the winter COVID-19 Victorian lockdown. By the end of this FREE webinar, you'll:

- ▶ Feel reassured, with less stress and pressure around your kids, their schooling, and life
- ▶ Have concrete strategies you can start on immediately to make your family happier
- ▶ Know how to be on the same page as your partner
- ▶ Be able to develop habits and practices that will ensure your children – and YOU – can get your daily work done, even while everyone is stuck at home.

WEDNESDAY 19 AUGUST | 8.00PM

REGISTER NOW

CORONAVIRUS (COVID-19) EXTREME HARDSHIP SUPPORT PROGRAM

the
power of
humanity



Emergency financial assistance for people living in Victoria

Who is this program for?

Applicants must meet all of the following:



live in Victoria



be unable to access Commonwealth income support (including JobKeeper and JobSeeker) **OR** the International Student Emergency Relief Fund



have zero or very limited income, savings or community support



be a temporary or provisional visa holder, or undocumented migrant

What support is being provided?

Limited cash payments to cover basic needs, such as food, bills and medicine. A single person may receive \$400. Families may receive more.

Red Cross can also provide information about other supports available to people living in Victoria on temporary visas.

For more information and to apply go to
redcross.org.au/vicrelief

If you have questions you can request a call back, including with an interpreter.

BOOK CLUB IS COMING!

We're really excited to have **BOOK CLUB** running this term! But, there are a couple of things we've had to do differently!

For this issue only it will be a **digital catalogue** rather than the printed catalogues you're used to receiving.

To find the catalogue, go to:

<https://scholastic.com.au/media/5667/bc-620.pdf>

Once you've made your selections, you can order through the LOOP page:

<https://mybookclubs.scholastic.com.au/Parent/Login.aspx>

You will still have access to the wide selection that Book Club has to offer.

Go to LOOP to place your order as normal by:

4/9/2020

Unfortunately as we are unable to receive the orders back to our school, you will need to have your order delivered to your home address for a fee of \$5.99.

If you have any questions or queries, please contact:

Scholastic Customer Service on 1800 021 233

Photos of Remote Learning

If you have any photos of your child/children doing home learning and would like to see these in the newsletter please send your photos through to

Mrs Burgess by email:

Affra.Burgess@education.vic.gov.au