



Wheeler Heights Public School

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UPDATE #8 – FRIDAY 27 AUGUST 2021 - TERM 3, WEEK 7, 2021

SUPPORTING STUDENT LEARNING FROM HOME –WEEK 8

Dear Parent/carers,

Thank you for once again supporting your children during this learning from home period. We understand it is challenging. We hope the children enjoyed Book Week and found time to read some of their favourite books throughout the week.

The school remains open for those students requiring it. Please use the Google registration form to let us know what days your child/children are coming as this really assists us with ensuring we have the right number of staff on site. You can access Week 8's Google form [here](#).

Just a reminder, students should not attend school if unwell, even with mild symptoms of COVID-19. Any person with any COVID-19 symptoms will be sent home and should not return to school until they have received a negative test result and are symptom free. In circumstances where children have other medical reasons for recurrent symptoms, a letter from their GP is sufficient to negate the requirement for a negative test.

LEARNING FROM HOME



WONDERFUL WHEELER WELLBEING WEEK

Beginning Monday, we are very excited to be holding Wonderful Wheeler Wellbeing Week.

'The wellbeing of children and young people is enhanced and their learning outcomes optimised when they feel connected to others and experience safe and trusting relationships. Students who feel connected, safe and secure are more likely to be active participants in their learning and to achieve better physical, emotional, social and educational outcomes. Educators who feel valued and supported are more likely to engage positively with students and build stronger connections within the school community. Enhancing the wellbeing of students and their educators delivers overall long-term social, health and economic benefits to the Australian community.' Excerpt from *The Australian Student Wellbeing Framework*.

We know the importance of wellbeing to student learning and due to the situation we all find ourselves in at the moment we wanted to take a week to focus on wellbeing and make sure everyone takes some time to unwind, relax and work on their health and happiness.

Due to this there are some changes to our usual learning processes for next week.

Monday, Tuesday, Thursday and Friday learning programs will include

- Riddles supplied by members of our Student Leadership Team
- Videos of teachers discussing how they work on their own wellbeing
- Guided learning packages from the NSW Department of Education
- A Which Teacher? Quiz

Additionally

- No work will be required to be submitted
- Teachers will be available to answer questions via the Google Classrooms as usual

We have made Wednesday a technology free day. This is due to the amount of time students have been spending online of late and is a way for the children to stop, relax, reset and work on their wellbeing and engage in some fun with their families. The **Wacky Web-free Wellbeing Wednesday learning program** will be posted on Google Classrooms on Tuesday and will include

- Time to finish any work students wanted to complete but had not been able to
- A grid of Web-free activities students may complete throughout the day

Additionally

- No work will be required to be submitted
- Teachers will not be available to answer questions via the Google Classrooms as students will not be using technology on this day

Timetable (Monday, Tuesday, Thursday and Friday)

7am - Daily learning open on **all Stages** Google Classrooms
 9.30am - **Stage 3** Zoom Check-ins (approx. 30 minutes) (2/week/class)
 10am - **Kindergarten** Zoom Check-ins (approx. 30 minutes) (2/week/class)
 10.30am - **Stage 2** Zoom Check-ins (approx. 30 minutes) (2/week/class)
 Midday - **Stage 1** Zoom Sessions (approx. 30 minutes) (2/week/class)

Check in Zoom sessions Week 8

There will be two check in Zooms per class. Please note that there may be a need to change these days if staffing requirements change onsite. We will endeavour to give as much notice as possible if this takes place.

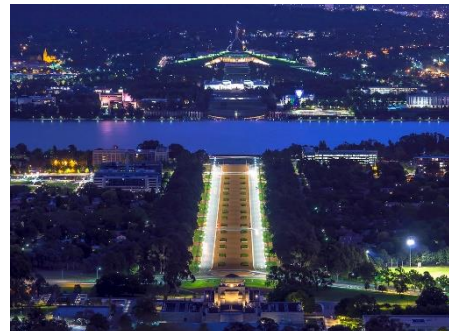
	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 3 – 9.30am	5/6S	5/6T 5/6H 5/6J		WHOLE SCHOOL ZOOM ASSEMBLY	5/6S 5/6T 5/6H 5/6J
Kindy – 10am	KB	KM KT KO			KM KT KO KB
Stage 2 – 10.30am	3F 3/4B 4R	3J 4E			3F 3J 3/4B 4E 4R
Stage 1 – Midday	1M 1P 1J 1/2C 2S	1M 1P 1J 1/2C 2J		2S 2J	

Whole School Assembly via Zoom – Thursday 2 September

We will be holding a whole school assembly at 9.30am on Thursday which will be run by our Student Leadership Team. A link for this Zoom meeting will be posted on the Google Classrooms at 7am that morning. We would love it if everyone could attend and celebrate our students. We predict this assembly will run for approximately 20 minutes.

STAGE 3 VIRTUAL CANBERRA EXCURSION

We know our students in Years 5 and 6 are all devastated about camp being cancelled for this year. We were too! We are so lucky to have found a way that we can still experience all the places we would have gone (plus more). Although Wednesday is meant to be Web-free we couldn't not include these experiences on this day as they involve the Australian War Memorial which is such an important site in Australia and a highlight of camp every time we go. Please note these online excursions are live and have to be viewed at the specified times. Have fun on your week in Canberra Stage 3! We can't wait to see what you think.



Virtual Canberra Excursion Timetable *(links will be provided in the Google Classroom each day (Wednesday will be included on Tuesday))*

Monday	10am – National Museum of Australia	2pm – Museum of Australian Democracy
Tuesday	10am – National Gallery of Australia	2pm – National Film and Sound Archive
Wednesday	10am – Australian War Memorial	2pm – National Portrait Gallery
Thursday	10am – Parliamentary Education Office	
Friday	10am – Royal Australian Mint	

WELLBEING RESOURCES

There are many resources available for both parents and students regarding wellbeing. Please explore the sites below if you would like ideas or you need some assistance. Please remember if you are worried about your child's wellbeing at any time to contact us if we can be of assistance in any way.

[Student Learning Resources](#) | [Student Wellbeing Hub](#)

[Parenting Help](#) | [Strategies for supporting students \(studentwellbeinghub.edu.au\)](#)

[Wellbeing \(nsw.gov.au\)](#)

[I am a student aged 8-12 \(nsw.gov.au\)](#)

[Wellbeing services \(nsw.gov.au\)](#)

PRACTICAL PARENTING THROUGH A PANDEMIC WEBINAR – NSW PRIMARY PRINCIPALS ASSOCIATION

As outlined in the newsletter the NSW Primary Principal's Association are delivering a webinar on Practical Parenting through a Pandemic on **Wednesday 1 September from 4 – 5.15pm**.

In this webinar Maggie Dent explores the layers of stress, anxiety and grief for families that have been created by the pandemic. She then dives into the issue of students learning from home. Maggie will explore the reality of parents working from home with kids or teens underfoot, with some doing digital learning while in social isolation. This webinar includes free resources and a comprehensive handout.

If you would like to attend this webinar via Zoom you can do so by clicking [here](#).

We hope that our students and their families will think about doing things that make them happy and enhance their wellbeing this week. Please have students complete learning tasks that they can but do not get stressed about anything and make sure you spend time each day doing something fun that puts a smile on your face.

Yours sincerely

Simone Rizzuto
Principal

Priscilla Wright
Assistant Principal
Wellbeing Coordinator