

# The Wheeler Word



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Term 2 Week 1

Thursday 30 April 2020

## Acknowledgement of Country

Our school sits on important Aboriginal land to us. We need to remember this was their land before we used it. I feel thankful that the traditional custodians took care of this land. Now it is our turn to look after it. So let us look after this land.

Aurora H – Year 3

Dear Parents,

Welcome back to Term 2. Thank you again for the incredible support and understanding that we have received from our school community over the past month or so. These are certainly very challenging times.

Yesterday we sent out Update #9 with details of Term 2 arrangements. Please be sure to carefully read the details and instructions especially regarding school drop off and pick up. As always please note that plans and arrangements may change due to Federal, State and Department of Education directions.

**\*\*ALL COVID-19 UPDATES are located on the [school website](#) under 'COVID-19 Information' for easy access\*\***

### STAFFING NEWS

Exciting times lately with Belinda Alexander & Jake having a baby boy Joey, and Nic and Sonja Jones having a baby boy Henry. Mums, dads and babies are all doing well.

Mr Lee Hewes is the new teacher of 5A and Mr Jones is currently on paternity leave but will return to school in Week 3.

### MOTHERS' DAY GIFTS - TEA TOWELS

Please see the note later in the newsletter about the Tea Towels which will soon be available for picking up ready for Mothers' Day. They look fabulous! Thank you to our fundraising team for organising this activity.....please be sure to order ASAP.

### ANZAC DAY ACTIVITIES

You may have seen the lovely ANZAC Day poppies which many school families made and displayed recently. Thank you to Trish McCombie for initiating this activity. There are some photos later in the newsletter.

Well done to the Year 5 and 6 students who recently wrote letters to residents at the local War Veterans Village. Many boys and girls have received letters in return. Thanks to Alex Bennett who initiated this very special and worthwhile project.

### WINTER SCHOOL UNIFORM

Now is the time for all students to begin wearing Winter School Uniform. As always we allow a few weeks transition period. We hope that all students will be in full winter uniform by about Week 3, from May 11.

The Uniform Shop is still closed but Online ordering can be made at any time through FlexiSchools.

### SCHOOL ABSENCES

Please be sure to report all student absences to school through the normal processes. If you have informed the school of a long absence (due to the COVID-19 period) then this will be on the school system and a note each day is not necessary.

### ROTARY RAFFLE TICKETS

As we have mentioned in recent newsletters, due to the onset of the COVID-19 virus and related logistical restrictions, the Rotary Club of Upper Northern Beaches cancelled the 2020 Rotary Car Raffle. In these unprecedented times, it was not appropriate to conduct ticket sales and incur significant financial expenses.

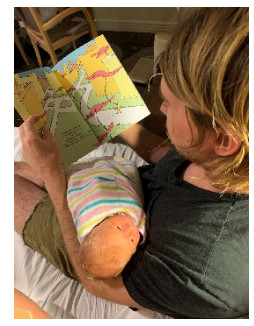
The school can reimburse the full cost of each ticket that you have purchased or sold, provided you return the tickets to us.

Obviously, a number of school families have already returned their tickets and money. We have discussed the possibility of having a School Draw with the tickets already sold and returned. We would also then make a donation to Rotary who have absorbed all the costs associated with the raffle. We could also make a donation to a suitable charity like the current COVID-19 crisis or the Bushfire appeal.

Please let us know your thoughts and any specific instructions in regard to your own tickets. A final decision will be made in consultation with the P&C next term.



Baby Joey Alexander



Baby Henry Jones

## BOOK CLUB ORDERS

There are still a number of Book Club Orders that have not been collected from last term. Please contact the office to arrange a time for you to collect.

## SCHOOL CANTEEN

Please be advised that the School Canteen will be closed until further notice.

## LOST PROPERTY

Please see the picture of a bike which has been in the school grounds for a while now. If you recognise the bike please contact the front office or Mr Scotter.



Mr David Scotter  
Principal

## FROM THE OFFICE

### Change of Details

If any personal details have changed please inform the school office by email [wheelerhts-p.school@det.nsw.edu.au](mailto:wheelerhts-p.school@det.nsw.edu.au)

Address  
Phone No.  
Change in family relationship  
**Medical conditions**

Include your child's name and class.

Thank you

Jodie Sly  
School Administration Manager

## ROAD SAFETY

### A Message from the Northern Beaches Road Safety Team



northern  
beaches  
council

In these strange COVID-19 times, many more families than usual are using our shared paths. This is a very positive thing to do, for so many reasons; exercise, getting out of the house and mental health being some of those reasons. However, the extra people means that we have to take extra care with our etiquette on shared paths, so that we reduce the risk of injury to ourselves and others.

Please view the below Shared Path video, which is on the Northern Beaches Council YouTube channel. Please note that everyone can still maintain the required 1.5 metres separation while keeping the Shared Path etiquette, such as walking single file in order to keep to the left and allow others to pass in both directions.

<https://youtu.be/DrevqKZzGvU>

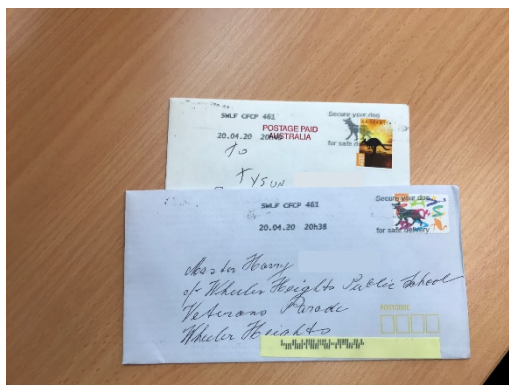
### Robynann Dixon

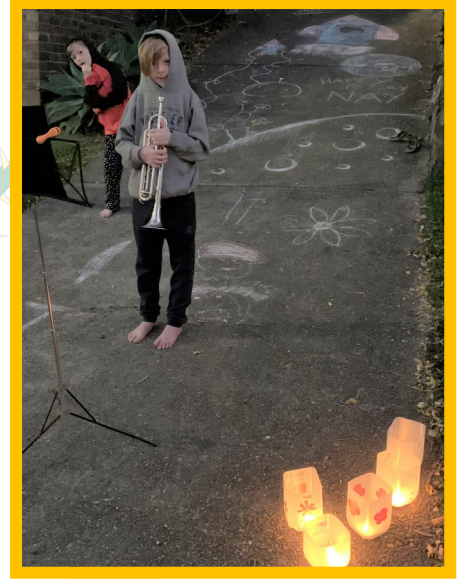
Road Safety Officer  
Northern Beaches Council

## EASTER CARDS SUCCESS!

Just before the school holidays, pupils in Stage 3 spent time and effort creating Easter cards to send to members of the War Veterans village. This gesture was designed to help both parties feel connected during these unprecedented times. It was fantastic to receive pictures of students working hard to create cards and also to see the letters of thanks that have arrived at school during the holidays acknowledging the kindness and thoughtfulness of the Wheeler Heights community. We're very proud of you all!

Alex Bennett  
Relieving Assistant Principal - Stage 3





# ANZAC DAY



## ECO WARRIORS NEWS



## What's on in the garden....

We had a lovely surprise coming back from school holidays to find some purple beans, capsicums and tomatoes growing in our garden! The Eco Warriors planted them last term, and they are thriving!

Unfortunately, nothing has happened with the leeks we planted in Week 6, but fingers crossed they are just being slow to grow.

With not many children at school, our worms are getting hungry and can't wait until you and all of your food scraps are back.

Check out the pictures of our veggies below!



Elizabeth Wilson  
Eco Warriors Coordinator

## LOST PROPERTY NEWS

LOST PROPERTY IS LOCATED NEAR THE CANTEEN

### THE LOST PROPERTY GUIDE

LOST PROPERTY IS CLEARED REGULARLY

CLEARLY LABEL ALL ITEMS



UNLABELLED ITEMS ARE RECYCLED, DONATED TO CHARITY OR RETURNED TO THE UNIFORM SHOP FOR RE-SALE

## KEEP READING

### READING BOOKS & IDEAS

Many parents have asked us about accessing quality books and literature to read. Please see the information from Mrs Westwood and some of the links attached.



northern  
beaches  
council

Did you know that **the Northern Beaches Council libraries are offering a home delivery service** on books? Find out more:

[https://www.northernbeaches.nsw.gov.au/library/during-covid-19/library-2-you?utm\\_medium=email&utm\\_campaign=Library2U%20update-%20all%20library%20members&utm\\_content=Library2U%20update-%20all%20library%20members+CID\\_2c849ace71c7ea6f9d81dff4e717851f&utm\\_source=campaignmonitor&utm\\_term=Find%20out%20more](https://www.northernbeaches.nsw.gov.au/library/during-covid-19/library-2-you?utm_medium=email&utm_campaign=Library2U%20update-%20all%20library%20members&utm_content=Library2U%20update-%20all%20library%20members+CID_2c849ace71c7ea6f9d81dff4e717851f&utm_source=campaignmonitor&utm_term=Find%20out%20more)

<https://online.det.nsw.edu.au/prc/home.html>

Remember, any reading experience your child engages in will assist their literacy development. So – encourage your child to read, share a book with them, read to them, talk about books you are reading – predict what will happen next, imagine you are the main character, make up a different ending...the possibilities are endless! Happy reading and have fun!!



#### Tips for parents

- Hear your child read, discuss books and read to your child every day!
- Look through the book together first. Discuss what is happening and have your child predict what could happen next.
- Encourage your child to “Put the words together to sound like talking”. Model what this phrasing sounds like if necessary. On the page turn, let them know which part sounded good.
- Encourage your child to “Think about what makes sense and looks right”. Let them read to the end of the sentence to see if they will correct it themselves. If they don't, let them know “That didn't make sense” or “That didn't look right” or just “Check that” and ask them to try it again from the start of the sentence.
- Read the book again for 2-3 days in a row. Each time your child reads it, it should sound more fluent.
- Remember, independent home reading should be easy. Choose more difficult books to read to your child. Enjoy your reading time together!
- There is a section in Mona Vale Library just for beginning readers. You can find many of the Beginner Books and Andy Griffiths junior readers there. Sally Rippin, Else Holmelund Minarik and Tedd Arnold books are in the short chapter book section.

## SRE NEWS

### Catholic SRE Message

The Lakes Catholic Parish sends its best wishes to the children, families, and staff of the Wheeler Heights PS community. Simple to follow Catholic SRE lessons are available online at the following link: [Catholic SRE Online](#)

Alicen van Bokhoven  
Catechist Co-Ordinator



### 2020 NSW Premier's Reading Challenge rule updates

We hope you are all doing well in the current COVID-19 situation. This email is to inform you of the changes that have been made to the 2020 PRC rules to help support students to participate in and complete the Challenge whilst their access to books at school and local libraries may be restricted.



### What is happening with the Challenge in 2020?

The Challenge is well equipped to support student participation from home. The Challenge will continue with the same closing dates for validation of entries, and the same number of books to be read for all challenge levels. We have introduced some adjustments to support students who may be learning from home, and have reduced access

to suitable reading material to complete the Challenge.

### What changes have been made to the PRC rules for 2020?

The main changes to the [Challenge rules](#) are as follows:

- Students on all Challenge levels are able to read 10 choice books - an increase from five. Please see the support article about adding these additional choice books to a student reading record.
- Students on all Challenge levels will be able to include books on their reading records that they read collaboratively as a class, in person or online with their teacher or at home with their parents/carers.
- Students who complete the Challenge in 2020 will be able to count this towards cumulative awards.
- Students who do not participate in the Challenge in 2020 will not be disadvantaged in the receipt of cumulative awards.
- The Challenge will include Year 10 students in 2021 to allow all students the opportunity to meet the gold and platinum certificate and Challenge medal requirements.

### How do students add these bonus choice books to their reading records?

A vertical list of five bonus choice books. Each item includes a small circular icon of a cartoon character reading a book, a PRCID number, the book title, and a brief description. To the right of the list is a large yellow vertical banner with the text '2020 BONUS CHOICE BOOKS!' in black capital letters.

685957 : 2020 Bonus choice book 1 by PRC Team  
This entry can be added as a bonus choice book for 2020 so that students are able to count an additional 5 choice books for their reading records.  
5-6 booklist

685958 : 2020 Bonus choice book 2 by PRC Team  
This entry can be added as a bonus choice book for 2020 so that students are able to count an additional 5 choice books for their reading records.  
5-6 booklist

685959 : 2020 Bonus choice book 3 by PRC Team  
This entry can be added as a bonus choice book for 2020 so that students are able to count an additional 5 choice books for their reading records.  
5-6 booklist

685960 : 2020 Bonus choice book 4 by PRC Team  
This entry can be added as a bonus choice book for 2020 so that students are able to count an additional 5 choice books for their reading records.  
5-6 booklist

685961 : 2020 Bonus choice book 5 by PRC Team  
This entry can be added as a bonus choice book for 2020 so that students are able to count an additional 5 choice books for their reading records.  
5-6 booklist

2020 BONUS CHOICE BOOKS!

Students will need to add their first 5 choice books the same way they always have for the Challenge. Their bonus choice books will need to be entered using the following PRCID's:

- [PRCID 68597 2020 Bonus Choice Book 1](#)
- [PRCID 68598 2020 Bonus Choice Book 2](#)
- [PRCID 68599 2020 Bonus Choice Book 3](#)
- [PRCID 68560 2020 Bonus Choice Book 4](#)
- [PRCID 68561 2020 Bonus Choice Book 5](#)

To add these choice books on the Student Site, students can simply enter "2020 bonus" either on the search screen or under "add choice books", and the Bonus Choice Book records will be the first ones to appear.

We have prepared a support article for adding Bonus Choice Books to a student reading record, which can be shared with parents and students to help with this process.

[How do I add bonus choice books for 2020?](#)

## P&C MESSAGE

### Mothers' Day - Tea Towel Fundraising Gift!

Unfortunately, we are obviously unable to hold our usual Mothers' Day Breakfast event this year BUT, the kids had a great time drawing self-portraits that have been made into memorable WHPS 2020 tea towels! There is one tea towel design per year, where there is a composite class, the whole class will appear on both tea towels. (Year 6 example attached in B&W - actual tea towel is white with royal blue printing)

This is a great gift idea (and keepsake of your child's school year) for Mums, Grandmothers, Mothers-In-Law or just a great gift for extended families in general. Buy one (or as many as you like) to keep for years to come, tea towels get dirty!!

We aren't using Flexischools for this event, instead our Mothers' Day tea towels are available to purchase at the following TryBooking link.

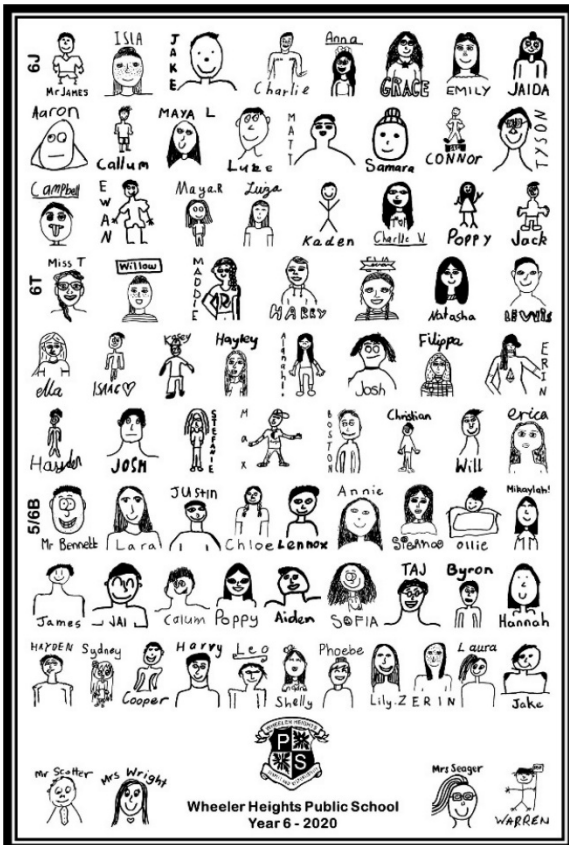
<https://www.trybooking.com/BJKMP>

The tea towels will be available for collection prior to Mothers' Day. Full details on when and where to collect are to be confirmed. Please also feel free to share this link with family and friends - anyone can order one via this link but please note you will need to collect and arrange delivery of the tea towel to your family or friends.

As well as being beautiful keepsakes, these items are also a fundraiser for the school in what is proving to be a tough time for everyone. Any support you can comfortably offer is greatly appreciated.

Regards,

Wheeler Heights Public School Fundraising Team



### WHEELER HEIGHTS PUBLIC SCHOOL MOTHER'S DAY TEA TOWELS!

A BEAUTIFUL GIFT & KEEPSAKE OF YOUR CHILD'S YEAR AT SCHOOL

**\$15 each tea towel/year group - available 19 April - 6 May  
(or until sold out) online at Trybooking**

<https://www.trybooking.com/BJKMP>

**\*\*\*Strictly Limited Stock Available - get in quick\*\*\***

**\*Collection point details to be confirmed in Term 2\***





Press Release - LUNCHBOX:

### Lunch is on us.

Need help with the kid's lunches during school holidays or while schooling from home? What about your own lunch? Maybe an elderly relative or neighbour? In response to Covid-19, The Link Community Care will fill your lunchbox for free.

So what's in your 'LUNCHBOX'? Director of The Link Community Care Glenn Wysman said it was important to ensure the lunchbox was healthy. "We consulted local nutritionist Kelly Richardson, and as a result we've decided to pack the lunchboxes with a sandwich, a drink, a piece of fruit and a snack - or two."

Mr Wysman said they've also put in place provisions to ensure they abide by the strict rules governing social distancing and travel during Covid-19.

"We will be making it as safe as possible for those wanting a 'LUNCHBOX' by providing a drive through service, so people won't have to leave their car. Our drive through lunch centre is located at the Pittwater Sports Centre, 1525 Pittwater Road, Narrabeen, which is opposite the park where we typically stage 'Carols by The Lake' and 'Eggs by the Lake'.

"Each 'LUNCHBOX' will be sufficient for one person, although families will be able to collect extra lunch boxes to ensure no one skips lunch."

The Link Community Care 'LUNCHBOX' Program commences on Wednesday 15th April and will be available Monday to Friday from 11am to 2pm as long as the need continues. A gold coin donation would be gratefully accepted but is not essential.

If you would like to support the Program, Mr Wysman outlined several options. "You can donate at [link.org.au/community-care/](http://link.org.au/community-care/)

You can also drop off non-perishable grocery items to the Pittwater Sports Centre which will be packaged into hampers to help those in our community in most need.

"We also need volunteers to help pack and deliver the 'LUNCHBOXES'."

The Link Community Care will also be offering a home delivery service for the most vulnerable & the elderly who are unable to leave their home.

"These are unprecedented times", said Mr Wysman. "But one thing I know about the Northern Beaches, is that we are a very supportive community and together we will get through this season.





# Wheeler Heights Public School

36 Veterans Parade, Collaroy Plateau, 2097

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ABN: 18 246 198 266

## **UPDATE #9 – WEDNESDAY 29 APRIL 2020**

### **TERM 2 ARRANGEMENTS**

Dear Parents/Caregivers,

#### **Weeks 1 & 2 Online Learning continues**

Students will continue to access Online Learning from home as was the case late in Term 1. The school remains open for students who need to attend. Supervision for these students will be available and they will engage in the same learning as the students learning online from home.

#### **Week 3 onwards – Phased Return to School - Starting on Monday 11 MAY – Phase 1**

NSW Public Schools are staging a phased return to school (see attached). From Week 3 (May 11) every student will have the opportunity to attend school one day a week.

After much discussion and advice, each school has determined the most suitable model for their school, depending on a number of factors including school numbers, staff numbers, available classrooms and the need to follow health and safety recommendations.

We have decided on the below model, where each stage attend for a designated day each week. We believe that this model is the most appropriate as your children will be able to interact with most of their class and grade throughout the day.

On the specific day for each class, your regular classroom teacher and additional teachers will be available to teach your children.

We will be closely following health and safety guidelines and ensuring that only a recommended number of students are in each classroom.

#### **TIMETABLE**

<b>MONDAYS</b>	<b>TUESDAYS</b>	<b>WEDNESDAYS</b>	<b>THURSDAYS</b>
<b>KINDERGARTEN</b>	<b>STAGE 1</b>	<b>STAGE 2</b>	<b>STAGE 3</b>
Classes KB, KH, KM and KT	Classes 1H, 1J, 1M, 2J, 2S and 2W	Classes 3J, 3Y, 4E and 4RO	Classes 5A, 5S, 5/6B, 6J and 6T

#### **Siblings**

Clearly, if you have more than one child it may be difficult to organise home supervision when your children are scheduled to attend on different days. Please remember that the school is open each day and you are able to send all your children on the same day, if that is necessary. However, on such occasions there may not be many of your child's close friends or class teacher present at school on that day. I have spoken to a number of parents who have said to me that it would be ideal if they were able to send one of their children to school and therefore be able to concentrate on the online learning at home with the other child. This may be an option for some families.

#### **Books and Resources**

On the designated day for your class please be sure to bring any books and resources from home and anything you would like to hand in or submit.

Some resources may also be distributed from your class teacher on this day (eg. The School Magazine, Home Readers etc).

## Drop off Arrangements

At this stage, we will be having all **DROP OFFs** in the morning from the Veterans Parade entrance. From 8.45am a member of staff will meet any parents at the school car park crossing entry gate and escort the children to the assembly area. Due to social distancing protocols, parents should then depart the school. This is not a time to chat with friends or try to talk with the class teacher.

Please be sure to read the Noticeboard at the entrance area with more specific details as required.

## Pick Up Arrangements

Each day all classes will be safely assembled at 3pm for pick up.

If parents would like to collect their children from inside the school they may do so from 3pm (**please no earlier**) by entering at the Veterans Parade entrance and proceeding to the designated meeting area. This will be clearly marked each day on signs around the front of the school. Once you have collected your child please quickly leave the school.

**At 3.15pm** all students who have not been collected will be walked to the front gate and dismissed from there.

Please be sure to practise Social Distancing and do not congregate and delay at the front of the school.

Please be sure to read the Noticeboard at the entrance area with more specific details each day as required.

## OOSH Arrangements

Parents may take children directly to OOSH each morning.

Parents may collect children directly from OOSH each afternoon/evening.

## Model of Learning

We again reinforce the message that we understand that these are challenging times and only ask that families do their best. The health and wellbeing of all families is our key priority and we encourage you to aim for a balanced approach to learning at home. The table below outlines the recommended time allocations for students participating in learning at school or home.

Suggested curriculum requirements for learning from home and school						
EARLY STAGE 1	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6
<b>TOTAL</b> 2.5 hours + other	<b>TOTAL</b> 2.5 hours + other	<b>TOTAL</b> 3 hours + other	<b>TOTAL</b> 3 hours + other	<b>TOTAL</b> 3.5 hours	<b>TOTAL</b> 3.5 hours	Students in Year 11 and 12 will follow their usual pattern of study.
45-60 mins English	45-60 mins English	45-60 mins English	45-60 mins English	30-45 mins English	30-45 mins English	The requirements for major projects in some practical subjects has changed.  NESA will continue to provide updates and changes to major projects and/or assessments for specific subjects.
30-45 mins Mathematics	30-45 mins Mathematics	30-45 mins Mathematics	30-45 mins Mathematics	30-45 mins Mathematics	30-45 mins Mathematics	
30-60 mins Other KLA's: Creative arts, HSIE, PDHPE, Scitech	30-60 mins Other KLA's: Creative arts, HSIE, PDHPE, Scitech	60-90 mins Other KLA's: Creative arts, HSIE, PDHPE, Scitech	60-90 mins Other KLA's: Creative arts, HSIE, PDHPE, Scitech	90-120 mins Other KLA's: HSIE, science, creative arts, languages, PDHPE, TAS	90-120 mins Other KLA's: HSIE, science, PDHPE and electives	
Other activities: wellbeing, sport, physical activity*	Other activities: wellbeing, sport, physical activity*	Other activities: wellbeing, sport, physical activity*	Other activities: wellbeing, sport, physical activity*	Other activities: wellbeing, sport, physical activity*	Other activities: wellbeing, sport, physical activity*	
<b>Notes</b> KLA = Key Learning Area *where social distancing allows						

## Health and Safety

Additional hand sanitizers have been procured and are available in all classrooms. Soap dispensers are being regularly filled in all toilets. Rooms will be ventilated and doors kept open.

We have been incredibly appreciative of the support and understanding that we have received from our school community during these unprecedented times.

We would also like to thank and acknowledge the extraordinary staff at Wheeler Heights Public School who have gone above and beyond to learn new modes of lesson delivery and technology platforms when designing and creating new content in a very short time period to ensure that their students' learning and growth continues.

David Scotter  
Principal

Priscilla Wright  
Assistant Principal

## PHASE 0

## PHASE 1

## PHASE 2

## PHASE 3

## PHASE 4

### At all times

- Schools are safe places for students, teachers and staff.
- All students engage with a single unit of work.
- Keep up-to-date with your school's communications to make sure you receive important messages about timetable changes.
- Any identified cases of COVID-19 will continue to be managed in line with health advice, including temporary school closures where necessary.

### Learning from home

Practical resources and guides to support students are available at the department's [Learning from home hub](#).

#### Schools are open for families who need it.

- Families are encouraged to keep their children at home wherever possible, with no student to be turned away.
- Students who attend school are supervised only, not in their regular classes.
- No excursions or inter-school activities.
- Continued enhanced cleaning and hygiene supply arrangements.

#### Students at school at least one day per week.

- Schools have discretion for establishing which group attends on which day, with a preference to group siblings/families together.
- Families who need to send their child to school every day may continue to do so and no child will be turned away.
- Classes are split across different spaces and break times can be staggered.
- No excursions or inter-school activities.
- Continued enhanced cleaning and hygiene supply arrangements.

#### Students at school at least two days per week.

- Schools have discretion for establishing which group attends on which days, with a preference to group siblings/families together.
- Families who need to send their child to school every day may continue to do so and no child will be turned away.
- Classes are split across different spaces and break times can be staggered.
- No excursions or inter-school activities.
- Continued enhanced cleaning and hygiene supply arrangements.

#### Students at school five days per week, with social distancing measures.

- Students with increased health risks may continue to learn at home to suit their individual needs.
- Students remain in the same classroom for the day, break times can be staggered to reduce mixing between class groups.
- No excursions or inter-school activities.
- Continued enhanced cleaning and hygiene supply arrangements.

#### Students at school five days per week, with full school activities.

- Normal school breaks and entry/exit processes will resume.
- Infection control procedures will continue on a school by school basis.
- Communication to staff, students and families regarding NSW Health advice will continue.
- Continued communication to the Early Childhood Education sector regarding NSW Health Advice.

#### You can now

- Send your child/children to school one day a week.
- You are encouraged to keep your child at home for the rest of the week wherever possible.
- Check with your school to see which day of the week your child/children should attend.
- Use the school canteen and uniform shop where appropriate hygiene measures are in place.

#### You can now

- Send your child/children to school two days a week.
- You are encouraged to keep your child at home for the rest of the week wherever possible.
- Check with your school to see which two days of the week your child/children should attend.
- Use the school canteen and uniform shop where appropriate hygiene measures are in place.

#### You can now

- Send your child/children to school every day.
- Access community services run on school sites, where they are not restricted by Public Health Orders.
- Use the school canteen and uniform shop where appropriate hygiene measures are in place.
- Walk your child/children into and out of school while maintaining social distancing.

#### You can now

- Send your child/children to school every day.
- Participate in school excursions and inter-school activities.
- Use playground equipment at schools.
- Drop your child/children off at school as you would normally do.
- Participate in school based activities such as volunteering in classes and assemblies.
- Use services that usually operate at your school like canteens and other community run activities.

#### You must continue to

- Keep your child/children at home if possible.
- Support your child/children to continue learning at home.
- Communicate with your school via email and phone wherever possible.
- Follow the health advice and keep your child/children at home if they are unwell.

#### You must continue to

- Follow your school's advice regarding changes to drop off and pick up, including staying in your car when dropping off and picking up your child/children if safe to do so.
- Maintain social distancing by avoiding gathering outside of school gates.
- Make sure your child/children have access to lunch and snacks, noting some canteens may not be operating at this stage.
- Support your child/children to continue learning at home on remote learning days.
- Communicate with your school via email and phone wherever possible.
- Follow the health advice and keep your child/children at home if they are unwell.

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- Make sure your child/children have access to lunch and snacks, noting some canteens may not be operating at this stage.
- Support your child/children to continue to learn at home if they are required to learn remotely.
- Communicate with your school via email and phone wherever possible.
- Follow the health advice and keep your child/children at home if they are unwell.

A managed return to school

Guidelines for families

# Remote learning guidelines for students and parents




## Stay connected



## Ask questions

.....

If you don't understand something, ask your teacher or classmates online.



## Workspace

.....


Work in a quiet area, at a desk or table and try to limit distractions.



## Use classroom language

.....


Talking to your teachers and in class is different from how you speak to your friends online. Use proper grammar and avoid excessive emojis.



## Focus

.....

During calls with your teacher, stay focused on the call. Avoid reading chats or looking at other tabs.



## Take breaks

.....


Take breaks away from screen. Move around and try not to sit all day.



## Your normal routine

.....

Eat breakfast, brush your teeth and get dressed in the morning.



# COVID-19 Resources for Parents

## WEBSITES



<https://raisingchildren.net.au>

Provides free, reliable, up-to-date and independent information to help families grow and thrive together. Contains information on COVID-19 and how to help your family cope.



[www.esafety.gov.au](http://www.esafety.gov.au)

Information on how to stay safe online during the COVID –19 pandemic



[www.parentline.org.au](http://www.parentline.org.au)

1300 130 052

Provides telephone counselling, information and referral service for parents and carers of children ages 0 to 18 who live in New South Wales



[www.familyreferralservice.com.au](http://www.familyreferralservice.com.au)

1800 066 757

Brings together families, support services and community resources so that our children and young people are safe and well



<https://coronavirus.beyondblue.org.au>

1800 512 358

Information, advice and strategies to help you manage your wellbeing and mental health during the COVID-19 pandemic



<https://emergingminds.com.au>

Resources for parents and carers to best support their children and reduce worry and distress during the COVID-19 pandemic

## ARTICLES

*(Click on title to view article)*

[Coronavirus \(COVID-19\) and children in Australia](#)

[Communicating with your child about COVID- 19](#)

[Physical distancing and family wellbeing](#)

[Home schooling & keeping kids busy during COVID-19](#)

[Helping your children get along during quarantine](#)

[What to Say to Your Child about the Coronavirus](#)

[Staying Sane When School is Closed](#)

[Working From Home with Kids](#)

### Official Coronavirus Information

NSW COVID-19 Website

[www.nsw.gov.au/covid-19](http://www.nsw.gov.au/covid-19)

Australian Government's National Coronavirus Helpline

1800 020 080 (24 hours, 7 days a week)

### Useful Contacts

**Domestic Violence Line** 1800 65 64 63

**Mental Health Line** 1800 011 511

**Lifeline** 13 11 14

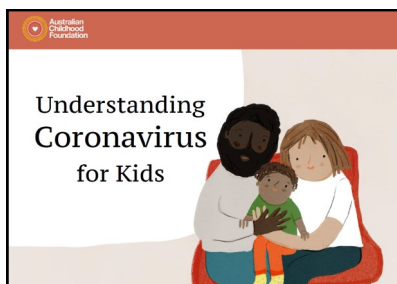
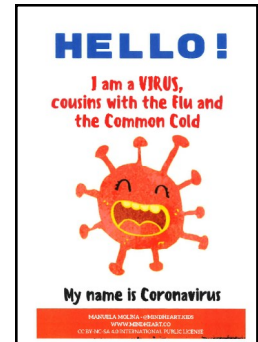
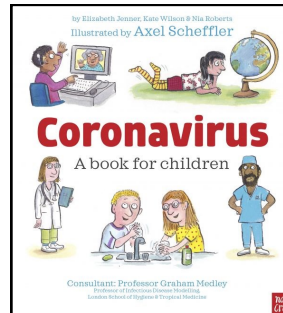
**Mensline** 1300 78 99 78

*In an emergency, please call 000 or go to a hospital emergency department*

# COVID-19 Resources for Parents

## BOOKS

Free children friendly ebooks available to download (click on book cover to download)



## WEBSITES FOR CHILDREN AND YOUNG PEOPLE

**The Digital Lunchbreak** <https://www.digitallunchbreak.nsw.gov.au>

The Digital Lunchbreak website has been developed in response to Covid-19 to collate a variety of activities and resources government and non-government organisations have made available for children and young people.



**Kids Helpline** <https://kidshelpline.com.au>

Kids Helpline is an Australian free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.



**headspace** <https://headspace.org.au>

Information, resources and support for young people dealing with mental health issues.



**Youth Beyond Blue** [www.youthbeyondblue.com](http://www.youthbeyondblue.com)

Information, resources and support for young people dealing with depression and/ or anxiety.

