



In This Together!

The theme for Reconciliation Week this year is 'In This Together'. Usually staff and students would participate in a community bridge walk. Due to current restrictions, this could not occur this year. Instead, last Friday, all staff and students participated in a walk around the school to mark Reconciliation Week. We reflected on the theme 'In This Together' and how we can work together as a school community to create an environment where everyone is accepted and celebrated for who they are. Reconciliation is extremely important. Now more than ever it is important that we remember that we are 'In This Together' and that we support and value all members of our school community.

Student Wellbeing

Following the Bushfire Crisis and given the current Corona virus pandemic we have a variety of student wellbeing strategies in place to support students and families. In particular, all students will be participating in a program called Bounce Back over the coming weeks. Information is included on the following pages with an overview of the program as well as ways in which you can reinforce the messages from this program at home.

In addition, the Red Cross has a number of support materials available for families on their website. These resources include strategies for talking to your family following a crisis. This can be found at -

<https://www.redcross.org.au/emergency-resources#recover-from-disasters>

We will continue to monitor and support the wellbeing of all students. If you would like additional information or are concerned about your child and would like additional support please let me know or talk to your child's class teacher.

Professional Learning

This week staff will be participating in professional learning about assessment and reporting.

Wishing everyone a safe and happy week.

Sarah Davis (Rel. Principal).





The Bounce Back Program

To assist our students during these uncertain times, all classes will participate in activities from the Bounce Back Program, starting next week. The Bounce Back! wellbeing and resilience program teaches children the skills and attitudes to help them be in a positive mood most of the time, get along well with others and become more resilient.

What does Bounce Back stand for?

Kindergarten – Year 2

For younger children, the simpler coping statements in BOUNCE are taught, but 'bouncing back' from a setback, a mistake and bad times is still referred to.

Bad feelings always go away again.
Other people can help you feel better if you talk to them.
Unhelpful thinking makes you feel more upset Think again.
Nobody is perfect – not you and not others.
Concentrate on the things that are still good when things go wrong.
Everybody has unhappy times sometimes, not just you.

Years 3-6

Bad times don't last. Things always get better. Stay optimistic.

Other people can help if you talk to them. Get a reality check.

Unhelpful thinking makes you feel more upset. Think again.

Nobody is perfect – not you and not others.

Concentrate on the positives (no matter how small) and use laughter.

Everybody experiences sadness, hurt, failure, rejection and setbacks sometimes, not just you. They are a normal part of life. Try not to personalise them.

Blame fairly. How much of what happened was due to you, to others and to bad luck or circumstances?

Accept what can't be changed (but try to change what you can change first).

Catastrophising exaggerates your worries. Don't believe the worst possible picture.

Keep things in perspective. It's only part of your life.

The first set of lessons is called People Bouncing Back.

This is a very relevant topic for us all at the moment.

What can you do to help develop resilience in your child?

Don't overprotect your child from normal challenges that all children face. Start by giving your child small age-appropriate challenges which require responsibility (feeding your pet, tidying their room, making lunch) Don't do things for them without first checking if they are capable on their own.

Gently challenge self-defeating talk (I can't do this). Encourage them to use helpful thinking instead (everyone makes mistakes)

Model effective problem-solving that are age-appropriate for your child by 'thinking aloud'. Talk out the possible good and bad consequences of different solutions.

TERM 1 PROJECT BASED

LEARNING

This year we've been lucky enough to have had access to the STEM film making kit for 8 weeks.

What we had was a green screen, lapel microphones, a tripod, an iPad and different types of lighting, a fluffy mic and a mic holder.

We made a lot of clips and made a lot of mistakes until we had to make a decision about which ones to use. We chose ones to use that had good sound, lighting and different scenes.

We had to plan first, then figure out what people were doing for each scene. Then we went into filming which we all thought was fun.

We completed our project - a short film about PBL at our school and had just enough time to make a fun film about making films.

By Allirra, Aidan, Ace, Alison, Joeden, Mitul, Alice, Ethan, Ridham and Lucy.

We shared these last week at our school assembly via a zoom meeting and also with our parents. Making films is fun!



RECONCILIATION WEEK 'In This Together'



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YOUR CHILD'S NDIS PLAN

COMMUNITY NEWS



You are invited to a free info session on how to implement your child's NDIS Plan

Designed for parents and guardians of children 0-12 years with disability or developmental delay who are looking for support with starting or using their child's existing NDIS plan more effectively.

Session topics include:

- Understanding your child's NDIS plan
- How to make changes to the plan
- Plan management
- Self-management tips
- NDIS plan reviews
- Early childhood Intervention best practice
- Finding and choosing service providers
- Latest NDIS updates on COVID-19

If you would like to attend but cannot, please let us know. This will help us to plan future sessions.

Contact us to register for one of the following sessions:

- Wednesday 3 June 2020
4:30 pm - 6:00 pm
- Friday 5 June 2020
11:00 am - 12:30 pm
- Tuesday 9 June 2020
11:00 am - 12:30 pm
- Thursday 11 June 2020
4:30 pm - 6:00pm
- Tuesday 16 June 2020
11.00 am - 12.30 pm
- Wednesday 17 June 2020
4.30 pm - 6.00 pm

HOW: Online via a Zoom Meeting
COST: Free
RSVP Call: 02 9280 4744 or
Email: betterstart@carersnsw.org.au