

# Our School Newsletter

## Greenwich Public School

Partnership and Opportunity  
Excellence and Success

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Issue 25 Term 3 Week 5

13 August 2021

### Principal's Message

Dear Parents and Carers

#### Letter from the Honourable Margaret Beazley AC QC – Governor of NSW

Her Excellency the Governor of New South Wales has prepared a video message to thank and encourage our school community. The message of thanks may be accessed below. We appreciate her acknowledgement of everyone's hard work during these challenging times. Please note the link expires Monday 16 August 2021.



To download: <https://www.dropbox.com/t/i0BCddSLz1PEA6wE> (NOTE: link expires Monday 16 August 2021)

#### P&C meeting

I was pleased to present an overview of our **K-6 Learning from Home program** at the P&C this week and illustrate the high quality of educational delivery currently in place. We are determined in our efforts to ensure continuity of education for every student whilst sustaining and maintaining strong connections and support. I would like to thank the P&C for their acknowledgment of the exceptional efforts of Greenwich staff which I will delight in passing on.

Together we brainstormed ideas to spread happiness throughout the community and Ms Johnson introduced **‘Choose Your Own Adventure Day’** to be held next Friday 20<sup>th</sup> August – it’s a screen-free day! (full details later in the newsletter) There was a wonderful suggestion for children to decorate their footpath with chalk drawings for all passers-by to enjoy. What a great idea!



**Wellbeing**

Resources developed through [Headspace](#) were a helpful focus for staff this week. It’s likely we can all relate to the battery pack analogy illustrating the benefits of being aware when we need to recharge and reenergise with our chosen ‘anchor’.

Where are you on this continuum right now?

### Happiness Chemicals and how to hack them

<p><b>DOPAMINE</b> THE REWARD CHEMICAL</p> <ul style="list-style-type: none"> <li>• Completing a task</li> <li>• Doing self-care activities</li> <li>• Eating food</li> <li>• Celebrating little wins</li> </ul>	<p><b>OXYTOCIN</b> THE LOVE HORMONE</p> <ul style="list-style-type: none"> <li>• Playing with a dog</li> <li>• Playing with a baby</li> <li>• Holding hand</li> <li>• Hugging your family</li> <li>• Give compliment</li> </ul>
<p><b>SEROTONIN</b> THE MOOD STABILIZER</p> <ul style="list-style-type: none"> <li>• Meditating</li> <li>• Running</li> <li>• Sun exposure</li> <li>• Walk in nature</li> <li>• Swimming</li> <li>• Cycling</li> </ul>	<p><b>ENDORPHIN</b> THE PAIN KILLER</p> <ul style="list-style-type: none"> <li>• Laughter exercise</li> <li>• Essential oils</li> <li>• Watch a comedy</li> <li>• Dark chocolate</li> <li>• Exercising</li> </ul>

I hope that you will find value in some of the resources suggested in the attachment **‘Parenting Resources Covid 19’** where you will find titles of free children-friendly eBooks including *‘Birdie and the Big Sickness’* and *‘Many Ways to Share a Hug’*.

I would like to thank our School Counsellor, Daisy Collins for her valuable reflections on wellbeing in the newsletter each week.

Best wishes for your health and safety. Thank you for your support.

Robyn Scott  
R/Principal

## Wellbeing for families during remote learning

Dear Parents/Carers,

You may be noticing that your family is getting less sleep than it used to. Sleep, in particular, suffers when there are **changes in stress levels and our routine**. However, none of us can meet our full potential without first meeting our most basic needs (see picture below). It's important we **prioritise sleep** and other basic needs to give ourselves the best chance for success.



Some tips for a good sleep:

- Have a consistent **bedtime routine**
- **Avoid screen time** an hour before bed
- **Bed is for sleeping** – avoid playing or doing schoolwork on the bed
- Play **calm music or nature sounds** to help settle into bed
- Monitor for **increased anxiety or distress** that may be impacting sleep (contact your GP if you have concerns)
- Be **physically active** throughout the day
- A **hot bath** 1-2 hours before bed can cause you to feel sleepy
- Create a **calm environment** for sleep (minimise loud noise and movement)

Importantly, don't be afraid to ask for help. Your local GP will be able to offer support and guidance.

Ms Daisy Collins – School Counsellor

**Friday 20 August – K-6 Choose Your Own Adventure Day*****K-6 Choose Your Own Adventure Day* - a day off the screen to reconnect with the world around you**

Next Friday is '*K-6 Choose Your Own Adventure Day*' for students. On this day, students are encouraged to spend the day doing things that bring them joy and participate in activities that they are interested in and make them smile. We want the students to take a break from traditional learning and recover from screen fatigue!

On this day, there won't be any slides with work to complete...the day is for the students to fill as they please. We hope that students will learn through play, being creative and exploration without the use of a device. Students are encouraged to be active (bike ride, go for a hike, play basketball, skip), creative (build, draw, paint, sculpt, photograph, design, dance, sing, cook, learn to juggle), present (yoga, meditate, sit in the sun, garden) and thoughtful (do something for someone else). We would love for students to document their day using photos, or by creating a video or a journal entry, to reflect on their learning.

Our hope is also that this day takes the pressure off you managing online learning and your other roles, and that you also have a day that brings you joy and makes you smile! Students attending onsite are encouraged to bring any special materials with them to ensure we can cater for their chosen adventure.

Ms Kristy Johnson



So many possibilities...

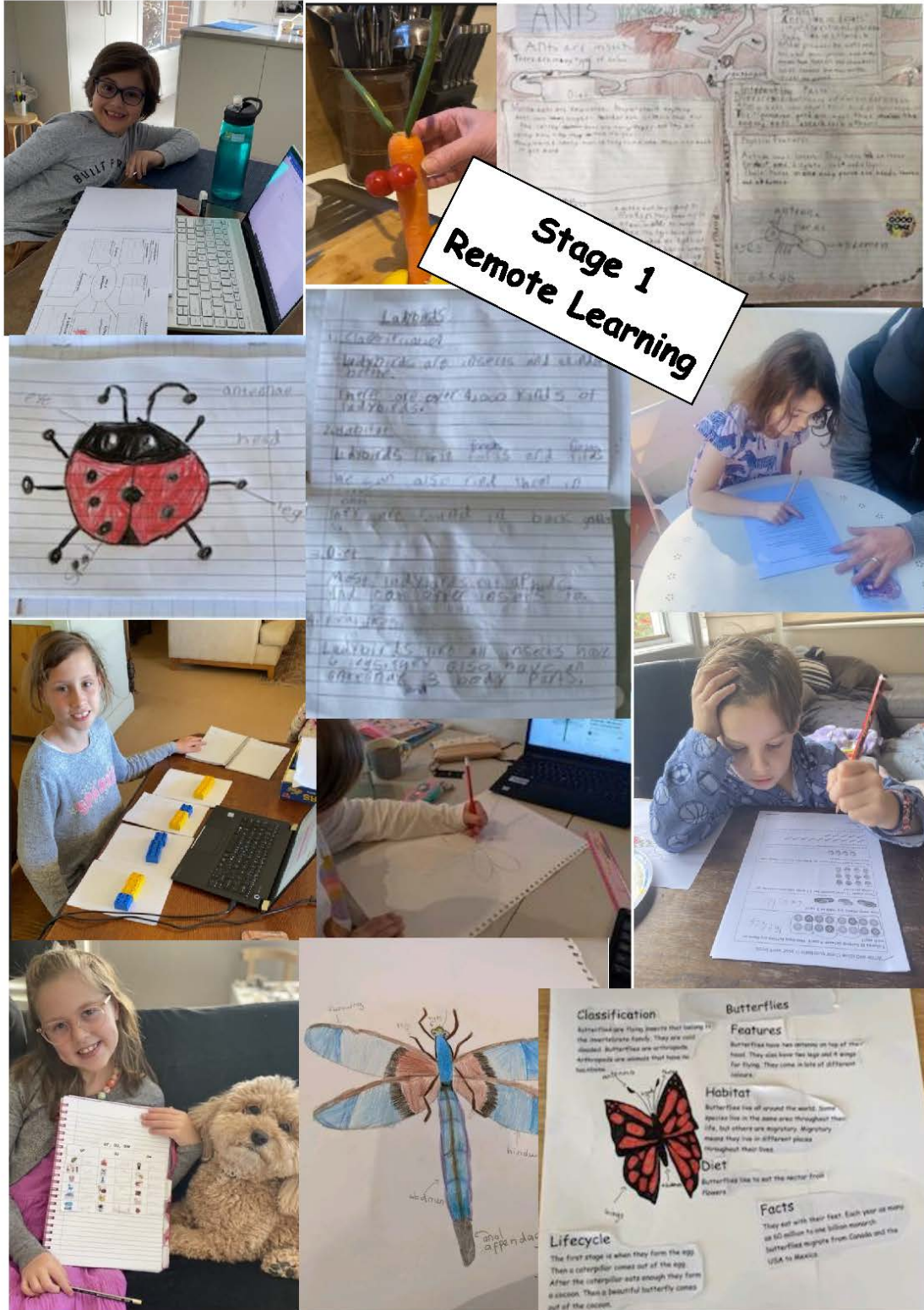


Suggestions for the K-6 Choose Your Own Adventure Day.

<p><b>Create your own sequence of yoga poses.</b></p> 	<p><b>Plant and nurture seeds to life in the garden or a pot.</b></p> 	<p><b>Complete a puzzle.</b></p> 	<p><b>Have you got face paint?</b></p> 
<p><b>Are you into knitting? Try finger knitting.</b></p> 	<p><b>Chalk up your driveway. Or play a game of hopscotch.</b></p> 	<p><b>Play Elastics.</b></p> 	<p><b>Find some material in the garden and create a nature weaving.</b></p> 
<p><b>Have a picnic in the sunshine and fresh air.</b></p> 	<p><b>Orienteer – find a map of your local area and map out a walk using only landmarks.</b></p> 	<p><b>Design a secret garden.</b></p> 	<p><b>Build an obstacle course.</b></p> 
<p><b>Make a Wish Tree – write a wish or a worry on a piece of paper and tie it to a tree in your yard, for the tree to keep.</b></p> 	<p><b>Create a scavenger hunt for your family – give them clues to find a hidden treasure.</b></p> 	<p><b>Paint some rocks and place them in your garden or pots.</b></p> 	<p><b>Find or make some nice paper and write a letter to a friend or family member.</b></p> 
<p><b>Make some homemade playdough and create!</b></p> 	<p><b>Plan and cook a meal for your family.</b></p> 	<p><b>Build a marble run.</b></p> 	<p><b>Make some puppets and put on a puppet show.</b></p> 

Around our School

Stage 1 – Learning from Home – Week 5



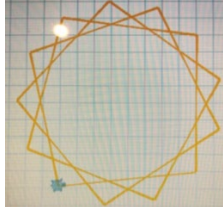
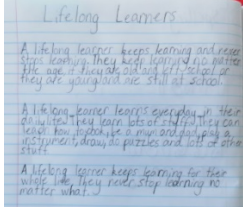


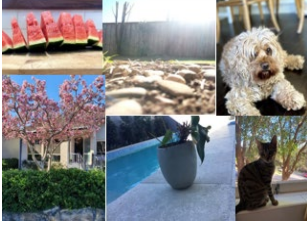


Stage 1 Remote Learning



## Stage 2 – Learning from Home – Week 5

Students in Stage 2 have been working hard and completing wonderful work. They are successfully navigating Google Classroom and Zoom and sharing over the class stream, the learning they have been enjoying doing. This week students started guided reading sessions over Zoom – the teachers and students alike have really enjoyed connecting in this way. We would like to share with you just a few of the many fantastic things going on in Stage 2 this term, including sketching, playing instruments, coding, photography, art and craft, writing and designing.

Drawing by Avani	Piano performance by Jess	Coding by Luke	Writing by Sophie
			
Lifelong Learners Investigation	Designs by Clare	Sculpture by Scarlett	Visual literacy photography
<p>Archie –</p> <p>my mum says she is a lifelong learner because she learns at work about technical mumbo jumbo</p>			

Superb art lesson Mrs Hallam!!!



I would like to thank Stage 2 parents, classroom teachers and support staff for supporting our students at this time – it really is a team effort!

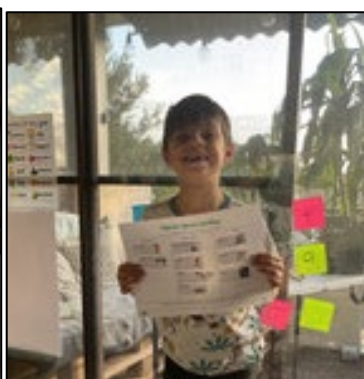
Ms Johnson

Support Unit – Learning from Home – Week 5

1. What animal did you choose to watch?  
 I chose giraffe as I think that Giraffes are good looking animals and I would like to hear more about them.



2. Why do you like this animal?  
 Because they act funny and I think they like a camera.





**Taronga Zoo**  
 Giraffes

I decided to choose the Giraffe Barn episode because giraffes are cool also they have long necks like a broadcast.

They have tall legs like towers that make them tall as big as a one storey building. Giraffes eat wheat and grass as any other herbivore animal.

Most giraffes live in the savanna as the savanna is big and hot that's why they are a lot of giraffes in the savanna.








PARENTS & CITIZENS  
ASSOCIATION INC.

## P&C UPDATE

[www.greenwichpandc.com](http://www.greenwichpandc.com) | Email: [greenwichpandc@gmail.com](mailto:greenwichpandc@gmail.com) | 



UNIFORM SHOP

### - UNIFORM SHOP UPDATE -

Due to the current and now extended COVID-19 restrictions, the Uniform Shop volunteer parents are unable to be on campus. This means we CANNOT FILL orders placed through FlexiSchools until at least September. FlexiSchools will remain open for orders, but we would appreciate NOT using FlexiSchools during this time. If you are in need of items desperately for your children, please contact the team via email and we will respond on a case by case basis. Filling any order will need your time and patience as we work with the school to abide by health orders.

For families who have placed orders since the lockdown, we can arrange refunds to your FlexiSchool account. Again, contact us to cancel orders or if you need our assistance. We can work through this challenging time together, but need your help as we are juggling the shop with home schooling, working at home and health concerns.

Your Uniform Shop Team

-Chona, Leslie & Liz ([greenwichpandc.uniformshop@gmail.com](mailto:greenwichpandc.uniformshop@gmail.com))

**DIARY DATES****Term 3 2021****WEEK 6****Tuesday 17 August**

- GPS K-6 Athletics Carnival (postponed)

**WEEK 7****Thursday 26 August**

- Zone Athletics Carnival (TBC)
- 2022 Kindy Q & A Virtual Information Night over ZOOM 6pm to 7pm

**Friday 27 August**

- Zone Athletics Carnival (TBC)
- Support Unit Excursion Bella Room (TBC)

**WEEK 8****Tuesday 31 August**

- Kindergarten 'Fairytale Fiasco' Drama Incursion (TBC)

**Friday 3 September**

- P & C Father's Day Breakfast-Greenwich Road campus

**WEEK 9****Monday 6 September**

- Sydney North Regional Athletics Carnival

**Saturday 11 September**

- P & C Student Disco (K-6)

**WEEK 10****Friday 17 September**

- Last day of term

**HARDCOPY NOTES SENT HOME**

- Nil

**SURVEYS FOR YOUR ATTENTION**

- Nil

**EMAIL ATTACHMENTS SENT HOME THIS WEEK**

- Choose Your Own Adventure Day
- Parenting Resources Covid-19 2021
- Lane Cove Council Term 3 Road Safety newsletter