

Our School Newsletter

Greenwich Public School

Partnership and Opportunity
Excellence and Success

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Issue 31 Term 4 Week 1

8 October 2021

We acknowledge the traditional custodians of this land, the Cammeraygal people. We pay our respects to the Elders both past and present, and to those of the future, for they hold the memories, the traditions, the cultures and hopes of the Aboriginal Australia.

Principal's Message

Upcoming Events

Term 4

Monday 11 October

- K-6 Learning from Home Program continues
- Return to School Webinar

Wednesday 13 October

- Class Parents Q & A

Monday 18 October

- Kindergarten & Year 1 students return for face-to-face learning

Thursday 21 October

- 100+59 days of Kindergarten

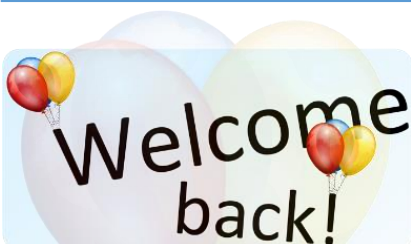
Monday 25 October

- Year 2, Year 3, Year 4, Year 5 & Year 6 students return for face-to-face learning

Dear Parents and Carers

I am delighted to welcome you back to Term 4. There's already a spring in the step of the staff, the weather is warmer, and we are all very excited to welcome students back to face-to-face learning, very soon.

Thank you for maintaining learning from home routines this week. I'm sure for many of you, it must seem like a long time since the children have bounded through the school gate to meet their friends and teachers. Thankfully, it's not far away. One safe step at a time, by the beginning of week 4, October 25, all staff and students will be onsite, reconnecting and celebrating their resilience and safety throughout what has been a challenging period.



Monday October 18th Kindergarten and Year One return

Monday October 25th Years 2 – 6 returns

As described by NSW Health and the Department of Education, there are multi-layers of protection to maximise the health and safety of all onsite. Dr Kerry Chant addressed a webinar for all staff this week in which she commended education on the measures it was taking.

The layers of protection in place include:

- All onsite staff fully vaccinated
- Masks mandated for all adults onsite, both inside and outside
- Masks strongly recommended for all students but not compulsory- GPS
- Student cohorts will have different start, finish, and break times to reduce mingling. No streamed classes will operate. **Please see updated School Operations attached.**
- Increased ventilation in all rooms. Learning conducted outside where possible.
- Additional cleaning onsite every day
- Care taken to remind students to wash their hands and maintain personal hygiene
- Hand sanitiser used on entry at school gates and throughout the day



Monday 11th October 4 - 4:45 pm.

Given the complexity of the many messages and changes related to the staggered return to school, we invite you to a webinar next week. At the webinar we will overview the cohort model, ventilation, and early days back at school. Please access the [link](#) to [add items](#) you would like discussed. Please join us on Monday, 11 October at 4PM

You are invited to a [Zoom webinar](#).

When: Oct 11, 2021 04:00 PM Canberra, Melbourne, Sydney

Topic: Return to school Webinar for families

Please click the link below to join the webinar:

<https://nsweducation.zoom.us/j/68390582196?pwd=WEV3eIZiQ1dUOVI2eGlTSi9oRlkzZz09>

Passcode: 551469

Or One tap mobile :

Australia: +61871501149,,68390582196# or
+61280156011,,68390582196#

Or Telephone:

Dial(for higher quality, dial a number based on your current location):

Australia: +61 8 7150 1149 or +61 2 8015 6011 or +61 3 7018
2005 or +61 7 3185 3730 or +61 8 6119 3900

Webinar ID: 683 9058 2196

International numbers available:

<https://nsweducation.zoom.us/j/68390582196>

Or an H.323/SIP room system:

H.323: 103.122.166.55 (Australia Sydney) or 103.122.167.55 (Australia)

An invitation will also be forwarded early next week to all **Class Parent representatives to join us over Zoom** for an open **Q & A on Wednesday 13th October at 10:00 am**. Please let them know if you have questions or concerns needing clarification. Our Class Parent network have been invaluable and we extend particular thanks to them for their time and community spirit.

Thank you for your participation in the [Learning from Home parent feedback survey](#) last term. The results are attached, demonstrating that together we 'all did our best'.

[Naplan](#) results have arrived and will be posted next week to all families of students in Years 3 & 5. Please contact us with any enquiries.

Staffing news

Congratulations are extended to Ms Hannah Walters on her appointment to the position of School Administration Manager, following a merit selection process at the end of last term. Ms Walters will continue to be an asset to the Office team in her new permanent position.

Angela Kiehne is returning from maternity leave one day a week this term. She will be working in the library with Kindergarten each Tuesday, once face to face learning resumes. Welcome back Angela!

Our priority is always your children and we can't wait to welcome, reorientate, reconnect and support them to join their friends and teachers in safety. Thank you for your wonderful support and significant efforts.

Robyn Scott
R/Principal

COVID Safe Return to School – Ventilation Information

A ventilation audit has been completed for both campuses of Greenwich Public School. The audit has inspected all teaching and learning spaces, both indoors and outdoors, and a report will be provided to the school prior to students return onsite. This report will be communicated to all staff. The audit has included examination of all windows and air conditioning systems and accurate, detailed advice will be received and noted.

The following information has been sourced from:

- NSW Government, Safe Workplaces
- NSW Department of Education
- School Infrastructure and Assets

The main messages are:

- **FLOW not Filter or OPEN a WINDOW:** are the best and most effective methods of ensuring the safest learning environment.
- All NSW classrooms that have cross ventilation average 3.5 – 4 air changes per hour.
- Older buildings with higher ceilings and larger windows can have double that amount per hour. That amount of flow exceeds the level needed to ensure clean air.

- Air purifiers need constant filter cleaning and upkeep and are less effective than cross-flow ventilation
- Split System or ducted air-conditioning can still be used but a cross flow must be maintained. It will minimally impact the efficiency of the units but it will ensure a safe environment.
- To maintain a healthy air quality, all classrooms need to have open windows and door either 1 hour prior to class in the morning or left open for 1 hour after school.

Wellbeing for families during remote learning

Dear Parents/Carers,

You would be aware that yesterday the Premier announced that all students will return to school by October 25, which I expect will be welcome news for many families. It is also expected that many children may be **feeling worried or uncertain** about coming back to school after such a long absence. This is completely normal. There are a few things you can do to help your child over the next couple of weeks **prepare to return to school.**

- **Use a school countdown calendar.** Return dates are difficult for children to understand, so it can help to have a visual countdown of the number of sleeps before school goes back. Printable calendars are attached at the end of this newsletter.
- **Let them know what to expect.** Change is different for everyone, especially children. Discuss or write **social stories** about how the school will look different ([click here for an example](#)). Teachers and some children will wear masks. Year groups will have separate play areas at recess and lunch. Whole-school assemblies will be on hold.
- **Be open to all feelings.** Reassure your child that it is normal to have mixed emotions such as excitement, relief, worry, and anger. Discuss what they are looking forward to and what they are worried about.
- **Re-establish normal routines in the lead up to school.**
 - **The week before:** Return children to their usual wake up and bedtime routines, as well as breakfast and morning snack/lunch.

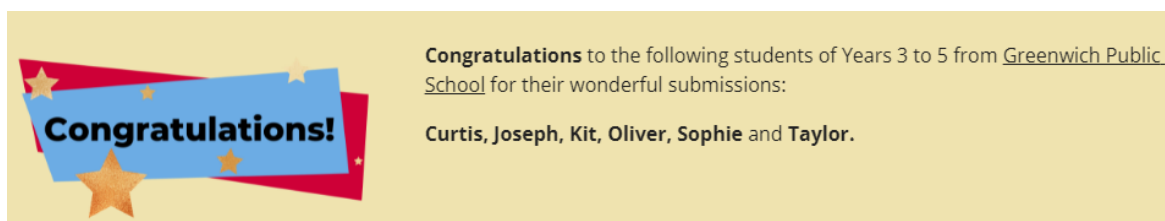
- **The day before:** Involve your child in packing their bag and preparing their uniform - this leaves you plenty of time to notice if anything is forgotten.
- **The morning of:** Allow more time than usual to get ready.
- **Returning to school before siblings.** Younger children returning to school earlier than other family members may feel disappointed or disconnected from siblings who are continuing with home learning. You can help your child by:
 - Normalising their feelings
 - Planning with your child a special activity when they get home from school so that they have something to look forward to
 - Avoid scheduling any 'fun' activities with other family members whilst your child is at school
- **Manage your own anxiety.** It's completely normal to feel anxious yourself. Share your worries with friends. When you're with your kids, do your best to model a 'calm confidence'.

Ms Daisy Collins – School Counsellor

Connections Showcase – 2021 Found Objects



It's with the greatest pleasure that we extend our congratulations to the students of 3/5DC whose artworks were displayed in the Connection Program Digital Showcase.



Student artworks featured as part of the 'Found Objects' collection.

We invite you to take a look at their submission and the submissions from other schools in NSW [using the link](https://shorturl.at/wHY04): shorturl.at/wHY04

Around our School

SUPPORT UNIT – Virtual Athletics Carnival

Last term one of our favourite online learning activities was the virtual athletics carnival. A big thanks to Miss Hockley for organising the day. Please enjoy our video of our students and staff participating in the carnival.



Connect with us

Any feedback you might have about our school is great. Simply email comments to greenwich-p.school@det.nsw.edu.au



Greenwich Public School does not endorse or approve any particular product or service advertised in this newsletter



Coach 2 Cope: Families and Carers

Supporting the mental health and
wellbeing of young people



Are you concerned about the impact mental health has on your children?
Would you like to learn simple ways to respond to young people during times of distress?

EquiEnergy Youth is a charity dedicated to reducing psychological distress, self-harm and the risk of suicide in young people. Our programs aim to connect young people with safe & effective adults with the capacity to effectively respond to them during times of distress and improve mental health outcomes.

As a result of a PhD research project and thousands of hours of clinical experience, Dr Stephen Spencer has developed a simple method to guide adults on how and when to respond to young people in distress to achieve a positive outcome. Steve will coach you on the following;

*A 5 step evidence-based psychological first aid framework (TAR3) for you to follow when responding 'in the moment' to episodes of distress and behavioural challenges. For example, TAR3 is the equivalent of the DR ABC process for responding to first aid.

*Guidance on simple ways you can help young people build coping, resilience and positive help seeking behaviour and the vital role you play in promoting this.

*Context on why child & adolescent mental health occurs and what you can do to improve mental health outcomes for the young people you support.

*Coaching in the use of scripts and engagements strategies to adopt when responding to distress using the TAR3 Psychological First Aid Method.

Live via zoom from 5.30pm to 6.30pm on 13th of October (free for families and carers of the Macquarie Park Network of schools and health services that recently attended our training)

Bookings are essential via this link (please be quick as spots are limited)

<https://www.eventbrite.com.au/e/coach-2-cope-families-and-carers-macquarie-park-network-tickets-187327400297>

We believe in young people. Bringing out their best is what we do.

www.eeyouth.org.au