

Learn to Live

Term 1, Week 10 (3rd April, 2020)

Important Dates:

Please mark these dates on your calendar

APRIL 2020	
Mon 6	Sydney West Soccer CANCELLED
Thu 9	Last day of Term 1
Fri 10	Good Friday - Public Holiday

TERM 2 - APRIL 2020	
Mon 27	Staff Development Day To be advised
Mon 18	P&C Meeting 7pm



Principal: Mrs C Frith

Assistant Principal Stage 1: Mrs N Bridges

Assistant Principal Stage 2: Mrs K Jansons

Assistant Principal Stage 3: Mr P Earl

Notes Home

All notes/information are currently being sent via the School E-news app for each grade.

This will remain into Term 2 until school resumes again as usual



Assembly Dates

Fridays commencing 2pm

TERM 1

20th March

27th March

3rd April

3-6

K-2

K-6

Postponed
until further notice

School Activities Update

Kitchen Garden Classes - Term 1

Monday - 5/6P - 9:30am, 5/6T - 11:30am, 5/6S - 1:00pm



Sport Days - Fridays

K-2 (9.55 - 10.55)

3-4 (12.25 - 1.25)

5-6 (1.55 - 2.55)



PE Days (sports uniform)

Tuesday: 2/3C, 3/4K, 3/4Z, 3/4S, 5/6P, 5/6S, 5/6T

Wednesday: KC, KB, K/1G, 1/2F, 1/2W

Thursday: 1/2H



Library Days

Tuesday: 3/4K, 3/4S, KB

Wednesday: 2/3C, 5/6P, KC

Thursday: 5/6S, K/1G, 5/6T

Friday: 1/2W, 3/4Z, 1/2F, 1/2H

Music

Monday: 3/4Z, 3/4K, 3/4S

Tuesday: KC, 5/6S

Wednesday: 2/3C, 5/6T, 5/6P

Thursday: 1/2H, 1/2F, K/1G, KB, 1/2W



Choir

3-6: Sopranos Tuesday 8:00am, Altos Thursday 8:00am in the Main Hall

K-2: 8:15am Thursdays in the Music Room

Grose Road, Faulconbridge NSW 2776

PO Box 249, Springwood 2777 Phone: 4751 2208 Fax: 4751 3933

Website: <http://www.faulconbri-p.schools.nsw.edu.au/>

Email: faulconbri-p.school@det.nsw.edu.au

Access student portal: <http://portal.det.nsw.edu.au>

Principal's Report

Dear Parents and Caregivers,

SCHOOL WILL REMAIN OPEN UNTIL THE END OF TERM 1.

Latest Update from the Department of Education

In a Livestream with principals yesterday, Mark Scott, Secretary of Education NSW, indicated that he believed our current learning situation will continue into Term 2. He is taking his cue from Mick Fuller (head of State Emergency Operation Centre) who said yesterday that social distancing measures would be in place in NSW for 90 days. This presents challenges for all of us. We will do our best to keep you informed as we receive information.

In the interim a FAQ page and information on the Department's response to COVID-19 are accessible via the link below:

- [For the wider school community](#)

Learning from Home

This week has seen our Learning from Home getting up and running. This is a new way of learning for all of us, and we appreciate your patience as we iron out the bugs in the system.

The students who are attending school are working on exactly the same activities as everyone at home.

Teachers are also busy online, responding to students, marking work and preparing next week's learning. On Monday, for instance, Stage 3 responded to over 400 individual messages online. This does not include emails or phone calls. I am very proud of the teachers, their positive approach to challenging circumstances, changes to how they teach and their continual focus on the children.

We are doing our best to keep ourselves well so that we can continue to provide learning experiences for students. Your contribution to our health and wellbeing

by keeping your children at home where possible, helps us to feel supported in our efforts – Thank You!

ATTITUDE



**e cannot choose our external circumstances,
But we can always choose how we respond to them.**

EPICTETUS

Expectations

We very clearly understand that working, parenting and teaching are three different jobs that cannot be done at the same time. It's not hard because you are doing it wrong, it is hard because it is too much. Do the best you can. In this situation you are the parent, not the teacher. We are asking that you supervise and support, not teach. Keep in touch if it is feeling impossible, let us know so we can support you.

Principal's Report cont'd

If you have to choose what to do, choose connection with your child/ren rather than arguing about a learning activity.

Play a game

- Board games, puzzles and card games allow for interaction and connection.
 - Games like Yahtzee, Boggle, Scrabble, Uno, Dominoes, Connect 4 and Guess Who develop skills of strategy, logical thinking, as well as turn taking and sharing.
 - Jigsaw puzzles develop spatial awareness and attention to detail.

Teach chores

- Simple things like setting the table for a meal or clearing the table after a meal, wiping up dishes or unstacking the dishwasher are achievable for most children if they are taught how to do it. Pulling up the doona or taking rubbish to the bin all help to make everyone feel like they are contributing and that we are helping each other.
- Feeling like you are nagging is never great – using this time to show your child/children how to do something and helping them to achieve it will pay off long after social distancing restrictions are lifted.

Read together

- The best time of all is sharing a story together, not as a reading activity, but as a connecting activity. Reading one chapter a day of a story, finding out what happens next will be something to look forward to.
- Some of my best memories were being read to by my big brothers and in turn reading to my kids. Create a special moment in every day to connect with your child/ren and a story.

A message from our Second Step (Social and Emotional Learning) Program

Each day is great day to learn something new. One thing that we all have in common is that we are all learners. Teachers are currently learning new skills too! We can even learn new skills to help us learn more. The more we practice our learning skills, the stronger our brains become.

There are four skills in Second Step that we focus on to support our learning. They are:

- Listening with attention – when we listen with attention our eyes are watching the speaker, our ears are listening, our voices are quiet, and our bodies are still;
- Focusing attention – when we focus our attention, we use our ears eyes and our brain to take in information;
- Using self-talk – talking to yourself using a quiet voice or in your head can help you to stay on task and focus attention to remember instructions or information;
- Being assertive – means asking for help when you get stuck. Use a calm, respectful voice and look at the person you are speaking to.

All of these skills help to improve in our learning everyday

What does school look like this week?

Here are a few pictures of how we are practicing social distancing in the classroom and the playground to keep everyone safe.



Principal's Report cont'd

Stage 3 in class



Stage 3 lining up at the start of the day



Stage 2 in class



Stage 1 in KC classroom



Stage 3 online learning



Kindergarten doing fitness routine



We will continue to keep you informed as changes happen regarding school. Please stay well, stay safe and practice social distancing so that we can all get through this situation safely.

Mrs Carol Frith - Principal

| NSW Department of Education

An important message about our response to COVID-19

The health and safety of our staff and students is of the utmost importance to our school.

We have implemented a range of measures to help keep our school healthy and reduce the spread of infection and illness. Some simple measures we ask that you adopt include:



Before entering our school

If you have been unwell, with symptoms such as a high temperature, cough, sore throat, and/or shortness of breath, please don't visit our school. Please contact our office to speak to one of our staff.

Ph: (02) 4751 2208



Maintaining a healthy distance

For the health and wellbeing of our staff and students, please stand at least **1.5 metres** apart while waiting in our office. Our visitors are encouraged to wait outside for their turn to speak with our office staff. We are also applying social distancing requirements across all areas of the school as is reasonable and practical.



Increase hygiene practices

We request that all staff, students and visitors follow increased personal hygiene practices through regular and thorough hand washing and coughing or sneezing into your elbow or tissue, and disposing of tissues.



Support for our staff

We appreciate your patience and support while we work together to minimise the impact of COVID 19 in our community.

We know this is a difficult time and we are doing all we can to support our staff and students.

Search Inside the Department for up-to-date information and resources.



Stewart House Donation Drive 2020

Your donation supports the 1,700 children who attend Stewart House each year from public schools across NSW and the ACT.

“Stewart House was one of the highlights of my teenage years and I met so many people I am still friends with today. The dedicated staff that run this program are amazing.”

- Past student, Facebook review 2/10/2018

NSW Public Education's
Charity of choice

Win a \$4,000 holiday to a destination of your choice

- Place a \$2 coin or equivalent in this envelope
- Complete entry details on the back
- Return to your school to be eligible for the draw



All entries must reach Stewart House by Friday 29th May 2020
in time for the draw at 12pm on this date

Please keep a look out for your Stewart House envelope! Students will come home with one soon.

Simply put \$2 in the envelope, fill out your details and return it to the school office.

You could win a holiday worth \$4000 PLUS you'll be supporting Stewart House.



Nutrition Snippet

The simplest way

... to eat more vegetables.

Legumes such as chickpeas, lentils, kidney beans and baked beans all count as vegetables.



Include legumes in your diet:

- Eat hummus as a snack
- Eat baked beans for breakfast

Visit healthylunchbox.com.au for more ideas, recipes and blogs.

healthylunchbox.com.au



SWOT

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Andrew McLeod

Accredited Club Professional NSW TCA
Coach

Previously coached in USA and Germany

Qualified PDHPE Teacher

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