

Preston West Post

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Preston West Primary School Newsletter

Friday 17th April 2020

IMPORTANT DATES

Term Dates

Term 2 Wednesday 15th April – Friday 26th June

Term 3 Monday 13th July – Friday 18th September

Term 4 Monday 5th October – Friday 18th December

Principal's Note

Term 2 Update

I hope families enjoyed some quality time together over the holiday break. I would like to thank our community once again for your support during these challenging and uncertain times. Our priorities heading into Term 2 continue to be the health and safety of students, staff and the community and the continuity of learning and I greatly appreciate everyone's efforts towards these goals.

Staff released our flexible and remote learning from home programs on Wednesday morning, which included a combination of literacy, numeracy and integrated tasks for students to complete daily. Please note we are very aware families are in different situations and whilst we encourage students to complete learning tasks sent, it is not an expectation that everything is completed. We are not wanting to place additional expectation and pressure on parents/carers during this time. In addition to the tasks that have been sent we encourage regular reading, writing, Mathletics and Reading Eggs/Express. Our specialist staff have also sent weekly tasks in Italian, Physical Education, Music and Art.

Feedback from your child's teacher will be provided to students who send work to their teacher. Please note that staff can be emailed with questions/clarifications by parents and students and are officially on duty during business hours. Please note I have a small number of staff onsite each day supervising students whose parents work in essential services, so there may be days in which teacher correspondence will be delayed.

Can I please encourage parents not to come on to the school site unnecessarily. We are endeavouring to reduce the numbers of people we have on our premises. We will continue to update our community via Compass with any Covid 19 updates and other important information.

My main advice to parents/carers for remote and flexible learning is to set up a daily routine, create a shared and comfortable workspace and promote an encouraging and supporting learning environment. Can I say a big thank you once again to our families, who are collaborating with us to provide the best opportunities.

Congratulations – Elizabeth Ilia

Special congratulations to Elizabeth Ilia and her partner on the birth of their baby girl Quinn Jean Costin on the 28th March. On behalf of the community I congratulate Elizabeth and I know she will visit the school with Quinn later in the year.

Prep Enrolments 2021

We had numerous phone calls and visits last term from prospective Prep enrolments for 2021. Due to the current state in Victorian schools we have cancelled all the scheduled school tours for this term. We will reschedule school tours for next term and they will be posted on our website in the upcoming weeks. Application forms for next years Prep intake are available on our school website. At present we are endeavouring to reduce the number of people on the school premises, so application forms and additional documentation can be email through to the school.

Privacy – Personal Information

Our school collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the Schools' Privacy Policy (<https://www.education.vic.gov.au/Pages/schoolsprivacypolicy.aspx>). Please take the time to read our schools collection statement which can be found on Compass. For more information about privacy, see: Schools' Privacy Policy – information for parents (<https://www.education.vic.gov.au/Pages/Schools-Privacy-Policy-information-for-parents.aspx>). This information is also available in nine community languages.

Commitment to Child Safety

Preston West Primary School is committed to the safety and wellbeing of all children and young people. This will be the primary focus of our care and decision-making. Preston West Primary School has zero tolerance for child abuse.

Preston West Primary School is committed to providing a child safe environment where children and young people are safe and feel safe, and their voices are heard about decisions that affect their lives. Particular attention will be paid to the cultural safety of Aboriginal children and children from culturally and/or linguistically diverse backgrounds, as well as the safety of children with a disability.

The schools approach to creating and maintaining a child safe school environment is guided by our philosophy and values. Our vision is 'Preston West Primary School is committed to providing a learning environment and educational programs which will motivate, challenge and support students to become life long learners. The school aims to maximise student potential in a safe and caring community in which academic achievement, positive self-esteem, cultural diversity and the rights of all are highly valued and respected'. Our mission is 'Preston West Primary School aims to provide a safe, stimulating and supportive environment that develops all students to their full potential – academically, socially and personally. We instil in children a lifelong love of learning'. We know children can struggle to achieve their personal best if they are not safe from abuse.

At this school our values guide the decisions and behaviours of all members of our school community.

The school values we promote at Preston West Primary School are:

L	Leadership in our actions and behaviour. As exemplary leaders we demonstrate responsibility fairness, kindness, honesty, loyalty and cooperation with other students, teachers and parents within our school environment and in our community.
E	Excellence in our learning and interactions with other people. We strive to achieve high expectations in our daily learning endeavours and celebrate our successes. We demonstrate fair play and encourage the achievements of others.
A	Acceptance of others. We understand and celebrate the array of abilities, backgrounds, beliefs and opinions of other people. We value our rich multicultural community and acknowledge our diversity is our strength.
R	Respect for ourselves, other students, teachers, our parents and the wider community. We value and acknowledge every person as an individual who deserves to be treated with appreciation and dignity. We respect the work, ideas and belongings of others.
N	Never giving up on ourselves or others. We demonstrate persistence and resilience in the pursuits of higher learning and to become well rounded individuals socially and emotionally. We also show support, helpfulness and care for others and to assist them in the attainment of their goals.

If there are any concerns or questions regarding Child Safety procedures, please see the Cheryl Bondeson (Principal) or Mark Ross (Assistant Principal).

Acknowledgement of Land

Preston West Primary School acknowledges the Wurundjeri People of the Kulin Nation as the Traditional Owners and Custodians of the land on which our school is situated. We pay our respects to their Elders both past and present.



Cheryl Bondeson

Student Health and Wellbeing Services

The Headspace and Reach-out pages below have great information on looking after yourself at this time.

KidsHelpline

<https://kidshelpline.com.au/kids>

KidsHelpline

Talk directly to a counsellor
1800 55 1800

HeadSpace

<https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>

Instagram

Follow: kidshelplineau

Smiling Mind App

for Mindfulness

Life in Mind

<https://www.lifeinmindaustralia.com.au/support-for-those-impacted-by-adverse-events/mental-health-support-for-covid-19>

Beyond Blue

<https://www.youthbeyondblue.com/>

eHeadspace

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

Reach Out

<https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus>

LifeLine

13 1114

Coronavirus Information

National
Coronavirus
Helpline

1800 020 080

Health Direct

<https://www.healthdirect.gov.au/coronavirus>

health.vic

<https://www2.health.vic.gov.au/>

Australian
Government

<https://www.dese.gov.au/news/coronavirus-covid-19>

Coronavirus (COVID-19) Mental Health and Wellbeing Support

The COVID-19 outbreak may generate a range of impacts on community and individual mental health and wellbeing.

This may include preoccupation with specific details related to COVID-19 in addition to increased anxiety, stress or worry within individual families and communities.

The impact of COVID-19 on mental health and wellbeing may also extend to those who experience quarantine or self-isolation.

To support the community during this period, Preston West Primary School is distributing supportive information mainly compiled by the *Life in Mind* team at Everymind. This team has worked with the suicide prevention and mental health sectors, and in collaboration with the National Mental Health Commission to provide a comprehensive list of resources to support those affected.

Supportive Resources

GENERAL

Australian Government Department of Health

Summary: Up-to-date information about monitoring and responding to the outbreak, the latest official medical advice and case numbers.

Link: <https://www.health.gov.au/news/health-alerts/novel-%20coronavirus-2019-ncov-health-alert>

Australian Psychological Society (APS)

Summary: Tips for coping with coronavirus anxiety and managing your mental health during social isolation.

Link: <https://www.psychology.org.au/COVID-19-Australians>

Beyond Blue

Summary: General advice for adults looking after their own mental health including how to support children and young people during the coronavirus outbreak.

Link: <https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>

Butterfly Foundation

Summary: COVID-19: Tips and advice for people with an eating disorder

Link: <https://thebutterflyfoundation.org.au/covid-19>

Lifeline: Crisis Support and Suicide Prevention

Summary: Crisis phone and online support. General mental health and wellbeing support information during the Coronavirus COVID-19 outbreak.

- 131114 will continue operating 24 hours a day, 7 days a week
- Lifeline Text 0477 13 11 14 will continue to operate 6pm – midnight (AEDT), 7 nights a week
- Lifeline webchat will continue to operate 7pm – midnight (AEDT), 7 nights a week

Link: <https://www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

World Health Organisation (WHO)

Summary: Myth busting COVID-19 misinformation

Link: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

Phoenix Australia

Summary: Coronavirus (COVID-19) Tips for Self-care and Families.

Link: <https://www.phoenixaustralia.org/wp-content/uploads/2020/03/Coronavirus-Families-tip-sheet.pdf>

Reachout

Summary: Talking to your teen about coronavirus.

Link: <https://parents.au.reachout.com/>

VIDEOS

Talking to kids about scary stuff in the news

https://www.youtube.com/watch?v=r_URnXXK4Ag

Talking to children about natural disasters, traumatic events, or worries about the future

<https://vimeo.com/394049129>

YOUTH SPECIFIC

Headspace

Summary: Youth-friendly information on how to cope with stress related to Novel Coronavirus (COVID-19)

Link: <https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>

Printable factsheet: <https://headspace.org.au/assets/Uploads/headspace-Fact-Sheet-Coping-with-COVID-19-Stress-v1.pdf>

Reachout

Summary: General and Covid-19 specific youth-friendly information and tips for self-care and wellbeing.

Link: <https://au.reachout.com/collections/coping-during-coronavirus>

Kids Help Line: 1800 551 800

FAMILY AND DOMESTIC VIOLENCE SUPPORT SERVICES

If you or your family are in danger, call 000 immediately.

1800Respect: National Sexual Assault, Domestic Violence, Family Violence Counselling Service

Helpline: 1800 737 732

Website: <https://www.180orespect.org.au/>

Safe Steps: Family Violence Response Centre (Vic)

Crisis line: 1800 015 188 (24/7)

Website: <https://www.safesteps.org.au/>

Men's Referral Service

Helpline: 1300 766 491

Lifeline

Crisis Line: 131 114 (24/7)

Website: <https://www.lifeline.org.au/>

Relationships Australia:

Help line: 1300 364 277

Website: <http://www.relationships.org.au/>

NATIONAL CRISIS SUPPORT NUMBERS FOR INDIVIDUALS AND COMMUNITIES

Lifeline: 13 11 14

Suicide Call Back Service: 1300 659 467

Kids Help Line: 1800 551 800

Mensline Australia: 1300 78 99 78

Beyond Blue: 1300 22 4636

GriefLine: 1300 845 745

PARENTS/GUARDIANS WORKING FROM HOME

Ahead for Business

Summary: Support for small businesses affected by adverse events

Link: <https://aheadforbusiness.org.au/about/support-in-adverse-events>

Roses in the Ocean

Summary: Tips for working from home

Link: <https://rosesintheocean.com.au/wp-content/uploads/2020/03/Working-from-Home-Tips.pdf>

GENERAL OFFICE INFORMATION

CAMPS, SPORTS and EXCURSIONS FUND (CSEF)

The Camps, Sports and Excursions Fund help ensure that no student misses out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their achievements.

CSEF will be provided to eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

How to Apply: Contact the school office to collect a CSEF application form as submit by 19th June 2020.