

Preston West Post

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www.prestonwest.vic.edu.au

Preston West Primary School Newsletter

Thursday 26th March 2020

IMPORTANT DATES

April

Tuesday 14th

Pupil free day

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

Coronavirus Update

As a school community our aim over the past few weeks has been to continue our business as usual approach and promote a sense of calmness in what can only be described as challenging and uncertain times. At this time our priorities are the health and safety of students, staff and the community and the continuity of learning. Thank you for your continued support during this time of significant challenge. In the last week of term the staff continue collaborating to design a curriculum for flexible and remote learning at home. We are designing a combination of literacy, numeracy and integrated studies tasks for children to complete daily. Staff will utilise the pupil free day on Tuesday 14th April to finalise the curriculum. **In a climate where expectations and guidelines are changing rapidly we will be prepared to have flexible and remote learning ready to go for your children at 9am on Wednesday 15th April if our school continues to be closed.** You would have received notification yesterday on how each area team in the school will be delivering its curriculum.

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 will be sent we encourage regular reading, writing, Athletics and Reading Eggs/Express. Our specialist staff will also be sending 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 via Compass but officially are on duty during business hours.

The Department of Education and Training have increased our school cleaning to promote a clean and hygienic environment. Commencing Monday 23rd March we have had daily access to a cleaner during the school day with a focus on 'high touch' areas e.g. toilet and bathroom fixtures, door and door fittings, appliances, waste bins, drinking troughs and fountains.

Special thanks to the staff who over the past few weeks have had a significant increase to their workload to implement the precautionary measures and plan a quality home learning program in the event that Preston West P.S. closes. I also thank our parent body for their ongoing support and encouraging words throughout these uncertain times. We will continue to update our community via Compass.

The school saying with our students is 'Preston West is the Best' and this has certainly been highlighted as a community over the past few weeks. I wish our families and wider community a safe and happy holiday period.

End of Term Thank You

Thank you to the school community for your support throughout Term 1. It's certainly been a productive, hardworking term for the staff and students and numerous special events have added much excitement and many special memories. I would especially like to thank the staff who have been wonderful and have worked hard to deliver quality class programs. I wish everyone a safe and happy holiday period.

Annual Report

Last week our 2019 Annual Report to the school community was tabled and discussed at School Council. The student outcome data that was generated last year was extremely pleasing and something as a community we should be very proud of. The report outlines our achievements in 2019 in regards to student learning, engagement and wellbeing. The Annual Report also provides a short summary of the future direction of the school, including our strategic work in implementing the Department of Education and Trainings Framework for Improving Student Outcomes (FISO). The Annual Report for 2019 will be available for parents/carers to view on Compass and our school webpage next term.

Term 1 Highlights

As we conclude Term 1, I am reflecting on some of the special moments that have occurred this term:

- The manner in which the children have settled and the excellent work routines and standards that have been established.
- Terrific results in Departmental and school based testing acknowledging pleasing improvements in student outcomes.
- Quality programs operating across the school, which challenge students to strive towards achieving their full academic and social potential.
- The conversations, hard work and terrific role modelling shown by our school student leaders.
- The engaging thematic units of work being conducted in the classrooms throughout the term reflecting the Victorian Curriculum. The delivery of additional programs in Italian, Art, Music, Physical Education, English as an Additional Language and Intervention/Support. Bounceback continues to be taught across the school and the Respectful and Responsible Learners initiative has been successfully implemented in its second year.
- Watching the students' spirit of cooperation and fair play when in the yard and classrooms.
- The active participation of students in interschool sport and their excellent behaviour, teamwork and improved skills. Excellent attendance at after school interschool sports practice and the success of our swimmers at the school and district swimming competitions.
- Fantastic support from the parent community – Prep reading, Guided Reading in Grade 1/2, School Council, Fresh Fruit Friday, school sport, excursion attendance and Parent's Club.
- High quality of homework and projects being completed by the students.
- Delivery of a successful Before and After School Care Program which is held in high regard by those in attendance.

The school as a whole has had a great start in 2020 and I look forward to the achievements and highlights we can produce together throughout Terms 2 to 4. Please be assured that whilst it is difficult to predict what next term will look like as a community and school, the staff are committed to the continuity of learning. Please refer to the following few pages which gives information on student health and wellbeing services and information on looking after yourselves at this time.

Cheryl Bondeson

Student Health and Wellbeing Services

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

Kids Helpline

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

Kids Helpline

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/article/s/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 High 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>

WELCOME TO PARENTS GROUP

FRESH FRUIT FRIDAY

NO FRESH FRUIT FRIDAY UNTIL FURTHER NOTICE

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.

Community News



OPEN DAY APRIL 22ND

Book for an information session at 4.30 or 6.30pm
<https://www.trybooking.com/BILTS>
School Tours run by students at 9.30am and 11.30am

- ENHANCED CURRICULUM PROGRAM
 - DANCE, ORCHESTRAL & CHORAL MUSIC
 - PHILOSOPHY, ROBOTICS & STEM
 - FRENCH & MANDARIN CHINESE
- LEAD - EXPLORE - INSPIRE**

Pascoe Vale Girls College invites prospective students and parents to attend our Open Day on Monday 20th April 2020

Information Sessions followed by tours of the College will be held at the following times:

Morning: 9.00am – 10.30am
Evening: 7.00pm – 8.00pm

Parents and children only need to attend one session. There is no need to register attendance.

APPLICATIONS NOW OPEN: YEAR 7 SEAL PROGRAM 2021

The SEAL Program provides differentiated teaching and learning that meets the needs of gifted and talented learners. The Program provides stimulating learning experiences that challenge, extend, and develop the gifts of students by offering acceleration and enrichment. SEAL students will study faster paced curriculum and have the opportunity to study concepts in greater depth. There is a greater emphasis on higher order thinking and learning skills and independent learning and research.

The SEAL program is suited to students who are capable of studying curriculum at a faster pace, have a strong passion for learning, are capable of working independently, enjoy intellectual challenges and have superior problem solving abilities.

Visit the College website for further information and to apply for the SEAL program:

www.pvgc.vic.edu.au

If you are unable to attend our Open Day sessions, the College also conducts tours with the Principal or an Assistant Principal throughout the year. Bookings can be made by contacting the College on **9306 2544** or online through the College website at **www.pvgc.vic.edu.au**