

## VISION STATEMENT

Create a vibrant learning community where lives are transformed and individuals inspired to achieve beyond what they ever believed possible

**ATHOL ROAD  
PRIMARY SCHOOL**

9<sup>th</sup> SEPTEMBER 2020

# NEWSletter

**BULLYING IS NOT ACCEPTABLE AT ARPS!**

## SPECIAL INFORMATION AND CALENDAR EVENTS

### 2020 TERM 4 DATES:

5<sup>th</sup> October – 18<sup>th</sup> December

**School starts at 8.50am for students attending onsite learning. Parents must drop children at the front gate where they will be temperature checked before being allowed to walk to the admin building where remote learning is taking place.**

**School finishes at 1.00pm for onsite learners.**

**School finishes at 3.30pm for students whose parents have completed the necessary paperwork required for approval as working parents.**

**Parents must wait behind the barrier on the grass, not the path please**

**Where students will be remaining at school with special permission after 3.30pm, parents must sign them out from Club (up to 3 children only).**

**PLEASE STAY SAFE!**



## From the Principal's Desktop

### END OF TERM 3

Term 3 finishes on Friday, 18<sup>th</sup> September. Students and staff will be on holidays from Monday, 21<sup>st</sup> September until Friday, 2<sup>nd</sup> October. Teachers will be providing a well-being grid of activities for those students who would like to complete some activities from the grid – these are optional activities.

### TERM 4 ARRANGEMENTS

The only thing the school knows at this point in time is that:

- ALL students learning at school will continue to learn at school during the first week of Term 4, from Monday, 5<sup>th</sup> to Friday, 9<sup>th</sup> October, supervised by school staff
- ALL students learning remotely will continue to learn remotely during the first week of Term 4 from Monday, 5<sup>th</sup> to Friday, 9<sup>th</sup> October
- Foundation – Year 2 students and teachers will return to onsite learning from Monday, 12<sup>th</sup> October. You will be advised of the special arrangements through the Sentral Parent Portal
- Year 3 – 6 students and teachers will continue with remote learning until further information is available

I will keep you apprised as further information becomes available from the Department of Education and/or the government. Until then PLEASE keep supporting your child/ren with their learning as you have done over this term. Teachers cannot do this alone – they depend on your support, just like your child does.

### KINDERGARTEN

The 3 and 4 year old kindergarten programs will return to normal on Monday, 5<sup>th</sup> October. All staff will be onsite to complete the very important work of preparing 4 year old children for school and 3 year old children for 4 year old kindergarten. It is important that children attend to ensure their readiness for the next important steps in their learning.

### SCHOOL GROUNDS

Even though there are very few students onsite, improvements continue on the school grounds to ensure the safety of everyone who comes onto our school site:

- New poles, tyre stoppers and chain have been installed in the visitor and disabled parking spaces
- Tiling around the big trees outside the Year 3 – 6 learning space and gazebo have been lifted, tree roots removed and the tiles replaced to ensure even ground
- Bushes have been trimmed ready for the Spring growth and overhanging tree branches removed and spouting cleaned
- The kitchen garden is undergoing a massive cleaning up job ready for spring planting when students return
- Rotting wooden window sills have been replaced in the kindergarten ready for the external paint which is scheduled over the school holidays to freshen the exterior of the kindergarten
- Moss and weeds on the front oval have been sprayed

*A school where 'Every minute matters'*

## Aussie of the Month

**CONGRATULATIONS** to Angelina Kham in Year 4 who has been named Aussie of the Month for September. Great work, Angelina!



When children have anxious thoughts or feelings, a common response from the adults in their lives is to step in and solve the problem.

By helping children avoid scary situations, we can be reinforcing their anxiety while also causing our children to miss out on opportunities to develop coping skills and prove to themselves they can deal with the anxious thoughts when they arise.

# THIS TOO SHALL PASS...

## HELPING CHILDREN DEAL WITH FEELINGS OF ANXIETY

### 4 strategies to try when your child is feeling anxious:

1. Encourage your child to take **3** slow, deep breaths to calm the physical effects of anxiety.
2. Ask your child to tell you what is worrying them, either verbally or through drawing a picture.
3. Help them to challenge the scary thought with facts. For example, we know that crocodiles can't survive under our beds.
4. Remind them of times when they've dealt with similar issues in the past and how things worked out okay.

Remember, the goal for most children isn't to eliminate anxiety completely. It's really about giving them the skills to manage anxiety so it doesn't get in the way of enjoying life.

If worry and anxiety are causing difficulties for your child, please make an appointment to either speak with the school social worker, your family doctor or see the link below for more information:

<https://healthyfamilies.beyondblue.org.au/age-6-12/mental-health-conditions-in-children/support-options-for-children>