

# Newsletter



## EN AVANT – GO FORWARD

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Email: [bateaubay-p.school@det.nsw.gov.au](mailto:bateaubay-p.school@det.nsw.gov.au)  
School P&C Meets on the second Tuesday of month during school term. All members of the school community are invited to attend.



### Upcoming Events...

Mon 27 Apr	Staff Development Day
Tue 28 Apr	Term 2 Commences Online learning Essential workers students return*

**PLEASE NOTE THAT ALL DATES ARE SUBJECT TO LATE CHANGE**

## NEWSLETTER REPORT TERM 1 WEEK 9, 10 & 11

### PRINCIPAL REPORT

Wow!!!!!! What a term! It's with so much mixed emotions that I write this newsletter. This will be my last communication to you as Principal of this fantastic school before Mr Graham takes over next term and to say that the term hasn't been exciting would be a lie. To begin with I wish to thank the brilliant staff here at Bateau Bay PS. All staff have supported me this term and followed me with professionalism particularly under extreme pressure. From 10 weeks ago to now the journey we have taken together has been nothing short of crazy yet very satisfying, Thank you. I want to say thank you to the community, the many people who I have spoken to who have offered support has been overwhelming. Lastly, I want to thank the amazing students. I have missed you all over the past few weeks. Seeing you each day was my highlight. Getting to know the many students I met and see you progress in the beginning part of the term is the reason why I became a teacher many years ago. Good luck over the next period and well into the future.

Bateau Bay, like all schools across the region, State and Country, have changed immensely in the past month. COVID-19 has changed so many things in society but as a school community we have tried to adjust as best we can so that your children's education is not adversely affected by the current situation. In planning for the past 3 weeks and looking forward, staff have considered the many different situations and students we have at Bateau Bay to design a program that is diverse, engaging and fun whilst assisting students to complete meaningful tasks to assist their education. We acknowledge that the program is not perfect but we feel this program will address the needs of all students in a variety of ways. It is vital to note, staff have designed the

current learning program with the skills and technology available, knowing our community well. Our program will be different to all other local schools, please do not compare our program with other local schools or schools seen on the internet. If you have suggestions for staff please let us know through the Gmail accounts.

## EASTER BREAK

The next two weeks are Easter Holidays term 1 holidays. Traditionally many families use this time to get away, to replenish and recharge for the upcoming term. Unfortunately, we have been told that the next two weeks are NOT a time for holidays, rather a time to stay home and stay safe. As a school we are NOT going to be setting any formal work for children to complete. We will publish some ideas that families can do whilst staying at home but no work will be set.

## TERM 2

At this stage Term 2 will start similar to how Term 1 has concluded. 'Distance Learning, supported by all teaching staff with limited supervision offered at school for essential workers'. Staff are planning to deliver a distance learning program for all of Term 2 unless directed otherwise. Staff will continue to develop units of work, these will be uploaded to the school webpage, <https://bateaubay-p.schools.nsw.gov.au/> > **Distance Learning> Stage links**. Any parent that needs support are asked to contact the school. The best way to contact the school is the Stage Gmail accounts (listed below) or phone.

Bateau Bay Staff have endeavoured to streamline all activities so that families can access resources easily. By streamlining activities, we have endeavoured to have a theme across the school. The first theme topic will be 'Animals'. The idea is that families can use one resource for all students i.e. Documentaries and webpages- Australian Reptile Park, Taronga Zoo etc. to support learning.

## TERM 2 STAFFING AND LEADERSHIP

As stated in the last newsletter Mr Peter Graham will be starting at Bateau Bay PS as the new Principal. Mrs Heather Towns will also be joining the leadership team starting in term 2.

## COMPLETING WORK

The work that staff have set is a guide to supporting parents whilst working at home. It is not expected that all work is completed. We have provided the matrix with a variety of activities to support the many learning styles and interests for all students. We encourage students to do what they can, it is not expected that all work is completed.

## READING

In response to this new delivery of education, Bateau Bay PS have purchased a 12-month subscription to an online reading website for all students K-4. Staff will be contacting families early next term to discuss with families how to log on and use this resource next term.

## CONTACTING THE SCHOOL

Just a reminder that if parents have any questions to email the below email addresses.

[kindergartenbbps@gmail.com](mailto:kindergartenbbps@gmail.com)

[year1bateaubayps@gmail.com](mailto:year1bateaubayps@gmail.com)

[year2bateaubayps@gmail.com](mailto:year2bateaubayps@gmail.com)

[year3bateaubayps@gmail.com](mailto:year3bateaubayps@gmail.com)

[year4bateaubayps@gmail.com](mailto:year4bateaubayps@gmail.com)

[year5bateaubayps@gmail.com](mailto:year5bateaubayps@gmail.com)

[year6bateaubayps@gmail.com](mailto:year6bateaubayps@gmail.com)

*Richard Metcalf*  
*Relieving Principal*

**Protect yourself from viruses**

-  **Clean** your hands with soap and water, or hand sanitiser.
-  **Cover** your nose and mouth when you cough or sneeze.
-  **Avoid** close contact with anyone with cold or flu-like symptoms.
-  **Stay home** if you are sick.

 **Find the facts**  
[health.nsw.gov.au/coronavirus](https://health.nsw.gov.au/coronavirus)



# 65 FUN THINGS TO DO WITH KIDS AT HOME



1

Count all the light switches in your house. How many are on and how many are off?

2

Learn a short passage from your favourite book off by heart. Perform it for the people in your house.

3

Build a blanket cubbyhouse. Draw up a plan for your cubbyhouse and create a list of the items you will need.

4

Write a letter to a friend or family member you haven't seen in a while.



5

Go on a nature scavenger hunt outside and sketch each item on paper.

6

Build an outdoors obstacle course for your family. Draw up a plan and create a list of items you will need.

7

Find different 3D objects around the house and draw them on paper.

8

Play hide-and-seek as a family.

9

Dress up and perform a play for your family.



10

Go on an alphabet scavenger hunt. Can you find an object that starts with every letter of the alphabet?

11

Do some mindful colouring as a family.



12

Cut out letters from a magazine to make your name.

13

Create a colour wheel by cutting out bits of coloured paper from a magazine.

14

Using the food you have at home, create a dinner menu. Try to include descriptive language that will make your menu sound delicious!

15

Use items found in your garden to make nature faces.

16

Create a musical instrument from recycled items you find around the house.

17

Draw a maze with a start and end point, and ask each family member to try to navigate it.

18

Organise the books on your bookshelf into rainbow colours or alphabetical order.



19

Learn magic tricks and perform a magic show for your family.

20

Teach your family how to create some origami.

21

Start a gratitude journal. Every morning when you wake up, write about something you are grateful for.

22

Interview members of your household, or your grandparents, other family, or friends on Skype and record what they are thinking.

23

Play book bingo! Make a list of common words for each family member and see who can find them the fastest on the titles in your bookshelf.

24

Create a Joy Jar. Each day, write a sentence on a piece of paper about what made you joyful that day

25

Start a squiggle on a piece of paper and place it on the fridge. During the day, family members take turns to add a little more squiggle to the picture.

26

Paint the driveway, fence or deck with water – or with paint if you are allowed.



27

Design a piece of furniture built from paper straws, masking tape, cardboard and a hole punch.

28

Use sidewalk chalk on the driveway to create a hopscotch pattern or to draw an obstacle course.

29

Have some messy fun, using shaving cream and food colouring on a tray.

30

Create a dinosaur city from sticks, dirt, rocks and whatever you can find outside.



31

Learn Morse code and use it to communicate to your family members.

32

Sit quietly and write about what you can hear, smell, see, touch and taste.

33

Graffiti your fence with uplifting messages or bright artwork in chalk.

34

Write a short story that includes a giraffe, a panda and a yoyo.

35

Have a paper-plane flying competition!



36

Stick masking tape to the floor to create a racetrack around the house!

37

Do some cloud-spotting! Write about or draw the different shapes you can see.

38

Have an online playdate with a friend, using Skype, Zoom, Google Hangouts or Facetime.

39

Transform an empty shoebox into a setting from one of your favourite storybooks.

40

Draw a floor plan of your bedroom and show the outlines of all of your furniture.

41

Design your 'dream house' floor plan, complete with measurements.

42

Collect 10 different leaves on an afternoon walk and put them in order from darkest to lightest.

43

Use bark or leaves to create a rub picture.



44

Choose a famous person to research.

45

Play a board game.

46

Sort your toys into groups. Get people to guess which sorting rule you used.

47

Learn to say the alphabet backwards.



48

Play a game of charades with your family.

49

Make up a dance routine to go with your favourite song.

50

See who can build the largest structure using a deck of cards.

51

Pick an exercise move for each number on a dice. Take turns rolling the dice for some movement fun!

52

Paint some rocks and create a kindness garden in your backyard.

53

List all the different colours you can see outside, and tally how many items you can see in each colour.

54

Using recyclable items, design and create a boat that can float on water.

55

Learn how to read a map.



56

Hide some 'treasure' and create a treasure map for someone in your family to follow.



57

Make your own pet rock.

58

Play a game of I Spy.



59

Go on a bug scavenger hunt around the yard. Take photos of interesting bugs you see.

60

Explore the world with Google Earth.

61

Learn about a famous artist and use their art as inspiration for your own creation.

62

Construct your own sundial.

63

Learn the alphabet in sign language.

64

Learn how to say hello in 5 different languages.

65

Make some homemade playdough.

# Reassuring your children about the unknown

## Information for parents during COVID-19



### What this fact sheet covers:

- How to talk about the situation
- Strategies to reduce anxiety
- Tips to support wellbeing
- Seeking additional help

### Introduction

It's not just adults worrying about COVID-19 and the day-to-day changes around the situation. As parents, it is important to listen to the questions coming from your children so you can offer clear and honest answers.

It's also OK to admit that you may not know the right answers rather than pretending to have the correct response.

Children will be picking up information from their peers, the media, and what they are observing in the outside world.

It is the role of parents to communicate openly with their children in a way that does not exacerbate any feelings of anxiety, and to tailor information to their kid's age and developmental stage so they can be sure it is understood.

### Talking about COVID-19 with your children

- 1. Speak to them calmly and openly.** Don't shield them from everything but at the same time choose your words carefully. Saying that it is a 'pandemic never seen before in our lifetimes' does not help to calm your child.
- 2. Encourage them to ask questions.** Curiosity at this time is natural and it is a good sign if they are wanting to find out more.
- 3. Ask them what they know and what they are worried about.** Agree with them if you have the same concerns but also offer reassurance and set up a plan to help deal or cope with that worry.
- 4. Reassure them it's normal to be worried.** Both children and adults have worries about COVID-19 and most people are feeling concerned.
- 5. Provide reassurance that as young people, they are relatively safe.** Current data suggests that young people are less likely to catch the virus than others, and even if they do, they



are unlikely to get very sick or go to hospital.

**6. Let them know that you will be available.**

You will be there to talk to them about their worries whenever they would like to and if they think of questions after your chat, they can ask them anytime.

**7. Identify other responsible adults in their life.**

If you aren't there to field any questions they may have, it is reassuring for them to know they have other adults they can approach.

**8. Get the right information.** Choose one reputable website to get your information from (such as the Department of Health) and resist temptation to look at more sensational sources.

**9. Let them know about family plans.** Share what you are doing and plan to do to keep their family safe. Encourage regular safe contact with loved ones, e.g. video chat with grandparents.

## **Practical strategies to reduce COVID-19 related anxiety**

Provide a sense of control by discussing and implementing practical steps your child can take to stay safe.

These may include:

- Regular handwashing for 20 seconds. They can sing 'Happy Birthday' through twice to get the right length of time.
- Cough and sneeze into elbows. For younger kids tell them to pretend to be elephants as they do it.
- Give them new chores so they feel able to help keep control. Things like cleaning areas at home each night or helping to prepare food will give them a feeling of responsibility.
- Limit unhelpful or excessive media exposure which can often increase anxiety.

## **General tips to support wellbeing**

- Remaining active is very important for mental health and wellbeing. Many school sporting competitions have been postponed and substitute activities like going outside for walks or doing online exercise programs like yoga or zumba are great options
- Make sure you join in with their fun. It can be hard if you're not feeling well yourself or if you're having to make lots of decisions about changing your routine, but remember your child is looking to you to know how to behave. Show them there is still time for fun.
- Encourage communication with friends using virtual formats when face-to-face isn't an option.
- Develop a plan with your child about their schooling over the coming weeks. This will need to be done in collaboration with their schools, but it will be reassuring for them to know that there is a plan, even if it needs to be adapted at a later date.
- Help your child to get enough sleep. You can do this by limiting the use of screens late in the evening and encourage your child to start a wind down routine about an hour before they go to bed. This helps them prepare their body and mind for sleep.

## **Seeking additional support**

If your child or teenager is experiencing anxiety that is very distressing to them or interfering with their ability to function, it is important to seek additional support. There are digital tools and helplines listed at the end of this fact sheet that you can recommend.

If you are struggling with anxiety yourself, you can find more information [here](#).

If you have significant concerns about your child and want some professional help, you can



get a referral to a psychologist or mental health professional through your GP.

It's best to contact your GP over the phone first and they will let you know how to proceed. Many psychologists are now offering their services using tele-health or online communications.

## Helpful resources and online tools

### Bite Back

[biteback.org.au](http://biteback.org.au)

### Kids Helpline | 1800 55 1800

[kidshelpline.com.au](http://kidshelpline.com.au)

### Beyondblue | 1300 22 4636

[beyondblue.org.au/get-support/national-help-lines-and-websites](http://beyondblue.org.au/get-support/national-help-lines-and-websites)

### eHeadspace

[headspace.org.au/eheadspace](http://headspace.org.au/eheadspace)

### Brave online

[brave-online.com](http://brave-online.com)

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nathalie.roy@lcclubs.com.au  
www.lcclubs.com.au




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