



Black Swan News

Grahamstown Public School



29 Hastings Drive, Raymond Terrace 2324. Phone – 02 4987 6510, Fax – 02 4987 6513
Email: grahamstow-p.school@det.nsw.edu.au Website: grahamstow-p.schools.nsw.gov.au

Term 4, Week 4 27 October 2021

Dear Parents and Carers

I would like to thank you for the months of support you have given us as we navigated our way through Learning from home. I can only imagine how hard it was for many of you to do your own work from home while supervising the learning of your children or organising care for your children while you went out to work. You were all true champions, and I can't thank you enough!

Now that we are all back at school, I know there is a lot of worry about how things will go. I want to reassure you that we have worked hard to ensure that we are providing a safe environment for your children. The following steps have been taken and will continue until the Department of Education, under guidance from the Department of Health, allow us to ease restrictions.

1. Children will remain in their class groups at all times. Upon arrival at school, children go straight to their classes where their teacher is waiting for them. We are minimising the adults who work with them by making 'bubbles' of people who take them out for breaks, provide breaks for class teachers and work with the students to assess their needs and catch up where needed through intensive instruction. We will keep these 'bubbles' the same to avoid mixing of students and adults whenever possible.
2. Maintaining strict hygiene routines. Children will be encouraged to wash/sanitise many times throughout the day and the increased cleaning protocols are still in place with high touch areas being wiped down during each break.
3. Toileting timetables are in place to limit the interaction of children from different classes in the toilet areas. Children will still be allowed to visit the toilet at other times if needed, but we don't want them all mingling at lunch time.
4. Staggered Break times. K-2 students are going out to play 30 minutes early then coming back into class to have their lunch/recess. Students in years 3-6 have their breaks at normal times. This allows us to allocate different parts of the playground to different classes to avoid mixing.
5. Staggered entry and exit. This has been allocated according to surnames. We are trying to avoid large gatherings outside the school entry points. Please make every effort to collect your children in the allocated time and move away straight away. Please don't come before your allocated time as this makes it hard for others to park and for staff to see who is here to collect their children.

None of these things have made it easy for us and have taken a lot of planning and organisation, but it is important that we follow guidelines so that we are keeping children, staff, families and our community as safe as possible. Thank you for your understanding.

As the term progresses, we hope that restrictions ease. We are planning COVID safe events for Presentation Day and Year 6 Farewell and we will keep you up to date with this as planning progresses. Transition and Orientation to school for our new Kindy 2022 students, and our Year 6 students going on to high school, will be modified as necessary to suit the guidelines at the time. We are unsure of what will happen with school photos at this stage, but if something happens and we cannot have our photographers as scheduled on 17 November, we will work something out internally so that you all still get a class and individual photo in some format.

We will keep in touch with you all through Facebook and Dojo as the situations and guidelines change. Once again, thank you for the great job you did during learning from home and for the support and understanding you continue to show us as we end the year and navigate through all the changes.

Michele Winn
Principal

HELPFUL TIPS FOR COMING BACK TO PRIMARY SCHOOL

Your teacher is looking forward to seeing you and we know that you are looking forward to seeing your friends.

Sometimes learning from home felt easy, sometimes it felt a bit hard. Everyone has a different learning from home story to tell. Here's some helpful tips for you as you get ready to return to school.



GET READY

Check your uniform and shoes still fit, and repack your school bag. Your school will have hand sanitiser and masks, but you can take your own too!



BE SAFE

Safety first – wear your mask. Sneeze or cough into your elbow, put used tissues in the bin, and wash your hands during the day and before you eat.



BE KIND AND PATIENT

Everyone will settle back to school in a different way. Showing kindness and being patient with the people around you will help everyone feel better.



SCHOOL WORK

Try your best. Let a teacher, parent or a carer know what you found easy or hard when working from home. They are there to help you.



FEELINGS

It can help to talk. It's ok to feel a little unsure, worried, nervous, happy, angry or any feeling in between. Talking to your parent or a carer, your teacher or other staff is important when you feel unsettled or are worried about a friend.



HAVE SOME FUN

Your teacher wants you to enjoy being back at school. Join in the classroom and break-time fun, and play outside with your friends and classmates.



EAT

Food is fuel for your body and brain. Don't forget to eat breakfast and grab a healthy lunch and keep your water bottle topped up!



SLEEP

Nothing beats a good sleep. Go to bed early and keep phones and other devices in another room, so you're not disturbed. It might take a little time to get back into your routine.

There are more ideas on looking after yourself on the Department of Education's [student mental health and wellbeing](#) pages.

NSW Department of Education



Attendance

All students are expected to attend school now unless they are unwell. This means students are either:

- at school
- at home because they are currently unwell
- at home because they have a medical certificate which states that they are unable to return to school due to an ongoing medical condition
- they have been asked by NSW Health to self-isolate

Please NOTE: Learning-From-Home packs have now ceased. Teachers are unable to teach face-to-face and teach children at home at the same time. If their class have returned full time, then they are expected to return as well.

Staff and students must not attend work or school if unwell, even with mild symptoms of COVID-19. Any person with any COVID-19 symptoms must be sent home and not return to school unless:

- they have a negative COVID-19 test result and are symptom free or
- they have isolated for 10 days, when no medical certificate is available.

In circumstances where students or staff have other medical reasons for recurrent symptoms, a letter from their GP is sufficient to negate the requirement for a negative test.

Where a person has previously tested positive for COVID-19, NSW Health will provide them with a medical clearance that allows them to return to school or work. There is no requirement for the person to produce a negative test result. Refer to [NSW Health External link](#) for additional information including what is provided to the person in relation to release and recovery from COVID-19.

Drop offs & Pick ups

To ensure your child's safety we would like to distribute students, parents and carers evenly around the entry/exit points for pick up and drop off. Please refer to the table below which outlines the way this will be managed here at Grahamstown PS. To avoid congestion at the front of the school, please consider using the back entrance and parking in the streets where the path has access points i.e. Burrowell Close, Bilmark Drive, Luskin Close and Bettina Close. In the morning, teachers will be at both gates. In Hastings Drive, please utilise the Kiss and Drop Zone quickly and stay in your cars where possible. Teachers will ensure your child enters the school safely. While waiting for your child/ren in the afternoons, please ensure that you maintain social distancing and avoid gathering in groups while waiting outside the gates. You must always wear a mask while waiting. Again, in Hastings Drive, you must not leave your car to collect your child if you are parked in the Kiss and Drop Zone. Children will be walked down to this area by staff. To avoid congestion, please arrive at school to collect your children as close to your allocated time as possible and leave immediately after collecting them. We understand that this may cause difficulty for some but appreciate your understanding while we endeavour to ensure the safety of all. This arrangement will be in place until further notice and only applies to those children who are picked up by an adult. NO child will be permitted to leave the school grounds unless they are in the company of an adult. If a child walks home on their own or catches the bus home, they will remain in class until 3pm.

Morning Drop Off	
Time for Drop off	Family name beginning with
8.30am - 8.45am	A-M
8.45am - 9.00am	N-Z
Afternoon Pick Up	
Time for pick up	Family name beginning with
2.40pm	A-D
2.45pm	E-K
2.50pm	L -N
2.55pm	O-S
3pm	T-Z

Visitors

Only essential visitors are allowed on school sites at this time. **When dropping off or picking up your child, parents and carers please do not enter the school site. If your child is arriving late to school please phone the office when you arrive at the front gate and direct your child to the office for a late note. If you are collecting your child early please phone the office when you arrive at school and your child will meet you at the front gate.** Please wear a mask and physically distance while you are waiting for your child/ren at the end of the school day.

Masks and face coverings

Masks will be mandatory for all staff and all students in Year 7 and above while they are indoors on school sites unless eating or exercising. Masks are strongly recommended for primary students both indoors and outdoors unless eating or exercising.

School Cleaning

Schools will continue to receive additional cleaning in line with advice from NSW Health. Schools have received extra supplies of soap, hand sanitiser, toilet paper, paper towels, disinfectant wipes and personal protective equipment.

Ventilation

Open or well-ventilated spaces reduce the risk of COVID-19. Where possible classroom doors and windows will remain open and fans and air-conditioners will be set to use outside air, where possible.

Canteen

The Canteen is operating however ordering will only be available through Flexischools and will start out with a limited menu while we navigate being back, and work out what it looks like for us working with the restrictions in place for schools. For the meantime we will be swapping our reusable packaging (bowls, cups, plates, Straws) and using disposable, biodegradable packaging.

World Teacher's Day

Australia will celebrate and thank the teaching profession on World Teachers' Day on Friday 29 October 2021.

Teachers (with support from parents and carers) have ensured education continues across the country this year, despite major challenges. It's reinforced the significant role teachers play in the lives of children and students, their families, and communities.

On Friday 29 October, you can say a big thank you to teachers by posting a photo in your sunglasses on Twitter or Facebook, either on your own or with family or friends. Use these tags: #BrightFuture @aitsl

Explore photos from 2020 for inspiration:

<https://twitter.com/i/events/1320498810343231489>

From 14 October, help collect a million virtual apples to thank teachers across Australia at www.worldteachersday.edu.au. Other ideas for how parents/carers and students can get involved are included in this article: <https://worldteachersday.edu.au/for-parents-community>



Library News

Book Week is happening in Week 6 this Term (November 8-12)

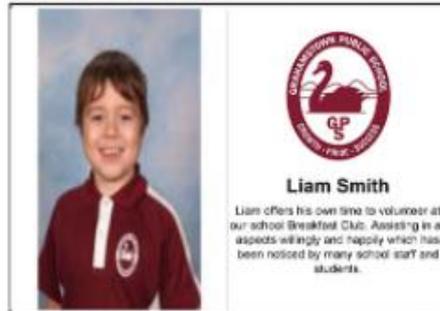
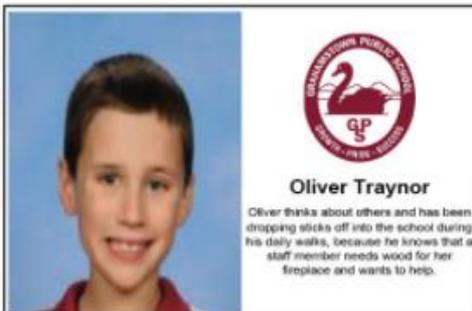
Theme: Old Worlds, New Worlds, Other Worlds

- We can no longer have a book parade, but students are encouraged to dress as a book character on Wednesday November 10 and we will have an in school zoom so students can see everyone's costumes.
- Our Book Fair will be set up on Monday November 8, a catalogue with available books and costs will be posted on Facebook and Dojo. Students can make purchases from Tuesday November 9 till Thursday 11.
- Photos will be taken of students and teachers in costume on the Wednesday and shared to Facebook and Dojo as we cannot have parents onsite.

A note with more information about purchasing at the fair will go home soon.

PBL

Each Monday all students are taught a lesson that relates to one of our PBL expectations. We follow the motto: Everyone, Everywhere, Every time. This helps our students understand what is expected of them at all times and ensures we have a consistent message throughout the school. If you wish to nominate a student for following the expectations in the community please email our school grahamstown-p.school@det.nsw.edu.au with your nomination.



S	SAFETY ACT SAFELY, BE ALERT! <ul style="list-style-type: none">✓ Walk safely✓ Act safely✓ Keep left, keep moving
T	TRUST & HONESTY OWN YOUR CHOICES! <ul style="list-style-type: none">✓ Tell the truth✓ Pay for your purchases✓ Follow the rules
A	ACTING RESPONSIBLY MAKING GOOD DECISIONS! <ul style="list-style-type: none">✓ Toss your trash✓ Right place, right time✓ Hands off!
R	RESPECT THINK TWICE, SAY IT NICE! <ul style="list-style-type: none">✓ Mind your manners✓ Consider others✓ Look after our community
S	SUCCESS BE A PROUD CITIZEN! <ul style="list-style-type: none">✓ Be positive✓ Be confident✓ Be a S.T.A.R.!!!

ATTENDANCE MATTERS!



The NSW Department of Education is targeting attendance as a state wide initiative . Here at Grahamstown Public School our current goal is to increase our daily attendance target to 95%

We are also looking to increase the percentage of students that attend school all day

DID YOU KNOW ?

When your child misses just...	This equals...	Which is...	And over 13 years of schooling that's...
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly half a year
20 minutes per day	1 hour and 40 minutes per week	Over 2.5 weeks per year	Nearly 1 year
Half an hour per day	Half a day per week	4 weeks per year	Nearly 1 and a half years
1 hour per day	1 day per week	8 weeks per year	Over 2 and a half years

At Grahamstown Public School we are aiming to increase attendance with these current initiatives:

- ✓ A random raffle draw for students who are present at morning assembly
- ✓ Daily tracking of attendance in classes with students
- ✓ Attendance cup awarded to the class with the highest percentage each week



Graham says:

If you're well, come to school!

Every Student, Every Day, All Day, All the Way!

Nutrition Snippet

NEED SOME LUNCH BOX IDEAS?



Check out our range of [healthy lunch box](#) examples to give you inspiration!

For ideas and recipes visit:
healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Good for Kids good for life

Tips to increase vegetable intake

Vegetables are packed with vitamins and minerals that help kids grow and learn. See our top tips for ways to include more vegetables in the lunchbox and at home. Remember, there's a rainbow to choose from.

🍎 **Involve your child in lunch box planning**

Let them choose a vegetable and help you prepare it. They could wash, peel and chop carrots.

🍎 **Pack cooked vegetables**

Cook extra vegies the night before and store them in the fridge ready for the lunchbox. Try roast sweet potato.

🍎 **Pack raw vegetables**

Chop them into bite sized pieces and add a dip, like cucumber sticks with hummus.

🍎 **Hide vegetables**

Try recipes your child loves with extra vegies. Corn fritters, fried rice, pasta salad and zucchini slice are favourites.



Source: Tips to Increase Vegetables

<https://www.goodforkids.nsw.gov.au/primary-schools/swap-it/tips/tips-to-increase-vegetables/>



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>