



*We learn. We show respect.
We are safe.*

Thursday 30th April 2020

"Golden Past, Bright Futures"

Canterbury Street, Vic. 3370

Telephone (03) 5345 3182

Email: clunes.ps@edumail.vic.gov.au

Clunes Primary School Newsletter

UPCOMING EVENTS

2020

Please contact the school/ Sonia with any questions or concerns.

*Stay at home *Keep your distance *Practise good hygiene

Dear Parents/Caregivers,

Please check your child's Learning Pack today. There is a tiny something included for **you** from the staff at Clunes PS to say thanks for all of your efforts and hard work in managing, so well, your family's Learning from Home challenges. Thank you! Take care! Be kind to yourself! It is a hard gig! 😊

Learning from home: information for parents and carers

Advice from the Department of Education to support children as they learn from home.

Student responsibilities during remote learning

Depending on the age and stage of your child, they may be expected to:

- regularly monitor digital platforms (Teams) for announcements and feedback from teachers
- do their best work when completing tasks
- do their best to meet timelines and due dates
- communicate openly with their teachers and raise any concerns or issues
- continue to abide by their school's behaviour guidelines.

A reminder that students will be expected to follow our Clunes Primary School Information Technology Acceptable Use Policy at all times.

Managing screen time and online safety

As your child is likely to be spending time online, it is important that you talk to them about online safety. This will help them to make good digital choices and use information and communication technologies responsibly.

You may wish to speak to your children about ensuring that they:

- use only the online tools recommended by their school or the Department of Education and Training (DET)
- are respectful when communicating online, just as they would be when speaking face-to-face (the focus is learning)
- use digital devices in open, monitored areas of the home

For more online safety advice for parents and carers go to: www.esafety.gov.au or contact Clunes PS.

**Best wishes to you all for a healthy, safe and positive fortnight ahead.
Thinking of you! Kind regards, Sonia & the staff of CPS. 😊**

STUDENT OF THE WEEK AWARDS FOR TERM 2



Our Term 1 You Can Do It focus is:
Resilience! Getting Along! Persistence! Organisation!

Prep B – All students! All families!	1/2B – All students! All families!
2/3LM – All students! All families!	3/4L – All students! All families!
5/6AT – All students! All families!	5/6D – All students! All families!
Art – Lily R & Cushla G	

Hi everyone,

I hope you are all well and feeling more settled into the ‘new normal’. You all are doing an amazing job of supporting your child’s learning at home, as well as managing the extra pressures COVID-19 has brought into our lives! One of the certainties of life is that change is here to stay ☺ !!!

If you are in need of wellbeing / welfare support, please don’t hesitate to contact the school on 5345 3182, or myself on 0432 308 587 and via mrlewischaplain@gmail.com If we cannot directly assist, we have other great support services we can refer you to. When our mid-term Foodbank delivery arrives, we’ll have some more hampers available for those who would like one.

You may recall some of the values taught through the Resilience Project are captured in the word G.E.M. = Gratitude, Empathy and Mindfulness. These are most effective when embedded in our character, and are a great reminder especially in our world’s current circumstances.

Gratitude is not (only) an attitude but a practise. In our house at the dinner table or just before the kids go to bed, occasionally we go through the alphabet and think of one thing we are grateful for. In a family of five we all think of something about five times. I was surprised how this simple activity stimulated so much creativity. You may have another great idea. ☺

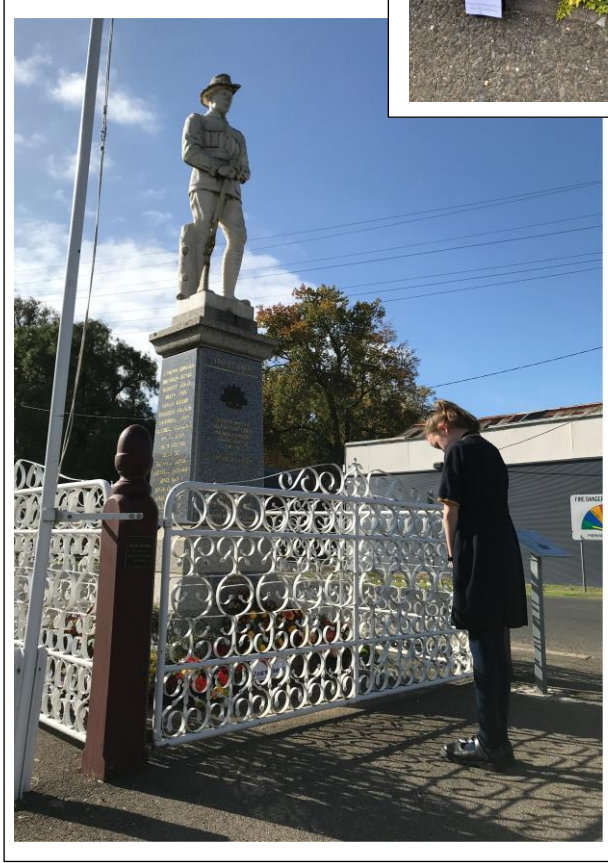
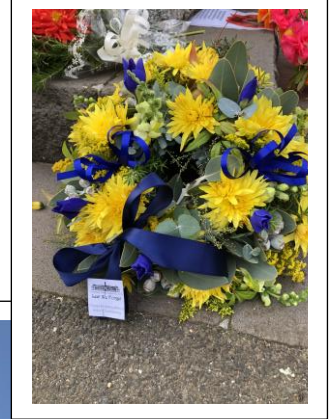
Empathy is the ability to understand and share in the feelings of another person, without yourself becoming emotionally lost. The odd thing is when we genuinely unselfishly give of ourselves in this way, we somehow become all the more richer.

Mindfulness can be practised in many different ways. Simply put it’s when we spend time to be become aware of our mind, body, and feelings, allowing them to work positively together. Some kind of quiet activity is suggested, however it’s not limited to this, nor in some busy lives is it always practicable ☺ May you all have lots to smile and laugh about ☺ !

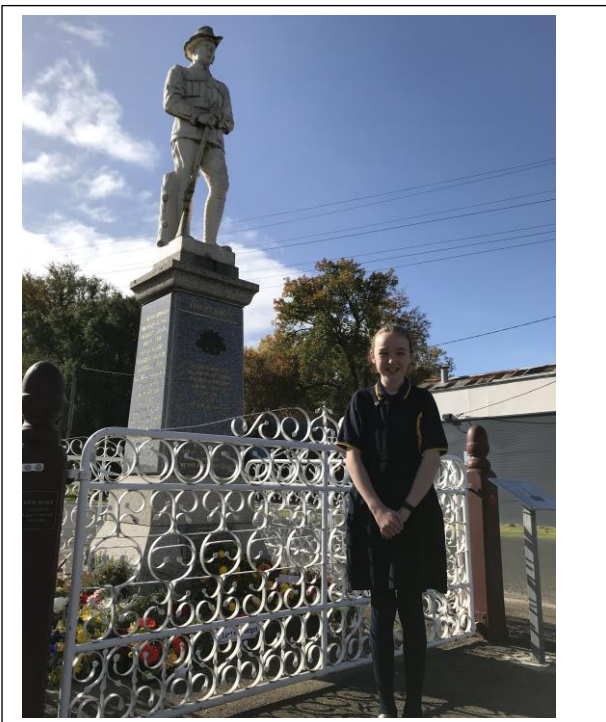
Michael Lewis – Chaplain



ANZAC Day 2020



I made my own wreath with Rosemary and placed it at the cenotaph a bit before 11am. Rosemary was important to the Anzacs because it grows on the peninsula and also reminds the soldiers to be loyal to each other and honour their memory. By Benji





There will be a photo display at school for you to enjoy on your return. Thank you to all students and families for your ANZAC Day contributions.



A message from our School Captains

BENJI'S STAYING HOME SURVIVAL GUIDE

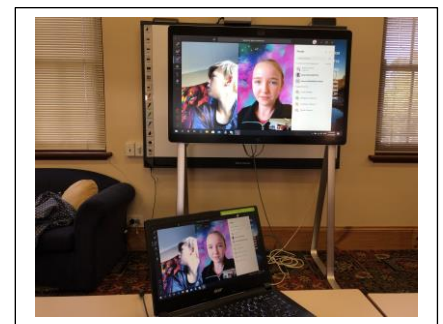
If you are finding it hard to be stuck at home and have nothing to do, then here are some ideas on how to stay fit and healthy!

- Give your parent's car a wash (with their permission)
- Paint/draw a picture of your backyard
- Have a Lego competition with friends and family using FaceTime (or another video call app)
- Try a new sport or make one up
- Build a fort or cubby
- Ask your parents to freeze a small toy in water then try breaking it out
- Help your parents cook a meal
- Have some downtime - find a comfortable spot and listen to some music or read a book
- Try a backyard S.T.E.M. activity
- Make a scavenger hunt

Please remember to be patient with your family and practice good hygiene.

We can't wait to see everyone back at school soon.

From Benji and Reece



Managing our weekly Student Leaders Meetings online 😊



Lily R- Colour Wheel



Cushla G- Frankenthaler Homage

Dear Mr Adams, This is an artist that you have asked us to do and we found her picture quite easy to remake from things we found around the house. Hope you like it too. Cushla



Paddock St., Canterbury St. and School Rd. *Footpath* and road upgrade

On April 1, Hepburn Shire contractors began the Canterbury St & School Rd footpath upgrade! This week our Parent/ Carers Parking Area has received a significant upgrade!

The new road surface is fantastic! (Can't wait to test the EB Cart out on it! ☺). At times this week we have found that parking at the front of school and staff car park have both been no-go zones therefore we've parked on Cameron St. (so has the School Bus)

You may find that parking is a little different from week to week when collecting Learning Packs, for the time being. Again, be resilient! No specific time- frame re completion has been given at this stage however we are loving the result!

A Guide To Self-Care and Wellbeing During Times of Uncertainty.

In times of uncertainty, it is normal and natural for children and adults to respond in unique ways. It can be helpful to focus on the aspects of our lives that we can control like caring for our physical health, safety and emotional wellbeing.

“The only thing in life that is permanent is change.
Change is the one constant in life”

(Fallin, 2013)



Steps for Self-care

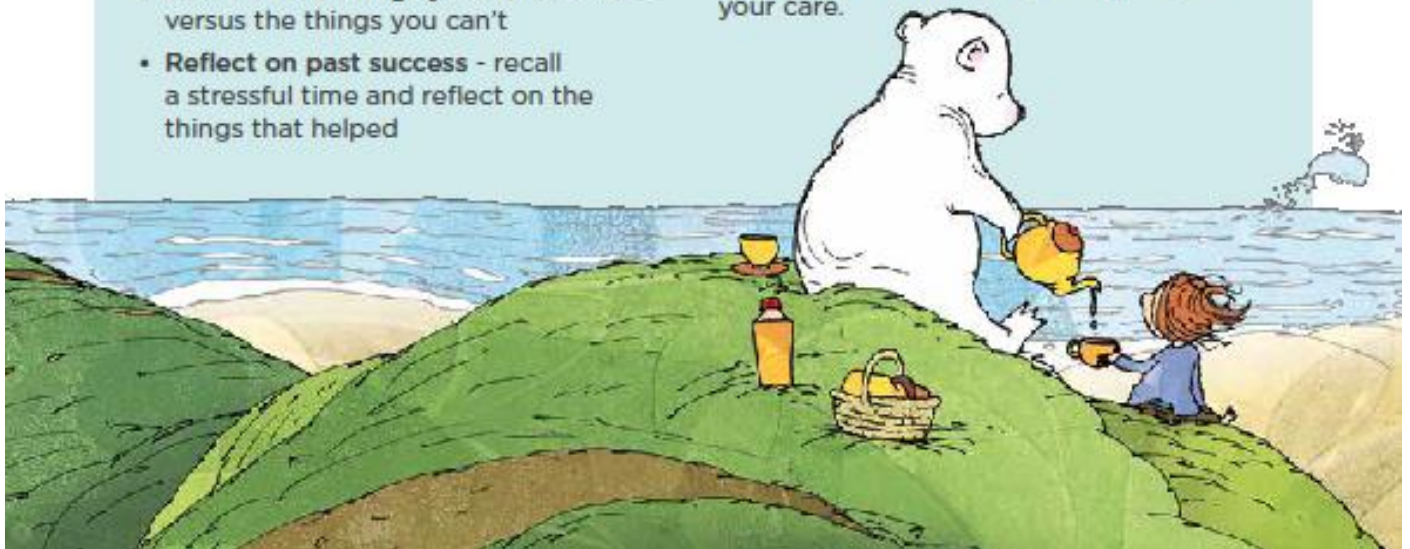
There are things you can do to support yourself, your friends and your family:

- **Listen** - to your needs and your own advice
- **Offer kindness** - for yourself and others
- **Stay connected** - with others by phone and online
- **Keep informed** - just enough information from reliable sources
- **Maintain a healthy routine** - diet, activity and sleep
- **Focus on the things you can control** - versus the things you can't
- **Reflect on past success** - recall a stressful time and reflect on the things that helped
- **Learn a new skill** and make plans for the future
- **Help others** - if and when you can
- **Seek support** - It's okay to ask for help and advice
- **Build hope** - Focus on 3 things you are grateful for.



You can't pour from an empty cup.

Look after yourself so you are better able to help the children and young people in your care.



Finding it hard to mix working from home, with learning from home?

We all are. Nearly at the end of week 2 it's becoming clearer how the term will work, and for most families, how different members are responding to it. The urgency of creating workspaces throughout the house for everyone has passed. Discovering which child can be self-directed and who needs more supervision is apparent, and we've all found some sort of routine. But work is a whole other ball game - and that's why the school has deliberately kept the way kids are learning at home as flexible as possible.

Some employers need you to take phone calls responsively. Some need work completed with tight deadlines. Others need you to use Wi-Fi that can't be on the go slow because your kids are clogging up the 'line'; or the only computer that you have in the house that currently you are all having to share.

The reality is, meeting your work priorities is paramount. The school can help you (not immediately - but with a little heads up) with the rest. In your weekly chats with your children's teachers you can talk about your challenges and they'll find ways to help your kids still learn. If you need to contact a teacher sooner, remember to keep your calls to school hours. Like other parents, teachers are working from home too and ensuring a bit of work/life balance is key to all of us remaining sane in these weird times.

So what are other things you can do to help blend working from home, with learning from home? Here are just a few:

Talk with your kids about your commitments too. Map out the week (as you know it – we all get that it keeps changing!) and each night, talk about the meetings you have the next day where you can't be interrupted. You'll be surprised, this might help your children organise their day too.

Work out secret, family codes. Invite your kids into the fold and create your own secret language for "Don't interrupt me, I'm talking to my boss" or "Put your pants on, I am on a video conference" or "Mum/Dad is having a meltdown, but it's all ok and I'll regroup in a minute". In our house we also have a frantic hand signal we can do from below our waist (so it's not visible in a zoom meeting) which says "That is dangerous, stop right now!". Of course, you could just say all of these things but hey, the fancy hand signals are fun!

Be prepared to scrap your plans! If learning that day seems hard, maybe your kids are feeling out of sorts (or you are!). Don't push it that day. It's ok to regroup, and you'll have different ways of doing that for all of you. In our house it means stepping away from what is stressful, doing something else for a bit, then deciding how we'll revisit what was frustrating us later. If that helps either myself or my partner get work done too, all the better. Some days we've just declared it all a train wreck and decided to eat Weetbix and apples for tea and start again tomorrow.

Talk with your kids about all you - collectively - accomplished at the end of the day. Again, you might be surprised and together you can all reflect on how you helped each other achieve that. It'll also help gather some COVID-19 memories that aren't all bad!

Why? Because there are some things about this COVID-19 world that feel good. Not dragging kids out of bed to catch buses. Not rushing to after school activities. Not making school lunches when you are still half-asleep. Letting kids see a bit of what you, or you and your partner do during the day. Providing we let ourselves know it's ok to do what we need to do to stay relaxed, then those little wins are the one's the kids will remember when this situation is behind us.

Cheers
Lana

Term 2 Calendar – Draft #3 April 29 th 2020 new information highlighted ☺			
WEEK 1	Mon	13-Apr	Easter Monday Easter Newsletter- email Saturday 11/4
	Tue	14-Apr	Staff professional learning- STUDENT FREE DAY Telephone calls from staff to families (pm)
	Wed	15-Apr	Antoinette- Private Music Lessons CANCELLED At school UNTIL FURTHER NOTICE. Antoinette will make personal contact with participants. School Council Meeting – date & method TBC
	Thu	16-Apr	First Term 2 Newsletter home. (Newsletters home each fortnight & placed on the school's website) Please forward to school articles for the Newsletter. Learning Pack collection
	Fri	17-Apr	NO Breakfast Club or LUNCH ORDERS in Term 2 Student Leadership meetings will continue in Term 2 each Friday - via Teams
WEEK 2	Mon	20-Apr	
	Tue	21-Apr	
	Wed	22-Apr	School Council Meeting- online
	Thurs	23-Apr	Learning Pack collection 3-6pm
WEEK 3	Mon	27-Apr	
	Tue	28-Apr	SSG Meetings x 2
	Wed	29-Apr	
	Thu	30-Apr	Learning Pack collection- 3-6pm
	Fri	1-May	
WEEK 4	Mon	4-May	
	Wed	6-May	
	Thurs	7-May	Learning Pack collection 3-6pm. Ms Jardine supervising ONLY as all staff will be at Flu Vaccination session (DET suggestion- linked to COVID-19) ** Year 6- Year 7 Transition 2021 – documents home TODAY in Learning Pack
WEEK 5	SUN	10-MAY	MOTHER'S DAY
	Mon	11-May	
	Tues	12-May	
	Wed	13-May	
	Thurs	14-May	Learning Pack collection 3-6pm
WEEK 6	Mon	18-May	
	Tue	19-May	
	Wed	20-May	
	Thurs	21-May	Learning Pack collection 3-6pm
WEEK 7	Mon	25-May	
	Tue	26-May	
	Wed	27-May	
	Thurs	28-May	Learning Pack collection 3-6pm
WEEK 8	Mon	1-Jun	
	Tue	2-Jun	
	Wed	3-Jun	
	Thu	4-Jun	Learning Pack collection 3-6pm
	Fri	5-Jun	
WEEK 9	Mon	8-Jun	Queen's Birthday- Long Weekend
	Tue	9-Jun	
	Wed	10-Jun	School Council Meeting- online
	Thu	11-Jun	Learning Pack collection 3-6pm
	Fri	12-Jun	
WEEK 10	Mon	15-Jun	
	Tue	16-Jun	
	Wed	17-Jun	
	Thu	18-Jun	Learning Pack collection 3-6pm
	Fri	19-Jun	
WEEK 11	Mon	22-Jun	
	Tue	23-Jun	
	Wed	24-Jun	
	Thu	25-Jun	Learning Pack collection TBC
	Fri	26-Jun	Last day of Term 2

Coronavirus/ Learn from Home information overload?

In a state first, Clunes Primary School is partnering with Clunes Neighbourhood House and Diversity Wise Educational Services to provide us with a Clunes-specific online focus to help you ask and answer those ongoing general questions buzzing through your head.

By talking to your child's teacher or the school, we'll be able to answer many of your curriculum or school based questions. But there are other – more general questions that you might like to ask and have answered as well. This just might be the forum for you!

Diversity Wise will have a Q&A follow up each week.

You will be able to access the video via:

- Facebook: Clunes Online Noticeboard, Clunes Neighbourhood House
- www.diversitywise.com.au
- www.clunesnh.org

& shortly via the Clunes PS Website

If you have a question/s you'd like to ask – email agli@diversitywise.com.au. Privacy will be maintained unless you are ok for your question to be answered online.

Please remember that no question is too silly or too general.

Term 3 begins Monday 13th July