

The Crest



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Term 2 Week 2 6 May 2020

Dear Parents and Carers

Welcome back to a very different Term 2.

We hope that you all had some time over the holidays to take a break from distance learning and are refreshed and ready to tackle Term 2.

During this term the DoE will be implementing a phased return of students to school. As you can imagine this means that as a school we have had to be very flexible in our organisation. We are implementing changes on a regular basis as we are provided with updates and advice from the DoE. And we understand how frustrating this is for our families as it is difficult to plan ahead, however, we are trying to provide organisation and communication as soon as possible.

I'd like to thank our amazing teachers and SASS staff for their professionalism, hard work and dedication to ensure lessons are provided for students whether they are at home or at school.

I would also like to thank our parents who have been managing the additional responsibility of ensuring their children are continuing their learning at home. We understand that times are difficult and we appreciate the ongoing support, flexibility and understanding from our community especially when changes aren't suitable for all families.

Facebook

It is great to see so many families accessing our new Facebook page and participating in the Goosechase app activities organised by our talented ICT guru Miss Westwood.

We love your positive comments and it's been a great way to build community spirit.

If you haven't already view and like our new page check out the link below!

Facebook: <https://www.facebook.com/BerowraPublicSchool>

The purpose of our page is to:

- Showcase the learning at Berowra Public School
- Celebrate our wonderful community
- Communicate with the community about what is happening at our school.

Please ensure you are familiar with the terms of engagement located on the page, take the time to like our page and posts, comment positively on our learning and keep updated.

Remember if you have a question or a concern you would like to raise our Facebook page is not the place. Please contact the school office by either email or phone so that your questions or concern can be addressed by the appropriate staff member.

The old school Facebook Group is now closed down.

Student Learning

Phase 1 of the Department's plan to manage the students' return to school will commence **Week 3 Monday 11 May**.

- Students will attend school at least **1 day a week**.
- BPS has carefully looked at student numbers and current attendance rates to inform our planning for Week 3.
- Students will return to school one day a week based on a surname/alphabetical order split. This will allow siblings to attend school on the same day and will also allow for consistency in planning for teachers as we will be expecting a similar percentage (approximately 32%) of students attending each day (including students from families of essential worker and also those students scheduled for that particular day).
- Families who need to send their child/ren to school each day may continue to do so, however, parents are encouraged to keep their child/ren home for **non-scheduled days** where possible.

Which students should attend school in Week 3		
Monday	Children of essential workers	Surname beginning with A-C
Tuesday	Children of essential workers	Surname beginning with D-G
Wednesday	Children of essential workers	Surname beginning with H-M
Thursday	Children of essential workers	Surname beginning with N-R
Friday	Children of essential workers	Surname beginning with S-Z

- Students who attend school are supervised but not in their regular classes.
- Families will be emailed the grade/stage learning timetable on Friday 8 May and students will have access to online learning platforms (seesaw or Google Classrooms) on Monday 11 May.
- The drop off and pick up procedures for students attending the school site will remain in place. Parents are to drop off and pick up students from the Hillcrest Road gates. To limit contact please ensure you don't linger at drop off or pick up.
- Parents who are picking students up early or dropping students off late need to attend the school office.
- If you have any questions or concerns parents are encouraged to contact the school via email or phone. Please note that our office foyer is limited to 2 adults at a time to ensure social distancing.
- The school will continue to implement actions in-line with health advice to promote physical distancing and help reduce the risk of COVID-19.
- Students are encouraged to stay at home if they are unwell.
- ***Please ensure that you send your child to school with a water bottle. Our bubblers will be turned off, however, children will be able to refill water bottles from allocated taps.***

Story Dog

Our Story Dog, Doug, and his owner Deborah are keeping safe at home, but have still been busy reading. Please visit the dedicated YouTube Channel to see the dogs and volunteers in action.

<https://www.youtube.com/playlist?list=PLATNabPvPzGYv86kuKPjkoTC75ubxU3XL>

Resources to help support student learning at home

The program provided by your child's class teacher is the priority learning program for your child, however, The DoE has created learning packages for parents/cares which can be used to support student learning at home and you may choose from these additional activities using the link below,

<https://education.nsw.gov.au/teaching-and-learning/learning-from-home/learning-at-home/learning-packages>

Resources to help support student reading at home – suitable for ES1 to Stage2

http://www.petaa.edu.au/imis_prod/w/Professional_Learning/webinar-pages/Open-Recordings.aspx?_zs=PBBMI&_zl=plNj1

<file:///C:/Users/jonwa/Downloads/Parent-ideas-for-using-literature-with-children.pdf>

Please see school website for SRE and SEE resources.

Playground Upgrade....thanks to BOOSH

Our playground received a make-over in the holidays with synthetic turf laid in 4 areas.

A huge thank you to our BOOSH who funded the project.

Check out the before and after photos below....what a difference. It looks amazing!!!



Weekend Access to the School Site

We are continuing to experience ongoing issues with vandalism especially over the weekend periods. This is having a huge impact on our school as windows have been broken, buildings damaged and playground areas left unusable to our students. Not only are the repairs costly, but they create additional work for our cleaners, staff and police as all incidents are reported to 4 different departments. We request that if you see any unwanted visitors accessing the school site, especially during the weekends that you report it to Hornsby Police on 94769799.

Your help is greatly appreciated as we want our school to be a safe place for everyone.

Vicky Wallace

Principal

Health and Safety is everyone's Responsibility

Accident & Health International
Underwriting Pty Limited



Our P & C has purchased accident insurance for students who are injured as a result of a serious incident at school. Information is available at the office.

Covid-19 Update Berowra Public School is continuing to follow DoE and NSW Health advice to help manage the spread of viruses and we will continue to keep the community informed as we are provided updates.



1. **Wash your hands** regularly and thoroughly.
2. **Sneeze into your elbow** or a tissue, disposing of the tissue straight away and then washing your hands.
3. **Stay home if you are unwell** and in schools, send home staff or students who show **signs** of being unwell through the day.

Attendance

- Students who are participating in learning from at home or school will be marked as being present at school.
- Students are not expected to participate in learning if they are unwell and as such will be marked as being on sick leave pending advice from parents or carers that the student is unwell.
- Students who are not at school and unable to be contacted by the school to determine their whereabouts will be followed up using normal processes and marked as on unapproved leave.

Road Safety



Berowra Waters Road and Hillcrest Road can be a busy streets to cross.
A pedestrian crossing is a safe place to cross this street.

Always **STOP, LOOK, LISTEN, THINK** before crossing the road.

Live Life Well @ School

KEEP ACTIVE AS A FAMILY



Keeping active, staying mindful, generating positive emotions & connecting as a family are some of the best ways to enhance mental health and wellbeing at this challenging time.

'Good Energy at Home' is a free, easy to use and fun way to keep active as a family. Visit: www.gonoodle.com/good-energy-at-home-kids-games-and-videos



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Live Life Well @ School

KEEP UP KIDS' CRUNCH&SIP BREAK

The Crunch&Sip break is a great routine to keep up at home-school.

It's a set time during the school day for students to eat vegetables or fruit and drink water (usually around 10am).



CRUNSH & SIP IDEAS

- Water infused with herbs, fruit, ice cubes
- Vegie sticks, chopped fruit, slinkies (curly) apples

Crunch&Sip helps students perform better, show increased concentration, and be less likely to be irritable and disruptive.

For more ideas, search 'Crunch&Sip' at health.nsw.gov.au



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Live Life Well @ School

GET ACTIVE: MAKE AN OBSTACLE COURSE



Whether you are indoors or outdoors, you can still get active with an obstacle course.

- Find items around the house that you can safely use to create an obstacle course. Be creative! Use chalk, sticks, leaves, toys.
- Incorporate as many skills as you can e.g. Jog on the spot, hop, throw, catch, roll, balance, skip.
- Time yourself to see how fast you can complete the course.

For more tips visit: www.makehealthynormal.nsw.gov.au



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Live Life Well @ School

Learn to make my own healthy lunch

Teach kids healthy habits for life!

Provide your children with useful life skills for the time previous school routines returns.



1. Prepare ingredients: Wraps, rainbow of fillings of choice chopped and laid out on plates.
2. Demonstrate choosing fillings and wrapping these.
3. Students prepare healthy wraps for lunch from the smorgasbord.
4. Share photos of your creations with your friends.

For more ideas, search 'healthy lunch box builder' at: www.healthyhunchbox.com.au



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Live Life Well @ School

GET ACTIVE WITH SKIPPING

Tips on

SKIPPING FUN:

- Search for 'jump rope tricks' and learn some tricks.
- Master a skipping routine by putting the skipping ticks together; maybe to music.
- Set some skipping challenges e.g. who can skip for the longest time or do the most tricks.
- Involve the whole family in a routine.
- For inspiration, search
 - 'Jump rope tricks' online
 - 'teacher manual' at www.heartfoundation.org.au



For health benefits, children aged 5-12 years need at least **60 minutes** of moderate to vigorous physical activity every day. Variety is important!



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Live Life Well @ School

PLANT SOME VEGETABLES

Kids are more likely to **taste and eat** vegetables they have grown!



For more information:

- Search 'munch and crunch garden' online
- Check out composting and worm farming videos and fact sheets at www.northernbeaches.nsw.gov.au



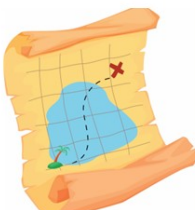
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Live Life Well @ School

GET ACTIVE + MAP A TREASURE HUNT



- One person hides some treasure in the yard or around the home (e.g. a coin, small toy, sticker etc.) and then draws a map for the other person to find the treasure.
- Take turns hiding the treasure and drawing a map.
- Optional extra: Work out north, south, east and west



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Live Life Well @ School

BREAKFAST IS THE BEST ROUTINE



Breakfast is important for a student's blood sugar levels. It helps them to concentrate while learning, moderate behaviour and have the energy to engage in physical activity.

Breakfast also reduces the desire to snack on high sugar and high fat foods.

Quick and easy breakfast ideas:

- Cereal with milk, yoghurt and/or fruit
- Wholegrain toast or raisin bread
- Smoothies made with fresh, frozen or canned fruit

For more ideas, search 'breakfast' at healthy-kids.com.au



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TIP:

Help kids be in a better frame of mind for school work by discouraging them from eating in front of the TV.

