



## **Term 3 Week 2**

### **21 July 2021**

Dear Parents/Carers

Who would have thought the start of Term 3 would see us in lockdown....

We thank all of our families who are following the DoE guidelines and keeping their children at home unless they need to be at school. Schools and outside of school hours care (OOSHC) services are open for any child that need it.

We want to thank you for your commitment to supporting your children with learning from home and your continued support during this difficult time. I can only imagine how difficult it must be trying to work from home and juggle home learning as well.

As you are aware we have a very limited number of staff onsite so most of our teachers and office staff are working from home, many juggling work with home learning with their own children.

Our hearts go out to all of our families who have been made redundant or who have lost work during lockdown. If there is anything the school can do to help and provide support please contact us as we are more than happy to help.

We thank you for your patience and understanding with any delays in correspondence as we are receiving a greater volume of calls and emails. Additionally, as teachers and office staff are working from home many of us are experiencing internet and wifi issues...this is certainly the case when we are sending emails on SchoolBytes to many families or with files attached so we apologise for any delays and the inconvenience it causes...we certainly don't want to add any additional stress.

#### **Upgrades**

Our new school security fence is completed, however the procedures for lock up haven't been finalised yet as keys and codes need to be allocated. Once this has been completed we will let you know as access to the school site will be strictly limited.

## **Teacher Learning**

Last week members of our School Improvement Team (SIP) including Mr Parkinson and Miss Simmons along with our Executive Team participated in our final steps of External Validation. We had a very lengthy meeting with 2 panel members to discuss our external validation process, evidence sets and self-rating. The process was very positive with the panel members commenting on the positive, collaborative nature of our school representatives. The panel agreed with a majority of our self-ratings and rated us as higher in the Elements of Assessment and Effective Classroom Practice, and rated us lower in the Elements of Reporting and Professional Standards. The school was provided with some positive feedback and some great ideas to implement for future improvements. I want to acknowledge the work of our teachers in the External Validation process and especially the work of the SIP Team and the Executive Team who worked above and beyond. Our staff should be very proud of their efforts!

## **Parent Communication**

BPS Parent Communication Procedures and our BPS Visitor Procedures are available on our school website please note access to the school site will be restricted to essential visitors only. All staff and any visitors are required to use the QR codes to check in and out of school premises and will be required to wear masks.

School Bytes, our school email system is set up to send emails to the parent listed as the 1<sup>st</sup> contact on student enrolment forms. If you would like to add a second parent/carers contact to receive emails please email your request to the school email address.

Additionally, if you change your email address or are not receiving emails please ensure you notify the school so we can check and update your details.

## **Loan Devices**

If you require a device for your child to access online learning please contact the office so arrangement can be made. At this stage there is a limit of one device per family.

## **Canteen**

Please note that the school canteen will not be operating during Week 1, Week 2 or Week 3.

## **WHS**

Intensive cleaning will continue to take place daily and schools are being provided with additional hygiene supplies.

## **Questions or concerns**

If you have any questions or concerns please contact the school via the school email or phone the office. Please be aware that response times may be slower than usual as we are experiencing a higher volume of calls and emails due to the changes.

### **Update on SRE/SEE/VSA during Term 3**

As per the [COVID-19 advice for school-based staff](#), Special Religious Education (SRE)/Special Education in Ethics (SEE) is not permitted in Greater Sydney, including the Blue Mountains, Central Coast, Wollongong and Shellharbour while schools are operating at level 4 or level 3.

Approved providers will deliver their authorised curriculum with modifications to enable students to learn from home.

There are 3 portal entry points to lesson content:

- [Approved providers for All Faiths SRE](#) (Islamic, Jewish, Buddhist, Bahai, Hindu)
- [Approved providers for Christian based faith SRE](#)
- [Primary Ethics for SEE](#)

### **Risk Management Plans**

If your child has sustained a serious injury and requires accommodations or adjustments to be put in place please phone the school office to make an appointment with me. We create Risk Management Plans to prevent any further injury and so that all staff are aware of any necessary changes that are put in place.

### **2022 Enrolments – Please enrol your child now for 2022 using online enrolments**

A child is entitled to enrol at the local school that the student is eligible to attend if his or her home is within that school's intake area.

Currently our school has an enrolment of 374 students. We sit 50 above our enrolment cap of 324 students. An out of area application for BPS can still be made, however, it is submitted to a panel who following the criteria to decide whether the application is accepted.

BPS Enrolment Procedures and Protocols are located on our school website at <https://berowra-p.schools.nsw.gov.au/>

Please contact the office if you require any additional information.

If you have any questions or concerns please don't hesitate to contact me via the school email [berowra-p.school@det.nsw.edu.au](mailto:berowra-p.school@det.nsw.edu.au) or phone the front office.

Our Out of Area Enrolment Panel is scheduled to meet Term 3 Week 2 Monday 19 July 2021.

Vicky Wallace Principal

# It's Okay

- \* To not know how to homeschool your own child
  - \* To not know how to work from home
  - \* To give kids more screen time than usual
- \* To make a colorful daily schedule or just wing it
- \* To not magically feel motivated to work out at home or take on a new hobby
  - \* To not feel okay

This is not normal for any of us.  
Please be kind to yourself.

## Attendance

Teachers are still recording attendance. Students who are learning from home are recorded as Flexible on the roll. This will not negatively affect their attendance. Teachers will be checking if students have submitted work.

If your child is sick please let the school know by either email or phone so that we can update our rolls accordingly.

Students should not attend school if unwell, even with mild symptoms of COVID-19. Any person with any COVID-19 symptoms should be sent home and should not return to school until they have received a negative test result and are symptom-free.

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

Anyone who is unwell with COVID-19 symptoms is strongly encouraged to get tested and self-isolate until a negative result is received.

## Nationally Consistent Collection of Data on School Students with Disability (NCCD)



Every year, all schools in Australia participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the *Disability Discrimination Act 1992* and the Disability Standards for Education 2005, in line with the *NCCD guidelines (2019)*.

Information provided about students to the Australian Government for the NCCD includes:

- year of schooling
- category of disability: physical, cognitive, sensory or social/emotional
- level of adjustment provided: support provided within quality differentiated teaching practice, supplementary, substantial or extensive.

This information assists schools to:

- formally recognise the supports and adjustments provided to students with disability in schools
- consider how they can strengthen the support of students with disability in schools
- develop shared practices so that they can review their learning programs in order to improve educational outcomes for students with disability.

The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with disability.

The NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the [Australian Government's Privacy Policy \(https://www.education.gov.au/privacy-policy\)](https://www.education.gov.au/privacy-policy).

Further information about the NCCD can be found on the [NCCD Portal \(https://www.nccd.edu.au\)](https://www.nccd.edu.au).

If you have any questions about the NCCD, please contact your child's teacher.

**Tennille Kolarik**  
**Learning and Support Teacher**

# Health and Safety is everyone's responsibility

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.

**Accident & Health International**  
Underwriting Pty Limited



**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.

## Road Safety

### Driver Safety Message



Hillcrest Road is very busy and there are a number of pedestrians crossing at Balaclava Road before and after school.

Please be mindful that U-turns are not safe around school zones

# BPS SCHOOL CALENDAR

**\*Please note that all events scheduled onsite until 30 July have been cancelled**

**\* Please note calendar events for the remainder of the term are pending Covid-19 restrictions and DoE guidelines at the time of the event**

TERM 3		
<b>Week 2</b>	Wednesday 21 July	P&C Meeting – Zoom
<b>Week 2</b>	Friday 23 July	K-2 Athletics Carnival @ 1pm
<b>Week 3</b>	Wednesday 28 July	P&C Mufti Day
<b>Week 3</b>	Thursday 29 July	Open Day
<b>Week 5</b>	Thursday 12 August	Canteen Special Day: Tacos
<b>Week 6</b>	Wednesday 18 August	P&C AGM
<b>Week 6</b>	Thursday 19 August	Teddy Bear's Picnic Excursion
<b>Week 6</b>	Sunday 22 August	Working Bee
<b>Week 7</b>	Monday 23 August	Year 2 Sydney Zoo Excursion
<b>Week 7</b>	Thursday 26 August	Book Parade
<b>Week 8</b>	Tuesday 31 August	Father's Day Stall
<b>Week 8</b>	Wednesday 1 September	Pirate Day Fund Raiser
<b>Week 8</b>	Friday 3 September	Father's Day Breakfast
<b>Week 8</b>	Saturday 4 September	Election BBQ run by the P&C
<b>Week 9</b>	Thursday 9 September	Term 3 Dance Concert
<b>Week 9</b>	Friday 10 September	School Support Group Disco
<b>Week 9</b>	Monday 13 September – Wednesday 15 September	Stage 3 Camp
<b>Week 10</b>	Wednesday 15 September	P&C Meeting
<b>Week 10</b>	Friday 17 September	Mufti Day – Stewart House Fund Raiser – organized by Student Parliament
<b>Week 10</b>	Friday 17 September	Last day of Term 3

## TERM 4

<b>Week</b>	<b>Date</b>	<b>Event</b>
<b>Week 1</b>	Tuesday 5 October	Term 4 resumes for staff and students
<b>Week 3</b>	Wednesday 20 October	P&C Meeting
<b>Week 4</b>	Thursday 28 October	Grandparent's and Special Friend's Day
<b>Week 5</b>	Thursday 4 November	Canteen Special Day: TBA
<b>Week 7</b>	Wednesday 17 November	P&C Meeting
<b>Week 7</b>	Sunday 21 November	Working Bee
<b>Week 8</b>	Friday 26 November	School Support Group Disco
<b>Week 9</b>	Thursday 2 December	Term 4 Dance Concert
<b>Week 9</b>	Thursday 2 December	Year 5 High School Experience Day
<b>Week 10</b>	Wednesday 8 December	Presentation Day
<b>Week 10</b>	Friday 10 December	Semester 2 Student Reports
<b>Week 10</b>	Date TBA	Year 6 Farewell
<b>Week 11</b>	Tuesday 14 December	Talent Show
<b>Week 11</b>	Wednesday 15 December	P&C Meeting (if required)
<b>Week 11</b>	Thursday 16 December	Last day of school for students
<b>Week 11</b>	Friday 17 December	Last day of school for staff



# COVID-Safe School Operations



## Overview

## Guidance on mask wearing

	Overview		Guidance on mask wearing
<p><b>Level 1</b></p> <p>School operating in a COVID-safe/ COVID-normal way</p>	<ul style="list-style-type: none"> <li>Schools can operate in a COVID-normal way</li> <li>Students and staff to not attend school if they have symptoms; negative COVID-19 test required prior to returning to school</li> <li>Parents, carers and visitors are allowed on-site</li> <li>QR code check-in and check-out required for all staff and visitors</li> <li>COVID safety plans required in line with NSW Health advice (such as large gatherings or events)</li> <li>Activities such as singing, chanting, choirs, bands and school performances allowed in line with broader Health settings</li> </ul>	<ul style="list-style-type: none"> <li>Inter-school sport in line with community sport guidelines</li> <li>Community use in line with broader Health settings</li> <li>SRE/SEE (externally provided religion and ethics classes) operational</li> <li>Community Language Schools operational</li> <li>P&amp;C on site</li> <li>Additional cleaning measures in place</li> <li>Further detailed guidance available on the Department's website.</li> </ul>	<ul style="list-style-type: none"> <li>Staff and students are supported to wear a mask or face covering should they choose to do so.</li> </ul>
<p><b>Level 2</b></p> <p>COVID-safe; restrictions on activities and non-essential visitors</p>	<p>As per Level 1, except:</p> <ul style="list-style-type: none"> <li>Non-essential visitors not allowed on-site (including parents and carers)</li> <li>Mask wearing recommendations</li> <li>Staff identified as vulnerable supported to work from home</li> <li>Activities such as singing, chanting, choirs, bands and school performances allowed in outdoor settings only</li> <li>Assemblies must have COVID-Safe practices in place and no parents/ carers are allowed</li> </ul>	<ul style="list-style-type: none"> <li>Excursions within Local Government Area only, and strongly recommended to be outdoors and within walking distance</li> <li>Further detailed guidance available on the Department's website.</li> </ul>	<ul style="list-style-type: none"> <li>While in indoor settings in schools, masks or face coverings are recommended for all staff, and all students in Year 7 and above.</li> </ul>
<p><b>Level 3</b></p> <p>COVID-safe; further restrictions on activities and non-essential visitors</p>	<p>As per Level 2, except:</p> <ul style="list-style-type: none"> <li>Mask wearing requirements</li> <li>Introduction of staggered breaks and reduced mingling of student cohorts wherever possible</li> <li>Activities such as singing, chanting, choirs, bands and school performances not permitted</li> <li>No assemblies</li> <li>No excursions</li> </ul>	<ul style="list-style-type: none"> <li>No community use (except early childhood services and OOSH services)</li> <li>No uniform shops</li> <li>No SRE/SEE (externally provided religion and ethics classes)</li> <li>No Community Language School on site</li> <li>Further detailed guidance available on the Department's website.</li> </ul>	<ul style="list-style-type: none"> <li>While in indoor settings in schools, masks or face coverings are required for all staff, and all students in Year 7 and above.</li> </ul>
<p><b>Level 4</b></p> <p>Learning from home encouraged, schools are open for families who need it</p>	<ul style="list-style-type: none"> <li>Families are encouraged to keep their children at home, with no student to be turned away</li> <li>Schools activate plans to support continuity of education for all students learning from home.</li> </ul>	<p>Where students and staff are at school, Level 3 guidelines apply, except:</p> <ul style="list-style-type: none"> <li>No community use (except early childhood services)</li> <li>No canteens</li> <li>Further detailed guidance available on the Department's website.</li> </ul>	<ul style="list-style-type: none"> <li>While in indoor settings in schools, masks or face coverings are mandatory for all staff, and all students in Year 7 and above.</li> </ul>



**MACQUARIE**  
University

# Cool Kids Online

## INTERNET DELIVERED CHILD AND ADOLESCENT ANXIETY TREATMENT (AGES 7-17 YRS)

**Program Tel:** 02 9850 6393  
**E:** CKOSchools@mq.edu.au

Approximately 1 in 5 young people experiences significant anxiety and fearfulness that affects their daily life. The NSW Department of Education has engaged the Centre for Emotional Health at Macquarie University to offer free access to online treatments for school students who have significant anxiety disorders.

### WHAT IS ANXIETY?

There are a range of different types of anxiety experienced by children and teenagers including finding it difficult to be away from parents, being extremely shy, worrying about what others think of them, avoiding social and school activities, or worrying a lot about everyday matters, potential dangers and the future. Sleep difficulties, headaches, nausea and difficulty breathing can be part of these feelings. Many children experience more than one type of anxiety.



### BENEFITS OF COOL KIDS ONLINE

- Families can access Cool Kids Online in the comfort of their own homes
- The interactive online format is easy to navigate and engaging for children and young people
- Families receive professional telephone support throughout the program from qualified, experienced therapists
- Cool Kids Online is based on research and has been shown to be effective in reducing anxiety.



## WHAT DO THE ONLINE PROGRAMS INVOLVE?

There are 8 modules that contain text, videos, exercises, and illustrations – to teach the youth (and parent) clear and practical skills to help the young person manage their fears and worries and overcome their anxieties. The modules will cover:

- a. Learning about feelings and anxiety
- b. Fighting fear by facing fear
- c. Detective thinking, and learning to think more realistically
- d. Building assertiveness and dealing with teasing
- e. Helpful ways of coping when upset

Families also receive four, 30 minute-telephone sessions with an experienced therapist during the program. These sessions enable parents or youth to **ask questions** about program content and help them **apply the skills** to their fears and worries.

For children in primary school, the program is mostly delivered to their primary caregiver, who then uses it to help their child. For adolescents in high school, the program is directly delivered to the teenager, with some additional support from their caregiver

## WHAT DO WE NEED TO DO?

- Eligible families who are referred by a their school counselling team contact Cool Kids team at **02/ 9850-6393** or **CKOschools@mq.edu.au**
- You will first speak to an intake officer who will ask a few basic questions.
- Next you will be given a link to a website where you will receive a series of detailed questions for both the caregiver and the young person to complete. This is an extremely important assessment that tells us whether the program is suitable for your child.
- If the program is suitable, you will receive a call from your allocated therapist who will provide you with a personal login. Four therapy sessions will also be scheduled.
- You and your child will work through the program with support from your therapist over the next 12 weeks.
- At the end of 12 weeks, you will once again be asked to complete the online assessment so that we can see how much your child has improved.

## ABOUT US

The Centre for Emotional Health (CEH) is an internationally recognised specialist research centre at Macquarie University in Sydney, Australia. The CEH conducts research to further our understanding of child and adult emotional disorders and to improve methods of assessment and treatment.

The Cool Kids Programs have been developed and evaluated at the CEH over the past 25 years. Cool Kids is a structured, skills-based program that teaches children and their parents how to better manage anxiety. Many scientific studies show that most young people who complete Cool Kids experience significant improvements, with decreases in worry, fear, family distress and life interference.

FIND OUT MORE  
Centre for Emotional Health Clinic  
Macquarie University NSW 2109 Australia  
T: +61 (2) 9850 0693  
E: [CKOschools@mq.edu.au](mailto:CKOschools@mq.edu.au)  
W: [mq.edu.au/ceh-clinic](http://mq.edu.au/ceh-clinic)  
CRICOS Provider 00002J



**MACQUARIE**  
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# Parents and carers: 'essentials' toolkit

A directory of useful online resources and handy lists for parents and carers for the school holidays and beyond.

# Contents

Introduction

Top parenting books

Top parenting podcasts

Top parenting apps

Top parenting websites

Self-care tips for parents

## Introduction

Parents and carers are essential. What would we do without them?

Don't forget That's why we've created this toolkit. It's for all the hard working, patient and wonderful mothers, fathers, guardians and caregivers out there. That's right, we mean you.

Jam-packed with curated lists, self-care tips and helpful advice, it aims to give you a head start and support during the school holidays and beyond.

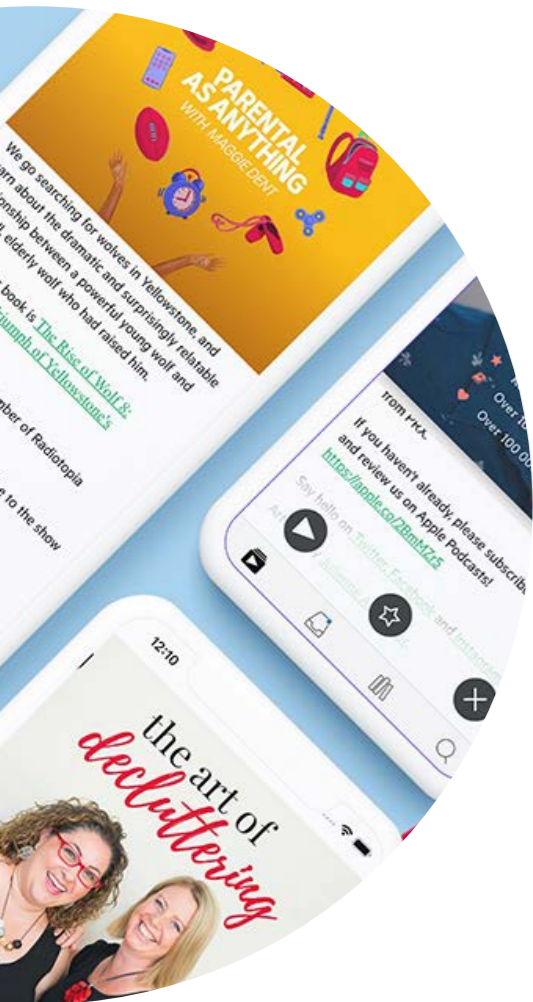
For more school holidays ideas and advice, go to:

[education.gov.au/parent-and-carers/school-holidays](https://education.gov.au/parent-and-carers/school-holidays)



# Top parenting podcasts

Whether you're doing late night nursing or chores around the house these school holidays, why not have some industry-leading voices in the background?



From child psychologists to mums-of-many to new dads doing a deep dive discussion, here are 17 insightful and relatable parenting podcasts to make any parent or carer feel less alone.

Happy listening!

## Australian podcasts

**Babytalk (ABC):** Babies don't come with instruction manuals but that just means that there's a lot to learn. This podcast will share insights and offer advice about living with your baby.

**Parental As Anything (ABC):** Join one of Australia's favourite parenting authors and educators Maggie Dent, to get tips and answers to your real-world parenting dilemmas.

**DadPod with Charlie Clausen and Osher Günsberg:** DadPod is a weekly podcast documenting the new Dad adventures of Charlie Clausen and Australian TV host, Osher Günsberg.

**The Art of Decluttering:** This weekly podcast shares tips and tricks for decluttering and organising your home. The hosts help take control of the clutter and reclaim your home as a peaceful retreat, where you can relax and regroup and raise your family.

**The Modern Mommy Doc Podcast:** The Modern Mommy Doc Podcast helps mums say "no" to unrealistic expectations for a balanced life, and say "yes" to what really matters.

**Everyday Motherhood:** Grab your pile of laundry and listen to this podcast for advice on how to care for yourself while mothering and walk away with a play idea to connect with your kids.

**Spot Family Podcast:** If you have a family, are a teacher, health professional or are even remotely interested in child development, health, or learning, this is the podcast for you. Cutting through the snake oil with deep dives into the science behind supporting you and your child.

**Happy Families:** The Happy Families podcast with Dr Justin Coulson is for parents who want all the answers but don't have any time. Each short, easily digestible episode sees Dr Justin address a specific topic, offer his expert advice and provide simple strategies to make families happier.

## International podcasts

**Spawned Parenting Podcast:** Liz Gumbinner and Kristen Chase are parents to six kids between them. They, and their guests, offer candid parenting culture discussions, non-judgemental tips, and a good dose of humor.

**Little Sprigs:** On this podcast, you'll find a mix of interviews and recordings focusing on early childhood education, communication and mindfulness.

**Mom and Dad Are Fighting:** Jamilah Lemieux and Dan Kois share their triumphs and failures while offering advice on parenting kids from toddler to teens.

**The One in a Million Baby:** This podcast by New Zealander Tessa Prebble tells the stories of the children and their parents who find themselves in that one-in-a-thousand, or one-in-ten-thousand, or even one-in-a-million position of having a child with special needs and how they've come to cope.

**The Mom Hour:** Co-hosts Meagan Francis and Sarah Powers have eight kids between them, little to grown. This weekly podcast offers practical tips and encouragement for mums who want to enjoy motherhood more, and cut back on comparison, worry, and stress.

**Unruffled:** Each episode addresses a reader's parenting issue through the lens of host, Janet Lansbury's respectful parenting philosophy. Janet is a respected parenting adviser, author, and consultant whose work informs, inspires, and supports caregivers of infants and toddlers across the globe to create relationships of respect, trust, and love.

**Turning This Car Around:** This is a podcast about parenthood from three dads, Lex Friedman, John Moltz and Jon Armstrong

**The Modern Dads Podcast:** The stories of modern dads. Men who are not only involved in their children's lives, but active and engaged in the decisions, the drudgery, the pain, and the joys of parenthood. Each episode discusses the issues modern dads face as they try to navigate work, parenthood, relationships, and play.

Not all of these podcasts will suit all parents' needs, and you are in the best position to decide what advice and support will work best for you and your family.

# Top parenting websites

The online resources worth bookmarking for every parent and carer.



There is a considerable amount of online parenting advice and information for all stages of your child's development from toddler to teen.

To make the search easier, we've curated some of the leading Australian parenting sites worth bookmarking.

## General advice

**Raising Children Network** - Supported by the Department of Social Services, the Raising Children Network offers free parenting advice in a variety of mediums, including videos and apps. It has information ranging from pregnancy topics through to raising your teenager, and adulthood.

**ABC Life** - Family - a collection of articles and advice addressing issues that families face, drawn from the ABC's extensive television, radio and online programs and publications.

**Parenting Ideas** - a collection of blogs, parenting guides and online courses intended to help parents raise happy, resilient children.

**Practical Parenting** - this is the companion website to the Practical Parenting magazine, collating articles on all stages of child development.

**SBS - Parenting** - articles, news stories and videos on parenting and related issues from [national broadcaster SBS](#).

**Kiddipedia** - this online encyclopedia collates parenting advice from a range of different sources, including government, non-for-profit and commercial sites.

**Ellas List** - A Sydney-specific selection of activities - both outside and inside the home - for your children and you.

## Activities and courses

**Resourcing parents** - this NSW Government website provides you with help on choosing between different parenting courses and explanations of some of the more popular ones on offer.

**Family Connect** - this activity, developed by [Uplifting Australia](#), aims to develop a family's listening, appreciating and emotional skills, along with self-responsibility.

**Parent Works** - this free online program is self-directed and is part of a research project conducted by the University of Sydney. It includes ways to manage challenging behaviour and improve parenting skills.

## Childhood stages

**Starting Blocks** - created by the [Australian Children's Education and Care Quality Authority](#). Starting Blocks has information on your children's developmental milestones, what to expect from early childhood education and care services, and information about caring for and entertaining your young child at home.

**Pregnancy, birth and baby** - provided on behalf of the Department of Health, this site covers a broad range of topics relating to children aged under 6. It also has sections tailored specifically for fathers, teenager parents and indigenous families.

**Karitane** - Karitane has information for parents and carers of young children, including sections on sleep, feeding and adjusting to parenthood.

**Early Childhood Australia** - this early childhood advocacy organisation has a range of resources for parents of children aged up to eight years.

**The First Five Years** - supported by [Goodstart Early Learning](#), the First Five Years covers early childhood, providing material on education and child development.

**Essential Baby** - launched in 1999, Essential Baby has an extensive range of information including sections covering the development of your child as a baby and toddler, lifestyle articles and health and beauty tips.

**Essential Kids** - Essential Baby's older sibling includes news and advice on puberty, discipline, health and wellbeing and educational activities to do with older children.

**Reach Out - Resources for Parents** - Reach Out offers support to the parents of children aged 12 - 18, including self-help content, online forums and individual support. It is part of [Reach Out Australia](#).

## Specific groups

**Deadly Tots** - this website contains details of groups, community events, courses and activities for Aboriginal parents and their children.

**SingleMum.com.au** - this website has a range of resources for single mothers, including [advice on solo parenting](#).

**Support for Fathers** - here you can find [information for dads](#) covering topics like balancing work and family life and bonding with their kids. Part of Relationships Australia - Victoria.

**The Fathering Project** - the Fathering Project provides resources and advice to Australian fathers and father-figures, including activities to do with kids, tips for raising teenagers and information on self-care. They also have a [YouTube channel](#).

## Support for parents

**Parentline NSW** - a telephone counselling, information and referral service for parents in NSW, available weekdays and weekends.

**Relationships Australia (NSW)** - this independent not-for-profit organisation has centres across NSW and offers family skills courses and relationships advice.

**Council for single mothers and their children** - Based in Victoria, this non-profit organisation offers phone and online support for single mothers.

**Parents Beyond Breakup** - Phone and online chat support for parents - particularly fathers - dealing with relationship breakdowns and separation.

# Top parenting apps

Need a last-minute activity idea to keep your child engaged and excited? There's an app for that!

We've got you covered these school holidays with 15 popular - and free - mobile apps to support you and your child's mental and emotional wellbeing.

## Apps for you

**Bright Parenting** - Available on the [App Store](#) and [Google Play](#).

This US-developed app is designed to help parents of children aged 2-10, with strategies to deal with difficult behaviour and methods of strengthening your parental bond.

**Child 360 app** - Available on the [App Store](#) and [Google Play](#).

This app is designed to assist you in supporting your child's emotional and social wellbeing, with suggestions on how you can build their resilience.

**Day by Day** - Available on the [App Store](#).

Developed by the [Victorian State Government](#), this app includes a collection of fun activities that you can do with your child around the home.

**Family5** - Available on the [App Store](#) and [Google Play](#).

Aimed at parents of children aged 1 to 12, Family5 has educational activities for you and your child to try together, as well as tips for developing positive parenting habits.

**Hello Joey** - Available on the [App Store](#) and [Google Play](#).

This app is designed to help you with some of the tricky issues that parents face, including disciplining your child and dealing with picky eaters. It includes some paid content.

**Learning Potential** - Available on the [App Store](#) and [Google Play](#).

This app helps you support your child's learning, from preschool all the way through to adulthood. It has been developed by the Australian Government Department of Education and Training.

**PBS Parents Play & Learn** - Available on the [App Store](#) and [Google Play](#).

This US-developed app comes with ideas for games you can play with your child.

## Apps for your child

**ABC Kids** - Available on the [App Store](#) and [Google Play](#).

Developed by the ABC and aimed at younger children, the ABC kids app has material to entertain and educate your child.

**GoNoodle** - Available on the [App Store](#) and [Google Play](#).

This app has a huge range of activity-based videos encouraging your child to move, dance and stretch.

**Khan Academy Kids** - Available on the [App Store](#) and [Google Play](#).

This app offers a broad selection of lessons on reading, language, writing and maths, as well as many other topics.

**Kinderling Plus** - Available on the [App Store](#) and [Google Play](#).

This Australian kids radio station plays family-friendly music, stories and lullabies - and it has some parenting tips for grown-ups too.

**Photomath** - Available from the [App Store](#) and [Google Play](#).

This app uses the camera on your child's phone to scan a maths problem and offer up ideas for solving, with the working shown in steps.

**Swift Playgrounds** - Available on the [App Store](#).

Swift Playgrounds will introduce your child to the basics of coding and will allow them to experiment as they learn. Suitable for children ages 12 and above.

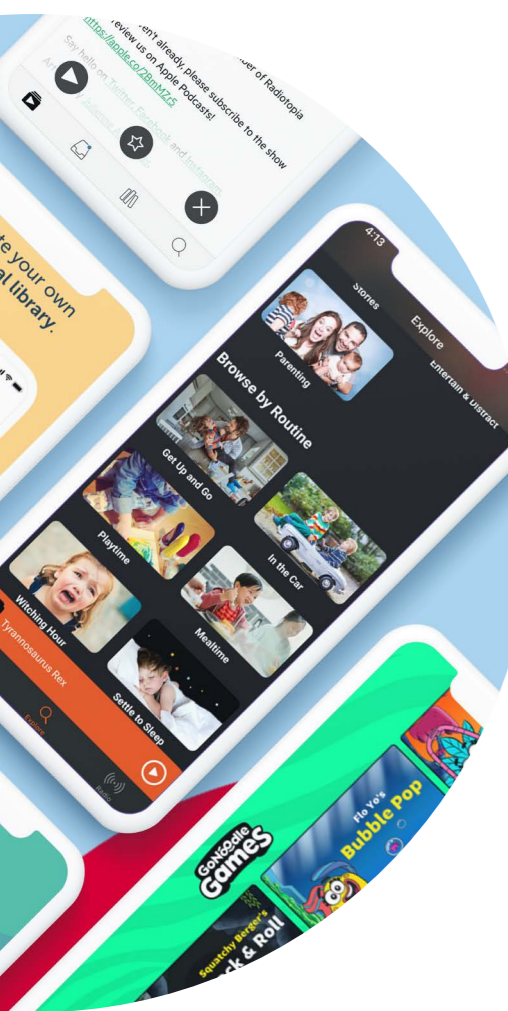
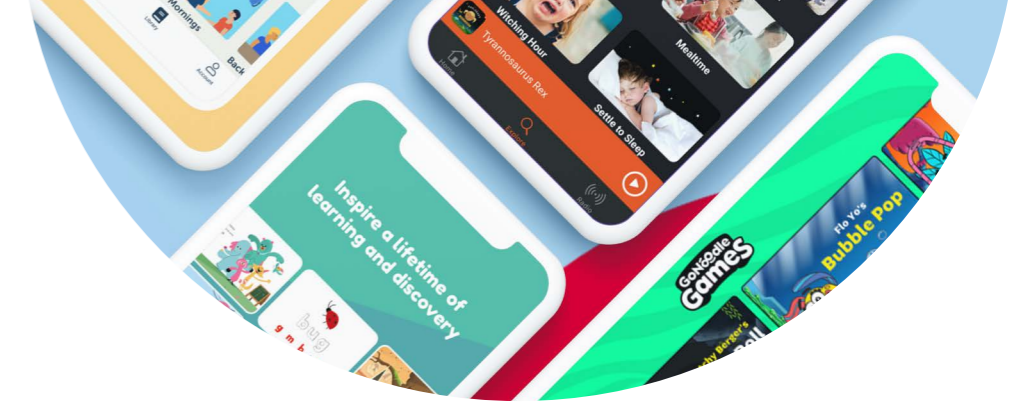
**The Robot Factory** - Available on the [App Store](#).

Let your child's imagination run wild while they create robots and develop their creativity and problem-solving skills.

**Youth Beyond Blue** - Available from the [App Store](#) and [Google Play](#).

This app is designed to help teenagers talk to friends that they think might be struggling.

Not all of these apps will suit all parents' needs, and you are in the best position to decide what advice and support will work best for you and your family.





# Top parenting books

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While the kids enjoy some light reading this school holiday, why not do the same and enjoy some books of your own?

Raising children of any age is challenging at best. Add the school holidays and the current world climate and it can be overwhelming.

Here are some great parenting books we've compiled to give you a head start and help you navigate raising children while juggling the rollercoaster of life.

## **Baby Love by Robin Barker**

This book offers expert advice for the first 12 months of every baby's life and full of Robin Barker's wisdom and humour, this classic guide has been fully revised, including new material on nutrition, food allergy and intolerance, and updates on safe sleeping, breastfeeding, reflux and immunisation.

## **Babies & Toddlers By Kaz Cooke**

This book has reassuring info, helpful suggestions, answers to your worries and is backed by the professional advice of more than thirty medical and other experts. Fun, practical and updated every year, Babies & Toddlers has everything you need to know about looking after babies and toddlers.

## **The Art of Growing Up by John Marsden**

John Marsden has spent his adult life engaging with young minds in this book he pulls together all he has learned from over forty years' experience working with and writing for children. He shares his insights into everything - from the role of schools and the importance of education, to problem parents and problem children, and the conundrum of what it means to grow up and be 'happy' in the 21st century.

## **10 Things Every Parent Needs to Know by Dr Justin Coulson**

Parenting expert Dr Justin Coulson shares the ten things every parent needs to know to raise their children in positive ways. They are also ways to make parenting easier for you - so you don't have to keep 'making it up as you go along'.

## **They'll Be Okay: 15 Conversations to Help Your Child Through Troubled Times by Collett Smart**

Teens and tweens are struggling with social media, relationships, and so much of what modern life is throwing at them. It's impossible for parents to be experts on every challenge their child is facing. This book is for parents of young people who want to keep their children safe, whole and happy.

## **Surviving Adolescents 2.0 by Dr Michael Carr-Gregg**

This book contains all the thorny issues that confront families with teenagers, such as technology, social media, risky behaviours, school and study problems, and much more.

## **Teen Brain by David Gillespie**

This book sets out clear, reasonable and effective rules to help you confidently manage your kids' use of screens at this critical point in their lives.

## **So ... You're Having a Teenager: An A-Z of adolescence from argumentative to zits by Sarah Macdonald, Cathy Wilcox**

This book is a straight-talking, not entirely sarcastic, informative guide to what for many parents are the most challenging - but interesting and exciting - years.

## **Anxious Kids: How children can turn their anxiety into resilience by Michael Grose and Jodi Richardson**

Anxious Kids offers parents a new perspective on their children's anxiety, encouraging them to view each episode as an opportunity to empower their kids with the skills to manage anxiety, and thrive.

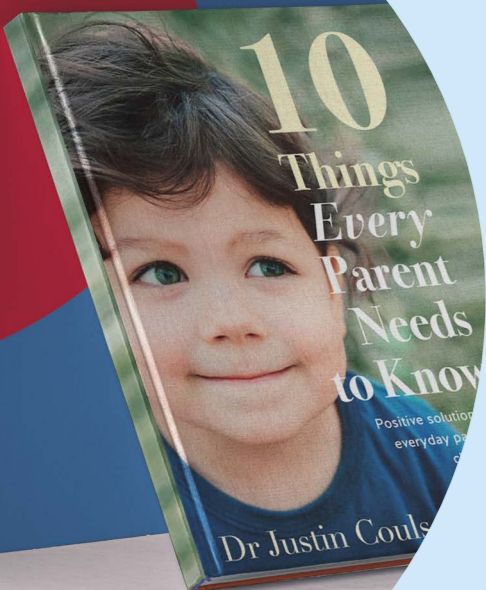
## **The Father Hood: Inspiration for the new dad generation by Luke Benedictus, Andrew McUtchen, Jeremy Macvean**

This book celebrates the growing tribe of hands-on dads who are discovering that becoming a father is the greatest opportunity a man can have to be better than he's ever been before; stronger, wiser and more compassionate. The Father Hood is the guide to helping modern dads thrive and survive in the only job that really counts.

## **Everyday Resilience by Michelle Mitchell**

In this book Michelle shows every family how they can cultivate resilience in their children or adolescents by focussing on 7 key traits – courage, gratitude, empathy, self-awareness, responsibility, self-care and contribution.

Not all of these books will suit all parents' needs, and you are in the best position to decide what advice and support will work best for you and your family.



# Self-care tips for parents

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Every flight attendant says before take-off: place the oxygen mask on yourself first before helping others.

Self-care is incredibly important and can help to strengthen your family. If you're happy and healthy, you can be more attentive and engaged as a parent and spouse.

When developing your own self-care routines and rituals, keep in mind that the more often you manage your wellbeing the longer you will be able to sustain a happy and positive household.

Here are some ways you can look after your physical and mental wellbeing to ensure you have enough energy to continue to successfully parent and care for your children:

**Practice gratitude:** When you start to feel overwhelmed, try to think about the good things in your life. Even if it's just little things. This helps you change your mindset and focus on the present instead of potential future anxieties.

**Keep a journal:** Spend some time every day just writing out your thoughts. This can help you uncover feelings that are just under the surface. Once you know about these emotions and what's causing them you can deal with them directly.

**Meditate:** Just 5 minutes a day can help you feel rejuvenated. If you're new to meditation, you can try one of the many guided meditation options available. If this isn't for you, breathing exercises, closing your eyes or taking a bath can also create a meditative state helpful for reducing stress.

**Create a schedule:** Set aside some 'you' time in the schedule, whether it's going for a run, video-calling with friends or sitting down to read. If you have a partner, coordinate with them so you both get regular scheduled alone time.

**Listen to music or a podcast:** Music has the power to influence mood and energise. If you're feeling anxious, listen to calming music. If you're feeling sad, listen to uplifting music. The best part is you can listen to music while doing other tasks and you can even involve your family for an impromptu dance party if you feel everyone needs it.

Not all of these tips will suit all parents' needs, and you are in the best position to decide what advice and support will work best for you and your family.

**Start or join a virtual book club:** Virtual book clubs have taken off since people can no longer meet in person, once a week/month meet up virtually with friends and family to discuss the book you've read. Not only will this help you talk to people outside of your family and help you concentrate on something else, but it will also give you a weekly/monthly goal.

**Start a new hobby or re-discover an old one:** Did you used to play an instrument? Have you always wanted to learn how to cook lasagna? Now is the time. Putting energy into a new hobby or skill or rediscovering old talents can help you to focus on the here and now, as well as help you feel a sense of accomplishment in learning something new.

**Colour in with the kids:** There's a reason adult colouring books have skyrocketed in popularity across the world. Just like it does for children, colouring clears the mind and channels focus into the task at hand, helping you to de-stress of other worries.

**Be kind to yourself:** Keep in mind that everyone is under a lot more stress than normal. You won't have the same level of resilience, patience and mental fortitude that you normally have, and that's ok. Give yourself a break, and manage as best you can. That's all anyone can do.



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We acknowledge the homelands of all Aboriginal people and pay our respect to Country.

## Say hello

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