

The Crest

Term 3 Week 4
4 August 2021

Dear Parents/Carers

I hope you are maintaining your wellbeing by ensuring you turn off all devices at a reasonable hour, are taking time to exercise and thinking optimistically. This is a marathon not a sprint, so let's pace ourselves and remember we are all doing the best we can under very challenging circumstances.

Help keep our school community safe

Last week our school has seen an increase in students attending school and we have attendance levels that are significantly above other schools in Sydney.

I want to remind all our families that there is minimal supervision on site at our school for those students who cannot be educated at home, for example if their parent or carer is an essential worker. All students and families will be supported with learning from home materials and resources.

If you are working from home, and your child is able to be educated from home, please keep them at home.

I want to thank all the families who have continued to support our community by keeping their children at home to minimise movement in the community. Get in touch with your teacher to discuss any additional needs for your child or family to support you to continue learning from home.

Student Work

Name: Maddi H

Topic: Barack Obama

|~Early life~|

Barack Hussein Obama II (Named after his father, Barack Hussein Obama Sr.) Was born on the 4th of August, 1961, in Honolulu, Hawaii. Barack Obama spent most of his youth in Honolulu. In 1965 Barack's mother married an Indonesian man. As a kid Barack went by the nickname of " Barry"

|~Work before president~|

Before He was the president of the USA, Obama was a worker at the Developing Communities

Project in Chicago. He soon decided he wanted to be a lawyer so he entered Harvard Law School. After graduating in 1991, he began practicing law.

|~President Obama~|

Barack Obama was elected the 44th president of the US 20th of January 2009 and was reelected in 2012. His vice president was Joe Biden. Obama served a total of 8 years as US president. He was the first ever African American President.

Amelia Earhart

24th July 1897- Unknown

“Adventure is worthwhile in itself”



Introduction

Amelia Earhart. Without doubt, she is one of the most famous women of the 20th century, and perhaps the most famous aviator to have ever lived. She was never afraid of challenges or hard work. Amelia Earhart continues to inspire generations of girls and women, even almost a century after her death.

Growing Up

Amelia was born on the 24th of July, 1897 to Samuel Earhart and Amelia Earhart. Amelia, who was nick-named Meeley, and her sister Grace, nicknamed Pidge had a very unconventional upbringing. Their mother didn't believe in making her daughters into dainty young ladies. Meeley and Pidge spent most of their childhood together, catching insects and animals. Once, Amelia built a slide off the roof of the tool shed and slid down it in a homemade cart. She managed to rip her dress and bust her lip, but was still thrilled. “Oh Pidge, it was just like flying!” She remarked. Amelia saw her first aircraft at the Iowa State Fair. It was most definitely not a story of love at first sight and when her Father tried to get her to board, she remarked “It is a thing of rusting wire and wood, not at all interesting.” In 1917, Meeley became a nurse in WWI to help wounded soldiers and in 1918 Amelia caught the Spanish Flu, after catching it from a soldier she nursed. Even when Amelia was sick, she didn't waste any time. While Amelia was sick she researched planes and even learnt to play the banjo. When Amelia was in her teens, she attended a flying show with a friend. The veteran WWI pilot was showing off his skill. He dove at the girls, intending to scare them and make them run away. But, Amelia stood her ground and as she later reported that it was then she knew she wanted to fly planes.

On the left is a picture of Amelia, aged about 7.

The middle is Amelia, aged 10.

The one on the right is Amelia aged 7 (right) and Grace aged 5 (left) in 1904.



Career

Amelia borrowed money from friends and family, so that she could attend flying school and she joined at just 24, in 1921. She was taught by Neta Snook, another female aviator. Amelia didn't fit in with the other flying students, and it was here that she cut her hair into its famous style. She also bought a brown leather aviator's jacket and slept in it for three nights, so that it didn't look brand new. 6 months after she enrolled in flying school, she bought a second-hand Kinner Airster, painted it yellow and called it The Canary. The same year she broke the women's altitude record, reaching 14,000 feet (4.2672 km) and this was the first of many. Tragedy struck in 1924, Amelia's parents got a divorce and, due to money problems, she was forced to sell The Canary. She became a teacher and a social worker.

In April 1928, Amelia received a call from Hilton Raleigh, who asked her, "Would you like to fly the Atlantic?" Amelia did not pilot the plane, instead she was a passenger and kept the flight log. Left, Anita Snook and Amelia Earhart. Right, Amelia Earhart and The Canary



Records

All in all, Amelia broke two records and set six. In 1928, Amelia Earhart became the first woman to fly solo across the North American continent, and back. In 1931 she set the world altitude record for women and men, at 18 415 feet, and she got married! Amelia married her publisher, George Partnum, but only after he had proposed six times. In 1932, she became the first woman to fly across the Atlantic, solo. She took off from Newfoundland and flew for 15hrs. She landed in a field in Ireland, where she was greeted by locals. "Have you flown far?" They asked. "All the way from America." Amelia replied. In 1937, Amelia took off to fly around the world with Fred Noonan. This had been done before, but Amelia's journey was around the equator, making it the longest one of them all. Finally Amelia and Fred took off on the 10th of May 1937. There were four legs of the journey, two of which went well. Amelia took off for the third leg (photo of route on left and Amelia taking off on right) from Lae, Papua New Guinea to land on Howland Island in the Pacific. She took off on the 2nd of July, 1937 and was never seen again.



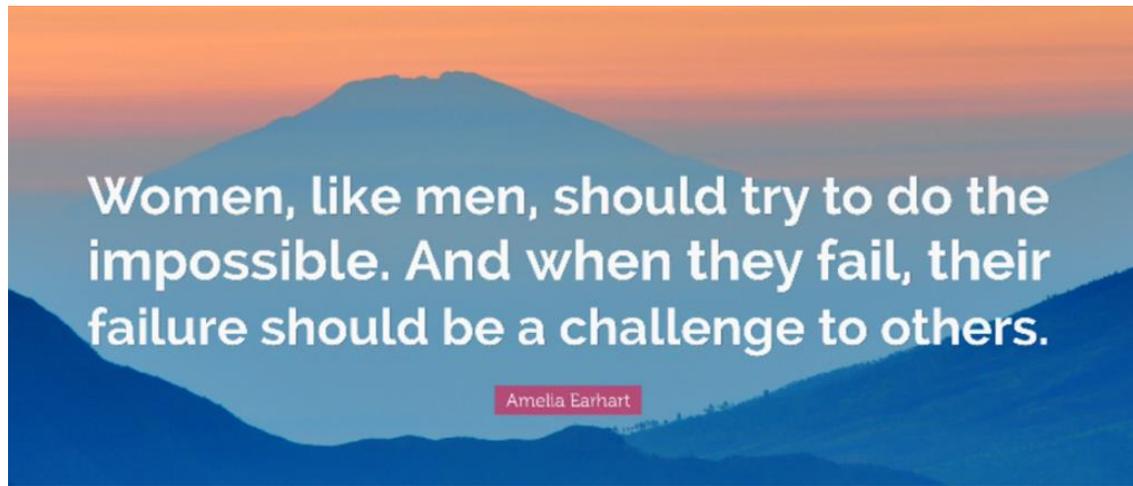
Disappearance

Amelia had problems with the overcast sky and rain that she reported to the crew of the *Itasca* (left), the ship that would receive her radio messages. She flew 22,000 miles before she disappeared. The last message she sent to *Itasca* reported that she was flying on the coordinates that ran through Howland Island. 18 months later, on the 5th of Jan 1939, Amelia was declared officially dead. The *Itasca* searched for 12 consecutive days, but couldn't find a trace of Amelia Earhart and Fred Noonan or their plane. There are two main, credible theories about what happened to them. The first theory is that the Lockheed Electra ran out of fuel, crashed and Amelia and Fred drowned. The second theory is that Amelia and Fred crashed on a small island that was then called Gardner Island and is now called Nikumaroro Island. A jar was found, which when assembled looked like a jar of anti-freckle cream from the early 20th century. It is well known that Amelia Earhart had freckles, and deeply disliked them. Another piece of evidence to support this theory is that teenage Betty Klenck received radio messages from her family's shortwave radio. When Betty heard "This is Amelia Earhart!", she stopped to listen. Over the course of about two hours there were many messages such as: "Help me!", "Water's knee high!", "NY, NY, NY!", "I need air!" and what Betty wrote as "NY, NY." or something like that, she commented. The last thing Betty heard was NY, NY. She said she could hear a man who had suffered a head injury and was probably delirious. Now here is where the plot gets thicker, if you landed on an island that you didn't know the name of, you would point out the one unique feature. This island had a shipwreck. The *Norwich City*. Amelia wouldn't say New York City, but *Norwich City*, the shipwreck. The wreckage of a plane was also found on Nikumaroro's coral reef. Recently a camp was found, with turtle, fish and bird bones scattered around it. Since the fish heads were not eaten, it was probably not a Pacific Islander. Bones have been found that could be from a woman, about Amelia's height and build. The disappearance of Amelia Earhart is a contested issue that people have fought about for decades, but might be closer to being solved than ever before.



Conclusion

Amelia Earhart has inspired generations of women and men and pushed the limits of aviation. She showed girls that they could do anything they wanted, and broke countless records along the way. She was and is truly the Queen Of The Air.



Bibliography

<https://www.nationalgeographic.com/adventure/article/amelia-earhart-search-island-dogs>

<https://tighar.org/Projects/Earhart/Archives/Documents/Notebook/notebook.html>

<https://mfame.guru/researchers-discover-wreck-that-could-finally-be-amelia-earhart-plane/>

<https://www.youtube.com/watch?v=SITeCEuxZII>

<https://www.youtube.com/watch?v=l6LUNZunwpg>

<https://www.youtube.com/watch?v=2GTQG3PELsI>

https://www.youtube.com/watch?v=mKP_pgXFH6k

Katerina M

Parent and Carer Zoom Sessions

Thank you to all the parents who participated in last week's Zoom session. We appreciate the questions and concerns that were raised and we truly appreciated the positive comments about the teachers who have been working so hard.

We will continue to hold Parent Zoom sessions each Friday at 10am. We encourage any parents who are able to attend to jump on to find out the updates and so that we can answer any questions you may have.

Please use the link/details below to access the Zoom meeting:

Topic: Parent Meeting

Time: Friday 6 August 10:00am

Join Zoom Meeting

<https://nsweducation.zoom.us/j/69772194665?pwd=RnhUbEFFeFRoeE5DYyFtPbk1JeIJHUT09>

Meeting ID: 697 7219 4665

Passcode: 643116

In response to the parent feedback from last week teachers have made some adjustments to the time they are posting student work. Hopefully these changes are more suitable to students, parents and teachers and will make learning from home easier for our whole school community.

ES1 student work posted by 8am daily.

Stage 1 student work posted by 7am daily.

Stage 2 student work posted at 8:30 daily.

Stage 3 review and reflect posted at 8am and work posted at 8:30am daily.

Please remember that teachers are available online between 9:20am and 3:20pm to help support student learning, answer student questions and provide feedback.

Parent/carer Feedback Survey

BPS has created a feedback Survey for parents. This survey is to help us understand how home learning is working for our families and will give us ways to improve so that our students can have the most successful experience as possible while learning from home.

Please take some time to fill in the survey as we truly value your feedback, ideas and suggestions. We also like to know what we are doing that is working well.

[https://docs.google.com/forms/d/e/1FAIpQLSe-c1ZGppUBR6YQ45YOyoZgoFGXyZZB3ypk6WVVGOWsVOZN00Q/viewform?usp=sf link](https://docs.google.com/forms/d/e/1FAIpQLSe-c1ZGppUBR6YQ45YOyoZgoFGXyZZB3ypk6WVVGOWsVOZN00Q/viewform?usp=sf_link)

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 1st 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 until further notice.

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.

BOOSH Updates

Yesterday I received official confirmation from the SINSW (School Infrastructure NSW) that they will proceed with the tender process for our BOOSH. Our BOOSH provides an amazing service for our students and families and will continue to do so into the future. Our parent volunteers have given up countless hours of their own time and our much loved BOOSH staff have all worked hard to ensure our kids are safe, well looked after and engaged in happy after school learning environment. Although there will be some changes in 2022 we look forward to our BOOSH moving ahead in a positive direction, to continue to support our families. Please see the information in the Piktochart which might help to answer some of your questions regarding the upcoming changes. I will keep you updated as I receive more information about our path moving forward.

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 or phone the front office.

Vicky Wallace Principal

Book Week Changes

With Sydney's lockdown now extended until the end of August, our annual Book Week celebrations and parade will not take place this year. However, we are hoping that as many families as possible might like to take part in our light-hearted Book Week Challenge!

The theme for this years Book Week is "Old Worlds, New Worlds, Other Worlds." Sometime between Saturday the 21st August and Sunday 29th August, we would love families to participate all together, in either, dressing up as book characters from a particular book eg Wizard of Oz, Wings of Fire, Peter Pan, Bad Guys, Snow White etc or dressing up as a family celebrating the Book Week theme!

We are hoping that this would be a fun, rather than an onerous activity, for the whole family! The photos could be uploaded and sent to classroom teachers and some posted on the school Facebook page if you wish.

We would love to see as many families as possible take part. Like the athletes in the Olympics we encourage you to do your best and just "have a go!"

Thank you everyone

Kelly Lukic and Jennie Smith

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.

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.

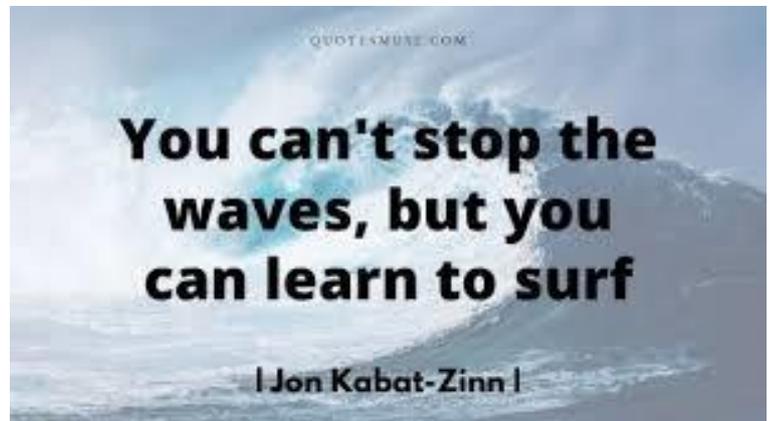
Road Safety

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 staff have been receiving some much appreciated support and love from our fabulous community.....and we thank you for your messages!!!!

Thank you for the email and thank you for all of the amazing support with home learning.

We really appreciate everything BPS is doing regarding home learning.

I just wanted to write to say thank you. This lockdown business is rough and you guys are having to do so much extra work, on top of caring for your own families and dealing with the added stress that is lockdown.

These times are unpredictable, stressful and draining, so please make sure you take the time to rest and relax, just like you tell our children.

If no one has told you today, you are enough. You are amazing. And seriously underpaid!!

From the bottom of my heart,

Thank you.

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

TERM 4

Week	Date	Event
Week 1	Tuesday 5 October	Term 4 resumes for staff and students
Week 3	Tuesday 19 October	Year 2 Excursion to Sydney Zoo
Week 3	Wednesday 20 October	P&C Meeting
Week 4	Thursday 28 October	Grandparent's and Special Friend's Day
Week 5	Thursday 4 November	Canteen Special Day: TBA
Week 7	Wednesday 17 November	P&C Meeting
Week 7	Sunday 21 November	Working Bee
Week 8	Friday 26 November	School Support Group Disco
Week 9	Thursday 2 December	Term 4 Dance Concert
Week 9	Thursday 2 December	Year 5 High School Experience Day
Week 9	Saturday 4 December	Election BBQ run by the P&C
Week 10	Wednesday 8 December	Presentation Day
Week 10	Friday 10 December	Semester 2 Student Reports
Week 10	Date TBA	Year 6 Farewell
Week 11	Tuesday 14 December	Talent Show
Week 11	Wednesday 15 December	P&C Meeting (if required)
Week 11	Thursday 16 December	Last day of school for students
Week 11	Friday 17 December	Last day of school for staff

Moving forward....

LOOKING AHEAD

WHAT IS GOING TO HAPPEN?

KEEP INFORMED

TAKE THE FIRST STEP

2022

Future of BOOSH

changes



1

Why? Contract renewal

Berowra Public School OOSH contract expires in March 2022. We need to start the process of filling the contract now.

2

Privatisation

Currently BOOSH is run by the PMC which is made up of parent volunteers. Our BOOSH is classified as a category B. All category B and C services automatically go to tender, which is the policy of SINSW (Schools Infrastructure NSW). This means in 2022 our BOOSH will become privatised.

3

Benefits of Privatisation

- Company is responsible for compliance and meeting the regulatory standards.
- Company is responsible for policy and procedures.
- Company is responsible for managing staff performance.
- Reduces the workload of our parents.
- Does not rely on volunteers.
- Can reduce issues of conflict within the community.



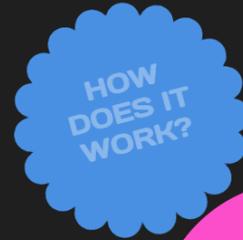
4

How does the tender process for privatisation work ?

The Tender Evaluation Team is made up of a parent representative, a BPS staff member and the principal and a non-voting member from SINSW.

The Tender Evaluation Team scores applicants against the Tender Criteria.

This process is heavily supported by the SINSW Asset Management Unit.



5

What is the tender criteria?

Tender criteria is based on the cost of the service and the quality of service.

6

What will the handover process look like?

A transition plan and timeframe will be developed and put in place. Handover will be approximately 60 days.

7

Will there be changes to the BOOSH operating times?

Operating hours before and after school will remain the same. Vacation care during the holidays will continue.

8

How will my children be affected?

Day to day programs provided will vary depending on the service provider. Programs will continue to reflect the National Quality Standards.



9

Will the cost change?

Yes there will be some changes to the cost. Cost will make up part of the tender criteria. Cost will depend on the service provider, however it tender process is very competitive

10

Will staffing change?

Yes there will be some staffing changes. Companies will allocate the Senior Educator in the service and will generally negotiate employment with staff currently onsite.



P&C

We Need Your Help

The Berowra Public School P&C will shortly be conducting its Annual General Meeting (AGM). The P&C operates to promote the best interests of the school by bringing parents, citizens, students and teaching staff into close cooperation.

The P&C helps to provide facilities and equipment for our school. Just one example is the audio visual equipment in the hall, colourful mural, refillable water station and new playground equipment.

As the P&C helps decide how your funds will be distributed, why not consider attending a meeting so that you can have your say? Membership of the P&C is open to all members of the school community: parents, school staff and citizens. The membership fee is 50 cents per school year, in order to be a financial member. This entitles you to vote on motions at meetings.

The P&C meets on the third Wednesday evening of each month at 7pm in the library (or via zoom during restrictions). We encourage you to attend the AGM and all P&C meetings.

New faces are always welcome. All positions are declared vacant at the AGM, and we are always looking for new people to join our Executive Committee.

The AGM will be held on Wednesday 18th August at 7pm via Zoom

Below is a summary of the positions available on the Executive Committee, and the duties that each position entails. All of these positions will be declared vacant at the AGM.

President

- Ensure successful functioning of the P&C, the attainment of its objectives, adherence to its constitution and the fostering of fair participation of all its members
- Represent the P&C in dealings with the school executive
- Chair meetings of the P&C and Executive Committee
- Represent the P&C at official functions
- Report monthly at the general P&C meetings Present the annual P&C report at the AGM and provide an annual P&C Report for the school Annual Report
- Membership of all P&C sub-committees

Vice-President

- Represent the President when necessary
- Support the President
- Act as interim President until new one elected, if that office should fall vacant

- Attend P&C Meetings

Secretary

- Prepare "sign-in" books for P&C Meetings
- Prepare P&C agendas and reports for P&C Meetings
- Attend all P&C meetings and take the minutes of these meetings
- Update the school newsletter with P&C news fortnightly
- Ensure working with children checks are completed on all P&C volunteers

Treasurer

- Receive and deposit monies, deposit and draw cheques
- Maintain financial records and ensure accountability
- Maintain a list of all financial members
- Present accounts in the form of a report at each general meeting
- Pay Workers' Compensation Insurance, accurate wages, superannuation etc. for P&C employees
- Present all records for auditing each year
- Ensure that the audited accounts are tabled for adoption at the AGM
- Annual Report to P&C AGM
- Attend P&C Meetings

We are really keen to build capacity and look forward to welcoming new faces to the team.

Kind regards

Vicky Wallace

Dear Parents and Carers

Please find attached the Notice of AGM and Agenda for the P&C AGM to be held on Wednesday 18th August at 7pm.

The meeting will be held via zoom due to current covid restrictions.

If you would like to attend the meeting please contact secretary@bps.org.au

Thank you,

BPS P&C

balancing online schooling and working from home

Coronavirus (COVID-19) has resulted in new opportunities and challenges for those supporting and caring for young people in our community.

The transition to online schooling and working from home will be exciting for some people who may thrive in this new style of working and learning and for others this transition may be quite stressful and overwhelming. It may also be a mixture of both these experiences. All of these feelings and experiences are understandable in these circumstances.

Each household will be different in what they are managing. There may be multiple people of various ages trying to transition to online schooling and working at home or there may be just one or two in your household. Everyone will balance this differently with each household having different ways of managing and different priorities. This is okay. There is no one right way to go about this and no household will get it perfectly right.

The initial weeks of this transition will be the hardest whilst everyone is trying to adapt to new routines.

Here are some tips to support the balance of online schooling and working from home.

1. Create good communication

Creating good communication between young people and others at home will be very important during this time. It could be the difference between balancing and negotiating everybody's different needs or increasing conflict in the household.

Some important ideas for good communication include:

- **communicating early**

Start conversations and model talking early when you are noticing things aren't working so well or there are differences in priorities, expectations or people's needs being met in the household.

- **taking a 'you and me vs the problem' approach**

If you think about any problems coming up 'side by side' rather than 'you vs me' you are more likely to get a good outcome for everyone. This includes letting everyone have a turn to express their perspective, expectations and opinions in a respectful way.

- **acknowledging and summarising what each person has said when communicating**

This shows you're interested and listening to the other people. When we feel our perspective has been heard and understood we are more able to listen to what the other people have to say.

- **using 'I' statements rather than you statements**

Using 'I' statements to express our perspective or needs helps us to own what we are saying rather than giving a sense of blame that can happen with 'you' statements.

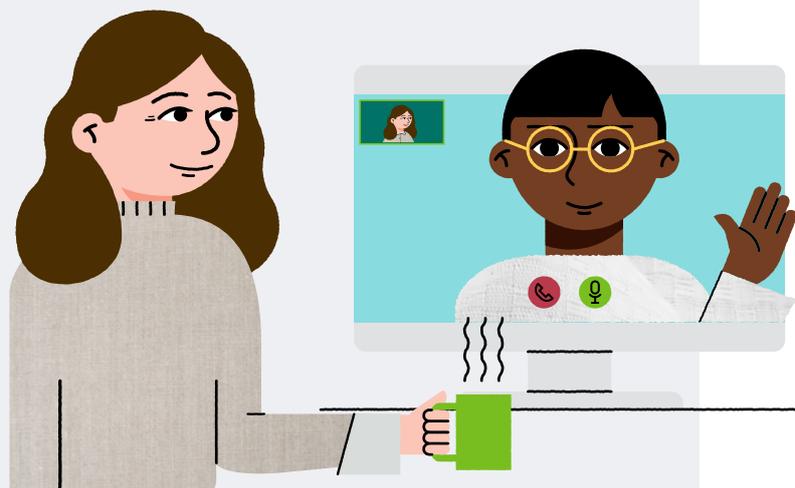
Take some time to talk about what everyone in the house is going to need to be effective in online schooling and

working from home. It is good to set up a time for this conversation when everyone is available and able to be focus on what you are talking about. This conversation may need to keep occurring over time as you try things out and adapt to see how it is going.

This conversation could include thinking together about ideas such as:

- **how you will let each other know when you can be available to support young people's online schooling and when are you not able to be interrupted**
- **how you will let each other know when you need some help or support**
- **how you are going to manage shared work and schooling spaces**
- **what is working or not working for the household?**

If you feel like there is some tension between household members during this transition or you would like more ideas on communication, check out the responding to family conflict fact sheet for more tips and information.



2. Consider and manage your expectations

Each household will be managing different things during this time. For some households, those working from home are going to need to prioritise work and won't be available for online schooling support. Other households will have more flexibility in moving between supporting online schooling and working.

Consider what your household is managing and adjust your expectations accordingly.

It is okay if you are not always available or if young people aren't completing all of the allocated tasks during this time. If this is happening some things to think about include:

- **using the communication tools discussed above to have a conversation with the young person and ask them about what feels reasonable and manageable. Once they have come up with some ideas, negotiate and work together to come up with an agreed solution.**
- **keeping the communication with teachers going so that they are aware of what is happening for the young person during this time.**

Usually school time and work time is a time of social contact for young people and adults too. Discuss expectations around talking to friends during school or work time and encourage peer to peer connection in an appropriate way to maintain social connectedness.

4. Foster independence

Young people are usually independent during their school day without the support of care givers to guide their work. Wherever possible, try to encourage this to remain the same.

Take some time to talk to them and ask them about what they would normally do if they got a bit stuck at school with some work or don't know quite what to do.

Some ideas might include:

- **sending a question to the teacher**
- **asking their friends.**

Independence also includes things like encouraging young people to make their lunch, choose what to do at breaks or lunch time and setting up their work space.



3. Create a routine

As much as possible try to keep to a normal routine for online schooling and working from home. It can be easy for work time, school time and home time to merge into one which can be overwhelming at times. It can be good to create routines to differentiate this time and support being able to 'switch off' from work or school time.

Some ideas around this could be:

- **taking a walk around the block or exercise when you finish work/school to mimic your usual travel home time (whilst still obeying the COVID-19 restrictions)**
- **packing down your work space at the end of your work day, closing computers and putting books away. You may even want to cover your station with a blanket**
- **changing into different clothes for work or study time and home time.**

5. Use your resources

Think about the resources that you have around you. This may be adults in the household taking turns to provide support to young people. If this is not possible, there may be other extended family members or friends that have special skills in areas such as Maths or English that young people can reach out to for support with tasks online or via phone when required.

6. Get creative and flexible

There are many ways of learning and different areas of learning for young people. As young people develop they are learning how to be independent and complete the tasks of an adult. The online learning environment creates an opportunity for young people to have the time to learn different skills associated with this process. These skills might include:

- **cooking a meal for the household**
- **helping out with chores**
- **learning how to pay bills and managing finances**
- **taking care of the garden.**

Remember to use the communication ideas discussed above in thinking about and trying out these ideas. Ask young people what they are interested in learning and negotiate to come up with what will be appropriate for your household.

If online schooling support is required consider whether these tasks could occur outside normal school hours so that you are able to provide support during non-work hours.

7. Take regular breaks

Stepping away from the computer, getting some fresh air and stretching is important for everybody. If you do this on a regular basis everybody in the house will be more productive in their work and learning. It also supports good physical and mental wellbeing.

8. Model self-compassion

We are experiencing something very unusual and unprecedented at the moment with the transition to online schooling and working from home.

Remember, nobody is going to get this perfectly right. Lots of people are experiencing increased stress and anxiety at the moment and that is really understandable. It is important to take care of yourself during this time. If we can model self-compassion, talking about our experiences and looking after ourselves to young people, they are more likely to practise this themselves.

For some more ideas on looking after yourself during COVID-19 check out the 7 tips for a healthy headspace and how to cope with stress related to the Coronavirus outbreak situation.

Check in with yourself

It's important to check in with yourself and notice what might be making you feel good or what might be contributing to your stress and worries. It can be helpful to practice self-care, and our resources can help to give you a sense of control during this unusual time.

Check out our headspace COVID-19 resources for a range of information and support services:

headspace.org.au/covid-19

The latest medical information for COVID-19/ Coronavirus is changing on a regular basis. If you would like to understand more, please visit the Department of Health's website.

health.gov.au

There's support available

If you think your young person might be feeling overwhelmed, anxious or needs additional support help is available.

By visiting the headspace website, young people can connect with others, interact with self-help tools and access lots of great mental health resources. This is in addition to one-to-one direct support that young people can access via eheadspace or at headspace centres.

Help is available through these mental health organisations

- headspace: visit [headspace.org.au](https://www.headspace.org.au) to find your nearest centre or call eheadspace on 1800 650 890
- Kids Helpline: 1800 55 1800 or [kidshelpline.com.au](https://www.kidshelpline.com.au)
- ReachOut: [reachout.com](https://www.reachout.com)
- SANE Australia: 1800 187 263 or [sane.org](https://www.sane.org)

You can speak to your local General Practitioner (GP) and help make a plan to support your young person's mental health. Appointments with your GPs are available over the phone, via a video chat or in-person.

Search for your local health service or GP on the healthdirect website.



If you feel like someone you love might need immediate support, help is available:

National 24/7 crisis services

- Lifeline: 13 11 14 or [lifeline.org.au](https://www.lifeline.org.au)
- Suicide Call Back Service: 1300 659 467 or [suicidecallbackservice.org.au](https://www.suicidecallbackservice.org.au)
- Beyond Blue: 1300 224 636 or [beyondblue.org.au](https://www.beyondblue.org.au)





BEROWRA PUBLIC SCHOOL P&C ASSOCIATION

NOTICE OF ANNUAL GENERAL MEETING

Date: 18th August 2021

Time: 7pm

Venue: Via zoom

The 2021 Annual General Meeting of the Berowra Public School Parents and Citizens' Association will be held on Wednesday 18th August 2021 at 7pm. Following acceptance of the minutes from the 2020 AGM and the tabling of the Audit Report, all current office bearer roles will be declared vacant and nominations are called for the following positions:

- President
- X 2 Vice Presidents
- Treasurer
- Secretary

Nominations will also be sought for membership of the following P&C Sub-Committees:

- Canteen
- Uniform Shop
- Music
- School Support

AGM Agenda

1. Minutes of previous AGM
2. President's Annual Report
3. Treasurer's Annual Report
4. Audited Financial Statements
5. Appointment of Auditor

All current P&C members are encouraged to attend the AGM to vote and/or nominate for vacant positions on the executive and sub-committees. The AGM is open to all parents and careers as well as members of the community who wish to attend, however only financial members are eligible to vote and/or nominate for vacant positions. At the conclusion of the AGM the August general meeting will be held.

For further information regarding any aspects of the P&C please go to the NSW P&C Federation website: <https://www.pandc.org.au/>



BEROWRA PUBLIC SCHOOL

P & C

ANNUAL GENERAL MEETING

Date: 18th August 2021

Time: 7pm

Venue: Via zoom

AGENDA

- 1) Previous minutes
- 2) Matters arising from previous minutes
- 3) Presentation of audit report
- 4) Membership's lapse and new memberships
- 5) Executive stand down and election of P&C positions:
 - a. President
 - b. Vice President x 2
 - c. Treasurer
 - d. Secretary
 - e. Media Officer
- 6) Sub-Committee members stand down and election/confirmation of sub-committee positions:
 - a. Canteen
 - i. Chairperson
 - ii. Treasurer
 - iii. Committee
 - b. Uniform Shop
 - i. Chairperson

- ii. Treasurer
 - iii. Secretary
 - iv. Purchasing Officer
 - c. Music Support Group
 - i. Chairperson
 - ii. Treasurer
 - d. School Support Group
 - i. Chairperson
 - ii. Vice President x 2
 - iii. Treasurer
 - iv. Secretary
- 7) Internal business
- 8) Principal's report
- 9) President's report
- 10) Treasurer's report
- 11) Media Officer's report
- 12) Subcommittee report
 - a. Canteen
 - b. Music
 - c. Uniform shop
 - d. School support
 - e. Fundraising
 - f. Oval
- 13) WHS
- 14) Child Protection
- 15) Calendar
- 16) General Business/Correspondence/Matters arising without notice
- 17) Close

Next meeting: Wednesday 15th September 2021