



FROM THE PRINCIPAL'S DESK

Dear parents, carers and community members

Thank you to all parents for their support during these difficult times. Be assured we are here to help you and are only a phone call away. Please call the office at any time during the school day so we can assist you.

We are currently trying to keep our staff safe, and ask that you call the office before you come in. As we have only a small office space, it is difficult to keep the social distancing as requested by NSW Health and our Department of Education. The last thing we want is for a number of people being in the office space all at once.

Consequently, we will be closing the office to people walking straight in. If you need to pick up something, or your child needs something from their locker, we can organise this and put it in a box for you to pick up at your arranged time. Please contact us by phone to make arrangements.

If your child needs to come in to download files, they are very welcome to come into the school. If you are worried about them becoming infected, then you should try to access the Wi-Fi from the bus bay or pick up bay at the front of the school, from the safety of your vehicle.

If you don't have the ability to care for your child, or you need to send them to school due to work or other reasons, all students will be welcome. We will be providing supervision and assistance for your child to do their work. Ensure that you send your child to school with the work they have been provided.

Please try to keep informed through official websites and the media. We will do our best to communicate with you through our website, SMS and the school Facebook page. If you are unsure of anything, please call us. We are here to help.

We all have a role to play in stopping the spread of the virus. Thank you for your support in this difficult situation. Rest assured, staff are all working hard to support your child's learning and education.

The below link may be of interest.

<https://www.youtube.com/watch?v=1Wg-PjmQsZ8&feature=youtu.be>

Take care

Mrs. Gillian Davis

Principal

SECONDARY NEWS

We are certainly experiencing unprecedented times in education and the broader community- during these times we are grateful for your support to keep our community safe.

Major telco providers, Telstra and Optus are both offering free data upgrades for the coming weeks. I encourage all of you to apply for the extra data so that you can keep up to date with school messages and key events.

Facebook

Many of you already follow the school Facebook page- this has been a key channel for information to be sent out quickly to parents and carers. If you do use Facebook, it is worth following the Department of Education page as well, so that you are well informed. This page also provides suggestions for learning from home which may be of use.

IMPORTANT HSC INFORMATION FROM NESAS

The following information about the HSC, for Year 12 students 2020, is quoted directly from NESAS, and is important for students and families in regard to senior education.

“The HSC is going ahead in 2020.

A COVID-19 Response Committee is addressing developing issues as a matter of urgency.

Advice to students

- *Keep learning, do your assessments, make progress on your major projects.*
- *Look after yourself, whether you are at school or at home.*
- *Reach out to family, friends and your teachers if you need to.*
- *Go to [UAC COVID-19 updates](#) for information about entering university in 2021.*

School-based HSC assessment

The Board has given principals or system authorities the power to make decisions about school-based assessment for the 2020 HSC in relation to:

- *the number and weightings of formal assessment tasks*
- *the task types.*

NESAS anticipates that most students will have already completed one formal assessment task in each course.

Processes, procedures and policies

Schools should continue to implement their assessment policy where possible, including administrative arrangements for illness/misadventure and substitute tasks.

Given that most schools will make some changes to their assessment program, they should continue to ensure that students have adequate written notice of any changes to the school’s assessment program or policy, and are aware of the details of the school’s arrangements for illness/misadventure and substitute tasks.

HSC exam projects, submitted works and performances

NESAS will provide advice to students and teachers about the HSC exam projects, submitted works and performances shortly.

Mandatory work placement in VET

NESAS is aware of the impact of COVID-19 on the work placement service provider program, with a number of employers indicating their inability to continue providing work placement opportunities at this time.

NESAS is working with the school sectors regarding possible interim arrangements, and will provide further advice shortly.”

Take care

*Miss Rebecca Grant
Head Teacher- Secondary Studies*

PRIMARY NEWS

We are currently in Week 9 of Term 1 and this has indeed been a notable week for our country and in the fight against COVID-19. A lifetime of significant events has passed us by in just one week. Major changes to our everyday lives are now in place.

I would like to thank each and every single Primary student for the way they have handled this rapidly changing event. You have all been incredibly flexible and accommodating. For this, I commend you all.

For those students who are following the directive of the Premier and staying home, there are Remote Student Learning Packs available for all students. These packs come complete with lessons, resources and a timetable, which will allow students to continue on with their learning at home. These packs contain sufficient work for the remainder of Term 1.

Students attending school each day will also be working independently from the lessons contained in the pack for the rest of the term under minimal supervision arrangements.

Thank you to all those who are remembering to be understanding and caring towards others during these difficult times. Thank you also to the wonderful staff at Emmaville Central School, who have made packs for students and ensured that the learning needs of our students staying at home continues without disruption.

If students in the Upper Primary class need assistance with any of their learning, and you have access to the internet, I encourage you to touch base with me through our Google Classroom. I will be checking this multiple times throughout the day and will address any questions you have about your learning packs or specific tasks you would like assistance with.

Stay safe everyone!

Mrs Rebecca Sullivan
Assistant Principal

STAYING PHYSICALLY ACTIVE WHILE AT HOME

Regular physical activity has important benefits for physical and mental health but staying at home for prolonged periods of time can pose a significant challenge for remaining physically active. It is recommended that individuals accumulate 150 to 300 minutes of moderate intensity physical activity each week. These recommendations can still be achieved even at home, with no special equipment and with limited space. The following are some tips on how to stay active while at home.

Take short active breaks during the day

Short bouts of physical activity add up to the weekly recommendations. Gardening, cleaning and mowing the lawn are great ways to get active while at home.

Use your environment

Homes are full of tools that can be used for exercise. Stairs can be used for step ups, cans of food can be used as weights, and the ground offers an endless array of exercises including sit ups, push ups and burpees. If you are creative enough, anything can be used as a piece of exercise equipment.

Follow an online exercise class

Take advantage of the range of instructional exercise videos you can find on YouTube (just be cautious and aware of your own limitations).

Walk

Even in small spaces, walking around or walking on the spot, can help you remain active. Ideally, aim to interrupt sitting every 30 minutes. If you have a call, stand or walk around your home while you speak, instead of sitting down. If you decide to go outside to walk or exercise, be sure to maintain a safe distance from other people.

Most importantly, ensure you are being safe while being active.

Before beginning an exercise program, you should seek medical guidance and clearance.

James Hanna
Year Advisor / Sec. Sport Co-ordinator

ADDITIONAL DATA FOR TELSTRA CUSTOMERS

Telstra has announced an offer of 25GB of **free** data for existing personal mobile and mobile broadband services.

Customers can register for an extra 25GB of data to use in Australia within 30 days if they **register by 31 March 2020**. Register via the Telstra 24x7 and My Telstra Apps until 31 March 2020 and the data will be available within 48 hours. Telstra will send you an SMS when it's been applied. You won't see the extra data on your bill, but it will appear in your app usage information.

Extra data may come in very handy for completing school work on line.

COVID-19

headspace Newcastle autumn newsletter 2020

how to cope with the stress related to novel coronavirus

This information is for young people affected by stress related to Novel Coronavirus (COVID-19).

It can feel stressful and overwhelming during an event like the outbreak of the Novel Coronavirus (COVID-19) and we can all be affected differently. You might feel overwhelmed by the information, conversations and the increased levels of stress in your community. It can be hard to know what information to trust especially in a situation where things are changing so quickly. It can be helpful to keep up-to-date but it's also okay to switch off from the 24 hour media cycle if this is getting too much.

During this time some things in your life may be affected by attempts to contain the spread of the virus. You may have been looking forward to a gig or a trip that's been cancelled. You may be affected by school, uni or your workplace temporarily closing. Or you may have a loved one who is directly affected by the virus.

It's important to find the right level or type of support for you. And keep in mind that the type of support you may need can change as time passes. For many people staying connected to family and friends/loved ones is important.




















Tips to maintain a healthy headspace during this time:

- Be mindful of exposure to information through stories, traditional and social media. It can be helpful to take a break from the 24-hour news cycle.
- Do things that make you feel physically and emotionally safe, and be with those who are helpful to your wellbeing
- Engage in activities that promote a sense of calm and feeling grounded (use of alcohol and other drugs can be counterproductive with this).
- Our [7 tips for a healthy headspace](#) demonstrate simple and effective things that can help people to create and maintain a healthy headspace, irrespective of whether they have been affected by COVID-19 or not.
- It can help to talk with a trusted adult if it all feels a bit much.



HANDY APPS & GAMES

	SuperBetter	<p>Created by game designers to help you build resilience and get stronger, happier and healthier even in the face of difficulty challenges.</p>
	Music Escape	<p>Music can have a powerful effect on our mood. With this app you can create a mood map of your music, create playlists to match your mood and much more!</p>
	Appreciate a Mate	<p>A fun app that instantly generates messages of appreciation for others.</p>
	Live Happy	<p>An app that promotes optimism and positive feelings, which can build resilience against stress.</p>
	Smiling Mind	<p>A modern meditation tool for young people that boosts calmness, clarity and contentment.</p>
	Body Beautiful	<p>This app provides inspirational quotes, and tools to help every woman learn to love her body.</p>
	Headspace	<p>An app that provides simple mindfulness techniques to help mood, attention and coping skills for life's ups and downs.</p>
	Take a Stand Together	<p>An app that provides bullying facts and advice for different situations, stories and anti-bullying messages to take a stand against bullying.</p>
	Gratitude Journal	<p>Write down the things you're thankful for in this daily journal app.</p>
	1 Giant Mind	<p>This app teaches you how to meditate so you feel calmer, more rested and present.</p>
	The Check-in app	<p>Check-in is for anyone who wants to check in with a friend but is concerned about saying the wrong thing or making the situation worse.</p>

	MindShift	MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your stress and anxiety.
	365 Happy Days	A collection of happy thoughts and activities to improve your mood.
	Proof!	Proof! is a fun way to tackle a goal, develop healthy habits or challenge a friend. You can choose from a selection of weekly challenges or create your own...
	WellMind	Designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.
	SuperMe	http://www.playsuperme.com/ SuperMe is a web game made up of videos, games, quizzes and cheat codes for life. It's about resilience: how to feel good when life chucks you lemons. Use SuperMe if you want to build your resilience, bounce back from failure, and/or make the most of your strengths.
	Breakup Shakeup	Breakup Shakeup helps you manage distress and boost your wellbeing during a relationship breakup. The app provides ideas for fun, easy things to do to help cope after a breakup and get support to help you recover.