



The Galston Gumnut

Galston Public School Newsletter

Wednesday 8th April 2020

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Website: www.galston-p.schools.nsw.edu.au



Respect

Responsibility

Personal Best

Week 11, Term 1

Calendar Dates

Week 11, Term 1

Monday 6 th April to Wednesday 8 th April	Parent/Teacher Interviews – <i>Postponed (New Date TBA)</i>
Wednesday 8 th April	Anzac Service – <i>Cancelled</i>
Wednesday 8 th April	Peer Support Session 8 – <i>Postponed</i>
Thursday 9 th April	Easter Hat Parade - <i>Cancelled</i>

Note	Due Date

From the Principal

Happy Easter!

As our first term for 2020 draws to a close, the administration and teaching staff of Galston PS would like to wish all of our families a safe and restful break over the next two and a half weeks. We hope that you enjoy the Easter celebrations (albeit online or at home) during this special time of the year. While we were not able to celebrate at school this year with events such as the Easter Hat Parade, Grandparents Day and Anzac Day, I'm sure our children will be pleased to know that both the Prime Minister and Governor of NSW have declared the Easter Bunny an essential service, with special travelling rights over the Easter long weekend! After weeks in isolation for many, what could be better than a large supply of chocolate and extended periods indoors?

Joking aside though, this term has certainly been both busy and unusual, and the next couple of weeks provide an opportunity for a well-earned rest and recharge for students, parents and teachers alike. Apart from the current COVID-19 situation, we have enjoyed a wonderful start to 2020, with real emphasis on learning routines and relationship building in each class. Although none of us predicted how this term would play out, I would again like to thank our staff, students and parents for your flexibility and commitment to learning as the weeks have progressed. It has emphasised to me our strength as a learning community, even when times are tough.

I would normally talk to the students throughout the final week of each term about the need to stay safe and enjoy the company of their families during the school holidays. If this message could be delivered on my behalf (hopefully just this once!) by our parents, it would be greatly appreciated.

Looking ahead to Term 2 –

As we look ahead into next term with social distancing remaining in place, it seems that we will most likely be progressing with a similar model of learning as the last two weeks of Term 1. As more information comes to hand, we will keep families updated via our app, email and/or newsletter.

Some points to consider as we move into Term 2:

- Students completing work from home under parent supervision are being marked as F for flexible leave (explained and justified absence). These absences WILL NOT adversely affect ongoing attendance records.
- Teachers will continue to explore ways to deliver learning to our children online, utilising technology for delivery, feedback and communication with students and families. Obviously, this use of technology needs to be age appropriate and conducive to supporting student learning. Teachers will also continue to touch base with each family at least once throughout each week. This ongoing connection is a valuable opportunity to discuss your child's learning and address any issues which may arise. We are also exploring digital tools to make these connections more interactive. Watch this space!
- Students will be completing some work online and some in an exercise book or Maths text book which is sent home. While we don't expect perfection, there is an expectation that work completed will be the student's best effort.

- While we appreciate adult supervision, students are encouraged to complete their own work to the best of their ability.
- Feedback is a dish best served warm! If at all possible, it would be ideal if the adult supervising is able to mark work and/or give feedback to students as they complete tasks (eg maths tasks, spelling activities etc). Teachers will have some activities set where they are able to provide this feedback using technology within a short timeframe, however this is not possible for tasks completed in workbooks. Once written/book work is able to be returned when normal lessons resume, teachers will be sighting this and giving feedback as appropriate.
- Families are not expected to physically collect work from school. Work will be sent out on Thursday afternoon to be completed in the same cycle homework has traditionally been set (ie Friday to the following Thursday). There is no expectation for work to be completed on weekends.
- Should you need to contact the teacher for any clarification/guidance on your students' learning, please use the same channels as usual. A phone call to the school office or emailing the school email address is the most appropriate, and will be responded to as quickly as possible by your child's teacher.
- Learning with your children is supposed to be fun. **Please do not feel that every activity needs to be completed every day.** It may be appropriate to choose the activities which ignite your child's imagination, meet their needs in Literacy/Numeracy or allow you to be creative in how you deliver/complete work. This is one of the great joys of teaching! A good rule of thumb is to complete some reading, writing and maths work each day as a minimum.
- A reminder that our Canteen and Uniform shop will also remain non-operational in Term 2 until further notice.

A new department hub is also now live, to find all information in relation to COVID-19

Public-facing hub - <https://education.nsw.gov.au/covid-19>

- Quick links to help people find the info they want including all the ECE stuff
- FAQs for parents and the community
- News updates
- Wider Government updates – via links

Finally, I include this week an article from the Sydney Morning Herald around managing student learning in our current situation, particularly for those families balancing work and learning at home requirements.

<https://www.smh.com.au/national/nsw/focus-on-maths-and-literacy-and-don-t-beat-yourself-up-says-minister-20200401-p54q65.html>

Over the past two weeks, our teachers have loved hearing of the ways in which families are learning in the real world, from cooking to giving the motorbike a grease and oil change!

Stay safe during this break and looking forward to continuing our learning together in Term 2...

Allan Ison

Easter Raffle winners

The raffle was drawn at school by Mr Ison and Mrs Muscat, recorded by Mrs Morgan. Congratulations to the lucky winners, who have all been notified.

Stephen M	Scarlett A	Isabelle Mc	Zara Q
Katie S	Breanna P	Ruby T	Alica N
Geoffrey H	Will Z	Mason M	Evy M
Max C	Ben G	Ruby McS	Lachlan W
Brock S	Arabella I	Nikole S	Arianna N

St Benedict's Catholic Church Arcadia - Although the church building is currently closed and Masses and services have been suspended, all are invited to go to the parish website bbcatholic.org.au/arcadia or Facebook page [stbenedict sarcadia](https://www.facebook.com/stbenedict sarcadia) to access information and ideas how to celebrate Easter at home this year.

Canteen News

Due to the ongoing situation we have closed the Canteen for the remainder of Term 1 and until schools resume normal operations. We will update parents as soon as we are able to regarding the date of re-opening. We apologise for any inconvenience this may cause to parents.

Louise O'Rourke – Canteen Committee

Uniform Shop

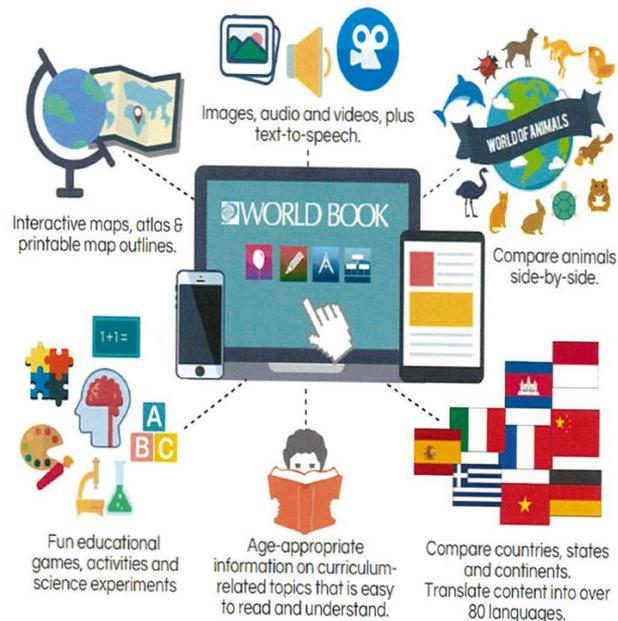
We encourage all parents and carers to order uniforms via Flexischools. Orders will be packed and sent home with students when schools resume normal operations. Any enquiries please contact us via uniformshop@galstonpandc.org.au

Kristie Chambers and Belinda Crofts – Uniform Shop Coordinators

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Warren



Got It! Program

VOLUME 1, ISSUE 1

TERM 1 2020

Welcome to the new Got It! Newsletter!

Introducing the team:



Emma McKeown, Clinical Lead (Social Worker)

Kimberley Scriven, Psychologist

Liz De Jong, Social Worker

Donna Fenech, Psychologist

Kate Quick, Occupational Therapist

Vivienne Hughes, Parent & Teacher Educator

Ujala Patel, Administration Officer

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NORTHERN SYDNEY LOCAL HEALTH DISTRICT GOT IT! PROGRAM UPDATE

As you would all be aware the outbreak of the Coronavirus means that the NSLHD Got It! team is no longer able to run the program within schools due to NSW Health and NSW Education current guidelines. Because Got It! is predominately a school-based program this drastically changes the way we can work and support school communities. Our targeted groups, face to face meetings with community members and social & emotional learning education & training seminars have all been suspended or postponed until later in the year.

Everyone involved has risen to this challenge willingly and with great professionalism despite the strain it has put them under. We thank you!

NSLHD Got It! is able to provide service provision in the following ways:

- Term 1 parent group will continue on-line;
- Phone support and parent interviews will continue;
- Phone support for current Got It! School teachers while schools remain open

We are also looking into taking our SEL learning on-line in the form of Webinars for Term 2 and beyond. We will keep you updated about this.

I'd like to acknowledge the hard work and commitment from our team - especially over the last weeks and into an often unknown future. NSLHD Got It! team are addressing the challenge of how these restrictions will need to change our work practices. I would also like to thank the teachers and parents/carers that we have been working with and their understanding and patience at this difficult time. We recognise we are all dealing with many changes and we thank you!

Emma McKeown
Clinical Lead
NSLHD Got It! Program

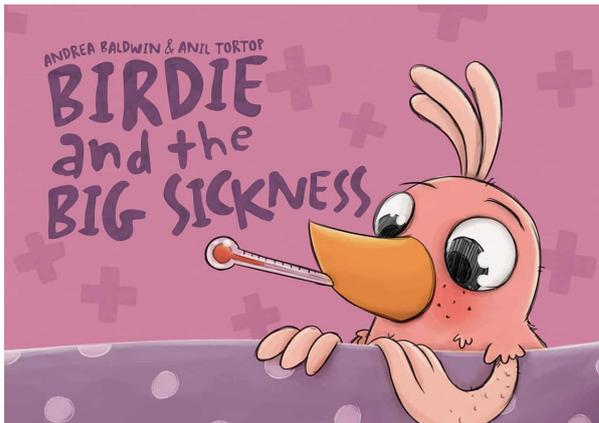


SOME OF THE MANY RESOURCES OUT THERE — HOPE THESE ARE HELPFUL!

For children:

<https://www.mindheart.co/descargables>

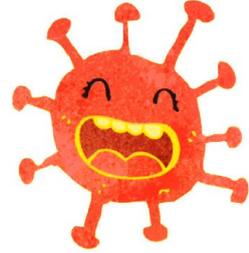
<https://www.childrens.health.qld.gov.au/chq/our-services/mental-health-services/qcpimh/natural-disaster-resources/storybooks/>



<https://littlepuddins.ie/coronavirus-social-story/>

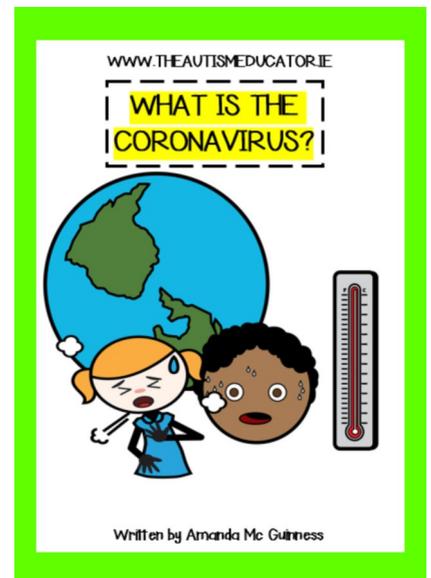
HELLO!

I am a **VIRUS**,
cousins with the flu and
the Common Cold



My name is **Coronavirus**

MANUELA MOLINA - @MINDHEARTKIDS
WWW.MINDHEART.CO
CC BY-NC-SA 4.0 INTERNATIONAL PUBLIC LICENSE



For Educators

<https://www.esafety.gov.au/about-us/blog/covid-19-keeping-schools-and-learning-safe-online>

For Parents

<https://www.esafety.gov.au/about-us/blog/covid-19-online-safety-kit-parents-and-carers>

https://schooltv.me/wellbeing_news/special-report-coronavirus

<https://www.unicef.org.au/blog/news-and-insights/march-2020/how-to-talk-to-your-children-about-coronavirus>

<https://www.ahaparenting.com/parenting-tools/family-life/lockdown-kids-busy-corona>

For All

<https://www.psychology.org.au/getmedia/38073179-4701-48bd-afd9-988c560ee2f9/20APS-IS-COVID-19-P1.pdf>

<https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx>

<https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>

<https://www.abc.net.au/radio/programs/coronacast/>



“Students with high emotional intelligence get better grades”

Research published by the American Psychological Association has shown that students who are better able to understand and manage their emotions effectively, a skill known as emotional intelligence, do better than their less skilled peers, as measured by grades and standardised test scores.

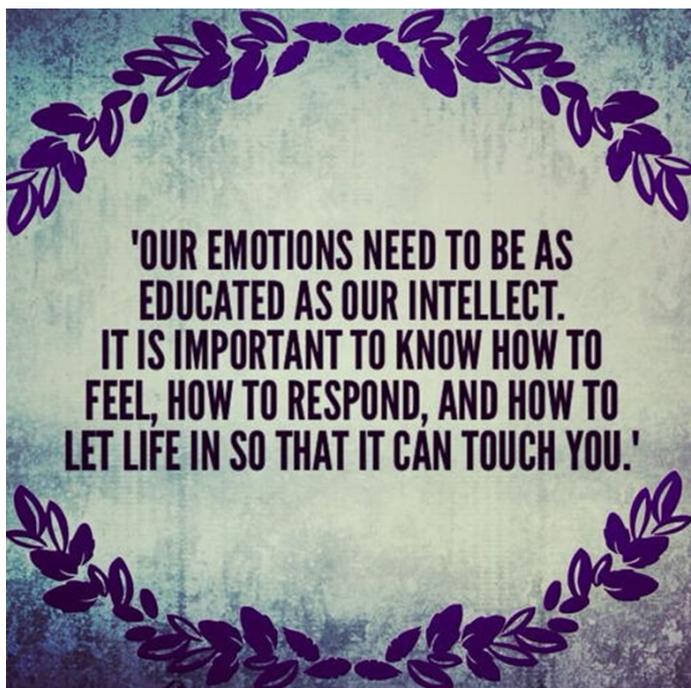
Associate Professor Carolyn McCann from School of Psychology at Sydney University has carried out recent research into EI

Here are some links if you wish to know more about this research;

<https://sydney.edu.au/news-opinion/news/2020/02/03/students-with-high-emotional-intelligence-get-better-grades.html>

<https://psycnet.apa.org/fulltext/2019-74947-001.pdf>

<https://aps.onlinelibrary.wiley.com/doi/pdf/10.1111/ajpy.12231>





SCHOOLS IN 2019

Elanora Heights PS
Narrabeen Lakes PS
Galston PS
Mowbray PS
Turramurra PS
Wheeler Heights PS
Wahroonga PS

SCHOOLS PLANNED FOR 2020

Beacon Hill PS
John Purchase PS
West Pennant Hills PS
Lane Cove PS
Warrawee PS

Plus follow-up in:
Elanora Heights PS
Galston PS

*The Got It! team are working on creative ways to continue to provide services to these schools under the current restrictions.

Also in 2020/21:

Watch this space for updates on what Got It! can offer in Catholic Schools and in Pre-Schools!



WHAT SOME OF OUR PARENTS HAD TO SAY:

“If you are struggling as a parent this will change your life”

“Be open minded, awesome program – do it!”

“Life changing! Changed our whole family dynamic”

“A fantastic experience that I have loved sharing with my daughter”

“I can’t recommend this program higher – it has been a wonderful experience and should be experienced through all schools.”

“Great program that gives you time to learn, reflect and focus on yourself as a parent and build better relationships.”





Elanora Heights

Public School

Leesa Martin, Principal



In 2019, the NSW Ministry of Health commissioned a consultant to review different curriculum based Social and Emotional Learning (SEL) programs for K-6 classroom. From this process, the *Second Step* program was selected and a small number of schools across the state volunteered to trial the program in classrooms to help *Got It!* teams determine if this was a program we would endorse.

Elanora Heights Public School, on Sydney's Northern beaches were one of the *Got It!* schools that introduced *Second Step* into their curriculum in 2019. Recently we heard from Principal, Leesa Martin about some of the initiatives they have rolled out to support student's wellbeing since implementing *Second Step*.

- *Second Step* lessons are now timetabled each week so that everyone in the school is doing *Second Step* lessons at the same time. Teachers have been able to choose to team teach the lessons to support each other.
- All year 5 students received training to be a 'Wellbeing Ambassador' and excitedly 38 students self-nominated to take up the role of Wellbeing Ambassadors on the playground. Ambassadors wear a badge and have resources with them on lanyards to help other children problem solve low level conflicts on the playground and to take care and show empathy to injured or upset children.
- The school now conducts fortnightly wellbeing assemblies which bring the grades together to review *Second Step* themes they have learnt in class. Wellbeing Ambassadors help to run these assemblies.
- The school are also in talks with an artist about painting colourful murals around the school that reinforce *Second Step* concepts.

Understanding the importance of student wellbeing, the school also applied for funding under the National School Chaplaincy Program. Money received through this program has been used to employ a Youth Worker at the school two days per week to support students individually or on the playground.

The school are already seeing positive effects of their focus on wellbeing with encouraging data coming from the Emotional Health Survey which was conducted in conjunction with other local schools and the Centre for Emotional Health at Macquarie University.

The school will continue to work with the *Got It!* team in 2020 with further teacher professional learning sessions planned. More parent workshops are also planned throughout this year to maintain a community focus on wellbeing and positive parenting.

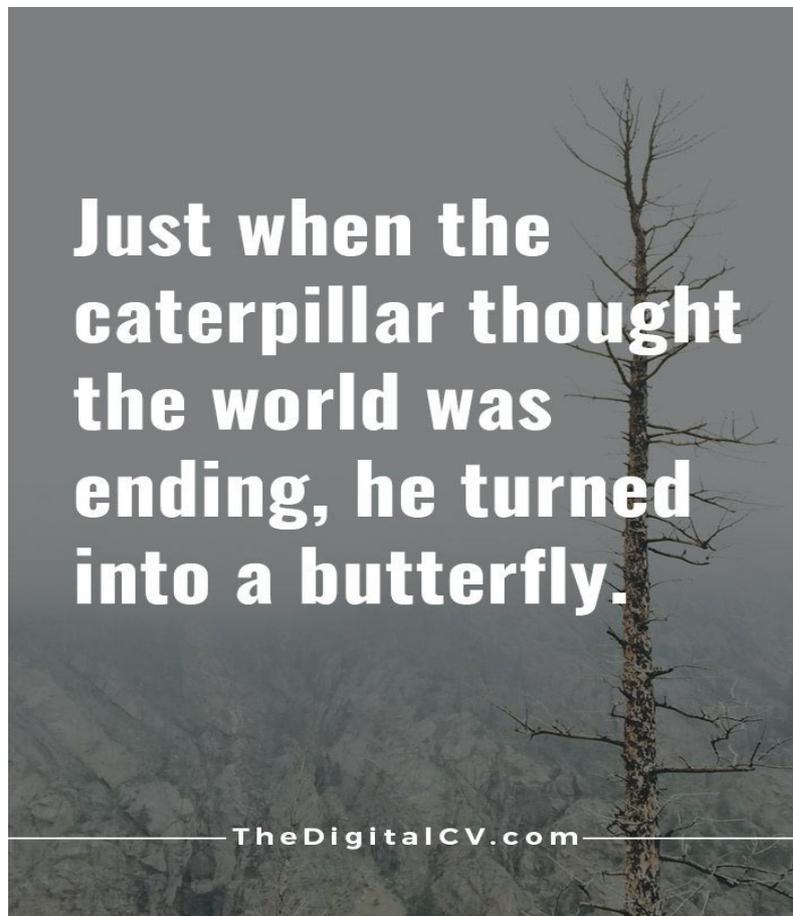
The *Got It!* team have been inspired by the work being done at Elanora Heights Public School and look forward to working with them in 2020 and hearing more about their wellbeing journey.

Got It! Responds to the bushfire crisis

In our first crisis for 2020, a short term working group of *Got It!* Representatives from different areas got together and developed two resources in an attempt to summarise the significant amount of information that became available at the time of the bushfire crisis. As we know, the needs of those effected, either directly or indirectly will still be emerging, and we hope these will be useful in work with families, children and schools over the coming term and year. The resources have been developed with 'natural disasters' generally in mind, and can be used in times of other disasters such as flood as well as fire.

The two separate resources have been designed, one for use by parents and the other by teachers.

**If you wish to be sent copies of these resources, please contact the
Got It! Team.**



SECOND STEP

What is it? and Why does Got It! recommend it?

The Second Step Program is a universal, classroom-based SEL program that helps all students:

- Learn
- Have empathy
- Manage emotions
- Solve problems
- Better meet behavioural expectations
- Benefit from learning

The program has four main topics—Skills for Learning, Empathy, Emotion Management, Friendship skills and Problem Solving. Each topic is divided into units at each grade level.

The Second Step program was reviewed in Got It! Schools in 2019 and was found to be a suitable and valuable program to provide universal social-emotional classroom education as part of the *Got It!* model.

For more information on the Second Step program, go to www.secondstep.org or www.positivepieces.com.au

or speak to one of the Got It! team.



Building
Self-esteem

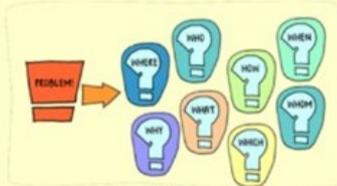


Support schools and families to build on children's social and emotional well-being.

Spend quality time together

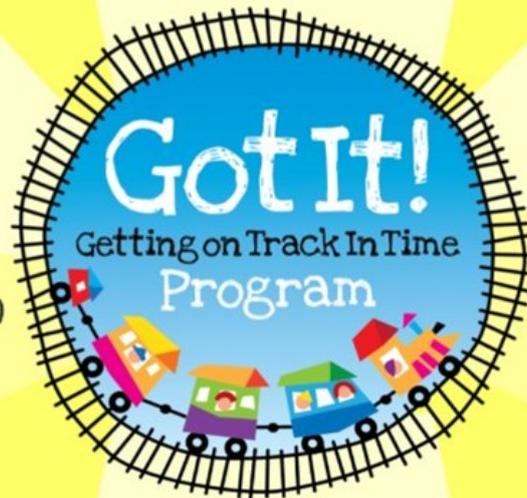


Problem solving-skills



Give new things a try

Self-regulation



Work as a team



Resilience



Be kind to yourself ♡



Notice your feelings

IF YOU ARE NEEDING SUPPORT AT THIS TIME...SOME HELPFUL CONTACTS:

Family Referral Service 1800 066 757

Child and Youth Mental Health Service (CYMHS):

Lower North Shore 9462 9222

Ryde 9448 6877

Hornsby Ku-Ring-Gai 94856155

Northern Beaches 9388 5150

Kids Helpline: 1800 55 1800 or kidshelpline.com.au

beyondblue: 1300 224 636 or beyondblue.org.au



Health
Northern Sydney
Local Health District

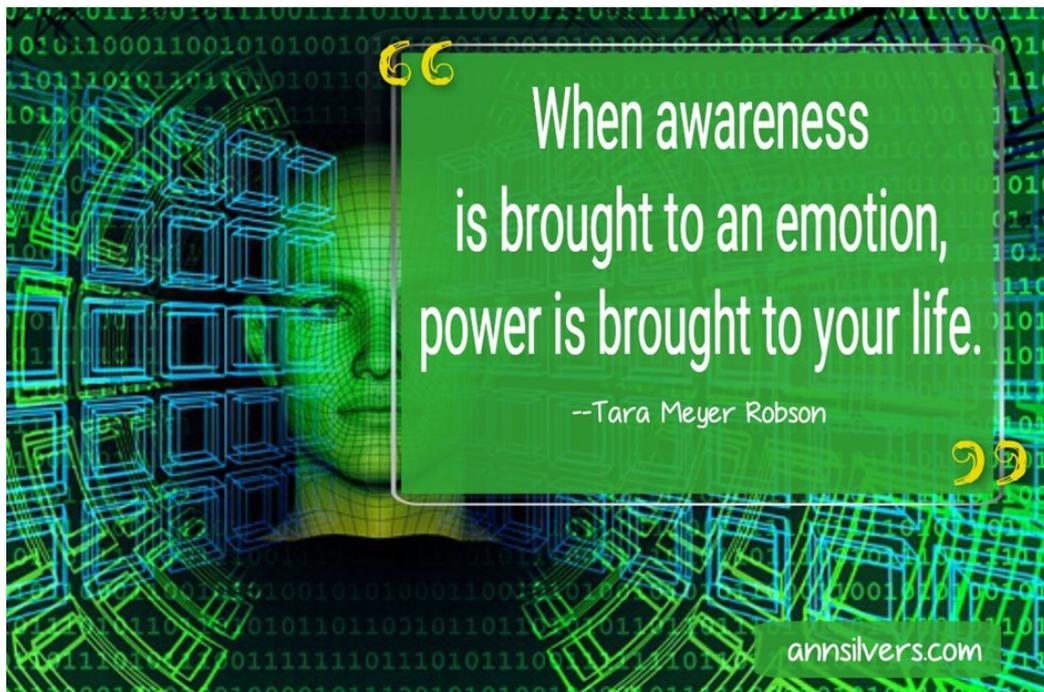


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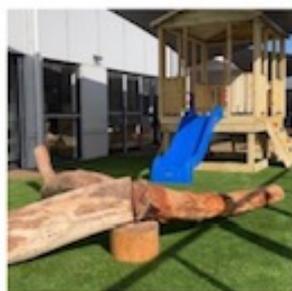
Our Values

Quality education and care

Genuine partnerships

Collaboration and
contribution

Respectful and reciprocal
relationships



Our mission

"We aspire to provide the best education and care, and create a nurturing environment for you and your child's individual needs"



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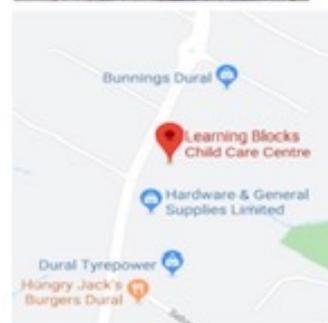
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