

NEWSLETTER

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Dear Families,

As we move into Week 3 of term, this strange new world is beginning to feel a lot less daunting. Thank you all for your continued support and feedback in regards to our Remote and Flexible Learning. It is great to hear that families are settling into routines and experiencing success.

Mental health and wellbeing check-in Department of Education and Training

Just as you set aside time for physical exercise, it is important to make time each day to check in on your child's mental health and wellbeing.

As your child adjusts to their new routine and not being able to see their friends in person, it is important to be understanding of their feelings of frustration, anxiousness and even anger – every child will react differently.

To support your child, use these mental health and wellbeing check ins to:

Provide an opportunity to talk about how they feel and listen to what they say

Identify one or two things they could do to address what they are concerned or angry about

Ask how they are going, whether they are finding it easy or hard to learn remotely, and if there is anything they'd like your help with.

If you have any other concerns about the health and wellbeing of your child, contact your school directly, which will have access to resources that can help.

We want families to feel comfortable with approaching the school as a base for supporting the mental health and emotional wellbeing of your children. Our Chaplain, Brian, has been touching base with families and you will find his continued offer of support within this newsletter. Gormandale & District Primary School are able to provide families with advice and support to access outside agencies to assist with mental health and wellbeing at any time, especially during these circumstances.

Thank you to the Musgrove family for this week's recipe:

Chocolate Blancmange:

(tastes like Yogo!)

50g cornflour

50g cocoa powder

110g castor sugar

570 mls milk

Sift cornflour, cocoa and sugar into a bowl. Add 2tbs of the milk. Mix to a smooth paste. Heat remaining milk just until it starts to boil. Remove from heat. Add paste mix. Stir well. Heat on medium heat while stirring until thick and glossy. Can add a sprinkle of cinnamon or coconut when cooked. Cool. Eat.



To support our School Captain, Aimee in her recipe sharing, I have offered to select a recipe submitted for the next episode of Miss Halket's Facebook cooking show (currently a very low rated show, with hopes to improve :))
Have a great week and stay safe,

Tamara Halket Principal

Hi everyone,
I hope you are all going well with the homeschooling.
keep up the good work and have fun!

Aimee

My favourite isolation recipe is:

Sausages in Non-Alcoholic Beer (serves 4)

- sausages
 - 375ml flat non-alcoholic beer
 - 1cup of stock
 - 4 potatoes, diced
 - 2 onions, sliced
 - 1tbs margarine
 - sour cream (to serve)
1. melt margarine in frypan
 2. slice onions and dice potatoes
 3. add onions to melted margarine
 4. add sausages and brown
 5. Add potatoes and pour in stock
 6. Add beer and cover frying pan and cook for 1/2 hour or until potatoes are soft



CHAPLAINS CORNER

Hi to all our school community,

We are now already into week three of the most unusual school term that we are ever likely to experience.

I heard someone say recently that the most useless investment that anyone could have made at the start of the year was to purchase a "Planner for the year 2020." It did make me laugh...!!

The good news is that the measures that our government has taken, although challenging our relaxed Australian way of living, do appear to have worked very well.

We are very thankful for those that have been given the responsibility of leading us through this crisis, particularly our Prime Minister and State Premier and our health care workers who have been on the frontline.

At this stage, while the curve is being successfully flattened, it is still important to communicate well with your children. Here are some helpful hints from "The Fathering Project" which I am sure you will find helpful.

Before you chat:

The most important thing to do is to keep yourself updated with the progress.

For younger children:

- They will respond to your stress, so stay calm and positive with your messages. Keep it simple and brief.
- Acknowledge that some people are getting sick with a germ that might make them cough and sneeze. "You don't need to worry; we are doing lots of things to make sure we are well."

Focus on the things you can all do – like washing hands often.

With older children:

- Sit down and talk to them in a calm and reassuring way to ensure they are getting accurate information.
- Translate essential information into terms they understand ahead of time, rather than needing to address misinformation and rumours coming from classmates or online sources.
- Keep checking in with your kids to see if they need reassurance, or if they have any new question

I do hope that you are doing okay with your introduction to remote learning, and I want to ensure you that I am on your support team. If you think I can assist please don't hesitate to contact me on 0492 863 669.

Also, I am really keen to keep up my UNO skills, so if any of the children are up for the challenge, they can download UNO Friends app (android only), send me a text and we will be ready to go.



Brian Heath School Chaplain



Eagles of the Week Tahlie, Ava H & Zavier

