

NEWSLETTER

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Wednesday, 11th August 2021

Dear Families,

Thank you for your response to our most recent lockdown. It is understandable that we are all suffering from a bit of "lockdown fatigue". None of us are used to living like this, and it is highly important for adults to take care of themselves, including getting help if we need it. Our stress and trauma is passed on to the children, whether we are conscious of it or not. Adults should not feel guilty for feeling overwhelmed or unsure. Children learn a lot from adults being open and honest about uncertainty, so long as they know that they are still safe.

The Beyond Blue website has some fabulous resources for addressing COVID, and uncertainty with children. An excerpt of this is attached to this newsletter.

From the Office:

This week, Michelle and I met with the playground designers for the starting phase of our new playground! Within the next few weeks we will be provided with some options and a potential start date for the project.

We also submitted a grant application to replace the fence at the front of the school with a safety fence that meets current regulations. We are in the process of submitting an application for replacement of the shade sails on the top playground.

School Review:

Our school review will now begin on the 17th of August, and be finalized on the 13th of September.

uEducateUs:

uEducateUs is the main communication platform used by the school for all information to parents. It is great to see that almost all families have been accessing the platform on a regular basis. In urgent situations, a Facebook post and text may be sent in addition to the announcement. This is not always possible to make these announcements as I need to have the school phone and send each message individually. Thank you to everyone for their understanding with this process.

Have a good week, Tamara Halket Principal

From toddlers to teens: How to talk about the coronavirus – Beyond Blue

Regardless of how old your children are, there's a helpful way to have the 'COVID-19 conversation'. Here's what you need to know.

Sharing age-appropriate information with your kids about serious situations is important, and if you're wondering how to do that in the coronavirus climate, you're not alone.

One thing's for sure: it's likely they know a little – or a lot – about it already, even if they're small.

"Young children won't have much concept of 'coronavirus' specifically, but they'll know something's happening simply because so many routines are changing," says child and adolescent psychiatrist and former director of Beyond Blue, Professor Brett McDermott.

And while what you choose to say to your kids about coronavirus will depend on their age, McDermott says the process of talking to them is the same.

TERM 3 2021	COMING UP	TERM 3 2021	COMING UP
13th August	100 Days of School P/1	17th August	School Council Meeting
16th August	Active After School—Badminton	2nd September	Book Week Activity Day-Dress Up Day

He suggests these four steps:

Start the conversation. “Kids have an underlying feeling that their parents will protect them, so if you wait for them to raise it, some children may think, ‘If my parents won’t talk about this, it must be really bad’.”

Pick your moment. “Children get anxious when they’re taken aside for a chat, so don’t turn this into a dedicated event. Instead, choose a time when you’re together anyway, for example around the dinner table, where conversation tends to be free flowing.” You could start by asking what they already know about what’s currently happening. “Just take care to pick a moment when you’re not feeling anxious about this yourself, because anxiety is contagious.”

Strike the right tone. “The way you deliver your message is just as important as what you say. Be warm, thoughtful and acknowledge that it’s an emotional time, but, without being too brief, deliver what you want to say in a matter-of-fact way.”

Encourage questions. Once you’ve said what you want to, ask if there’s anything else they’d like to know. “When kids ask questions, it demonstrates their understanding of the messages you’ve been trying to get across, and is also an opportunity to address any specific worries they have.” Plus, as well as monitoring children’s exposure to media reports about coronavirus, try to be with them when they do watch, read or listen to age-appropriate coverage. “That way, they can ask questions about what they hear and you can make sure they understand the content.”

Now that you’re across how to talk to your children, here are a few tips about what to say, depending on their age.

Young children

Professor McDermott says a little information goes a long way. “And they don’t need technical words like ‘coronavirus’ or even ‘virus’,” he says. “Normalise it by using an example they already understand, something like, ‘You know how in winter, people get coughs, colds and a runny nose more often? Well, this is a bit like that. And while that’s all it is for most people, it might be a little bit more serious for older people, so we need to help protect them by using the new Australian superpower – washing our hands!’”

Tweens

Call it what it is – a virus that causes flu-like symptoms. “Then, be clear that while it’s like the flu, the difference is we don’t have a vaccine or a flu shot yet. And explain that’s why keeping our distance from others and washing our hands is important because that’s how we stop the virus spreading. It’s also important to reassure kids of this age that while this is the situation now, we know it’ll get better because very smart people all over the world, including right here in Australia, are working 24 hours on a vaccine. And once that’s made, it will protect us.”

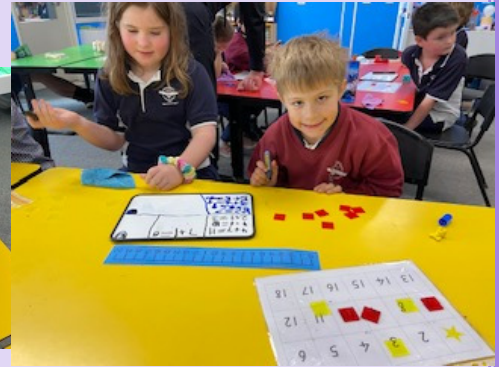
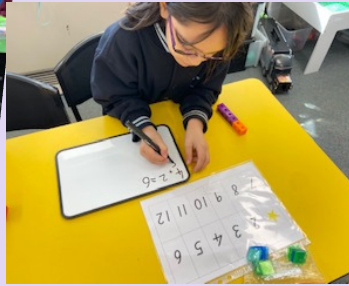
Prep/ One Art Work Display



AROUND THE CLASSROOMS

JUNIOR ROOM

Get out of my house! We are loving practising our addition strategies with this game. The students roll a dice, write the equation and use counters and a number line to count on.



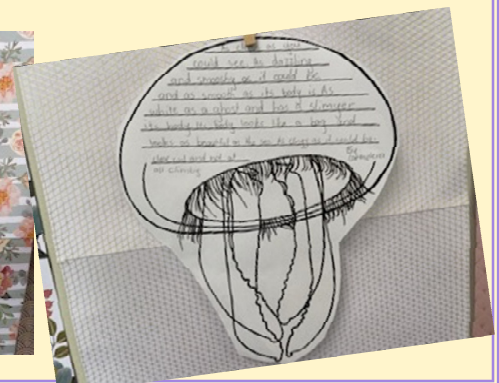
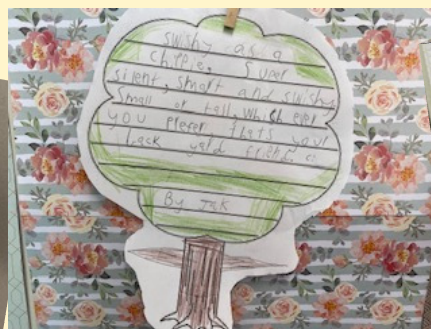
MIDDLE ROOM

In the Middle Room we have been continuing to work on our layers of the ocean posters. In writing we have been learning about proper nouns and common nouns. We continue to read our book *My Place* and travel through time learning about Australian history.



SENIOR ROOM

Fantastic shape poems have been created by the 5/6 students! This has been a fun writing task that challenged students to use adjectives, alliterations and similes.



VISUAL ART:

Prep/1:

Students completed a directed drawing which was inspired by the picture book: Pig in a Wig by Chrissie Krebs. We discussed the art element of texture and developed our skills when using water colour paint. Our pigs look amazing and will be displayed in the hallway for all to view.

**URGENTLY
NEEDED
ART SUPPLIES**
**-Clingwrap & Paper
Towel Rolls
-Newspapers**



2/3/4:

Students continued work on their art project: Castle & Sun using mixed-mediums, these paintings are really coming to life.



5/6:

Students continued to work on their Sculpture artwork which was inspired by Romero Britto. Next week will be a big step in creating the template to plaster.



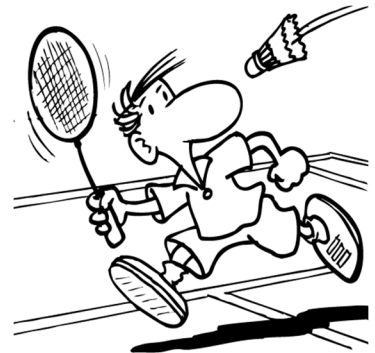
Sporting Schools—Active After School Badminton

As of Monday the 16th August, we will be offering Badminton. This will run for 5-6 weeks each Monday.

Please note this is an Offsite activity—students will be walked to the hall by two staff members at 3.15pm ready for a 3.30pm start.

- Parents/Guardians will need to be at the hall at 4.25pm sharp to collect your child/ren
- Students will be required to take off their shoes upon entry into the hall
- They need a drink bottle and their own after school snack
- We have plenty of racquets and equipment
- Permission notes will be sent home today and due back ASAP

Thanks Tricia & Keenan



Thank you Thank you Thank you

Bel Diamond for writing to Patties and successfully obtaining free pies for the last day of term celebrations and offering to travel to Bairnsdale and pick them up! Love your work!

Bel, Kerry, Jeff for collating & preparing hot lunches at such short notice today

Dorrie and Leeanne for providing breakfast club to students each morning

The Cresp and Bloor families for donating forks, they are much appreciated

Thank you Thank you Thank you

EAGLE EXCHANGE

This year our school is running an Eagle Exchange program. The way the Eagle Exchange works is that the kids have to be good to earn points, and with those points they can buy prizes from the Eagle Exchange. We have a shop set up in our hallway. The Eagle team runs it and the other classes get to buy stuff on their day.

There are all sorts of prizes in the Eagle Exchange, the most popular at the moment are fidget spinners. The prizes have different values for example, bring a stuffed animal for the day is 10 points, 15 minute technology break is 40 points, free drink (milk or prima) 50 points, free icy pole 60 points, milkshake Monday 60 points, free lunch order 150 points, lolly jar pick 40 points, prize from the silver, gold or gem treasure chests are 70, 90 or 110 points.

From the Publicity Leaders,
Breeannah & Bailey

