

NEWSLETTER

Principal: Tamara Halket

Email: gormandale.ps@education.vic.gov.au

Web Site: www.gormandale.vic.edu.au

Tuesday 2nd June

Dear Families,

Welcome to week 8 of the most unusual term we have ever encountered...

The unprecedented events that we are living through may feel like they will never end, and while I am no expert on World pandemics, I can assure you that there will be an end. Families may be feeling tired, worried, or even just fed up with the whole situation – this is understandable! As we prepare for the return of our 4/5/6 class on Tuesday, I have included an article that may help families with the transition back to school for these students and your families.

Information for whole school return on Tuesday the 9th of June:

- [Restricted access guidelines for adults will remain in place](#)
- Adults that may need to access the school are asked to call in advance
- [Staff can meet parents at cars to return loaned devices](#)
- Teachers will greet students at the gate and instruct them to take bags to the under-cover area to wait for the inside bell
- [Students that are walking home can meet parents at the tennis courts](#)
- Bus travellers will be supervised as usual
- [Access to the staff carpark will be blocked to cars to prevent cars entering or exiting the car park. All parents, carers and students are encouraged to walk in front of cars and not through the carpark as a safety precaution](#)
- Reminder that there are *no lunch orders and no pie warmer* in Term 2 (this will be reassessed for Term 3 under health advice recommendations)
- [Assemblies will remain staff and students only for the remainder of the term](#)
- Any child that shows *any* symptoms of illness must be kept home, or will be sent home from school immediately, as per Department guidelines

Report days:

During this week and next week, teachers will be out of their usual classrooms for the purposes of assessment and reporting for Term 2. Classes will still run with their usual daily routines, while sharing teachers and having fun!

Public Holiday:

A reminder that there is *no school* on Monday the 8th of June for the Queen's Birthday Public holiday.

Looking forward to seeing our whole school next week.

Tamara Halket
Principal



CHAPLAINS CORNER

Well, its wonderful to see the children finally returning to school!

2020, to say the least, will be a memorable year for us all! One of the most commonly used words this year has been “unprecedented.” We started the year with the bushfires not far from here, and we have seen so many things since that have been absolutely unprecedented since.

We have seen many industries hitting the pause button, schools temporarily shutting down, remote learning, working from home and you really know that we are living in “unprecedented times” when our national football code is on hold. The good news is that my team will be second on the ladder for most of the year..

But seriously, the global pandemic has affected us all in some way and the recovery will take some time. For some the impact can be an invisible one.

Matt Wade, senior economics writer at the Sydney Morning herald recently advised that, “.. *one source of measuring the wellbeing of Australians is the National Australia Bank’s Australian Wellbeing Index which draws on a quarterly survey which asks respondents to assess their sense of life satisfaction, life worth, anxiety and happiness.*

NAB’s wellbeing survey, which was conducted as pandemic restrictions were introduced in March, revealed a disturbing jump in anxiety.

It found more than four in 10 Australians were “highly anxious”, which was by far the biggest proportion in the seven year history of the survey.

“A growing number of Australians are living with a heightened sense of worry,” NAB’s report said.

Anxiety rose across nearly all demographic groups but the largest increases were among those living in an apartment and those over the age of 65. The share of Australians describing themselves as happy was well down compared with a year earlier.

“Unemployment does not only blight people’s economic lives, it blights their wellbeing as well,” says the index’s creator, the economist Nicholas Gruen.

In our part of the world it may appear that people around us are doing okay, but we must keep a close eye on each other until we are all through this and on more of an even keel, which could take quite some time.

One of the great advantages of living in rural communities is that people really know how to pull together during times of struggle or crisis. Unfortunately, some tend to suffer in silence though.

If you, or anyone close to you is feeling overwhelmed please talk to someone. The best place to start is by having a chat to a Doctor.

I am also here at the school every Tuesday and every second Wednesday and more than happy to have a coffee and a chat.

Take care,

Brian Heath
School Chaplain
0492 863 669

(Source – Sydney Morning Herald 090520 <https://www.smh.com.au/business/the-economy/the-hidden-costs-of-the-pandemic-20200508-p54r9a.html>)

Andrew Fuller: Seven things for a smooth transition back to school-based learning

It's a return to the classroom like no other. How can we help students make a successful transition? Leading clinical psychologist Andrew Fuller outlines his seven priorities to help their journey.

Trial, Turbulence, Transition and Transformation –this is the cycle of change we have all been going through.

Trial

We have all been through an incredible alteration of lifestyles. This has brought with it increased stress and times of exhaustion. While these feelings may lessen in the coming months, they will still occur, though hopefully less frequently.

Turbulence

I have outlined in recent papers the cycle of feelings that most people go through during these times:

- [Fear and Bewilderment](#)
- [Anger](#)
- [Are we there yet?](#)

These phases of reaction may repeat several times before we are through these times.

Transition

As if we haven't had enough jolts and changes already, now we all need to adapt back into in-school learning. Let's talk about how to make that transition as smooth and as successful as possible. (I look forward to writing about the opportunities for transformation soon).

Priority Number One – The sleep cycle

Sleep changes are a common affect of the recent times. Dreams change, schedules shift.

It is time to re-establish a more usual sleep cycle.

If you have ever experienced jet lag after travelling across time zones, you may know that it will take at least one day for each hour of time difference. For example, Melbourne is nine hours ahead of London so as a general rule of thumb you can expect nine days before you feel fully in the local time zone. Depending on how out of whack your sleep has been, try to give yourself the time to re-adjust your sleep cycle before returning to school.

What sets our sleep cycle most powerfully is 'first light, first bite'. Get up at the time you would need to on a typical school day and eat breakfast soon afterwards. If you can, go for a walk outside or at least sit near a window.

Getting your sleep cycle back into sync with the school and work day improves learning and mental health.

Priority Number Two – Can't wait to see you

One of the main things that helps us all to transition back is knowing there is someone there who is wanting to see us. We all look forward to catching up with good people and having some fun. Reaching out and making contact with school friends and specific teachers sets this up.

Priority Number Three – Safe and certain

We are all in the care of one another. There needs to be a clear understanding that we intend to keep everyone safe and well and have planned as much as we can, for this outcome.

This means we need to have a plan if someone feels unwell either physically or by feeling scared or apprehensive.

These are the times when communities need to draw together to support everyone. Consider developing a list of FAQ's (frequently asked questions) and making the answers accessible to everyone.

In these times, ambiguity is our enemy and will increase anxiety. Clarity is our friend.

Priority Number Four – Restart the year

We are not looking at a resumption of the year. Most of us have had quite enough of 2020 already. What we are looking for is a whole fresh start. During the turbulence, priorities and lives have been re-structured. Social connections have changed.

The orientation we need to do now is to form new connections, and to renew our attitude towards learning and success.

Limbering up for learning will involve rekindling friendships, warming up our curiosity and stretching our imaginations. We will all need a few practice runs before we feel we can safely regain our full stride.

Priority Number Five – Plan for success

Given that the shape of the year has changed more than any of us expected, we need to plan for success. A way to do this is to assess each young person's learning strengths at [My Learning Strengths](#). The full report can be used to establish a personalised learning plan for the next six months.

For senior students the risk is feeling that the year has got away from them and they feel they cannot succeed. Clearly this is not true. Firstly, they have all experienced the same setbacks. Secondly, there is plenty of time to catch up and succeed. Clear systems and plans will outdo slogging themselves into a frenzy or giving up.

Priority Number Six – Less really is more

It is understandable that some people will feel in a rush to make up for the time and opportunities missed in the early part of the year. Cramming in as much as possible to make up for lost time is a compelling idea. It is also a certainty that if we do this, it won't work.

Given the upheaval of past months, rushing too much or putting too much in place too early is a recipe for exhaustion, disenchantment and disengagement. While we are back in business, easy does it. Taking our time now to slowly rebuild a sense of success will pay off. Take it slow and make it fun! We have all had more misery than we need this year.

Priority Number Seven – Review

About five weeks after the resumption of school-based learning, we need to schedule time to review the process of re-integration. This needs to be an individual check-in of the pluses and the minuses of the experiences, what people feel has worked well (as well as what hasn't) and a re-assessment of what we think is going to help in the future.

The results of this review will enable us to shift to the next phase of the year: transformation.

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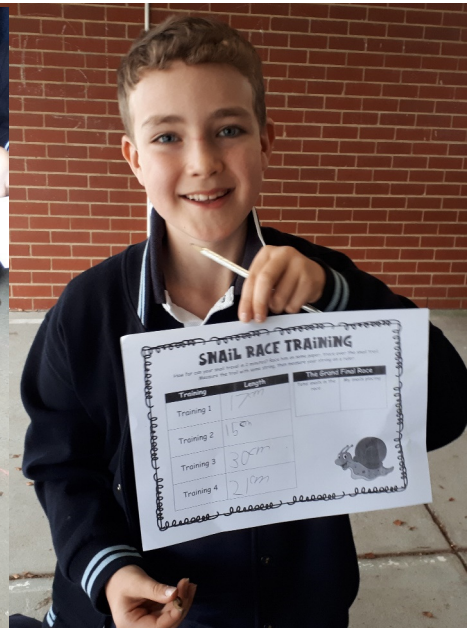
Eagles of the week



**Eliana, Ebony,
Holly-Anne & Shanequa**



STEM— having fun racing snails & measuring their tracks



LET THE MATHS GAMES BEGIN

