



Newsletter

Edition 5— 22nd April 2020

Message from the Principal

Welcome to week two of Term 2.

As we move in to our second week of remote learning, I would like to thank everyone for their co-operation and compassion during these changing times. We appreciate that this is not easy and know that you are doing your very best to continue the learning we provide.

As the students continue to complete the second week of their work packs we will begin to introduce our new online learning platform, Google Classroom. Teachers will use this platform to upload the weekly work plan and attachments for the coming week and provide virtual sessions to support students in their learning. This is an opportunity for the student's teacher to explain what needs to be completed for the day and assist with any question students may have.

Staff will be in contact this week via phone and/or email to provide students with their email addresses and passwords so they are able to access their learning. Hard copies of the weekly learning tasks will also be made available by request.

We have also [uploaded a video onto our website](#) under the [Term 2 remote learning tab](#) which provides directions as to how you can gain access for your student via Google Classrooms.

Last week our staff asked parents to indicate to us whether their child had internet access and access to a device (iPad and/or computer). We have collated this information and are using this to work out the families that do not have any devices. We are currently preparing the laptops that we do have for these students as they are

our priority given we have limited laptops available. Once we have done this we will then consider families that do not have enough devices for each of their children.

These devices will be allocated later this week and families will be contacted with collection instructions.

We understand that the next few weeks there may be some teething issues we need to work through as students learn how to complete their work remotely. We would once again like to acknowledge and thank everyone for their understanding.

We would like to remind everyone that according to the Government directive **students who can learn from home MUST learn from home**. We will continue to have the school open for student's whose parents/carers are working and cannot arrange any alternative care. Please ensure that if you are applying for onsite supervision you are required to fill out the [Hastings Primary School onsite supervision](#) form and submit weekly by 3pm Thursdays so we can arrange staffing.

Mornington Peninsula Shire Updates

To protect the safety of our community, Mornington Peninsula Shire is taking measures to reduce the risk of spread of COVID-19.

This is a rapidly evolving situation. For the latest updates on impacted council services, programs, events and activities visit mornpen.vic.gov.au/coronavirus

We will keep our community informed as things unfold. Council's immediate priority is keeping our community well.

ANZAC Day 25th April

This year, ANZAC Day commemorations will look different, however it is an important national occasion and a time to remember the anniversary of the first major military action fought by Australian and New Zealand forces during WWI.

ANZAC Day marks the anniversary of the Gallipoli Campaign of WWI. ANZAC is an acronym for Australia and New Zealand Army Corps.



At dawn on the 25th of April 1915, soldiers rowed ashore in boats called 'lighters' during the Gallipoli landings, under fire and without outboards motors

Traditionally, Rosemary is worn on ANZAC Day. Rosemary is found growing wild on the Gallipoli peninsula.

The 'Ode' comes from the poem "For the Fallen", written by Laurence Binyon. The verse, which is commonly known as 'The Ode of Remembrance', is as follows:

The Ode

They shall grow not old, as
we that are left grow old;
Age shall not weary them,
nor the years condemn.
At the going down of the
sun and in the morning
We will remember them.



Parent Resource – COVID-19

Below are some tips for parents/carers when talking to children and adolescents about the coronavirus.

Listen to your child

- ◆ *Identify any unhelpful thoughts and feelings about coronavirus. Identifying unhelpful*

thoughts and feelings about coronavirus.

- ◆ *Identifying unhelpful thoughts can prompt parents/carers to challenge thoughts causing anxiety for their child.*
- ◆ *Allow your child to talk about coronavirus but also do not push your child to talk about these issues.*
- ◆ *Provide space and time for your child to talk about their concerns. Remember, their concerns might continue or change over time.*

Talk to your child about it

- ◆ *Show an openness to talk about coronavirus with your child.*
- ◆ *Be hopeful, reassuring and express that you have confidence in the emergency and community response when answering questions from your child.*
- ◆ *Continue to monitor their thoughts, feelings and behaviour.*
- ◆ *Provide your child with balanced and more helpful thoughts. Children may exaggerate or have an inaccurate perception of the risks and how they can help.*
- ◆ *Provide your child with ideas about how they can assist their peers and friends who are concerned about the coronavirus, such as telling their peers to speak to their own parent/carer if they are concerned.*

How do I talk to my child about coronavirus?

Control during uncertainty

One way to provide our children with certainty in uncertain times is with facts, for example, telling them the evidence so far shows children are less likely to experience severe symptoms than older adults.

You can also help them gain a sense of control by giving them strategies to help prevent them catching the virus..

Practice good hygiene

The World Health Organisation (WHO) says we should channel our concern into good hygiene.

Encourage your children to wash their hands with soap and water frequently (particularly after going to the toilet, coming from a public place, and before and after eating).

Children should also use a tissue to sneeze into and put the tissue in the bin afterwards.

Be careful with the news media

A quick scan of the news brings up headlines such as "Australia's coronavirus death rate could proportionally be worse than China's, expert warns". Exposing children to such media reports can increase their fear and anxiety. There is a clear and strong relationship between what children see as threatening information in the media and their level of fear. So be careful with what news media your children are exposed to. Try to watch, listen or read it with them so you are there for any questions they may have.

Stay with the facts

When answering such questions, use information from the World Health Organisation and other trustworthy sources to inform yourself. Filter some of the incorrect information around preventing COVID-19 (eating garlic, having hot baths) and

inform your family with the correct information.

Talk about your feelings

It's OK to feel worried. Talking about your feelings of stress can help you work through them. If you try to push down feelings of stress this can have an impact on your health.

As parents you only have to listen and hear your child's concerns. You can't promise things will be safe or certain. But you can assure them that as a family you will work together to manage whatever comes up in the future and that you are there to listen to them.

Keep on living life

It is easy to get swept away with panic about the future and what may happen. But being future-focused only contributes to anxiety. Help your child to focus on the now and what they are doing today. These things are in their control – work hard at school, train for basketball etc. Continue their routine and try to focus on the present.

**Tu Toa, Kia Kaha –
Stand Strong, Have Strength**

Regards, Simone McDonald **Principal**



From the Assistant Principals Desk

What a start to Term 2!

Our staff have all been working so hard to create their Google Classrooms ready to go online next Monday. Their dedication, passion, enthusiasm and resilience has been amazing. We have Google Classrooms for all year levels, Wellbeing, P.E, L.O.T.E and Art.

Thank you to Mrs Aldridge who has been helping all staff with the Google Suite. All students will

have two virtual checks ins with their teacher every day and are required to check into one virtual Art and P.E lesson per week. All year levels, except Minnows will also have one virtual L.O.T.E lesson per week.

This week a Flexbiuzz will be sent to all year levels with a weekly timetable you can use as a guide and a letter from the teachers with some more information. This timetable has all of the virtual check in times for each area.

Thanks also to Mr. Barden who has created an instructional video for our families teaching you how to access Google Classrooms.

As this platform and type of teaching is new to us all, we are anticipating there may be some 'teething problems' on Monday. We are here to support you, however please be patient if you are experiencing any issues and know we are all in this together.

You can call or email the school: 5979 1517 / hastings.ps@edumail.vic.gov.au If you are having trouble accessing a virtual check in on Monday, that is ok, let us know and try again on Tuesday.

Facebook

Thanks to those families who have been sharing photos of their home learning, we have loved seeing your faces! We really miss you all. Everyday on our Facebook page, along with photos of home learning we have a different theme:

- ◆ *Mindfulness Monday* – a mindfulness activity you can try at home
- ◆ *Tune In Tuesday* – a clip to watch with activities
- ◆ *Wishful Wednesday* – if you could have one wish today, what would it be?
- ◆ *Thankful Thursday* – who/what are you thankful for? How can you express your gratitude?

- ◆ *Friday Fun* – a fun activity you can try at home

eSafety Commissioner website

With isolation and the move into remote learning we are finding ourselves spending a lot more time online than ever before, connecting with family, friends and of course education.

The eSafety Commissioner website has some fantastic resources for parents, including advice around safe experiences online, COVID-19 and other resources. Make sure you visit this website: <https://www.esafety.gov.au/parents>

Try your best to support the home learning the teachers set. Don't set unrealistic expectations for yourself or your child. Do what you can and don't be too hard on yourself. Enjoy the extra time at home with your children, they grow up too quickly.

If you need support in anyway, do not hesitate to contact me at school. Alternatively, contact your child's classroom teacher or Carla our school counsellor. Remember we are all in this together.

Thank you, Rebecca Klimeck
(Assistant Principal)



Happy Birthday





Western Port Community Support

IS STILL OPERATING DURING THE PANDEMIC

Due to the current pandemic, WPCS is now offering Westernport residents the same great service via telephone and home delivery.

Call us on 5979 2762

Talk with an experienced Support Worker and find out how we can assist with Emergency Relief and essential support to you, including:

- ✓ Pantry Items and Food Parcels
- ✓ Fruit & Vegetables (if available)
- ✓ Personal Hygiene Products
- ✓ Housing Support & Case Management
- ✓ Public transport costs
- ✓ Assistance with pharmacy and education costs
- ✓ Assistance with Utilities
- ✓ Case management services for individuals and families
- ✓ Referrals to further supports in the community

No access to a phone? WPCS can provide you with a Telstra public phone card and instructions about how to contact our service. The cards are available from our office: Reception B, 185 High Street, Hastings

No phone credit? You can also contact us via email info@wportcomsupport.org.au and we can then call you.

HOME DELIVERY SERVICE IS NOW AVAILABLE

Telephones are staffed by our wonderful volunteers during the following hours:

10:00AM – 4.00PM MONDAY TO FRIDAY