

Freemans Reach Public School

Newsletter

Term 1 Week 10

1 April 2020



Upcoming Events

- 9 April Last day of Term 2
- 10 April Good Friday
- 12 April Easter Sunday
- 13 April Easter Monday
- 25 April ANZAC Day

TERM 2

- 27 April Staff Development Day
- 28 April Students return
(Until otherwise notified)



From the Principal's Desk ...

Dear Parents and Carers,

Welcome to our new world of learning at Freemans Reach Public School. Most of you will now have your children at home and will be on a learning curve right alongside of them, as you engage with different ways of learning. We will continue to support you with that. This week my information is all based around supporting you and your child/children as we work together to keep safe.

I would like to start with a heartfelt thank you to the parents and carers who have recognised the dedication, commitment and hard work of our staff during the last couple of weeks. We have been overwhelmed with the positive feedback and kind emails. We have appreciated your patience as we have activated our *Learning From Home Plan* to ensure the students of Freemans Reach Public School are continuing with their education during these uncertain times. Moving forward, our school will be operational (until notified otherwise) with a rotation of reduced staff (to maintain social distancing) on site each day to provide supervision to the students of essential workers and vulnerable students.

WELLBEING

We acknowledge that learning remotely can be a difficult situation for some families, particularly when parents are also working from home. We recommend that students do their best to complete their allocated daily tasks, however we understand that for many students this may be difficult. We do not want to place any further pressure on families who are already dealing with the complexities of this situation. We are also mindful of the difficulties around accessing the internet or devices. We are happy for students to do what they can at a time that suits your household. As the impacts of COVID19 continue to evolve, the health and wellbeing of our students, staff and school community continues to be our priority. Teachers and staff will be monitoring student activity on Google Classroom each day and may contact you to check-in if your child has been inactive for a period of time. Emails and phone calls to the school are the best forms of communication with teachers.

Other suggested tips for looking after your children's wellbeing during isolation include:

- Talking regularly to your family about what is happening. Understanding the situation may reduce anxiety levels.
- Help your children to think about how they have coped with difficult situations in the past and reassure them that they will cope with this situation too.
- Exercise regularly.
- Encourage your children to keep in touch with family members and friends via telephone, email or Facetime.

THE ROLE OF LEARNING SUPPORT AND THE LEARNING AND SUPPORT TEACHER (LAST) AT SCHOOL AND NOW AT HOME

Our Learning and Support Team within Freemans Reach Public School operates to support students' learning in the classroom. The team does this in a variety of ways, each individualised to student's learning needs.

Given *Learning from Home* is becoming more common, the role of our Learning and Support Team must change to accommodate this. I have added some information further in this newsletter to clarify what this will look like for our teachers, parents and carers. This is to reflect that the classroom now is the home environment.

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Relieving Principal: Lisa McGrath

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HOME (AND SCHOOL) LEARNING

We have tried to provide a balance of on-line and off-line learning for all students. Many of you will find it very challenging as you take on the role of the supervisor in charge of your child's learning. Remember, you are not expected to become a teacher. Your child's teacher is available to support you and we are setting up processes so that each teacher is in contact each day, using a range of media. It will be useful to set up a program so that there is still some school-like structure to the day. This will help to keep things a little more normal in this challenging time. For the few students left at school, they will be undertaking the same tasks as we are providing at home, so all students will be having similar learning experiences while the restricted operations continue. However, the situation is changing daily, and I will be informing you of changes as the days progress. I encourage you to access the **Learning from Home** resource from the Department of Education which provides practical advice to parents and carers on how to best create and support a productive learning environment in the home. For more information, please go to: <https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-from-home/teaching-from-home>

USING YOUR PS4 AND XBOX ONE TO ACCESS GOOGLE CLASSROOM

I have had a number of conversations with families about their difficulties when accessing multiple devices for their child/children during this time of online learning. We are all lifelong learners. My teenage sons were semi horrified that I shared information about accessing Google Classroom from a PS4 and XBOX ONE! I hope this information has been useful for families.

In case you may have missed the Facebook post, all you need to do is locate and open the Web Browser. Search in the URL, 'Google Classroom' as you would on any device. I hope this supports our families. Please remember, you can also contact our school to arrange one or more Chromebooks to be borrowed for student use, for as long as needed.

Further information on using Google Classroom can be found here-

for a PS4

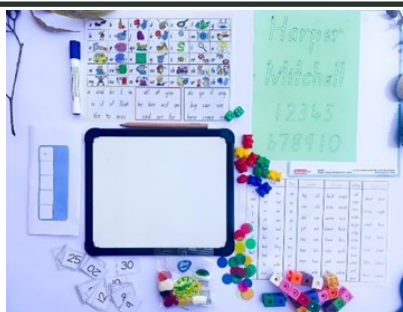
<https://www.youtube.com/watch?v=YOM4OZYsTR0>

for an XBOX 1

https://www.youtube.com/watch?v=ZOqzcrf_Wv4

MATHEMATICS CONCRETE MATERIAL RESOURCE BUNDLE

It is certainly not the same at school without so many of our students. It is then such a waste of resources to have concrete materials sitting around in classrooms, not being utilised. Our amazing and innovative teachers decided to gather up all of our regular mathematics resources and bag them for home use, for every one of our students. My fabulous teachers will personally delivery these straight to your homes on Wednesday 1 April. They can't stay long for a chat (following social distancing guidelines), but may have a special surprise visitor with them!



Kindergarten

Contents

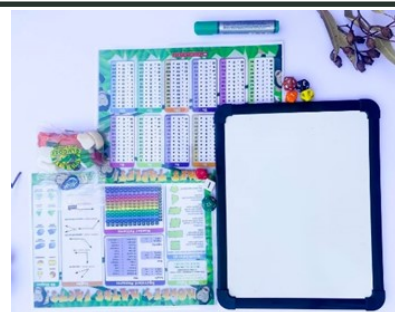
1. White Board
2. White Board Marker
3. Jolly Phonics Sound Chart
4. Hundreds Chart
5. Dice x2
6. Bears x 20
7. Counters x 20
8. 5's Frame
9. Triangular Lead Pencil
10. Numbers 1 to 30
11. Plastic Sleeve for Stencils
12. Sight words: (Golden, Red, Blue, Green, Orange, Indigo, Violet)
13. Rainbow to 10 Chart



Stage 1

Contents

1. White Board
2. White Board Marker
3. Jolly Phonics Sound Chart
4. Hundreds Chart
5. Dice x2
6. Bears x 20
7. Counters x 20
8. 10's Frame
9. Place Value Chart
10. 100 Essential Words and Word families Charts
11. Paddle pop stick Chart
12. Sight words: (Golden, Red, Blue, Green, Orange, Indigo, Violet)
13. Rainbow to 10 Chart
14. Paddle pop sticks x20
15. Double Sound Chart
16. Exercise Book



Stages 2 & 3

Contents

1. White Board
2. White Board Marker
3. Hundreds Chart
4. Dice (Varied)
5. Time Table Chart
6. Monkey Maths Facts Chart

If you would like to email the school, any fantastic photos you may take of your children learning at home, I would love to flood our school newsletter and Facebook page. Learning, fun and friendship is always alive at Freemans Reach Public School! Even photos of your home delivery drivers and their guest are welcome too! A huge thank you to Richmond Woolworths for the generous donation of Easter Eggs, which put so many smiles on our students faces.

KEEPING SAFE

Please remember that all the arrangements around our country are being implemented for one aim, to keep everyone safe and limit the spread of COVID19. Thank you for following the recommended procedures around social distancing, regular hand washing and minimising contact with other people. This is a very serious crisis, and we want to keep every member of our community safe, **but also connected**, so that when it does finally end, we can join face-to-face again at our wonderful school.

FINALLY....

When I started at Freemans Reach Public School, no one expected our Term 1 to end the way it has. Despite the COVID19 pandemic; being part of a learning community that supports each other, has embraced change and innovation, and who regularly rise to meet my high expectations, have been a professional highlight. I am pleased to inform the community that I have accepted the role of Relieving Principal for Term 2 of 2020. I will continue to update the community as I confirm future arrangements.

Stay calm, stay safe and stay connected.

Kind Regards
Lisa McGrath

A MESSAGE FROM BRYNORMS

We are writing to inform you of some upcoming changes to our operating hours and temporary closure of our retail store.

Due to the Coronavirus, we have had to make some difficult decisions regarding the operation of our retail store in Richmond. For the protection of both our retail staff and customers, we will be temporarily closing our retail store from 4:45pm on Friday 3rd April 2020. We have also suspended our Saturday trading - effective immediately. At this stage, we are anticipating closure of the retail store until after the Easter school holiday period, and re-opening reduced days per week after this, while social distancing measures are recommended. We will keep you updated on opening dates and hours as this information becomes available.

We appreciate the inconvenience this will cause our customers, and plan on remaining open until next Friday, to give parents and school uniform stores the opportunity to purchase any uniform items they require before our temporary closure. Our retail store phone and email will not be attended during the closure period. Please contact our owner, June Chen, directly via either email freudenuniforms@gmail.com or by phone 0401939668 should you require assistance while the retail store is closed.

BIRTHDAYS

March

Tyler, Emily, Isaac, Mia, Lucia, Harrison, Luke, Jaxon, Mahalia, Cody, Abbey, Alyssa, Grace, Lucas, Robert.

April

Lucius, Evan, Jacinta, Lily-Rose, Bernadette, Cayleb, Lily, Elizabeth, Nate, Daniel, Georgia, Levi, Jayden, Jye, Chantel, Riley.

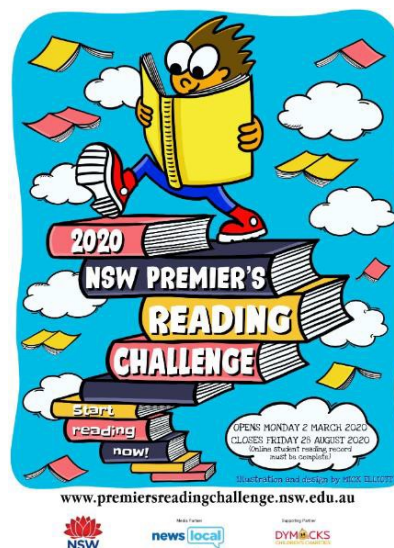


PREMIER'S READING CHALLENGE

The Premier's Reading Challenge is still open and runs from 2 March through to 28 August 2020. The Premiers Reading Challenge is a great program for students to enjoy some great books and log their reading.

Book Lists and further information regarding the reading challenge can be found at: <https://online.det.nsw.edu.au/prc/home.html>

Students will need to use their school username and password to record their reading in their online reading log.



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Learning and Support @ Freemans Reach PS



What are Learning and Support concerns?

There are three primary areas that Learning and Support Teams support students around:

Learning

Behaviour

Social and emotional wellbeing

How does the Learning and Support Team support students?

Support is provided on needs based and is tailored to student's presenting concerns.

How can I access support from the Learning and Support Team?

There is a referral flow diagram on the next page to support this.

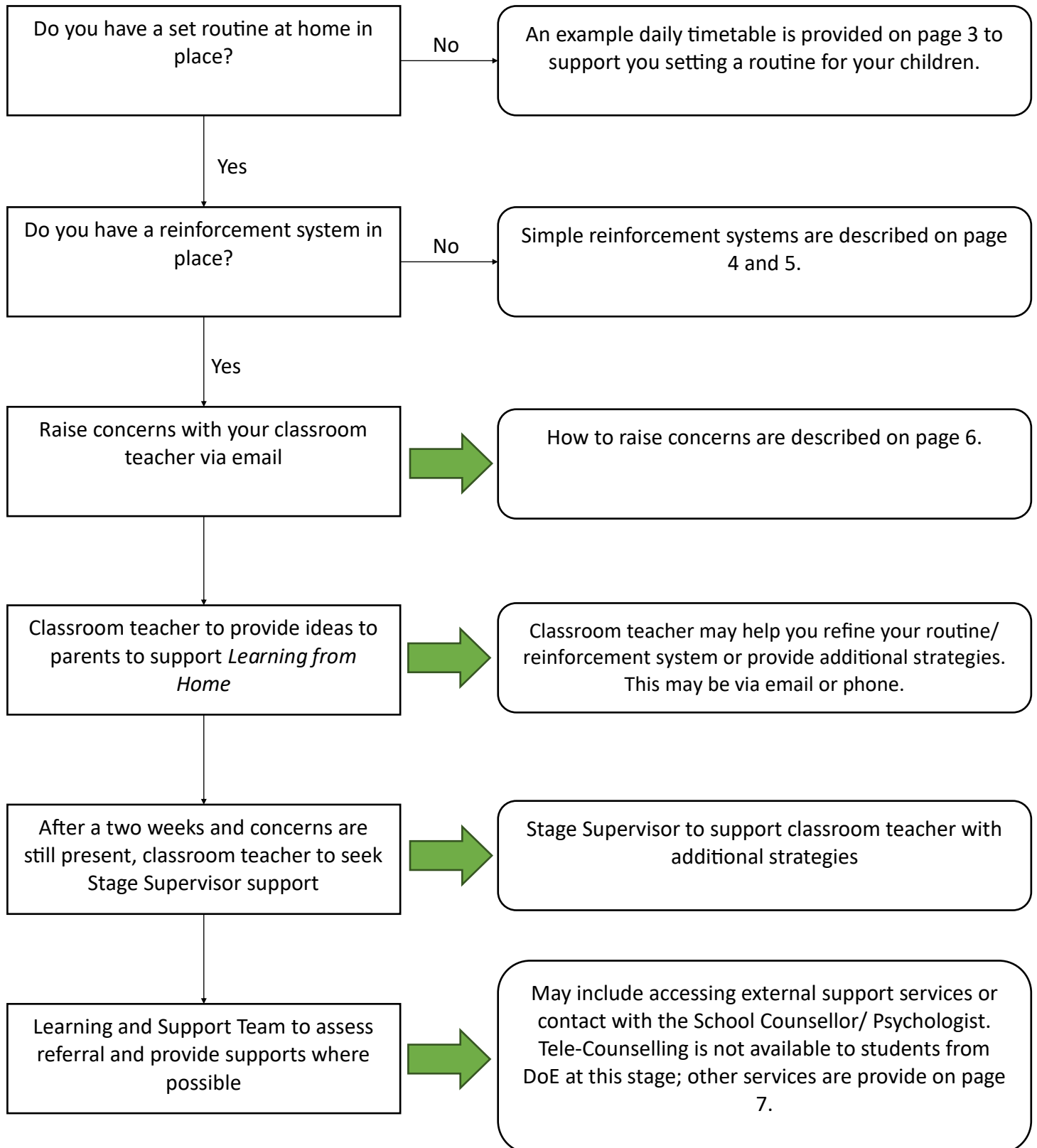
When should I raise concerns about my child?

The earlier the better! Be sure to stick to the referral process.

What areas can't the Learning and Support Team help with?

The Learning and Support Team will support student's learning in the home environment where possible. Remember, that the Learning and Support Team has a caseload that is needs-based which informs the priority list as well as the limitations of technology. What support is provided depends on the presenting concern/s. For example, if it is learning or behaviour, the classroom teacher may provide parents with strategies to support learning. If more support is required, the school counsellor/psychologist may become more involved to support parents, who in effect are working as Teachers.

Learning and Support Referral Process for *Learning from Home*



Example of a Daily Schedule

When	What	How
7:30 AM	Wake up	Alarm rings
7:45 AM	Prepare and eat breakfast	Help prepare breakfast
8:15 AM	Brush teeth	Toothpaste and toothbrush
8:30 AM	Get ready for Learning!	Change into Learning clothes (e.g. school uniform or other clothes)
9:00 AM	Morning Exercise	YouTube
9:30 AM	Set Learning Goals	Log into Class Dojo or Google Classroom and use a To Do List
9:45 AM	Aim to complete one goal	
10:30 AM	Prepare and eat morning tea	Help prepare morning tea
11:00 AM	Social and Movement Time	Call a friend/family member; do a physical activity
11:30 AM	Complete another goal	
12:15 PM	Movement Break	YouTube
12:30 PM	Complete another goal	
1:15 PM	Prepare and eat Lunch	Help prepare lunch
1:45 PM	Social and Movement Time	Call a friend/family member; do a physical activity
2:15 PM	Complete another goal	

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Reinforcement Systems

Learning from Home is going to be a different experience for our students. Having a reinforcement system in place can help support your child's learning in the home environment. Once a routine is set, we can then figure out how best to reinforce learning behaviours. ("Reinforce" means, what can we do to help our students repeat certain behaviours.)

How to set up an effective reinforcement system

Step 1: Identify the specific behaviours you would like to be repeated. For example, completing work, reading alone etc. For K-2, one to two behaviours is a good start. For 3-6 you can increase this to three, possibly four.

Step 2: Identify what your child really enjoys. This will be their reinforcer for showing the specific behaviours you would like repeated. For example, if your child loves Peppa Pig, then perhaps watching some Peppa Pig would be the reinforcer.

Step 3: Explicit teach the repeated behaviour and tell them what they will get if they do it. For example, "If you complete one of your goals quietly, you will be able to watch Peppa Pig for 5 Minutes", then immediately demonstrate the behaviour à "You can work quietly like this"

Step 4: Provide verbal praise when they are demonstrating the behaviour you would like to be repeated. "You're working really well this morning! Keep it up!". Providing this praise every 10 to 15 minutes is important in the beginning.

If the behaviour isn't being demonstrated, say to your student "You're working loudly, remember we are to work quietly, Like this [demonstrate]. Can you show me how you work quietly?" Then immediately praise the behaviour if appropriately demonstrated.

Step 5: Record behaviour successes (a sticker sheet for example). The visual indicator is important to help support this behaviour.

Step 6: Provide the reinforcer if behaviours have been met. The reinforcer should also be timed (use a visual timer or an alarm of sorts). This is really important. You should remove the reinforcer while they still enjoy it, this ensures that they will want to come back to it later. (Imagine if you did something you enjoyed for a long time, you will eventually get bored and not want to go back to it anytime soon).

My Sticker Chart

When I _____

I will get a sticker!

1
2
3
4
5

When I get 5 stickers, I can _____

for _____ minutes.

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How to raise my concerns?

It is important to follow this process to ensure that when you raise concerns, you are providing your classroom teacher with as much important information as possible. This helps the classroom teacher to support you more effectively and efficiently.

You should raise your concerns with your classroom teacher as per the referral process. In your email you should indicate:

1. Whether you have implemented a daily learning routine
2. Whether you have implemented a reinforcement system
3. What your concerns are
 - a. If it is learning, identify what you observe that you think is a learning concern. E.g. is it something to do with writing, reading, numbers etc.
 - b. If it is behaviour, identify the behaviours you are concerned about and provide a description of when they typically occur and for how long
 - c. If it is social or emotional wellbeing, identify the behaviours you are concerned about and other indicators suggesting this (e.g. language, changes in typical behaviour)
4. What you have tried so far to support your child?
5. What help you are looking for from your classroom teacher
 - Are you looking for additional strategies?
 - Are you looking for a better understanding of your child's learning?
 - Are you looking for additional support?

You can also copy and paste the above into the email and write in your comments. Otherwise if you contact your classroom teacher in another way, the classroom teacher will use these questions to guide the conversation.

Free Mental Health Services

Mental Health Line is available 24/7 by calling 1800 011 511 to receive advice or support over the phone. MHL provides a range of services in the local community to children, adolescents and their families with a range of difficulties that are seriously impacting on their mental health and emotional wellbeing. The majority of services are delivered by community based teams, providing treatment and care close to people's homes. Some services are delivered from hospital in inpatient settings. We have a range of professionals with the skills needed to assess, treat and provide ongoing evaluation of children, young people and their families. The professionals that are employed in CAMHS include child psychiatrists, clinical and counselling psychologists, specialised social workers, psychotherapists, family therapists and specialist nurses. The teams work together and consult with each other on a regular basis. Offering assessment, education & treatment services for a range of mental difficulties. To access services, call 1800 011 511.

Mensline is available 24/7 to access free professional counselling by 1300 78 99 78 or chatting online at <https://mensline.org.au/phone-and-online-counselling/>

Parentline is available between 9am to 9am weekdays and 4pm to 9pm weekends by calling 1300 1300 52, online at <http://www.parentline.org.au> or by messaging via Facebook

Lifeline is available 24/7 by calling 13 11 14, texting 0477 13 11 14 between 6pm to midnight or online 7pm to midnight via <https://www.lifeline.org.au/get-help/online-services/crisis-chat>. Lifeline has access to a database of referrals for services in your area

Family Referral Services is available by calling 1800 597 589. This service works with all services to find the best support for young people and their families.

Relationships Australia offers a broad range of services to individuals, families and communities, such as counselling, mediation, and family dispute resolution on 1300 364 277.

Kids helpline is a free, confidential service available 24/7 by calling 1800 55 1800, emailing counsellor@kidshelpline.com.au or chatting online at <https://kidshelpline.com.au/get-help/webchat-counselling>

Suicide Call back is a free, professional 24/7 service to assist anyone who has been or might be affected by suicide by calling 1300 659 467.

Headspace is free professional service for ages 12-25 available 24/7 where you can call 1800 650 890 or chat online <https://headspace.org.au/ehespace/>.

Beyondblue is a free service available 24/7 by calling 1300 224 636, chatting online between 3pm and midnight or via email.

If wanting to see a **private psychologist**, a general practitioner (GP) might be able to assist by creating a Mental Health Care Plan, providing 6 – 10 sessions per calendar year up to the rebate amount. Note: there may be out of pocket fees if wanting to see a private psychologist.

In an emergency, always present to an emergency department or call 000 for assistance

Safe

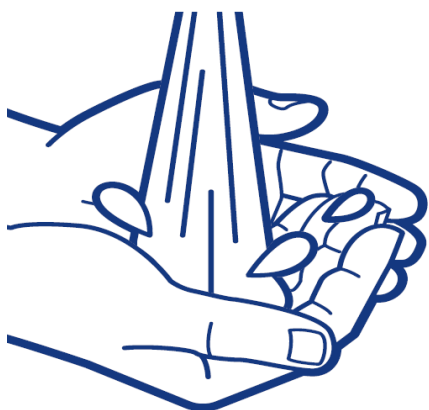
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Practise simple hygiene by washing hands regularly

1 Wet hands



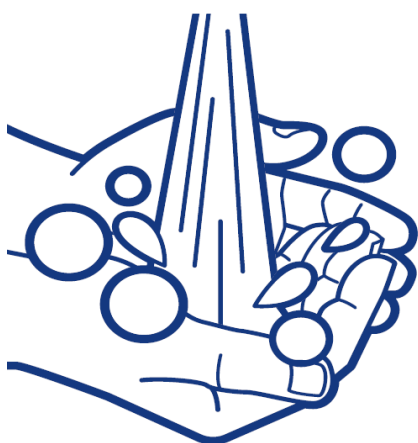
2 Apply soap



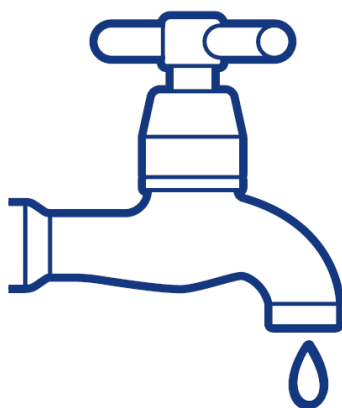
3 Lather & scrub



4 Rinse hands



5 Turn off tap



6 Dry hands



Spend **20 seconds** washing your hands.

Remote learning guidelines for students and parents



Stay connected

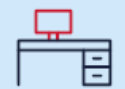


Ask questions



.....
If you don't understand something, ask your teacher or classmates online.

Workspace



.....
Work in a quiet area, at a desk or table and try to limit distractions.

Use classroom language



.....
Talking to your teachers and in class is different from how you speak to your friends online. Use proper grammar and avoid excessive emojis.

Focus



.....
During calls with your teacher, stay focused on the call. Avoid reading chats or looking at other tabs.

Take breaks



.....
Take breaks away from screen. Move around and try not to sit all day.

Your normal routine



.....
Eat breakfast, brush your teeth and get dressed in the morning.

Some activities and ideas for home for parents of primary and early learners

Make or do a jigsaw puzzle



Try some origami

Create an obstacle course

Bake or cook something

Learn a magic trick

Paint or draw a picture



Make a joke book

Take photos of 10 living things



Build a blanket fort

Plan and hold a picnic

Make your own kite

Try a new board game



Play indoor mini-golf



Play Limbo

Write a letter to your future self

Potato sack race with pillow cases

Hold a tea-party



Make a time capsule

Hold a Karaoke concert



Play hide and seek

Open a pretend store

Blindfolded taste test

Look at photo albums

Have a paper plane contest



Play Pictionary

Play dress up



Play Restaurant

Try Yoga

Make a shoebox diorama

Learn a new card game



Put on a play

Make or play an instrument



Create a treasure hunt

Write or recite poem

Have a talent show

Make handmade presents

Choreograph a dance



Read a new book from the library

Play water bottle bowling

Play life-size Noughts and Crosses

Build the tallest tower



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