



Newsletter

2 April 2020

Term 1 Week 10

Upcoming Events

Thursday 9 April	Last Day of Term 1
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Principal Report



From the Principal's desk.

Hello all,

The term comes to an end – what a different start to the year we all faced. I would like to thank the entire community of Denistone East Public School for your care, compassion, patience and understanding. The year commenced with us all working together to support families and schools affected by the bushfires with our wonderful Denistone East generosity and empathy.

We now find we are faced locally, nationally and globally with an unprecedented challenge. COVID-19 is impacting all our daily lives. We need to travel the road together, be kind and minimise stress in our lives and our children's.

The staff at Denistone East have been enthusiastic in providing a range of curriculum-based activities that are being delivered both to students attending school on site and to those accessing from home. I understand the challenges you are facing in your working from home environments, especially as many of you are also trying to work from home as well. The learning is a range of activities that includes online, and hands on. Many of you have indicated when we have phoned home that you are supplementing and doing additional and other things. We have taken on board lots of your ideas- you may see them shared and pop onto future learning activities. Learning should be fun, engaging and not onerous. It should not be creating tears for your children or you.

Please take the opportunity to provide feedback and request help when you check in with the class teacher. We are learning as we go and need to know what works at home and what doesn't. So far feedback has reinforced- flexibility, limiting technology, providing hands on resources and providing variety. We are listening and adjusting. The teachers are passionate about meeting need and miss the face to face part of their teaching.

All the staff are being provided the opportunity to work from home part of the week and using this time to research, read and resource.

Term 2 begins 28 April, advice as to our operations will be provided as it becomes available. Please use Department of Education and Department of Health websites for accurate and timely information in the holidays.

I have included some resources for families that may assist and also some holiday ideas. Reminder that DEBASCA is operating its school holiday program



Thank you to the parents who are looking after our staff with food parcels and other treats. We are feeling cared for and valued

Principal Report

Please see attachment

An Occupational Therapy Guide I March 2020: Some very helpful information for all the family.

Fun activities for now and the holidays

- Treasure hunt (with clues, hide a favourite toy somewhere in the house)
- Make a batch of play doh
- Tint shaving cream with food colouring, paint the windows or glass doors (or the inside of the shower glass) then rinse it off
- Go through clothing from previous seasons, try on and cull things that are too small
- Play dress ups in mum and dad's clothes – do a photoshoot
- Graffiti the garden fence with chalk
- Make a small bowl, plate, egg cup or statue from air dry clay
- Day spa – do a Mani/Pedi/foot soak/face mask
- Go through old photos and videos, and old craft and paintings
- Have a Living Room disco – play freeze, musical chairs, have a dance off
- Go through recipe books together and have a bake off challenge
- Do a backyard scavenger hunt
- Make Origami animals or paper ninja stars
- Gardening – pull weeds, trim bushes, collect flowers for a vase
- Make a mud kitchen in the garden, make different coloured rock paint
- Practice hammering nails into a plank of wood
- Organise the books on your shelf into a rainbow of colours
- String up a sheet tent in the backyard
- Find three toys to give to charity
- Using Lego characters or other small toys, make a stop motion movie (download the app Stop Motion to your phone or Ipad)
- Organise your Lego and then have a building challenge. Who can build the best house, hotel or shop?
- Write notes of love, compliments or doodles and hide them around the house for family to find
- Do a marshmallow toothpick engineering challenge
- Create a “God's eye” weaving using sticks and wool
- Build a tepee fairy house
- Try shadow drawing, leaf rubbings, painting bark or stones
- Build a bug hotel
- Try leaf threading and make a nature chandelier
- Use a mirror to draw a self portrait
- Create an Alfoil river in the garden and float things down it
- Learn to braid hair
- Create an obstacle course
- Build a fort using the couch and every cushion/pillow you can find
- Thread pasta into jewellery

Principal Report

- Make 3D paper rainbows
- Make your own bubble blower
- Put goggles and swimmers on and swim in the bath
- Go through your board/card games and challenge yourself to play them all. Design your own game
- Make greeting cards for the stationery cupboard to be used for birthdays and other occasions
- Paint a family portrait to be framed and hung
- Choose a picture book each and read aloud to each other in the biggest bed in your house
- Have a handball tournament
- Write a short story or poem that includes a dog, an umbrella and some sushi
- Find 10 different shaped leaves in the garden
- Create a paper crown for a member of your family and decorate it
- Make a paper chain to hang up in the dining room
- Try the travelling water experiment
- Fill a small spray bottle with water and aromatherapy oil and then spray and wipe the house
- Fold paper and cut out paper snowflakes
- Make pom poms out of wool
- Play drawing games like Simon Says drawing
- Put on a puppet show using toys behind the couch
- Make DIY rain clouds in a jar
- Do the magic milk experiment
- Create a sensory shaker bottle using an old bottle, glitter and water (and whatever else you'd like to put in there!)
- Outdoor games like egg and spoon race, tag team races, three legged races, or play stuck in the mud
- Fold paper planes and see how far they will fly
- Build the highest block tower you can
- Learn how to bake bread
- Make a Lego zip line
- Keep a balloon in the air as long as possible
- Build a house with a deck of cards
- String up the Christmas lights in your living room
- Play cinema – make tickets, popcorn, give your guests a rug and watch a movie together
- Play hotels using your bedrooms as 'hotel rooms' or restaurants by setting up the dining room like a restaurant with menus (or hospitals, vets, banks, etc)
- Make up a workout and do it together (eg: 25 star jumps, 20 squats, 15 crunches, hop like a bunny around the lounge room, frog leap your partner)
- Choose an inspirational quote and create a poster for your room
- Change the bedsheets and build a sheet city in your bedroom before they get washed!
- Press flowers within a few heavy books
- Play the gummy bear game (using dice and 5 gummies each. Roll a 1 you eat one in your pile, a 2 you pass one bear to your left, a 3 you pass to your right, a 4 you keep it, a 5 you eat it, a 6 you keep it – keep playing till the gummies are gone!)

Principal Report

- Make sidewalk paint
- Make a magic potion using aromatherapy oils, glitter, water, petals
- Take some garden clippings and see which ones you can get to grow roots for replanting
- Use masking tape to make a race track. Race matchbox cars. Or use the inside of your bathtub as a ramp for racing
- Listen to a kid's podcast or audio book. Podcast suggestions:
 - Brains On
 - Wow In The World
 - Circle Round
 - Little Green Pod
 - Good Night Stories for Rebel Girls
 - Fierce Girls
 - Story Pirates
- With some old clothes, cut and create clothes for your toys
- Take everyone's height measurement on a door frame
- Using butchers' paper, trace a partner's whole body. Now try to include as many body parts and organs as you can
- Give someone a back, foot or head massage
- Try sharpie tie dye using a sharpie and rubbing alcohol
- Take some artistic photos in black and white. Play around with filters and see what you can create. You could use a phone or learn how to use the proper camera (if you have one)
- Water play – buckets, scoopers, whisk, pouring jugs, straws, bubbles!
- Have a picnic lunch outside. Take books and toys with you
- Sort through all your crafts and art supplies. See if something inspires you. Organise and sharpen all your pencils and test all your markers
- Make a bottle rocket
- Make rainbow paper
- Make a stained glass window using clear contact & cellophane
- Make a marble run
- Paint a stick gnome
- Make a rainbow stick
- Jump rope – can you get to 100 without stopping?
- Take apart an old appliance. Can you put it back together?
- Research your family tree – see how far back you can go
- Make a time capsule of this time to be opened in 10 years
- Get swimmers on and wash the car or your bike!
- Set up camp in the garden and play inside the tent
- Write a letter to a friend, relative or teacher to mail
- Lie on a rug in the garden and spot cloud shapes. Make up a story about what you see.
- Work together to a family emblem, motto or song. Include elements that are important to you and your family

Principal Report

- Learn to finger knit, french knit or braid wool into friendship bracelets
- Sketch your dream red carpet look!
- Try Michelangelo drawing under the table
- Make a pretty lantern using an old jar, tissue paper and glue
- Make an infinite paper flipper!
- Make frozen dinosaur eggs (or you could use fairies, or Ooshies, etc)
- Make a paper cut out family
- Make a paper plate whale
- Try dying some old plain fabric using natural dyes
- Do a chalk photo shoot
- Interview the members of your family
- Make a popsicle stick catapult
- Can you draw or paint with your feet?
- Do a Yoga class together

Shopping list for craft activities

- Play doh
- Cream of tartar
- Table salt
- All-purpose flour
- Food colourings
- Vegetable oil
- General craft supplies
- Chalk
- Shaving cream
- Food colouring
- Paper – coloured and white
- Air-dry clay
- Glitter
- Corn-starch
- Mini marshmallows
- Toothpicks
- Wool
- Acrylic paints
- Watercolour paints
- Crayons
- Shaving cream
- Balloons
- Sharpie

Principal Report

- Rubbing alcohol
- Butchers paper or a large paper table cloth
- Baking soda
- Vinegar
- Duct tape or Masking tape
- An empty plastic bottle
- Black paper
- Clear nail polish
- Tissue paper
- PVA glue
- An old jar
- Sticky tape
- Marbles
- Popsicle sticks

Remember to stock up on holiday reading our library is open by booking on Wednesday and Thursday.



Resources

Growing Strong Minds link to Free COVID-19 resources

<https://growingstrongminds.com/free-resources/coronavirus/>

Occupational Therapy Australia – Normal life has been disrupted : a guide for managing disruption.

<https://www.otaus.com.au/member-resources/covid-19>

Michelle Collyer
Principal

School Initiatives

Resources for Families During Remote Learning

Are you in danger?


If you, or someone you are with is in immediate danger please call:



or

go to your nearest hospital emergency department

If you or your child needs to talk to someone...







 Kids Help Line	For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.	1800 55 1800 24/7	Webchat 24/7 https://kids helpline.com.au/get-help/webchat-counselling
 Lifeline	For all ages - 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.	CALL: 13 11 14 24/7 TEXT: 0477 131114 6:00PM - Midnight	Crisis Support Chat 7:00PM - Midnight https://www.lifeline.org.au/get-help/online-services/crisis-chat
 Youth Beyond Blue	Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.	1300 22 4636 24/7	Chat Online 3:00PM - Midnight https://www.youthbeyondbblue.com/
 SANE Australia	SANE Australia supports people living with complex mental health issues and the people that care about them	1800 187 263 10:00AM - 10:00PM	Webchat 10:00 AM - 10:00 PM https://www.sane.org/about-sane

School Initiatives

Headspace 	eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.	N/A	Group Chat 24/7 1 on 1 Chat 9AM - 1AM https://headspace.org.au/eheadspace/
1800RESPECT 	Confidential information, counselling and support service, open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse	1800 737 732 24/7 Interpreter: 13 14 50	Online Chat 24/7 https://chat.1800respect.org.au/#/welcome
Carers NSW 	Carer Line offer emotional support, referrals and distribute carer specific resources and information to carers and community members	1800 242 636 9AM – 5PM Monday - Friday	http://www.carersnsw.org.au/how-we-help/support/carers-line/
Child Protection Helpline	13 21 11	https://reporter.childstory.nsw.gov.au/s/mrq	



School Initiatives

If you are looking for an app to support you or your child...

Name	About	Website
Calm Harm 	Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.	Free App Store Google Play
Clear Fear  https://www.clearfear.co.uk/	The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away. Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.	Free App Store Google Play
ReachOut Worry Time 	ReachOut WorryTime interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7	Free App Store
ReachOut Breathe 	ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone	Free App Store
Smiling Mind 	Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.	Free App Store Google Play
WellMind 	WellMind is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.	Free App Store Google Play

School Initiatives

If you are looking for online support...

Name	About	Website
The BRAVE Program 	BRAVE-ONLINE is an evidence-based cognitive behavioural therapy (CBT) available online to help children (8-12) and teenagers (13-17) cope with anxiety	https://www.brave-online.com/
Smiling Mind 	Online and app-based program to improve wellbeing of young people through mindfulness meditation.	https://www.smilingmind.com.au/

P&C News



President's Message

As we are facing uncertain times so early in the year due to COVID-19, there must be countless families feeling the strains of having to cope under these stressful conditions. Like all epidemics and pandemics that have happened in the past; things do, and will get better.

Please be reminded that we are all together during these trying times, and it is our support for and of each other which will count the most. On behalf of entire DEPS P&C team, I wish that all families stay safe and keep healthy.

Grounds Report

If you look closely, most of the playground litter is plastic!

Did you know any squashable soft plastic wrappers can be recycled?

Plastic from lunchboxes and wrapped food packaging can be taken to a RED cycle bin at your local Coles or Woolworths store. DEBASCA also recycles soft plastics.

Soft plastic is then used to make furniture, fencing, equipment, signage and bollards.

Only 12% of plastics are recycled in Australia – the rest goes to landfill.

Take up the challenge to have a soft plastic free garbage bin.

Want to read or watch more? Please see the below links:

www.redcycle.net.au

www.replas.com.au

<https://www.youtube.com/watch?v=dM7vQsOQ550&t=5s>



Try these outdoor ideas while 'staying safe at home'

Grow bulbs, flowers or vegetables, take on a pot plant pet, create a fairy garden, build a cubby house, look for backyard wildlife, make a worm farm, compost or just sit and enjoy the backyard sunshine!

Music News

Online ensemble resources

Although we are no longer rehearsing face to face, most of our ensembles have been given online resources allowing our students to continue their musical education. Our Mahler and Stravinsky string ensembles have been given new pieces to learn and video tutorials. Senior Band has a great initiative called the Virtual Band Project where each band member will send in a recording of themselves playing a new piece, all the parts of which will be edited together by their conductor into a final performance. Training Band has been sent lessons and exercises for each instrument. Each of the conductors has offered to give individual feedback to students who send in a video of themselves practising their pieces or exercises. We expect these online resources will continue to evolve and improve over time. Keep practising and be sure to make the most of what your conductors have offered!

P&C News

Young musician profile

This week's young musician is Angela F from Year 4 who plays cello in the Stravinsky Ensemble.



Hi, my name is Angela from S2 Dahl. I started to play the cello from year 1.

I love it because it has a wide variety of sound which can be deep enough and also be high enough for different tones.

Playing cello is graceful and it is amazing for developing my strong arms and strong hands. Also it is good for mental and emotional relaxation.

It makes me happy to join the string ensemble to meet a lot of friends with the same interest. I enjoy the happy time there.

Community News

DEBASCA April 2020 | UPDATED VACATION CAREv3



Please Note: All Vacation Care days are now being run In House.

REVISED BOOKING INFORMATION

How to Book: Please book online. Go to:
<https://debasca.wufoo.com/forms/debasca-2020-april-vacation-care-revised-260320/>

and complete the online booking form (one per child).

REVISED Booking Period: From weeks 8-11
MUST BE booked online by THURSDAY 9th April 5.00pm (AEST)
\$10 late penalty will apply to forms submitted after the cut-off date.

NO Cancellations/Refunds will be processed after Thurs 9th April.

IMPORTANT NOTE: When booking, please book under your child's current 2020 school grade.

PLEASE NOTE ANY change to a booking once it has been submitted will incur a \$5 fee per change, per child.

CONTACT DETAILS

Location: 35a Brabyn Street Denistone East 2112

Phone: 02 9874 6760

Email: admin@debasca.org.au

Website: www.debasca.org.au

Vacation Care Opening Hours: 7am – 6pm

Government Subsidy is available for eligible families.
ENSURE you have COMPLETED THE CCS ONLINE ASSESSMENT otherwise FULL FEES will APPLY.

Please visit our website www.debasca.org.au for further information on MENU, LOCATION & REMINDERS and IMPORTANT INFORMATION.

REVISED KEY: All days in April are In house days = **yellow** | **Morning Tea and Lunch will be provided for all days**

April 2020 - VAC Week 1				
	Tues 14th	Wed 15th	Thurs 16th	Fri 17th
CENTRE CLOSED	K-6 IN HOUSE	K-6 IN HOUSE	K-6 IN HOUSE	K-6 IN HOUSE
	My 'Bug' Day Out \$80  Join us for a day of outdoor play focussed on Mother Nature M/Tee & LUNCH PROVIDED	Material Madness \$80 * Design * Knit * Create * Sew * Build  M/Tee & LUNCH PROVIDED	Herbert Hosts a Picnic \$80  * BYO teddy bear! M/Tee & LUNCH PROVIDED	Suggestion Box Day \$80  * Nintendo challenges * Weird & wonderful craft and spontaneous decisions on the day! M/Tee & LUNCH PROVIDED
April 2020 - VAC Week 2				
	Mon 20th	Tues 21st	Wed 22nd	Thurs 23rd
K-6 IN HOUSE	K-6 IN HOUSE	K-6 IN HOUSE	K-6 IN HOUSE	K-6 IN HOUSE
	Once Upon a Time WHAM, BAM, KAPOW! \$80  A day of dress ups, creative play and fun filled enjoyment. Everyone is encouraged to dress up for the day. M/Tee & LUNCH PROVIDED	Hands On Science \$80 We create our own workshop run by our scientists in the making for the day! Perhaps you have a budding scientist in the making or just inquisitive minds  M/Tee & LUNCH PROVIDED	Game ON! \$80  * JENGA * MEGA Chess * Challenge Station * & More! M/Tee & LUNCH PROVIDED	Around the World \$80 * Cultural Awareness as we explore 'Around the World'  M/Tee & LUNCH PROVIDED
	Mon 27th	PLEASE REMEMBER * NON- NOTIFICATION: If your child is absent for any given VAC day, please inform the centre by 10am on an in-centre day. A non-notification fee of \$10 applies if you do not let the centre know of your child's absence. * ARRIVAL TIME: For all days, no later than 10am. * WATER BOTTLE: Is required for ALL days. * BYO Teddy Bear for the picnic! NO NUT Products permitted. <i>N.B: Program subject to change. If such change is made, families will be notified as soon as possible.</i>		
Pupil Free Day	K-6 IN HOUSE			
	Gunk & Goo! \$80 * Lemon volcanoes * Pro Hart inspired painting * Elephant toothpaste * Making Kinetic sand & lots more messy play! * BRING SPARE CLOTHES M/Tee & LUNCH PROVIDED			