



Newsletter

7 May 2020, Term 2 Week 2

Upcoming Events

Monday 11 May

No parents/carers are to come onto School grounds unless they have an appointment

Kindergarten Group A

Students in **Kindergarten** are to enter and leave the school via **Brabyn Street School Office gate & Circular Drive**

Drop Off 8.55am-9.25am

Collection 3pm-3.15pm

Stage 2 Group A

Students in **Stage 2** are to enter and leave the school via **Henderson Street**

Drop Off 8.55am-9.25am

Collection 3.15pm-3.30pm

*******Families with siblings within K-2 and 3-6 are to enter and leave via Brabyn Street - School Office or Library gate & Circular Drive******

Tuesday 12 May

No parents/carers are to come onto School grounds unless they have an appointment

Kindergarten Group B

Students in **Kindergarten** are to enter and leave the school via **Brabyn Street School Office gate & Circular Drive**

Drop Off 8.55am-9.25am

Collection 3pm-3.15pm

Year 1 Group A

Students in **Year 1** are to enter and leave the school via **Brabyn Street Library gate & Circular Drive**

Drop Off 8.55am-9.25am

Collection 3pm-3.15pm

Stage 2 Group B

Students in **Stage 2** are to enter and leave the school via **Henderson Street**

Drop Off 8.55am-9.25am

Collection 3.15pm-3.30pm

*******Families with siblings within K-2 and 3-6 are to enter and leave via Brabyn Street - School Office or Library gate & Circular Drive**

Wednesday 14 May	<p><u>No parents/carers are to come onto School grounds unless they have an appointment</u></p> <p><u>Year 1 Group B</u> Students in Year 1 are to enter and leave the school via Brabyn Street Library gate & Circular Drive Drop Off 8.55am-9.25am Collection 3pm-3.15pm</p> <p><u>Year 2 Group A</u> Students in Year 2 are to enter and leave the school via Brabyn Street, School Office gate & Circular Drive Drop Off 8.55am-9.25am Collection 3pm-3.15pm</p> <p><u>Stage 3 Group A</u> Students in Stage 3 are to enter and leave the school via Henderson Street Drop Off 8.55am-9.25am Collection 3.15pm-3.30pm</p> <p>*****Families with siblings within K-2 and 3-6 are to enter and leave via Brabyn Street - School Office or Library gate & Circular Drive****</p>
Thursday 15 May	<p><u>No parents/carers are to come onto School grounds unless they have an appointment</u></p> <p><u>Year 2 Group B</u> Students in Year 2 are to enter and leave the school via Brabyn Street School Office gate & Circular Drive Drop Off 8.55am-9.25am Collection 3pm-3.15pm</p> <p><u>Stage 3 Group B</u> Students in Stage 3 are to enter and leave the school via Henderson Street Drop Off 8.55am-9.25am Collection 3.15pm-3.30pm</p> <p>*****Families with siblings within K-2 and 3-6 are to enter and leave via Brabyn Street - School Office or Library gate & Circular Drive****</p>

Principal Report



From the Principal's desk.

Hello all,

Welcome back to term 2. The term has started with a trickle of children returning and the hope to see many more returning next week for their face to face learning days. The whole staff are very excited about this.

Learning

You will have all received a communication from your child/children's teacher through either Seesaw K-2 or Microsoft 365 for years 3-6. On the face to face learning day your child will be taught by their classroom teacher in their own classroom. The learning will be outcomes based with clear and explicit learning intentions and provide a strong scaffold and resources for the days that learning will continue at home. Additional learning needs and wellbeing needs will be supported by our specialist team of teachers, English as second language and dialect (EALD), Learning and Support and School Counselling team. Your child/children's teacher will continue to monitor and support their learning and wellbeing on the days they are learning from home.

If you children/children are attending days in addition to their set face to face days they will be provided support with their learning from teachers who are either Denistone East staff or part of our regular casual pool of quality casuals. We have selected casuals who know our school and systems well. The teachers will support learning at school and wellbeing, similar to how you have supported at home, ensuring the activities provided by their classroom teachers are completed and the children have access to specialist services if required. The children will be grouped according to numbers, age and stage.

I know many of you are eager and comfortable to return whilst others have reservations. Whilst we are all in the same ocean, we are not in the same boat. You as parents need to make decisions based on your family's needs and situation. Some of you will return only on your nominated day, others have or will return more days and some will remain learning remotely. I am aware that many families have faced very difficult personal situations during this time; illness, loss of work, and loss of family members. Please remember to let me know if there is a big challenge facing you as a family, as a school we are well resourced and may be able to assist. We are working with several community agencies to support families.

Health and hygiene

The Department of Education are supporting student return to school by providing the school with additional cleaning hours. Denistone East will have a cleaner on site for an additional 2 hours during the school day, this will allow spot cleaning and the toilets to be cleaned during the day and soap supplies checked. All classrooms are being thoroughly cleaned each day, with all hard surfaces wiped and sanitised. Classrooms have a supply of hand soap, sanitiser, tissues and paper towel. Hand hygiene and handwashing will be a priority, with children reminded before and after visiting the toilet, before eating and after eating and before entering the classroom or leaving the classroom.

I request that if your child is unwell, even in a little cough you keep them home. Staff will be very carefully monitoring children's health each morning. All unwell children will be sent to the office, and you will be contacted to collect them. The school has several hospital issue thermometers that will be used when required to check both staff and students' temperatures. Unwell staff are being asked to stay home and will also be sent home if they become unwell during the day.

Principal Report

Most of the staff at Denistone East received their influenza vaccination prior to the school holidays to minimise illness within the staff. Staff are being very diligent in maintaining their own health including self-isolating and being tested for COVID-19 if they have presented with any symptoms.

Drop off and collection

A reminder about drop off and collection.

- Students in K-2 are to enter and leave the school from Brabyn Street only (parents are to remain in their cars) staff will be on hand to assist children entering the school. Designated areas will be allocated on busier days.
- Students in 3-6 are to enter and leave the school from Henderson Street (parents to remain in their cars) a drop zone on the school side has been allocated.
- Lovell Road access to the school is closed until further notice.

Many of you have children in more than one stage group and may walk your children to school. We ask you use Brabyn Street and direct your children to access the school through the appropriate gate on Brabyn Street. Please do not enter the grounds or congregate. Adults must social distance and cannot meet in groups.

Visits and Appointments

Adults on site will be limited to staff. Appointments can be made to meet with staff and also to collect uniform orders (the uniform shop will provide details of its operations). The second-hand uniform shop has some stock and the office staff have access if you wish to purchase. Contact can be made via email to the school office.

Students receiving assistance from external and allied health care providers will be provided access on a case by case basis in consultation with the school executive.

Canteen and Food

The canteen will be operational. A smaller menu and online orders only. The lunches will be delivered to the rooms and there is no counter service. K-2 students will have lunch & recess on the Lovell Road side of the school and 3-6 students will be on the Brabyn Street side of the school.

Please ensure your child has a refillable water bottle, our bubblers will be off limits and the children will be able to fill their water bottles from the taps in the classroom.

I would like to thank all the staff at Denistone East for their care, humanity and going above and beyond. They have remained flexible and supportive of your children's needs whilst juggling their lives, including for many remote learning for their own children, elderly parents and changes in the working arrangements of their partners and families. I know they like me are very eager to welcome back the little people. We all extend our thanks and gratitude for partnering with us in these extraordinary times.

The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails.
William Arthur Ward

Next week we adjust the sails again and hope the waters and winds remain calm.

Michelle Collyer

School Initiatives

COVID-19 Resources for Parents

WEBSITES



<https://raisingchildren.net.au>

Provides free, reliable, up-to-date and independent information to help families grow and thrive together. Contains information on COVID-19 and how to help your family cope.



www.esafety.gov.au

Information on how to stay safe online during the COVID-19 pandemic

www.parentline.org.au

1300 130 052



Provides telephone counselling, information and referral service for parents and carers of children ages 0 to 18 who live in New South Wales



www.familyreferralservice.com.au

1800 066 757

Brings together families, support services and community resources so that our children and young people are safe and well



<https://coronavirus.beyondblue.org.au>

1800 512 358

Information, advice and strategies to help you manage your wellbeing and mental health during the COVID-19 pandemic



<https://emergingminds.com.au>

Resources for parents and carers to best support their children and reduce worry and distress during the COVID-19 pandemic

ARTICLES

(Click on title to view article)

[Coronavirus \(COVID-19\) and children in Australia](#)

[Communicating with your child about COVID-19](#)

[Physical distancing and family wellbeing](#)

[Home schooling & keeping kids busy during COVID-19](#)

[Helping your children get along during quarantine](#)

[What to Say to Your Child about the Coronavirus](#)

[Staying Sane When School is Closed](#)

[Working From Home with Kids](#)

Official Coronavirus Information

NSW COVID-19 Website

www.nsw.gov.au/covid-19

Australian Government's National Coronavirus Helpline

1800 020 080 (24 hours, 7 days a week)

Useful Contacts

Domestic Violence Line 1800 65 64 63

Mental Health Line 1800 011 511

Lifeline 13 11 14

Mensline 1300 78 99 78

In an emergency, please call 000 or go to a hospital emergency department

More information contact School-Link
Phone 02 8877 5325
<https://www.nslhd.health.nsw.gov.au/CYFH/TS/Pages/CYMH5.aspx>



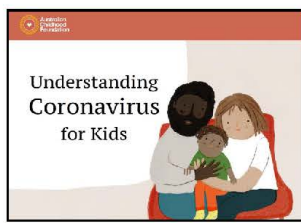
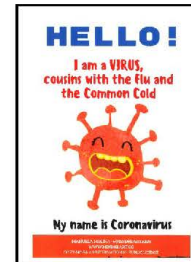
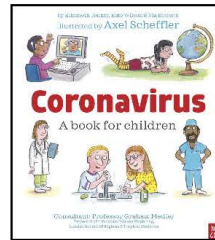
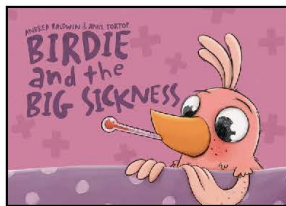
Health
Northern Sydney
Local Health District

School Initiatives

COVID-19 Resources for Parents

BOOKS

Free children friendly ebooks available to download (click on book cover to download)



WEBSITES FOR CHILDREN AND YOUNG PEOPLE

The Digital Lunchbreak <https://www.digitallunchbreak.nsw.gov.au>

The Digital Lunchbreak website has been developed in response to Covid-19 to collate a variety of activities and resources government and non-government organisations have made available for children and young people.



Kids Helpline <https://kidshelpline.com.au>

Kids Helpline is an Australian free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.



headspace <https://headspace.org.au>

Information, resources and support for young people dealing with mental health issues.



Youth Beyond Blue www.youthbeyondblue.com

Information, resources and support for young people dealing with depression and/ or anxiety.



School Initiatives



www.schoolatoz.com.au

Too sick for school?



Generally if your child feels unwell, keep them home from school and consult your doctor. This chart and the information it contains is not intended to take the place of a consultation with your doctor.

Bronchitis	Symptoms are coughing, a runny nose, sore throat and mild fever. The cough is often dry at first, becoming moist after a couple of days. There may be a slight wheeze and shortness of breath. A higher fever (typically above 39°C) may indicate pneumonia.	... until they are feeling better. Antibiotics may be needed.
Chickenpox (Varicella)	Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.	... for 5 days from the onset of the rash and the blisters have dried.
Conjunctivitis	The eye feels 'scratchy', is red and may water. Lids may stick together on waking.	... while there is discharge from the eye unless a doctor has diagnosed a non-infectious cause.
Diarrhoea (no organism identified)	Two or more consecutive bowel motions that are looser and more frequent than normal and possibly stomach cramps.	... for at least 24 hours after diarrhoea stops.
Fever	A temperature of 38.5°C or more in older infants and children.	... until temperature is normal.
Gastroenteritis	A combination of frequent loose or watery stools (diarrhoea), vomiting, fever, stomach cramps, headaches.	... for at least 24 hours after diarrhoea and/or vomiting stops.
German measles (Rubella)	Often mild or no symptoms: mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time.	... for at least 4 days after the rash appears.
Glandular Fever (Mononucleosis, EBV infection)	Symptoms include fever, headache, sore throat, tiredness, swollen nodes.	... unless they're feeling unwell.
Hand, Foot and Mouth Disease (HFMD)	Generally a mild illness caused by a virus, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area in babies.	... until all blisters have dried.
Hayfever (Allergic rhinitis) caused by allergy to pollen (from grasses, flowers and trees), dust mites, animal fur or hair, mould spores, cigarette smoke	Sneezing, a blocked or runny nose (rhinitis), itchy eyes, nose and throat, headaches.	... unless they feel unwell or are taking a medication which makes them sleepy.
Head lice or nits* (Pediculosis)	Itchy scalp, white specks stuck near the base of the hairs; lice may be found on the scalp.	... while continuing to treat head lice each night. Tell the school.


















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School Initiatives

Hepatitis A	Often none in young children; sudden onset of fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.	 ... for 2 weeks after first symptoms (or 1 week after onset of jaundice). Contact your doctor before returning to school.
Hepatitis B	Often no symptoms in young children. When they do occur, they can include fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine.	<div>  ... if they have symptoms. Contact your doctor before returning to school.  ... if they have a chronic infection (not the first outbreak) and no symptoms. </div>
Impetigo (School sores)	Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.	 ... until antibiotic treatment starts. Sores should be covered with watertight dressings.
Influenza	Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.	 ... until well.
Measles	Fever, tiredness, runny nose, cough and sore red eyes for a few days followed by a red blotchy rash that starts on the face and spreads down the body and lasts 4 to 7 days.	 ... for at least 4 days after the rash appears.
Meningococcal Disease	Sudden onset of fever and a combination of headache, neck, stiffness, nausea, vomiting, drowsiness or rash.	Seek medical attention immediately. Patient will need hospital treatment. Close contacts receive antibiotics.
Molluscum Contagiosum	Multiple small lumps (2–5mm) on the skin that are smooth, firm and round, with dimples in the middle. In children, occur mostly on the face, trunk, upper arms and legs. Symptoms can last 6 months to 2 years.	
Mumps	Fever, swollen and tender glands around the jaw.	 ... for 9 days after onset of swelling.
Ringworm* (tinea corporis)	Small scaly patch on the skin surrounded by a pink ring.	 ... for 24 hours after fungal treatment has begun.
Runny nose or common cold		 ... unless there are other symptoms such as fever, sore throat, cough, rash or headache. Check with school.
Scabies*	Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.	 ... until 24 hours after treatment has begun.
Shigella	Diarrhoea (which may contain blood, mucus and pus), fever, stomach cramps, nausea and vomiting.	 ... until there has not been a loose bowel motion for 24 hours. Antibiotics may be needed.
Slapped Cheek Syndrome (Parvovirus B19 infection, fifth disease, erythema infectiosum)	Mild fever, red cheeks, itchy lace-like rash, and possibly cough, sore throat or runny nose.	 ... as it is most infectious before the rash appears.
Whooping Cough (Pertussis)	Starts with a running nose, followed by persistent cough that comes in bouts. Bouts maybe followed by vomiting and a whooping sound as the child gasps for air.	 ... until the first 5 days of an antibiotic course has been completed. Unimmunised siblings may need to stay home too until treated with an antibiotic.
Worms (Threadworms, pinworms)	The main sign of threadworms is an itchy bottom. Sometimes children feel 'out of sorts' and do not want to eat much. They may also have trouble sleeping, due to itching at night.	 ... and tell the school as other parents will need to know to check their kids.

*It is important that the rest of the family is checked for head lice, scabies and ringworm



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P&C News



President's Message

Message from P&C Team:

To all parents, caregivers and children, welcome back to term 2! As much as we love to meet with each other and get community events going on, we all know that things must be done differently during these times. Although we do expect some alleviation in the near future, current restrictions are still in force, large gatherings are still not allowed which means unfortunately no P&C meeting can take place until further notice. Please be assured that when the restriction are lifted, we shall meet again.

#Iso Mother's Day celebrations

Mother's Day gift stall usually takes place during one of school day prior Mother's Day which provides opportunity for kids purchasing some lovely presents for mums. Unfortunately, no Mother's Day stall will be held this year, but we would like to share some great Mother's Day ideas with you from online resources.

Mums are incredible! We love them because they give us kisses and cuddles. We thank them because they give us unconditional love. We are grateful to them because they protect and nurture us. So it is only right that we take this Sunday to show our appreciation.

*To all our lovely DEPS mothers and grandmothers,
We wish you a Happy Mother's Day this Sunday ❤️❤️❤️*



Finding it hard to duck out to the shops? Desperate for ideas? Well, here are a few websites that do amazing DIY Mother's Day gifts:

- <https://mumsgrapevine.com.au/2015/04/mothers-day-diy-gifts/>
- [48 DIY Mother's Day Gifts That Are the Best Way to Say "I Love You"](https://www.pinterest.com.au/sarahmgellar/diy-mothers-day-gifts/)
- <https://www.pinterest.com.au/sarahmgellar/diy-mothers-day-gifts/>

Or, if a DIY card is something you and child are after:

- <https://cutediyprompts.com/diy/30-cute-and-creative-diy-mothers-day-cards-every-child-can-make/>
- <https://www.goodhousekeeping.com/holidays/mothers-day/g20103457/homemade-mothers-day-cards/?slide=13>
- [25+ Mothers Day Crafts for Kids](#)

P&C News

If you are unsure on how to iso celebrate at home, here are some lovely ideas:

<https://www.hugsforkids.com.au/blogs/hugsforkids/iso-mothers-day>

Our very first #Iso Mother's Day celebration! If you would like to share your interesting experience with other DEPS families via the school newsletter, please email your story to depssec@gmail.com. We would love to hear it! We would love to share the (virtual) human contact!

Grounds Report - Welcome to Autumn!

While we have been focused on the extraordinary changes happening around us in our human world, the natural world has been quietly moving through seasonal changes too. As the days become cooler, the deciduous trees are starting to show their change of leaf colour as nutrients are returned to the trunk and leaves released to the wind before winter dormancy. The spectacular autumn leaves are a great inspiration for craft, painting and art projects as well as writing. Go on a nature walk finding colourful leaves to inspire some imaginative activities with your children.

Example:

<https://mumsgrapevine.com.au/2016/05/14-autumn-activities-kids/>

<https://mumsgrapevine.com.au/2015/04/leaf-crafts/>

Google – kidspot autumn craft

Other changes happening around the school grounds include:

- mulching under trees next to the K-2 classroom block
- Jacaranda tree mulched and lavender planted near the Cola
- growing of seedlings in raised boxes
- beginning of creating the new sensory garden area

As more children return to school, don't forget to pack a plastic free lunchbox and continue recycling soft plastics so we can keep the environment well cared for and litter free!

Canteen

Although students are required to only physically attending school on limited days, our school canteen remains open to provide freshly made lunch(es) to your children which hopefully assist you ticking one thing off your list.

We would suggest parents to set up a quicker reminder yourself to order lunch through Munch Monitor prior the allotted day to avoid late ordering.

Music

Whilst face to face band ensemble and tutoring are not going ahead, new formats of online tutoring and online band ensemble resources are very much ongoing now. Feedback has been positive from various parents, and the children seem to enjoy the new ways of learning during this special time and are coping very well. Congratulations to all our families and thank you for the ongoing support!

2nd hand Uniform Shop

2nd hand uniform shop remains closed until further notice due to social distancing restrictions. We will keep you posted once we can open our door to community again.

Finally, we wish all DEPS parents, grandparents and students a much smoother run this term and hope to see you all around in school again soon!



P & C News

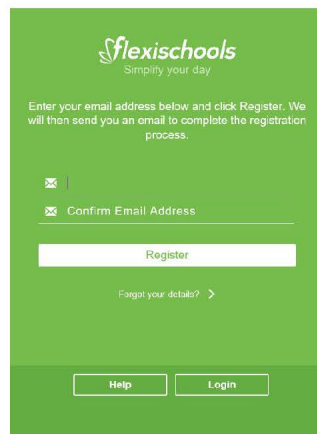
Purchasing Uniforms during Phase 1 return to school

A reminder as students return to school for their one day a week face to face learning they are to be in full winter uniform. The Uniform shop will continue to operate online during the phase 1 return to school process. All uniform items can be purchased online and will be delivered to the students during their face to face school time each week from week 3.

Orders can be placed through the flexischools website www.flexischools.com.au or you can download the flexischools app.

Once you have created an account, and identified Denistone East Public School for your child, the full catalogue of uniform items will be available to select your purchase and pay online.

Orders will be packed weekly for delivery home through the students. If your child is not attending school, collection can be arranged through the school office. A text message will be sent to you when the order has been filled.



The uniform shop will be offering limited appointments for fitting of uniforms only. These appointments will be available on Tuesday afternoons from 3:00-4:00 and Wednesday mornings from 9:00-10:00.

Please call 0448019999 or 0424848865 (Chinese language) to make an appointment.

In order to limit the amount of people on the school grounds, the Uniform Shop will only be serving people who have made an appointment

during the phase 1 period.