



Newsletter

21 May 2020, Term 2 Week 4

Upcoming Events

Monday 25 May to Friday 29 May

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

Drop Off will resume as normal – Circular Drive, Henderson Street, Brabyn Street are open for drop off and Lovell Road in the morning ONLY

Sibling Pick Up – 3pm to 3.25pm

Families with siblings in years K-2 and 3-6 can pick up from Brabyn Street School Office, Library and Circular Drive.

Please make sure your child/children are aware of their pick up point each day

Kindergarten Pick Up – 3pm to 3.15pm

Students in Kindergarten are to be picked up from Brabyn Street School Office gate and Circular Drive.

Year 1 Pick Up – 3.10pm to 3.20pm

Students in Year 1 are to be picked up from Brabyn Street Library gate and Circular Drive.

Year 2 Pick Up – 3.10pm to 3.20pm

Students in Year 2 are to be picked up from Brabyn Street Office gate and Circular Drive.

Stage 2 (Year 3 & 4) Pick Up – 3.10pm to 3.20pm

Stage 2 students are to be picked up from Henderson Street and Circular Drive.

Stage 3 (Years 5 & 6) Pick Up - 3.20pm to 3.30pm

Stage 2 students are to be picked up from Henderson Street and Circular Drive.

DEBASCA

Students will be collected from the school by DEBASCA.

Principal Report



From the Principal's desk.

Hello all,

Exciting news for us all with school returning for all students fulltime from Monday 25 May. Learning will resume in classrooms with classroom teachers. Many thanks for the amazing contribution you have made to your child's learning whilst the dual home and school delivery has been operating. I am sure it has provided an insight to the world of learning.

I have included a few key points from the Department of Education Website on return to school. (it is accessible through the link on the school website)

School students do not need to follow strict adult physical distancing guidelines, but should follow good hygiene practices like:

- *regularly washing hands*
- *avoiding sharing drinks or food*
- *coughing or sneezing into your elbow, or a tissue which should be discarded immediately*
- *maintaining physical distancing from teachers and school staff.*

School Attendance

All students should be at school unless:

- *they have a medical certificate which states that they are unable to return to school due to an ongoing medical condition*
- *they are currently unwell*

If your child is unwell, do not send them to school. If they are unwell at school, you or your nominated emergency contact will need to collect them immediately. Please ensure your child's contact details are up to date.

If a student is absent without a medical reason for more than three days, this will be recorded as an unauthorised absence and will be followed up by the school.

Whilst classes and in school activities will resume some restrictions will remain in place for the safety of students and staff.

Only staff and essential providers will have access to the school site. Parents and other visitors' access will be limited to appointment only.

Drop off and pick up will continue to be limited to a drop off at the gate and no access to the school grounds for parents.

A detailed plan of drop off and pick has been provided separately; some brief details are included here. Lovell Road gates will be open from Monday but only for arrivals and student access only. Please consider walking students to school to alleviate extra vehicle movement and congestion. Also remember to inform your child where you are collecting them from. Our finish time will be slightly staggered to assist with movement and alleviate congestion.

Principal Report

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 a little cough you keep them home. Staff will be 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.

School Activities

The school executive is currently reviewing the reintroduction of music instruction, tennis and other in school activities. We hope to have these activities reinstated around week 6. School sport will resume as part of curriculum requirements on return next week. Inter school sport and excursions are not able to proceed until the next level of restrictions are lifted. Debating and public speaking will continue in school and avenues will be explored for interschool competitions using online delivery such as Zoom.

The school library will be open and students will have access to borrow and for library lessons. Community Language lessons will resume as part of the learning timetable.

Assessment and Reporting

Students learning at home and school will be part of the overall assessment. Reports will be organised later this semester to allow students to settle back in and for teachers to gather information and make balanced judgements. The end of semester report will be delivered in Week 3 of Term 3 instead of Week 10 term 2. The report will be a little different to the regular report to reflect the different learning environment. It will acknowledge the learning completed at home and also the students' efforts to adjust and adapt. Students have done a great job of adapting to change and learning in different settings. Three Way Learning conferences to review and renew goals for the remainder of the school year will be staggered over Week 3 and Week 4 of Term 3.

Principal Report

Canteen and Uniform Shop

The canteen will be operational with a full menu available through online ordering. Counter service will not resume at this stage.

The uniform shop will continue to operate with appointments only and online ordering through flexischools.

I thank you all for your support and for returning your children to us last week and this week on their face to face days. The days last week and this week have been a great success and have really boosted the morale of teachers and staff. Classrooms with children learning are joyous places.

I ask for your patience as we return back next week to fulltime learning at school. Your children will be tired as they re-enter a five-day school week, homework will be minimal as they readjust. I request you support us by re-establishing bedtimes, physical exercise and regular routines this will enhance what we do in the classroom and improve wellbeing.

And to finish a quote from one of my favourite children's books....*"At times the world may seem an unfriendly and sinister place but believe that there is much more good in it than bad. All you have to do is look hard enough and what might seem to be a series of unfortunate events may in fact be the first steps of a journey."* – **Lemony Snicket, A Series of Unfortunate Events**

Michelle Collyer
Principal

School Initiatives

Parent Advice for returning to school

Please use the link below for advice on students returning to school

<https://otaus.com.au/media-and-advocacy/news/returning-back-to-school-an-ot-informed-guide-for-parents>

RETURNING TO SCHOOL

Occupational Therapy AUSTRALIA 

Our role as an occupational therapist is to help children and families consider all they are doing, how they are being, what they are becoming and how we belong. We have shared some of our top tips for helping you and your children when considering the readjustment back to school.

Talk as a family & make a visual plan

It is important to have planning time to manage everyone's expectations.

Sit down as a family and make a "go to plan". It means everyone has a chance to contribute and be heard.

Writing things down on paper or drawing pictures will make things clearer to everyone.



Start the day with regulation

Think about what movement or activity feels good to you and your children to get the muscles moving, stimulate the brain and achieve just the right amount of sensory input to help with the day ahead.

This might involve a short walk, time on the trampoline, calming breathing or 'wheel barrows' down the hallway.

Everyone is different, but we all benefit from "switching on" and starting the day right!



New Routine

What are the positives that have come from being at home?

Spend some time reflecting on the pros and cons of the lockdown. What went well? And, conversely, what is it that you used to do that now doesn't seem so worthwhile?

With this new experience, we can be mindful of how we structure the week as things head back to normal.

What you did before is not necessarily the best or only way.



Be kind to your family, the school and yourself

Going back to school after such a disruption might look and feel a lot like starting back at day one in Prep/Kinder or Year 7.

There may be some separation/anxiety issues, there might be initial excitement that quickly turns to a sinking feeling. There may be a need to remind teachers of your child's additional needs.

Consider the things that worked for you before like visiting the school yard, talking about who will be there, emailing the teachers, sharing successes.



For more information about occupational therapy visit: aboutoccupationaltherapy.com.au | otaus.com.au

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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.



Information provided by NSW Health.

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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.	 ... if they have symptoms. Contact your doctor before returning to school.  ... if they have a chronic infection (not the first outbreak) and no symptoms.
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

To all parents and caregivers in the light of the relaxation to the lock down rules, we hope that our children will all return to school full time in coming weeks. The P&C team is awaiting clearer guidelines such that we support some of the community functions for our school. We will update you as soon as possible! Just as much as our children would like to see their school friends! Take care, stay strong, and see you soon!

Do note that we can still hear from our community remotely; please share your thoughts and suggestions with us via email: depssec@gmail.com

Canteen Upgrade

During the term break, school canteen has gone through an amazing transformation through the canteen renovation project.

To ensure that we meet the highest standards of measure for a healthy kitchen, the kitchen bench and drawers have been replaced from their outdated purple timber material with a great commercial grade stainless steel model. Installation of a brand-new fridge replacing the almost broken one will keep our children's food at the right temperature.

It has never been easy to turn an idea into amazing results and we owe it all to the combined efforts of Kylie Tekell, Tammy Scharenguivel, and Elaine Bowen. A big thumbs up to these lovely ladies and many thanks for their time and dedication towards this project! On behalf of P&C and all parents, please accept our heartfelt appreciation for this amazing achievement to the betterment of our children's school lives.

This has come at a perfect time where having a more hygienic and well-equipped canteen will better serve our school community during COVID-19.

Here are some sneak peeks at the new canteen until you get to see it in person:



P&C News

Grounds Report

Congratulations to all the students attending school last week for leaving the grounds so beautifully tidy! It is great to see rubbish free grounds, making the school environment a much nicer place to learn, play and work.

A reminder to parents to pack a rubbish free lunchbox, one without plastic wrapping or have your child bring home soft (squashable in your hand) plastic for recycling. Don't forget soft plastics can be easily recycled by taking to a Recycle bin at the front of Coles or Woolworths supermarkets or place in bins at DEBASCA.

Send in a photo of your recycling efforts – we would love to see it!

As we wait outside the school to collect our children, take a moment to appreciate the great variety of native trees which greatly enhance the school environment. The trees provide an exceptional and free service to us: making oxygen for us to breathe, giving shade, creating play spaces, growing flowers, fruit and giving homes for birdlife and insects. A tree can become part of our personal history and may still be there well after we have left. Teach your children to care for trees. If children tear off tree bark, it can result in disease entering the tree. Did you know that trees can talk to each other, respond to sound and share resources?

Listen to:

<https://www.abc.net.au/radionational/programs/bigideas/can-trees-talk-and-think/11735830>

<https://www.abc.net.au/radio/programs/conversations/david-haskell-rpt/12016566>

