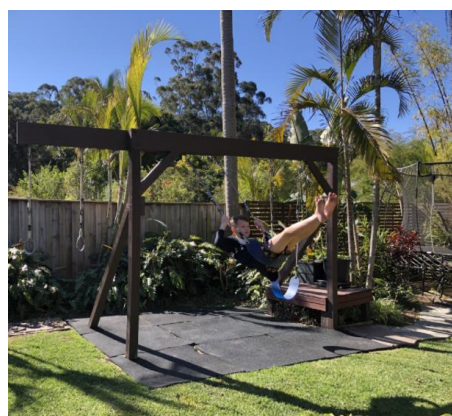
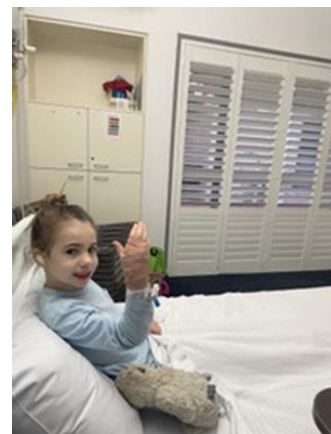


TERM 3 WEEK 7: AUGUST 2021



Happy, Healthy, Successful, Lifelong Learners



PRINCIPAL REPORT

To our wonderful Erina Heights community. Thank you for the continued, support, love, generosity and encouragement you have shown throughout this term. We have been faced with so many unexpected challenges in both our personal and professional lives, and I speak on behalf of the entire staff when I say that your ongoing support has meant the world to us.

We are all struggling with how quiet the school is and how different it feels in classrooms and out in the playground. We enjoy seeing the smiling faces of the students who are at school on different days throughout the week. This is an adjustment for these students also and I would like to acknowledge the resilience and maturity they have shown. I see older students supporting younger students with class work, computer logins and in the playground. It is nice to still experience some of the things that make coming to school every day so great.

I have also seen many examples of students who are learning from home, demonstrating resilience, persistence and dedication in their approach to set learning tasks and also the extra tasks and challenges they have set for themselves. I have loved joining some morning Zooms and joining in the wonderful activities that teachers have set.

Keep up the great work Erina Heights. ALL of you – students, parents and staff are all doing such a wonderful job.

I miss you all and can't wait to see you all soon.



What if instead of 'falling behind', this group of lockdown kids are actually ahead? Hear me out...

What if they have more empathy, enjoy family connection, can be more creative and entertain themselves, love to read, love to express themselves in writing?

What if they enjoy the simple things, like their own garden and sitting near a window in the quiet? What if they notice the birds and the dates the different flowers emerge, and the calming renewal of a gentle rain shower?

What if this generation are the ones to learn to cook, organise their space, do their laundry and keep a well-run home?

What if they learn to ride a bike, play a board game, do simple crafts, learn to bake, climb a tree, play without a screen?

What if they learn to understand the value of money, what's important and how to live with less? What if they learn to plan shopping trips and meals at home?

What if they learn the value of eating together as a family and finding the good to share in the small delights of the everyday?

What if they learn to just be: to be resilient, to be content?

What if they are the ones to place great value on our teachers and educational professionals, librarians, public servants and the previously invisible essential support workers?

What if, among these children, a great leader emerges who had the benefit of a slower pace and a simpler life to truly learn what really matters in this life?

What if they are AHEAD?

Photo Credit: teachwitha

LOCKDOWN NEWS

KT

Learning KT style looks like; counting the chickens, carrying out fun, colourful experiments, cooking yummy treats, investigating insects, exploring rockpools, comparing capacity, building a tower with 3D objects, playing bananagrams, independently writing cvc words, practising yoga, drawing pictures, learning with friends via facetime and proudly introducing a brand-new baby brother. Welcome to the world 'Chippy' Dara. KT have been looking forward to your arrival and loved meeting you. Max will be an awesome big brother.

Mrs Tibbutt



LOCKDOWN NEWS

2/3L are Legends!

I have been so impressed with the positive attitudes and awesome effort that 2/3L students have taken on during this lockdown and learning from home experience. I thank you all for trying your hardest and doing the best that you can while learning from home. A special 'Thank You' to all the parents and carers for keeping the positive momentum going for your children's learning. As 2/3L is a cross stage class we have been juggling Stage 1 and Stage 2 Learning from Home programs. I put up a daily visual timetable in our Google Classroom, not just for the students to follow, but for myself, so I know what each Stage is working on each day and then I am ready and prepared to help with any work or questions that may arise. This time has been a learning curve for all of us. We are now masters of Zoom meetings, online Reading Groups, and can confidently manoeuvre through the weekly programs on our Google Classroom. Thank you to all my students and families for your amazing efforts with learning from home. You are LEGENDS!

Mrs Lanning



LOCKDOWN NEWS

3A

One of the things I really love receiving during online learning are the beautiful photos of the children in my class. Poor Mr Anderson, who is also working from home, gets interrupted several times a day so I can share these photos with him! Have a look at some of the wonderful things that have been taking place over the last couple of weeks.

We have had children pulling apart 3D objects at home so they can explore their nets, as well as constructing 3D objects. Some amazing works of art are being created and shared. Children in our class feel strongly about protecting our oceans and some children are Taking 3 for the Sea. We have also seen children displaying some wonderful culinary skills while cooking at home.

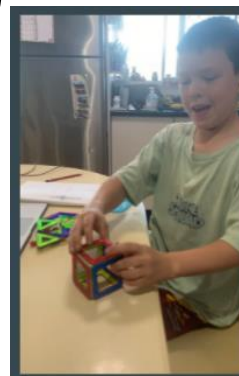
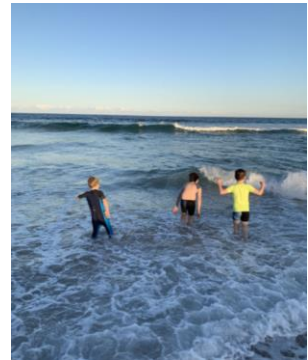
Following the online lessons provided is a great way to learn, but please don't underestimate the value of 'stealth learning.' This would be children learning without realising that learning is taking place. For example, cooking something together involves Maths's skills, while discussing the plot of a movie involves Literacy skills and growing something in the garden might involve science skills.

I cannot praise the children and parents in my class enough for their positive attitudes to learning from home. I am impressed every day with the wonderful things being achieved and it makes my day to witness all that is happening!

Keep it up 3A!

Mrs Anderson

I am
celebrating
your excellent
work 3A!



LOCKDOWN NEWS

4K

Our 4K morning zooms are a great opportunity for students to connect with each other. Seeing the beautiful smiling faces each morning is definitely the highlight of my day. Our skills with technology have improved with 4K students effectively using the google classroom, participating in zooms and showing great enthusiasm in answering Kahoot questions on Fridays.

Seeing our student's engaged in STEM challenges has been fantastic. 4K students have been creatively solving problems with the materials they have found at home and are proud of what they have achieved.

Our students are taking well earned breaks from their screens and enjoying time with their families. With some students enjoying gardening, bushwalking, cooking, surfing and riding bikes. This is a great way to recharge our batteries and keep us positive and focused.

I would like to take the opportunity to thank all of the parents and carers who are going above and beyond to help support the students of 4K.

Stay happy and safe everyone.

Mrs Kerry



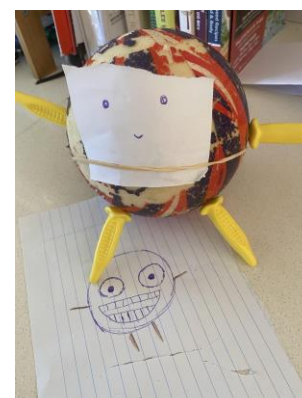
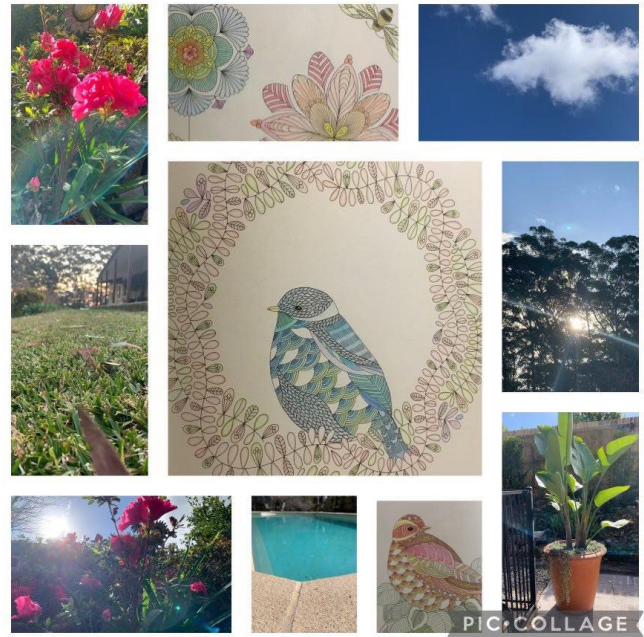
LOCKDOWN NEWS

5/6R

Moving into Week 7 of online learning and our morning Zooms catch ups are something we continue to look forward to each day. 5/6R have been playing different interactive games like Kahoot, Scategories, bingo and going on scavenger hunts. We also did an Art Show with many of the students creating and presenting some amazing artworks.

We have been focusing on mindfulness and out wellbeing. 5/6R have embraced the opportunity to get outside and enjoy the beautiful weather whilst moving their body in some way, whether it be walking their pets, mountain bike riding, swimming at the beach or playing games with their siblings.

Mrs Richardson



CULTURAL NEWS

National Indigenous Literacy Day

National Indigenous Literacy Day is on Wednesday September 1st. To celebrate Indigenous Literacy Day (ILD), the Indigenous Literacy Foundation is hosting a free virtual celebration for all Australians going live from 9am Wednesday 1 September. Through storytelling, ILD provides a window into the richness, diversity and multilingual world of First Nations peoples with a selection of short, two minute, inspiring video stories by First Nations storytellers (of all ages) from across the country.

This year's theme is Celebrating Stories and Language. Students will be able to pick and choose from a suite of diverse and inspiring two minute video stories from First Nations people including Australia's favourite pop star Jessica Mauboy, talented author and performer Gregg Dreise, and celebrated photographer Wayne Quilliam. There will also be stories from Stick Mob (a group of four young graphic novelists), children in remote communities, and a selection of pay-to-experience, high-quality workshops made by leading artists, authors and creatives.

The Indigenous Literacy Foundation are also presenting a special 25-minute event in collaboration with the Sydney Opera House's Digital Creative Learning program, aimed at early learners and primary school students aged 4-11. Featuring a special guest appearance by Jessica Mauboy, and hosted by dynamic performer and author Gregg Dreise, a proud descendant from the Goomeri and Yuwalayaay people in south-western Queensland and north-west of New South Wales. The event shares First Nations stories and language in a fast-paced and engaging performance. (<https://www.ild.org.au/aboutild#story-blurb>)

Our school has registered to take part in this special feature event and more details will be coming closer to the date.

If you would like to purchase some Indigenous books the Indigenous, the Indigenous Literacy Foundation website has plenty of books available for purchase. Here is the link to check it out. https://shop.ildf.org.au/?_ga=2.153883448.1893935899.1629332548-109889243.1629332548

Mrs Hillmann

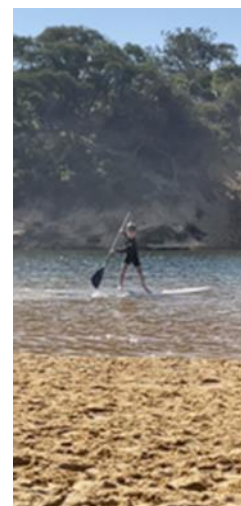


Aboriginal Yarns

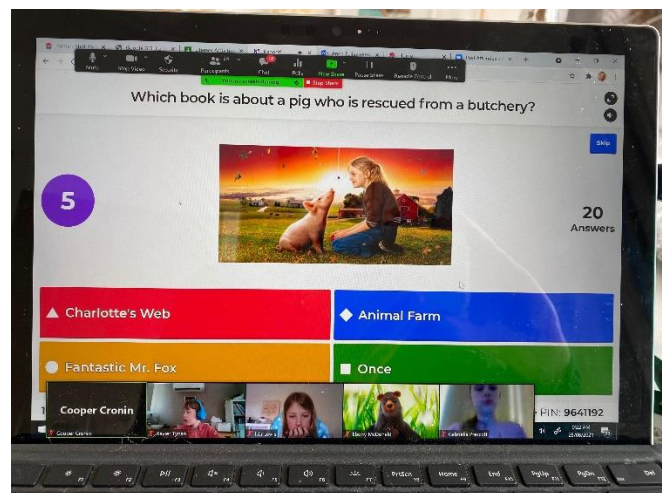
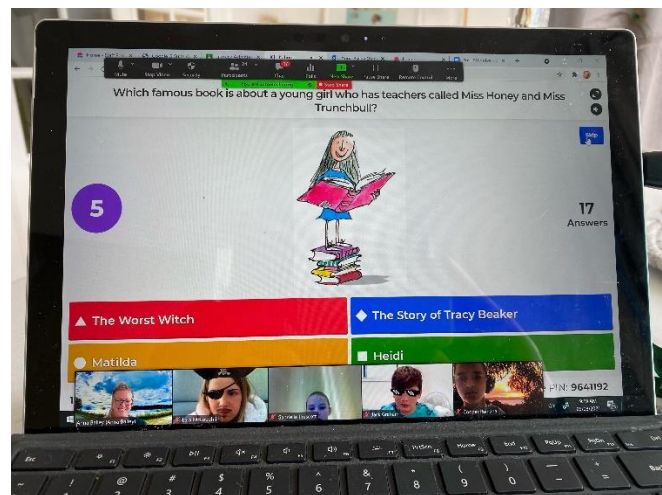
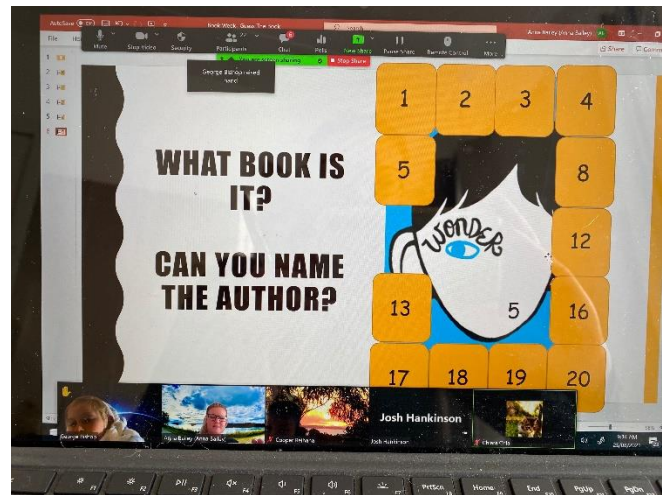
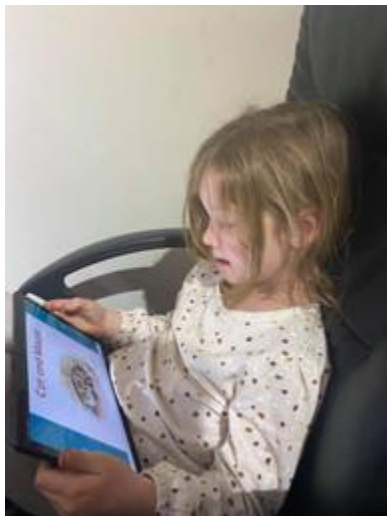
I have been very lucky to be able to continue to have a yarn with our Aboriginal families during this lockdown. We had our first zoom meeting last Thursday. It was so beautiful to see all there faces again and continue to build relationships between all of our Aboriginal students at Erina Heights Public School. We discussed the importance of our families and how important it is to connect with our beautiful land especially in these uneasy times.

Mrs Hillmann

LOCKDOWN GALLERY



LOCKDOWN GALLERY



IMPORTANT COMMUNICATION

NSW Primary Principals' Association presents

Practical Parenting in a Pandemic



"Regardless of how long it will take, this pandemic will end. Everyone is being impacted, inconvenienced, challenged, has lost something of value and had their lives shaken to the core."
(Maggie Dent)

Content

In this webinar Maggie explores the layers of stress, anxiety and grief for families that have been created by the pandemic. She then dives into the issue of students learning from home. Maggie will explore the reality of parents working from home with kids or teens underfoot, with some doing digital learning while in social isolation.

Resources

This webinar includes free resources, a comprehensive handout and will be available as a recording for a month after the event for parents to access.

The webinar will run from 4.00-5.15pm, 1st September.

Please use the link below to access the webinar.


<https://nsweducation.zoom.us/j/68784865493?pwd=MDR4dTdqR1Vpelkx4K3hvcWNaWXgyQT09>

Premier's Reading Challenge

The 2021 Premier's Challenge (PRC) closes on Friday September 3. This challenge is free for students to participate in and promotes a love of reading. Your child's Department of Education (DoE) username and password are used to log on to the PRC portal. These are the same details a student would use to access the student portal and computer network at school.

If you're unsure of these details, please contact your child's classroom teacher. Students are now able to include up to 10 choice books on their reading records. Successful students will receive a certificate signed by the Premier of NSW.

Further information is available at <https://online.det.nsw.edu.au/prc/home.html>



Are your details
up to date?

Have you recently changed your contact details?

Please ensure that you keep the school up to date with any changes to your contact details.

Any changes can be emailed to the school email erinahts-p.school@det.nsw.edu.au

We also ask that you ensure notifications for ClassDojo are switched on as this is our main point of contact with the community.

P&C News

The P&C meeting scheduled for week 9 has been cancelled due to the extended lockdown.

Stay safe everyone.

IMPORTANT COMMUNICATION



ERINA HEIGHTS PUBLIC SCHOOL Kindergarten 2022



We very much look forward to welcoming our 2022 kindergarten students, however, we are unable to confirm Kindergarten Orientation session dates at this stage.

Updated information will be provided via the Kindergarten 2022 ClassDojo group. Parents can also access information from the Kindergarten 2022 website and school website using the QR codes below.



Please access an online enrolment form from the school website or call the school on 4367 7608 if you have any questions.



Kindergarten 2022 website



Erina Heights Public School website

MENTAL HEALTH DURING LOCKDOWN

Emerging Minds. National Workforce Centre for Child Mental Health

Need help supporting your child's mental health during COVID-19?

This free online toolkit includes videos, fact sheets, podcasts and guides to help your family navigate the pandemic. Scan the QR code to get started.




 **emergingminds.com.au**


For translated resources available in 18 different languages, check out:

Helping children cope with stress during COVID-19  Using play to support children during COVID-19 

WEBSITES COPING WITH COVID

 **Coronavirus mental wellbeing support service**
https://coronavirus.beyondblue.org.au/?utm_campaign=hp_banner

Mental health and wellbeing during the COVID-19 outbreak:
<https://www.lifeline.org.au/get-help/information-and-support/covid-19/> 

 **Coping during COVID-19**
<https://au.reachout.com/collections/coping-during-coronavirus>

Supporting you through the COVID-19 Pandemic
<https://thiswayup.org.au/covid-19/> 

 **Covid-19 and Mental Health:**
<https://www.healthdirect.gov.au/covid-19-and-mental-health#information>

Who can I talk to if I'm anxious about COVID?

- 1 Corona Virus Mental Wellbeing Support Service
Beyond Blue- 1800 512 348
- 2 Lifeline- 24 hr crisis hotline
131 114
- 3 Kids Helpline
1800 551 800
- 4 Suicide Call Back Service
1300 659 467
- 5 Mental Helpline
1800 011 511

If English is not your first language you can call TIS on 131 450 to speak with an interpreter

For more information or websites related to COVID help go to:
<https://www.healthdirect.gov.au/covid-19-and-mental-health>

PHONE APPS COPING WITH COVID

 **Smiling Mind APP**
A daily mindfulness and meditation guide at your fingertips

Shine: Self-Care and Meditation APP
Build more skills to care for your mental health. 

 **MindShift CBT - Anxiety Relief APP**
Manage your anxiety, relax & be mindful

Happify: for Stress and Worry APP
Overcome negative thoughts, stress and life's challenges 

 **Moodfit**
Fitness for your mental health