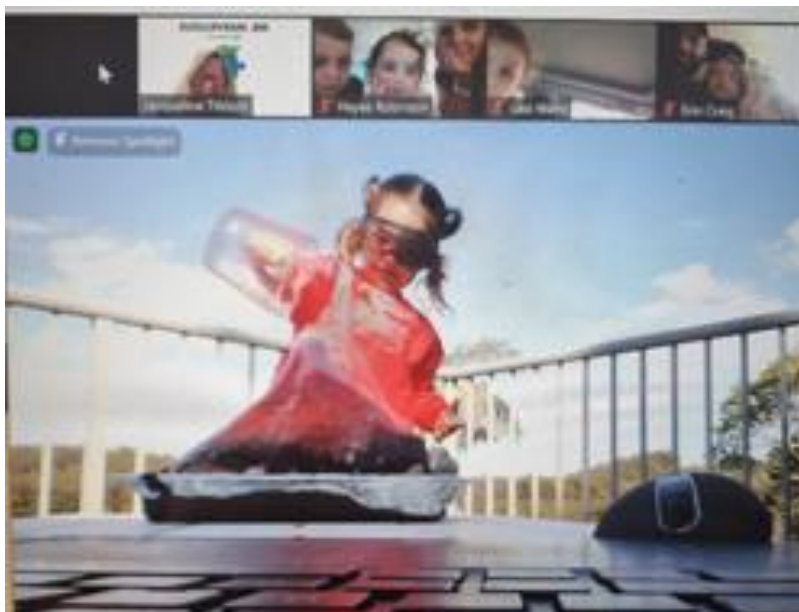




NEWSLETTER

TERM 3 WEEK 9 : SEPTEMBER 2021



Happy, Healthy, Successful, Lifelong Learners



PRINCIPAL REPORT

SASS Week

I would like to personally thank the AMAZING SASS staff that we have at Erina Heights. I'm sure that you would all agree with me that we are very lucky to have such a great team who support students, staff and our community in so many ways.

I would certainly be lost without the daily support of Tara and Rachael in the office. They both take on so many extra responsibilities and go above and beyond to support students and staff across the school. I love listening to them greet and talk to students when they come into the office, they certainly contribute to the friendly and welcoming environment at Erina Heights and make my days brighter. We are also very lucky to have the additional support of Sandy in the office on a Monday, and although doing just one day a week is tough in a school, Sandy is a great asset to our school.

We have a great team of Student Learning Support Officers in Corey, Deb, Liberty and Jarryd who work in classrooms and the playground daily to support students across the school. Seeing them connect with students daily and the wonderful relationships they form is really touching.

Without Craig our wonderful General Assistant we would also be lost. He is always on speed dial when issues come up across the school and no job is too big for him to tackle. Craig does a wonderful job in maintaining and making improvements to our school. He too has a great relationship with students and it's great to often see students tagging along and helping him in the gardens and doing odd jobs around the school.

Thank you also to our wonderful cleaner Nathan who makes our whole school a clean and welcoming environment, we are very grateful for his efforts and great work ethic.





PRINCIPAL REPORT

School improvement

We have been fortunate to have a facelift to the back of the school with all the old asphalt removed and replaced.



We are excited to be currently in the tender phase for our new Administration Building upgrade. We expect works to start on this upgrade next term, with completion by day 1 2022.

Farewell to Miss Bradbury

At the end of this term, we say farewell to Miss Bradbury. Jess has been at Erina Heights for the past 2 years and has been a wonderful addition to our team. She is passionate about teaching, and this has been evident in her commitment and great work ethic. Jess has led our school Positive Behaviour for Learning team and the student debating team. Most recently Jess has been taking classes for RFF and doing some great STEM based learning with students. We wish Jess all the best and look forward to having her back on a casual basis.



Holidays

It has been a term that has seen our whole community face challenges and adjust how we live, teach, and learn. Through this I have seen great commitment, dedication and resilience from students, parents and all our wonderful teaching and non-teaching staff. Thank you for your ongoing support and kindness throughout these challenging times. I hope everyone can take some time over the holidays to reflect and recharge.



THE ADVENTURES OF FARMER THALER

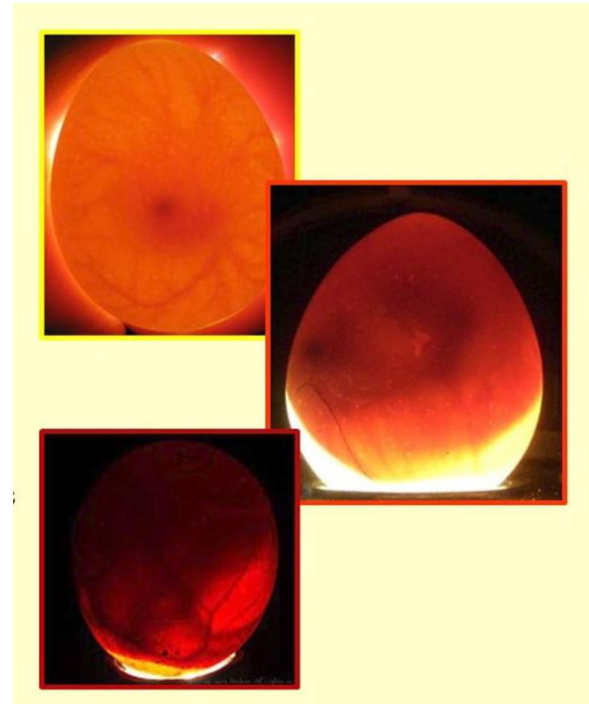
I remember it clearly, it was the day Gladys announced we'd be in lockdown for another 4 weeks. That's it, I thought. I have always wanted to share the experience of incubating chicken eggs with a class and with it being so difficult to manage on school grounds, now was the perfect opportunity. And so started the adventures of Farmer Thaler...

I got some fertilised eggs and borrowed an incubator from some friends and began the process. It was going to take 18 to 21 days until any little chicks would make an appearance. The temperature in the incubator had to be set at 37.7 degrees and the humidity (moisture in the air) around 50-55%.

We tracked the embryo development over the 21 days and even tried 'candling' (shining a light into the egg) the eggs to try to see how it was growing inside the shell. At this stage, some eggs looked like they contained something dark which is a sign of an embryo development, however some eggs looked clearer, which may have been the sign that they had not been fertilised by a rooster.

The excitement built as days 18-21 approached. I even changed my supervision day at EHPS to make sure I was at home for any hatchings. Day 18 and 19 passed with only a couple of little cracks in eggs. The first crack a chicken makes in an attempt to get out of the shell is called a 'pip'. Finally, on day 21, there was some action. Abbey and I were too caught up in the excitement to catch any video footage of break outs and we had a few not strong enough to survive. We are happy to report that we are the proud parents of 4 baby chicks who are growing so much every day!

As some of you already know, I have 5 chickens of my own already and am hoping to add these to my flock. At the moment I am not sure whether I have hens or roosters... So time will tell. I am happy to report that they are keeping my family and I very entertained during lockdown. They have moments where they race around the cage, try to jump and peck each other and then all snuggle up for a snooze together under the heat lamp. It's so cute.



THE ADVENTURES OF FARMER THALER

Let me introduce you to our 4 baby chicks. Annabella, Mr Cluck, Chick Pea and Princess Fiona. The first picture is at 2 days old, the second is at 10 days old and the final picture is what they will look like when they are fully grown.

Annabella the Australorp



Mr Cluck the Silver-Laced Wyandotte



Chick Pea the French Wheaton Maran



Princess Fiona the Lavender Araucana



Until my next update...

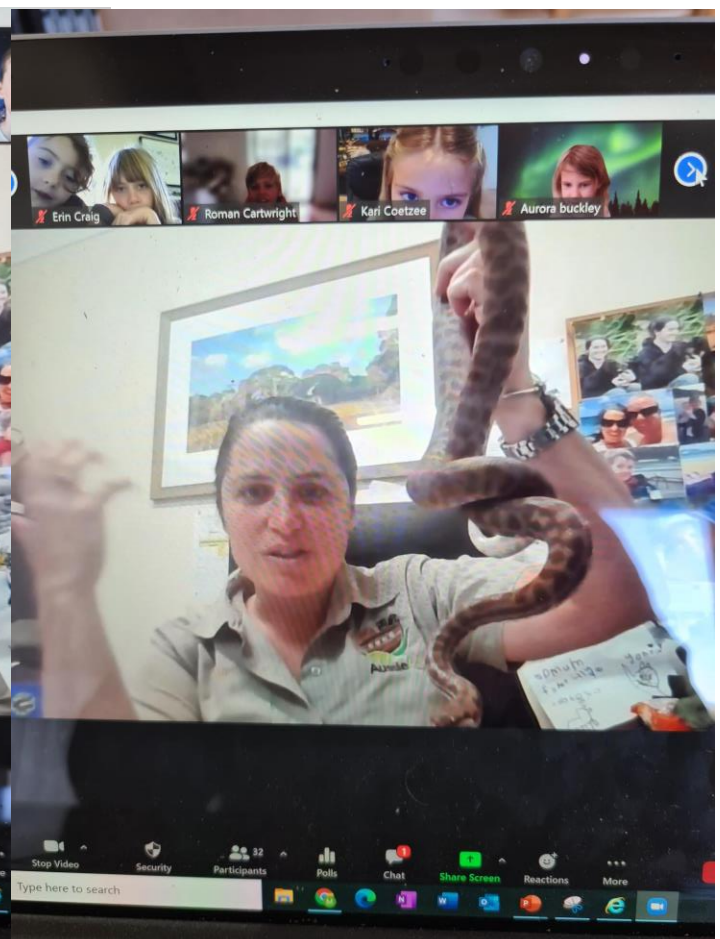
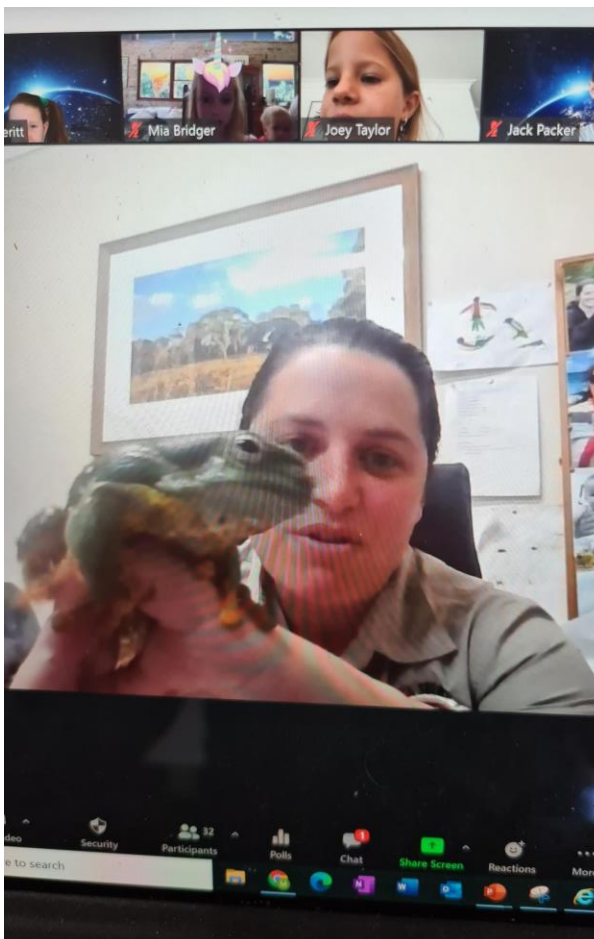
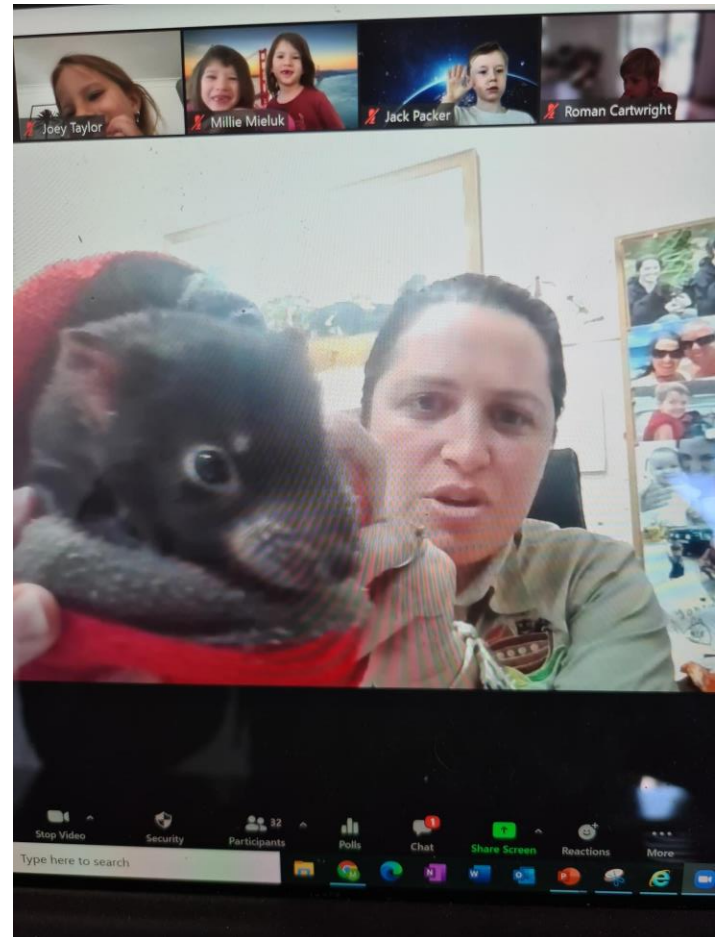
Farmer Thaler

REPTILE PARK INCURSION

On Tuesday of Week 8, we were lucky enough to have the wonderful Liz G, (Lilys mum) from the Australian Reptile Park, present to Kindergarten about all thing's reptile. As we couldn't go to the Reptile Park, she brought the reptiles to us on zoom!

We learnt about reptiles and their habitats, what they like to eat and how to help keep them safe. She had 3 of her reptile friends there to show Kindergarten; a Children's Python, a Splendid Tree Frog and (my favourite) a baby Tasmanian Devil. We have all walked away as experts! What a way to start the morning.

Thank you, Liz!



LOCKDOWN NEWS

KG

KG have been busy! I'm so proud of you all. Keep up the fabulous work!

Mrs Grantham



LOCKDOWN NEWS

KT Warriors

Wow! Nearly a term of learning from home but that hasn't stopped KT from thriving. I am so proud of how far they have come, not only in their learning, but with their resilience, persistence, confidence, self-belief and 'have a go' attitude. They have been my inspiration to look at the positives each day that we are apart and to focus on things that we can be grateful for.

Some of the achievements include;

- Going from being very reluctant to share news in class, to conducting a 'live on air' experiment to the class.
- A shy member of the class now greets people they meet throughout the day and engages in a conversation.
- Many have ditched the training wheels on their bikes.
- Overcoming their nerves to ride a horse and realised that they love it.
- Failing on their first attempt to make a tin foil unicorn, not giving up, tried again and achieved their goal.
- Overcoming their nerves about being on zoom and now join in with all the fun.
- Independently navigating new things with technology e.g. filters, Kahoot, backgrounds.
- Many have been cooking up a storm and will be future contestants on 'Master Chef'.

With the holidays drawing near, I realised that I won't have the morning zooms to brighten up my day. I had to think of something that meant we could still be together and have fun, even though we are apart. Check your mailboxes next week!

Mrs Tibbutt



LOCKDOWN NEWS

3A

3A have a 'Word of the Week' and our very first word in 2021 was, 'penultimate'. Who would have thought that we would be using it in a morning Zoom to say that this is the penultimate week of learning from home in Term 3???

Despite spending all term doing remote learning, the children in 3A have shown great strength for children so young. They have demonstrated perseverance and patience and I could not be prouder of them!

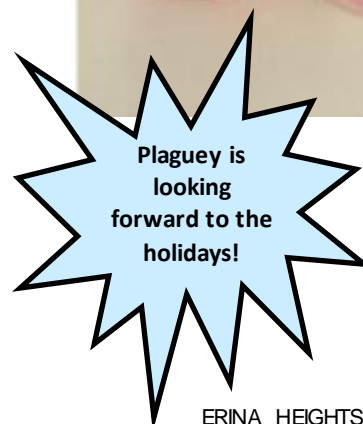
We have played some Kahoot quizzes and learnt all about 'The Paralympics' and how to 'Help Save Planet Earth.' Some of the children have given us a guided tour of their backyards and shown off their pools, trampolines, bikes and chooks!

During our Fathers' day Zoom chat on Friday, we were very lucky to have lots of dads turn up to be involved. It was so lovely for the children to introduce their dads and say some complimentary things about them. We watched our Fathers' Day movie together and wished them a great day for Sunday.

Please have a look at the beautiful photos that I have been sent which show some of the wonderful things the children have achieved when learning from home.

I hope all the children and their families have a relaxing, fun and safe holiday, without having to think about Google Classrooms for two whole weeks!!!

Mrs Anderson



LOCKDOWN NEWS

4K

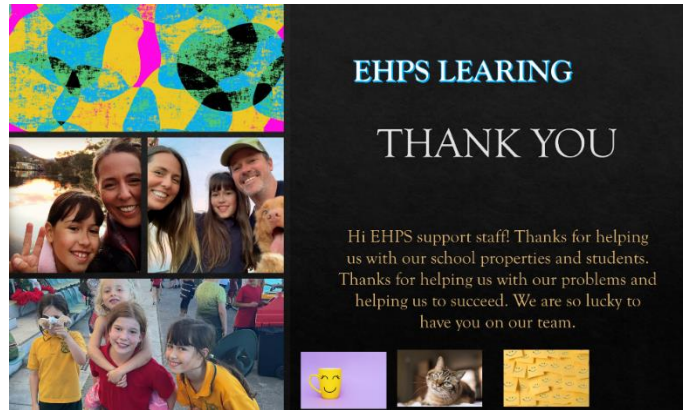
I have absolutely loved seeing beautiful photos of our 4K students who are embracing the opportunity to enjoy time outside and with their families. I am particularly impressed with our students' positive attitudes to learning. Over the weeks our students have completed many tasks with a smile including, using our word of the day, listening to podcasts, writing poetry, completing maths investigations, writing recipes, STEM challenges, electronically visiting Canberra, investigating animals, making posters and even completing some chores!

Whilst I can see our students genuinely miss being together, the support and praise that they provide each other through zoom and the google classroom makes my day and shows how kind and thoughtful Erina Heights Public School children are.

This year Father's Day was a little different. Seeing photos of my class with their dads and grandfathers brightened my day. Each time a photo came through, I had a massive smile on my face. Students, were asked in our google classroom to write about the special men in their lives and it was heart-warming, as they showed how much they love spending time with the special men in their lives. It was wonderful to see the beautiful food they made their dads and whilst they couldn't do the normal Father's Day shopping, students certainly showed how much they cared.

I would like to thank all of the families for supporting and keeping our 4K students positive during this challenging time. As we approach school holidays, I wish everyone a safe and restful school break. Hopefully we can continue our learning journey at school soon.

Mrs Kerry



LOCKDOWN NEWS

5B Reflecting on Learning from Home

How could we have known that we would spend a whole term learning from home? We didn't know how it would be possible in the beginning, but as the weeks have past us by, and the morning zoom meetings have continued, 5B have found out that they are pretty amazing and resilient kids. As a teacher, I really couldn't be prouder.

While learning has looked so different for all of us, lockdown has meant we have explored and discovered things about ourselves we didn't know we were capable of and provided opportunities we might never have had otherwise.

Some of us have helped our younger siblings, teaching us patience and empathy, others have used everyday objects to make science fun or create a marvellous and tasty creation for our family, teaching us to explore and think outside the box.

Some of us have learnt skills, like cooking, rope tying or the mathematical formula for solving the Rubik's cube, teaching us persistence and determination, while others have found art in nature, teaching us all to appreciate our surroundings. Others have also performed random acts of kindness, compassionate and gratitude, teaching us more value than other textbook or worksheet.

Most of all, this term has taught us that we can achieve anything we put our minds to, that we are braver than we ever expected and that while academically, we may not be where we need to be right now, as individuals, we have grown beyond measure. That is certainly success and certainly worth celebrating.

"All life lessons are not learned in school. Life teaches us everywhere."
L.M.Montgomery

Ms Bailey



LOCKDOWN NEWS

5/6R

Who would have thought we would spend the entirety of Term 3 with Learning from Home? It has been a very different term to the one we anticipated but there have been some big positives that have stood out to me while 5/6R (and all Erina Heights students) have been doing the best they can while navigating Learning from Home:

1. Human connection and interaction are such a vital part of our daily lives and I am so grateful that we have had the technology to bring our class together in our morning Zooms. 9 weeks on and their participation and involvement in our Zoom-themed days is really heart-warming.
2. Each day, 5/6R are immersing themselves in a variety of enriching, hands-on learning experiences at home. I've been hearing some fantastic stories of students developing new skills that they didn't know they had.
3. We have been taking part in a 20-Day Kindness Challenge with small daily tasks that emphasise the importance of showing gratitude, appreciating the simple things in our lives as well as celebrating small victories.
4. They have learned to be (even more) resilient, persistent and self-motivated toward their learning.
5. 5/6R have recognised the importance of exercise, getting outside, and enjoying the fresh air for their mental health and wellbeing with lots of bike-riding, pet-walking, surfing, swimming, and running going on!

I am also extremely proud of the students that have been at school each day. They have built confidence in developing their relationships with other teachers and students and it has been wonderful to see some of them supporting younger students too.

A big 'thank you' to all of the parents and carers that are going above and beyond to support the motivation of students when Learning from Home. You are awesome!

Keep it up 5/6R!

Mrs Richardson



SASS APPRECIATION WEEK



KINDERGARTEN 2022



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

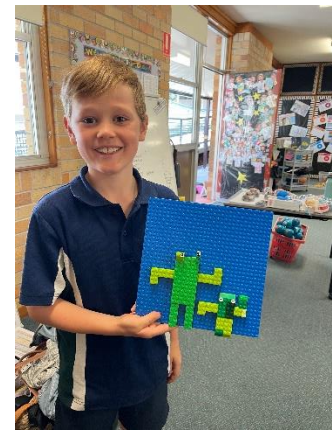


Erina Heights Public School website

LOCKDOWN GALLERY



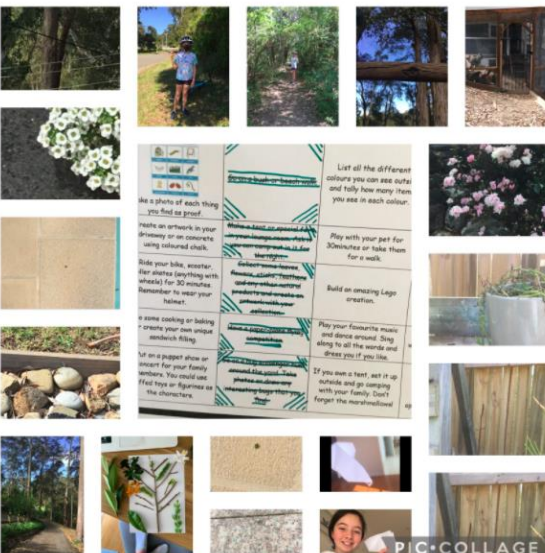
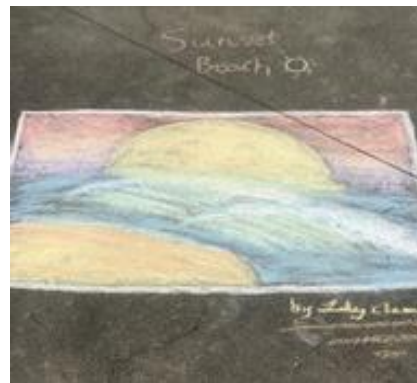
LOCKDOWN GALLERY



LOCKDOWN GALLERY



"One day you'll look back and realise how hard it was, and just how well you did."



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)

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.

Participation in this event included free resources, a comprehensive handout, and a recording of the webinar. These will be available for a month after the event for schools and their parents to access. The links for these resources are below and are available for you to share with your community.

Webinar recording

<https://youtu.be/DI9S14pf80I>

Maggie Dent resources

<https://www.maggiedent.com/covidresources/>

TASK STATEMENT ABOUT UPCOMING HOLIDAY CARE – Central Coast and Newcastle services

THE—
AFTER
SCHOOL
KLUB—

We are writing to advise you about upcoming holiday care. As you all know, we have been committed to supporting families who need us with before and after school care throughout this lockdown period. We take the responsibility of keeping your children, our team and the community safe very seriously. And we continue to have this as our top priority.

TaSK have determined that the best course of action is to NOT operate vacation care in your area for this period. We understand this will be difficult for our families working in essential services, but we strongly believe it would be irresponsible to put the health of your families and so many others at risk. We hope you can understand and appreciate the difficult position we are in on this issue. We ask everyone who has been using our services to make alternative arrangements for the 10 days of holidays to assist the whole community in staying safe and well.

Thank you, TASK Team

COMMUNITY COMMUNICATION

Our Lady Star of the Sea Parish, Terrigal

The catholic parish of Our Lady Star of the Sea, Terrigal sends it kindest regards and best wishes to the school community during these unsettled times.

The Catholic SRE teachers from the parish miss our lessons with the children and would like them to know we are praying for them and their families that God will look after them and accompany them through these times.

Catholic *learning from home* lessons can be located at the following link: <https://www.ccross.org.au/>





TERRIGAL MATCHAM CRICKET CLUB

21/22 CRICKET REGISTRATION



PLAY CRICKET WITH THE BELLBIRDS

SEASON STARTS 5TH NOVEMBER



- **JUNIOR BLASTERS** - Girls & Boys - 5 to 7 years
\$120 for 12 weeks - Learn the Basics
- **MASTER BLASTERS** - Girls & Boys - 7 to 10 years
\$130 for 12 weeks - Includes Shirt & Cap
- **BOYS JUNIOR** Club Comp - U11 to U16
\$185 (1st Child) \$135 (2nd Child) \$115 (3rd Child)
- **GIRLS JUNIOR** Club Comp - U12 & U16
\$100 (new player) \$125 (existing player)



WWW.TMCRICKET.COM
FACEBOOK.COM/TMJCC
SEARCH FOR TERRIGAL AT: WWW.PLAY.CRICKET.COM.AU



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