



Chertsey Primary School

GROWING AND LEARNING FOR ACADEMIC SUCCESS

Term 2, Week 4 Newsletter



From The Principal's Desk

The last few months have certainly been different in our society. Last week we moved into Phase 1 transition back to school and the students have adapted very well. It is wonderful to hear the laughter in the playground again and seeing smiling faces. Thank you to our wonderful families for working alongside us during these times. We appreciate everyone's flexibility and acknowledge the changes that parents have made over the last few months and moving into Phase 1.

When I was talking to parents last week, even the simple act of dropping children off and picking them up at the gate is a change that some communicated that their children may struggle with. Most of our students have managed this and many other changes with a smile. Some students faced these changes with uncertainty however what always has remained true is that we care for our students and we will be there for them to hold their hand and guide them throughout any changes or challenges that they encounter. Facing these uncertain times as a school community is what builds their strength of character. It has provided new learning for our students. Some have needed more reassurance than others but throughout all of this, our students know that you, as parents/carers, and us here at school, will be there for them and will continue to be there for them, to help navigate the road ahead.



Full Return to School – Phase 3

Last night's media reported that students will return to full attendance from next Monday 25th May, entering into Phase 3. This afternoon, all principals have been invited to a livestream briefing with the NSW Education Minister and Secretary of the Department of Education. This meeting will provide principals with information to prepare for the next phase so that hygiene practices and face to face teaching begins in a safe and effective way. As soon as we have all of the information we will communicate this to you.

To ensure the safety of all students and staff we ask that you do not enter the school grounds for pick up and drop off (unless it is essential for safety reasons and has been prearranged with your child's teacher and/or assistant principal of the stage). If this is the case we ask that you collect your child/children and leave immediately. We ask that parents maintain social distancing guidelines by avoiding gathering outside of school gates. We will have staff at both front and back school gates for morning drop off and afternoon pick up. School buses will operate as normal.

Please follow the latest health advice and keep your child/children at home if they are unwell. If your child is unwell at school we will contact you to pick them up.

Please continue to communicate with your child's teacher and if you have any concerns or questions don't hesitate to contact us via phone or email. We will endeavour to keep you informed as further information comes to hand. We will notify you should the Department of Education implement Phase 4.

Breakfast Club

Breakfast Club commenced yesterday at 8:30 am for take away toast. We will let you know when we move back into our usual breakfast options.

New Technology

Last year we were successful in achieving funds from the Australian Government to purchase extra technology to benefit our students. As a result, we have 16 new laptops and a charging station for our students to use for their learning. Thank you to our local member, Mrs Lucy Wicks MP for supporting our school.

"Start where you are. Use what you have. Do what you can." - Arthur Ashe

Mrs Sarah Baldwin
Principal



PHASE 3

Students at school five days per week, with social distancing measures.

- Students with increased health risks may continue to learn at home to suit their individual needs.
- Students remain in the same classroom for the day, break times can be staggered to reduce mixing between class groups.
- No excursions or inter-school activities.
- Continued enhanced cleaning and hygiene supply arrangements.

You can now

- Send your child/children to school every day.
- Access community services run on school sites, where they are not restricted by Public Health Orders.
- Use the school canteen and uniform shop where appropriate hygiene measures are in place.
- Walk your child/children into and out of school while maintaining social distancing.

You must continue to

- Follow your school's advice regarding changes to drop off and pick up, including staying in your car when dropping off and picking up your child/children if safe to do so.
- Maintain social distancing by avoiding gathering outside of school gates.
- Make sure your child/children have access to lunch and snacks, noting some canteens may not be operating at this stage.
- Support your child/children to continue to learn at home if they are required to learn remotely.
- Communicate with your school via email and phone wherever possible.
- Follow the health advice and keep your child/children at home if they are unwell.

PHASE 4

Students at school five days per week, with full school activities.

- Normal school breaks and entry/exit processes will resume.
- Infection control procedures will continue on a school by school basis.
- Communication to staff, students and families regarding NSW Health advice will continue.
- Continued communication to the Early Childhood Education sector regarding NSW Health Advice.

You can now

- Send your child/children to school every day.
- Participate in school excursions and inter-school activities.
- Use playground equipment at schools.
- Drop your child/children off at school as you would normally do.
- Participate in school based activities such as volunteering in classes and assemblies.
- Use services that usually operate at your school like canteens and other community run activities.



At all times

- Schools are safe places for students, teachers and staff.
- All students engage with a single unit of work.
- Keep up-to-date with your school's communications to make sure you receive important messages about timetable changes.
- Any identified cases of COVID-19 will continue to be managed in line with health advice, including temporary school closures where necessary.

Learning from home

Practical resources and guides to support students are available at the department's [Learning from home hub](#).

PHASE 0

Schools are open for families who need it.

- Families are encouraged to keep their children at home wherever possible, with no student to be turned away.
- Students who attend school are supervised only, not in their regular classes.
- No excursions or inter-school activities.
- Continued enhanced cleaning and hygiene supply arrangements.

PHASE 1

Students at school at least one day per week.

- Schools have discretion for establishing which group attends on which day, with a preference to group siblings/families together.
- Families who need to send their child to school every day may continue to do so and no child will be turned away.
- Classes are split across different spaces and break times can be staggered.
- No excursions or inter-school activities.
- Continued enhanced cleaning and hygiene supply arrangements.

You can now

- Send your child/children to school one day a week.
- You are encouraged to keep your child at home for the rest of the week wherever possible.
- Check with your school to see which day of the week your child/children should attend.
- Use the school canteen and uniform shop where appropriate hygiene measures are in place.

You must continue to

- Keep your child/children at home if possible.
- Support your child/children to continue learning at home.
- Communicate with your school via email and phone wherever possible.
- Follow the health advice and keep your child/children at home if they are unwell.

PHASE 2

Students at school at least two days per week.

- Schools have discretion for establishing which group attends on which days, with a preference to group siblings/families together.
- Families who need to send their child to school every day may continue to do so and no child will be turned away.
- Classes are split across different spaces and break times can be staggered.
- No excursions or inter-school activities.
- Continued enhanced cleaning and hygiene supply arrangements.

You can now

- Send your child/children to school two days a week.
- You are encouraged to keep your child at home for the rest of the week wherever possible.
- Check with your school to see which two days of the week your child/children should attend.
- Use the school canteen and uniform shop where appropriate hygiene measures are in place.

You must continue to

- Follow your school's advice regarding changes to drop off and pick up, including staying in your car when dropping off and picking up your child/children if safe to do so.
- Maintain social distancing by avoiding gathering outside of school gates.
- Make sure your child/children have access to lunch and snacks, noting some canteens may not be operating at this stage.
- Support your child/children to continue learning at home on remote learning days.
- Communicate with your school via email and phone wherever possible.
- Follow the health advice and keep your child/children at home if they are unwell.

PHASE 3

Students at school five days per week, with social distancing measures.

- Students with increased health risks may continue to learn at home to suit their individual needs.
- Students remain in the same classroom for the day, break times can be staggered to reduce mixing between class groups.
- No excursions or inter-school activities.
- Continued enhanced cleaning and hygiene supply arrangements.

You can now

- Send your child/children to school every day.
- Access community services run on school sites, where they are not restricted by Public Health Orders.
- Use the school canteen and uniform shop where appropriate hygiene measures are in place.
- Walk your child/children into and out of school while maintaining social distancing.

You must continue to

- Follow your school's advice regarding changes to drop off and pick up, including staying in your car when dropping off and picking up your child/children if safe to do so.
- Maintain social distancing by avoiding gathering outside of school gates.
- Make sure your child/children have access to lunch and snacks, noting some canteens may not be operating at this stage.
- Support your child/children to continue to learn at home if they are required to learn remotely.
- Communicate with your school via email and phone wherever possible.
- Follow the health advice and keep your child/children at home if they are unwell.

PHASE 4

Students at school five days per week, with full school activities.

- Normal school breaks and entry/exit processes will resume.
- Infection control procedures will continue on a school by school basis.
- Communication to staff, students and families regarding NSW Health advice will continue.
- Continued communication to the Early Childhood Education sector regarding NSW Health Advice.

You can now

- Send your child/children to school every day.
- Participate in school excursions and inter-school activities.
- Use playground equipment at schools.
- Drop your child/children off at school as you would normally do.
- Participate in school based activities such as volunteering in classes and assemblies.
- Use services that usually operate at your school like canteens and other community run activities.

A managed return to school

Guidelines for families

Canteen

Our canteen is now open every Wednesday to Friday. Please see attached our wonderful Canteen menu.



CANTEEN MENU

CHERTSEY PRIMARY SCHOOL CANTEEN

Open Wednesday, Thursday and Friday from 8:30-1:45pm

HM – HOME MADE		GF – GLUTEN FREE	
BREAKFAST MENU		SANDWICHES, ROLLS & WRAPS	
		<i>On White or Wholemeal Bread</i>	
Fresh Fruit	\$ 1.00	Wraps/Rolls	\$ 1.00
Hot Milo	\$ 1.00	Gluten Free Bread	\$ 2.00
Up & Go (Choc, Van, Ban, Straw)	\$ 2.50	Toasted	50c
Juice (apple or orange)	\$ 2.00	Vegemite / Cheese	\$ 2.00
		Egg Mayo / Tuna	\$ 2.50
Lunch Order Bags	10c	Chicken / Ham	\$ 3.00
		Salad	\$ 2.50
SNACKS		ADD:	
Fruit Salad Cup	\$ 2.00	Lettuce/Tomato/Carrot/Beet/Cucumber (each)	50c
Popcorn GF	\$ 1.00	Cheese	50c
Cheese & Crackers	\$ 1.20	All Salad Items	\$ 1.50
Vege Sticks – carrot & celery	\$ 1.00	HOT FOOD	
(add hommus)	80c	Lean Beef Pie	\$ 3.00
Red Rock Sea Salt Chips	\$ 1.00	Lean Potato Pie	\$ 3.30
Choc Muffin	\$ 2.00	Lean Sausage Roll	\$ 3.00
Yoghurt (Vanilla)	\$ 1.00	Yummy Drummies	\$ 1.20
- ADD – Seasonal a fruit	50c	Corn on cob	\$ 1.00
Mini Pizza HM	50c	Butter Chicken & Rice	\$ 5.00
Pikelets HM 3 for	\$ 1.00	Mac & Cheese HM	\$ 3.50
Garlic Bread HM	50c	Beef Bolognese HM GF	\$ 4.00
Hash Browns	\$ 1.00	Fried Rice HM GF	\$ 4.00
Chicken Nuggets 3 for	\$ 2.00	Nachos HM GF	\$ 4.00
Bread Cases (Chicken & Cheese) HM	80c	BURGERS	
CHICKEN TENDERS GF		Hamburger HM - (beef patty sauce)	\$ 3.50
Chicken Tender	\$ 1.80	Cheeseburger HM - (beef patty, cheese, sauce)	\$ 4.00
Chicken Tender x 2 w/ sauce	\$ 3.50	Chicken Burger - crumbed chicken, lettuce & mayo	\$ 4.00
Chicken Tender x 3 w/ sauce	\$ 5.00	Vege Burger - vege patty, lettuce, tomato & sauce	\$ 4.50
		ADD:	
		Lettuce/Tomato/Carrot/Beet/Cucumber (ea)	50c
		Cheese	50c
		All salad items	\$ 2.00
PIZZAS – (made in the canteen from scratch)		BOXED SALADS	
Cheese	\$ 2.50	Full Salad (Lettuce/Tomato/Carrot/Beetroot/Cucumber)	\$ 3.50
Ham & Cheese	\$ 3.00	Ham or Chicken Salad	\$ 5.50
Ham & Pineapple	\$ 3.00	Egg or Tuna Salad	\$ 5.00
BBQ Chicken	\$ 3.50	Chicken Tender Salad	\$ 5.50
DRINKS		- ADD - Cheese	50c
Plain Milk	\$ 1.50	FROZEN TREATS	
Springwater 600ml	\$ 1.50	Quelch	50c
Apple / Orange Juice	\$ 2.00	Juicie – Lemonade/Tropical	\$ 1.00
Chocolate / Strawberry Milk	\$ 2.00	Vanilla Cup	\$ 1.00
Up & Go (Choc, Van, Ban, Straw)	\$ 2.50	Moosie - Chocolate	\$ 1.00
Glee Sparkling 99% Juice	\$ 2.50	Frozen Fruit Cup – Black Current	\$ 1.00
(Blackcurrant, Raspberry, Tropical)		Frozen Juice Cup HM	
SAUCES		- Large	\$ 1.00
BBQ Sauce / Tomato Sauce (ea)	30c	- Mini	10c

A Stream at Erina High School

2021 Year 7 A Stream Class Applications for Erina High School are open. The application has been adjusted to accommodate for the current COVID-19 situation. We hope to continue to receive many applications. All applications are to be returned to your Chertsey for collection by Wednesday 20th May (Week 4).



The 2021 Year 7 AStream High Achievers Class applications are due this week - Friday 22nd May, 2020.

- ⇒ You can get Application Forms from your school.
- ⇒ Applications are to be returned to your Primary School by the end of this week.
- ⇒ AStream Testing Day will be communicated soon.

This an opportunity not to miss out on.
If you have any questions please contact Erina High School. We are more than happy to help.



EHS

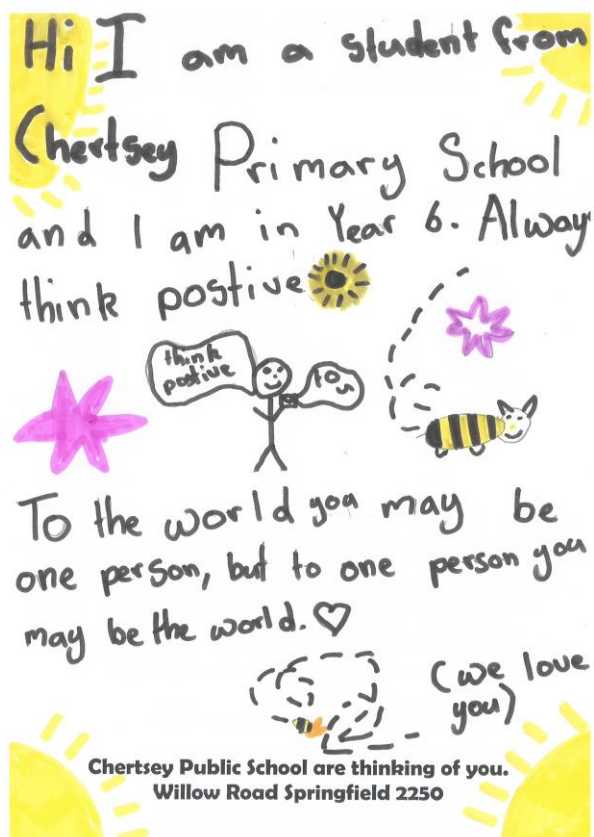
A STREAM
Growing student potential



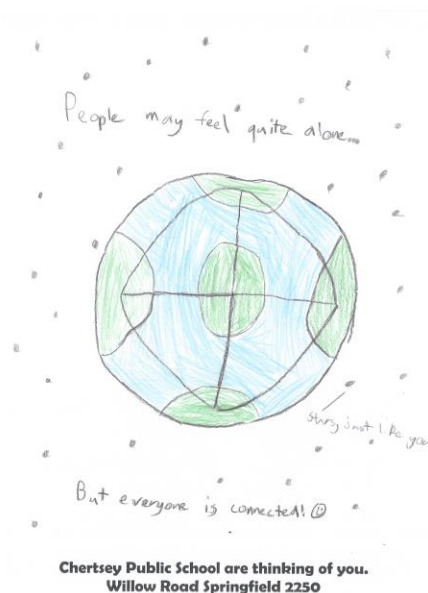
At Chertsey Primary School teachers, students and parents work together to empower students to become confident lifelong learners in a caring and inclusive environment.

Chertsey Kids Caring For Others during COVID-19

Our amazing Chaplain, Donna Knee, created a wonderful learning opportunity for our students at the beginning of COVID-19. Some of our students created bright artworks, letters and encouraging messages for the residents of BaptistCare Orana Aged Care Centre, Point Clare. These messages were warmly received by the residents and staff. It is a wonderful example of how Donna is such an asset to our school and community, creating experiences that ignite compassion in others. Donna has since shared these messages with the residents and staff of Anglicare Newmarch House. Thank you to Donna and our caring students who are thinking of others in such unusual times.



Chertsey Primary School is situated within extensive grounds and cultivated, water-wise gardens, cared for by a dedicated school community. With a current enrolment of 186 students, seven mainstream classes, and five support classes making up our diverse school.



Hello! I'm Eva and I just want to let you know...



Chertsey Public School are thinking of you.
Willow Road Springfield 2250

Wonderful resources from our 'Got It' Team

Keeping on Track

Developed by Central Coast Local Health District Getting on Track in Time Team



Coping with the new norm!

The world has become a very different place in the past few months. We are all adapting to a changed world where new rules, regulations and social contact has turned how we usually live upside down. Everyone everywhere is trying to adapt to a new norm that has no immediate end in sight. A parent's own coping style and mental wellbeing can have a big influence on how well a child adapts to this new environment. As a parent, it is therefore very important to look after yourself first and seek help as early as possible if you are finding it hard to cope. Now more than any other time it is very important to fill up on your own buckets so that you have room to deal with our children's responses to the crisis as well as all the everyday little crises that occur.

Self-care strategies for Parents and Caregivers

- ❖ **Try to get a good night's sleep.** This can be a difficult task for busy parents/carers. There are some good tips below to assist if sleep is a problem for you.
 - <https://www.sleephealthfoundation.org.au/tips-for-a-good-night-sleep.html><https://raisingchildren.net.au/>
- ❖ **Make time for some physical activity.** A walk in the sunshine can lift mood and boost vitamin, breathing exercises, meditation or yoga can help reduce stress. There are some good tips for these calming exercises at the following website. <https://raisingchildren.net.au/grown-ups/looking-after-yourself/anger-anxiety-stress/breathing-exercises>

Central Coast Local Health District
ABN 88 523 389 096

Child & Adolescent Mental Health Service
Getting on Track in Time (Got It!)
Shop 7, Level 2 Gateway Centre
237 Mann Street Gosford NSW 2250

Tel: 02 4328 7370 Email: CCLHD-gotit@health.nsw.gov.au

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- ❖ **Look after your dietary needs.** Research shows that healthy eating can improve moods and wellbeing some great tips can be found on this website.
 - <https://raisingchildren.net.au/guides/first-1000-days/looking-after-yourself/eating-exercise-for-parents>

- ❖ **Connecting with friends and families others.** Connecting with family and friends can help us cope. We often feel better when we debrief with our loved ones. Often solutions are found when our problems are shared and explored. Due to social restrictions staying in touch may mean using skype, zoom, what's app, messenger or any other media resource to have a virtual coffee time. These may be new technologies for you to explore get some tech help from others if you need it. If you don't have many contacts and would like to discuss ideas with other parent or carers then there are forums on the internet such as the one operated by Reach Out.
 - https://forums.parents.au.reachout.com/?gclid=EAlaIQobChMI26WL-gmg6QIVkw4rCh2uDwc6EAAAYAAAEgLC4fD_BwE

- ❖ **Strengths and Gratefulness.** Research shows that people who express gratitude and focus on the positives have increased wellbeing, lower stress levels and better sleep. The links below are two great sheets from Camp Quality to help with thinking of strengths and gratitude which you can also do with your children.
 - https://fd90f9c3-278b-4d95-b282-4e3ca246e783.filesusr.com/ugd/6b05f3_ac37f2c8c94047b7a7d2bb39311c508f.pdf
 - https://fd90f9c3-278b-4d95-b282-4e3ca246e783.filesusr.com/ugd/6b05f3_bf8d9d1b43c5447a946d910a25eac7b7.pdf

- ❖ **Seek support for your mental health.** These are challenging times so if you feel that you may be experiencing conditions such as anxiety and depression talk to

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your doctor. Your doctor may link you to a counsellor through Medicare funded Better Outcomes for Mental Health scheme. You can also seek your own counsellor privately or ring a counselling line service such as lifeline on 1311 14 or Beyond Blue on 1300 22 4636. If you are experiencing severe symptoms you can seek assistance through the mental health telephone access line on 1800 011 511 or ring 000 if an immediate crisis.

❖ **Your Children's behaviour.** Children's reactions to these stressful times can often be misunderstood as 'difficult' or 'naughty' behaviour. It's normal to find this frustrating, but expressing anger, or blaming the child for this behaviour might make things worse. Instead, try the following strategies.

- Reassure the child that he or she is safe and cared for
- Listen and talk to the child about the situation. Like adults, children often find what they don't know to be more frightening than the reality.
- Give the child special attention; for younger children, prioritise attention at bedtime.
- Encourage the child to express their emotions – this is part of the healing process, and can happen through a variety of creative ways, like drawing or play.
- Find enjoyable activities to do together as a family.
- Help them understand why they can't do what is usual for them, such as going to school, playing their usual sport and visiting their family and friends. Talk to them about how things are progressing and the aim to get back to as many things as possible when it is safe to do so.

❖ **Contact support for parenting if you need some help.** Parentline is open 9am-9pm weekdays and 9m-4pm on weekends.

Ph: 1300 1300 52

W: <http://www.parentline.org.au/>

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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.



eSafety Commissioner

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

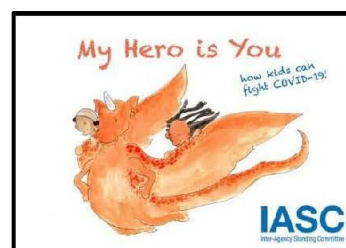
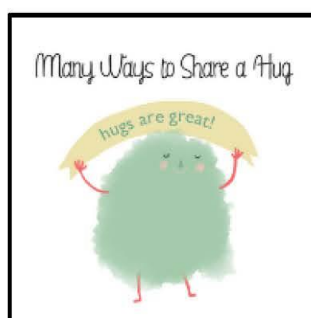
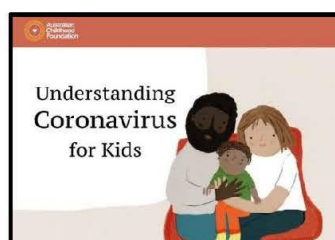
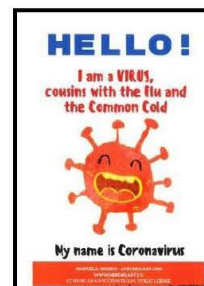
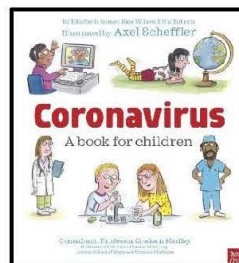
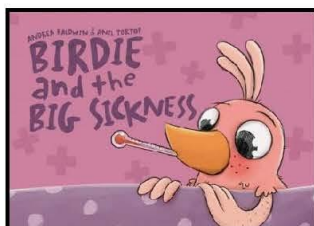


Health
Central Coast
Local Health District

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.

