



Respect



Safety



Excellence



## Corrimal East Public School Newsletter



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Term 2

Friday 15th May, 2020

Week 3

### Upcoming Events

#### Term 2 started (Students)

Wednesday 29th April

#### Term 3

Monday 14th September

School Photo Day

Dear Parents / Caregivers

All staff at CEPS were very excited to see the students returning to school this week. Thank you to all of the families that diligently followed the drop off/pick up procedures. It has enabled the transition back to school to run smoothly and safely.

Please be mindful of speed limits when coming to and leaving the school zone. I personally witnessed many cars going over the 40km speed limit and would hate for any accidents to occur.

It is very important that all students remember to bring in the following when they attend school;

- Drink bottle ( bubblers are closed at this stage)
- Years 1-6 will need their own pencil cases (students will not be sharing equipment)
- Kinder and Year 1 will need to bring in their Work packs
- Students who have borrowed a school laptop will need to bring it in each day
- 

**The canteen remains closed until further notice.**

On Wednesday lots of scaffolding was erected around the school. This is because our Admin building, the Kinder/Support building and CEPS Space are all getting a new roof. The project is expected to run for approximately one month (weather permitted).

We are happy to answer any questions or queries you may have.

Kind regards

*Michelle Munro*

### **Drop off/Pickup Procedures**

Corrimal East Public School has developed steps that we are asking the whole school community to follow in regards to safely dropping off and picking up your children from school.

#### **DROP OFF**

8:30-9:00am - A teacher will be stationed at the school front and back gates to welcome students.

- o The Duff Parade and Pioneer Road gates will be opened in the morning
- o 'Kiss and Go' - Parents are asked to say goodbye and drop their child at the front or back gate
- o All adults must adhere to social distancing rules

Please do not enter the gates.

#### **PICK UP:**

Please be patient and polite. A teacher will be stationed at the school front and back gates to help students exit safely.

- o The Duff Parade and Pioneer Road gates will be opened in the afternoon
- o The children will walk to the front and back gates at the end of the school day
- o They will exit the gates when they can see the adult that is picking them up.
- o All adults must adhere to social distancing rules

Please do not enter the gates.

The staff stationed at the front and back gates are happy to wait with the students until all students have been picked up. If the gate area is busy please wait either in your car or another area until it becomes quieter. Please be mindful of everyone around you.

All staff are looking forward to welcoming the students back to school.

1800 021 233

SCHOLASTIC  **Book Club**

**BOOK CLUB IS HERE—Virtual Catalogue**  
while Students Learn from Home

***For the first time we will have a virtual Book Club for Term 2!***

Please click on the link below to access the virtual catalogue and/or place your order on LOOP.

<https://scholastic.com.au/book-club/virtual-catalogue-1/>

**The cut off date for this issue is Monday 18th May.**

Orders will be delivered to Corrimal East Public School as usual and we will contact you when they have arrived to arrange pick up.

# Protestant Scripture Classes at Home

The Protestant SRE teachers have been missing the opportunity to meet with the students in their classes each week. They have also been liaising with the producers of the Scripture curriculum to see what could be made available to students and their families while most CEPS students are at home. They are now pleased to offer those families some “learning at home” Scripture lessons which parents can access with their children.

Just click on the following link: <https://cepconnect.com.au/learningathome/>

The screenshot shows a web browser window with the address bar displaying <https://cepconnect.com.au/learningathome/>. The website has a blue header with the 'cConnect' logo on the left and navigation links for 'About', 'Curriculum', 'MyConnect', 'Order now' (a blue button), and 'Login' on the right. The main heading is 'Learning at Home'. Below it, a welcome message states: 'Welcome to CEP's Learning at Home! Here you will find helpful weekly SRE lessons created for parents and students to enjoy at home. These lessons continue the curriculum which would normally be taught in classrooms for Term 2. Each lesson includes a lesson plan, song, video link and activity page for fun and effective learning. This term, students will learn about various people in the Bible who trusted God and see how God showed patience, love and mercy towards them. You can see the scope and sequence for this [Connect A1 curriculum here](#). While most lessons can be completed independently, we also encourage parents to follow along. Take a look!'. A yellow callout box says 'To access high school SRE resources, please visit [Think Faith](#)'. Below this are two large colored boxes: an orange one with a white cross icon and the text 'Connect A1 Easter Lesson', and a green one with a white book icon and the text 'Connect A1 Term 2'. At the bottom, a small line of text says 'For more information, or to send an enquiry or complaint, please visit [whysre.com.au](https://whysre.com.au)'. The footer is a dark blue bar containing copyright information: 'Copyrights © 2020 All Rights Reserved by CEP.' and links for 'Child Protection / Privacy Policy / Cookies / Submit a multimedia resource for approval'.

Learning at Home


https://cepconnect.com.au/learningathome/

**cConnect** About Curriculum MyConnect Order now Login


## Learning at Home

Welcome to CEP's Learning at Home! Here you will find helpful weekly SRE lessons created for parents and students to enjoy at home. These lessons continue the curriculum which would normally be taught in classrooms for Term 2. Each lesson includes a lesson plan, song, video link and activity page for fun and effective learning. This term, students will learn about various people in the Bible who trusted God and see how God showed patience, love and mercy towards them. You can see the scope and sequence for this [Connect A1 curriculum here](#). While most lessons can be completed independently, we also encourage parents to follow along. Take a look!

To access high school SRE resources, please visit [Think Faith](#)



### Connect A1 Easter Lesson



### Connect A1 Term 2

For more information, or to send an enquiry or complaint, please visit [whysre.com.au](https://whysre.com.au)

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# **WEEK 3 OUR FIRST WEEK BACK AT SCHOOL**

Students arrived back at school this week. The staff were very excited to see some faces they hadn't seen in what seems like a very long time. Everyone settled back into their classroom beautifully.

## **KINDERGARTEN**





# 1-OPALS & 1/2-MATILDAS





# 2/3-KOOKABURRAS & 2/3-REDBACKS





# 3/4-THUNDERBOLTS & 4/5-CYCLONES



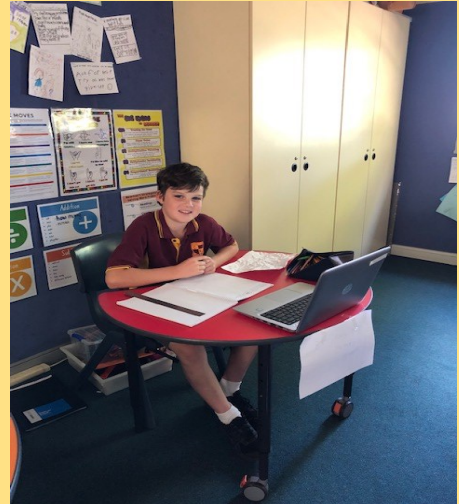


# 5/6-STEELERS





# K/3-JOEYS, 3/5-PEARLS & 3/6-WIPEOUT





# The Back Page Mr Stanley

## *Break a Leg, or Two*

I don't actually want you to break a leg, definitely not two! I am talking about movement breaks, but I will get to that in a moment.

Firstly I would like to say how great it is to see more and more faces returning to school. School as we used to know it may still be a while away, but for the meantime, happy, smiling faces half filling classrooms will do me.

Now back to breaking legs. Did you know that movement breaks in between periods of learning can have the following effects?

- Renewed energy and increased oxygen levels, improving focus
- Gives your brain time to process information
- Enhanced academic behaviour and achievement (to name a few)

All class teachers are ensuring that students in their classrooms are participating in movement breaks numerous times throughout the day to support their mental and physical wellbeing.

There are STACKS of resources for movement breaks over on the Easties PDHPE Heroes and CEPS Wellbeing pages, alternatively, here are a few you could try while learning at home:

- Standing instead of sitting, balancing competitions (sibling, parent or pet required), 1 minute plank, wall or chair push ups, backyard play

Now, go and break those legs.

## Easties Heroes

**Name:** Mikayla

**Nickname:** Mikki

**Age:** 10

**Favourite sport**

Swimming

**What do you love most about swimming?**

Being in the water, hanging with my swimming friends and competing.

**Sporting highlight**

Qualifying for State PSSA in freestyle, butterfly, backstroke, breaststroke and individual medley. I achieved this at the Regional Carnival where I was also named age champion.

**Most challenging thing about sport**

Getting up at 4.45am on a cold winters morning, doing time trials and keeping up with the big kids.

**Favourite sports person**

Emma McKeon. She is from Wollongong and I train where she trained. She is also an Olympian. Her favourite strokes are the same as mine butterfly and freestyle.



## The 100 Point Challenge

Now in its second week, the Easties 100 Point Challenge is gaining momentum like a snowball rolling down a hill. More and more students are taking time out of their day to complete physical and mindfulness activities as they strive towards that coveted 100 points. Over 5 students achieved this in the first week and I have no doubt that the leaderboard will be a lot more tightly contested this week. Congratulations to Samantha from 5/6 Steelers for taking out top spot last week.

## Easties 100 Point Challenge

Congratulations to the top 10 Easties this week!

Samantha R	Willow D	Ciara N	Indigo S	Sam H
165 🏆	145	125	105	100
Piper C	Ava H	Lachlan T	Lincoln H	Airlee P
100	100	75	70	25



# Supporting children's return to school during COVID-19

Children have experienced a lot of sudden change over the past few months, and may experience difficulty returning back to normality. This **Parent Guide** includes information to support your child with their gradual transition back to school.

These are uncertain times and can be stressful for both adults and children. Ensure you're giving yourself time to relax and unwind, take some time to reflect on how you're feeling.

## Things to do:

It's time to get ready to come back to school! We are looking forward to seeing everyone again. Here are some things you can do to get ready. This will be different for each family, and depend on the age of your child. Here are some examples:

- ◇ Find school clothes
- ◇ Make sure school clothes are washed
- ◇ Find school shoes and school bag
- ◇ Get up at the normal school wake-up time
- ◇ Eat breakfast at the normal time
- ◇ Help make lunch
- ◇ Pack school bag
- ◇ Drive past school at the usual drop off time for practice
- ◇ Talk about the plan for after school pickup
- ◇ Talk about what your child is looking forward to doing at school
- ◇ Ask them how they feel about going back to school

Going back to your family's normal school morning routine will be a powerful way to help them get back to school successfully.



## How your child may be feeling...

**Excited or happy:** Some children feel ready for their return to school and may be excited to see their friends and teachers again.

**Nervous or anxious:** Due to being away from their peers and routine structure, some children may feel uncertain about their place amongst their peers and how school will look on their return.

**Frustrated or annoyed:** Some children may have enjoyed learning in the home environment and do not want to return to school.

It is important to remember that **all of these feelings are normal** and we all react in different ways.

## Your child may have a hard time understanding and expressing their feelings.

As a result, you may notice some **changes in their behaviour:**

- ◇ Changes to sleeping or eating habits, such as struggling to fall asleep;
- ◇ Becoming quieter or more withdrawn;
- ◇ Clinginess or difficulty separating from you;
- ◇ Becoming fidgety and restless;
- ◇ Seeming irritable and acting out, possibly refusing to attend school;
- ◇ Physical complaints such as an upset stomach or headaches;
- ◇ Excessively asking questions or seeking reassurance.

These are normal reactions to stress.



## How should I talk to my child about returning to school?

Children may feel a variety of emotions. By providing children with a space to discuss and explore their feelings, we can support them to regulate, problem solve and overcome any difficulties.

**Be aware of your child's emotions.** It is important to show your child that it is safe to share their feelings by showing acceptance and holding a non-judgemental attitude.

**Validate and normalise their feelings and experience.** Here are some ideas:

*"You feel worried about returning to school. You don't know what to expect. Everything changed so quickly."*

*"I can see you're so excited to go to school and see everyone."*

*"You look nervous about seeing your friends after so long. It is normal to feel nervous. I felt a little nervous about that too."*

**Listen, be curious and encourage the conversation.** Here are some ideas:

*"I wonder if you are feeling nervous about seeing your friends."*

*"You're excited! What are you most looking forward to?"*

**Encourage hope** by supporting your child to problem solve, plan or consider a difference perspective.

**When they come home from school, take the time to talk about their day, for example:**

- ◇ *"What did you like about today?"*
- ◇ *"What was it like seeing your friends again?"*
- ◇ *"What did you learn?"*
- ◇ *"Is anything worrying you?"*



## Maintaining Connection Whilst Setting Boundaries

Children may find it difficult to adjust back to regular daily routines and household rules. This is a difficult time for you and your child. It will be helpful to maintain connection with your child whilst setting boundaries and limits.

**Communicate comfort and connection** through nonverbal communication. Be relaxed in your facial expression and body, get down to your child's level, and offer gentle touch/affection.

**Validate and Relate.** Consider what your child might be feeling, and how they are experiencing things from their point of view.

*"It is hard to get up early in the morning after you have enjoyed weeks of sleeping in."*

*"You have been doing a great job completing your work online. It must be frustrating not being able to do all your work on the iPad now."*

**Reason and Set Limits.** Support your child to consider the bigger picture and help them problem solve. Communicate that wishes and feelings are acceptable, but some behaviours are not. It is important to remain calm, clear and assertive.

*"It's hard to go back to school after such a big break. We have to go to school. Let's sit together and figure out how to make this easier".*

*"I hear you want to play more. It is important that you get a good night sleep before school. It is bed time."*

*"I can see you are frustrated but it is not ok to yell or hit."*

## Useful Resources:

- ◇ **Contact the Family Referral Service** at <http://www.familyreferralservice.com.au/>
- ◇ **Speak to your GP** about mental health support via Medicare for adults and children
- ◇ **Parent Line:** 1300 1300 52 or <https://parentline.com.au/>
- ◇ **Raising Children Network:** <https://raisingchildren.net.au/>
- ◇ **Parenting courses and seminars in your local area:** <http://www.resourcingparents.nsw.gov.au/>
- ◇ **For immediate support:** Lifeline: 13 11 14 | Beyond Blue: 1300 22 46 36 | Mental Health Access Line: 1800 011 511



# SCHOOL PHOTO DAY HAS BEEN POSTPONED



[www.msp.com.au](http://www.msp.com.au)

**School photo day has been postponed! We have rescheduled to: Monday 14th September 2020**

**Please note the following:**

- ❑ If you have placed an order online, that order is stored in our system and will be fulfilled on photo day.
- ❑ New envelopes will be issued to students that have NOT placed an order online. Students that have already ordered online will receive an electronic reminder about their upcoming photos.

**Please call MSP Illawarra on (02) 4261 3009 if you have any enquiries.**

**WE'RE HERE  
TO HELP!**