

North Fremantle Primary School

A Small School with Big Ideas



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2020 TERM 1 WEEK 8

Dear North Fremantle Community,

What changes we have all seen since our last Newsletter not only for our school community but for around the world. Over the last fortnight we have been updating our community and complying with the advice and directions give to us by the WA Health Department and the Department of Education. As I said in my latest update *'We feel your uncertainty and the challenges it is presenting, both at school and at home. We will get through it together as one strong community by supporting each other, checking in on each other, spreading kindness and happiness, and modelling resilience, even when we find this hard.'*

As of today we were informed that: **families are now encouraged to keep their children at home if they have the capacity to do so. The Department's Learning From Home resources are available to them.**

What does this mean for North Fremantle Primary School?

- from Monday, 30 March to Friday, 3 April all children who attend school will be **taught**. We will do our best to maintain social distancing.
- the following week (6 to 9 April) teachers and education assistants will prepare teaching programs for Term 2.
- during this time (6 to 9 April), students who attend school will be **supervised** but not engage in formal teaching and learning programs.

The Government recognises there will still be families who need to send their children to school to continue their learning during this period. These may include:

- children of parents and carers who need their children to attend school to maintain employment.
- children who live in families with aged relatives.
- children where it is safer for them to be at school.

Over the last fortnight our Year 5 and 6 students had the joy of attending their school camp. As a school community possibly one of our last community events for a while was our recent P&C Busy Bee. Thank you to everyone for your support and understanding as we have had to postpone and cancel upcoming events. A picture paints a thousand words – enjoy these photographs of the events from the last fortnight.



UPCOMING EVENTS

All upcoming events for the remainder of Term 1 have been cancelled.

Monday 30 March

Early Close 2.30pm

Monday 6 April

Early Close 2.30pm

Thursday 9 April

Last day of school

Wednesday 29 April

Students first day back -

Please monitor Connect for COVID-19 updates.

Thank you to everyone who supported our Busy Bee including Bunnings for their generous donation.



For our parents and caregivers, you will have been receiving regular updates from the school regarding COVID-19. I will continue to update everyone and keep you informed. The strong message from our Director General remains that Education will remain open – however it is not business as usual. For us at NFPS things are looking different but we will work together to inform, reassure, engage and stay connected with our community.

Student health and wellbeing is at the front of my mind at the moment. Below is some information that the Department of Education has prepared to support families in this area.

Many children are aware of the impact of the novel coronavirus (COVID-19) and may pick up on the concerns and anxiety of others. This could be through listening and watching what is happening at school, at home or online. It is important you speak with your children about their concerns.

What you can do:

- Try and model calmness when talking with your children and family.
- Talk with your children about how they are feeling. Listen and reassure them.
- Talk with your children about COVID-19. Answer their questions as honestly as possible. This may help to address their fears and reduce anxiety.
- Limit media exposure—frequent exposure to media may increase fear and anxiety.
- Focus on what you are doing as a family to stay safe. Give your children clear information about how to reduce their risk of infection in words they can understand, as this will give them a sense of control.
- Spend time together and keep to routines as much as possible or help create new ones. Make time for playing and relaxing. Have fun together.
- Look out for signs of distress—children may respond to stress in different ways. This may include changes to their sleeping patterns, change to appetite, loss of independence, e.g. increased clinginess, wanting to be close to adults or an increased in anger, irritability, anxiety and/or fear.
- Try and maintain a healthy lifestyle.

Supporting learning and wellbeing in the home

Being in a confined space for a long period of time may lead to added stress and conflict in the home.

What you can do:

Reassure

- Talk to your family about what is happening. Understanding the situation may reduce their anxiety.
- Help your children think about how they have coped with difficult situations in the past and reassure them. Discuss different ways children and adults react to different stressful situations.
- Remind them that isolation will not last for long but necessary for their ongoing safety.

Engage

- Exercise regularly as it is a proven way of reducing stress and depression. Be creative. This could include exercise videos, dancing, yoga, walking around the backyard or using home exercise equipment.
- Plan time for structured family activities, schoolwork and play. Keep a normal routine where possible.

Connect

- Encourage your children to keep in touch with family members and friends via telephone, email or where appropriate, social media.
- Communicate with your children's school often as they will regularly update and provide you with important and current information.
- Have fun together as a family.

Remember, any decisions or actions you may take is what you have consider best for you and your family. Do what you can, try and be patient with yourself, your family and others, and seek support as needed.

Parents are advised that, if they need urgent mental health advice and support for themselves or their child, there is a 24 hour crisis support line 1800 048 636.





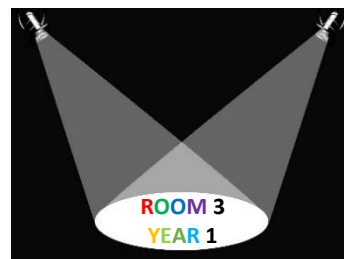
Again, thank you for taking extra special care of our staff as they are coping with the demands of doing their work differently whilst managing their own families and circumstances. Your words of encouragement, practical measures of support and gratitude is appreciated.

In Newsletters throughout the year each class will have the opportunity to share their educational journey with the school community. Our Year 1 students are embracing their learning opportunities in Room 3.

During this time, we continue to ask that you regularly check Connect for more information. Connect will remain our main platform for continuity of communication and learning. All families and students should have their log in details. If you are experiencing any difficulties, please contact the school office 9432 1300.

Thank you for the empathy, understanding, and kindness to one another.

Linda Chandler
Principal



SCHOOL NEWS

Cancelled – Mother's Day Stall and Easter Raffle

The P&C is sorry to have to cancel the Easter Raffle and the Mother's Day Stall. In the current circumstances it is not appropriate to ask our kids to be selling raffle tickets and at present it would be difficult to successfully run these two events. We know that the kids and the community usually cherish these two events and look forward to running them again next year.

Thank you to those few who have made donations. You are welcome to reclaim your items or we can store them for a later P&C event when life goes back to normal.

We look forward to the current situation passing and the return to running our normal P&C events.

Stay well and Happy Easter,

Your P&C Team

P&C
NORTH FREO



Room 3 Ms Lizzie

Across the World learning in Year 1

It's been a really exciting start to the year for the Year 1's and we are well on our learning journey. In addition we are learning new class rules and routines and being part of the 'big school' for recess and lunch. The children are very much enjoying our theme 'My beautiful neighbourhood'; which reflects the overarching school theme for this semester 'Across the World'.

In Week 4 we had our first successful excursion. We went to Regis and shared our drawing and library books with our community neighbours. We are beginning to explore an understanding of our immediate neighbourhood through class discussion and by making maps and graphs of how we get to school.

We are so lucky in Year 1 that many of the students speak another language at home. This is the focus of our assembly -which will need to be postponed for now. Each morning as I take the register we practise saying 'good morning' in another language; so far we are able to greet one another in: English, Noongar, French, German, Italian, Spanish, Hungarian, Danish, Vietnamese, Afrikaans, Japanese, Mandarin and Arabic. We've learnt the beautiful "Djinda Djinda, Karangoor' Noongar lullaby and are listening to music from around the world. Harmony Day fitted in well with all our learning and thanks to the messages from the extended school community all students recognise the interconnectivity between ourselves and the neighbours in the world around us. In preparation for Harmony Day we participated in a class art project which we will add to over the term.

We've welcomed two new students, Cooper and Alex into our class and benefit from the expertise of Ms Rikke and Ms Vicki who specifically work alongside some of the students in the class but are a support to us all.

Everyone is developing their independence skills when accessing educational computer programs and apps that help consolidate learning using iPads and the stand-alone computers. They are proud of their developing range of digital technology vocabulary and we share a sigh of frustration on the odd occasion when faced with buffering issues.

In the early years of schooling, in addition to building on the foundations of academic learning one of the most important elements of learning is the social skills which will be strengthened and developed as lifelong learners. The Year 1's are rapidly becoming independent and group problem-solvers, learning to work collaboratively together, persevere and do their best. I am proud to be their teacher and am looking forward to the rest of the year ahead.



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