



# Lake Illawarra South Public School

## Newsletter

Term 3 Week 8: Monday 29 AUGUST 2021

### CALENDAR

#### AUGUST

**30** Week 8 *Learning From Home Packs* available

#### SEPTEMBER

**01** Fathers' Day Stall 9am – 10am

**02** Fathers' Day Stall 11.30am –  
12.30pm

**03** Catch Up Friday

**03** Fathers' Day Stall 9am – 10am

**06** Week 9 *Learning From Home Packs* available

***The canteen is closed during Level 4 restrictions***

### CONTACT

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LAKE ILLAWARRA NSW 2528

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### PRINCIPAL'S MESSAGE

I understand that this period of remote learning and Level 4 restrictions will have a significant impact for our students, staff and community. Remote learning and lockdown will undoubtedly leave lasting impressions and some of these will be immensely positive. My hope for all our students, staff and families is that we are kind and gracious

to ourselves and others and that from this we emerge as a stronger community.

As COVID-19 case numbers in NSW remain high, I would like to reinforce that home is the safest place for everyone. Public Health Orders state that children should be learning from home. If you are working from home, you must keep your child/ren at home. Schools remain open for children of essential workers who have no other option. We are currently operating with very minimal staff to ensure support for COVID safety measures. I understand this arrangement can be challenging for parents and carers and encourage students and families to just do the best they can. If you require support with your child's remote learning, simply contact your child's class teacher via the school office or the school email account: [lakeillaws-p.school@det.nsw.edu.au](mailto:lakeillaws-p.school@det.nsw.edu.au)

I would like to thank all the families who have continued to support our community by keeping their children at home to minimise movement in the community.

Lake Illawarra South PS is certainly not the same without the sounds of students and teachers interacting in a vibrant classroom. We are hoping that our students and staff will return to our school as soon as they can.

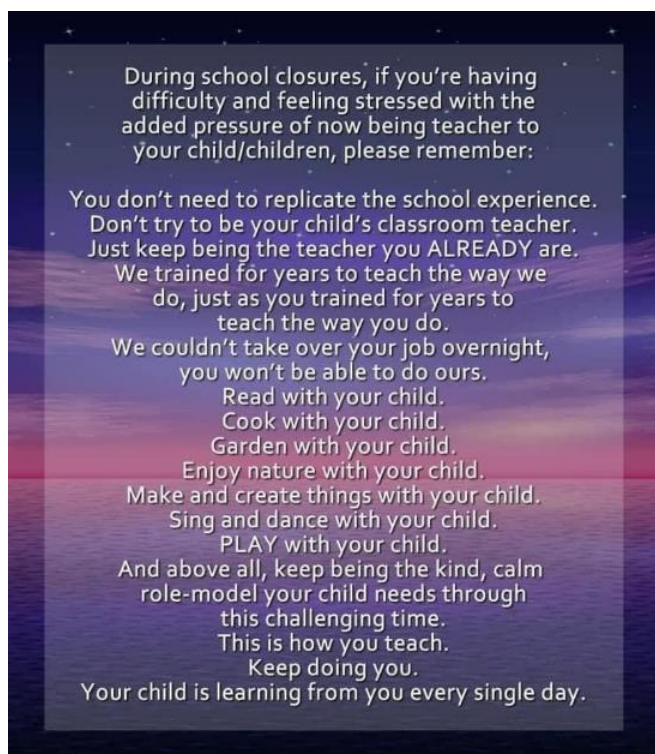
Karen Simula  
**Principal**

### YOU'RE DOING GREAT

We are all faced with daily challenges, whether they are personal, technological or managing the demands of work and learning from home. It is important to focus on what we can control in the right here and now.

Parents and carers, you are doing a wonderful job. This message has been on social media over the

last few weeks and is an earnest message for our amazing parents and carers who are at home or are out in our community as essential workers.



## WELLBEING

*Catch Up Friday* is Friday 3<sup>rd</sup> September. This is an opportunity for students and families to re-connect and catch up. Students may choose to catch up on some work, catch up on exercise and wellbeing activities.

## ATTENDANCE DURING REMOTE LEARNING

Please be mindful that for your child to be marked as attending during remote learning, the class teacher is required to see evidence of their learning. Students who do not show evidence of engaging in *Learning Form Home* will be marked as having unjustified absences as per NSW Department of Education guidelines. If your child is unwell, please contact the school office on 4295 1924 to have them marked as absent, justified as sick. Please be aware that if students are sick for 3 or more days, a doctor's certificate is required for their absence.

## TEACHER PROFESSIONAL LEARNING

As a school, we are all committed to building the quality of education within the school and across other public schools, ensuring that all students

benefit from excellence in teaching. Over the last few weeks, teachers have engaged in professional learning sessions in mathematics. The opportunity for teachers to work together, albeit remotely, shapes and strengthens our teaching practice and drives a culture of continuous improvement and student achievement. The Lake Learning Community Deputy Principal has also delivered briefings to LLC principals regarding our literacy and numeracy data and a pathway to continue to build the collective efficacy of teachers.

## CHECK-IN ASSESSMENTS

Last week, the Department of Education announced that all students in Years 3 to 6 will complete Check-in Assessments for reading and numeracy in Term 4. The assessment supports the Department's School Success Model. Under the model, all schools set targets for learning growth for all students. The Check-in Assessment is designed to provide teachers with formative assessments that can give an indication of how students are performing. The reading and numeracy assessments are designed to be quick and easy to administer. Each assessment consists of between 40 and 50 multiple choice questions, with a suggested assessment duration of about 50 minutes each. The Term 4 assessment window is yet to be confirmed given the current evolving situation. The assessments will be completed online. We will keep you informed as further information comes to hand.

## KINDERGARTEN 2022

If you have a child starting school in 2022 and are yet to complete the enrolment process, please do so as soon as possible.

You can enrol in the following ways:

- complete an [online enrolment form](#) if you live in our school local intake area
- email the school at [lakeillawarra-school@det.nsw.edu.au](mailto:lakeillawarra-school@det.nsw.edu.au)
- call the office on 4295 1924 to share your contact details and request an application.

We ask that you please pass this information on to friends and family who have a child starting school next year.

## ASSISTANT PRINCIPAL – CURRICULUM & INSTRUCTION

Lake Illawarra South Public School has been allocated 1.2FTE Assistant Principal Curriculum &

Instructions. This equates to six days per week – one full-time and one part-time Assistant Principal. The process of advertising these positions has commenced.

## FATHERS' DAY STALL

Our Fathers' Day Stall will be held this week in the breezeway between the Stage 1 and Stage 2 buildings. Gifts range in price from \$1.00 to \$10.00. Please bring coins to minimise the exchange of money. Please be advised parents and carers are not able to enter the school grounds. The times for the stall are as follows:

- **Wed 1<sup>st</sup> Sept** 9:00am – 10:00am
- **Thurs 2<sup>nd</sup> Sept** 11:30am – 12:30pm
- **Fri 3<sup>rd</sup> Sept** 9:00am – 10:00am



Please contact the school office to arrange an alternate time (Wed, Thurs, Fri only) if the scheduled times do not suit.

## BOOK WEEK

A huge thank you to Mrs Wilmott who organised a wonderful schedule of activities for the students last week. Students thoroughly enjoyed the livestream performance on Wednesday which incorporated a number of the short-listed books. The illustrator and author webinars were also very interesting.

Thanks to all the staff for travelling (virtually) around the world to make the Book Quizzes. We certainly hope you enjoyed them.

## STUDENT WELLBEING

It is normal for people to be feeling and acting a bit differently during challenging times. We should all seek help from others when we feel down or vulnerable and children and young people should tell an adult if they are worried about a friend or themselves.

Please contact our school wellbeing team for further information or if you have concerns about your child. Please also let your children know that

the School Chaplain and School Counsellor is available to support them if they wish.

Some children prefer to talk to someone they don't know about how they are feeling. Potential sources of free, anonymous and confidential support for your children include:

- Kids Helpline - 1800 55 1800 [kidshelpline.com.au](http://kidshelpline.com.au)
- Be You - <https://beyou.edu.au/>
- Emerging Minds - <https://emergingminds.com.au/about/contact-us/>
- Headspace – 1800 650 890 [eheadspace.org.au](http://eheadspace.org.au)

## PARENT WELLBEING

The NSW Department of Education has released a [Parent and Carers Toolkit](#). This toolkit is a resource to support the mothers, fathers, carers and guardians that support us all and is available online or to download as a PDF. Click [here](#) for links to support the balance of working and learning from home.

## PARENT WEBINAR

A free webinar hosted by clinical psychotherapist Heidi Roger will be held on Thursday 2<sup>nd</sup> September at 8pm. The webinar, *Your Roadmap to Surviving Snap Lockdowns* has been attended by more than 2000 families across Queensland, New South Wales and Victoria during the past month.

**Date:** Thursday 2 September 2021

**Time:** 8pm

**Location:** Online webinar

**Registrations:**

[www.totalparentingtransformation.com/snap-lockdown-schools](http://www.totalparentingtransformation.com/snap-lockdown-schools)

Get the answers to your big questions around snap lockdowns, including practical advice and strategies to empower you and your family at a time when many of us are feeling exhausted.

**Here's what you'll learn...**

How to support your own mental health during this time.

- The do's and don'ts of effective home-schooling (they're probably not what you think!)
- The role and impact of complaining and how to manage it.
- Why play is so important at times like these, and ideas for incorporating more of it into your day.

- Tried and tested scripts to reassure your kids AND yourself.
- Why you're feeling more exhausted or fatigued right now
- How to handle the moments where it 'all feels too much'.

## ZOOM "OFFICE HOURS"

Teachers have planned catch up sessions for each Stage in Zoom. These meetings are an opportunity for students to connect with each other and their teachers. It is also an opportunity for students to ask questions about the learning tasks that have been set. Detailed information was emailed to families on Sunday 1<sup>st</sup> August. These meetings are scheduled as follows:

**EARLY STAGE 1:** Wednesday 12.15pm – 1.00pm

Thursday 12.15pm – 1.00pm

**STAGE 1:** Tuesday 11.00am – 12.00pm

Wednesday 11.00am – 12.00pm

**STAGE 2:** Tuesday 12.10pm – 1.00pm

Thursday 1.40pm – 2.30pm

**STAGE 3:** Tuesday 9.00am – 10.00am

Thursday 9.00am – 10.00am

These meetings are **optional**.

## STUDENT ONLINE BEHAVIOUR

Please be advised that students working online are expected to follow all Department and school behaviour expectations. Please report any incidents of inappropriate online behaviour to your child's classroom teacher.

## UNWELL STUDENTS

Students should not attend school if unwell, even with mild symptoms of COVID-19. Any person with any COVID-19 symptoms will be sent home and should not return to school until they have received a negative test result and are symptom-free.

In circumstances where children have other medical reasons for recurrent symptoms, a letter from their GP is sufficient to negate the requirement for a negative test.

Anyone who is unwell with COVID-19 symptoms is strongly encouraged to get tested and self-isolate until a negative result is received.

## SECRET LESSON

**EVERYONE LIKES PIZZA, RIGHT?**

Complete the *Secret Lesson* while learning from home and go into the draw to win a \$25 Dominos Pizza voucher.

Teachers have a secret lesson for each stage. Submit your completed work for the lesson and you're in the draw!

Completing work on paper? Just have your pack from the previous week returned to school by 10am Wednesday.

One draw per stage each week

## WONDER RECYCLING REWARDS

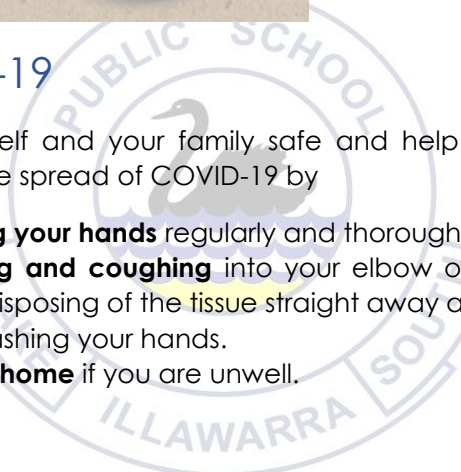
Please keep collecting bread bags and bread tags. You can drop them off if you are collecting a *Learning From Home* pack.



## COVID-19

Keep yourself and your family safe and help to manage the spread of COVID-19 by

1. **Washing your hands** regularly and thoroughly.
2. **Sneezing and coughing** into your elbow or a tissue, disposing of the tissue straight away and then washing your hands.
3. **Staying home** if you are unwell.





### Where to get help

Contact the school if you are concerned about your child's wellbeing to discuss the most appropriate support. Support is also available through a number of agencies and community organisations. Parents and carers can

- call the National Coronavirus Health Information Line (1800 020 080)
- review the NSW Health COVID-19 website for the latest information and advice
- obtain help and information from your local General Practitioner or Community Health Centre

## HEAD LICE

If your child has been at school recently, please check for head lice. If you find head lice or their eggs (nits), please treat your child with a head lice treatment specifically formulated for this purpose. Follow the instructions on the labels carefully and follow up with another treatment if required.

## SCABIES

Please be advised that there has been several cases of scabies at school. Please read the following information from the NSW Health website and if your child has been at school recently, check for symptoms.

Scabies are tiny mite creatures (bugs) that burrow under the skin causing intense itching and sometimes a rash. The rash is due to an allergic reaction to the mite. It looks like tiny red lumps and threadlike tracks on the skin. Scabies tends to be worse around wrists, armpits, buttocks, and the groin and between fingers and toes. The itching is usually worse at night or after a hot bath or shower.

Scabies is highly contagious and is passed from person to person through close skin contact. Infestation may also occur by sharing clothing, towels, and bedding. Symptoms usually appear two to six weeks after exposure.

Anyone can get scabies regardless of age, gender or standards of personal hygiene.

People who have had close contact with an infected child should be examined for infestation and be treated if necessary.

### How is scabies diagnosed?

If you think you or child has scabies, see your doctor. They will diagnose it based on what the rash looks like. They may take a small scraping from your skin to confirm the diagnosis.

### How is scabies treated?

Scabies is easily treated with permethrin cream or lotion that you can buy from pharmacies. It is important to follow the directions on the bottle carefully. Speak to your pharmacist to ensure you buy the correct lotion.

Wash linen, towels and clothing worn in the past 2 days in hot water and detergent.

The itching might continue for 4 to 6 weeks after treatment. This is often due to an allergic reaction to the mites, or because the treatment has given you contact dermatitis. If the itching doesn't clear up in a few weeks, see your doctor. It could be that you have been re-infested or the treatment didn't work properly.

### Keep at home?

Yes. Children should be excluded until the day after appropriate treatment has started.

**FRUIT & VEG MONTH!**

## Why do we need to eat more fruit and vegetables?

- To help keep us healthy
- To promote long term health
- Because they bring lots of colour, flavours and textures to meals and snacks!
- To give us energy to learn, work and play
- To help maintain a healthy weight

**NEED MORE:** For more information on the role of fruit and vegetables for good health, go to [eatforhealth.gov.au](http://eatforhealth.gov.au)

**Festival Fruit & Veg!**



Eating enough fruit and vegetables is important to support your children's health and wellbeing.

Do you know many serves of fruit and vegetables your family needs?



## FRUIT

RECOMMENDED NUMBER OF SERVES PER DAY



1 SERVE OF FRUIT =



## VEGETABLES

RECOMMENDED NUMBER OF SERVES PER DAY



1 SERVE OF VEGETABLES =



**NEED MORE:**

To find out the amount of serves your child should be eating from all the food groups check out the food calculator at [healthyliving.nsw.gov.au/food/how-much-should-i-be-eating](http://healthyliving.nsw.gov.au/food/how-much-should-i-be-eating)