



Newsletter No. 8 20th March 2020

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**“Educating successful leaders, confident and creative individuals
and active and informed citizens”**

Calendar (new items highlighted in red)

March

20th Friday Young Leaders Excursion Grades 5 and 6 - POSTPONED

26th Thursday Last Day of Term usual **3.25pm finish**
2.30pm Assembly

April

13th Monday Easter Monday

14th Tuesday Curriculum Day – student free day

15th Wednesday Term 2 school resumes

18th Saturday Bradvale Campdraft –POSTPONED

The website calendar has all the dates for the year and is continually updated.

Principal’s Message – week 8

Update on COVID-19 / Coronavirus - Victorian schools remain open, in line with the latest advice from Australia’s Chief Medical Officer and Victoria’s Chief Health Officer. The decision for schools to remain open is based on the best medical and health advice.

However, we are currently planning for remote learning (learning from home) in the case of a school closure, with a lot of considerations needing to be taken into account. We will continue to communicate what this is going to look like as arrangements are made. Obviously we would be hoping to use Compass as a platform for this communication, and encourage any families who have not yet connected with Compass to ask us for help in order to do so. Considerations are currently being investigated in to establishing a communication approach including:

- how and when we will communicate with students and parents/carers
- how and when students and parents/carers can contact teachers and/or the school .

Thursday we sent out a survey on Compass to help us in our planning, asking for information regarding internet access and availability of devices at home for our students. Thank you to those who have responded already.

For those parents who have decided to self-isolate now and have their children at home we will put learning ideas for each year level on Compass and our website. All our families are more than welcome to make use of these resources.

Pen Pals – One of our parent reps approached me this morning with a wonderful idea.... Should our students find themselves learning from home wouldn’t it be great to encourage our students to write letters to their classmates and friends (the old fashioned way with pen and paper!) helping us stay connected, as well as teaching them the skill of letter writing. If you are happy for your child to be part of this can you please email your parent rep (see below) with your postal address. Once parent reps have received these, they will compile the list and send it back out to you. Students will receive a “letter writing pack” to take home next week which will include stamps, envelopes, paper and a pencil to get the ball rolling!

Thanks heaps - A big Thank-You to Megan Read for the “Pen Pals” inspiration and generous donation of stamps and envelopes!

Final Assembly–

Unfortunately due to our current situation we have made the decision to cancel our assembly on **Thursday 26th March**.

School leaders will be presented with their badges today in class. Congratulations to all of our leaders for 2020!

Our **Easter raffle** will still be drawn next Thursday and prizes sent home with children at the end of the day. A reminder that this is the last day of term and will finish at normal time of 3:25pm.



Well-being- The coronavirus is certainly present and in our minds all through the day as society reacts to the changing conditions. This is no different for your children and we encourage you to read the information and/or follow the links from this reputable organisation - Unicef, Australia.

How to talk to your children about coronavirus (COVID-19)

Eight tips to help comfort and protect children.



1. Ask open questions and listen

Start by inviting your child to talk about the issue. Find out how much they already know and follow their lead. If they are particularly young and haven't already heard about the outbreak, you may not need to raise the issue – just take the chance to remind them about good hygiene practices without introducing new fears.

Make sure you are in a safe environment and allow your child to talk freely. Drawing, stories and other activities may help to open up a discussion.

Most importantly, don't minimize or avoid their concerns. Be sure to acknowledge their feelings and assure them that it's natural to feel scared about these things. Demonstrate that you're listening by giving them your full attention, and make sure they understand that they can talk to you and their teachers whenever they like.

2. Be honest: explain the truth in a child-friendly way

Children have a right to truthful information about what's going on in the world, but adults also have a responsibility to keep them safe from distress. Use age-appropriate language, watch their reactions, and be sensitive to their level of anxiety.

If you can't answer their questions, don't guess. Use it as an opportunity to explore the answers together.

3. Show them how to protect themselves and their friends

One of the best ways to keep children safe from coronavirus and other diseases is to simply encourage regular handwashing. It doesn't need to be a scary conversation. [Sing along with The Wiggles](#) or [follow this dance](#) to make learning fun.

You can also [show children how to cover a cough or a sneeze with their elbow](#), explain that it's best not to get too close to people who have those symptoms, and ask them to tell you if they start to feel like they have a fever, cough or are having difficulty breathing.

4. Offer reassurance

When we're seeing lots of troubling images on TV or online, it can sometimes feel like the crisis is all around us.

Children may not distinguish between images on screen and their own personal reality, and they may believe they're

in imminent danger. You can help your children cope with the stress by making opportunities for them to play and relax, when possible. Keep regular routines and schedules as much as possible, especially before they go to sleep, or help create new ones in a new environment.

If you are experiencing an outbreak in your area, remind your children that they are not likely to catch the disease that most people who do have coronavirus don't get very sick, and that lots of adults are working hard to keep your family safe.

If your child does feel unwell, explain that they have to stay at home/at the hospital because it is safer for them and their friends. Reassure them that you know it is hard (maybe scary or even boring) at times, but that following the rules will help keep everyone safe.

5. Check if they are experiencing or spreading stigma

The outbreak of coronavirus has brought with it numerous reports of racial discrimination around the world, so it's important to check that your children are neither experiencing nor contributing to bullying.

Explain that coronavirus has nothing to do with what someone looks like, where they are from or what language they speak.

6. Look for the helpers

It's important for children to know that people are helping each other with acts of kindness and generosity.

Share stories of health workers, scientists and [young people](#), among others, who are working to stop the outbreak and keep the community safe. It can be a big comfort to know that compassionate people are taking action.

7. Look after yourself

You'll be able to help your kids better if you're coping, too. Children will pick up on your own response to the news, so it helps them to know you're calm and in control.

If you're feeling anxious or upset, take time for yourself and reach out to other family, friends and trusted people in your community. Make some time to do things that help you relax and recuperate.

8. Close conversations with care

It's important to know that we're not leaving children in a state of distress. As your conversation wraps up, try to gauge their level of anxiety by watching their body language, considering whether they're using their usual tone of voice and watching their breathing.

Remind your children that they can have other difficult conversations with you at any time. Remind them that you care, you're listening and that you're available whenever they're feeling worried.

Taken from:

<https://www.unicef.org.au/blog/news-and-insights/march-2020/how-to-talk-to-your-children-about-coronavirus>

Kind Regards, Bri.

Parent Reps email addresses:

Prep/One- Kate Medson:	Katie_196@hotmail.com
Grade 2/3 – Megan Read:	megan@readfarming.com.au
Grade 4- Tory Kennedy:	victoriackennedy@gmail.com
Grade 5/6 – Natalie Clark:	Clark.Natalie.E@edumail.vic.gov.au

Garden Roster

We ask that each family take a fortnight to come in when convenient and do some gardening. Jobs include mowing including the nature strip, weeding and sweeping paths. First name in list to coordinate please.

19th March – 1st April: Fiona Meek, Michelle McIntyre, Helen Purvis

2nd April – 15th April: Jimmy Collins, Tim Dunne, Chris Shady

16th April – 29th April: Anthony Mulcahy, Rosie Weatherly, Nina Swanson

Skipton Photography Show

The Skipton Photography Show that was to be held on the 17th May has now been cancelled due to the Coronavirus restrictions. Keep taking photos as we will be back at a later date.

Mrs Crosbie

Parent Club

We have lots of prizes in the Easter raffle so make sure you sell your tickets. Raffle tickets and money are due back by the 24th March. The Easter raffle will be drawn at school on Thursday 26th March. Prizes will be sent off with students if they win or the winner will be notified.

Thank you to those that were willing to help at the Bradvale Camp Draft. This has also been postponed until further notice.

Skipton Football Netball Club

Our football/netball season has been postponed until the 31st of May. To all our members and supporters, we will be working closely with our CHFL board and relative health advice to get our training and season up and running as soon as practicable. All AUSKICK, Net Set Go, junior and senior netball and football training has been postponed and we will keep you informed as to when it resumes.

Skipton Pool Triathlon

We have lots of lost property from the Skipton pool that has been found during the school swimming program and on triathlon day. If you are missing anything please have a look at school. We also have a bike that was left behind!

Grade 2/3 Report

It has been an exciting week for Grade 2/3. We were lucky enough to participate in the First Aid in Schools Program on Monday. Students learnt how to respond to an emergency and how to place an unconscious person into the recovery position. Following this, students wrote a recount of this learning experience which helped consolidate this valuable knowledge.

In Maths we have been practicing telling the time using analogue clocks. Students have created their own analogue clock to use in the classroom. All students have increased their confidence in telling the time using analogue clocks which can often be very tricky! Well done!

As an introduction to exposition writing, the class were read different statements and had to decide whether they agreed/disagreed and why. One student said that she believed junk food should be banned in schools due to the negative effects of rubbish on the environment.

As part of the Resilience Project, students have been identifying personal character strengths. Many students said that they were caring, friendly and helpful (especially to Miss Lewis)! We are creating 'What are my character strengths?' posters which will be displayed in our classroom.

Keep up the good work Grade 2/3!

