



Bulletin - Learning From Home

PRINCIPAL'S MESSAGE

Lock Down & Learning from Home

Well we have watched the effect COVID has had on Sydney and some regional areas and now we find ourselves in a lock down with learning from home until August 28th. The staff have done a wonderful job setting up our remote learning and students are already underway. A certain amount of learning is online, with Stage 2 and 3 students actively engaged in Google classroom and our younger students are engaging in daily zoom meetings with Initial Lit for Stage 1 and Jolly Phonics for Early Stage 1. There have been some teething problems with getting all our students on to these zoom meetings and I thank the students and parents for their patience while we sort these issues out. The students have progressed well in these programs this year, so we are very keen to try and maintain this growth as the students learn from home. We also have phone calls and zoom meetings for Learning and Support.

New packages will be ready for collection on Monday from our White Ave Car Park, just as we did last Monday. Thank you so much to parents for abiding by the COVID restrictions using masks, keeping their distance and not lingering around the school.

Please note the current guidelines continue. Only the children of essential workers and where there is no other alternative supervision in the home, should be attending school. I realise the inconvenience this may cause but it is in line with the Public Health Order and designed specifically to keep us all safe. If you have any questions please do not hesitate to contact the school.

Farewell to Jo (Canteen Manager)

We sadly farewelled our canteen manager, Jo Klimpsch last week. Jo has been at Sturt for an incredible 17 years and during that time she has developed a showcase canteen as well as provided ongoing support for the Sturt P&C. Jo will be very sadly missed and we wish her the very best for the next phase of her life. The job for canteen manager was advertised and has been filled by Laura Walsh. We congratulate Laura on gaining this position and look forward to having her running our canteen when we return to school and restrictions are lifted.

Pyjama Mufti Day for Breast Cancer

Last Friday we were excited to hold our Pyjama Day in order to raise funds for Breast Cancer. This was organised by a small group of Year 6 girls. It is always

wonderful to see students with initiative and we applaud their efforts. Thank you to the school community who supported this day. We look forward to another initiative in Week 10 with Quade Smith volunteering to lose his hair for cancer. Quade has worked hard to support this case for some time and we look forward to supporting him.

Principal for the Day and Gold Award Lunches

Last week Neve A. was Principal for the Day after receiving her Platinum Award. She had a number of important roles to play throughout the day including co-hosting the Gold Lunch. Brianna B., Mimi S., Isabella R. and Giselle M. all thoroughly enjoyed their lunches and were very excited to share the moment with two principals. Congratulations to all five of these students; they are wonderful examples of outstanding Sturt students.



Stay Safe
Kerry Barker
Principal

PREMIER'S READING CHALLENGE

The Premier's Reading Challenge closes on Friday 3rd September 2021. If your child is participating in the PRC this year please return their logs to their class teacher via Seesaw (K-2), Google Classroom (3-6) or email to sturt-p.school@det.nsw.edu.au by Thursday 2nd September 2021.



Visit the PRC Student Site!

<http://online.det.nsw.edu.au/prc/StudentExperience.html#/>

A MESSAGE FROM OUR PSYCHOLOGIST SCHOOL COUNSELLOR - AARON JOHNSTON

As we find ourselves in lockdown and await the health advice regarding the spread of COVID-19, lockdown durations and vaccinations to protect ourselves and children in our care against future COVID-19 variants, we might find ourselves or our children feeling nervous and on edge.

This is normal. The human brain has developed to identify, locate and recognise threat, and if your mind, or your children's minds are doing this right now, it is doing what tens of thousands of years of human evolution has prepared it to do.

To help with this, we can:

- Turn to trusted sources of information.
- Establish a routine early on, and try to keep things as normal as we can in such abnormal circumstances.
- Validate and normalise the feelings and experiences of ourselves and others.
- Keep in contact with those people who are important to us, even if it is remotely.
- Switch off from the 24 hour news cycle, especially social media where the accuracy of the information is so variable.
- Spend time together as a family, doing things that are enjoyable. We are already going to be isolating in accordance with orders from the authorities; ensure you do not isolate from those around you in the home.
- It is okay to want/need some time away too. Read a book, go for a walk if permitted. Exercise in accordance with instructions.
- Take time to concentrate on here and now. In times of uncertainty, we can focus on what is yet to come. Find time to do something here and now, bringing your attention back to the present moment.
- It is okay to be vulnerable. Kids can learn a lot from seeing a parent modelling difficult emotions and then applying effective coping mechanisms. They can learn about experiencing difficult emotions and how to respond to them by watching what you do, and what you do not do.

This is general advice and should help most people through a difficult and unpredictable time. A little worry and distress, although unpleasant to experience, is not something to worry about. However, if you find that for you, or for children in your care, experience a level of distress that is becoming all-consuming or is preventing normal functioning, you might want to consider the

following services:

- Kids Helpline 1800 55 1800
- 1300 22 4636 or online beyondblue.org.au
- Lifeline 13114
- QLife 1800 184 527 or online qlife.org.au
- Open Arms 1800 011 046
- MensLine 1800 78 99 78
- Parentline 1300 30 1300
- Mental Health Line 1800 011 511
- eHeadspace headspace.org.au/eheadspace/

In the case of an emergency, call 000.

Your children still have access to support through the school counsellor service in all NSW Public Schools during this time. Contact your school for details of how to access the school counsellor.

Aaron Johnston

