

NEWSLETTER

KINDNESS

RESILIENCE

EXCELLENCE

RESPECT

Term 2 Week 3
Thursday 14th May 2020.

Principal: Rebecca Pears



Important Dates

May
25th Reconciliation Week

June
8th Queens Birthday - Public Holiday

FROM THE PRINCIPAL

Dear Parents and Carers,

It has been lovely to see so many students back at school. We currently have most children attending school for face to face learning and it has been fantastic to be able to return to our normal teaching programs.

I would like to once again take this opportunity to thank our teachers who have worked so tirelessly to prepare quality learning opportunities for their students both in the classroom and online. Most teachers no longer have students requiring the online platforms and consequently, as students return to school the use of these platforms for home learning will stop.

Whilst there are currently low rates of COVID-19 in South Australia we have a large number of people on site and therefore we can't afford the virus to enter the school. Our priority throughout this time is to protect our community and therefore we will be continuing to implement the safety procedures in place. If any of the restrictions change I will be informing the community as quickly as possible. We understand that the afternoon pick up is difficult as so many parents are collecting their children from the gates, but we really need caregivers to adhere to the social distancing protocols to protect our community.



Thank you for your support. Definitely the silver lining we have experienced throughout these unusual times has been the whole community coming together to support each other. We are very grateful for the constant appreciation we have received, thank you!

Enrolments 2021

To ensure we can plan effectively, it is really important that we are as accurate as possible with expected numbers of students for 2021. Therefore, if your child will be leaving NAPS this year can you please make sure our front office is aware of this. You can notify us via email to lorraine.garfitt159@schools.sa.edu.au.

If you have a child due to commence school at NAPS in 2021 please see the front office staff to complete an expression of interest form. Priority consideration will be given to applications for enrolment from parents of prospective Reception students if they have been living inside the school zone prior to week 3 term 3 and whose application has been received by this date – Friday 7th of August 2020.

Kind Regards,
Rebecca Pears

Keeping a Positive Mindset through Challenging Times!

"In the rush to return to normal, use this time to consider which parts of normal are worth rushing back to." – David Hollis

The start of 2020 has been unprecedented for our young people. In Australia, we endured devastating bushfires, after which the academic year for schools began; we were ready to 'get down to business.'



The current global pandemic of COVID-19 has shaken this routine and foundation of 'normality.' School life took on a whole new 'look,' for a while, with many students working from home in an 'online' setting, which tested both their capacity to manage time and work through tasks more independently, and the associated patience and support ratio from parents! While most of our students are now back in a 'face-to-face' school setting, the resumption of 'normal' life remains unknown. Whilst our lives are more home-based, at least for the time-being, here are four research-supported strategies that may help support you and the people in your life.

Notice what's good.

If we want our children to be calm and optimistic, we need to role model this. We know humans are innately good, with a deep desire to help each other. We also understand the power of *descriptive norms*; if we describe our world as pro-social (helpful, kind, community-focussed) then we inspire that behaviour.

Action 1: Create pro-social ripple.... Encourage your child to:

- Send a daily gratitude text, email or letter to someone.
- Look for and celebrate the helpers in your world, such as the wonderful community groups which are springing up online.
- Identify a way in which they could help your family. (I heard of a homework activity where students were asked to determine their mother/father's least favourite job of the day, and then complete it for them – that's a win-win!)

Be present.

Practise mindfulness, and schedule mindful breaks for yourself and your children. Resisting the urge to mentally time travel (ruminating "if only we..." or worrying "I should...") – we are here and now, and the more time our mind spends with us the calmer we will feel. Just ten minutes of quiet, present-centred reflection can be enough to significantly reduce stress levels.

Action 2: Be mindful.

- Create routines for anyone spending long periods at home. Structure and stability cannot be underestimated in their capacity to support mental health.
- Investigate some of the great free practices which are available online, including a daily breathing practice from the [Centre for Anxiety and Behavioural Change](#) and a collection of [Weathering the Storm](#) mindfulness activities from [Headspace](#).

Acknowledge negative emotions.

Feeling scared, uneasy, worried or anxious about the current state of the world is understandable. If we try to ignore these emotions, [studies](#) show we will only feel them more strongly.

Action 3: Name the feeling or emotion. Support your child to:

- Understand that the emotion may pass quickly or slowly, but it *will* eventually pass.
- Curiously examine the emotion. What is creating this?
- Consider: is there a way to 'reframe' the experience? Is there anything positive which can be drawn from the current situation?

Get outside & be active.

It's easy for us all to bunker down and lock ourselves away indoors. However, we know the importance of physical activity for both [mental](#) and physical health, and we also know how impactful [being in nature](#) is.

Action 4: Create healthy habits:

- Spend some time outside each day; reading a book, drawing something in nature, walking a dog, planting vegetables, taking photos, decorating a balcony...

- Move your body (there are many free [YouTube classes](#) and movement [sessions](#) already available online)
- Look into online educational resources for nature-based play and learning. UK-based educators [We Be Kids](#) has both free and paid activities, and Australian educators [Wild Cherry Nature Connection](#) offer online nature connection classes.

(Acknowledgement: *Cat Lamb - Consultant with the Institute of Positive Education*)
Wishing you all continued good health, and quality time with your families!

Helen White – Care & Inclusivity Role



Congratulations to the following student who has already been busy with their reading:- Meryl George

Kind Regards Dan and Yianoula

ENTERTAINMENT FUNDRAISER

Entertainment fundraiser is now all online and there is no longer a hard copy of the Entertainment Book. You can still support the school fundraising by purchasing online and is now available by clicking the link below. This is a very effective fundraiser for the school. The Entertainment fundraiser is popular with families, providing offers for many of the area's best restaurants, cafes, activities, hotel accommodation and more. It is still packed with hundreds of up to 50% off and 2-for-1 offers.

This year there are 3 options available below and can be purchased AT any time and receive a one year membership.

<p>Single City</p> <p>\$69⁹⁹</p> <p>1 Year</p> <p>Discover all the best savings in your city</p> <p>\$14 to your fundraiser</p>	<p>Multi City</p> <p>\$119⁹⁹</p> <p>1 Year MOST POPULAR</p> <p>Enjoy savings across all of Australia, New Zealand and Bali</p> <p>\$24 to your fundraiser</p>	<p>Multi Plus</p> <p>\$229⁹⁹</p> <p>2 Years BEST VALUE</p> <p>2 years of savings across Australia, New Zealand and Bali</p> <p>\$46 to your fundraiser</p>
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Families and friends can purchase for only \$69.99 and receive over \$20,000 in valuable offers that they can use all year, from now and the best part is that for each purchase, the school receives a minimum of \$14 towards our fundraising efforts.

To purchase a digital copy of the Entertainment fundraiser by just clicking on the following link <https://www.entbook.com.au/161p659> and nominating North Adelaide Primary School.



THANK YOU FOR YOUR SUPPORT!
 North Adelaide Primary School
 Lorraine Garfitt
 82671644
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COMMUNITY NEWS



PARENTING THROUGH THE PANDEMIC

How Covid-19 is affecting families:

- Disruption of normal everyday routine
(Cancelled events, cancelled plans.)
- Financial stress
(Worry about job stability.)
- Fear and anxiety about losing loved ones
(Worry about the elderly, grandparents.)
- Social Isolation
(Feelings of loneliness, boredom.)
- Feelings of panic and fear about scarcity
(Worrying about not having enough.)
- Concerns and uncertainty about the future
(When will things return to normal?)
- Worry about keeping the family healthy and safe
(Will we have enough food and supplies?)

baptistcaresa.org.au

How Covid-19 is affecting kids:

- Depression related to social isolation and not having contact with mates
(Feeling lonely and bored; what do I do with all this time by myself?)
- Fears and anxiety over the health and safety of loved ones and themselves
(Should I leave the house? How will this affect my Grandparents?)
- Concerns about the future
(When will this end? How long will it last?)
- Adjusting to new social norms due to social distancing
(Why can't I hug or shake my mate's hands? Can I be around any one at all?)
- Disruption of everyday activities
(When will I be able to go back to school? Play sport again?)
- Disappointment due to cancelled school holiday plans, cancelled birthdays, cancelled travel plans
(When will I be able to hang out again with friends and extended family?)
- Anxiety caused by stories in the media
(What should I believe about what I hear?)

Free Counselling

Baptist Care SA is offering free 1 hour phone / email / video counselling sessions.

If you are interested please contact our FMHSS (across Salisbury and most Adelaide metropolitan areas.)

Please email your name and best phone and email contact details to:
fmhss@baptistcaresa.org.au
or if you prefer to talk to someone you can call our Salisbury office on 08 8209 5000 and ask to speak to one of the Leadership team for FMHSS.

How to care for your mental health during the Covid-19 Pandemic, some ideas moving forward:

- Stay connected with loved ones through phone and video calls, texting, and emails.
- Start writing letters, become a pen pal
(The old fashioned way, actual pen and paper—use snail mail. Go to local store, buy envelopes, stamps, pad of paper to get going.)
- Limit time on the news and social media
(And the manner of content, stay clear of channels that catastrophize. Listen to music, watch movies.)
- Eat healthy *(prepare meals as a family)*, get enough sleep, and stay physically active like taking family walks and bike rides.
- Do crafts *(scrapbooking, make homemade playdough, create memory boxes)*, play family board games, bake cookies/muffins
- Make homemade supplies like hand sanitizer with 3 ingredients.
Combine in a bowl, 2/3 cups rubbing alcohol (99.9% isopropyl alcohol), 1/3 cup aloe vera gel. Stir. Decant into a soap or pump bottle. Give it a good shake every now and then.
- Be mindful and careful about what you say and share around your children *(Children pick up and hear more than we realize!)*
- You can download through your phone free apps like CALM to help better manage anxiety
- Consider email / video / phone counselling
(See details on how we can support your children at no cost.)
- Check in with children about how they are feeling. Make time to sit and talk with your child and allow them to voice how they are feeling.
- Create a Skype account for your child to better stay in touch with family and friends.
- Focus on what you can still do and create a list of those activities to put up on the fridge.