



# Werrington Public School

## Term 4 Week 4, 25 October 2021

### Dates for your calendar!

Our apologies all future dates are subject to COVID guidelines. This will be updated once we move back to onsite learning.

### Principal's Message



Dear Parents and Caregivers,

Last week we welcomed back Kindergarten and year 1, and they have settled back into the school well and have adapted to the new routines of staggered playtimes, with their buddy class. We were excited with the return of students in years 2, 3, 4, 5 and 6 today.

#### Wellbeing Activities

Students have or will participate in several wellbeing activities across weeks 3 and 4. These include chalk drawing, paper chains, face painting, dinosaurs and culminating in a colour run at the end of each week.

#### What do I do if my child is sick or unwell?

If your child is feeling sick or unwell, **do not** send them to school. Even if your child is displaying only the mildest of symptoms, it is important that they stay home until they are well. If they are displaying **any** cold or flu like symptoms, headache, sore throat, running nose, cough, aches and pains, or fever, please keep them home and get them tested. They cannot return to school unless they return a negative COVID test result.

#### Canteen

The canteen is open for orders only. Students can order any item on the menu. Orders will be collected each morning in the classroom and sent down to the canteen. These will then be collected from the canteen for each class group and distributed in class before their break time. Students will not be able to purchase items directly from the canteen at recess or lunch time.

Orders can also be made by 9pm the night before via email on [ssusan.liddiard@yahoo.com.au](mailto:ssusan.liddiard@yahoo.com.au). You will then receive a confirmation email back with the cost. Payment can then be sent in with your child the next day or made by direct deposit.

BSB: 082-778 Account number: 11930 8942 Name: Susan Liddiard. Please include your child's surname and class as the reference.

#### Access to the school site

Unfortunately, parents and carers are unable to access the school site. If your child is late, or you need to collect your child early, as well as for any other query, please call the office on 9623 7077.

#### Enrolling Kindergarten 2022 now

We are currently accepting enrolments for Kindergarten **2022**. Please visit the enrolment tab on our school web page or contact the school office for further details.



Address  
School Email

Werrington Public School, Armstein Crescent, WERRINGTON NSW 2747  
[werrington-p.school@det.nsw.edu.au](mailto:werrington-p.school@det.nsw.edu.au)  
Phone 02 9623 7077

## Capital Works

Over the last few weeks work has been finalised on the replacement of the sports court, repairs to the KG classroom and the installation of the student designed gathering space. All areas are now open for student use, with the exception of the gathering space, which should be open for student use this week.

## Uniforms

Uniforms can be ordered online and paid for over the phone or via the payment portal on our webpage.

Follow the link below if you need to order uniforms:

<https://forms.gle/RLCPIJroQ3uqcFw16>

## Keeping connected

There are many ways to stay connected and keep updated;

- Our fortnightly newsletter;
- Our school webpage: <https://werrington-p.schools.nsw.gov.au/>;
- Werrington Public School SkoolBag App;
- The Department of Education Parent App; please also ensure that you have the Department of Education School Updates App; and
- The Werrington Public School Facebook Page (this can also be accessed from the home page of our school website)

## Updating your contact details

We have set up an online form to assist parents and carers if you need to update your contact or address details. Follow the link or use the appropriate QR code on the QR code page.

<https://forms.gle/Nzm19jim1BH7gVvy66>

## Teacher Professional Learning

Regularly, teachers and staff undertake professional learning to keep up to date with the latest theory, research and practice in education. Many of these are held after school hours! These sessions include:

- All staff have been participating in a variety of online mandatory training as required;
- Mrs Avery attended the NSW Principals Conference;
- Mrs Hill, Mrs Marland, Ms Lutherborrow, Ms Edwards, Mrs Marks, Mrs Gayed, Mrs Sappey, Mrs Green, Mrs Mawby, Mr Bale, Mrs Hurley, Mrs Allen, Mrs Vanoostwaard, Mrs Imray, Mrs Mathews, Mrs Walker, Mrs Naveed, Mrs Devi, Mrs Kaur, Mrs Beveridge, Miss Christie, Mrs Dempsey and Ms Proglia participated in online Mental Health First Aid Training;
- Mrs Broadhurst, Ms Proglia, Miss Barnett, Mrs Buchan, Mrs Mason, Miss Hall, Mrs Killbourne, Miss Flynn, Mrs Dempsey, Mr Cordingley, Mrs Fitzpatrick, Mrs Welch, Mrs Brandies-Strong; Mr Gow, Ms Doyle, Miss Clark, Mrs Shields, Mr Hajjaj, Mrs Gayed, Ms Gill, Mrs Roy, Mrs Marin, and Ms Mayhew participated in the PETA conference; and
- All staff have participated in online professional learning on brain breaks and phonological awareness.

These sessions are an important way for the school and staff to keep up to date with best practice and the latest developments within the Department of Education (DoE) and the NSW Educational Standards Authority (NESAs).

Have a great fortnight,

Mrs Avery  
Principal

*"Education is a continual process, it's like a bicycle... If you don't pedal you don't go forward."* – George Weah

# New student designed gathering space















# Refurbished sports court





## QR codes for useful websites and links

			
NSW Department of Education (DoE) website	NSW Department of Health - COVID	WPS change of contact details form	Department of Education Facebook page
			
WPS website – home page	WPS website – Learning from home page	WPS Newsletter	NSW DoE Learning from home resources
			
Werrington Lakes Nature Trail	Penrith City Council Facebook page	WPS Facebook page	ABC TV - Education



# DUOLINGO COMPETITION



duolingo

During Term 3, students in Stage 2 and Stage 3 were challenged to play Duolingo as much as they can so that they could learn a new language. This was an optional activity but the response was amazing. Many students showing an interest in learning new languages and about other cultures than their own. Here is a list of the top 10 students in terms of experience points (XP) points. For each lesson you complete you receive 10XP points and up to 5 bonus XP points depending on the accuracy of the answers. Well done to everyone who participated. - Mr. H

Rank	Name	Class	XP Points
1	Azariah 🇺🇸	3/4B	4185XP
2	Zoe 🇺🇸	5/6B	1144XP
3	Samarvir 🇮🇳	4/5E	1011XP
4	Yugal	4/5E	964XP
5	Kyasha	5/6H	858XP
6	Aarna	2/3WD	741XP
7	Krystal	5/6C	572XP
8	Beth	5/6C	563XP
9	Honey	3/4B	443XP
10	Tisa	4/5E	406XP





# Welcome back Kindy and Year 1!







## Coming Back To School

Written by 1SF

When 1SF returned to school we felt...

Nervous and shy because we haven't been here for a long time.

Angry because we didn't want to get out of bed!

Sad at leaving our homes and families.

Happy! The sun was shining and it was a beautiful day!

Happy to do schoolwork and use our clever brains for maths!

Happy to FINALLY see all of our 'AMAZING FRIENDS' again!





## P&C News



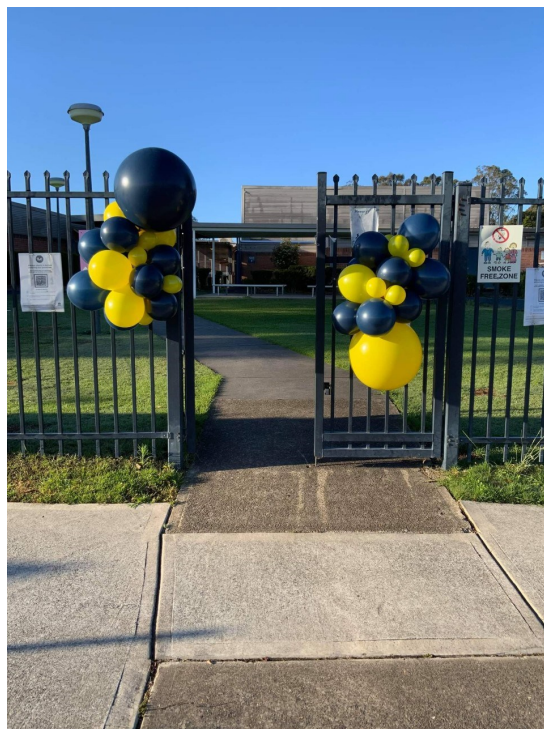
A huge WELCOME BACK TO SCHOOL for all our students starting back last week and this week.

The P&C hopes our students enjoyed the balloons that welcomed them at the gates. Local business, Miss Poppin's Parties made them for us. Thankyou!

World Teachers Day is on Friday 29th October but we will be celebrating a little earlier with a little surprise for our teachers on Wednesday, 27th October.

It would be lovely if you could encourage your children to write a little note of thanks to their teacher, or draw them a picture. Our teachers are so valued and appreciated so we know a special note would make them feel extra special.

From,  
The P & C Committee.





## Helping children transition back to school in the COVID-19 era

ADVICE FOR PARENTS AND CARERS

Transitioning back to school in the COVID-19 era can present many challenges for parents and children. Many parents have reported that learning from home has given their child the opportunity to work at their own pace. Many children have also benefitted from the 1:1 support which has helped with learning.

The shorter school day and flexibility for rest breaks has also meant that fatigue has been less of an issue. In addition, anxiety has improved for some children as a result of these factors. Given this, it is no wonder that returning to school comes with a mix of relief and excitement along with a new set of stresses for children and parents.

### **Reassure your child that it is safe to go to school**

Many parents had conversations with their children about the importance of learning from home to keep them healthy and safe. Some children may now worry about the safety of returning to school.

To help your child feel safe, have a conversation with them explaining that:

- the decision to return to school is based on medical advice
- children do not usually get sick from COVID-19
- everyone at school is working hard to make sure that children are safe
- anyone who is unwell will stay at home
- the government is keeping an eye on things – if it starts to be unsafe, decisions about what to do will be made
- reassure your child that it is normal to have mixed emotions such as excitement, relief, worry and anger
- discuss what they are looking forward to and what they are worrying about
- reinforce good hygiene practices.



After school, it will be important to:

- talk to your child about their day, including what they enjoyed, what they felt worried about and what they are looking forward to tomorrow
- schedule extra family time as your child is likely to have missed being at home with you
- your child may feel more fatigued and will benefit from quiet activities to recharge.

### Prepare your child for changes to usual school processes

Your school may have made changes to their normal processes. Your school will communicate these changes with you – these may vary across schools. To help prepare your child:

- talk to your child about upcoming changes - the more they understand the changes, the more comfortable they are likely to feel about them
- write social stories with your child about changes to routine
- ask to have an extra online 1:1 session between the teacher and/or learning support worker and your child before going back to school
- see if there are any strategies that home learning enabled that you might be able to take to the classroom
- ask your child what will make their transition back to school easier and see if this can be accommodated by your child's teacher, for example, knowing the class seating plan or the first activity of the day may help.

### Re-establish normal routines in the lead up to school

- **The week before:** Return children to their usual wake up and bedtime routines, as well as breakfast and morning snack/lunch.
- **The day before:** Involve your child in packing their bag and preparing their uniform - this leaves you plenty of time to notice if anything is forgotten.
- **The morning of:** Allow more time than usual to get ready.

Some schools may not allow parents to walk children to their classroom. This may make it harder for some children to separate from parents. Prepare your child for this by:

- discussing what might be different about the drop off and pick up procedures and how you will manage it as a family
- talk through the new procedure and role play or write social stories
- reassure your child that there will be plenty of staff to help take them to their classrooms
- ask your child if there is anything that will make this easier for them, such as arriving to school with a buddy or taking a special item that helps them feel 'brave'.

### Returning to school before siblings

Younger children returning to school earlier than other family members may feel disappointed that their siblings are continuing with home learning or may feel disconnected from the family. You can help your child by:

- reassuring them that it is ok to feel disappointed
- explaining that all children will be returning to school soon
- allowing your child to pick a fun activity to complete when they get home from school so that they have something to look forward to
- avoid scheduling any 'fun' activities with other family members or friends whilst your child is at school.

### Tips for children with cognitive and behavioural challenges

As children adjust to the new routine, cognitive and/or behavioural difficulties may seem more challenging. The following strategies can help children with an acquired brain injury (ABI) or other neurodevelopmental difficulties to avoid these issues as they transition back to school

- Fatigue may be more problematic for these children either as a direct consequence of their difficulties or due to the extra effort it takes for them to readjust to change. Consider slowly increasing your child's attendance at school to help combat fatigue – you may consider shorter days or rest days.
- Speak to the school about incorporating more rest breaks throughout the day for your child.
- Speak to your school about reducing or eliminating homework until your child has settled back into a routine.

- Ensure that your child is linked in with the learning support and wellbeing team.
- Educate staff who are either new or unfamiliar with your child about their brain injury or neurodevelopmental disorder – For example, ABI is often the ‘invisible’ injury and those working with your child should be made aware of their needs, as well as strengths and weaknesses.
- As children readjust to the pleasures and challenges associated with school, they may show greater difficulties with emotional regulation and challenging behaviour – remember, this is likely to be part of the readjustment phase and should improve with time.
- Your child may need your help to regulate. You may find it helpful to create a calm corner with a ‘tool box’ of calming and distracting items, as well as adding some relaxation strategies into the daily routine. Exercise can also assist.

### Finding extra support

If you need extra support or clarity in regards to your child’s needs and learning challenges, referral to an appropriate psychologist for a detailed assessment and advice may be warranted. For example, a paediatric neuropsychologist can provide a differential diagnosis and strategies, and direct you to an appropriate special education tutor or any other healthcare specialist that may be required.

There are number of ways to access a psychologist. You can:

- use the Australia-wide Find a Psychologist™ service. Go to [findapsychologist.org.au](http://findapsychologist.org.au) or call 1800 333 497
- ask your GP or another health professional to refer you.

### Acknowledgments

This resource was prepared by the:





A clinical neuropsychologist is a psychologist who is trained to understand brain-behaviour relationships (across the lifespan):

- To assess thinking/brain abilities and difficulties to clarify diagnosis and identify the client’s care needs and priorities
- To provide targeted intervention or rehabilitation for people with thinking/brain-related difficulties or disorders
- To adapt or modify treatments to take into account the effects of thinking/brain difficulties

The APS has other information sheets in this series to support children and teens with learning difficulties and disabilities. To access, visit: [psychology.org.au](http://psychology.org.au) for more.

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