



**Paralowie
R-12 School**
ACHIEVEMENT FOR ALL


**Government
of South Australia**
Department for Education

RESPECT ♦ HONESTY ♦ INTEGRITY ♦ SAFETY

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FROM THE PRINCIPAL



Well it has certainly been an interesting term. We were travelling really well up until about 3 weeks ago when the Government was forced to take drastic measures to ensure the health and safety of our vulnerable community members. However, we know the restrictions will eventually be lifted and we can return to our normal operation patterns.

However for the time being we are asking our students, parents, staff and entire communities worldwide to be familiar with phrases and expectations that we would have laughed off as extreme and 'Un-Australian'. As we struggle to make sense of what is healthy and safe we remind each other that the 'elbow-touch', 'self-isolation' and 'social-distancing' is everyone's responsibility, as is the basic practice of washing hands and not coughing on others. Our students are equally confused, worried and a little entertained at the ridiculous behaviour of the adults in our world as they rush to grab a roll of toilet paper, fight over a bag of flour or buy an extra freezer in an effort to try to control some part of an ever changing world.

We as educators, in partnership with parents/caregivers, play an important role in the guidance and wellbeing for young people. This could not be more crucial than it is right now. Every day adds another level of uncertainty and change for all of us and especially for our children. Where teachers' work relies on consistency, safe exploration and working together we are forced to adapt to and accept that tomorrow could look very different from today.

We accept the responsibility and challenge, wherever and however possible to maintain a positive and meaningful connection with students so that they can access an education that allows them to grow, learn, improve and make some sense of the world around them. However long this lasts, our schools will work within the guidelines and resources available to enable

this to happen. I ask that our community works with us to give children every chance to make the most of everyday.

We are guided by SA Health, local/federal government and the South Australian Department for Education and although we are aware that situations can, and have changed daily, we are committed to providing opportunities for children to access their education. We are also mindful that teachers are not immune to the stress and challenge that this type of situation brings and understand that we can see this reflected in teachers not being available for reasons that are affecting us all.

Our aim is that all classes and year levels can access learning activities, resources, assessment and feedback via a range of online platforms as communicated to you individual teachers and school to parent letters. For families without the internet or without access to a suitable digital device, paper based learning packs will be delivered to our families or available for pickup from our reception area. Many of our senior classes will use a range of interactive programs to deliver online lessons to students and we have begun working through this with teachers and students. At this stage there is no intention to close the school and our teachers are to be commended for their professional and committed approach to supporting students and our community in what are extreme and challenging times.

Parents are asked to make themselves aware of what learning platform, software or app their child's teacher is using and to contact the school if there are difficulties in accessing this from home. Finally we would like to reassure all in our community that we are doing everything we can to make our school and our real and virtual classrooms a place where students can not only access an education, but where conversation, connection and belonging can happen in a safe and supportive environment. Visit our school website (link) for more information

<http://web.paralowie.sa.edu.au/>

PETER MCKAY
PRINCIPAL

THE HEALTH, WELFARE AND SAFETY OF ALL STUDENTS AND STAFF IS PARAMOUNT. PLEASE FEEL FREE TO ACCESS MORE INFORMATION AT THE FOLLOWING SITES:

From the Department for Education - Frequently Asked Questions About COVID-19

Did you know we have a list of frequently asked questions on our website? The FAQs are specifically to help schools and preschools and parent/carers stay up-to-date with the latest COVID-19 information.

The website is being updated regularly as information comes to hand. You will also find useful links to the latest health information from SA Health.

FAQs for schools and preschools, and for parents/carers

Check our website regularly.

National Coronavirus Health Information Line on 1800 020 080 or visit:

<https://www.health.gov.au/resources/publications/coronavirus-s-covid-19-information-forschools-and-early-childhood-centres>

Up-to-date information from the **Department for Education:**

<https://www.education.sa.gov.au/>

Department for Home Affairs (translations of Coronavirus information)

<http://scoa.org.au/category/sector-collaboration/sector-updates/>



LETTER TO NEPALI PARENTS RE CORONA VIRUS

ARABIC LETTER RE CORONA VIRUS

R-6 NEWS

Dear Families,

As we begin a school break that is extremely different to one that we have ever experienced before, I wish you and your family quality time together. As each of you would be, I have been thinking about how to make this break an enjoyable one for my own children. The truth is, they are most happy when we have the time to enjoy activities together. I know we will be pulling old board games out of the cupboard, enjoying walks around our neighbourhood, cooking and spending time in the garden together. I have included this link, one of many lists from the internet that has fun and creative ideas for how this upcoming break can be spent. Hopefully this helps if you are looking for ideas.

This year Australians were first faced with the catastrophic bushfires and now with the ever-changing effects of COVID-19. Each of these will affect the wellbeing of individual students in varied ways. It is important that the adults around them observe them closely and support them to feel secure. It is also important for parents to continue to share concerns in regard to their child's emotional wellbeing.

- ***Encourage children to talk so that they can express their emotions and perhaps better understand what has/is happening. Emphasising that it is okay to be angry about what has/is happening is important.***
- ***Follow the leads of children. If they do not wish to talk then, above all, do not force discussion.***
- ***Be tolerant and allow extra time for tasks where necessary.***
- ***Provide opportunities for outdoor physical activity.***
- ***Check that children are drinking enough water and eating.***
- ***Answer questions honestly and share positive stories that have emerged.***
- ***Above all, try to be positive.***

Over the last month we have witnessed so many changes and we continue to be faced with uncertainty about many aspects of our home and school lives. Any families who have questions or require support please make contact at any stage during the break via email susie.searles657@schools.sa.edu.au.

Kind regards,

**SUSIE SEARLES
HEAD OF JUNIOR SCHOOL**

READING TIPS TO HELP FAMILIES AT HOME

Families play a key role in developing reading skills.

If your child is just beginning to read:

Practice the alphabet by pointing out letters wherever you see them and by reading alphabet books.

Practice the sounds of language. Read books with rhymes. Teach your child rhymes, short poems, and songs.

Point out the letter-sound relationships your child is learning on labels, boxes, and signs.

Listen to your child read words and books from school. Be patient and listen as your child practices. Let your child know you are proud of their reading.

If your child is reading:

Reread familiar books. Children need practice in reading comfortably and with expression using books they know.

Build reading accuracy. As your child is reading aloud, point out words they missed and help them read words correctly. If you stop to focus on a word, have your child reread the whole sentence to be sure they understand the meaning.

Building reading comprehension. Talk with your child about what they are reading. Ask about new words. Talk about what happened in a story. Ask about the characters, places, and events that took place. Encourage them to read on their own.

Make reading a part of every day

Share **conversations with your child over meal times and other times you are together.** Children learn words more easily when they hear them spoken often. Introduce new and interesting words at every opportunity.

Read together every day. Spend time talking about stories, pictures, and words.

Be your child's best advocate. Keep informed about your child's progress in reading and ask the teacher about ways you can help.

Be a reader and a writer. Children learn habits from the people around them.

Visit the library often. Story times, computers, homework help, and other exciting activities await the entire family.



MIDDLE SCHOOL NEWS

Hello everyone!

One thing that makes humans successful in our history and time on the planet is that we continue to learn. The most successful people in history remained curious and interested in the world around them when times were tough and there was

suffering and problems to be addressed. Vaccines needed to be developed, peaceful strategies to end conflict were required, engineering needed to be undertaken to rebuild cities and towns. In the same way, we are now faced with a similar, global crisis and humans need to work together and come up with a cure and ways to rebuild our society.

For that matter, learning needs to continue for our students in the Middle School at Paralowie School. All teachers are developing programs that will enable all students to continue learning no matter where they are. It is so important for families to create a home environment that supports learning and communicating with individual teachers and the school in general.

Internet connection is vital and having access to programs via Daymap or Teams will enable all students to have access to the learning programs that will provide learning content for continued skill development and assessment tasks. More information will be available through our website and please contact the school if there are any questions or issues that need to be addressed.

I am looking forward to reconnecting with all the students in the Middle School once this virus pandemic has reached a safe level. In the meantime, I also look forward to hearing from our teachers many success stories of innovative teaching and work being submitted by students at school or working from home.

BEN ABBOTT

SENIOR LEADER MIDDLE SCHOOL

TIRKANTHI NEWS

Naa marni! (Hello everyone!)

If any Aboriginal families require support to access school work while they are self-isolating from COVID-19, they can contact the Aboriginal Education Leader, Tom Putnam via 8182-7222 or Tom.Putnam354@schools.sa.edu.au. Tom can then get in contact with the relevant teacher to provide work to students / families. In addition, all students completing SACE subjects can contact the Aboriginal Education Team directly through the Microsoft Teams application 'Aboriginal SACE Students' to ask questions and receive additional support.

Kind regards,

DR TOM PUTNAM

**SENIOR LEADER: ABORIGINAL EDUCATION
PARALOWIE R-12 SCHOOL**

TERM 2 CALENDAR 2020

2020 Student Free Days and Closure Day

Each year schools are entitled to a number of student free days to allow staff to engage in professional learning activities as a collegial group. The Governing Council has endorsed the following dates:

Student free days:

Tuesday 19 May 2020

Friday 24 July 2020

Friday 28 August 2020

School closure day:

Monday 31 August 2020

There will not be any staff or services available on that day, as the school is closed.

WHEN WE RETURN TO OUR NORMAL SCHOOL ROUTINE

It is important to remember that both parents and the school have a shared responsibility to support children in achieving the very best from their education. A clear and consistent approach regarding how students attend their lessons is a great starting point every day. Although the list below may appear to be 'common sense' it is important that students are reminded to follow these everyday expectations;

- Turn up to school and attend every lesson in an organised manner
- Be in full school dress code
- Keep the mobile phone switched off and out of sight in all learning activities
- Only leave the class with specific teacher approval

On behalf of the staff of Paralowie R-12 School I would like to thank every parent for their understanding and supportive conversations with their children about following these simple rules to maximise their achievements.

PROTECTING YOUR CHILD ONLINE

For most of us, the Internet is part of our daily routine for keeping in touch with family and friends.

While it offers many benefits, there are also a range of safety and security risks associated with internet use. Being aware of the risks helps you make informed choices about its use.

Facebook users must be 13 years and older.

Instagram users must be 13 years and older.

Snapchat users must be 13 years and older.

Nine tips to staying safe

1. Talk with your family about good online safety.
2. Install up to date security software.
3. Turn on automatic updates on all your software.

4. Think carefully before you click on links and attachments, particularly on social networking sites.
5. Regularly check and adjust your privacy settings.
6. STOP and think before you post any photos or personal information about yourself, friends or family.
7. Report and talk to someone about anything online that makes you feel uncomfortable or threatened.
8. Use strong passwords; change these a couple of times a year and tell no one.
9. Regularly check with your children to know what sites they are accessing.

When an application is used incorrectly, it has the potential to cause harm. It is important that you openly communicate with your child about how they are using an app and the legal and ethical ramifications of inappropriate use. They also need to be aware of the dangers of communicating with people they don't know.

Another important fact to note is that evening screen time greatly affects sleep. Using devices before bedtime may cause grogginess in the morning.

Mobile phones, computers and TVs emit blue light. *Studies have shown that exposure to that bluish light during the **two hours** before bed can keep us from getting a good night's rest.* Therefore, it's important to ensure that your child's devices are securely turned off and out of reach, well before bedtime.

PARENTING HINTS

In each of our Newsletters, we will be publishing helpful hints for parents.

Decide What You Will Do

Decide what you will do, instead of engaging in power struggles

1. Plan what you will do and notify in advance:

"When the table is set I will serve dinner."

"I will help with homework on Tuesday and Thursday, but not last minute."

"When chores are done I will drive you to your friend's house."

2. Follow through on your plan with kindness and firmness.



Source :
Positive Discipline Book -
Dr. Jane Nelsen

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Validate Feelings

1. Allow children to have their feelings so they can learn they are capable of dealing with them.

2. Don't fix, rescue, or try to talk children out of their feelings.

3. Validate their feelings:

"I can see you are really (angry, upset, sad)."

4. Then keep your mouth shut and have faith in your children to work it through.



Source :
Positive Discipline Book - Dr. Jane Nelsen

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