
NEWSLETTER

Issue 4, Term 1, 2020

Murray Bridge North School

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PRINCIPAL REPORT.

What an extraordinary time this is! We have implemented a range of strategies to keep our school safe through the Coronavirus alert. We are preparing in case we are instructed to close and thank our families for their support of the school through this difficult time.

"Soap and Social" are our main strategies! Handwashing or sanitiser and social distance! Regular conversations with the Coronavirus hotline about particular details are also ensuring we're getting the best advice we can.

A number of activities have had to stop: Electives, Breakfast club, Karate in the gym, Tag on the oval, planned school photos postponed and any larger groups dispersed.

With the Prime Minister directing schools to remain open our teachers are continuing to plan and teach their classes. By Wednesday afternoon we'll have a range of apps ready to roll out to families to support learning if the school is closed. Whether at school or home our students' connection with their teacher and school is important and through the online apps teachers will keep in touch with their students and check in with them.



Upcoming Events

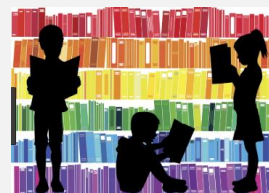
For more events see planner

9th April
Last Day of Term

10th April
Good Friday

Reading is our School Priority

Every child attending
North School is expected
to read aloud to an adult
every day.



Government
of South Australia

Department for Education

More important information

While teachers are currently preparing for their classes each day there is not time to prepare extra materials for students who have been kept home. Parents who have chosen to keep students home are asked to make sure their child has their log in for Mathletics and Reading Eggs. Ask your teacher if you don't have it. You can also refer to the Education department resources that were sent in the Coronavirus Update last Friday (20th of March)

Please continue to keep in touch with your children's teacher and maintain that connection so that when the crisis has passed we can rebuild quickly.

Thanks again for your support

James Parkin



Notes From North

School Times

Please be reminded that school is unsupervised before 8:30am. We ask that students do not arrive before this time.

Head Lice

Please remember to check your child's hair for headlice and treat them before sending them to school.

UNIFORM

Just a reminder of our school uniform policy. All students need to be in school uniform. Lost property is located in the bins near the library. Please name all items.

School Zones

Reminder It's 25km/h when children are present





As the number of coronavirus cases rise across Australia, the level of anxiety within the community is increasing.

Feelings of worry and unease can be expected following a stressful event, such as the recent declaration of a global pandemic, however, it is important that we learn to manage our stress before it turns to more severe anxiety and panic.

This information sheet outlines some useful strategies which can help both adults and children cope with the stress or anxiety experienced as a result of the coronavirus outbreak.

Learn the facts

Constant media coverage about the coronavirus can keep us in a heightened state of anxiety. Try to limit related media exposure and instead seek out factual information from reliable sources such as the Australian Government's [health alert](#) or other trusted organisations such as the [World Health Organization](#).

Keep things in perspective

When we are stressed, it is easy to see things as worse than they really are. Rather than imagining the worst-case scenario and worrying about it, ask yourself:

- *Am I getting ahead of myself, assuming something bad will happen when I really don't know the outcome?* Remind yourself that the actual number of confirmed cases of coronavirus in Australia is extremely low.
- *Am I overestimating how bad the consequences will be?* Remember, illness due to coronavirus infection is usually mild and most people recover without needing specialised treatment.
- *Am I underestimating my ability to cope?* Sometimes thinking about how you would cope, even if the worst were to happen, can help you put things into perspective.

Take reasonable precautions

Being proactive by following basic hygiene principles can keep your anxiety at bay. The World Health Organization recommends a number of protective measures against the coronavirus, including to:

- wash your hands frequently
- avoid touching your eyes, nose and mouth
- stay at home if you begin to feel unwell until you fully recover
- seek medical care early if you have a fever, cough or experience breathing difficulties.

Practise self-care

To help encourage a positive frame of mind, it is important to look after yourself. Everybody practises self-care differently with some examples including:

- maintaining good social connections and communicating openly with family and friends
- making time for activities and hobbies you enjoy
- keeping up a healthy lifestyle by eating a balanced diet, exercising regularly, getting quality sleep and avoiding the use of alcohol, tobacco and other drugs to cope with stress
- practising relaxation, meditation and mindfulness to give your body a chance to settle and readjust to a calm state.

Tips for talking with children about the coronavirus

Children will inevitably pick up on the concerns and anxiety of others, whether this be through listening and observing what is happening at home or at school. It is important that they can speak to you about their own concerns.

Answer their questions

Do not be afraid to talk about the coronavirus with children. Given the extensive media coverage and the increasing number of people wearing face masks in public, it is not surprising that some children are already aware of the virus.

Providing opportunities to answer their questions in an honest and age-appropriate way can help reduce any anxiety they may be experiencing. You can do this by:

- speaking to them about coronavirus in a calm manner
- asking them what they already know about the virus so you can clarify any misunderstandings they may have
- letting them know that it is normal to experience some anxiety when new and stressful situations arise
- giving them a sense of control by explaining what they can do to stay safe (e.g., wash their hands regularly, stay away from people who are coughing or sneezing)
- not overwhelming them with unnecessary information (e.g., death rates) as this can increase their anxiety
- reassure them that coronavirus is less common and severe in children compared to adults
- allowing regular contact (e.g., by phone) with people they may worry about, such as grandparents, to reassure them that they are okay.

Talk about how they are feeling

Explain to your child that it is normal to feel worried about getting sick. Listen to your child's concerns and reassure them that you are there to help them with whatever may arise in the future.

It is important to model calmness when discussing the coronavirus with children and not alarm them with any concerns you may have about it. Children will look to you for cues on how to manage their own worries so it is important to stay calm and manage your own anxieties before bringing up the subject with them and answering their questions.

Limit media exposure

It is important to monitor children's exposure to media reports about the coronavirus as frequent exposure can increase their level of fear and anxiety. Try to be with your child when they are watching, listening or reading the news so you are able to address any questions or concerns they may have.

Seek additional support when needed

If you feel that the stress or anxiety you or your child experience as a result of the coronavirus is impacting on everyday life, a psychologist may be able to help.

Psychologists are highly trained and qualified professionals, skilled in providing effective interventions for a range of mental health concerns, including stress. A psychologist can help you manage your stress and anxiety using techniques based on the best available research.

If you are referred to a psychologist by your GP, you might be eligible for a Medicare rebate. You may also be eligible to receive psychology services via telehealth so that you do not need to travel to see a psychologist. Ask your psychologist or GP for details.

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

- use the Australia-wide Find a Psychologist™ service. Go to findapsychologist.com.au or call 1800 333 497
- ask your GP or another health professional to refer you.

More information

Australian Government Department of Health

The Department of Health has developed a collection of resources for the general public, health professionals and industry about coronavirus (COVID-19), including translated resources.

<https://bit.ly/38OwHe>

Centers for Disease Control and Prevention

The Centers for Disease Control and Prevention provides reliable information about the coronavirus such as its symptoms, steps you can take to protect yourself, and what to do if you are affected.

<https://bit.ly/39MEml8>

World Health Organization

The World Health Organization provides information and guidance regarding the current outbreak of coronavirus disease.

<https://bit.ly/3cQUwCw>

The Australian Psychological Society Limited
PO Box 38, Flinders Lane, VIC, 8009
Telephone: (03) 8662 3300 or 1800 333 497
Fax: (03) 9663 6177
Email: membership@psychology.org.au
Web: psychology.org.au

Find us on social media   


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24/7 Mental Health Services

Beyond Blue

Anyone feeling anxious or depressed


 beyondblue.org.au

 1300 22 4636

Kids Helpline

Counselling for young people aged 5 to 25

 kidshelpline.com.au

 1800 55 1800

MensLine Australia


Men with emotional or relationship concerns

 mensline.org.au

 1300 78 99 78

Open Arms

Veterans and families counselling


 openarms.gov.au

 1800 011 046

Lifeline


Anyone having a personal crisis


 lifeline.org.au

 13 11 14

Suicide Call Back Service

Anyone thinking about suicide

 suicidecallbackservice.org.au

 1300 659 467



Is it an emergency?

If you or someone you know is at immediate risk of harm, call **triple zero (000)**



BEATING STRESS AND WORRIES

COVID-19 | A GUIDE FOR PARENTS & YOUNG PEOPLE

TIPS FOR YOUNG PEOPLE

TIPS FOR PARENTS



Spend less than **10 MINUTES A DAY** watching or listening to news about the virus.

1



Avoid listening to the news more than **1-2 TIMES A DAY** and reading out bad news from the internet/social media.



Ask a parent, teacher or trusted person if you have **QUESTIONS ABOUT THE VIRUS** and tell them if you are feeling scared or worried.

2

Answer your child's questions about the virus **BUT STICK TO THE FACTS** and use trusted sources like the WHO.



STAY CONNECTED to your friends but try to talk about things other than the virus.

3

Reassure your child and give **OPTIMISTIC AND CALM RESPONSES**. Focus on what they can do right now.



MAKE A LIST OF ACTIVITIES

that you can do with your family and friends – start a journal or blog, do a puzzle, e-visit the Louvre, train the dog.



4



GET CREATIVE

Set-up some simple and fun activities for at home or in non-crowded places.



WRITE A LIST AND DRAW

10 good things in your life and the world.

5

Help your child make a list of **10 GOOD THINGS** in their life and the world.



FIND A WAY TO RELAX

Spend 10 minutes breathing slowly and calmly. Imagine that you are in your favourite place for 5 minutes.



6

Try to stick to your regular **FAMILY ROUTINES** and avoid places that are high risk, or you are directed to.



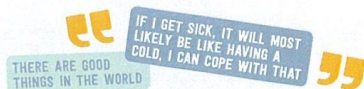
LISTEN TO MUSIC. Choose something that makes you feel good.

7

CHECK IN WITH FAMILY MEMBERS but try to talk about other issues and not just bad news and worries about the virus.



TELL YOURSELF POSITIVE THINGS



8

LEAD BY EXAMPLE. Stay calm yourself. Help your child by sharing your own coping skills. Give praise when they are coping and tell them what a great job they are doing.



For more information, visit brave-online.com

Dear Parents,

In these challenging times we believe it is critical that children continue to feel safe and connected while parents are provided with all the support they need. Our partner, **URSTRONG**, is helping us achieve this goal by providing parents with **free lifetime access to their URSTRONG Family membership**. **URSTRONG** provides a kid-friendly approach to friendship challenges and creates a common language to open up those lines of communication, helping you feel closer to your child while building trust. Your child will learn how to empower themselves to make healthier decisions in their friendships and put out *Friendship Fires*® (resolve conflict) in a respectful way. To access your complimentary membership, please visit <https://urstrong.com/shop/parent-membership/> and use the coupon code **URSTRONG**.

URSTRONG has also launched a virtual **URSTRONG Classroom** that will provide free friendship lessons directly to children. These classes will ensure that students stay connected to other children while providing parents and teachers with a well-deserved break. All of the classes can be found at <https://urstrong.com/events/> and below are some of the initial offerings:

- ***Friendship Mapping (March 25)*** **Outcome:** Students will identify various types of friendships, recognizing that every friendship is different.
- ***Friendship Goals (March 27)*** **Outcome:** Students will set a social-emotional goal for themselves focused on friendships
- ***We're all Potatoes at Heart (March 30)*** **Outcome:** Students will learn how, despite our differences, we are all the same at heart.
- ***Kind-on-Purpose (April 1)*** **Outcome:** Students will discover the importance of intentional acts of kindness.
- ***Forgiveness (April 3)*** **Outcome:** Students will explore the concept of forgiveness and how it helps us move forward in friendships.

As a school, we are committed to the social-emotional wellbeing of our students. We hope that you take advantage of these opportunities, as we know that relationships are the heart of wellbeing.

Thank you,
Amanda Rankine
Wellbeing Leader
Murray Bridge North School

MBNS 1

MBNS Term 1 Planner

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
1	27/1 Public Holiday	28/11 First Day of Term 1	29/1	30/1	31/1	1/2 - 2/2
2	3/2	4/2 Acquaintance Evening	5/2	6/2	7/2	8/2 - 9/2
3	10/2	11/2 Governing Council Meeting 6pm	12/2	13/2	14/2	15/2-16/2
4	17/2	18/2	19/2	20/2	21/2	22/2-23/2
5	24/2	25/2	26/2	27/2	28/2	29/2 - 1/3
6	2/3 Aquatics Year 7	3/3 Aquatics Year 7	4/3	5/3	6/3	7/3 - 8/3
7	9/3 PUBLIC HOLIDAY	10/3	11/3	12/3	13/3	14/3 -15/3
8	16/3	17/3	18/3	19/3	20/3	21/3-22/3
9	23/3	24/3	25/3	26/3	27/3	28/3-29/3
10	30/3	31/3	1/4	2/4	3/4	4/4-5/4
11	6/4	7/4	8/4	9/4 Last Day of Term Early Dismissal 2:10pm	10/4 Good Friday	11/4-12/4 Easter Break

Murray Bridge North School OSHC

Before School, After School and
Vacation Care Programs.

Catering for your needs on your local school site

Open daily 630am and close 6.30pm

This service will operate a 6am start if there is a demand. Please contact the service or school to register your interest.



Quality care, competitive prices,
fun activities, friends to be made, games, arts, crafts, good food and special events all in
a home like environment.

Contact OSHC 08 85310179 or 0417825455



To request an appointment online, go to:

www.sahealth.sa.gov.au/dentalappointment

For clinic locations, go to: www.sahealth.sa.gov.au/findyourclinic