
NEWSLETTER

Issue 6, Term 2, 2020

Murray Bridge North School

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PRINCIPAL REPORT.

Welcome back to all our students and families- whether at school or at home. And isn't it good to have the rain, our tanks, gardens and paddocks will be glad to have it. (Even if it means having to keep children in at recess and lunch time!)

We're really pleased to have children back at school. It's why we teach! The students too seemed happy and settled this week and have easily got back into their learning

In this Coronavirus time we know families are making the best decisions they can to keep their children and themselves safe so we will continue to support those decisions with our teaching and learning –whether at school or at home.

As of today we have about 380 students back at school and about 220 at home. We're all learning together; families at home and teachers at school- we've learnt a lot this week so many thanks to our families at home for your patience and feedback with the online learning.



Upcoming Events

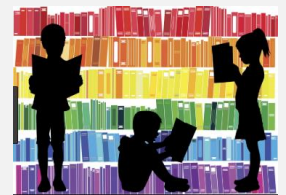
For more events see planner

27th April
First Day of Term2

3rd July
Last Day of Term2

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

The Education department has increased the cleaning at school so the desks, light switches, toilets and door handles are wiped every day, midday and evening.

It would be nice to think we're heading back to normality including normal school but at this stage we can't guarantee when that will occur. In the meantime the Health Authorities are saying school is a safe place to be so we'll make it as normal as possible.

When the Education department says that our departmental support services can return to school we will also allow NDIS providers to come back.

In the meantime thank you parents and carers for sticking to the social distancing and staying outside the school boundary keeping the number of adults on Site to a minimum.

And finally, we've had a good response to the posting of videos about attendance and online learning on our Facebook page. Please give us some feedback if you think they are a useful way to let you know what's going on.



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



Dear parents and caregivers,

We are definitely in uncharted waters at the moment aren't we? As we navigate this new way of living and doing everything we can to protect our students and you as our community's families, I wanted to encourage you to reach out. Although there is a limit to how much we can do, as a school that focuses on our student's well-being, please let us know if there's anything we can do to support you or your children through this time. Our well-being team has some resources and local services at hand ready if you're struggling or in need of some extra support.

For those self-isolating at home, I'm available by phone via the school number or my email holly.martin827@schools.sa.edu.au if you'd like some online resources for well-being, learning, health and encouragement. If you have Facebook, a fellow Pastoral Care Worker friend of mine has created a Facebook page with some resources, helpful articles and messages of encouragement. The page is called 'Journeying Together With Hope.'

I love the way our community has banded together to support each other and our local businesses, it is so special! Let's continue to work together, following the restrictions and guidelines to flatten the curve and support one another over the coming months, knowing that 'this shall pass.'

All the best,

Holly Martin

Pastoral Care Worker

Murray Bridge North School

Additionally, here's an article I found from Head to Health which has some great tips:

1. Get informed with the right information

We are 'hard-wired' to react to possible threats to ourselves, our families and our communities. These reactions can keep us safe from possible threats. But at times, our reactions may also be excessive and unhelpful, and may cause significant stress and worry. Relying on news from mainstream media or social media, which may sensationalise or exaggerate issues, can further increase our stress and anxiety.

One way to manage our reactions is to access the 'right information', that is, information we can trust. Consider only accessing trusted sources of information (e.g., ABC Radio, Australian Government Department of Health website, World Health Organisation website, etc).

2. Understand history

Events like infectious diseases often follow a predictable course. In the past 50 years there have been multiple national and international episodes of concern around conditions such as tuberculosis, SARS, Ebola, HIV, hepatitis, measles, to name a few. Initially, there is often skepticism, followed by attention, followed by panic, followed by reality, followed by a return to normality. Stock markets and supermarket shelves are good indicators of where we are in the course. Reminding yourself of these patterns can help you to understand the course and plan for the future.

3. Get organised

A good antidote to stress and worry is to get active and organised. If you are worried about something, then do something. Make plans and write your list of what you need to buy, organise, or set-up, and get on with doing it. Tick off each item and turn your 'To Do' list into a 'Ta-Da' list. Whenever you recognise you are getting stressed, ask yourself, 'What do I need to do to help manage this situation?' Remember that family or friends are also likely to be stressed and might need help getting organised. Talk with them about your plans, and if possible, help them to get organised.

4. Balance your thoughts

When we get stressed about our health or risks of infection our thoughts can become dark, brooding, and pessimistic. Thoughts like, "How will I cope if I get sick?", "I can't deal with this", are often triggered by stress, but they don't help us. Negative and dark brooding thoughts will stop you doing things that can help. Remember, our thoughts are not always true or helpful. Challenge your negative thoughts by asking yourself what a friend would say in the same situation, or ask yourself what evidence do you have that you 'won't cope or can't cope'? Whenever you recognise a negative thought balance it with a realistic thought.

5. Shut down the noise

Stress is infectious, and often unhelpful. People tend to talk about things they are worried about; this creates lots of 'noise', which can create even more stress. Give yourself permission to switch off 'noise' such as social media, news, or even radio for most of each day. Also give yourself permission to excuse yourself from people who are creating stress. Keep checking in to reliable news sources once or twice a day, but otherwise, turn down the 'noise'. Instead, replace it with things that can help you, including doing things you enjoy, listening to music, entertainment, games, or even meditation.

6. Remember who you are

Most people are good, kind, and sensible. They care for others and the environment and want to make the world a better place. These reflect important 'values'. Stressful times can make it challenging to act in the way that is aligned with our values. But, even when feeling stressed, remember who you are, and what you believe in. Remember to be gentle, kind, and respectful to yourself and to others; other people are probably as stressed and worried as you are. By reaching out and supporting others you will not only be helping them, but also doing something that will help you to feel good about yourself.

7. Keep healthy routines

We all have routines in our daily lives. For example, we tend to get up at a certain time, brush our teeth in a certain way, get ready for the day's activities, and follow many other routines until we go to sleep at night. Major events naturally create changes in routines, particularly if we can't do some of our usual activities. We know that our emotional health is strongly affected by regular routines; these routines not only help to get us organised, but give us a sense of achievement and accomplishment. Some of our routines involve other people, who also benefit from them, for example, family mealtimes or get-togethers with friends. Spend some time thinking about the routines that are important to you and those around you, and find clever and safe ways to keep up these routines or create new ones.

8. Stay engaged

Another key strategy for keeping good mental wellbeing is to stay connected and engaged with people and activities that are meaningful. Reflect on what these are for you and schedule time in your routine to keep doing them. You might have to modify how you stay connected, for example, using Skype or Facetime instead of face-to-face visits. Examples of how to stay engaged include speaking to family and loved ones, using online forums and chat groups, or calling people. Remember that people really appreciate engaging with others, even if this hasn't been planned.

9. Do the things that you enjoy and that are good for you

When we are stressed we tend to avoid doing things that we normally do, including things which are good for our mental health. We all have activities and hobbies which we enjoy and which give us pleasure. Even if we can't do those things in exactly the same way due to quarantine or isolation, it is essential that we make time and effort to do things that we find valuable and meaningful and fun. If possible, try and do these with others; many activities are more fun to do with company. Making a plan to do fun things regularly will give you something to look forward to, which is another key strategy for staying mentally healthy.

10. Keep looking forward

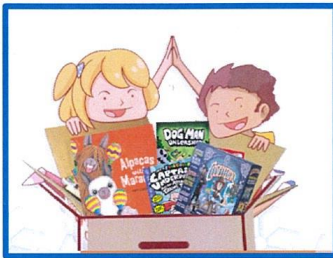
Remember the famous saying, 'this too shall pass'. It may not feel like it, but things will return to normal. In the meantime, it is important to have confidence that things will improve, that people will recover, and things will get back to normal. In addition to maintaining your long-term goals, also think about things that you will do each day and week, which you can and will enjoy. Again, try and bring others into your plans; they might also benefit from thinking about the future.

Article: <https://headtohealth.gov.au/covid-19-support>

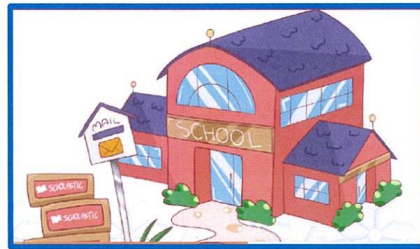


Welcome to

Book Club



**Hi to all
North
School
Parents!**



What's happening with Book Club in term 2...

Hi Everyone.

- We are continuing Book Club in term 2.
- The *catalogues for **Issue 3** are now available to you online: click on the *link
- We anticipate most children being back at school by the time the orders arrive. However, if students are home-schooling, parents will be notified by phone when their orders are available for collection.
- **If the Book Fair goes ahead, Issue 4 will be cancelled.**

Book Fair

The Book Fair is planned for week 9 term 2:

Tuesday 23-Friday 26th June. At this stage we are keeping this option open and will keep you informed closer to the date to confirm arrangements.

Thanks for making reading a priority for your children!

Beverley Sharrad Jones

Book Club LOOP

LOOP is the Scholastic Book Club
Linked Online Ordering & Payment platform.

It's easy to order and pay online for your child's Book Club order using your credit card. If your school is not yet in the **LOOP**, speak with your school's Book Club Organiser.

Head to [scholastic.com.au/LOOP](https://www.scholastic.com.au/LOOP)



Follow these **easy** steps!

1 Simply grab your child's Book Club catalogue and either **SIGN-IN** or **REGISTER** your account.

2 Add your child's first name and last initial (so the school knows who the book is for), then select your **SCHOOL** and your **CHILD'S CLASS**.
Note: You can order for multiple children at once if they attend the same school.

Looking for **MORE** product information? Additional content such as videos and downloads are available for select titles. Select your issue and enter the item number to view information on titles and some great resources, such as videos and reviews.



3 Click on **ORDER** and enter the item number from the Book Club catalogue.

4 All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child's classroom if you order by the close date.

That's it! There's no need to return paper order forms or payment receipt details to your school.

 SCHOLASTIC



MBNS Term 2 Planner

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
1	27/4 First Day of Term 2	28/4	29/4	30/4	1/5	2/5 - 3/5
2	4/5	5/5	6/5	7/5	8/5	9/5 - 10/5
3	11/5	12/5 Governing Council Meeting at 6pm	13/5	14/5	15/5	16/5-17/5
4	18/5	19/5	20/5	21/5	22/5	23/5-24/5
5	25/5	26/5	27/5	28/5	29/5	30/5 - 31/5
6	1/6	2/6	3/6	4/6	5/6	6/6 - 7/6
7	8/6 Queen's Birthday Public Holiday	9/6	10/6	11/6	12/6	13/6 -14/6
8	15/6	16/6	17/6	18/6	19/6	20/6-21/6
9	22/6	23/6	24/6	25/6	26/6	27/6-28/6
10	29/6	30/6	1/7	2/7	3/7 Last Day of Term Early Dismissal 2:10pm	4/7-5/7

SCHOOL SPORT SA AT HOME

During the break in school sport, School Sport SA will be conducting an initiative called 'School Sport SA at Home' aimed at continuing learning through sport, getting active and being positive. The initiative will include sport-based challenges and other opportunities for our school sport community such as resources, ideas and online courses, to help students stay sporty.

#schoolsportsaathome

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Let's stay sporty SA!



SCHOOL SPORT SA AT HOME

A major component of this initiative will be a series of sport-based challenges for students - with prizes (merch) being awarded at the conclusion of each competition. Keep an eye out for each challenge, with the first commencing Monday 6 April. Check our socials and stay tuned for more in the coming weeks...

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instagram schoolsportsaofficial

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Let's stay sporty SA!



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