

CARDIFF NORTH PUBLIC SCHOOL

A hidden treasure *where every student is known, valued and cared for*



BULLETIN

Ph: 4954 0404 Fax: 4956 5530 Email: cardiffnth-p.school@det.nsw.edu.au
Website: <https://.cardiffnth-p.schools.nsw.edu.au>

Term 3 Week 1

22nd July 2020

COMING EVENTS

Friday 24th July

Dance2bfit lessons begin

Friday 31st July

Semester 1 reports sent home

Principal's Message



WELCOME BACK

It has been lovely to see our students back at school this week, excited to see their friends and teachers and ready to learn.

It has been wonderful to speak with parents as they were out and about during the holidays and ask them how they and their families have been coping during these very challenging times. Thank you to the parents whom we spoke to throughout Term 2 also, for your honesty and candour in letting us know how the changes for our students and yourselves were affecting you all personally.

I would like to take this opportunity to let you all know that we, as a staff, are still here for you, even though adults on site are limited at this time. We are only a phone call away.

If there is something that you believe we can do to help your family, please let us know. We have connected many of our families with different services throughout the current situation and are happy to continue helping you all.

Navigating the coronavirus pandemic has taken its toll — in many and various ways — on families, teachers, principals and school communities across the state. It has not only been a time of extraordinary change to everyday life but also one of stress and anxiety, whether it is obvious or underlying.

Sadly, the renewed outbreak in Victoria has shown us we cannot be complacent; we are not out of the woods just yet.

Teachers have been at the forefront of ensuring our schools are safe places for children and they continue to provide a nourishing learning environment despite the disruptions and uncertainty we have all experienced. continued.....

Permission Notes Sent Home and Payments Due

Overdue

Dance2bfit \$36

Note overdue

Payment due today

Year 6 Shirt payment

Publishing Student Information Note

Sent home if student hadn't previously returned this note

First Aid Treatment Note

Sent home if student hadn't previously returned this note

TEACHING AND LEARNING FOCUS—Term 3

Social and Emotional Learning
Writing Process
Formative Assessment
Guided Reading
Number Sense

Principal's Message *continued*

At this stage, for the beginning of Term 3, the following procedures will need to remain in place to keep our school community as safe as possible;

- ◆ We will continue our Kiss and Drop procedures.
- ◆ Our staggered end of day finishing times will also remain in place.
- ◆ Only essential adults are to be on site.
- ◆ All adults are to ensure they are socially distancing in line with current health guidelines.
- ◆ We will continue to run our Assembly Awards in classrooms with support from our Parliamentarians.
- ◆ Our uniform shop is available for online ordering only.
- ◆ School banking will not resume at this stage.
- ◆ Our canteen will remain closed at this stage.
- ◆ No school excursions may recommence at this stage.
- ◆ Special Religious Education is on hold.

We will keep you informed of any other changes as they arise.

Stay safe and stay warm!

Allyson Corrigan

Principal
Cardiff North Public School
 A proud member of the Cardiff Community of Schools

Child Protection Lessons

K-6 teachers will be delivering the Department of Education's mandatory Child Protection Lessons this term as part of our personal development program. The purpose of the program is for children to develop skills which will support them to recognise and respond to unsafe situations.

This program will be taught in an age appropriate and sensitive manner. You will have already indicated whether or not you wish your child to participate in this program in the Term 1 consent form. If you wish to request to have your child removed from this program, please contact your child's class teacher.

New notes will be sent home today for families who have not returned their form. If you require further information about any aspect of the program, please do not hesitate to contact your child's teacher or a member of the executive. Classes for this program will begin next week, so please ensure if you are changing your decision around this program that you notify your child's teacher.

First Aid Treatment and Publishing Student Information Notes

Students who had not previously returned the above notes earlier in the year will be reissued with these notes this week. These notes are overdue. Please complete and return to the office.

The First Aid Treatment note provides permission for the school to use Savlon, Stingoes and Dettol when treating students for things like grazes, cuts, insect bites etc.

The Publishing Student Information note includes parent consent for publishing student information (including photos), online services and Child Protection (PDHPE) lessons as outlined above.



EVERY MINUTE COUNTS....

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...
10 minutes a day	50 minutes of learning each week	Nearly 1½ weeks per year	Nearly ½ a year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2½ weeks per year	Nearly a year of school
½ hour a day	½ a day of learning a week	4 weeks a year	Nearly 1 ½ years of learning
1 hour each day	1 whole day of learning each week	8 weeks per year or nearly a term a year.	Over 2 ½ years of learning

Your child's best learning time is at the beginning of the day...

Check the time your school starts. DON'T BE LATE!



Year 6 Shirts

Our Year 6 students are proudly wearing their new shirts. We think they look incredible!



Our wonderful students love being back at school

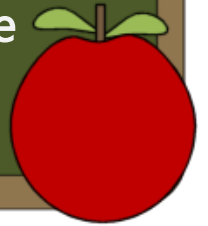




P&C NEWS



The Canteen
is currently closed.
We will let you know
when it will be
reopened.



P&C MEETINGS

Meetings are
POSTPONED
until further notice

Meetings can recommence in Term 3 via
ZOOM. Dates to be advised.

The Uniform Shop is now Online!

Go to <https://cnps-uniform-shop.square.site/>
to place an order using your credit card.



Orders will be sent home with students twice a week



This guide is for parents and carers

A guide to NSW school students returning to face-to-face learning

Information has been updated as at 11 June 2020, until further notice.



In line with health advice, schools are operating full time, and many additional activities are now able to recommence

All schools have returned to full-time on-campus learning. With updated health advice and changes to state and national restrictions, schools are able to recommence the majority of school-based activities from either 15 June 2020 or the start of Term 3 (20 July 2020). Some activities are continuing to be considered.

The following principles underpin these guidelines:

- schools continue to be safe and operations are in line with Australian Health Protection Principal Committee (AHPPC) and NSW Health guidelines
- existing infection control protocols at schools, and new health and safety measures put in place will help maintain the health and safety of students and staff
- all activities permitted at school are safe and appropriate in a living with COVID-19 environment.

School students do not need to follow strict adult physical distancing guidelines, but should follow good hygiene practices like:

- regularly washing hands
- avoiding sharing drinks or food
- coughing or sneezing into your elbow, or a tissue which should be discarded immediately
- filling water bottles from bubblers rather than using the bubbler directly.



School attendance

All students should be at school unless:

- they have a medical certificate which states that they are unable to return to school due to an ongoing medical condition and the expected timeframe
- they are currently unwell.



School activities/ school site usage

The majority of school-based activities can recommence, as long as the following measures are observed:

- all visitors and external to school providers must adhere to relevant hygiene, distancing and safety protocols
- principals may continue to restrict, limit or prohibit activities if they are seen as contrary to the current health advice
- external providers and visitors are required to demonstrate compliance with health and safety requirements including adhering to strict guidelines and completing relevant forms
- non-essential adults are still not permitted on school grounds or at school events – this **includes parents/carers** unless specifically approved by the principal.



Physical distancing

Physical distancing of children in schools is not required under the Australian HPPC guidelines. Research has shown limited transmission risk associated with school children in the school environment.

All adults must maintain physical distance from each other (1.5m) including teachers and support staff, and parents.

Schools should ensure school pick up and drop off arrangements enable parents to physically distance from one another and from staff.



School cleaning and hygiene supplies

Your school will continue to receive additional cleaning in line with the AHPPC guidelines and advice from NSW Health. Target areas include high-touch areas and other hard surfaces, door handles, lockers, light switches and handrails in stairways and movement areas. There will also be additional cleaning of toilets and bubblers and topping up of supplies like soap.

Your school has received supplies of soap, hand sanitiser, toilet paper, paper towels, disinfectant wipes and personal protective equipment. The school is able to order more as needed.



School activities return and timeline

Activities/site usage that can already take place:

- Use the school library
- Engage in non-contact sporting activities
- Canteens and uniform shops can open at principal's discretion
- Year 11 and 12 students only may attend classes/activities relating to subjects only available on other campuses is allowed

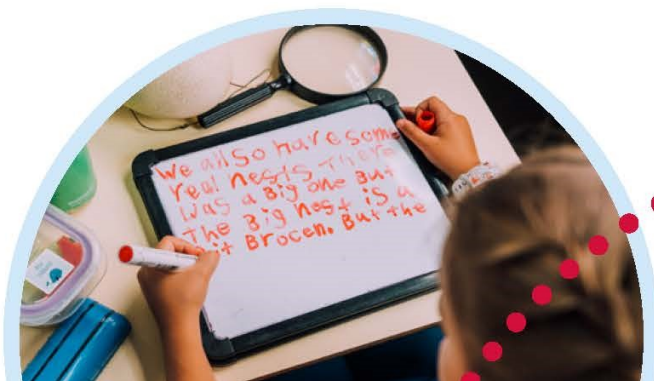
- VET work placement for Year 12 students is able to proceed from 1 June 2020. School based apprenticeships and traineeships can recommence once the relevant workplaces are back in operation
- Trade Training Centres can operate on school sites.

Activities/site usage that can take place from Monday 15 June 2020

- School assemblies (limited to 15 minutes and no external visitors)
- Choirs and performing arts at school, with safety protocols in place
- Students may attend other schools for essential curriculum related reasons or placements (e.g. auditions or placement tests)
- Hydrotherapy pools can be used
- Incursions/external providers can provide activities that support delivery of curriculum (e.g. music tutors, sport skills development programs, science demonstrations, drama tutors, Healthy Harold).
- Community use activities used by students such as dance classes, and student sport skills development, outside of school hours with limited adult attendance)
- Day field trips to outdoor locations with no physical distancing requirements can take place
- Face to face TAFE attendance (see TAFE website for further information)
- School photos
- Department of Community and Justice services and programs.

Activities/site usage that can take place from beginning of Term 3

- All school sport and activities including competitions aligned with current health advice (including those activities run by external organisations)



- Inter-school student events and competitions (choirs, sport, debating, public speaking, performing arts, Selective Sports High School trials etc)
- SRE/SEE lessons
- Work experience for students (with appropriate risk assessment)
- VET work placements can proceed subject to the availability of placement and appropriate risk assessments. For any that can't proceed, please see [the NESA website](#)
- School based apprenticeships and traineeships can recommence once the relevant workplaces are back in operation
- P&C meetings – with a strong preference for on-line where possible
- Parent/teacher meetings – where these need to take place – strong preference for on-line where possible unless involving serious matters that require face to face discussion
- Community use activities involving general adult attendance (such as community markets).

Activities under consideration from Term 3

The following events will be reconsidered in Term 3. For now these events must remain on hold.

- School camps
- Excursions (other than field trips explained above)
- Parent attendance at assemblies and other school events (e.g. graduation ceremonies or student speech events)
- Parent volunteers – e.g. parent reading helpers (note: canteen and uniform shop volunteers are permitted)
- Interstate excursions
- School based activities that involve large gathering of adults are not permitted at this time. These include parent/community gatherings such as parent functions, working bees, fundraisers, school BBQs, large parent information evenings, and large on-site cultural events. These large gatherings and the following activities will continue to be reviewed and assessed based on AHPPC and NSW Health advice and may be permitted at a later date.

Activities that are cancelled, delayed or not permitted

Certain large arts and sports events are cancelled or delayed because they require feeder activities and have long-lead time organisational arrangements. Please speak to your schools if you would like to know more.

International excursions are cancelled until further notice.

Reporting and assessment

You will receive your child's semester 1 report before the end of August (Week 6, Term 3).

This will be a simplified version of the report you normally receive. Schools are encouraged to discuss your child's progress with you before the written report is issued.

Responding to COVID-19 cases

There is a clear plan in place for schools to respond to any suspected or confirmed cases of COVID-19 in our schools. We are working closely with NSW Health and will communicate with parents if a situation arises. Find out more at the [response protocols page](#).

Transport

For travel advice to and from school refer to the NSW [public transport service](#).

INSIGHTS

When kids experience problems at school



Every parent wants the best for their children, and that includes wanting them to have great experiences at school. By and large, Australian schools deliver on that expectation. They are generally safe places for kids, staffed by hard-working teachers who have the best interests of their students at heart. Achievement, discipline and student wellbeing are high on the list of priorities for most teachers.

Nevertheless, despite the best teaching practices things do go wrong at school. Most kids experience learning difficulties from time to time. Conflict and peer rejection are a normal part of school life. The developmental nature of childhood means that there will always be some turbulence, particularly around key transition ages such as the start of adolescence. During these times young people frequently experience a dip in their learning as well as significant relationship difficulties. Kids will often come home from school with grievances, and call on their parents for assistance.

Your approach as a parent when your child has difficulty at school can make a huge difference to their resilience and to their future relationships with teachers and peers. This includes not only any advice you may give and the way you give it, but also the way you approach the school, if that becomes necessary. Unfortunately, anecdotal evidence suggests that there's been a significant increase in aggressive incidents at schools involving parents reacting to their children's grievances. This presents a danger to teachers, harms the all-important teacher-parent relationship, and sets a bad example to children about how to resolve differences.

Here's a seven point checklist to help you stay focused and be effective if your child experiences difficulty at school.

1. Be empathetic first

Kids, like adults, like to vent. They will often benefit simply from having told their side of a story to a trusted source. Often they just want their parents to understand what's happening, so your first response should be an empathetic one. That is, your child should feel you understand them and take them seriously. "That's awful. I'd be upset too if someone stole my lunch" is the sort of response kids want to hear when they are genuinely upset.

2. Stay calm and take your time

It's natural as a parent to want to protect or defend your children, particularly when you think that they've come in for some unfair or poor treatment. But acting when you are full of emotion is not always smart as emotions make us prone to over-reaction and jumping to all sorts of possibly incorrect conclusions.

Rather than getting on the phone straight away to organise a meeting at school, take your time to think through how you might assist your child. Time generally provides greater perspective, which will likely lead to a better response from you.

parenting *ideas

3. Get the all facts

Getting the facts about the situation can be really tricky. Kids are faulty observers and often only see one side of a story when there's a problem with a teacher or a fellow student. They sometimes can't see that perhaps they may have contributed inadvertently to a dispute at school, or perhaps said something that may have upset a teacher. It's your job to help your child or young person process what happened in an incident, so that all the facts emerge and you can fully understand their place in any problem. Keep asking questions to enable the complete story to unfold.



4. Assess whether to go to school or not

Often problems can be dealt with at home, simply by talking through an issue and giving kids some common sense tips to help them cope. However, if your child has a recurring problem that he can't solve himself, or you think adult intervention may be needed to sort out a relationship issue with a teacher or peer, then consider meeting with your child's teacher or year-level coordinator.

5. Use the right channels if you take the issue to school

Approach the school calmly, going through the school office or directly to your child's teacher if that is the usual protocol. If you have already established a relationship with the teacher concerned, then it's often easier to approach them directly.

6. Look for solutions rather than blame

Parent-teacher meetings usually get nowhere when either party blames the other. State the problem as you see it and view your child's teacher as an ally, not a foe. "I'm really worried about Jeremy. He's been acting strangely lately and I need some help" is the type of approach that will elicit a helpful response. Talk about your concerns and keep the discussion focused firmly on what's best for your child. Listen to your teacher's viewpoint, valuing a different perspective.

7. Stay in touch

Be realistic with your expectations, remembering that some problems can't be solved to your satisfaction, nor will they be resolved straight away. Be prepared to work alongside your child's teacher over the long-term, which means maintaining communication with each other.

Parenting is easy when things are going well, but testing when your children struggle or experience difficulty. Stepping back and taking a long-term, reflective view is often the best approach when your child experiences difficulty at school.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.



CARDIFF NORTH PUBLIC SCHOOL PUGGLES PROGRAM



Enrol Now for Kindergarten 2021



please call the school on
4954 0404 to register.



if you know of any local families with children
due to start kindergarten next year, please ask
them to call the school.

CARDIFF NORTH PUBLIC SCHOOL

Wansbeck Valley Road Cardiff NSW 2285

Phone: 4954 0404

Website: <https://cardiffnth-p.schools.nsw.gov.au/>

Email: cardiffnth-p.schooledet.nsw.edu.au

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