

Tottenham Central School

ENCOURAGING ALL IN THE AIM TO BETTER OUR BEST



Principal: Amanda Thorpe

Week 11, Term 1
Thursday, 9 April 2020

Principal's message

ANZAC Day

ANZAC Day 2020 will be very different to anything we have experienced before. We won't be gathering together to honour our servicemen and women, but we can be creative and acknowledge their sacrifices from our own homes. We have compiled a list of ideas in our newsletter.

Cooler Classrooms

Last week, I met with the successful tender for our Cooler Classrooms project. They will also be completing the upgrade at Narromine HS. The expected completion date is September 6th. The contractors informed me that wherever possible, they will be employing local trades and labourers to work on our installation.

Shade Shelters

The design for our two shade shelters over the fixed equipment is complete and our development application has been lodged with council. Once the DA is successful, work will commence on construction ASAP.

Flexible Working Arrangement

Next term, in an effort to reduce the number of people at our school and potential exposure to COVID-19, we will continue a flexible working arrangement for staff. Each day, only two teachers will be rostered to supervise those students in attendance. One member of our support staff will be in the office each day. The remainder of the staff may be working from home, preparing lessons, marking student work and providing feedback, programming and other such tasks. Teachers will continue to communicate with each other around their teaching and learning, as well as the wellbeing of their students and other staff.

Despite working from home, teachers will still be available to assist you if required. They are only an email away! Each teacher will be calling everyone at various stages of the week.

When will schools resume normal operations?

Learning from home will continue into Term 2. A decision about when schools will return to normal operations will be made in line with the latest advice from Government and we will keep the community informed.

Holidays

Happy Easter to everyone. We have all worked very hard in the last few weeks and I congratulate all staff, students and parents for your effort and flexibility. Everyone deserves a break and I expect you (staff included) to relax, unwind and detach from school and learning from home.

School will resume for staff on Monday, April 27th. Students and parents will resume school on Tuesday April 28th.

Amanda Thorpe, Principal

School news

New public facing page regarding COVID 19

The Department has a new public-facing COVID-19 page which includes FAQs, information about learning from home, and updates on non-operational schools. Please visit the site:

<https://education.nsw.gov.au/covid-19>

Digital Citizenship - Searching and sorting information effectively

Especially during this period of 'learning from home', parents are encouraged to visit the following link

<https://www.digitalcitizenship.nsw.edu.au/articles/searching-and-sorting-information-effectively>

Learning from home



Ways to celebrate Anzac Day at home

Type 'online Anzac stories' into Google search engine. You'll find lots of YouTube videos and other interesting links.

- Read a kids book about Anzac Day
- Listen to an Anzac story
- Visit a Anzac memorial – virtually
- Make Anzac biscuits - recipe on right
- Download an ebook
- Make Anzac day craft
 - A few ideas :
 - Poppy Craft
 - Paper Plate Poppy
 - Egg Carton Poppy Wreath
 - Cupcake Liner Wreath
 - Rosemary Wreath
- Research a relative
- Visit Gallipoli –virtually
- Read the plaque at Anzac Cove
- Place a drawing or poppy in your window
- Watch or hold your own dawn service at home



EASY ANZAC BISCUITS

Ingredients

2 cups rolled oats
2 cups plain flour
2 cups coconut
1 1/2 cups sugar
250 g butter
4 tbs golden syrup
1 tsp bicarbonate of soda
2 tbs boiling water

Method

- 1) Turn oven to 160°C. Lightly grease oven trays.
- 2) Place oats, flour, coconut, sugar in big mixing bowl.
- 3) Melt butter and golden syrup in saucepan. Take off heat.
- 4) Mix baking soda and boiling water in a cup. Add to melted butter mixture in the pan. Quickly add to big mixing bowl. Mix well.
- 5) Roll tablespoonfuls of the mixture into balls. Place on trays 5cm apart. Press lightly with fork.
- 6) Bake for 20 minutes.

Learning from home

From the Office of the eSafety Commissioner

Are your kids using the following apps to stay connected with friends during the #Corona19AU shutdown?

- 📱 Houseparty <https://bit.ly/3drMHDk>
- 📱 FaceTime <https://bit.ly/2WExGrQ>
- 📱 Hoop <https://bit.ly/2UQMfGI>
- 📱 Messenger <https://bit.ly/33HCfDe>
- 📱 Skype <https://bit.ly/2UwUEQb>
- 📱 TikTok <https://bit.ly/3bEOPpz>
- 📱 Zoom <https://bit.ly/2UOJYLO>
- 📱 YouTube <https://bit.ly/2UPW7Ad>
- 📱 Instagram <https://bit.ly/2R0zszT>

Learn how to protect their information and report inappropriate content or conduct with The eSafety Guide <https://bit.ly/2xZAOnU>



Attenborough family



Activities from the Sydney Royal Easter Show

Don't forget to check out a range of creative hands-on activities for kids of all ages (even mum and dad!) can enjoy at home, while still learning about agriculture like this fruity word scramble. 🌱

From creating chocolate slime to reusable wax food wraps these at-home activities are the perfect way to keep your little one busy. **PLUS**, there are 5x family passes available to the 2021 Show - all you have to do is share your daily 'RAS Jnr' project by tagging the Sydney Royal Easter Show. Discover all the education resources available by visiting <https://fal.cn/37rMb> #myeastershow #RASEDU

WORD SCRAMBLE

Can you unscramble the names of these fruits?

rtwsearbry _____

epalp _____

omgna _____

mlpu _____

ritcapo _____

lertnowaem _____

argnoe _____



Chase family - Sport at home
Red light, green light. Even the dog joined in.

PRIMARY STUDENTS

HI THERE STUDENTS!

Wow, there have been some big changes lately! You're now learning from home and might be missing your school and your teachers! Don't worry, we are missing you too! When big changes happen, people can sometimes feel big emotions! It's important to understand how you feel so you can take better care of yourself. Talking to a trusted person about your feelings is a good way to start feeling better!

HOW ARE YOU FEELING?



School has changed suddenly for you and it is normal to have lots of different feelings during this time. **Which character do you feel like today?** (You may feel like more than one or none at all!)

WHERE CAN YOU AND YOUR PARENT/CARER GO FOR HELP?

FREE APPS



Smiling Mind
Meditation and mindfulness app for children and young people!



Child 360
An app for parents to support their child's social and emotional wellbeing.

1800 55 1800
<https://kidshelpline.com.au>
A free and private counselling service for KIDS aged 5+

ONLINE SUPPORT

Emerging Minds.

<https://emergingminds.com.au/>
Resources and information for parents about child wellbeing.

Small Steps

Strategies to Support Anxious Children

<https://wayahead.org.au/>
Anxiety awareness guide for strategies to support children.

ParentLine

1300 1300 52 Telephone counselling for parents of children aged 0 to 18.

CAN YOU STILL SPEAK WITH A SCHOOL COUNSELLOR?

You sure can! Whilst we can't see you in person at the moment, the school counselling service can provide 'tele-school counselling' (over the phone and video-conferencing). Your teachers are busy calling home to see how you are going with your learning. If you would like to speak with a school counsellor, **please let your parent/carer know** and they can contact your school to organise!

THERE ARE LOTS OF WAYS YOU CAN HELP YOURSELF TOO!

IDEAS FOR FEELING BETTER WHEN ANXIETY GETS ME DOWN



TAKING CARE OF YOURSELF IS IMPORTANT... AND SO IS WASHING YOUR HANDS

Easter Hat Parade



There's a couple of interlopers in our newsletter parade but hopefully no one will mind. Might give you all a giggle. Can anyone guess who the former student is showing off his Easter Hat??



Please stay safe and enjoy your break at home

Calendar 2020

| | | | | | |
|----------------------|---|-----------------------------------|----|---|---|
| WEEK 11 | 6 State PSSA Swimming - cancelled | 7 Year 12 PI day - cancelled | 8 | 9 Easter Hat Day (please send in photos before 10am) | 10 GOOD FRIDAY |
| WEEK 1 TERM 2 | 27 April Staff Development Day (SDD) | 28 Students anticipated return | 29 | 30 | 1 May Cross country - cancelled |
| WEEK 2 | 4 | 5 | 6 | 7 | 8 Athletics carnival - cancelled |
| WEEK 3 | 11 | 12 | 13 | 14 | 15 |
| WEEK 4 | 18 | 19 | 20 | 21 | 22 |

Aurora College

The virtual school for rural and remote students

Aurora College is NSW's virtual school, offering a mix of online and residential school classes for high potential and gifted students in rural and remote government schools.

The school provides innovative, flexible learning in a whole new context, by allowing students to connect locally and to learn globally. Students connect with their teachers and classmates in timetabled lessons using cutting-edge technologies in a virtual learning environment.

Aurora currently offers selective classes in English, mathematics and science to Year 7-10 students and also gives Year 11 and 12 students the opportunity to study subjects not available in their own school.

In 2021, Aurora College will have an Opportunity Class for Year 5 students enrolled in rural and remote government primary schools. Students will study the content of the Mathematics and Science and Technology syllabuses, with a focus on STEM.



Application for entry into Year 5 in 2021:
Opens 28 April 2020
Closes 15 May 2020

For further information on how to enrol:
<http://www.aurora.nsw.edu.au/learn/enrol/>

www.aurora.nsw.edu.au | or phone 1300 287 629

Secondary news

The Stage 4 Music class has embraced learning the guitar this term. Students who do not have their own guitar have been able to borrow a guitar from school to continue their learning enjoyment at home. This group are also avid singers and have become very good at singing in rounds!!



The Stage 4 English class has been studying different forms of advertising, as well as film techniques used by advertisers and filmmakers. They have used iPads and superhero figurines to produce their own short film demonstrating and describing the different techniques and their effects on the audience.



During Term 1, the Stage 5 English class has been exploring non-fiction texts, with a focus on documentaries. They have studied the controversial Japanese dolphin slaughter documentary called "The Cove" and worked on creating their own documentaries for their assessment task. The students also had fun inventing their own unique animal and using the school grounds to film and record themselves in a David Attenborough-style documentary.

Our Stage 6 students have continued working hard despite the recent changes to learning and now working from home. Right is a picture of Michelle submitting an oral speaking task through a PowerPoint presentation on Google Classroom. The wonders of technology!



SECONDARY STUDENTS

HI THERE! HOW ARE YOU?

Wow, the world sure has had some big changes lately and you may have found yourself stuck at home more than you would have liked to be...or not. Take this time to ask yourself, how are you feeling about all these changes? **Maintaining good mental health** is more important than ever during these uncertain times but thankfully there is plenty of help out there and ways you can help yourself too!

ONLINE SUPPORT AND RESOURCES



Reach Out

A website for young people and adults full of resources for all topics!

<https://au.reachout.com/>



Youth Beyond Blue

Information and support for youth
<https://www.youthbeyondblue.com>

Kids Helpline - 1800 55 1800
<https://kidshelpline.com.au/teens>



Headspace & e-headspace

Young people can connect with a professional over the phone or online. Supportive group chats are also available.

<https://headspace.org.au/>

FREE APPS!



Smiling Mind

Meditation and mindfulness app for children, youth, and adults.



ReachOut Breathe

Helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and heart rate.



What's Up?

An app to help you cope with anxiety, stress and feelings of depression.



The Check-in

An app to take the fear out of talking with a friend who might be struggling.



i Bobby

Social and emotional wellbeing self-help app tailored to ATSI young people (15+ years).



Calm Harm

Provides tasks that help young people resist or manage the urge to self-harm.

CAN I STILL SPEAK WITH A SCHOOL COUNSELLOR?

You sure can, it'll just work a bit differently for the time being! Whilst we can't see you in person at the moment, the school counselling service can provide 'tele-school counselling' (telephone and videoconferencing). Teachers are busy calling students so if you would like to get in contact with the school counselling service, **please let your teacher know over the phone**. You can also contact your school to request a call from a school counsellor on a preferred phone number you provide!

LOOKING AFTER YOURSELF IS IMPORTANT...and so is washing your hands.

IDEAS FOR FEELING BETTER WHEN ANXIETY GETS ME DOWN



IF YOURSELF OR SOMEONE YOU KNOW IS IN CRISIS PLEASE CALL LIFELINE ON 13 11 14 OR DIAL 000 IF AN EMER-

Secondary news

Secondary submission of work

Today all assessment tasks were due for Stage 4 and 5 for this term. If your child has not submitted their assessment tasks yet could you please ask them to contact their teacher about this to make arrangements for submission of tasks. Any assessment tasks that are due early next term, and were set at the start of Term 1, will still need to be submitted. Learning tasks will be set for the remainder of Term 2. These learning tasks will also need to be submitted to teachers so feedback can be provided to the students and used for reports. Please do not hesitate to contact your child's teacher to discuss any issues with assessment or learning tasks.

Thank you to all students and families for working with us through this period. Enjoy your holiday!

Secondary Assessment Schedule

| Week due | Stage 4 | Stage 5 | Stage 6 |
|-------------------|---|---|--------------------------------|
| Term 1 Week 11 | All assessment tasks to be submitted by today, Thursday 9th April | All assessment tasks to be submitted by today, Thursday 9th April | Year 11 – N/A Year 12 – N/A |
| Term 2 Week 1 | | | Year 11 – N/A Year 12 – N/A |

Other news

Tottenham Penpals

We are working on a local project to connect our community through letters during this time.

Letter writing has many benefits for both children and adults and is a wonderful way to keep our community connected when we can't be out and about.

We have been talking with the COVID-19 hotline, our local health services, post office and welfare council about how we will safely receive and deliver these letters.

If you would like to be a part of this project, please email penpals2873@gmail.com with your name and address for more information.

Sally Fitzalan



Message from Commonwealth Bank

The health, safety and wellbeing of our communities and our people remains our highest priority. Due to the ongoing uncertainty surrounding coronavirus, the School Banking program will remain on hold. We will continue to monitor the situation and keep you informed with any updates including how we will be managing Dollarmite tokens for students.

In the meantime, here are some handy online resources for parents who wish to maintain momentum with their child's financial education:

[Start Smart](#): these resources have been created to improve children's money management skills, and is aligned to the Australian Curriculum and the National Consumer Financial Literacy Framework.

[The Beanstalk](#): offers videos and fun activities for children to learn about money.



Other news

2 April 2020
 Mayor: Councillor John Medcalf OAM
 General Manager: Greg Tory



FOR IMMEDIATE RELEASE

MEDIA RELEASE

FREE CHILD CARE

The Federal Government has just announced that around one million families will receive free child care during the coronavirus pandemic.

This is planned to help deliver financial relief to workers and help the early childhood education and care sector make it through to the other side of this crisis.

Under the plan, the Government will support child care services by paying 50 per cent of fee revenue child care facilities up to the existing hourly rate cap.

This will be based on the time before parents started withdrawing their children in large numbers, but only so long as services remain open and do not charge families for care.

The funding will apply from 6 April based on the number of children who were in care during the fortnight leading into 2 March, regardless of whether or not they are attending services.

The new system will see payments to services start flowing at the end of next week. The system will be reviewed after one month, with an extension to be considered after three months. The payments will be paid in lieu of the current Child Care (CCS) and Additional Child Care Subsidy payments.

Prime Minister Scott Morrison said the plan supports families while also ensuring as many of the sector's 13,000 child care and early learning services as possible could keep their doors open for workers and vulnerable families who need those services.

"Relief is on its way for around a million Australian families and thousands of early learning educators and carers," the Prime Minister said.

"These services are vital for so many parents so they can provide for their family, and children need as much familiarity and continuity as we can help provide at this unsettling time. Priority will be given to working parents, vulnerable and disadvantaged children that need early education more than ever and parents with pre-existing enrolments.

| | | |
|--|---|--|
| Summary: | | |
| Authorised By: GREG TORY General Manager | Contact: Lachlan Shire Council Ph: (02) 6895 1900 | |
| Distribution: Local Media, Council Website, Council Face book page. | | |

Lachlan Shire Council | 58 – 64 Molong Street | Po Box 216 | CONDOBOLIN NSW 2877 | Ph:(61) 02 6895 1900 | Fax:(61) 02 6895 3478 | Email: council@lachlan.nsw.gov.au | Website: www.lachlan.nsw.gov.au



In response to the Coronavirus pandemic, Gamarada Universal Indigenous Resources (GUIR) will be collaborating with the Australian Institute for Human Wellness (AIHW) to provide culturally safe **online psychological therapy**.

Sessions will be run by experienced clinical psychologists and are **BULK BILLED**. You are eligible for up to 10 sessions bulk billed.

Sessions are via **video consultation or phone**, and clients can access our service from anywhere in Australia.

We specialise in working with and supporting **First Nations Australians**.

You will need a **referral and Mental Health Care Plan** from your GP to access bulk billed sessions.

To book an appointment:
 call 0403 972 713 | email: info@ausihw.com.au



www.ausihw.com.au
info@ausihw.com.au
www.guir.com.au
ken@guir.com.au



Contact us

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Tottenham Central School

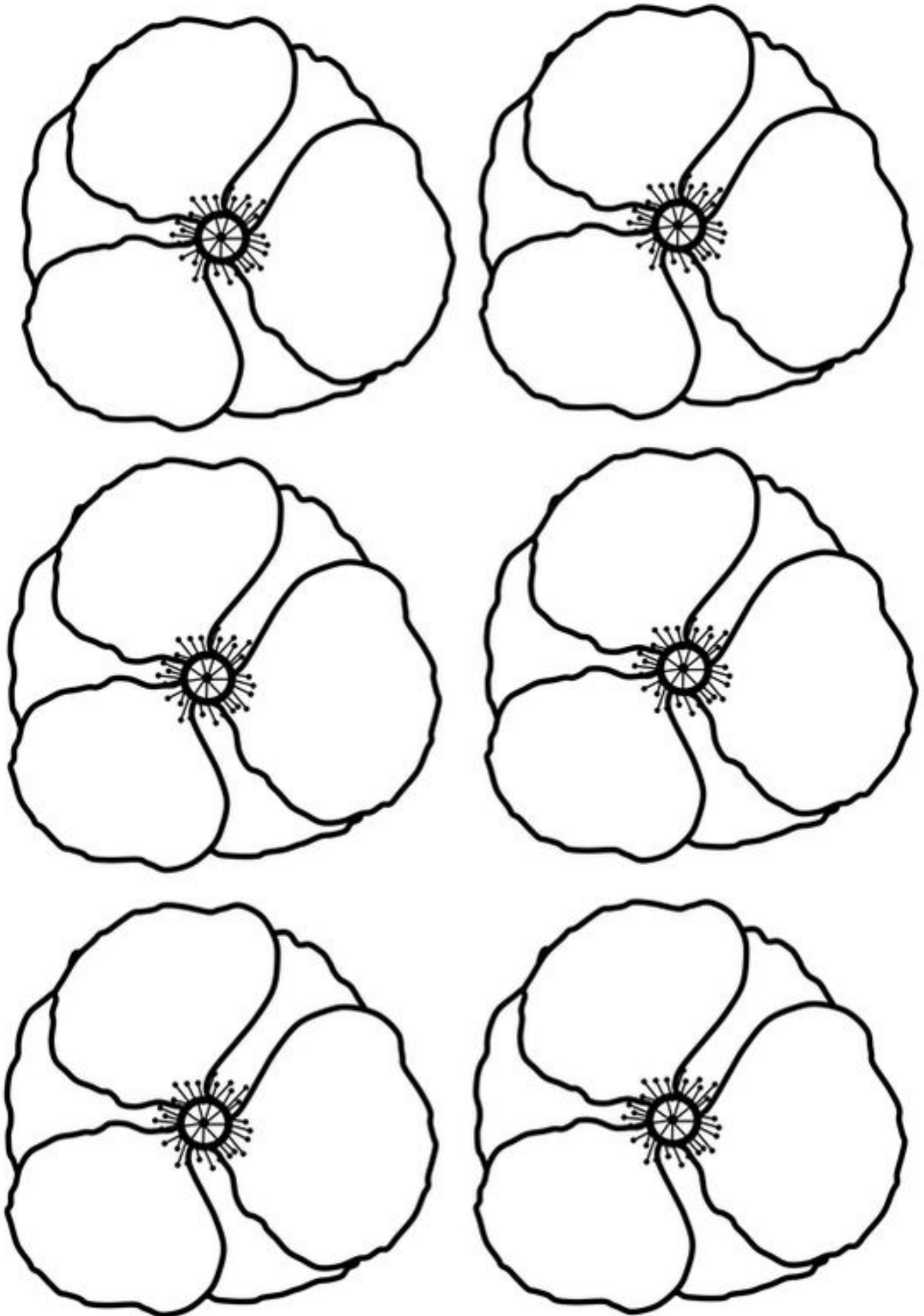


Your say

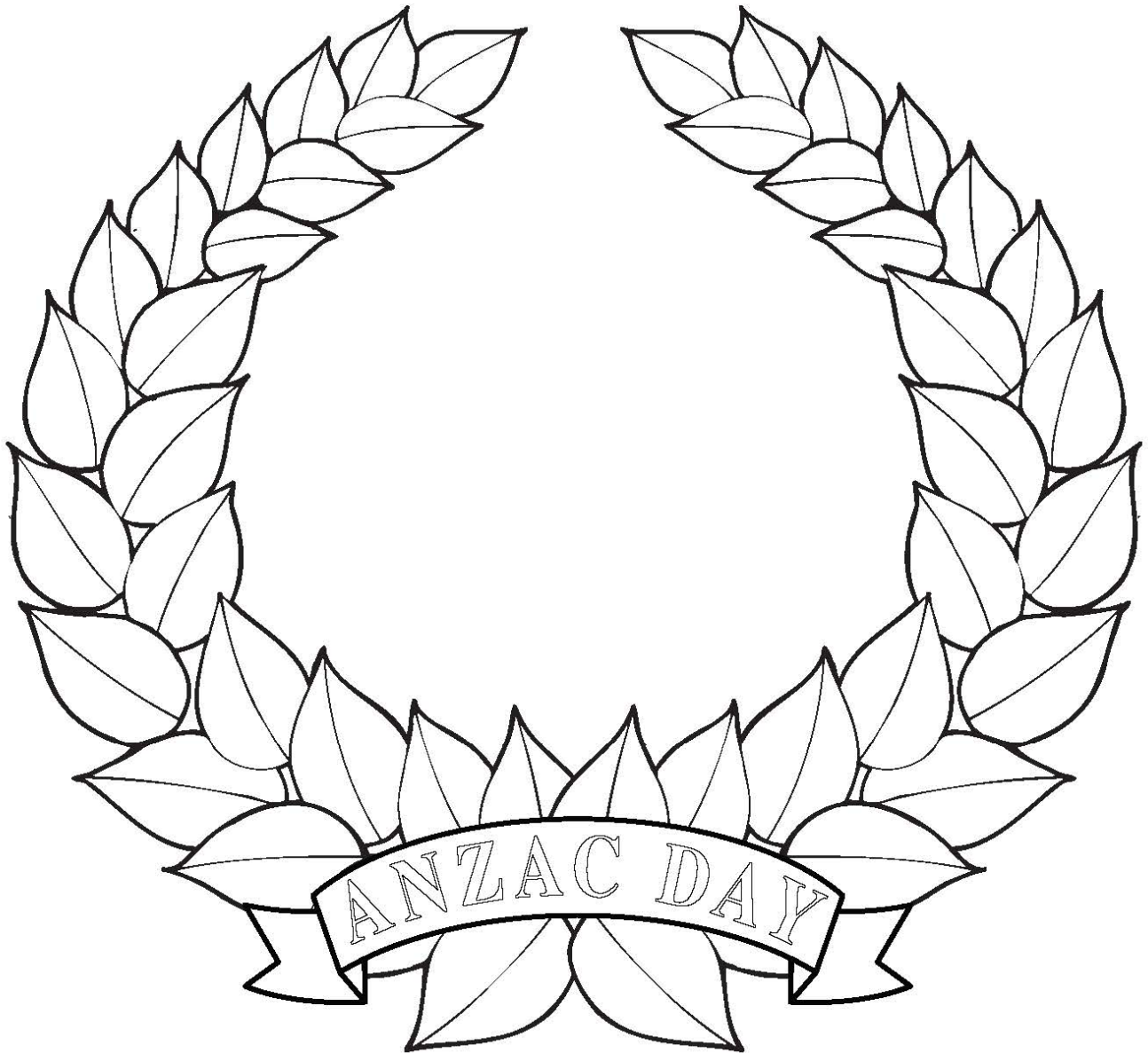
You are encouraged to use this space to give us any feedback on things which you feel you need to: congratulate a student, teacher or parent, let us know what you think of the newsletter format, make a suggestion or request.

Signed: _____

We would like to pay our respects and acknowledge the traditional custodians of the land and also pay respect to Elders both past and present.



WE REMEMBER



1. Colour the leaves green.
2. Colour the poppies bright red.
3. Cut out the poppies and glue them onto the Anzac wreath.

