



| TO OUR N.P.S. STUDENTS |
WE APPLAUD YOU!

Everyone is applauding everyone...but not always our children. These little heroes have stayed indoors more than they've ever known.

Their world has been turned upside down and they don't know why. All these rules that they've never known. Not being able to see family or give hugs.

Vacations, family BBQ's and birthday parties, sports and activities, play dates and school cancelled.

Adults talking about others becoming unwell, news reporting death after death. Our children's minds must be racing.

Every day their resilient little bodies get up and carry on despite all that's going on.

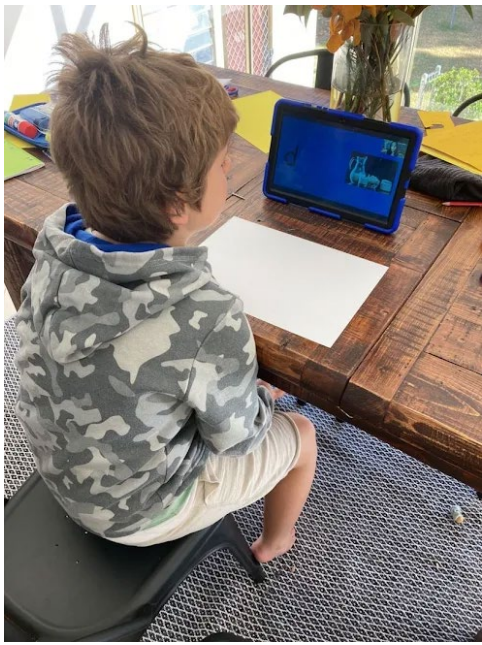
SO HERE'S TO OUR LITTLE HEROES!

TODAY | TOMORROW | FOREVER





NORTHMEAD NEWSBREAK



*Hello Everyone! Stay at home and sanitize!
o(n_n)o*



AT A GLANCE!

**2021 DATES
TERM 3 / TERM 4**

FORWARD PLANNING

**COVID-19
RESTRICTIONS
ALLOWING**

- ☞ **Olympics Day**
Monday 23 August
postponed
- ☞ **Stage 2 Narrabeen**
Excursion
Term 3 – 25-27 August
postponed
- ☞ **Kindergarten**
ZOO Excursion
Monday 30 August
postponed
- ☞ **Public Holiday**
Monday 4 October
- ☞ **TERM 4 COMMENCES**
Tuesday 5 October
Staff and Students
- ☞ **SCHOOL PHOTOS 1**
Classes
Tuesday 12 October
- ☞ **SCHOOL PHOTOS 2**
Sport/Extra Curricular
Tuesday 2 November

 Thought for the Week

A book is a magical thing that lets you travel to far-away places without ever leaving your chair.

Katrina Mayer



Dear Northmead P.S. Community:

Thank you to all our families who are continuing to demonstrate such resilience and support with Learning from Home (LFH) whether on-line, through the learning packs delivered by Mrs Carmichael and also thank you to our essential workers who are keeping our suburbs and the state functioning through this very challenging time and quite frankly, frightening daily increase in positive cases of COVID-19 including 627 on 18 August.

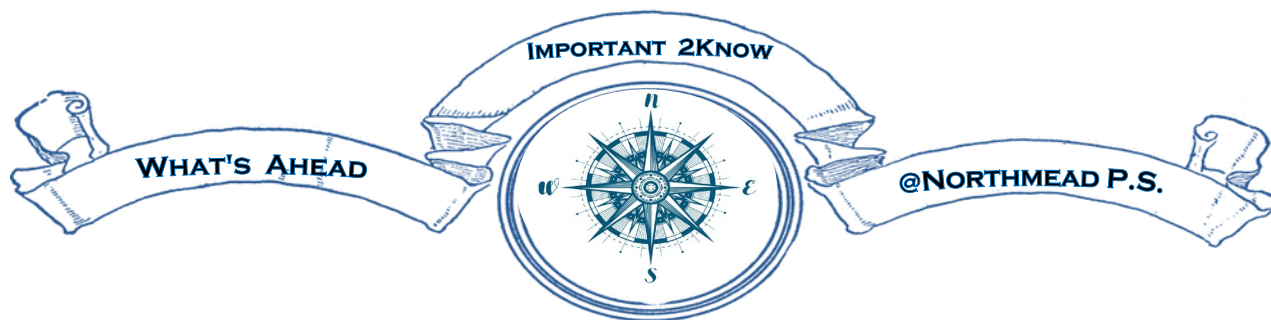
We urge all our families to please keep aware of suburbs/locations where people have been infectious in the community, which can be found on the Health NSW website: [Latest COVID-19 case locations and alerts in NSW - COVID-19 \(Coronavirus\)](#). This includes shops in suburbs **very near our school location** such as Greystanes, Kellyville, Pendle Hill, Seven Hills, Stanhope Gardens, Toongabbie and Wentworthville. The NSW Health advice is to **stay at home and do not visit friends and families in another household location**.

The executive team meet via ZOOM every Tuesday with this week's meeting lasting over two hours. We discuss each Stage, how students are coping with learning and/or wellbeing and any issues that may need follow-up by our Learning Success Team. We adjust our future planning in relation to our discussions and decisions. The Learning Success and EAL/D teams also meet every week via ZOOM to discuss individual needs of students, including wellbeing and/or learning challenges as well as what learning delivery will best meet the needs of our students and families whose first language is not English. Whilst learning may not look exactly the same, nor be presented in exactly the same way in each Stage, the learning platforms, activities and instructional methods are differentiated according to the relevant needs, age-appropriate delivery and identified learning/connection requirements for that Stage.

We thank you for your trust in us as experienced educators and school leaders as we continue to aim to respond to the needs of the whole community. We are navigating a very different learning world. We may not get everything perfectly suited according to your household's particular needs. We do have a deep understanding of all of the complexities among our community and always aim for an equitable approach. In addition, we don't want young children on screens for large parts of the day. We want their day to reflect real life with time outside, time doing hands-on activities, time reading a book or illustrating a story. Practising their maths in a variety of ways other than on-line. We know students are enjoying connecting with their teachers in ZOOM sessions. We are looking at how to keep our students engaged with their learning that is appropriate to their age and level of independence.

Please remember NPS teachers are quality educators – and they are human. Teaching is very much a human endeavour. We are flexible and resilient and regularly multi-task. However we cannot respond to emails, provide instant feedback online and teach at the same time. We feel the enormous pressure for the minimal 3 teachers at school, who also still need to have a break and not be on duty in class and on the playground all day. They are also staying connected to their own class. Teachers working at home can also have their own children including pre-schoolers. They are trying to support learning and parenting, whilst plan, teach, provide feedback and assess our NPS students. Comparing our school to other schools is not helpful. Every school approaches this situation with the knowledge of *their* students and community, access to technology and the many complexities that exist that not everyone is aware of. We are all running this marathon together and seeking to avoid “tripping over” in order to stay-the-course and finish well and safely...together. Thank you all. **To celebrate Book Week next week and the exciting activities ahead being planned, this seemed the appropriate quote for our lives now and ahead...where travel is possible everyday:**

"In books I have travelled not only to other worlds, but into my own." Anna Quindlan
I look forward to chatting with you soon in the next Northmead Newsbreak ...
...Anne Ezzys (Principal)



USEFUL LINKS – ONLINE RESOURCES AND EXPERIENCES

If your child/children are eager to start learning before their school platform has begun, or just to have some alternatives for during the day or weekends – we hope you find these learning links useful:

- ↗ NSW Education Learning from Home Hub – including previous videos of Education Live and a wealth of resources and help for families - [Parents and carers \(nsw.gov.au\)](https://www.nsw.gov.au/parents-and-carers)
- ↗ Children’s Book Council of Australia - Book Week 2021 – resources [CBCA](https://www.cbca.org.au)
- ↗ ABC Education - <https://education.abc.net.au/home#!/home>
- ↗ Newy with kids - [The Best Online Resources for Australian Kids Learning From Home - Newy with Kids](https://www.newywithkids.com.au)
- ↗ Learning at Home – Cool Australia: [Learning@Home With Cool Australia - Cool Australia](https://www.coolaustralia.com.au/learning-at-home)
- ↗ Nat Geo Kids - <https://www.natgeokids.com/au/>
- ↗ Storyline - [Storyline Online - Home](https://www.storylineonline.net/)
- ↗ Sydney Living Museums – resources - [Learning resources | Sydney Living Museums](https://www.sylivingmuseums.com.au/learning-resources)
- ↗ 42 Virtual Field Trips (*scroll to bottom of page for all the choices*) [42 Best Free Virtual Field Trips for Kids and Families Who Can't Visit in Person \(goodhousekeeping.com\)](https://www.goodhousekeeping.com/42-best-free-virtual-field-trips-for-kids-and-families-who-cant-visit-in-person/)
- ↗ Time for Kids - <https://www.timeforkids.com/>
- ↗ Code Club - <https://codeclubau.org/projects/>
- ↗ Learn a Language - <https://www.duolingo.com/>

THE GREAT NORTHMEAD BAKE OFF!



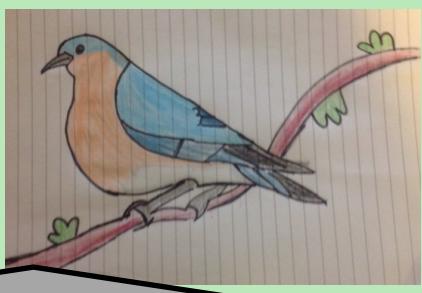
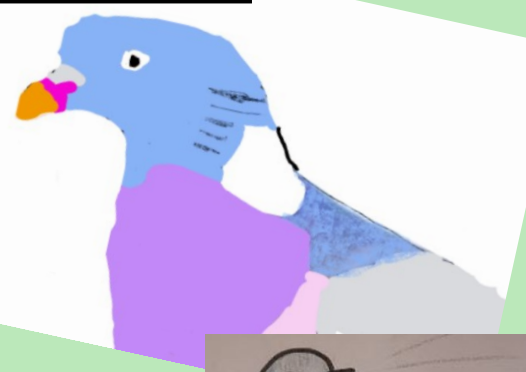
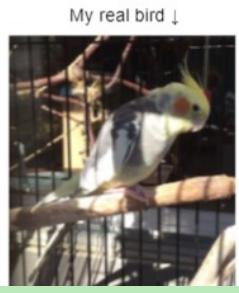
**THANK YOU TO ALL OUR FAMILIES WHO HAVE PARTICIPATED
IN THIS WEEK'S BAKE-OFF! IT HAS BEEN GREAT TO SEE SO
MANY SMILING FACES WITH THEIR BAKING CREATIONS!**

Stage 3

Real cute head feathers

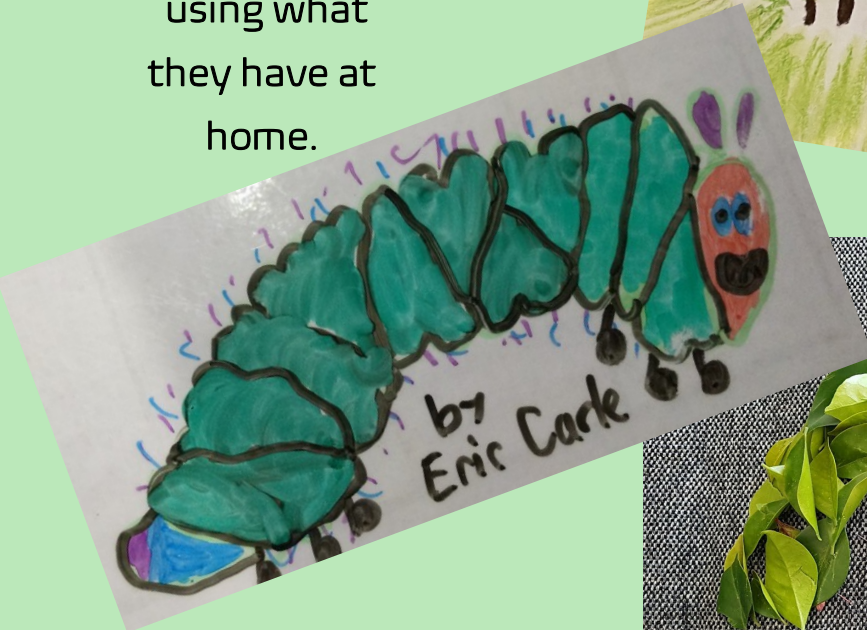


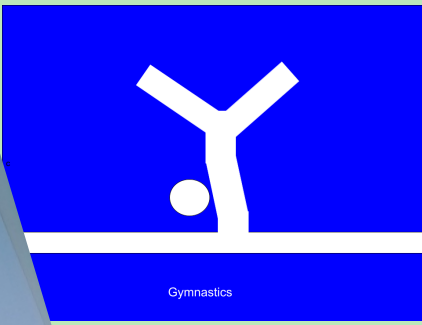
Real feathers



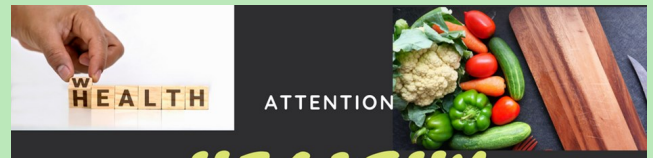
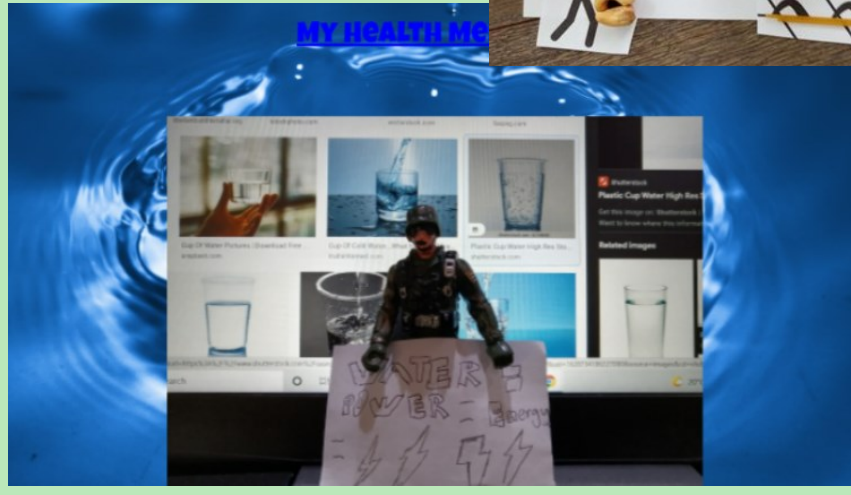
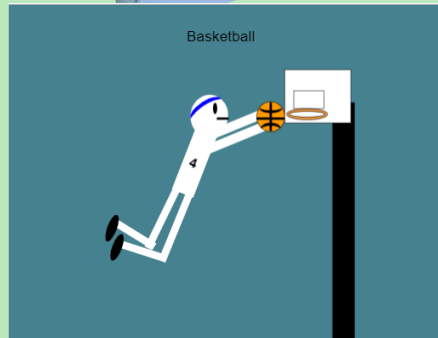
How to Make A Bird by Meg McKinlay
Making a bird is a metaphor for creativity. The story tracks coming up with an idea, gathering the materials, adding your own unique touches, then letting your idea loose.

We love Stage 3 student's creativity and adaptability. Creating a picture using what they have at home.





Olympic Pictogram Challenge



CREATE YOUR OWN HEALTHY MESSAGE ADVERTISEMENT. YOU CAN VIDEO/RECORD YOURSELF OR CREATE A POSTER OR BILLBOARD.

Fruits, our healthy snacks.
 Watermelon is good for you because it's rich in amino acid which helps move your blood through your body.
 Banana is rich in potassium, it helps the body to regulate the heartbeat and lower blood pressure.
 An apple a day keeps the doctors away. They are rich in fibre, vitamins and minerals. It lowers the risk of many diseases such as diabetes and cancer.



HEALTHY EATING HABITS IS GOOD.

Hard work and a balance of diet with protein helps our kids grow strong. - Nutri grain

A BALANCED PLATE

- FRUITS
- VEGETABLES
- DAIRY
- GRAINS
- PROTEIN

THESE ARE ALL GOOD FOR YOUR BODY.

PLEASE PREVENT FOOD POISONING





Early Stage One

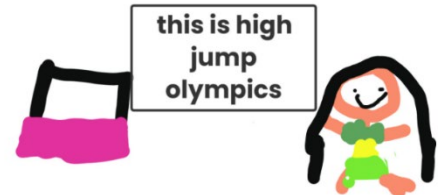
EAL/D

The Olympic Games have been an incredible opportunity for students to explore a variety of sports outside of their community and comfort zone. Events such as basketball, mountain biking, swimming, soccer and high jump are just some of the sports students have been watching on the television during the 2021 Tokyo Olympics.

Kimora KS



Fatima KS



Chloe KT



Leona KC



Myra KC



Learning Success at Northmead

The Learning Success Team has been working hard over the last couple of weeks to set up programs to assist some of our students as they learn from home. Additional Seesaw classes have been established, our SLSOs are popping in to class Zooms to say hello to the students that they work with, resource packs have been sent home to students that require them and Mrs Hollier-Smith, Mrs Bentley and Ms McDonnell are all continuing to work with their students. Members of the team may contact you by phone and will have their caller ID turned off so please answer their calls! They may send you a message to let you know they are trying to contact you.

Are your children getting a little "over" screen time? Here are a few activities they might like to try.

Set up an obstacle course in the backyard. (Think Ninja Warrior!)



Teach your child how to safely hammer a nail then give them some scraps of timber, a hammer and some nails and see what they come up with.

Show your child how to knit or crochet and let them loose with a couple of balls of wool.



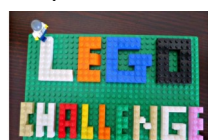
Try some family jigsaw puzzles.



Teach your child to play some simple card games that they can play with their siblings.

Have a games day/night and try some board games that have been gathering dust in a cupboard!

Build a "fort" in the lounge room with pillows and a sheet.....eat a special afternoon tea in there.



Try a LEGO challenge (see attached challenge cards)

Work on those skipping skills.....can they do "criss cross or peppers"?

Set up a "mini Olympics" and make their own medals.

Collect leaves on a local walk and make some leaf prints.



Write a letter (and enclose some drawings) to a grandparent or neighbour.

Take up a new hobby - painting/drawing, stamp/sticker collecting, model building, diamond dotz etc

Thank you for all that you are doing at home with your children. Be kind to yourselves! Stay safe and just do what you can. We appreciate your work!

Gail Wheatley AP Learning Success

Where to Find Help within Parramatta LGA

There are a number of ways that this current lockdown is impacting the families in our school community.

Throughout our local area there are a number of services that support families who are experiencing hardships. Please reach out to one of them or contact the school if you need help.

This is a very trying time and we want all our families to feel safe and supported.

Below are links to local charities and Government services that can support with you and your family:

[Emergency Relief Providers](#)

[Asklzzy](#)

[Supporting Mental Health & Wellbeing During Covid-19](#)

[Staying Safe Within our Homes](#) – Domestic Violence

[Register with Centrelink for support](#)

[Residential Tenancy Support Package](#)



Northmead Public School

Kindy 2022



NOW ACCEPTING ENROLMENTS
FOR KINDERGARTEN 2022

To complete the **online enrolment application** please go to our website

www.northmead-p.schools.nsw.edu.au

02 9630 3133





Has daily translations of the 11am Covid-19 Premier's Press conference.



We know there is so much information to take in and to be clear about. If English is not your first language then go to SBS on demand: SBS – Coronavirus Explained in your language. SBS has video recordings that share important information about COVID-19, translated into many different languages.

You can find the 11am COVID-19 Premier's Press Conference, the vaccine rollout and information about COVID-19.

<https://www.sbs.com.au/ondemand/coronavirus-explained-in-your-language>



During this difficult time we want all our families to feel safe and supported.

If you need help or support please reach out.

Throughout our local area there are a number of services that support families who are experiencing hardship.

There are a number of ways that this current Lockdown is impacting our families. If you need support there are a number of charities and government agencies that can offer assistance. Ask Izzy is a website that allows you to choose the type of support you require and directs you to the services in your area:

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

 **Ask Izzy**
askizzy.org.au

FIND THE HELP
YOU NEED, NOW
AND NEARBY.

COVID-19 MENTAL HEALTH TIPS

The current outbreak of COVID-19 has impacted people in varying ways. It is both normal and understandable that during times like this, young people and families may be feeling afraid, worried, anxious and overwhelmed by the constantly changing alerts and media coverage about the spread of the virus.

While it is important to stay informed, the following are some mental health and wellbeing tips and strategies to continue looking after ourselves and each other during these difficult times.



LIMIT MEDIA EXPOSURE

Too much news and media exposure can increase feelings of fear and anxiety. Make sure you are accessing good quality and accurate information.



STAY CALM

Focus on what you can control. Ensure you are following advice issued by the government, medical professionals and practice good hygiene habits.



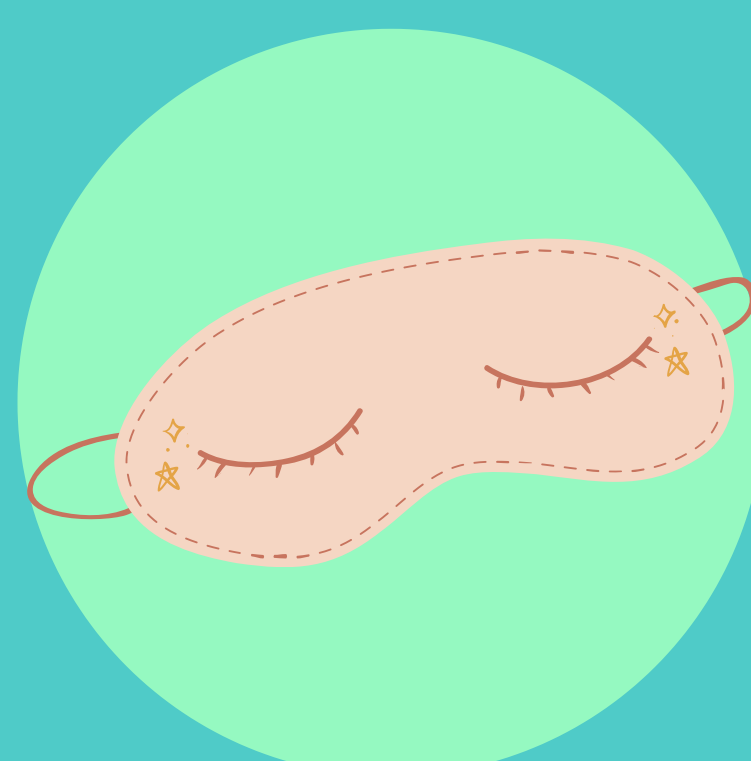
BE KIND & CONNECT WITH OTHERS

In these times of isolation & uncertainty, it is important that we strengthen our sense of community by connecting with & supporting each other virtually through video calls or social media



EAT WELL & EXERCISE

Eat healthy, well balanced meals, drink water and go for a walk or do your favourite type of exercise to break up your day.



GET YOUR ZZZ'S

Ensure you are getting a restful sleep each night. Go to bed and wake up at the same time each day. Routine is important to create a sense of normalcy.



PRACTICE SELF CARE

Make time for doing things you enjoy whether its exercise, art, music, dance, Netflix, a bath etc. Do what makes you feel good!

YOU CAN ALSO REACH OUT AND SEEK HELP

The counsellor/s are still available to you during school hours. Speak to your classroom teacher or the schools welfare/wellbeing team to get in contact with them. You could also self-refer, keep an eye out on your school email!

The counsellor/s are available during school hours on their allocated working days.



feelings before you talk about them



feelings after you talk about them

OTHER HELPFUL SUPPORTS AVAILABLE TO YOU VIA PHONE CALL OR ONLINE CHAT



CALL 1800 55 1800
[HTTPS://KIDSHHELPLINE.COM.AU/](https://kids helpline.com.au/)



CALL 1800 650 890
[HTTPS://HEADSPACE.ORG.AU/](https://headspace.org.au/)

HELPFUL APPS FOR IPHONE & ANDROID

