

Coutts Crossing Public School

Newsletter



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Week 10– 30th March 2020

Dear Parents and Caregivers,

Our lives have changed significantly in recent weeks and we are all anxiously looking forward to a time when everything can return to normal. School is way too quiet without the sounds of classroom chatter and children laughing and playing. Feelings of worry and unease are understandable in this situation and many of us will be feeling stressed and anxious. For many families, this will be compounded by concerns for loved ones, social isolation and financial hardship. Times of fear, isolation (both physical and social) and uncertainty are when it is most important that we strengthen our sense of community by connecting with and supporting each other. I will continue to issue a short newsletter every Monday throughout this challenging time, sharing any relevant information and updates, including information about what will be happening next term. Take care and stay safe.

Michelle Dalglish

CCPS staff

As of today, in support of NSW Health and Government social distancing and 'stay at home' recommendations, the Department of Education is encouraging schools to begin flexible working arrangements for staff. These arrangements will enable CCPS teachers to work their usual school hours from home, while continuing to deliver quality educational provision. Staff will be rostered to work on site at school, providing adequate supervision of learning for children of essential workers if needed. Be assured, staff will still be working every day, programming, lesson planning, communicating with families and providing feedback to students. The school office continues to be open every day between 9.10am and 3.10pm.

This Week	Next Week	Coming Up
	Thur 9 Apr- Last day of Term 1	Mon 27 Apr- Staff Development Day Tues 28 Apr- First day of Term 2

Parent expectations

As part of our new remote learning protocols, teachers will now share a weekly timetable every Sunday for the coming week and a day plan each morning to guide learning throughout the day. The school has received a lot of valuable feedback from parents, some asking for additional work for students and some requesting less work. We understand that every family has different circumstances and as parents and carers, you are the best judges of what successful learning at home will look like at your house. If you would like additional school work for your child, there are many suitable activities available through the website links teachers have saved on their class page on the CCPS home page at- <https://sites.google.com/view/ccps1666/home>

We recommend setting a routine that works for your family and then maintaining that same routine everyday as this will provide the stability that our students are used to.

Please remember– Health and well being is paramount. We do not want parents or students to feel overwhelmed during this difficult time and we encourage you to contact you child's classroom teacher if you have any concerns.

Helping children cope through COVID-19

This is an uncertain time for everyone, and children may be impacted by fear and anxiety. Here are some tips on how to ensure your children are supported;

- Give your children extra love, attention and reassurance. Try and make opportunities for children to play and relax
- Where possible, minimise their exposure to media and social media that may heighten anxiety
- Acknowledge your own feelings about the situation and let children know it's okay to share their own feelings
- Keep regular routines and schedules, including school/learning, as much as possible and include your children in plans and activities around the house

School renovations

This week, workers are on site at school replacing our wooden undercover walkways. The new improved walkways will be made from steel, have better drainage and are wider, providing increased protection for students during rainy weather.



Dear parents with school aged children,

You might be inclined to create a minute by minute schedule for your kids. You have high hopes of hours of learning, including online activities, science experiments, and book reports. You'll limit technology until everything is done! But here's the thing...

Our kids are just as scared as we are right now. Our kids not only can hear everything that is going on around them, but they feel our constant tension and anxiety. They have never experienced anything like this before. Although the idea of being off of school for weeks sounds awesome, they are probably picturing a fun time like summer break, not the reality of being trapped at home and not seeing their friends.

Over the coming weeks, you will see an increase in behaviour issues with your kids. Whether it's anxiety, or anger, or protest that they can't do things normally - it will happen. You'll see more meltdowns, tantrums, and oppositional behaviour in the coming weeks. This is normal and expected under these circumstances.

What kids need right now is to feel comforted and loved. To feel like it's all going to be ok. And that might mean that you tear up your perfect schedule and love on your kids a bit more. Play outside and go on walks. Bake cookies and paint pictures. Play board games and watch movies. Do a science experiment together or find virtual field trips of the zoo. Start a book and read together as a family. Snuggle under warm blankets and do nothing.

Don't worry about them regressing in school. Every single kid is in this boat and they all will be ok. When we are back in the classroom, we will all course correct and meet them where they are. Teachers are experts at this! Don't pick fights with your kids because they don't want to do math. Don't scream at your kids for not following the schedule. Don't mandate 2 hours of learning time if they are resisting it.

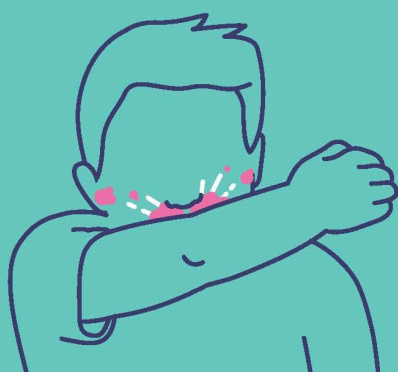
If I can leave you with one thing, it's this: at the end of all of this, your kids' mental health will be more important than their academic skills. And how they felt during this time will stay with them long after the memory of what they did during those weeks is long gone. So keep that in mind, every single day..."

A letter from a school principal and teacher

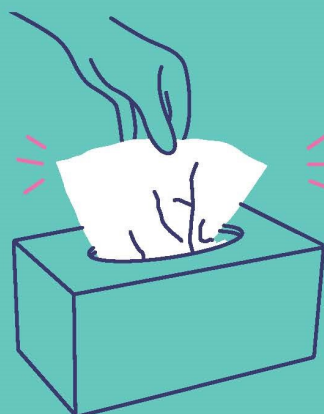
Coronavirus
(COVID-19)

SIMPLE STEPS TO HELP STOP THE SPREAD.

**Cough or sneeze
into your arm**



Use a tissue



Bin the tissue



Wash your hands



**TOGETHER WE CAN HELP STOP
THE SPREAD AND STAY HEALTHY.**

For more information about **Coronavirus
(COVID-19)** visit **health.gov.au**



Australian Government