

# Coutts Crossing Public School

# Newsletter



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Week 11– 6th April 2020

Dear Parents and Caregivers,

At this stage, all signs indicate that we will be continuing to deliver teaching and learning remotely in Term 2. We are all starting to get used to our new routines and I would like to thank all our parents who have been engaging with classroom teachers and letting us know how things are going at home. If you have not made contact with your child's classroom teacher via email yet, please do so as soon as possible. It is extremely important that families stay connected with the school so we can ensure we are providing students with relevant support and feedback. The Department of Education has developed a new public COVID-19 page which includes FAQs, information about learning from home, and updates on non-operational schools. This is a great place for families to stay updated on the COVID-19 situation and how it is impacting schools. The page can be found here: <https://education.nsw.gov.au/covid-19>. The school is currently developing *Remote Learning Procedures* which will clearly outline what remote learning will look at our school as we move into Term 2 and will outline the expectations for students, parents and teachers. These procedures will be shared with families later this week. Further information in regards to Term 2 will be shared when available. Please keep an eye on Facebook for updates.

*Michelle Dalglish*

## Virtual Easter Hat Parade

We are very excited about the upcoming virtual Easter Hat Parade and hope you will join us in participating in this fun event. Teachers are busily putting the finishing touches on their own Easter Hat creations and are looking forward to sharing them with you on Thursday. In support of current recommendations to 'stay at home', we are recommending everyone makes their hats from recycled materials or items in their craft box at home. Let's see how creative we can all be! Please ensure all photos are sent to the school email by Wednesday 8th April at: [couttscros-p.school@det.nsw.edu.au](mailto:couttscros-p.school@det.nsw.edu.au). The virtual Easter Hat Parade will be shared via a Facebook post on Thursday 9th April.



## ParentWorks- free workshop

### What is ParentWorks?

ParentWorks is a free online program for Australian parents and caregivers of children 2 to 16. It provides evidence-based parenting strategies to improve parenting skills, confidence and child behaviour. This means that the strategies in the program have been tested and found to work.

Parents and caregivers may find this program helpful for:

- Managing challenging child behaviours such as tantrums, aggression, noncompliance, inattentive or hyperactive behaviour, sibling conflict, getting ready for school and/or bed, and behaviours outside the home, such as problems in the supermarket
- Increasing their confidence in parenting
- Working as a team with their partner

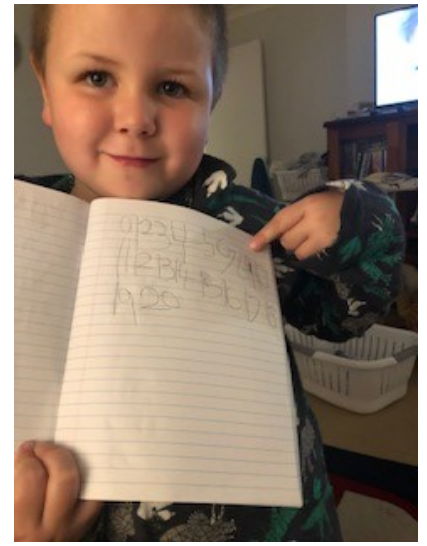
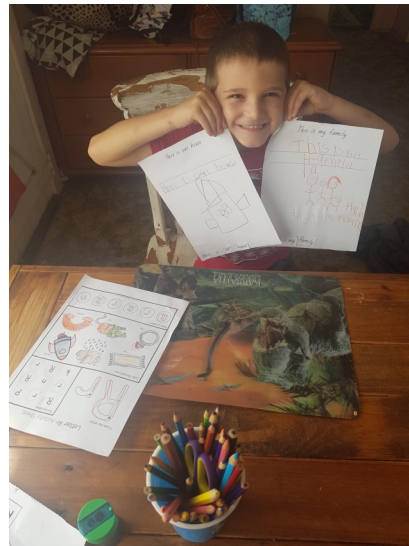
### What is involved?

ParentWorks involves 5 to 8 'modules' to watch – one per week. Each module only takes about 20 to 30 minutes of your time, and involves videos with practical information and activities. You can work through the program in your own time and at your own pace. The program takes time and effort, but the rewards will be worth it.

For interested parents, the link is: <http://www.parentworks.org.au>

## Virtual classroom news K/1

Students from K/1 have been working hard at home and Mrs Conyard is so proud of their efforts! Children have been exploring fun ways to learn and revise their sight words, including making them from play dough and drawing them on a family members back! Students have also been reading books, learning about their families and participating in activities to improve their fine motor skills. Maths activities at home have been fun too, with students counting objects around their house, playing number games and practising writing their numbers from 1-10. Mrs Conyard and Honey can't wait to have the classroom full of children again!

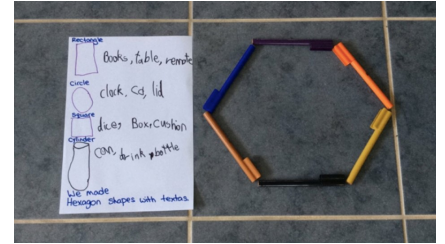
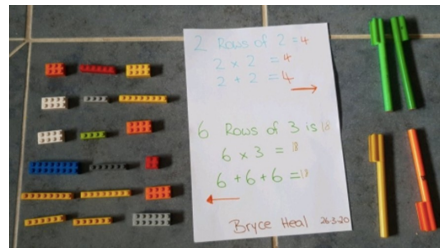




## Virtual classroom news 1/2

Last week in Literacy Year 1 and 2 completed reading comprehension activities using the site Epic as well as some creative writing opportunities. Maths involved using everyday items at home to complete number, shape, pattern and measurement activities. Students have also been keeping up with their spelling, word sorts and sight words while they are home.

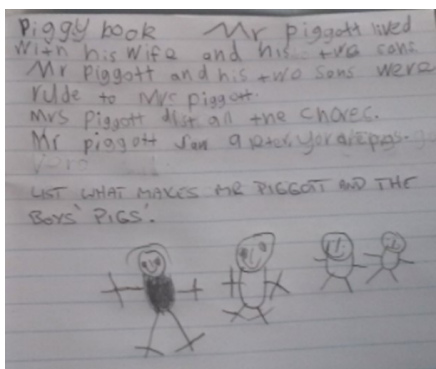
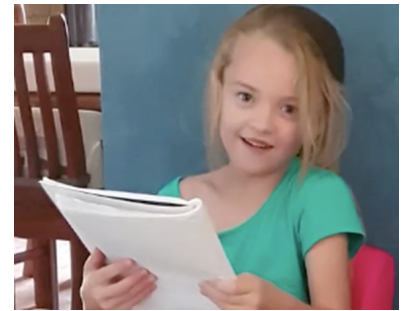
Bryce's maths work finding and making 2D shapes around the house.



Ivy has made 'silly' sentences using her spelling words

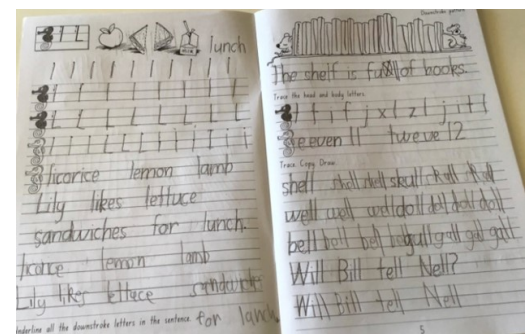
A farmer made a **harvest** in the **farm** and was hosing the **garden**. He also had a **scarf** but it broke and he had a **charm** on the **scarf**. He was not **smart** and he had too **much** chocolate. He had a pet **shark** and a pet **starfish**. He also had a **barnyard**. The dog **barked** at the **starfish**.

Marley reading her monkey story to Mrs Moran on ClassDojo and drawing her spider for comprehension.



James M's story on Mr Woolridge's Piggy Book

Hamish has been using his time at home to work on his handwriting.



Tyler has been finding creative ways to revise his addition and subtractions skills!

Mia and Adel drew baby polar bears after doing their comprehension on Epic. Then they made 3D cacti for craft.



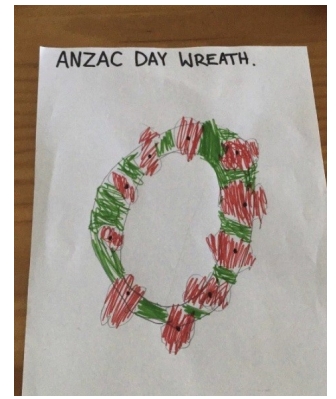
Hayley has been busy making a family of gloves that she calls her 'jelly baby family'. Hayley also read a descriptive story to Mrs Moran on ClassDojo, describing what she can see outside her window.





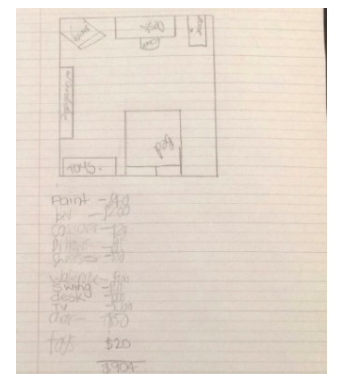
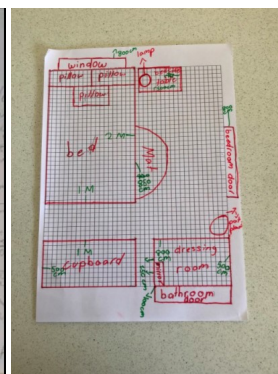
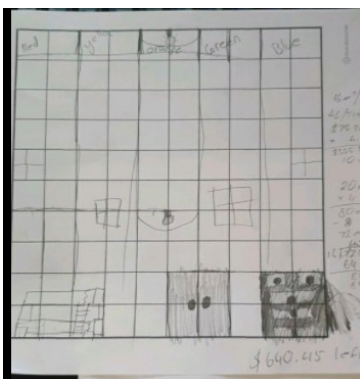
## Virtual classroom news 2/3/4

Students in 2/3/4 have been learning about ANZAC Day and its significance for all Australians. They have explored what life may have been like for soldiers during wartime and thought about what it would be like in the trenches. Students have also used a variety of creative techniques to make wreaths as a craft activity. Thank you to Myah, Milla, Rush, Lucas and Freya for sharing their efforts with Miss Howard. Great job!



## Virtual classroom news 4/5/6

Students from 4/5/6 have done an amazing job transitioning to online learning and using ClassDoJo to stay connected with their classroom teacher. They have been engaging in a range of creative problem solving activities, including designing their dream bedroom on a budget of \$1000. Students were required to make a list of the items they would buy, where they are buying them from, and their cost. Well done Addi, Tyson, Lachlan and Ava for their efforts shown here.



## Ideas for school holidays

### Go Noodle

Go Noodle encourages families and children to stay active indoors through dance and meditation:

<https://www.gonoodle.com/>

### Bring out children's inner artist

Young kids can paint, while older kids can film a movie and try their hand editing. What story does your child tell? Now is their chance to be the author and illustrator of their own book. Do they have a favourite character from a show? Let them become a cartoonist. Playing with the arts even builds a host of cognitive and social skills.

### Make music

Music is a real relief, and it builds all the important executive functioning skills of attention, memory, and impulse control. Music is also related to math learning. When you put water in a bottle and blow in it, you get a sound. And when you change the water level, the sound gets higher and lower. That's adding science to music. Clap your hands to a beat. Can your child follow and keep a steady rhythm? Play a game like "Simon" where the beats get ever more complex and your child tries to repeat the pattern.

### Go on a field trip to your backyard

There are a lot of wonderful things lurking there that you never noticed before. Plus, your kids will enjoy a chance to breathe fresh air, get exercise, and commune with nature.

### Act out a show

Research shows acting can help children learn. Younger kids can pretend to be a lion, tiger, or bear. Older children can create their own show with additions from the costume drawer (or your closet).

### Learn about the world

Pick an interesting topic and research it together on the web. Take a world tour through Google Street View. Find a science experiment on YouTube. Watch videos of animals in their natural habitats.

Check out: <https://wonderopolis.org/> for some great learning ideas!





## Make a cubby house

A fun activity for inside the house or in the back yard! It is amazing to see the fun that can be had with some old sheets and blankets. Get creative and try and make one of these simple under table hammocks!



## Backyard Obstacle Course

This is an activity that will keep kids entertained for hours and is fun for the whole family. Obstacle courses encourage critical thinking, problem solving and can require lots of physical movement which ensures a challenging play time! Use whatever you have on hand including buckets, plant pots, pool noodles etc



## Indoor scavenger hunt

Parents can design the scavenger hunt or kids can set their own scavenger hunts for each other. It is a good idea to include some easy items and some items which will be challenging to find. This activity can easily be amended to take place either inside or in the back yard making it a great activity for any weather conditions!

## Coming soon-

ABC will extend its educational programming on ABC ME to support students and caregivers at home, from 10am to 3pm each weekday during Term 2. The expanded schedule moves from blocks of primary school content in the mornings through to secondary school content in the afternoons:  
<https://www.abc.net.au/abcme/>

**all-star scavenger hunt**

Each item you find can only count toward one (1) category.

<input type="checkbox"/> Something GREEN	<input type="checkbox"/> Something with the number "2"
<input type="checkbox"/> Something BROWN	<input type="checkbox"/> Something with an arrow on it
<input type="checkbox"/> A rectangle	<input type="checkbox"/> Something you can wear around your neck
<input type="checkbox"/> A star	<input type="checkbox"/> Something used to play games
<input type="checkbox"/> Something that can hold water	<input type="checkbox"/> Something that rolls
<input type="checkbox"/> Something that can open and close	<input type="checkbox"/> A tissue
<input type="checkbox"/> Something sparkly	<input type="checkbox"/> Something used to measure
<input type="checkbox"/> Something clear	<input type="checkbox"/> 3 things that can be stacked
<input type="checkbox"/> Something that stretches	<input type="checkbox"/> Something that was a gift
<input type="checkbox"/> Something with the letter "H"	<input type="checkbox"/> Something you can read (or can be read to you)

*Don't forget to put everything back where you found it once the Scavenger Hunt is over. Thank you.*

Next Week	Coming Up
Holidays Mon 13th Apr– Fri 24th Apr	Mon 27 Apr- Staff Development Day Tues 28 Apr- First day of Term 2



# Emerging Minds

National  
Workforce  
Centre for Child  
Mental Health

## Helping children cope with stress during the Coronavirus (COVID-19) outbreak

**Children may respond to stress in different ways** such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

**Respond to your child's reactions in a supportive way**, listen to their concerns and give them extra love and attention.

**Children need adults' love and attention** during difficult times. Give them extra time and attention.

**Remember to listen** to your children, speak kindly and reassure them.

If possible, **make opportunities** for the child to play and relax.

**Keep to regular routines and schedules** as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.

**Provide facts** about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes **providing information about what could happen in a reassuring way** (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

If you're a practitioner try and **keep children close to their parents and family** and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalisation) ensure regular contact (e.g. via phone) and reassurance.

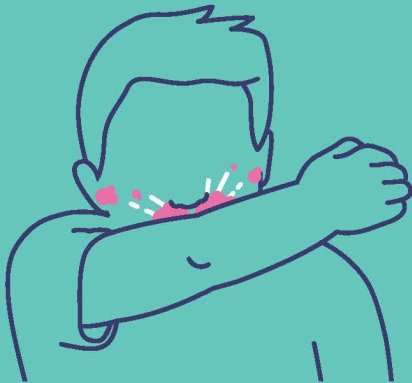


Source: World Health Organisation <https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf>

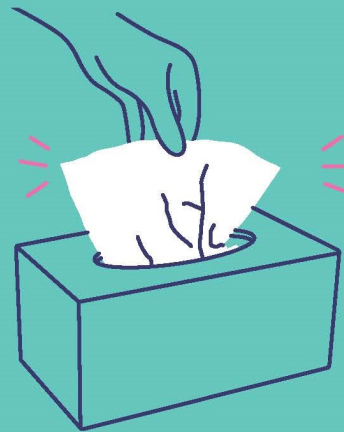
Coronavirus  
(COVID-19)

# 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