

# MURRABIT GROUP SCHOOL



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## NEWSLETTER

- 27<sup>th</sup> May, 2020

### School Values:

- Respect
- Honesty
- Teamwork
- Learning
- Persistence

*Murrabit Group School respectfully acknowledges  
the traditional custodians of the land.  
We pay respect to their ongoing living culture.*

### Dates to Remember:

**3<sup>rd</sup> June** 3-6 Wellbeing Day  
School Council Meeting  
**8<sup>th</sup> June** Queen's Birthday Holiday  
**9<sup>th</sup> June** Year 3 to 6 Return

It was great to have the smiling faces of the Prep to Two students back at school yesterday and today. There was plenty of chatter and catching up as they enjoyed the social interaction that school brings. They were very happy to see Miss Wren and Danielle in person, and they have made sure they are enjoying their learning back at school.

The grade 2 students from Grade 2/3/4 were also delighted to see Sue, Mrs Campi and Mrs Coulter and they are beginning two weeks of a slightly different learning program.

Again I must say a huge thank you to all our parents, students and staff for their wonderful efforts during the period of Remote and Flexible Learning. It has been challenging at times but it also has seen students develop many traits so important to a successful learner, these being :- persistence, responsibility, independence and resilience. It has been understandable if a child's motivation has waned at times. However, with encouragement and support their enthusiasm will return. As a school, staff have endeavoured to structure programs that have had a sense of routine, been simple to follow, and engaging for the children.

For the Grade 3-6 students Flexible and Remote Learning does not finish until Friday 5<sup>th</sup> June. Please remember that we are the teachers and you are there to guide, support and encourage your child. Regular communication is necessary to support your child's learning, so please be in contact with your child's class teacher if they contact you or if you need to contact them. A quote to remember is:  
*"Good communication is the bridge between confusion and clarity."*

Last week the school received guidelines from the department about how we will successfully move back to learning at school. I am putting these here again as a reminder to students and parents:

- enhanced **hygiene practice and cleaning on** school sites will take place.
- **physical distancing**, in particular for adults, should be adhered to. Parents and staff are to observe physical distancing measures by not congregating in areas inside or around the school. We are discouraging adults gathering at the school gate and entering the school grounds unless it is necessary.

-**signage** has been posted in the school to remind staff, students and families of the need for changed behaviours. Please take note of these behaviours as you enter the school.

- students **must** bring their own **water bottles**. Students will not be drinking directly from the drinking fountains.

- **School Bus** – the usual timetable will apply. Students can sit as per normal on the bus. However students should practise hand hygiene before and after catching school transport (ie: prior to leaving home and at the end of the school day) and practise physical distancing at bus stops.

- **Unwell staff and children to remain at home**. This is one of the most important actions and will be strictly enforced.

The Department's latest advice on can be found at

[www.education.vic.gov.au/coronavirus](http://www.education.vic.gov.au/coronavirus)

## Wellbeing Day

Next Wednesday, the 3<sup>rd</sup> June, the Grade 3 – 6 students who are involved in Remote and Flexible Learning will have a Wellbeing Day. Wellbeing Days are designated time for both the student and parent to recharge themselves, and this time will be school work free.

## Stephanie Alexander Garden

The food from the Stephanie Alexander Garden is not to be eaten. We had a spider issue that required some spraying to make that area safe. This means that until we plant another crop, the food should not be eaten from the garden.

## Packages

Packages will still be distributed for the Grades 3-6 students for the final week of Flexible and Remote Learning. Be in contact with your class teacher to organise the pick-up and dropping off of packages.

Have a great week, **Greg**

## Bookclub

Bookclub order forms are back and have been sent home. They need to be returned before **Tuesday 9<sup>th</sup> June**



**Xavier's Vegie Face & Dustie's Wheels**



## Student of the Week



**Lachlan Maher** – for his work making the slideshow for the Webex assembly

## Curators

**May - 2<sup>nd</sup> Half – Murray**

**June – 1<sup>st</sup> Half – Lacey**

- 2<sup>nd</sup> Half – **Heritage**



## Parents & Friends

“ Great to see the Prep, 1 & 2 students back enjoying school in the classroom. We look forward to having the whole school together again in the coming weeks. As the Covid-19 restrictions start to ease we will plan a meeting date once everyone is back at school so we can reconnect, debrief and plan for the immediate future of 2020.”

Kind regards, Michelle & Sara 😊

## Library News

### PREMIER'S READING CHALLENGE

With some students returning to school next week, we will be able to really start getting onto meeting the Premier's Reading Challenge. We have until the start of September to complete the 'Challenge'. Plenty of time! Congratulations to Lyla and Pippy who have put lots of books on the 'Challenge' this week (I think they might have had some help from Belle and Mum). I'm sure everyone has been doing lots of reading, so when they return, I will get the students reading diaries and put their books on the 'Challenge' for them.



HAPPY READING!

**Jeanette Coultter**



Excited to be back to school!!



### Take Notice of your Emotions

**Reflect:** With some restrictions beginning to ease, now is a great time to take notice and reflect on how you are feeling. Are you feeling anxious, stressed, burnt out, isolated, connected, relaxed, happy, excited? Understand how you and your children are feeling. However you are feeling, it is okay. If you or your family are feeling overwhelmed, help is available. Beyond Blue (1300 22 4636), Lifeline (13 11 14), Kids Helpline (1800 55 1800).



**There is No Wrong Way to Feel:** There is no wrong way to feel during these changing times. It's okay to feel anxious or stressed, it's okay to feel calm or relaxed, it's okay to feel positive or negative, it's okay to feel happy or relieved - all feelings are valid. Everyone will be experiencing different feelings depending on their situation. Know that your feelings may change over time and that is normal.

**Children:** It might be hard for your children to tell you how they really feel. Going back to school might be hard for some. Try to take notice of different behaviours during this time. If you are concerned, sit down and talk with them. Be open and honest, and let them know that you are always there to support them. Professional help is available if you need.



**Be Kind:** Remember that we are all in this together, but we are all experiencing different feelings during this time. You may not always know if someone is struggling - so be kind to everyone. Reach out to friends, family and other parents - see if there is anything that you can do.

## CORONAVIRUS (COVID-19) | RESTRICTIONS REMAIN IN PLACE

**If you are unwell, please stay at home.**

**The greatest risk of transmission of coronavirus (COVID-19) is between adults. Please follow these physical distancing measures:**

- avoid gathering in a group inside or around the school



- keep 1.5m between yourself and other adults



- avoid handshakes and hugs



- wash your hands regularly.



## TALKING TO YOUR CHILD DURING CORONAVIRUS (COVID-19)

### Minister's message

Your kids, like mine, will have many questions about Coronavirus and what it means for them – and for the people they love.

I know it can be daunting for parents and carers to answer those questions. That's why, in close consultation with our child psychologist team, we've developed a resource to help guide you through these conversations.

Everyone's child is different, and some will want to talk more than others. What's most important is that you're there for them when they're ready to talk.

Without doubt, we face an enormous challenge.

But I want you to know that as parents, caregivers and Victorians, we are in this together.

The Hon James Merlino, MP

Deputy Premier

Minister for Education

This guide will help you talk to your child about coronavirus (COVID-19). It includes tips on how to have a safe and reassuring conversation and links to resources to help you and your family.

### Essential actions

- Don't be afraid to discuss coronavirus (COVID-19) with your children
- Be guided by your child
- Stick to a routine
- Close conversations with care
- Remember to look after yourself

### Don't be afraid to discuss coronavirus (COVID-19) with your children

- Most children will have already heard about coronavirus and parents and carers should take the opportunity to talk to them about the current situation.
- Honest and regular communication is key. Not talking about something can make children worry more.
- Children often rely on their friends and social media for the news. Parents and carers can help by positioning themselves as a trusted source for information and as a person who can help children with their questions.

### Adapt information depending on your child's age

- Try to remain calm and positive when talking to your child.
- Think about your child's age. Offer information using language and examples they will understand.
- It's okay if you can't answer everything – and to say you're not sure. Use this as an opportunity to find out information together. Being available to your child is what matters.

- Be careful not to share too much information all at once, as this may be overwhelming.
- Avoid talking in a way that could make your child feel more worried.

### Be guided by your child

- Ask your child to tell you anything they may have heard about coronavirus (COVID-19), and how they feel about this situation.
- Check in with your child regularly. Give them opportunities to ask you questions over the coming weeks and months.
- Some children will worry more about others than themselves. Find ways for them to connect with family and friends as much as possible using technology.
- Be reassuring. Tell children that the changes in their life have been introduced to make us a safer. Tell them, that eventually, things will go back to normal.
- Be aware of the language you use with your child while you are around them. Remember children will be listening to adult conversations more than usual.
- Don't dismiss your child's fears. It is understandable for them to be concerned because they have probably never experienced anything like this before.
- Tell your child that doctors and scientists all around the world are working really hard to learn more about coronavirus (COVID-19) and to keep us safe.

### Focus on what you're doing to stay safe

- Give them some control over what is happening. Teach the importance of physical distancing, hand washing and how to do these things properly. Remind them of their responsibility to protect others from coughs and sneezing.
- Remind them to call 000 if they or their family are unsafe.

### Stick to a routine

- Over the school holidays, structured days with regular mealtimes and bedtimes are still an important part of keeping children happy and healthy.
- Where you can, have a daily routine. Create a shared timetable with your family and put it in the fridge where everyone can see.
- If possible, find a time every day to talk about the importance of good hygiene and teach the essentials of practicing physical distancing.
- Include things like outside time, play time, free time on technology, creative time and learning time.
- It is okay to be flexible and respond to the needs and emotional state of your child.

### Keep talking

- Find out what your child already knows or is worried about. It's important to find out if they've heard incorrect information.
- Ask questions that don't have yes or no answers.
- If your child asks you something and you don't know the answer, say so. Use the question as a chance to find out together.
- If your children don't seem interested or don't ask a lot of questions, that's okay.
- Let them know that we are all going to keep listening and talking.

### Close conversations with care

- It's important not to leave children feeling worried after a conversation.
- When you wrap up your conversations, look for signs they are feeling an change in their tone of voice, their breathing or body language.
- Comfort them if they feel this way.

### Things to look out for in your children

It is normal for children and young people to show signs of distress. Common signs include:

- fear and anxiety
- anger and frustration
- confusion
- sadness
- denial.

### Remember to look after yourself

- This situation can be stressful – regardless of your age. To look after the also need to look after yourself.
- If you notice that you are feeling anxious, take some time to calm down through conversation or answering your child's questions.
- If you are feeling worried, tell your child that you will find some information soon.
- The following external resources are also available to support your mental health:
  - [Headspace – for family and friends](#)
  - [Beyondblue – COVID19](#)
  - [Lifeline – Mental health and wellbeing during the COVID-19 outbreak](#)

### Additional resources

#### To support you when talking to your child

- [Raising Children Network – Coronavirus \(COVID-19\) and children in Australia](#)
- [Emerging Minds – supporting children during the coronavirus outbreak](#)
- [KidsHealth – Coronavirus \(COVID-19\): How to Talk to Your Child](#)
- [eSafety Office – COVID-19: an online safety kit for parents and carers](#)

#### To share with children and young people

- [headspace – how to cope with stress related to Novel Coronavirus](#)
- [ReachOut – coping during the coronavirus](#)

For up-to-date information and advice on coronavirus (COVID-19), visit:

- [DET coronavirus website](#)
- [DHHS coronavirus website](#)

