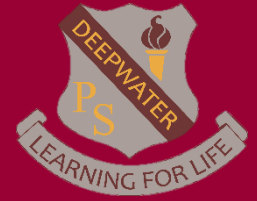




Education

Newsletter



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Newsletter No. 10

Term 3 Week 2

20th July 2021

Welcome back!

It is great to see all students back and ready for a great term. This term has started off with a few minor changes due to the COVID 19 restrictions. Fingers crossed we will not be impacted for too long and the restrictions ease quickly. Below are some of the Departments restrictions that we must abide by.

For all the latest advise and updates for families go to <https://education.nsw.gov.au/covid-19>.

A reminder for all families

Students should not attend school if unwell, even with mild symptoms of COVID-19. Any person with any COVID-19 symptoms should be sent home and should not return until they have received a negative test result and are symptom-free. In circumstances where children have other medical reasons for recurrent symptoms a letter from their GP is sufficient to negate the requirement for a negative test.

Anyone who is unwell with COVID-19 symptoms is strongly encouraged to get tested and self-isolate until a negative result is received. Find your local testing clinics.

Visitors

Non-essential visitors are not permitted in schools. Some visitors are permitted in schools based on the guidelines that follow.

Parents and carers must follow their school's advice regarding changes to drop off and pick up including staying in the car when dropping off and picking up children if safe to do so.

Parents should:

- maintain physical distancing by avoiding gathering outside of school gates
- remain outside of school grounds (note some exceptions may apply regarding schools for specific purposes, vulnerable students or students with disability)
- follow mask-wearing requirements and sign in using the Service NSW QR code when entering the school.

QR code sign-in process for all staff and visitors

The NSW Government have introduced mandatory QR codes across a range of additional settings, including schools.

Parents and carers permitted on school sites for specific purposes are required to check in using the QR codes available and check out once they leave the school site.

What is permitted with modification

School based activities

- Assemblies can be held with COVID-safe practices in place. No visitors permitted.
- Singing, chanting, group repetition and choirs are permitted if conducted outside in a well-ventilated area.
- Dance or drama are permitted in line with COVID-Safe practices within classes.
- Library activities are permitted in line with the Infection Control requirements.
- Principal-endorsed activities for students.

Events

Last updated 8.10am 20 July 2021

- Excursions will be limited to outdoor locations within the Local Government Area of the school where the school can demonstrate COVID Safe practices
- Parents and carers may attend for the purposes of school orientation programs
- School orientation programs are permitted with COVID-safe practices in place
- Inter-school sport and physical activity, including the Representative School Sport pathway (team and individual), can occur across Local Government Areas (apart from those in Greater Sydney) with COVID-safe practices in place. This includes gala days, trials, knock outs and carnivals.
- Schools must make alternative arrangements for performances, productions, concerts, speech nights, award presentations, graduations, formals and school dances that support the broader guidance. Personal hygiene, physical distancing, cleaning and record keeping practices must be adhered to at these events.

Community activities

- P&C activities including meetings
- Community use outside school hours
- Canteens and uniform stores where appropriate hygiene measures are in place
- Electoral commission officers conducting polling location inspections permitted they follow COVID-19 requirements for visitors
- All polling days will require additional planning from the electoral commission based on health advice of the time.

Activities that are not permitted or on hold during school hours or within school grounds

Schools must cease the following activities.

School based activities

- Camps and out of area field trips
- Voluntary student activities of a religious nature (VSA).
- Overnight stays
- Community events within school hours.

Visitors

- Official visitors and dignitaries
- Media and production crews.

Athletics Carnival

The Athletics Carnival has been postponed until 3rd August. We will be joining with Jennings, Red Range and Wyaliba Public Schools at the Deepwater town oval. Let's hope the weather is warmer and drier. With the current restrictions parents are not permitted to attend. We know this is difficult for families as you like to watch and cheer on your child/ren. If anything changes you will be updated.

NNE Athletics Carnival

The NNE Athletics Carnival will be held on Friday 13th August instead of Friday 6th August at Glen Innes. More information will be sent home to those students who qualify for an event closer to the day.

Teacher/Parent meetings

Due to the current restrictions these meetings **will not** be happening on 27th July as planned. Those parents wishing to have a teacher meeting to discuss their child/ren's report and progress will be advised of a new date when the meetings can be held. Please advise the office if you would like to be allocated a time to meet with your child/ren's teacher.

Year 3-6 Excursion

Planning for the year 3-6 excursion to Coffs Coast Adventure Centre on Wednesday 8th to Friday 10th September 2021 is still under way at this stage. An expression of interest note has been sent home today to gauge numbers. The excursion going ahead will depend on Department COVID recommendations at the time. At the moment no overnight stays and out of Local Government Areas are permitted but hopefully will be permitted by September.



Wiggles Concert

Please note - the concert has been postponed until 13th September. As there have not been many notes returned, please advise the office if you intend on going to the concert. Will keep you updated if anything else changes.

Overdue Library Books

Overdue notices have been sent home today. Please take the time to have a look for these books. Books can be returned to the office or on library day. If you cannot locate the book/s let the office know.

Term 3	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2	19 th July	20 th July	21 st July Sport	22 nd July Student Banking	23 rd July Library Canteen
Week 3	26 th July	27 th July	28 th July Sport	29 th July Student Banking	30 th July Library Canteen
Week 4	2 nd Aug	3 rd Aug Athletics Carnival	4 th Aug Sport Yr 7 Tenterfiled High School Transition	5 th Aug Student Banking	6 th Aug Library Canteen
Week 5	9 th Aug	10 th Aug	11 th Aug Sport	12 th Aug Student Banking	13 th Aug Library Canteen NNE District Athletics Carnival Glen Innes

Good for Kids good for life

RECIPE FOR A GOOD NIGHT'S SLEEP

Did you know that primary school-aged children need between 9 - 11 hours of sleep every night?!

Poor sleep quality and insufficient sleep has been associated with a range of physical and mental health problems that can impact on a child's health and development.¹

Here's some sleep tips to help make sure your kids are getting their zzz's...

- Have a consistent sleep schedule and bedtime routine to help your child relax and wind down each night.
- Switch off all screens (TV, tablets, computers, phones) an hour before bed, and no screens in the bedroom!
- Daily exercise and time outdoors promote good sleep. Make sure your child is getting plenty of physical activity throughout the day.



Check out more sleep tips at www.healthdirect.gov.au/sleep-tips-for-children



Health
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