



ST FRANCIS OF ASSISI NEWSLETTER

Term 4
Week 2
15th October 2021

PRINCIPAL'S MESSAGE

Dear Parents and Carers,

Welcome back to Term 4. I hope that everyone enjoyed the holidays and some of the freedoms that were introduced to allow children to have friendship bubbles and adults to meet in small groups in parks and the outdoors.

The staff are very excited about the prospect of all children returning to school by 25th October.

Kindergarten and Year 1 return on Monday 18th October 2021 (Remote Learning continues for Years 2 - 6)

Years 2-6 return on Monday 25th October 2021

The expectation is ALL students will be back onsite by 25th October 2021.

For those families who have siblings in Years 2 - 6, I know that it may be difficult to keep some of your children at home and send your Kinder and Year 1 children to school - especially when they see their siblings returning to school. I would, however, ask for your cooperation in adhering to the allocated return dates for each of your children so that we can introduce the students to the changed routines and procedures that will need to be implemented for all students and staff once we are all back together from the 25th October.

The staggered return offers staff the opportunity to personalise the re-entry to school especially for our youngest students. This is particularly important after such a long period away from school for the children. I am sure that having the staggered return over just 2 weeks will be more manageable for families and will allow you to feel that things are returning to normal.

I would like to especially thank all the staff. I am so proud of the professional manner in which they have continued to put their own worries and concerns aside to plan and implement remote learning, keep the day-to-day management of the school operating, as well as remain in touch pastorally with the students and families.

When the children return, our focus will be to ensure that the children are happy, safe and continue their learning. A big focus will be on settling the children back to class routines and for them once again reconnecting with their peers and friendship groups and most importantly reconnecting face to face to their teacher. Part of each day will be to focus on helping children to further develop their social skills.

We appreciate and understand that some children may be feeling a little bit nervous about their return to school. It is important that the adults in their lives talk to them about school being a safe place and display their own positivity about their children returning to school.

As always, we regard the safety and wellbeing of our children and staff as our top priority as we continue to navigate our way through this challenging time.

Thank you for your ongoing support and understanding.

Kind regards

Jenny Bellenger

Principal

YEAR 6 GRADUATION

It is with great excitement that we can announce the Year 6 Graduation will be held on Monday 13th December at 6pm at Good Shepherd Church Plumpton. Parents of Year 6 students please note this date on your calendars.

STAFF DEVELOPMENT DAY

On Wednesday 15th December there will be a Staff Development Day.

This means that there is no school on this day.

The St Francis Staff will undergo professional learning on this day. Please make alternative care arrangements for your children on this day.

Tuesday 14th December will be the students' final day for Term 4 2021.

PARENT TIPS

Tips for parents to support their child's return to onsite schooling following the COVID-19 pandemic. This resource is later in the newsletter.

PROTOCOLS FOR WHEN STUDENTS RETURN TO SCHOOL

It is important that we put into place the necessary procedures to ensure the safety of both students and staff. Therefore, please read carefully the following protocols.

WELLBEING	<ul style="list-style-type: none">• Students will be reintroduced to school routines and expectations• Students will be given opportunities to have purposeful catch up with friends, peers and staff• Teachers will be monitoring children as to how they are settling back into school routine and if additional support may be needed
LEARNING	<ul style="list-style-type: none">• The main focus of learning will be on Religious Education, Literacy and Numeracy• PDHPE, Music and Japanese will take place each week• Captivate for Years 5 and 6 will commence in Week 5• Teachers will be assessing students on a regular basis• Intervention programs such as Reading Recovery, EMU and R3 will continue
SAFETY	<ul style="list-style-type: none">• Parents and carers are NOT allowed onsite (note some exceptions may apply regarding students with specific needs)• All staff and contractors or visitors to the school need to QR Code and show that they have been double vaccinated• Students are not to be onsite prior to supervision that commences at 8:25 am• COSHC is able to assist any family who need care for children before 8:25am• Staff will be on duty at the front and back gates in the morning and for afternoon dismissal

VISITOR CHECK IN PROCEDURES	<ul style="list-style-type: none"> • All staff and visitors attending school must comply with school protocols • Non-essential visitors are not permitted onsite • Workers supporting infrastructure development, maintenance and cleaners can continue onsite • Sign in using NSW QR code • Wear a mask • Maintain social distancing • Show proof of being double vaccinated
AFTERNOON DISMISSAL	<ul style="list-style-type: none"> • Adults are reminded to maintain physical distancing outside the gates • Kindergarten students and siblings will be dismissed at 2:50pm from the side gate as has previously been the case • Years 1 and 2 and their siblings will be dismissed at 2:55pm and can be collected from the front or back gates • Once your children have been dismissed please ensure you leave immediately and not congregate with other families • All other grades and including car pick up and COSCH children will be dismissed at 3:00pm • Parents are encouraged to use car pick up if possible as it is the safest and quickest way to collect your children
VENTILATION	<ul style="list-style-type: none"> • Schools will follow a daily routine to ensure learning spaces are well ventilated to maintain good air quality • Each morning all windows and doors will be opened well before students arrive • Ceiling fans and air conditioners will be turned on • Staff have been briefed on the importance of promoting ventilation in accordance with CEDP guidelines
CO2	<ul style="list-style-type: none"> • CEDP will shortly issue each school with a portable CO2 monitor that will be used to daily to monitor air quality
CLEANING	<ul style="list-style-type: none"> • Deep cleaning has already occurred across all air conditioning units • Thorough cleaning of every learning space is happening regularly • An audit of all windows and doors to ensure they can all open has already taken place
STUDENT HYGIENE	<ul style="list-style-type: none"> • Students will be encouraged and reminded to maintain strict personal hygiene • Hand sanitisers will be located at school entrances and in the learning spaces • Posters are displayed to demonstrate to students how to wash their hands properly
MASK WEARING	<ul style="list-style-type: none"> • All adults onsite will wear a mask at all times throughout the day • Latest information for students is that it is strongly recommended but has not been mandated for primary age children

COVID-19 REMINDERS

- Students should not attend school if unwell, even with mild symptoms of COVID-19. Any student with any COVID-19 symptoms will 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 recurring 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 immediately and self-isolate until a negative result is received.
- Please continue to monitor the NSW government COVID-19 News and updates webpage for locations where there may have been exposure to COVID-19 and adhere to the health advice.

SUMMER UNIFORM

Children should return in Term 4 in the **full summer uniform**. All students are expected to be in their full Summer uniform by Monday 18th October 2021.

Uniforms can be bought from Oz Fashions.

OZ FASHIONS UNIFORMS

Oz Fashions will recommence the delivery of school uniforms from Monday 18th October. They will deliver on the normal days, Monday and Wednesday each week. A general price list on how to order is in this newsletter with information on how to order using the QKR App.

SCHOOL FEE INFORMATION STATEMENTS

Just an update to let you know that the 2021 Term 4 School Fees Statements will be posted to families next week. Payment is due by 18th November 2021, if you have already paid, thank you.

Reversal of the Activity Fee has now been credited back to families. If you already paid your account in full then the credit will be carried forward to 2022 fees.

The Catholic Education Diocese of Parramatta (CEDP) continues to work hard to support families in our communities who are struggling financially as a result of COVID-19.

If you have any queries regarding your account, payment arrangement or outstanding fees please contact our school office on 88869600.

CONGRATULATIONS



Congratulations to Seth Keanu (Year 1) and his family on the birth of his little brother. Also to John Raphael (Year 6) and his family on the birth of his little brother. We wish them all the best.

OUT OF SCHOOL HOURS

The NSW Department of Education now strongly recommends primary school aged children wear masks in Out of School Hours Care services, including before and after school care services and vacation care. COSHC will now adopt this practice in the interests of strengthening the safety of our services for all in the community. The service seeks the cooperation of families with providing their child with a face mask to wear at COSHC. Practices at COSHC will be adjusted to ensure there are periods when masks can be removed and, at these times, physical distancing will be supported where possible as another measure to limit COVID-19 transmission.

HELPFUL TIPS FOR COMING BACK TO PRIMARY SCHOOL

Your teacher is looking forward to seeing you and we know that you are looking forward to seeing your friends.

Sometimes learning from home felt easy, sometimes it felt a bit hard. Everyone has a different learning from home story to tell. Here's some helpful tips for you as you get ready to return to school.



BE KIND AND PATIENT

Everyone will settle back to school in a different way. Showing kindness and being patient with the people around you will help everyone feel better.



HAVE SOME FUN

Your teacher wants you to enjoy being back at school. Join in the classroom and break-time fun, and play outside with your friends and classmates.



GET READY

Check your uniform and shoes still fit, and repack your school bag. Your school will have hand sanitiser and masks, but you can take your own too!



BE SAFE

Safety first – wear your mask. Sneeze or cough into your elbow, put used tissues in the bin, and wash your hands during the day and before you eat.



SCHOOL WORK

Try your best. Let a teacher, parent or a carer know what you found easy or hard when working from home. They are there to help you.



FEELINGS

It can help to talk. It's ok to feel a little unsure, worried, nervous, happy, angry or any feeling in between. Talking to your parent or a carer, your teacher or other staff is important when you feel unsettled or are worried about a friend.



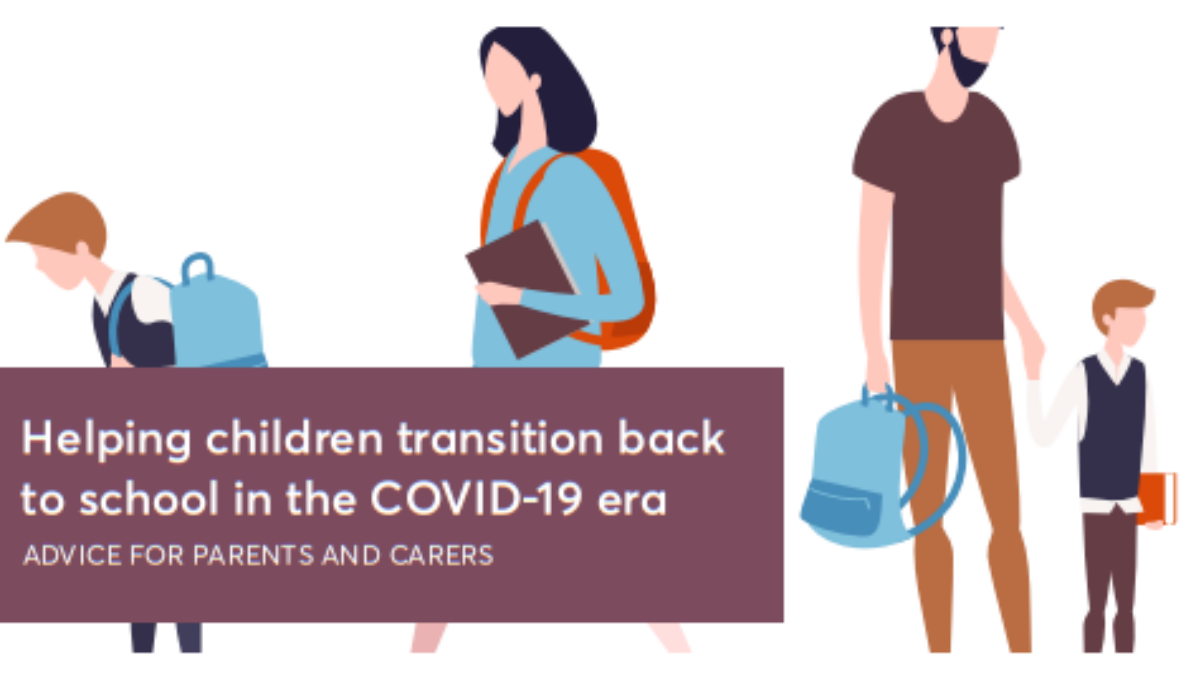
EAT

Food is fuel for your body and brain. Don't forget to eat breakfast and grab a healthy lunch and keep your water bottle topped up!



SLEEP

Nothing beats a good sleep. Go to bed early and keep phones and other devices in another room, so you're not disturbed. It might take a little time to get back into your routine.

 An illustration showing three children and one adult. On the left, a boy with a blue backpack is looking down. In the center, a girl with a blue backpack is holding a folder. On the right, a man with a beard and a brown t-shirt is holding the hand of a smaller boy who is holding a book. A dark purple banner is overlaid on the middle of the illustration.

Helping children transition back to school in the COVID-19 era

ADVICE FOR PARENTS AND CARERS

Transitioning back to school in the COVID-19 era can present many challenges for parents and children. Many parents have reported that learning from home has given their child the opportunity to work at their own pace. Many children have also benefitted from the 1:1 support which has helped with learning.

The shorter school day and flexibility for rest breaks has also meant that fatigue has been less of an issue. In addition, anxiety has improved for some children as a result of these factors. Given this, it is no wonder that returning to school comes with a mix of relief and excitement along with a new set of stresses for children and parents.

Reassure your child that it is safe to go to school

Many parents had conversations with their children about the importance of learning from home to keep them healthy and safe. Some children may now worry about the safety of returning to school.

To help your child feel safe, have a conversation with them explaining that:

- the decision to return to school is based on medical advice
- children do not usually get sick from COVID-19
- everyone at school is working hard to make sure that children are safe
- anyone who is unwell will stay at home
- the government is keeping an eye on things – if it starts to be unsafe, decisions about what to do will be made
- reassure your child that it is normal to have mixed emotions such as excitement, relief, worry and anger
- discuss what they are looking forward to and what they are worrying about
- reinforce good hygiene practices.

After school, it will be important to:

- talk to your child about their day, including what they enjoyed, what they felt worried about and what they are looking forward to tomorrow
- schedule extra family time as your child is likely to have missed being at home with you
- your child may feel more fatigued and will benefit from quiet activities to recharge.

Prepare your child for changes to usual school processes

Your school may have made changes to their normal processes. Your school will communicate these changes with you – these may vary across schools. To help prepare your child:

- talk to your child about upcoming changes - the more they understand the changes, the more comfortable they are likely to feel about them
- write social stories with your child about changes to routine
- ask to have an extra online 1:1 session between the teacher and/or learning support worker and your child before going back to school
- see if there are any strategies that home learning enabled that you might be able to take to the classroom
- ask your child what will make their transition back to school easier and see if this can be accommodated by your child's teacher, for example, knowing the class seating plan or the first activity of the day may help.

Re-establish normal routines in the lead up to school

- **The week before:** Return children to their usual wake up and bedtime routines, as well as breakfast and morning snack/lunch.
- **The day before:** Involve your child in packing their bag and preparing their uniform - this leaves you plenty of time to notice if anything is forgotten.
- **The morning of:** Allow more time than usual to get ready.

Some schools may not allow parents to walk children to their classroom. This may make it harder for some children to separate from parents. Prepare your child for this by:

- discussing what might be different about the drop off and pick up procedures and how you will manage it as a family
- talk through the new procedure and role play or write social stories
- reassure your child that there will be plenty of staff to help take them to their classrooms
- ask your child if there is anything that will make this easier for them, such as arriving to school with a buddy or taking a special item that helps them feel 'brave'.

Returning to school before siblings

Younger children returning to school earlier than other family members may feel disappointed that their siblings are continuing with home learning or may feel disconnected from the family. You can help your child by:

- reassuring them that it is ok to feel disappointed
- explaining that all children will be returning to school soon
- allowing your child to pick a fun activity to complete when they get home from school so that they have something to look forward to
- avoid scheduling any 'fun' activities with other family members or friends whilst your child is at school.

Tips for children with cognitive and behavioural challenges

As children adjust to the new routine, cognitive and/or behavioural difficulties may seem more challenging. The following strategies can help children with an acquired brain injury (ABI) or other neurodevelopmental difficulties to avoid these issues as they transition back to school

- Fatigue may be more problematic for these children either as a direct consequence of their difficulties or due to the extra effort it takes for them to readjust to change. Consider slowly increasing your child's attendance at school to help combat fatigue – you may consider shorter days or rest days.
- Speak to the school about incorporating more rest breaks throughout the day for your child.
- Speak to your school about reducing or eliminating homework until your child has settled back into a routine.

- Ensure that your child is linked in with the learning support and wellbeing team.
- Educate staff who are either new or unfamiliar with your child about their brain injury or neurodevelopmental disorder – For example, ABI is often the ‘invisible’ injury and those working with your child should be made aware of their needs, as well as strengths and weaknesses.
- As children readjust to the pleasures and challenges associated with school, they may show greater difficulties with emotional regulation and challenging behaviour – remember, this is likely to be part of the readjustment phase and should improve with time.
- Your child may need your help to regulate. You may find it helpful to create a calm corner with a ‘tool box’ of calming and distracting items, as well as adding some relaxation strategies into the daily routine. Exercise can also assist.

Finding extra support

If you need extra support or clarity in regards to your child’s needs and learning challenges, referral to an appropriate psychologist for a detailed assessment and advice may be warranted. For example, a paediatric neuropsychologist can provide a differential diagnosis and strategies, and direct you to an appropriate special education tutor or any other healthcare specialist that may be required.

There are number of ways to access a psychologist. You can:

- use the Australia-wide Find a Psychologist™ service. Go to findapsychologist.org.au or call 1800 333 497
- ask your GP or another health professional to refer you.

Acknowledgments

This resource was prepared by the:



A clinical neuropsychologist is a psychologist who is trained to understand brain-behaviour relationships (across the lifespan):

- a) To assess thinking/brain abilities and difficulties to clarify diagnosis and identify the client’s care needs and priorities
- b) To provide targeted intervention or rehabilitation for people with thinking/brain-related difficulties or disorders
- c) To adapt or modify treatments to take into account the effects of thinking/brain difficulties

The Australian Psychological Society Limited
PO Box 38, Flinders Lane, VIC, 8009

Telephone: (03) 8662 3300 or 1800 333 497
Fax: (03) 9663 6177
Email: membership@psychology.org.au
Web: psychology.org.au

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The APS has other information sheets in this series to support children and teens with learning difficulties and disabilities. To access, visit: psychology.org.au for more.



St Francis of Assisi
Glendenning

St Francis of Assisi Primary

Recommended Uniform List (NEW STUDENT)

Recommended Girls Uniform List

Quantity	Items	Price per item	Total
2-3	Summer Dress	\$50.00	\$100.00 - \$150.00
2-3	White Turnover Socks	\$5.00	\$10.00 - \$15.00
1	School Jacket	\$55.00	\$55.00
1-2	Sport Polo	\$35.00	\$35.00 - \$70.00
1-2	Sport Shorts	\$35.00	\$35.00 - \$70.00
1-2	White Sport Socks	\$5.00	\$5.00 - \$10.00
1	School Bag	\$45.00	\$45.00
1	Satchel	\$15.00	\$15.00
1	Sun Hat	\$18.00	\$18.00
TOTAL			\$318.00 - \$448.00
Additional items available			
1-2	Girls Hair Accessories	\$5.00	\$5.00 - \$10.00
1	Fleecy Jumper	\$30.00	\$30.00
1	Artsmock	\$15.00	\$15.00
1	Raincoat	\$25.00	\$25.00

Recommended Boys Uniform List

Quantity	Items	Price per item	Total
2-3	Short Sleeve Shirt	\$25.00	\$50.00 - \$75.00
2-3	Navy Shorts	\$25.00	\$50.00 - \$75.00
2-3	Navy Turnover Socks	\$5.00	\$10.00 - \$15.00
1	School Jacket	\$55.00	\$55.00
1-2	Sport Polo	\$35.00	\$35.00 - \$70.00
1-2	Sport Shorts	\$35.00	\$35.00 - \$70.00
1-2	White Sport Socks	\$5.00	\$5.00 - \$10.00
1	School Bag	\$45.00	\$45.00
1	Satchel	\$15.00	\$15.00
1	Sun Hat	\$18.00	\$18.00
TOTAL			\$318.00 - \$448.00
Additional items available			
1	Fleecy Jumper	\$30.00	\$30.00
1	Artsmock	\$15.00	\$15.00
1	Raincoat	\$25.00	\$25.00

The above list is only a 'suggested list' of items your child will need for school. Please take into consideration how often you wash for the amount of clothing you may need to purchase.

Number of sports uniforms may vary depending on how many days of sport and if they are consecutive.

The Suggested Lists are a guide for people who wash clothing daily



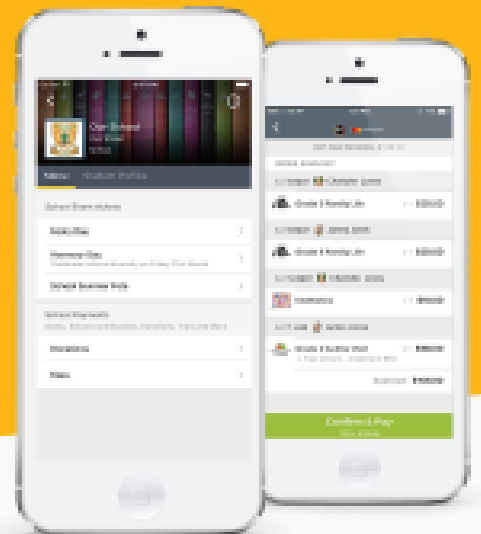
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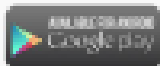
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Step 2 Register

Select your Country of Residence as 'Australia' and follow the steps to register

Step 3 Find our school

Our school will appear in 'Nearby Locations' if you're within 10kms of the school, or search for our school by name.

Step 4 Register your children

When first accessing our school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them.

If you have made a purchase you can select our school from 'Previous Location'

If you're within 10 kms of the school, you can select our school from 'Nearby Locations'

Search for our school name

