



# NEWSLETTER

STUDENT NEWS FROM BALRANALD CENTRAL SCHOOL

30 August 2021 ISSUE 13

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## *Learning from Home*

We have enjoyed receiving photos from our students while they are learning at home. We miss our BCS students and can't wait until you can come back to school. Thank you to all our school families for your support and understanding during these difficult times and to staff who have embraced all of the challenges of delivering quality work into your homes.



# PRINCIPAL'S PONDERINGS

Congratulations to all parents who are doing their best with the remote learning situation. I know that the staff are working hard to advance the learning through Learning packs, Zoom, Google classroom and phone support and they really appreciate the partnership with parents who are keeping their kids safe and engaged as best as possible. You may already be cognisant that the Level 4 restrictions have been extended until midnight on Fri 10th September (Week 9) and we may be progressing to Level 3 face to face learning in Week 10 (but we need to be prepared for an extension). The message from the Department of Education is that “home is the safest place to be and school will not operate as normal but with minimal supervision. If your child is able to be educated from home, please keep them at home.” Year 12 have just completed their Trial HSC and will be returning to school for essential curriculum, in small groups and only for 2 hours a day under the current COVID restrictions. The HSC examinations have been postponed until Tuesday 9th November which will have implications for students and staff. My thanks to Mrs Matarazzo, Ms Tolley, Mr Christian and Mrs Longford for setting up staff and student rosters over the next few weeks. In response to feedback from parents, BCS has developed a Google site that lists the ZOOM timetables for each year group; weekly work requirements for each year group and daily notices regarding important deadlines and other school-related matters. Thanks to Mrs Longford for setting this up and to the staff for regularly updating the information. This site updates in real-time and students should check the website every morning for their Zooms for that day and there is also a link to their Google Classrooms. Parents can also access the site through the link below in order to keep themselves informed and their children on track.

<https://sites.google.com/education.nsw.gov.au/bcsremotelearninghub/home>

Please note that the window to drop off and pick up Learning Packs is from 9:00 - 12noon on Monday mornings. Thanks to the parents for sending in their photos of home learning - keep them coming!

Science Week at BCS unfortunately was curtailed by the lockdown but Ms Hull and her classes were able to at least start proceedings on Friday 13th August. Her students made their own fizzy drinks, honeycomb and ricotta with varying levels of success. Thanks to Ms Hull for her best laid plans and hopefully she can continue these when the restrictions are lifted.

The next BEAR period finishes on Thursday 16th September and although we have been in remote learning for these last few weeks the scores will still reflect student engagement and achievement. If your child is having trouble engaging with remote learning, please contact the school for assistance.

My saying this week, along the theme of “Faster, Higher, Stronger, Together” comes from E. O. Wilson. “We are drowning in information, while starving for wisdom. The world henceforth will be run by synthesizers, people able to put together the right information at the right time, think critically about it, and make important choices wisely ” There is plenty of information coming at students, staff and parents in the current climate. Now, more than ever it is important for all of us to put together the right information and make good choices for the individual and common good.

My word of the week is “cognisant” which means to have knowledge or awareness.

*Gus Comi*



# Learning from Home



Jaxon with his space rocket design task that he did for Mr Patterson



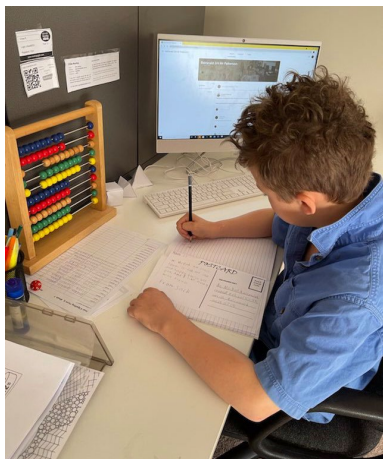
Olivia and Sarah enjoyed making a cow and a bull for Creative Arts.



Chloe doing some writing



Isei and Jaxon had fun making volcanoes for Science for Mr Longford.



Jack keeping busy



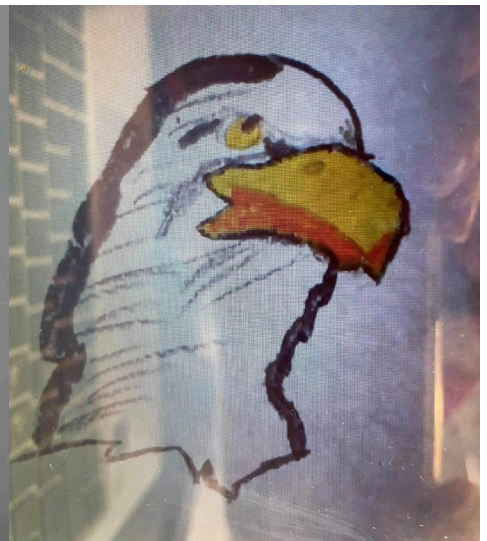
Imogen with her sheep model. Year 2 as part of their unit on sheep had to create a model of a sheep.



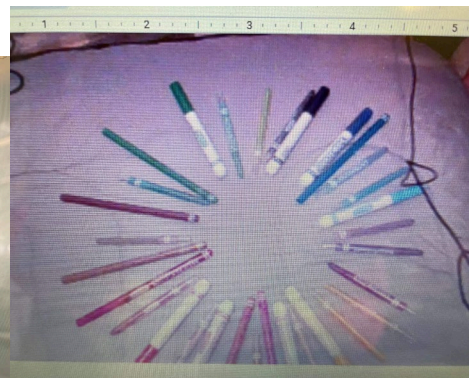
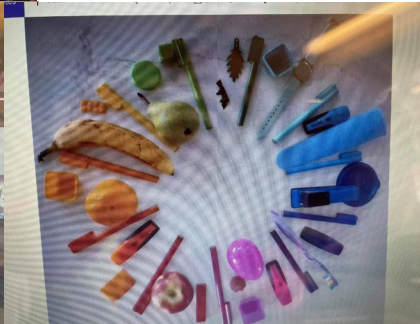
# Learning from Home



Beau sent us in these pictures of him working at home



Some samples of work by Year 5/6 during home learning





# Science Day held on 13<sup>th</sup> August





# 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>

The National Workforce Centre for Child Mental Health (NWC) is funded by the Australian Government Department of Health under the National Support for Child and Youth Mental Health Program.

September, 2020 | English

Visit our web hub today!

**Emerging  
minds.  
com.au**







## Mental Health Supports

Services to support children, young people and their families during COVID 19



[www.beyou.edu.au](http://www.beyou.edu.au)

Educator self-care is important for supporting children and young people during the coronavirus outbreak. This website provides practical strategies for educators and schools.



[www.beyondblue.org.au](http://www.beyondblue.org.au)

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.



[www.emergingminds.com.au](http://www.emergingminds.com.au)

Resources for supporting children during the Coronavirus (COVID-19) outbreak including video on how to talk with children about the virus.



[www.headspace.org.au](http://www.headspace.org.au)

Headspace online includes information for young people affected by stress related to Novel Coronavirus (COVID-19) including tips to maintain mental health and wellbeing.



kids helpline  
Anytime | Any Reason

[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.



[www.parentline.org.au](http://www.parentline.org.au)

Whether you are worried about limits on screen time, keeping track of your child's learning from home or keeping siblings from fighting, Parentline counsellors are available every day.



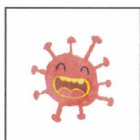
[www.reachout.com](http://www.reachout.com)

ReachOut is Australia's leading online mental health organisation for young people and their parents. The website contains information on coping during coronavirus.



[www.twenty10.org.au](http://www.twenty10.org.au)

Twenty10 is committed to continuing our services supporting LGBTIQA+ young people in New South Wales, their families and our communities at this most challenging time.



[www.mindheart.co/descargables](http://www.mindheart.co/descargables)

Short (online) book to support and reassure our children, regarding the COVID-19.



**More information @ School Link**

[www.icamhs.com.au](http://www.icamhs.com.au) 0484 334 227



**TERM THREE - 2021**

|                  | Monday  | Tuesday                  | Wednesday                | Thursday   | Friday  |
|------------------|---|--------------------------|--------------------------|--|---|
| <b>Week 8 B</b>  | <b>30 AUGUST</b><br><i>Exec meeting</i>                   | <b>31</b>                | <b>1 SEPTEMBER</b>       | <b>2</b>   | <b>3</b>  |
| <b>Week 9 A</b>  | <b>6 SEPTEMBER</b><br><i>Exec meeting</i>                 | <b>7</b>                 | <b>8</b>                 | <b>9</b><br>Yr 11 Exams                                  | <b>10</b><br>Yr 11 Exams                          |
| <b>Week 10 B</b> | <b>13 SEPTEMBER</b><br><i>Exec meeting</i><br>Yr 11 Exams | <b>14</b><br>Yr 11 Exams | <b>15</b><br>Yr 11 Exams | <b>16</b><br>BEAR scores due<br>Yr 12 Assembly @ 10.30am | <b>17</b><br>Last Day of Term 3<br>Year 12 Formal |

*Italic: K-Yr 6*   Normal: Yr 7-12   **Bold: K-Yr 12**

**Joss**  
Facility Management

# CLEANERS WANTED

Applicants need to be available to work Monday to Friday between the hours 5:00am-7:00pm.

- Split shifts: 5:00am-9:00am and 2:00pm-7:00pm
- Day shift available from 11:00am-3:00pm

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