



Bundarra Central School News

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Issue 14, 3rd September 2021



Second World War stories for boys



Up & Coming:

NSW is on Stay at home orders.

Continue with Learning from home.

The Zoom timetable can be found on the school website and facebook page.

Book packs will be ready for collection on Monday 6th September



A small school with big hearts and bigger opportunities

Principal's Message



The theme for book week 2021 Old Worlds, New Worlds, Other Worlds was very adept for this period of time as we continue our learning from home. This year our Book Week parade was virtual and I enjoyed the photographs coming in from our families and staff. Every student has received a book to enjoy celebrating our world of books. It is important more than ever to stay connected and be motivated about the things we can do. Our parade, alongside our Book Fair are on our Facebook page.

Four students, Maddison Harper, Jesse Nelson, Kadie O'Grady and Hannah Palmer have achieved Gold PBL. They are to be commended for their behaviour and

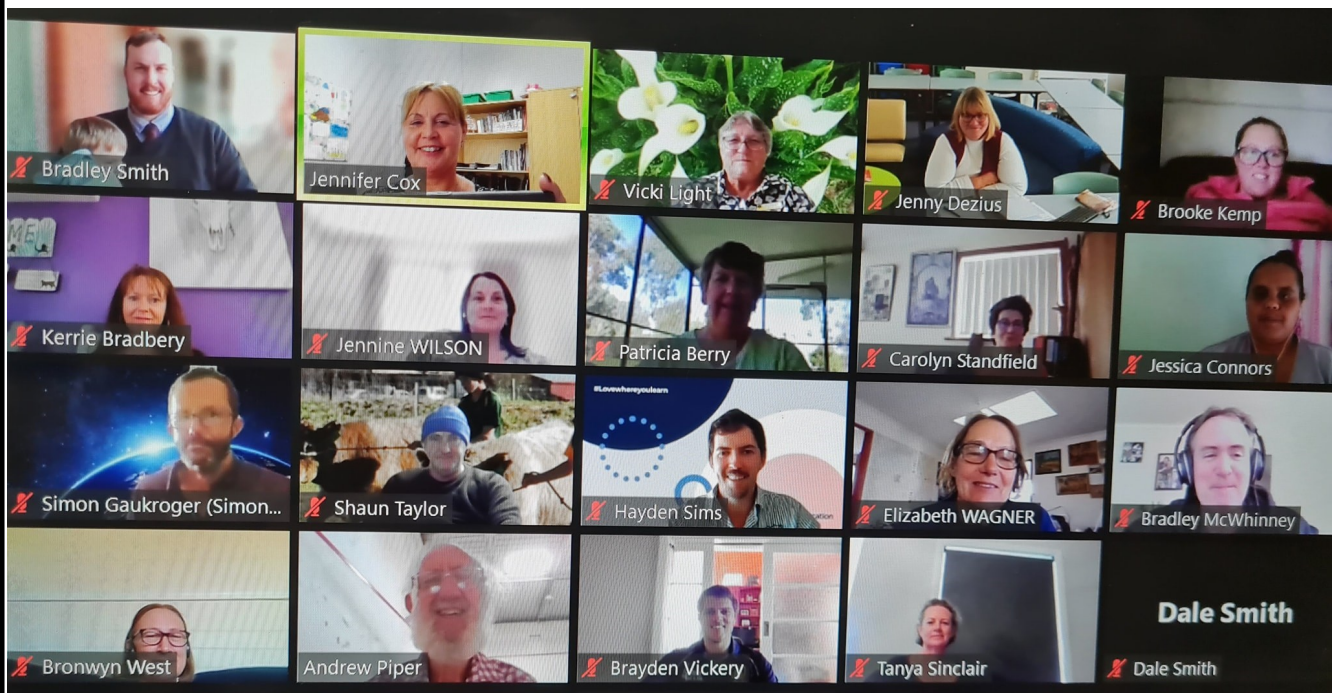
engagement with school. Students who achieve Gold Status will get to choose their award, the choice is a drink bottle or a cap.

Congratulations to our award recipients and their excellent engagement with their learning. The Principal awardees are Sophie Riley, Gregory O'Brien, Paige Sisson, Ada Lawton, Chase Bradbery, Lucas Palmer, Maddison Harper, Asha Bradbery, Hannah Palmer and Jesse Nelson.

This week, our Year 12 students sat their trial HSC exams. I would like to commend these students for their dedication to their learning and their resilience in this time. Digging deep and moving forward is required at this time and our Year 12s are truly wonderful examples of this human ability to rise above circumstances. Thank you to the Stage 6 staff who are supporting these endeavours.

This Sunday is Father's Day and the primary students have been busy creating their gift to a special family member. The P&C ran their Father's Day Stall online and I know some lucky, Dads, Step-Dads, Grandfathers and Uncles will have a lovely surprise on Sunday. I hope that you all have a lovely day and find some joy in what it means to be family.

Mrs Jennifer Cox
Principal



Whole school staff meeting via Zoom

Secondary News

As we rapidly approach the end of term we have seen remote learning for the previous three weeks and for at least one more. The regional NSW "Stay at Home" orders are currently in place until 11:59pm on the 10th of September. We have seen some great engagement across our school the past two weeks with our book fair and other online activities. Most students across stage 4 and 5 have engaged with the Zoom lessons and the paper sets of work. We are aware that some families are having difficulties accessing internet and these students have returned set work to be marked. I encourage anyone who is have difficulties accessing or completing work to contact the school.

Today, Friday the 3rd of September is national Jersey day which is a day where students, parents, carers, school staff and teachers have the opportunity to wear their team colours or a sports jersey. Jersey day is all about raising awareness and starting up a conversation about organ donation. While on the topic of jerseys our Year 11 and 12 senior jerseys have arrived. They look great and will be distributed in the packs this week. Lastly, I would like to thank all the parents and carers who have helped us negotiate this difficult time with massive support throughout the learning from home weeks and also a huge congratulations to those students who are attending Zooms and returning sets of work. If you need assistance during this time please reach out.

Mr Hayden Sims
Head Teacher, Teaching & Learning (Rel.)

HSC Trial examinations are now completed and students can expect valuable feedback soon. The final Year 11 assessments have been rescheduled to Term 4 Week 1 and notifications are included in student learning packs available for collection at school after 9.30am next Monday. To keep up to date with the latest HSC examination information use [HSC advice \(nsw.gov.au\)](https://www.nsw.gov.au/hsc-advice)

As our school is 'Learning From Home' we have made activities available in printed sets and on Google Classroom for secondary students. Student email will be another communication channel for students to monitor. Zoom is used to provide instruction and also to check in with students about their learning.

Google Classroom can be easily accessed via the DoE Student portal.

1. Log in to the student portal
2. In the 'Learning' section on the right hand side, click GSuite (Google Apps for education)
3. Click Classroom
4. Click the class name you would like to access

Joining a Zoom Meeting is usually accessed using a provided hyperlink (URL)

1. If you received an emailed or other digital invitation, just click the URL to join the Zoom meeting directly
2. You may need to enter a supplied meeting password separately, to get into the meeting

BEST PRACTICES WHILE IN A CLASS/MEETING

- Set up an appropriate space when connecting to your meeting. Consider what's behind you and how it might look on-screen
- Ensure you are out of bed prepared and dressed for class
- Make sure you mobile phone is not a distraction
- Sit in a well-lit and quiet place
- If there is a lot of background noise, a headset/mic will be best to use if you have one
- Make sure your microphone is muted when not talking
- Web meetings use more internet bandwidth than web browsing. You might need to keep your webcam off to improve quality
- Be yourself and respect others
- Ask questions using the group chat
- Use reactions/emoticons to engage with your class
- Read carefully what you've typed before sending your message in chat and communicate appropriately with class members
- Use the raise your hand feature if wanting to ask a question live

Mr Shaun Taylor
Head Teacher, Secondary Studies

4/5/6 Remote Learning

Soccer for Sport at the Kruger household



Marcus made playdough after a Mathematics lesson and created 3D shapes



A Mass workshop at home for Lucas

Pedro/bird

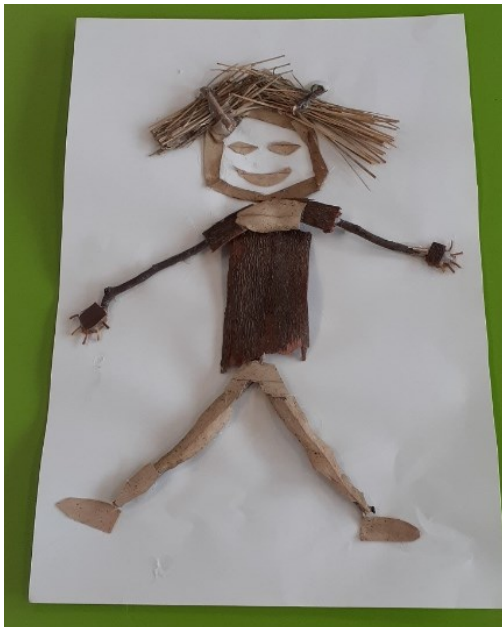
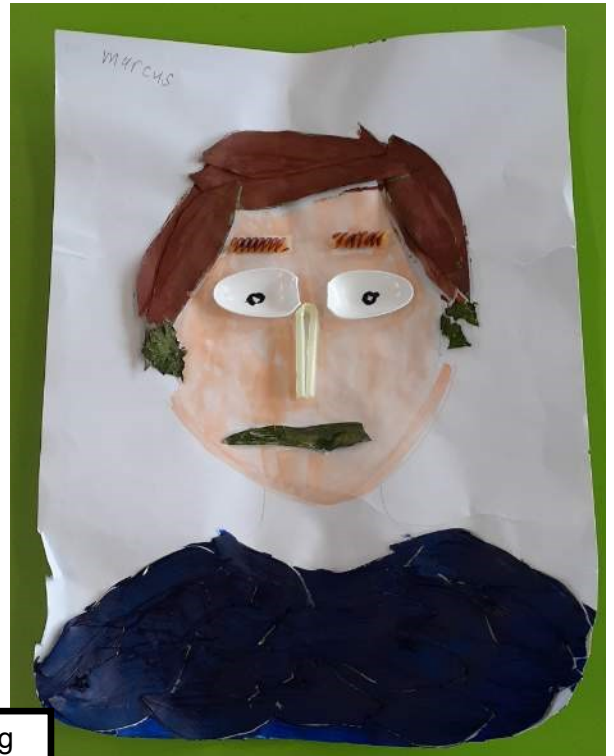
Plays peekaboo with me
Eating my coco pops when I'm not looking
Dances with me bobbing his head
Riding on my toy pram while I'm pushing
On his perch he jumps in his water and has a bird bath.
By Shania



The K–6 teachers would like to thank students, parents and carers for working together through remote learning.

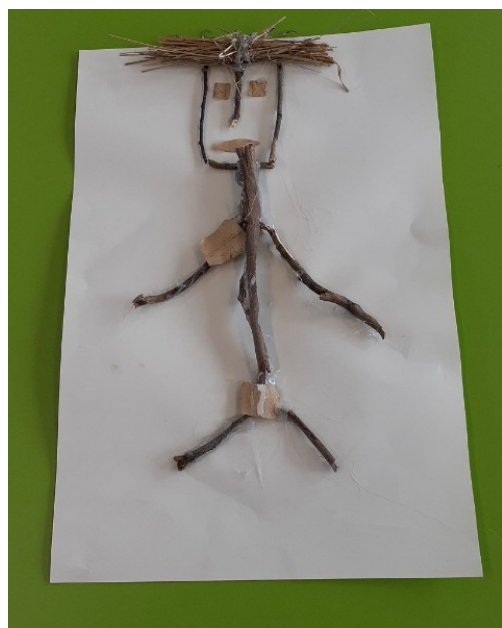
Vicki Light
Assistant Principal

Primary News



4/5/6 have been learning about creating faces in Art this term. Here are some examples from two lessons. The first was to look in a mirror and draw a self portrait. The second was to use objects found in the home or environment to create a face. In week 9 students have been asked to create a 3D model of a face using play dough, Lego or any other modelling material.

Mrs Jenny Dezius
4/5/6 Classroom Teacher



balancing online schooling and working from home



Coronavirus (COVID-19) has resulted in new opportunities and challenges for those supporting and caring for young people in our community.

The transition to online schooling and working from home will be exciting for some people who may thrive in this new style of working and learning and for others this transition may be quite stressful and overwhelming. It may also be a mixture of both these experiences. All of these feelings and experiences are understandable in these circumstances.

Each household will be different in what they are managing. There may be multiple people of various ages trying to transition to online schooling and working at home or there may be just one or two in your household. Everyone will balance this differently with each household having different ways of managing and different priorities. This is okay. There is no one right way to go about this and no household will get it perfectly right.

The initial weeks of this transition will be the hardest whilst everyone is trying to adapt to new routines.

Here are some tips to support the balance of online schooling and working from home.

1. Create good communication

Creating good communication between young people and others at home will be very important during this time. It could be the difference between balancing and negotiating everybody's different needs or increasing conflict in the household.

Some important ideas for good communication include:

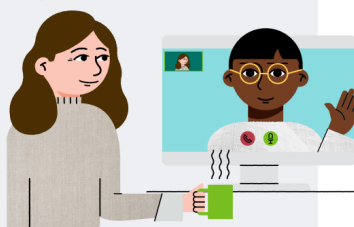
- **communicating early**
Start conversations and model talking early when you are noticing things aren't working so well or there are differences in priorities, expectations or people's needs being met in the household.
- **taking a 'you and me vs the problem' approach**
If you think about any problems coming up 'side by side' rather than 'you vs me' you are more likely to get a good outcome for everyone. This includes letting everyone have a turn to express their perspective, expectations and opinions in a respectful way.
- **acknowledging and summarising what each person has said when communicating**
This shows you're interested and listening to the other people. When we feel our perspective has been heard and understood we are more able to listen to what the other people have to say.
- **using 'I' statements rather than you statements**
Using 'I' statements to express our perspective or needs helps us to own what we are saying rather than giving a sense of blame that can happen with 'you' statements. Take some time to talk about what everyone in the house is going to need to be effective in online schooling and

working from home. It is good to set up a time for this conversation when everyone is available and able to be focused on what you are talking about. This conversation may need to keep occurring over time as you try things out and adapt to see how it is going.

This conversation could include thinking together about ideas such as:

- **how you will let each other know when you can be available to support young people's online schooling and when are you not able to be interrupted**
- **how you will let each other know when you need some help or support**
- **how you are going to manage shared work and schooling spaces**
- **what is working or not working for the household?**

If you feel like there is some tension between household members during this transition or you would like more ideas on communication, check out the responding to family conflict fact sheet for more tips and information.



headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health. Version 1 - 24 April 2020

2. Consider and manage your expectations

Each household will be managing different things during this time. For some households, those working from home are going to need to prioritise work and won't be available for online schooling support. Other households will have more flexibility in moving between supporting online schooling and working.

Consider what your household is managing and adjust your expectations accordingly.

It is okay if you are not always available or if young people aren't completing all of the allocated tasks during this time. If this is happening some things to think about include:

- **using the communication tools discussed above to have a conversation with the young person and ask them about what feels reasonable and manageable. Once they have come up with some ideas, negotiate and work together to come up with an agreed solution.**
- **keeping the communication with teachers going so that they are aware of what is happening for the young person during this time.**

Usually school time and work time is a time of social contact for young people and adults too. Discuss expectations around talking to friends during school or work time and encourage peer to peer connection in an appropriate way to maintain social connectedness.



3. Create a routine

As much as possible try to keep to a normal routine for online schooling and working from home. It can be easy for work time, school time and home time to merge into one which can be overwhelming at times. It can be good to create routines to differentiate this time and support being able to 'switch off' from work or school time.

Some ideas around this could be:

- **taking a walk around the block or exercise when you finish work/school to mimic your usual travel home time (whilst still obeying the COVID-19 restrictions)**
- **packing down your work space at the end of your work day, closing computers and putting books away. You may even want to cover your station with a blanket**
- **changing into different clothes for work or study time and home time.**

4. Foster independence

Young people are usually independent during their school day without the support of care givers to guide their work. Wherever possible, try to encourage this to remain the same.

Take some time to talk to them and ask them about what they would normally do if they got a bit stuck at school with some work or don't know quite what to do.

Some ideas might include:

- **sending a question to the teacher**
 - **asking their friends.**
- Independence also includes things like encouraging young people to make their lunch, choose what to do at breaks or lunch time and setting up their work space.

5. Use your resources

Think about the resources that you have around you. This may be adults in the household taking turns to provide support to young people. If this is not possible, there may be other extended family members or friends that have special skills in areas such as Maths or English that young people can reach out to for support with tasks online or via phone when required.

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6. Get creative and flexible

There are many ways of learning and different areas of learning for young people. As young people develop they are learning how to be independent and complete the tasks of an adult. The online learning environment creates an opportunity for young people to have the time to learn different skills associated with this process. These skills might include:

- **cooking a meal for the household**
- **helping out with chores**
- **learning how to pay bills and managing finances**
- **taking care of the garden.**

Remember to use the communication ideas discussed above in thinking about and trying out these ideas. Ask young people what they are interested in learning and negotiate to come up with what will be appropriate for your household.

If online schooling support is required consider whether these tasks could occur outside normal school hours so that you are able to provide support during non-work hours.

7. Take regular breaks

Stepping away from the computer, getting some fresh air and stretching is important for everybody. If you do this on a regular basis everybody in the house will be more productive in their work and learning. It also supports good physical and mental wellbeing.

8. Model self-compassion

We are experiencing something very unusual and unprecedented at the moment with the transition to online schooling and working from home.

Remember, nobody is going to get this perfectly right. Lots of people are experiencing increased stress and anxiety at the moment and that is really understandable. It is important to take care of yourself during this time. If we can model self-compassion, talking about our experiences and looking after ourselves to young people, they are more likely to practise this themselves.

For some more ideas on looking after yourself during COVID-19 check out the 7 tips for a healthy headspace and how to cope with stress related to the Coronavirus outbreak situation.

Check in with yourself

It's important to check in with yourself and notice what might be making you feel good or what might be contributing to your stress and worries. It can be helpful to practice self-care, and our resources can help to give you a sense of control during this unusual time.

Check out our headspace COVID-19 resources for a range of information and support services:

headspace.org.au/covid-19

The latest medical information for COVID-19/ Coronavirus is changing on a regular basis. If you would like to understand more, please visit the Department of Health's website.

health.gov.au

There's support available

If you think your young person might be feeling overwhelmed, anxious or needs additional support help is available.

By visiting the headspace website, young people can connect with others, interact with self-help tools and access lots of great mental health resources. This is in addition to one-to-one direct support that young people can access via headspace or at headspace centres.

Help is available through these mental health organisations

- **headspace:** visit headspace.org.au to find your nearest centre or call headspace on 1800 650 890
- **Kids Helpline:** 1800 55 1800 or kidshelpline.com.au
- **ReachOut:** reachout.com
- **SANE Australia:** 1800 187 263 or sane.org

You can speak to your local General Practitioner (GP) and help make a plan to support your young person's mental health. Appointments with your GPs are available over the phone, via a video chat or in-person.

Search for your local health service or GP on the healthdirect website.

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If you feel like someone you love might need immediate support, help is available:

National 24/7 crisis services

- **Lifeline:** 13 11 14 or lifeline.org.au
- **Suicide Call Back Service:** 1300 659 467 or suicidecallbackservice.org.au
- **Beyond Blue:** 1300 224 636 or beyondblue.org.au

Clickable links for the above named services:

- [headspace National Youth Mental Health Foundation](https://headspace.org.au)
- [Kids Helpline | Phone Counselling Service | 1800 55 1800](https://kidshelpline.com.au)
- [Welcome to ReachOut.com | ReachOut Australia](https://reachout.com)
- [SANE Australia](https://sane.org)
- [Lifeline Australia - 13 11 14 - Crisis Support, Suicide Prevention](https://lifeline.org.au)
- [Mental health counselling & suicide prevention | Suicide Call Back Service](https://suicidecallbackservice.org.au)
- [Anxiety, depression and suicide prevention support - Beyond Blue](https://beyondblue.org.au)



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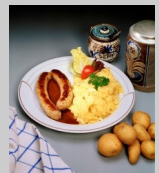
MEETINGS 2ND WEDNESDAY OF THE MONTH AT 1PM
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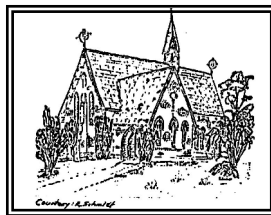
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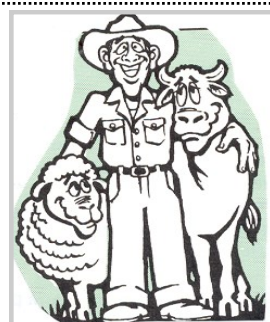
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Uralla Shire Council

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