



THORNIE PRIMARY SCHOOL

Thornlie Avenue, Thornlie WA 6108

TELEPHONE: (08) 92323 450

e-mail address thornlie.ps@education.wa.edu.au

Website: <http://thornlieps.wa.edu.au/>

Term 1 Week 10

Wednesday 8 April 2020

Together We Grow

GROWTH, RESPECT, OPPORTUNITY, WORTH

Welcome to All

Dear Parents/Guardians

I hope that you and your families are happy and healthy when you receive this newsletter. During Term 2 we are very keen to provide clear information out to our Parents & Carers through our newsletter, website and student work packages.

Please do not hesitate to call us at school on 9232 3450 or email us at thornlie.ps@education.wa.edu.au

The Minister for Education and Training has reiterated that continuity of education for as long as possible is very important, but families are now encouraged to keep their children at home.

I would like wish everyone a safe and happy Easter Break and we look forward to providing our wonderful students with some great work packages in Term 2.

COMMUNICATION

Our staff will continue to work at the school site in Term 2 preparing student work packages. If you have a question or are unsure about any information provided in a student work package please do not hesitate to call us at school on 9232 3450 or email us at thornlie.ps@education.wa.edu.au

Teachers are available week days between 8.30am – 3pm to speak to parents over the phone or through email.

STUDENT WORK PACKAGES

All students will begin to receive their very first student work packages in the mail over the coming weeks. During Term 2 teachers will continue to send home regular work packages for students to complete at home.

SCHOOL WEBSITE

Our school website will also have information and student learning resources under the “**Learning at Home**” tab. Teachers are available week days between 8.30am – 3pm to speak to parents over the phone or through email.

Information for parents is posted on our Website including fortnightly Newsletters (SCOOP), Term Planners, Enrolment Forms and information about upcoming events. Our school Website is very user friendly, you can find us at thornlieps.wa.edu.au

LEARNING AT HOME – Tips for Parents & Carers - Set up a learning environment

One of the first activities you might like to do with your child is to plan and then create your home learning environment.

An environment in which your child feels comfortable and able to focus on learning will work best.

You may have a regular place for your child to do their homework under normal circumstances, but this space may not be suitable for working in for an extended period of time.

A space/location for extended learning is best if it's a public/family space, and preferably not in a bedroom. It should be a place that can be quiet at times and have a strong wireless internet signal, if possible.

Above all, it should be a space where you or another adult is able to monitor your child's learning as much as possible.

A few tips:

- A bit of structure is good
- A suitable desk or table to work at
- Access to the materials (stationery, work books) or technology they may need
- A chair that they can sit on without becoming uncomfortable too quickly, but also doesn't send them to sleep by being too comfortable—a properly sized and adjusted office chair is best
- Try to make the space around them fairly clear and open, removing any tripping hazards
- Think about their classroom at school and the elements of it that you can easily set up at home. Does their classroom have zones where certain activities happen? For example, a mat, a story time chair and cushions, a technology zone separate from their work desk (with enough safe power points and chords etc to power everything they need).

Reduce distractions

If you can, choose a room that your child doesn't already associate with less focussed activities (probably not the television room), reduce clutter around them, and choose a space where they are less likely to be distracted by other household activities.

Test it out—if you notice something in the room that is distracting your child while you're trying to keep them focussed, can you remove it? Or can you use it as part of the activity to engage them?

Parents/Caregivers

Please remember when taking photographs and videos of school assemblies and events that they are for your personal use only and CANNOT be uploaded to social media sites such as Facebook or websites such as YouTube. Thank you.

Make the space comfortable

Temperature, lighting and noise levels are all important to consider.

Consider the sizes of the chairs and desks: do they match your child's size?

Do you need cushions or a booster on the chairs you have to raise your child high enough to be comfortable at the desk?

Do you need something for them to rest their feet on so they aren't dangling? It's best if their knees are bent at 90 degrees and feet are flat on the floor when they are sitting.

Is their lower back well supported?

Is the computer screen (if you have one) at the right height with the keyboard and mouse positioned correctly?

Is everything they need to use regularly within easy reach of their seated position? Every time they get up is an opportunity to get distracted for some children, but others need to get up to stretch and burn off energy regularly. Work out what's right for you and your child.

Your child might like to decorate it with their school work, artwork or other accomplishments they are proud of so it is a positive environment that encourages them to learn more

Establish a schedule

Routines make life easier as your child will be used to them at school. Together, put together a timetable of activities that is reasonable for both you and your child to manage. Make sure you schedule breaks and opportunities to stretch and get some exercise.

If you are doing a lot of time on technology, make sure you include regular breaks for no-tech times, and maybe make evenings technology-free after a certain time to support their health and wellbeing.

Set up rules together (rewards and consequences)

If you both understand and agree to reasonable behavioural expectations and the consequences of either meeting them or breaking them, life will be much easier for the whole family.

Technology and equipment

Suggested equipment to help with learning at home:

- computer
- accessories such as keyboard, microphone, headphones and mouse.
- an alternative device such as an ipad can also support learning.
- internet access
- headphones
- pens and pencils
- scrap paper
- calculator (optional)
- ruler
- a printer may be useful but not essential.

Further information is available at <https://www.education.wa.edu.au/learning-at-home>

Kind Regards

Lee Woodcock Principal

A special Hello to all our students, just a quick message to say that we are thinking of you all. It is very strange not being at school with you all. We hope you are all having the chance to spend quality time with your family, having lots of fun and completing the home learning packs you will soon receive.

We look forward to seeing your excited and friendly faces when we all see each other again.

We aim to keep our community well informed, through as many channels as possible. We urge all parents to ensure that the school has your current and up to date contact details, especially your email address, mobile phone number and postal address.

SMS is our most direct form of communication and the channel for which we have the majority of contact details registered and up to date.

We will communicate urgent and important information via SMS with direction to further information on our school website.

DATES TO REMEMBER

09 Apr Final day Term 1
10 Apr Good Friday Public Holiday

TERM 2

27 Apr ANZAC Day Public Holiday
28 Apr School Development Day
29 Apr Term 2 begins (Learning from home)
1 June WA Day Public Holiday



Check your letter box regularly for your next home learning pack.

Please see attached Term Calendar for posting dates.

Due to a Department Phone Upgrade our School has a new phone number.

Please dial **(08) 9232 3450** to reach the school office.

Calls will be redirected from the old number for a period of time



CHAPLAINCY CORNER

During the COVID19 crisis, YouthCARE chaplaincy services, providing essential social, emotional and mental health support, will be ongoing for Thornlie PS staff, students and families.

During tough times, it is important to have someone to talk to.

YouthCARE chaplains are there to listen, and provide a supportive place to talk. We offer confidential, non-judgmental pastoral care and programs based on respect, compassion and service. Our aim is to support young people and their communities who may be facing challenging personal and social issues. We listen, understand and refer to extra help, if it's appropriate.

As always, I am available for a chat on Mondays, Tuesdays and Fridays during school hours and, during the COVID19 crisis, by appointment at other times.

Referral may be requested through the office (9232 3450), classroom teachers or email thornlie.ps@education.wa.edu.au.

Christine Thomas
YouthCARE School Chaplain

This project was funded by the Australian Government Department of Education, Employment and Workplace Relations under the National School Chaplaincy and Student Welfare Program.

School Watch encourages the school community to report any suspicious activity in an around school grounds, after hours and on weekends, as well as during school holidays. Telephone 1800 177 777 (freecall) or 13 14 44 (WA Police)



REFUND OF SWIMMING LESSONS AND EXCURSIONS

Thank you to the families who have returned their recently posted letter requesting your preference for having the recently cancelled Swimming Lessons and/or Excursions credited to your child's account.

Parents/Carers have the option of paying the credit into Voluntary Contributions or having the money credited to your child's account for future excursions.

Processing has commenced and we would like families to please email the form to thornlie.ps@education.wa.edu.au or post at your earliest convenience outlining your choice so we can process all requests in a timely manner.



Corona Help and Support in Perth

Information

- healthdirect.gov.au/coronavirus is an excellent starting point for information about **all aspects of Corona Virus** and its management, along with resources and reliable links.
- abc.net.au/news/story-streams/coronavirus **ABC coverage** and live stream

Practical Support

For those in need OR if you can volunteer to help:

- **Coronavirus Community Care Perth** tiny.cc/a9zclz Perth FB group linking up those needing help with **nearby people who can offer help**
- tinyurl.com/quft2xo **Excess to Share Perth** FB group to give or swap grocery items.
- ruah.org.au/directories RUAH publishes an amazing **free directory** of WA **support services** for vulnerable or disadvantaged people. It covers food, health, housing, money, legal advice, parenting, transport, crisis support and more.
- redcross.org.au/get-help/community-services/telecross **Red Cross Telecross** provides **daily wellbeing check** to those who elderly / housebound / disability.
- **Woolworths and Coles** are open from 7am to 8am for those who are **elderly or have a disability**, with a relevant government issued concession card.
- As of 16 March, both **Woolworths & Coles** are still providing **deliveries** for online food orders in WA. (Woolworths has suspended "click and collect")
- redcross.org.au/prepare **Free tools, emergency plans and survival kit lists**
- **Adopt a Healthcare Worker** bit.ly/2Qly4sd Support to help those on the front lines.
- **Community Services Workers WA** tinyurl.com/rag3gd9 A FB group for WA's community sector to share ideas, ask questions, offer advice and help others

Children

- tinyurl.com/qp4vpgv **How to talk to your kids** about Corona Virus.
- bit.ly/2WiHGqC Online **education services** offering free subscriptions due to school closings
- FREE online **wellbeing programs**:
 - smilingmind.com.au children and adults
 - brave-online.com children 7 - 17 years

Emergency Mental Health Support

- **Mental Health Emergency Response Line (MHERL)** PERTH Metro 1300 555 788 Peel 1800 676 822
- **Lifeline** 13 11 14 24 hour telephone support
- kidshelp.com.au 1800 551 800 A free, private service for people aged 5 to 25
- beyondblue.org.au/get-support/get-immediate-support Phone, web and email-based help

General Mental Health Support

- headtohealth.gov.au Australian **digital mental health resources**.
- thinkmentalhealthwa.com.au **WA-specific** information, tools and services.
- **Mental Health Service Directory** For people to search for an agency or resources to meet their mental health needs throughout WA waamh.org.au/Organisation
- **Headspace** headspace.org.au 1800 650 890 National **Youth** Mental Health Foundation
- **Mind Spot** mindspot.org.au 1800 614 434 Free **profession clinic** for anxiety or depression

Staying Positive and Managing Mood

- moodgym.com.au Award winning free online **mood program** for adolescents and adults
- **#TheKindnessPandemic** tinyurl.com/td6ymk3 Kindness won't make COVID19 go away, but it will make our lives easier and more rewarding
- **Exercise at home** tinyurl.com/tn7fvyk
- **Uplift WA** tinyurl.com/tde7j84 Inspiring FB group of "soul-food to keep us afloat and replenish us when times are tough". Hope, optimism, humour and positivity to sustain your spirit.

Home Isolation

- Update your education with **free elearning courses** tinyurl.com/y6ors3h8
- **Things to do at home!** tinyurl.com/rfzcl6r Check out this huge list of ideas and links (in the PDF) for how you can utilise some extra time at home.
- Maintain **human connection** while social distancing. tinyurl.com/wa7eato
- socialdistancingfestival.com Celebrate and **showcase the work of the many artists** around the world who have been affected by the need for social distancing. Dive in!

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THORNIE PRIMARY SCHOOL

Term 2 Parent Calendar 2020

T2	Monday	Tuesday	Wednesday	Thursday	Friday
1	27 Apr ANZAC Day Public Holiday	28 Apr School Development Day	29 Apr MS/IEC Home Learning Package Posted Home	30 Apr	1 May
2	4 May Early Close 2.30pm	5 May IEC Home Learning Package posted home	6 May Newsletter	7 May M/S Home Learning Package posted home	8 May
3	11 May Early Close 2.30pm	12 May	13 May IEC Home Learning Package posted home	14 May	15 May
4	18 May Early Close 2.30pm	19 May IEC Home Learning Package posted home	20 May Newsletter	21 May M/S Home Learning Package posted home	22 May
5	25 May Early Close 2.30pm	26 May	27 May IEC Home Learning Package posted home	28 May	29 May
6	1 June WA Day Public Holiday Students do not Attend	2 June	3 June Newsletter MS/IEC Home Learning Package Posted Home	4 June	5 June
7	8 June Early Close 2.30pm	9 June IEC Home Learning Package posted home	10 June	11 June	12 June
8	15 June Early Close 2.30pm	16 June	17 June Newsletter MS/IEC Home Learning Package Posted Home	18 June	19 June
9	22 June Early Close 2.30pm	23 June IEC Home Learning Package posted home	24 June	25 June	26 June
10	29 June Early Close 2.30pm	30 June	1 July Newsletter IEC Home Learning Package posted home	2 July	3 July