Our focus is on EVERY CHILD   *July 2020*

From the Principal

Dear School Community,

What a memorable year we are having! Certainly nothing like we have ever experienced before.

I would like to take this opportunity to thank our entire school community for your understanding and support when we transitioned to an online learning environment. I am extremely proud of my teachers' creativity, flexibility and dedication throughout this term. The use of technology allowed students to stay connected with their teacher and classmates at a time when feelings of isolation could have been overwhelming.

Having all students return to school has been wonderful! Seeing their smiling faces as they arrive at school in the morning is an absolute joy.

The current procedures in place for morning drop off and afternoon pick up will remain in place until further notice. Please be assured that enhanced hygiene measures and cleaning across the school will also continue until the Department of Education advises otherwise.

School Holidays

Enjoy your school holidays everyone. Have fun, stay safe and remember to be kind.

Staff will be at school for Professional Learning on Monday 20th July and **students return on Tuesday 21st July.**

Kind regards,

Vicki Robertson
Principal

Upcoming Events

Term 2 Week 10 2020

Friday 3/7	**Last day of Term 2**

Term 3 Week 1 2020

Monday 20/7	**Staff Development Day**
Tuesday 21/7	**Students return Term 3**

Hats for Sale

Please remember our Sun Safety Rule:

NO HAT NO PLAY

The Administration Office has school hats which can be purchased.

School Bucket Hats cost $15 (Compulsory for Kindergarten, Year 1, Year 2 and Year 3 in 2020).

School Caps cost $12 (In 2020 Year 4-6 students can wear a cap, but for Sun Safety reasons we encourage the bucket style when purchasing a replacement).

Please bring the correct money if you or your child would like to purchase a hat.

Student Absences

Parents/Carers are required to supply an absentee note when their child has been away from school.

A note must be sent in the day the student returns to school or submitted on the Skoolbag App.

Emergency Contact Details

Please advise our office if any contact details changes, including new mobile numbers or a change of address. It is very important that we are able to contact you or a family member in an emergency.

Anaphylaxis

The number of children with food allergies in Australia is increasing and it is estimated that 1 in 20 have a food allergy and 1 in 50 have a peanut allergy.

The most common food allergies are peanuts, tree nuts (walnuts, almonds, and cashews), cow's milk, soy, seafood and eggs.

We encourage you **not to** send the following food to school with your children:

- ✗ **Peanut butter sandwiches**
- ✗ **Nutella sandwiches and**
- ✗ **Biscuits/Bars that contain nuts**

At school we teach children:
- *Not to swap food*
- *To wash their hands before and after eating*
- *To tell the teacher if they are worried about particular foods*
- *To know which friends have an allergy*

Library News

Overdue library books must be returned as soon as possible so that we can clean and prepare them for Term 3 borrowing.
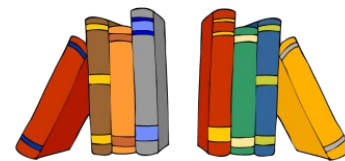
All students currently taking part in the 2020 Premiers Reading Challenge have until 1st August to return their completed cards. Please make sure to do some extra reading over the school holidays.

Mrs Parnis

Teacher Librarian

Skoolbag Instructions

Stay informed & connected through

Skoolbag
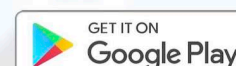
How to install the SkoolBag app

instructions for parents and community

1. Get your favourite mobile device
2. Open the App Store/Play Store
3. Search for "SkoolBag"
4. Download the free app
5. Open the app and add your school(s)

for Apple users   for Android users

Download on the App Store   GET IT ON Google Play

for more info visit **skoolbag.com.au**   SkoolBag

Wellbeing Support

Am I my child's parent or their friend?

Being a parent is tough. It is often a thankless, tiring and frustrating role that is brightened every now and then by a hug or a smile or a milestone reached. We hold on to the bright spots to get us through the tough ones.

One of the really exhausting parts of parenting is repeatedly saying 'no'. It can feel so frustrating to have to, once again, answer a request with 'no'-

"Can I have ice cream for dinner?" "No".

"Can I ride my bike through the suburb without an adult?" "No".

"Can I wear whatever I want to school?" "No".

"Can I play my iPad all night tonight because there's a gaming thing on?" "No."

There is a seemingly endless list of questions that, as parents, we must say no to.

If only I were simply my child's friend, I could happily say yes to everything! Saying yes would provide my child with everything they wanted in that moment, but, then, the problem is that what my child wants is not always what they need.

Below is a list of things children need from a parent as well as a list of things children need from a friend. The two lists have some things in common, however there are also some very important differences.

Children need a **Friend** to:

- Be trustworthy
- Learn new things with
- Spend time together
- Laugh and have fun with
- Listen and be listened to

Children need a P**arent** to:

- Set a good example
- Set boundaries
- Provide fair discipline
- Give good advice
- Be trustworthy
- Listen calmly
- Spend time with their child
- Teach problem solving
- Teach responsibility
- Show real love

A friend is determined to give a child everything they want in that moment, but a parent is determined to give them everything they need for their future. Even when it's difficult, I know we can all support one another to be the parents our children need.

Mrs K Whale

Wellbeing Support Officer

REPORTING TO PARENTS

Due to the unusual circumstances this year that led to an extended period of remote learning, the Department of Education (DoE) has adjusted the timeline for reporting to parents.

Please note the following changes to normal processes at Sherwood Grange:

Term 3, Week 2: Student Progress Reports sent home

In line with DoE requirements, this will be a modified report.

Term 3, Week 3: Student Progress Meetings

In line with DoE requirements, these will be conducted over the phone.

NSW GOVERNMENT | Education & Communities

Public Schools NSW

BEE KIND DAY 2020

NSW GOVERNMENT | Education & Communities

Public Schools NSW

BEE THE REASON SOMEONE SMILES TODAY

SGPS WITHOUT KINDNESS
IS LIKE BAKLAVA
WITHOUT HONEY
IT JUST DOESN'T WORK!
BEE KIND
SECURITY 1300880021

PIC·COLLAGE

NSW GOVERNMENT | Education & Communities

Public Schools NSW

Uniform Expectations – 2020
Winter Uniform (Term 2 and Term 3)

Thank you for adhering to our *Uniform Expectations* detailed below. In order to ensure consistency of colour, design and quality across the school we expect that items marked with an asterisk * are purchased online via the Oz Fashions QKR app.

Girls

* Short or long sleeve white shirt <u>with school crest</u> on the pocket
* Bottle green trousers (no jazz/dance pants or tracksuit pants)
* Bottle green skort with bottle green tights
* Bottle green fleecy zip up jacket <u>with school crest</u>
Short white socks (no tennis/low sports socks)
Black shoes with laces, buckle or velcro
Bottle green, white or black hair accessories only

Boys

* Short or long sleeve grey shirt <u>with school crest</u> on the pocket
* Grey long pants (no tracksuit pants)
* Bottle green fleecy zip up jacket <u>with school crest</u>
Short grey socks (no tennis/low sports socks)
Black shoes with laces or Velcro
Bottle green, white or black hair accessories only

Sports Uniform Girls and Boys: All students K-6

* Sherwood Grange PS sports polo shirt
* Sherwood Grange PS black sports shorts <u>with school name</u>
* Sherwood Grange PS black tracksuit pants
* Bottle green fleecy zip up jacket <u>with school crest</u>
Sneakers (please try to avoid very bright colours with fluoro laces)
White socks (no tennis/low sports socks)

Please note: students are not to wear lycra shorts or leggings in place of the Sherwood Grange Public School black sports shorts

Please Turn Over …

Our School Policy is
"No Hat, No Play"

School Hats

In order to meet the requirements of a **SunSmart** school we are currently transitioning to school hats rather than school caps.

In 2020:

Kindergarten, Year 1, Year 2 and Year 3 students are expected to wear a School Bucket Hat (Caps are not allowed).

Years 4 and 5 are allowed to wear School Caps, but for Sun Safety reasons are also encouraged to wear a School Bucket Hat.

Year 6 wear a black cap that is given to them free of charge.

Additional Requirements

Students may wear a watch – no bright colours
Earrings (one piercing per ear only) must be gold or silver, studs or sleepers
No nail polish, acrylic nails or makeup
Head scarves should be white or bottle green
Long hair (boys or girls) must be tied back with bottle green, black or white hair ties
No streaks or coloured hair

Thank you for your support in maintaining our HIGH EXPECTATIONS.

Vicki Robertson

Principal

National Online Safety®

NOS

#WakeUpWednesday

Conversation starters for parents and carers:
ONLINE CONTENT

Trying to start a conversation about online safety with children can be a daunting task. There are many reasons why children may not want to talk to adults about it. One might be that they don't think you'll understand or that you won't know how to help if they came to you with an online problem. It can also be hard to start a conversation about something that you might have limited knowledge about. However, with screen time increasing during the lockdown, it's important now more than ever, to be talking to children about what they are accessing online.

1 ASK THEIR MOTIVATION

Sometimes it's easy to assume we know why children choose certain games or apps. It can seem obvious, like the child interested in football will be enthusiastic about the new FIFA game. But sometimes it can be more subtle than that. It could be that it's an outlet for their creativity or it might be that they like the look of the main character. Learning their motivation and knowing why they like it can help advising them on how to use it safely and help you discuss the pros and cons.

2 CULTIVATE A BLAME FREE CULTURE

Children can often blame themselves if they come across something that scares them or makes them feel uncomfortable. There will be times when your child has gone against something that you have forbidden, however, most children do not intend to put themselves at risk. Therefore, it's important that your child is able to come to you with a problem and won't be blamed for it. Try to understand what happened and why and warn them of the dangers once more. Engaging in a 'told you so' dialogue or suggesting they are in trouble for not listening may deter them from reporting any future concerns.

3 SHARE PERSONAL EXPERIENCE

Starting a conversation by sharing something that you've seen or that has made you feel uncomfortable can be a great opener. Talking about your own feelings can help children realise that it isn't just them – adults can be affected too. You can then go into how you coped with it therefore indirectly giving children advice on how they can also cope in uncomfortable situations. You can also explain that the reason that you've chosen to talk to them about it is because talking helps. Children will hopefully be able to see the parallels in the experiences and mimic your behaviour in future.

4 TALK ABOUT THE NEWS

Asking children what their response is to news stories around online safety can be revealing. For example, there has been a recent survey conducted by the BBFC who are currently campaigning for the application of age ratings and content warnings on video sharing platforms. What do they think about this? Can they think of a time when this would have helped themselves or someone they know? Are they against the idea? If so, why? Could they be accessing something they shouldn't be?

5 ASK FOR ADVICE

It could be that you really do have a friend at work who is debating whether or not to let their child do something online, or it could be that you're bending the truth slightly, but hopefully the outcome would be the same. Don't be afraid to ask others for advice. Not only why they should let the child use it, but also what would they tell the child to be aware of. What are the risks? This will help you understand the risks yourself and what to look out for in future.

6 MAKE TIME TO LISTEN

When your child can't wait to tell you about their new game, always try and listen to what they say. We always have a lot on our minds, so it's easy for us to drift off onto other things which may be more important. However try to stay involved and ask them more details about aspects of the game/app. Children will appreciate your interest and the more questions you ask, the more you can find out. If you act uninterested, then they are less like to tell you about it again in the future.

7 ASK THEM TO BE THE TEACHER

Showing an interest in what children are accessing online is a great opportunity for you to learn something new as well. Children on the whole love sharing their experiences so by asking them to teach you how to use an app or play a game is not only a great way to bond, but you will also feel more empowered to talk about it. It is easy to shy away from conversations when the child perhaps knows more about the subject content than you do. This can help to turn this around.

8 USE SCHOOL MESSAGING

It might be that your child's school has sent out a message about the Childline number or to remind children to use the CEOP button to report content. Ask the children what they learned about these at school. When would they use the Childline number? When would they need to use the CEOP button? What does it look like? Asking the children why the school thought that the information was so important that they sent out a message about it reinforces what they learnt whilst at school.

9 ASK ABOUT THE RISKS

Many children may know what online risks are and will happily explain the potential dangers. Listen and try not to be overly shocked if they tell you something that disturbs you. This can then lead nicely into you asking the question about what steps they are taking to look after themselves or what help they could seek if something goes wrong. Sometimes it's just nice to know that your children know the dangers and have taken steps to help reduce the risk for themselves – this is the ultimate goal.

10 ASK ABOUT RESPONSIBILITIES

Try asking open ended questions about roles and responsibilities online. Who is in control of the internet? Who is looking after you whilst you are online? Who decides what is appropriate for children to see? This can reveal a lot about a child's perception about who is responsible for their online safety. If they believe that it is up to everyone else to keep them safe, then you know you need to have a conversation about how they can reduce their own risk.

Meet our expert

Heather Cardwell is a practising Online Safety Lead and senior school leader who is passionate about safeguarding children online and educating them around online risks. She has over 10+ years as a Computing Lead and has successfully developed and implemented a whole school approach to online safety in schools, delivering online safety training to both school staff and parents and helping to roll-out a bespoke online safety policy across her local network of education settings.

11 ASK ABOUT SCHOOL ADVICE

Sometimes it's hard to know what to warn children about. If there is a new app or game that your child has come across recently, ask them what they think their teacher would say about it. What advice would school give them? What have they been told about trusting people online or about fake news? Finding this out would be a good way to hear what advice they were given at school and help you reiterate the same message. Quick reminders about what to do if something makes them feel uncomfortable or who their trusted adults are can make all the difference.