



Excelsior Public School Newsletter

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Newsletter – Week 2 Term 2 (7th May 2020)

Important Dates

Term 2	
Date	Event
11.5.20	Phase 1 of A Managed Return to School begins

Other Key Dates

Year 6 Canberra Excursion	- postponed until Term 4. Final date TBC (previously 1.7.20 - 3.7.20)
Year 5 Camp	- 2.11.20 - 4.11.20
Year 6 Farewell	- 8.12.20

From the Principal

Welcome back to term 2! Things have certainly been different at school due to COVID-19. I would like to thank our entire school community for their supportive and positive response to a very difficult situation.

Our staff have very quickly changed their programs and face to face teaching routine into an online and offline alternate learning plan. They have been working tirelessly both onsite and offsite to ensure our students' learning can continue.

Our students have done a remarkable job. I have seen some amazing work completed, both by students attending school and those working from home. Some of that work is featured in "Star Students" this week. Again, I have been very proud at how adaptable and resilient our students have been during this challenging time.

To our parents, what a remarkable job you are all doing. Those of you that are working from home

and supporting your child/ren's learning, I know how challenging this can be. Hopefully, you have found a routine that works for you. To our essential workers, thank you for continuing on during this pandemic. Hopefully you children are enjoying the new look "small school" Excelsior.

I know some families are struggling with finding appropriate uniform items as we move into cooler weather. We are now in a transition phase between summer and winter uniform. We usually ask parents to choose what is more appropriate but for students to come to school either in full summer or full winter uniform. Until the uniform shop is back to regular operation, I would ask that parent make sure their children are appropriately dressed for the weather and for school. If you don't have a winter school jumper that fits, just wear a jumper that is as close to school uniform as possible.

It is important for us all to be looking after our mental wellbeing during this pandemic. At the end of this newsletter I have included a flyer from NSW Health regarding a COVID-19 mental wellness service

Kind Regards,
Mrs Sandra McKay
Principal

Important Information

Mother's Day

Thank you to our P&C events team for organising a Mother's Day stall this week. Mrs Escott has run our drive by stall outside the school office for our at home learners and staff at Excelsior have manned the staff for our at school students.

Tomorrow is the final day for the Mother's day stall.

At school students will have an opportunity to purchase from 9.00-9.30am tomorrow.

Our drive by stall will operate outside the school office from 9.00-10.00am and from 2.00-3.00pm

New Counsellor

This term we have welcomed a new counsellor, Ms Sarah Evenden. She replaces our previous counsellor, Mrs Glenda Walter.

Ms Evenden will be working at Excelsior every Monday and Wednesday.

OC

The placement process for opportunity class entry in 2021, including the Opportunity Class Placement Test, will be delayed until later in the year. As a result, applications will not open on 28th April 2020 as previously advised and published.

This delay is in response to the social distancing measures that are currently in place to help slow the spread of COVID-19 throughout the community.

As part of the application process, eligible students are required to sit a test in a supervised environment. Social distancing guidelines currently in place make it difficult to implement a large-scale assessment at this time.

The opportunity class placement will still go ahead in 2020 however, the process for that, including the timeline, will look a little different this year. We intend to ensure Year 5 students are placed in opportunity classes in 2021 with minimal disruption to schools and families.

The department continues to work closely with NSW Health to ensure people have access to the latest advice on how to keep staff, students and the community safe.

Revised dates for applications, tests and process changes (including any changes to school assessment scores) will be announced as soon as they are confirmed.

Online Safety

With students spending much more time online, it is important that parents are ensuring that children are cyber safe aware.

In the link below Australian eSafety Commissioner, Julie Inman-Grant, provides advice to parents about online safety.

<https://education.nsw.gov.au/news/latest-news/how-to-stay-safe-online-during-covid-19>



COVID-19

The Department of Education is continually monitoring the COVID-19 pandemic and adjusting practises to ensure the health and safety of students and staff.

Staff have been issued with fast drying hand sanitiser spray for use in the classroom. This will be used in conjunction with regular monitored hand washing.

Excelsior has also been allocated extra cleaning hours. Our cleaners are also now performing cleaning duties throughout the school day to ensure our site remains as hygienic as possible.

A reminder that students should not come to school if they are unwell, especially if they have a sore throat or flu like symptoms.

Phased Return to School

The Department of Education is implementing a phased approach to students returning to school.

Phase 1 will begin on Monday 11th May, with students returning to their class one day per week. At Excelsior we have prioritised students returning to their own classroom, with their own teacher. Unfortunately, this may mean that siblings have not been allocated the same day. At this stage we

do not know how long we will be in Phase 1. I will update you immediately via the Skoolbag APP once more information comes to hand.

Some general information about Phase 1:

- We request that parents do not come onto the school site. We will have staff at the gates each morning and afternoon to ensure students safely arrive at and leave school.
- We request that parents abide by social distancing rules when dropping off or picking up students and where possible use the kiss and drop zone.
- In the morning K-2 students will assemble in the COLA and 3-6 students will assemble in the Upper Quad. Announcements will be made by staff to remind students where to go at bell time.
- On their allocated day, students will be taught in their own classroom, by their own teacher. While they will use the alternate learning plans as a basis for the learning content, teaching strategies will differ from the online and offline plans. On these days teachers will be prioritising literacy and numeracy.
- The “everyday program” will continue to run for the children of essential workers. For these students, they will spend their allocated day with their classroom teacher in their own class. One the other four days they will be supervised by a variety of staff while they complete their online learning plan.
- During Phase 1 teachers will be face to face teaching for three days per week. This will greatly reduce the amount of time they have to support online learning at home. In most cases teachers will only be available to respond to online queries one or two days per week.

Term Accounts

There will be no term accounts sent home for term 2 this year.

Recent Events

ANZAC Day

At the end of last Term we held a socially distanced ANZAC Day ceremony. Students listened to information about why ANZAC Day is important, listened to the Last Post and The Ode, observed one minute of silence and watched as student representatives lay wreaths at our flag pole.



Easter at Excelsior

Easter celebrations at Excelsior usually involved lots of craft, an Easter Hat parade and a huge Easter raffle. This year celebrations were scaled back due to COVID-19.

We were very pleased, however, to get a special visitor in the last week of Term 1. The Easter Bunny came to Excelsior to deliver Easter treats and to tell everyone at Excelsior how proud he was of how they were keeping safe by washing their hands and socially distancing.



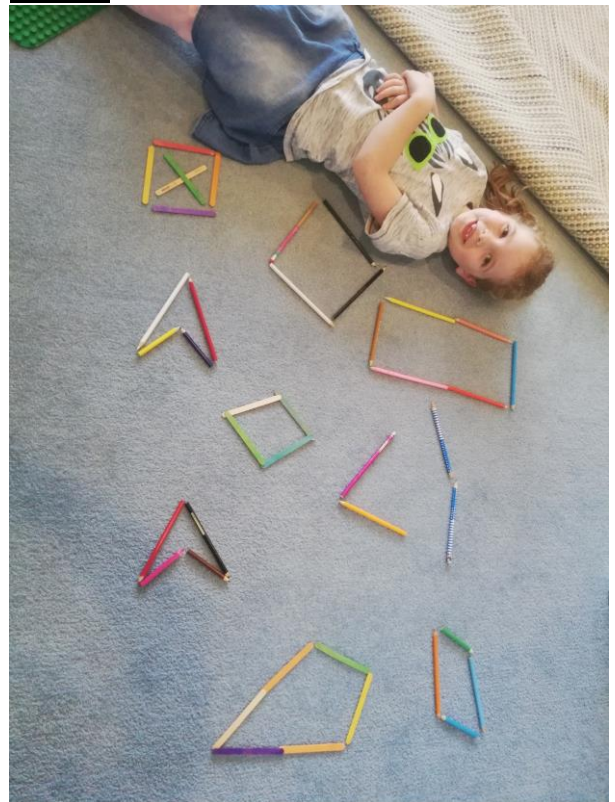
Star Students

Senior Students Morning Dance

Each morning we start the day at Excelsior with a song and those who wish participate in a fun dance. Our senior students have taken it upon themselves to lead the moves in this dance routine and have kept us amused each morning with their creative dance skills.



Zara 1B



Zara from 1B has been eagerly participating in her alternate learning program. Here she has used items from around her home to create 2 Dimensional shapes.

Maya 3S

Year 3 have been working on persuasive writing. Maya has done an exceptional job writing about why children should learn to swim.

Why children should learn to swim

Splash!

I strongly support the view that all children should learn to swim.

First and foremost, I believe it is vital you should learn to swim because you may drown if you don't know your swimming skills. For instance, if you can't swim and you are close to a deep lake and you fall in, you will most certainly drown. However, if you know how to swim, then you will be able to get to safety.

In addition, you should get an adequate amount of exercise by swimming each day because it is important for your health. For instance, if you do not exercise sufficiently every day, you will not be fit. In fact, you don't need exercise by running in a hot sunny day, instead, you can swim for exercise in the warmth of the crystal-clear pool. Don't you think swimming is an extremely good exercise to have?

Another important factor to learn to swim is because toddlers could certainly learn their social skills during swimming lessons. For instance, they could learn to talk by talking to their friends. In fact, they could also build up on their confidence by making new friends!

Would you like to not drown in deep lakes, would you want to do an absolutely amazing exercise, and would you like to develop social skills? If this is your heartfelt desire, then learn to swim immediately!

Simran

Simran has done a fantastic job learning and ordering numbers to 20. Well done!



Emu Blue Community Cafe

The Emu Blue Café will be closed until school resumes regular operation. Our chaplain is still available for phone support. Please contact the school office if you would like to speak to her.

UNIFORM SHOP

The uniform shop is currently filling back orders. From Monday 11th May the uniform shop will be open for online orders only.

CANTEEN

At this stage the **CANTEEN WILL REMAIN CLOSED**. Once we are advised when the canteen will re-open parents will be notified.

SCHOLASTIC BOOK CLUB

Scholastic Book Club - Term 2

Due to current uncertainty and logistics, the ordering system will not be open in Term 2.

We aim to be back supporting the students and Scholastic in Term 3, Issue 5.

Warm regards

Trudy

exclesiorbookclub@gmail.com

P&C EVENTS

HAPPY MOTHERS DAY

The countdown is on until Mother's Day and we'd like to give your children an opportunity to buy a gift for their special mum/carer/grandparent.

We will be opening up a drive thru gift shop outside the office on the following days/times.

Wednesday 6th May 2pm - 3pm

Thursday 7th May 9am - 10am

Friday 8th May 9am - 10am and 2pm - 3pm

All gifts will be **\$5.00**

The plan:

Drive up to Kiss and Drop, have your child walk down to the office with a bag and \$5, they will pick a gift, pop the money into the box (**correct money please** no change will be given to avoid handling cash) then they will walk back up to their car. If you are not comfortable with this, please park away from Kiss and Drop to assist your child to the front office area.

Children physically attending school will have the opportunity to purchase from the gift shop (in the library) on these days assisted by their teacher.

All measures will be in place for social distancing and there will be zero contact.

On behalf of the Events Team we wish you a very Happy Mother's Day.



Let's Talk about how you are coping during the COVID-19 pandemic

Western Sydney Local Health District, Perinatal Child and Youth Mental Health Service (PCYMHS) is committed to servicing it's community in times of need.

COVID-19 is a stressful time for children young people, their families, carers and mothers who are pregnant or at home with a new baby. We understand that being socially isolated and caring for one another can create some natural anxieties or heighten some difficulties.

The "Let's Talk Mental Wellness" line is here to help support you, your families, carers and supporters of children and young people during this difficult time.

We hope that by providing **support, interventions, education, counselling and service navigation**, you and your family can feel reassured and empowered during this time.



 **Call us**

(02) 8890 5236

Hours of operation
Monday – Friday
8:30am- 5:00pm

This is not a crisis service

V.3 21 April 2020

COVID-19

Let's Talk
Mental Wellness

Perinatal Child and Youth
Mental Health Services



Health
Western Sydney
Local Health District

Things you might want to talk with us about

- Anxiety about the current pandemic and how it has impacted you and your family
- Concern about COVID-19 whilst pregnant or at home with a new baby
- Information to support mental wellness
- Guidance on how to protect your family during this time
- Someone to listen to your concerns about the current social isolation and how it affects you and your family.
- Information about COVID-19
- Managing conflict , relationship difficulties and boredom in the home during social isolation



What we will be doing

We will be asking you for your personal details to triage and assess your needs.

We can provide:

- Brief assessment of your concerns
- Support and counselling to address some of your concerns
- Providing information and skills to manage your mental health.
- Up to date information for you and your family about COVID-19
- Answering frequently asked questions.

Other places you can call if you need more support?

Kids Helpline: 1800 55 1800

Lifeline: 13 11 14

Beyond Blue: 1800 512 348

Coronavirus Hotline: 1800 020 080

Health Direct: 1800 022 222

Mental Health Line: 1800 011 511

Domestic Violence Line: 1800 737 732

COVID-19 NSW Health website: [https://](https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx)

www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx

The Royal Australian and New Zealand College of Obstetricians and Gynaecologists: <https://ranzocg.edu.au/statements-guidelines/covid-19-statement>

Who can call us?

- Children & Youth in distress
- Pregnant mothers or parent/carer of child up to 2 years of age
- Families needing more information or support
- Schools concerned about their students
- Non - Government Organisation
- Primary Health Network
- Western Sydney Local Health District staff
- General Practitioner
- Paediatrician

Who will you be speaking with?

"Let's Talk Mental Health" is a service offered by Perinatal Child & Youth Mental Health Services (PCYMHS), comprising of senior mental health clinicians from a multidisciplinary background.

