



Gerringong Public School Term 3 Week 5



Weekly Bulletin 17th August 2020

Term 3 Week 5

PRINCIPAL'S MESSAGE

Welcome to the middle week of the term! We are still living, working and learning within the new world of Covid-19 and I would like to thank all parents for supporting the school in these new arrangements.

Due to parents keeping their children home when displaying any cold or flu symptoms and staff remaining vigilant with hand hygiene, the classrooms are full of happy and healthy students and teachers. The worst of the flu season is about to hit us and we will need to work together to minimise infection and the need for students and staff to undergo Covid-19 testing.

I would also like to take this opportunity to remind parents that they should not enter the school grounds.

Minimising adult to adult contact reduces the risk of transmission of Covid-19 and is still our best weapon against keeping our staff and community safe. Please contact the office via phone to pick up or drop off your child outside of normal start and finish times. The office staff will meet you at the front gate to collect or deliver your child.

Arrival Attendance

Last week, KL, KMG and 6C had fantastic arrival attendance. Congratulations to KMG who have been chosen as the Class of the Week! Gold stars to all parents that have changed their morning routines and have ensured their children get to school before the roll is marked. We are working our way towards 0 late arrivals.

Covid -19 Update

The Department of Education has made some recent changes to the Guidelines for Schools. Please see the most recent update 'Advice for Families' on the link provided.

<https://education.nsw.gov.au/covid-19/advice-for-families>

Yellow Day

Many people may have spotted yellow ribbons in our community. This is the initiative of a community group called Gezza Cares. The group are looking at ways to support people in our community to gain a sense of belonging and purpose. Their motto is Strength/Kindness/Hope Together. Our school will host a Yellow Day that will focus on showing kindness, building resilience and finding joy in the day just being

together. Yellow Day will take place on Monday, 24th August. More details will arrive home shortly. Here is the link to the Gezza Cares Facebook page and an excerpt of why they have chosen yellow.

<https://www.facebook.com/groups/gezzacares/>

Why Yellow for Gezza Cares?

Put simply, Yellow is the colour for hope.

By choosing one colour in response to some very sad times we have had recently in town, it's also a message of solidarity that we care for our people.

Yes, going yellow in Gerringong is but a small gesture in the face of everything that is going on, but it's something.

It's a starting point, doing something to show that this is important to us, and there will be more support to come.

Yellow is about hope, and for us, it is also about strength and kindness and everyone looking after each other.

Thank you to everyone who is putting up some special yellow decorations around town, we are blown away at how our community has stepped up and are showing how important this is to them.

P & C Meeting

Come along and join in the discussions tonight about what is happening in the school and the P & C. We will continue to meet online via Zoom to ensure we are following Covid-19 regulations. Please email the P & C to get your zoom link so that you can join in the fun! P & C Meetings begin at 7pm and usually take an hour of your time. Email: www.gerringongpandc@gmail.com

Lisa Morris

Relieving Principal

SCHOOL NEWS



The GPS Sustainability Team
would like to introduce.....

TRASH-FREE THURSDAY

We would all like to reduce the amount of waste going to landfill. At GPS, we use recycling bins in class and around the school to encourage students to use recyclable materials wherever possible. Now, on Thursdays, we are holding 'Trash-free Thursday'. Students are encouraged to pack lunches in reusable containers; divide up large packages rather than buy individually wrapped items; make their own muesli bars; bring whole fruit rather than packaged alternatives etc. Wouldn't it be wonderful if our red bins didn't get used at all on Thursdays! Here are some ideas for packing a waste-free lunchbox.....



Please note, there will be no record taken of lunchbox contents, or rewards given out to students. Teachers will simply be using discussion and education around the concepts of recycling and waste-free living to promote the initiative.



Attention all parents/caregivers,

Gerringong Public School is once again participating in the 2020 *Tell Them From Me* surveys. Students in years 4, 5 and 6 will be completing their second surveys this term and now it is YOUR chance to respond to questions about our school.

We would really appreciate it if you would navigate to the following URL and complete this short questionnaire. All responses are completely anonymous and your feedback is highly valued.

Thank you!


<https://nsw.tellthemfromme.com/gps2020>




Wave Winners Term 3 Week 5









Catching Waves!
I am making excellent choices.
Students who are consistently excellent




Surf's Up!
I am making positive choices.
Students who are consistently positive




Sun's Out!
I am ready to learn.
I am on task. I am displaying respect, responsibility and resilience.





Getting Choppy!
I need to think about my actions and make a change.
Students who are not on task, are not showing respect, responsibility and resilience.



Storm Warning!
I haven't made a change and need to move.
Students who are not on task, are not showing respect, responsibility and resilience.



Beach Closed
I haven't made any changes to my behaviour.
I need to have 10 minutes timeout in another class.



Gerringong Public School's Positive Behaviour for Learning has moved into the classroom!

Students across the school are now receiving WAVES both inside the classroom and in the playground for displaying the School Values of

**RESPECT
RESPONSIBILITY
and
RESILIENCE**

This whole school approach creates a common language and consistent expectations for all students in all classes.

Ask your child to explain how Positive Behaviour for Learning – PBL is working in their classroom.

Fun with Music





Leadership Team Update

Hi everyone, we're back! In the next week we'll be putting up signs near our bike racks! There will now be designated spots for certain types of bikes and scooters! We would be grateful if you could please follow these signs, it would be very much appreciated and will make it easier for all students! From now on, we will be writing in the newsletter every fortnight. We hope you have a lovely week! See you soon!



Years 3 and 5 Check-in assessment

Gerringong Public School will be taking part in an online Year 3 and 5 check-in assessment for reading and numeracy.

The check-in assessments will be available to schools as follows:

Year 5: Term 3, Weeks 5 to 7 (17 August to 4 September 2020)

Year 3 students: Term 3, Week 10 to Term 4 Week 2 (21 September to 23 October 2020)

The Check-in assessment will supplement existing school practices to identify how students are performing in literacy and numeracy and to help teachers tailor their teaching more specifically to student needs.

The assessments are mapped to the NSW Syllabuses and National Literacy and Numeracy Learning Progressions.

Please note- If you do not wish for your child to take part in this assessment, please let their teacher or admin staff know before the assessment window.

Adam Campbell

Assistant Principal

LIBRARY NEWS

Premier's Reading Challenge

Only two weeks to go so keep reading everyone! This week the following great readers completed their challenge and congratulations go to:

Franki L, Indie P, Liam H, Harvey P, Ivy P, Eric M, Lexi U, Aden U, Nell H, Archie W, Thomas D, Madeleine H, Ash J and May D.

Scholastic Book Fair

We will be hosting a book fair in the library from September 1st for two weeks. This is a great opportunity for children to shop for new books.



Book Week and Book Swap

We will be celebrating Book Week during week 6 of Term 4 and children will be invited to dress as their favourite book character, or dress in connection to the book week theme: "Curious Creatures, Wild Minds"

We hope to have a book swape event, so if you have any children's books that have been read and enjoyed, you may like to bring them to the library and during week 6 purchase a swapped book for a small donation. Pre-loved books can be brought to the library at any time this term or or before week 6, term 4.

Book Donations:

A huge thank you to all parents who donated two books in their children's names. We raised enough to purchase 10 new ipad keyboards and some new picture books.



Gardening Club



1 - Thank you Bunnings Albion Park for the donations for our Gardening Club

VOLUNTEERS NEEDED

CAN YOU HELP?

Gerringong Public School is looking for some volunteers to help us complete our fabulous new play area. We would love a wooden outdoor mud kitchen and a wooden balance beam path. We would like the design to be something similar to the photos below. If you can help or know someone who could help, please contact the school office. Thank you.

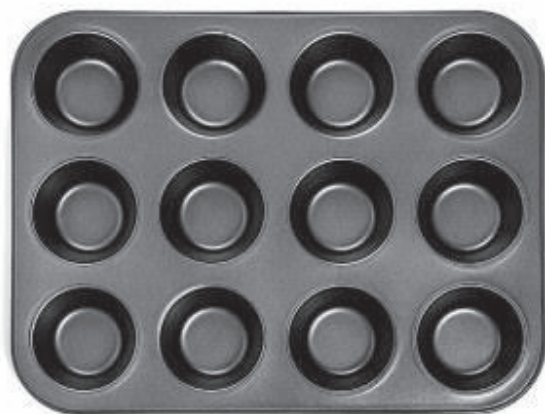


DONATIONS NEEDED

CAN YOU HELP?

Gerringong Public School is looking for metal pots, pans and baking trays, as well as, wooden spoons and cooking utensils for our outdoor sand pit area. If you have any of these items and you no longer need them please drop them into the front office.

Thank you






Thank you to the families who have already donated some items.

CANTEEN NEWS

The canteen is open for online flexischools orders only! No purchasing any other time at this stage. Don't forget there are no cash payments at this stage!

 GERRINGONG PUBLIC SCHOOL Canteen Menu – Term 3	
SANDWICHES Vegemite, Honey or Jam \$2.80 Cheese \$2.00 Baked Beans \$2.50 Spaghetti \$2.50 Ham \$3.00 Egg, lettuce & mayo (local produced eggs) \$5.50 Salad \$5.50 Wrap ADD \$0.50 Gluten Free ADD \$1.00	HOT FOOD Crumbed chicken strip \$3.50 Hot Chicken Wrap \$4.00 Flame Grilled Chicken Burger \$4.00 Mac 'n' Cheese \$4.00 Beef Lasagne \$4.00 Pomme Potagresse (Canteen made) \$4.00 Pomme Potagresse GF (Canteen made) \$4.50 Pizza Peaker \$4.00
TOASTIES Cheese \$2.50 Cheese & Tomato \$3.00 Ham only \$3.00 Ham & Cheese \$3.50 Ham, Cheese, Tomato \$4.00 Spaghetti \$3.00 Baked Beans \$3.00 Wrap ADD \$0.50 Gluten Free ADD \$1.00	Monday & Friday SPECIALS Vegetarian Roll (Canteen Made) \$3.50 Sausage Roll \$3.50 Transler Pie \$4.00 Albion Park Pie \$4.00 Tuesday & Thursday SPECIALS 4 Chicken Nuggets \$4.00 6 Chicken Nuggets, Choc Chip Cookie & Drink \$5.50
DRINKS Water \$1.00 Plain Milk \$1.00 Flavoured Milk \$2.00 (Choc or Strawberry) Fruit Juice \$1.50 (Apple or Orange)	SNACKS Seasonal Fruit \$1.00 Popcorn \$1.00 Sea Salt Red Rock Oval Chips \$1.50 Lentil Bites (Baveroet or Carrot) \$1.00 Choc Chip Cookie \$0.50 FROZEN SNACKS Small quitch stick \$0.50 Large quitch stick \$1.00 Frozen fruit & Yoghurt (canteen made) \$1.00 Twisted Frozen Yoghurt (Choc or Watermelon) \$2.50 Fudgie Pie (Carrot or Choc or Rainbow) \$2.00 Frozen Juice (Blackcurrant or Orange) \$1.50 Frozen Milk Cups (Choc or strawberry) \$0.50
SALAD Seasonal Super Salad \$3.50 (Lettuce, Tomato, Cucumber, Carrot and Baveroet) add egg or ham \$1.00 add crumbed chicken strip \$1.50	Online lunch orders only, please place your children's orders through flexischools

OFFICE NEWS

ICAS ASSESSMENT DATES

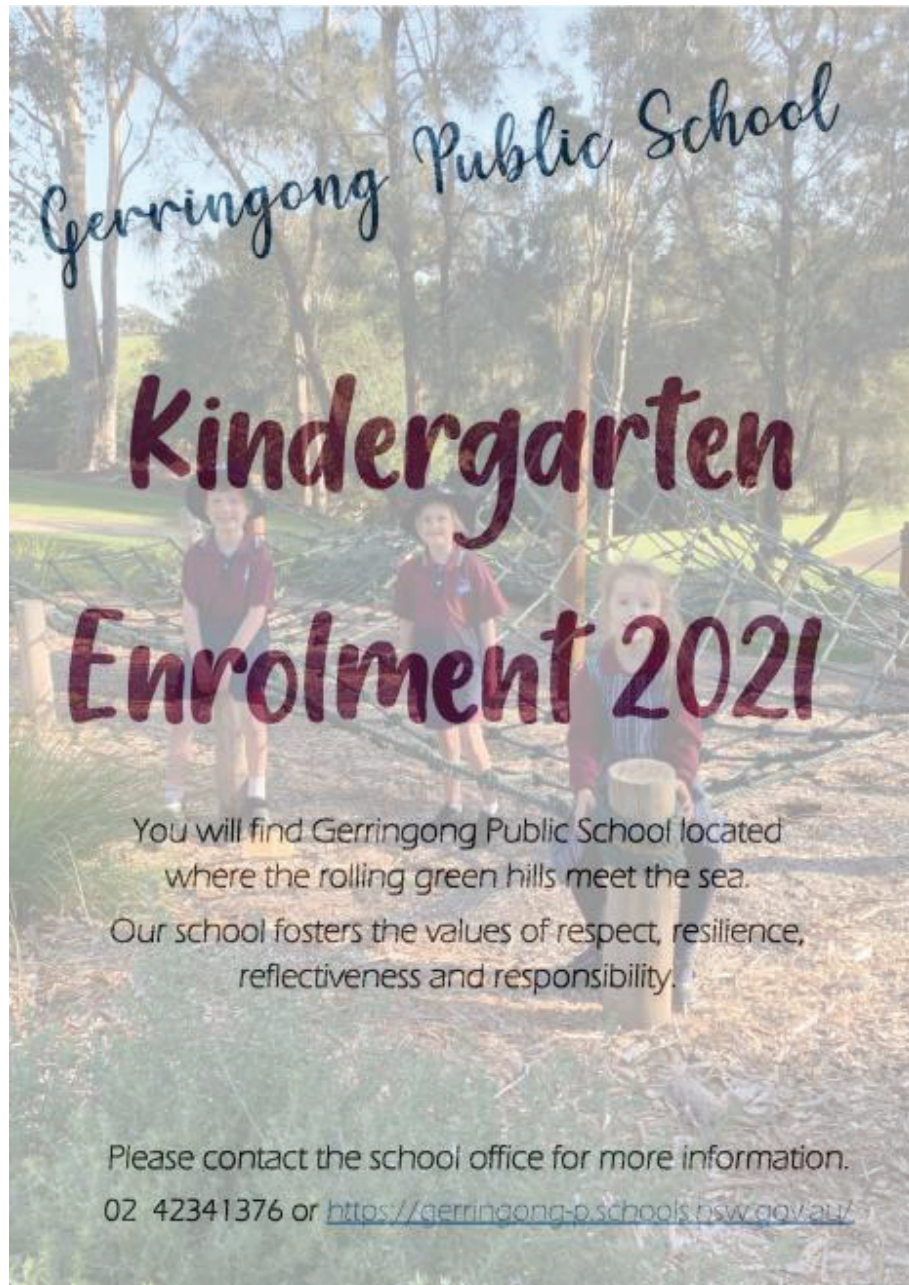
For students taking part in the ICAS Assessments see below table for assessment dates. A note was sent home last week to each student participating.

Digital Technologies (3-6)	Friday 28 August 2020
Science (2-6)	Friday 21 August 2020
Spelling Bee (2-6)	Friday 4 September 2020
English (2-6)	Wednesday 26 August 2020
Mathematics (2-6)	Wednesday 2 September 2020

To streamline the receipting of payments, could parents please have their child /ren place any future payments and notes in the front office 'Payment Tin' (to the right of the entrance door).

Thank you.

KINDERGARTEN 2021



Gerringong Public School is now taking the names of children who will be enrolling in Kindergarten in 2021. At this stage we are taking basic details – Name, Gender, Date of Birth, Parent/Guardian names, contact numbers and address, pre-school attended and sibling details.

Later in the year you will be given an enrolment form. Please be aware that you will be required to submit original documents (as per the following list) at the time you hand in your child's enrolment form.

We cannot accept enrolments without these documents.

1. Proof of student's residential address (eg council rates notice, residential lease, electricity account, statutory declaration)
2. Birth certificate or identity documents.
3. Australian childhood Immunisation Register (ACIR) Immunisation History Statement.

In addition, if your child is the subject of family law matters you will need to provide copies of any family law or other relevant court orders.

Also, if your child has health, disability or other support needs you will need to provide:

1. Copies of medical/healthcare or emergency action plans
2. Evidence of any disability or other support needs, including any learning and support plans.

When we give/send you your enrolment form, we will also include a blue form for you to provide permission for your child/ren to go on walking excursions outside the school grounds.

We just wanted to give you advance notice of documentation requirements so you can have everything ready when the time comes for you to hand in your child's enrolment form. It is a legal requirement to have the relevant documents before we can accept the enrolment.

Please call or visit the office to register your child's name and details.

COMMUNITY NEWS

Disclaimer: Gerringong Public School advertises in this column as a service to parents. Gerringong Public School does not endorse, sponsor or accept responsibility for the management or organisation of the advertised events or services. Please note: The community deadline is 12 noon on Friday. Items received after this time will not be published until the following week.



WHERE TO GO FOR SUPPORT



If someone is injured or at immediate risk of hurting themselves or someone else call 000 immediately

Help with a crisis

(24 hour services, online chat available)

Lifeline lifeline.org.au	13 11 14
Suicide Call back Service suicidcalbackservice.org.au	1300 659 467
MensLine mensline.org.au	1300 789 978
Kids Help Line kidlhelpline.com.au	1800 55 1800
Rape Crisis Line nswrapecrisis.com.au	1800 424 017
1800 RESPECT 1800respect.org.au	1800 737 732

Help with your Mental Health

Mental Health Line	1800 011 511
headspace Wollongong Nowra theadspace.org.au	4220 7660 4446 7300 1800 650 890
Head to Health headtohealth.org.au	
SANE sane.org	1800 187 263
QLife (LGBTI) qlife.org.au	1800 184 527
Veterans & Family Counselling openarmstrong.org.au	1800 011 046

Help with alcohol and other drugs

Alcohol & Drug Information Service	1800 250 015
Watershed Drug & Alcohol Recovery and Education Centre watershed.org.au	1800 818 872
ISLHD Drug & Alcohol Services	1300 652 226

Aboriginal Services

ILLAWARRA	
Illawarra Aboriginal Medical Service www.illawarrams.com.au	4229 9495
SHOALHAVEN	
South Coast Medical Service Aboriginal Corporation southcoastams.org.au	1800 215 099
Waminda waminda.org.au	4421 7400

Help with other stuff

GAMBLING	
Gambling Help online gamblinghelponline.org.au	1800 858 858
FINANCIAL	
National Debt Line - ndl.org.au	1800 007 007
No Interest Loan Scheme - nils.com.au	
LEGAL CENTRES	
Illawarra - illawaralegalcentres.org.au	4276 1939
Shoalhaven - shoalcoast.org.au	1800 229 529
HOMELESSNESS	
Link2Home Information Line fact.nsw.gov.au/housing	1800 152 152

Visit your local Council for information on Low Cost & Free Meals & other community services.

Help for your family and relationships

(including family violence)

NSW Family Referral Service familyreferralservice.com.au	1800 663 863
Relationships Australia relationships.org.au	1300 364 277

To find a full list of support services, scan the QR code



Or visit:

suicidepreventioncollaborative.org.au/need-help



2020 Christmas Card Competition

With the Third Term of school for 2020 underway, students are invited to participate in Gareth Ward's Christmas Card Competition for 2020.

The winner of the competition will have their design featured as the front cover of my 2020 Christmas Card, with three runners up displayed on the back cover.

Please collect an entry form from the front office.

All entries need to be submitted no later than **Friday, 25 September 2020**.



Live Life Well @ School

Learn to make my own healthy lunch

**Teach kids
healthy habits
for life!**

**Provide your
children with
useful life
skills for the
time previous
school routines
returns.**



1. Prepare ingredients: Wraps, rainbow of fillings of choice chopped and laid out on plates.
2. Demonstrate choosing fillings and wrapping these.
3. Students prepare healthy wraps for lunch from the smorgasbord.
4. Share photos of your creations with your friends.

For more ideas, search
'healthy lunch box builder' at:
www.healthylunchbox.com.au



Developed by Northern Sydney Local Health District



Ways to help children and teens cope with the Covid-19 Pandemic



Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

Stay informed and in touch:

- Get up-to-date information about local COVID-19 activity from public health officials.
- Create a list of local organizations you and your household can contact in case you need access to information, healthcare services, support, and resources.
- Create an emergency contact list including family, friends, neighbours, carpool drivers, healthcare providers, teachers, employers, the local public health department, and other community resources.

Ways to support your child

- **Talk with your child about the COVID-19 outbreak.**
- Answer questions and share facts about COVID-19 in a way that your child can understand.
- Reassure your child that they are safe. Let them know it is okay if they feel upset. Share with them how you deal with your own stress so that they can learn from you how to cope with stress.
- Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.



- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.
- Spending time with your child in meaningful activities, reading together, exercising, playing board games.

Tips for talking to children

- **Remain calm.** Remember that children will react to both what you say and how you say it. They will pick up cues from the conversations you have with them and with others.
- **Reassure children** that they are safe. Let them know it is okay if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- **Make yourself available to listen and to talk.** Let children know they can come to you when they have questions.
- **Avoid language that might blame others** and lead to stigma.
- **Pay attention to what children see or hear** on television, radio, or online. Consider reducing the amount of screen time focused on COVID-19. Too much information on one topic can lead to anxiety.
- **Provide information that is truthful and appropriate** for the age and developmental level of the child. Talk to children about how some stories on COVID-19 on the Internet and social media may be based on rumours and inaccurate information. Children may misinterpret what they hear and can be frightened about something they do not understand.
- **Teach children everyday actions** to reduce the spread of germs. Remind children to wash their hands frequently and stay away from people who are coughing or sneezing or sick. Also, remind them to cough or sneeze into a tissue or their elbow, then throw the tissue into the trash.
- **If school is open, discuss any new actions that may be taken** at school to help protect children and school staff.



Take care of your own mental health!

You may experience increased stress during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions. Use your list of local organisations for assistance in managing your own mental health.

Reference:

Centers for Disease Control and Prevention

www.cdc.gov/

Adapted by Get into Neurodiversity for a global audience

Joyce Wheatley Community Centre - Kiama

107 Terralong St, Kiama NSW

Every 2nd **Monday** of the month OZHARVEST will be delivering fruit, vegetables and grocery items for community members during these struggling times.

Please bring a box or shopping bag,

- pick up times

3pm - 5.00pm



Please contact: Nick Guggisberg / Trish Levett 02 4232 0444 so, we can organise the right amount of food to be delivered for our community, so no-one misses out.



**ABORIGINAL CULTURAL
AND
HISTORICAL PLACES OF SIGNIFICANCE
IN THE KIAMA LGA**

**MEETING
TUESDAY 18.08.20
5.30PM**

GERROA NEIGHBOURHOOD CENTRE

37 Stafford St, Gerroa

COME ALONG HAVE A YARN

Nominations to fill the 3 vacant positions on the committee will be
called for at the meeting

Contact:

Nick Guggisberg / Trish Levett
42320444



**KIAMA
MUNICIPAL
COUNCIL**

(for catering purposes please let us know if you are attending)

Contact Us

Gerringong Public School

Address: 12 Archibald Rd Gerringong NSW 2534 **Phone:** 0242 341 376 **email:** Gerringong-p.school@det.nsw.edu.au

Visit us at our website: <https://gerringong-p.schools.nsw.gov.au/>

