

Newsletter

Avoca Beach Public School

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Monday 6th April, 2020

*Avoca Beach Public School is committed to providing a safe and caring environment where individuals are respectful, responsible and strive for their personal best.
Our innovative, collaborative and inclusive culture empowers and supports every learner.*

Dear Parents,

What an interesting finish to Term 1 and what a difference a few weeks has made to life in general. Thank you so much for all the heart-warming messages we have received from parents over the past 2 weeks. I also want to thank every one of my staff members for their amazing response in this situation. The teachers have worked day and night to learn new ways of teaching, prepare online materials, put themselves at the front line to adhere to directives to keep the school open and they have all done this with enthusiasm, teamwork and a smile on their face. Avoca Beach Public School teachers and support staff are all truly amazing!

Learning from Home

As many of our teachers are parents themselves, we totally understand and empathise with the home learning hiccups that have been arising. Each day we are assigning tasks to complete. They are a guide and there is certainly no pressure or will be no disappointment if there are times where you are unable to complete them. There are many opportunities in life that allow us to learn, not all of them come in the form of an 'assigned' task. Be open to learning from daily experiences. Be kind to yourself and remember that your best is always good enough. As I stated in earlier communication about learning from home, yours and your children's mental health is the most important thing at the moment.

COVID-19 Updates

The Department of Education has now set up a public-facing COVID-19 page which includes FAQs, information about learning from home, and updates on non-operational schools. We have been asked to share the following website with our school communities:

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

Term 2 Calendar

At this stage all of our Term 2 events have been either postponed or cancelled. A calendar of dates and events for Term 2 will be put out at the beginning of Term 2, when we know more about how school will look for us. We are also awaiting confirmation from the department about the operational status of the school upon return in April. The date set for students to return is currently Tuesday 28th April. However, we will keep communication lines open throughout the holidays to let you know if this changes.

Thank you again for your cooperation and support in this tough time and please have a safe and happy holiday!

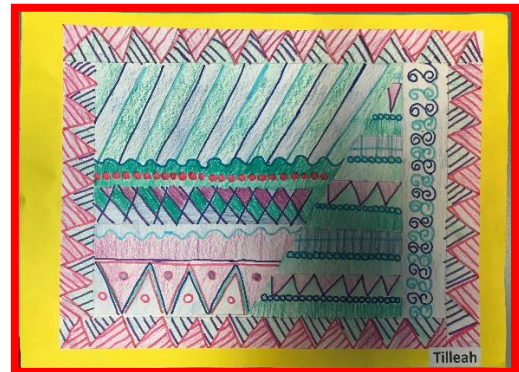
Ben Thomas
Principal

Quote of the Week

"It's not what happens to you in life that matters; what matters is how you deal with it!" – Terry Riley

Wall of Fame

Before learning from home began, 4B had been studying the art techniques of Picasso. Elliana and Tilleah produced some very bright and creative works inspired by Picasso's style.



Hygiene

Further actions we can take to help manage the spread of Coronavirus include:



1. **Wash your hands** regularly and thoroughly.
2. **Sneeze into your elbow** or a tissue, disposing of the tissue straight away and then washing your hands.
3. **Stay home if you are unwell.**

Working With Your Mind to Boost Your Immune System

The thoughts that run through your head cause neurons to fire and neurochemicals to be released. What happens in your head has real repercussions for your body. Science has proven that many mental practices actually, physically boost your immune system.

Smiling

[The act of smiling boosts your immune system](#) because you're more relaxed, with less cortisol and more happy neurochemicals. One [study](#) even found that smiling helps your body produce white blood cells to fight illness. Even a fake smile has benefits.

Laughter

Laughter is more than just fun and games. It's beneficial for your mind and body. In fact, studies have shown that laughter [increases the number of T-cells in your body and boosts your immune system](#). So, watch some of your favourite comedies or read a humorous book.

Listening to music

A [review](#) of scientific studies on music and health determined that [listening to music has many benefits for your body and mind](#). In addition to reducing anxiety and [helping many aspects of mental health](#), music can also boost your immune system in the following ways:

- Listening to music was better than prescription medications in reducing stress before surgery.
- People who listened to music had an increase in their levels of Immunoglobulin A (IgA), a type of antibody that is present at mucosal surfaces (digestive tract, lungs, etc.) and helps to prevent infections.
- Music listeners had higher numbers of an immune cell type called "natural killer cells," whose job it is to attack bacteria, infected cells, and cancerous cells.
- Listening to music reduced levels of cortisol in the body. Cortisol is a stress hormone that has many physiological effects, one of which has a role in promoting obesity.

Mindfulness

[Mindfulness](#) is just a way of thinking. At the most basic level, it's simply being aware of what's happening as it's happening. Being mindful means that you become aware of the workings of your mind, at that moment. When practicing mindfulness, you deliberately direct your awareness back into the now and focus your attention there. Science shows [mindfulness reduces stress, anxiety, and improves many other mental health conditions](#).

Daniel J. Siegel M.D. tells us in [The Mindful Brain: Reflection and Attunement in the Cultivation of Wellbeing](#): *Studies have shown that specific applications of mindful awareness improve the ability to regulate emotion, to combat emotional dysfunction, to improve patterns of thinking, and to reduce negative mindsets. [Research](#) on some dimension of mindful awareness practices reveals that they greatly enhance the body's functioning: Healing, immune response, stress reactivity, and a general sense of physical well-being are improved with mindfulness.*

It takes mindful awareness to remember not to touch your face or shake hands or [lick your finger](#), as has become humorously evident in so many videos where people are telling us not to and do it. Doing this can be an exercise in mindfulness.

Visualization

The thoughts, words, and images that run through your mind have very real physiological consequences for your body. Your brain sends the same messages to the central nervous system whether something is being imagined or actually experienced. [Visualization](#), or creative imagery, can be used in any situation. It is a recognized mind-body therapy that's effective with many health concerns, especially stress-related ones.

[Studies](#) have shown visualization successful at improving and strengthening the immune system.

On the other hand, [prolonged stress and worry elevate cortisol levels, weaken your immune system, and cause inflammation](#). By stressing out about the virus, you are actually hurting your body's ability to fight it.





The Catholic Parish of Our Lady Star of the Sea, Terrigal sends its kindest regards and best wishes to the school community during these unsettled times.

The Catholic SRE teachers from the parish miss our lessons with the children and would like them to know we are praying for them and their families that God will look after them and accompany them through these times.

As Christians, we are mindful of the joys of Easter. Please be assured that we will keep our families wrapped in prayer during the Easter season.

Our Parish community wishes you a blessed Easter; one that will bring hope to the people of Australia and the world.

Wishing you rich blessings,

From Fr Pawel and
all the SRE Teachers



A Prayer for Families

Lord our God,
in your wisdom and love
you surround us with the mysteries of the universe.
Send your Spirit upon our family and fill us with your grace and
blessings.
Grant that, in these times of uncertainty, families know your
presence.
In place of anxiety, give us your peace.
Please protect us with your healing love.
Grant us the blessings of Easter and the gift of hope.
We ask this through Christ our Lord. Amen



For home schooling and family resources visit :

<https://www.bbcatholic.org.au/parish-community/ministries/ccd/curriculum/resources>



PIANO STUDIO IN AVOCA BEACH

Individual and group lessons in Avoca Beach.

For more information please contact Jan Vincent 0414 661 332



SPANISH FOR KIDS CLUB AT AVOCA BEACH PS : Now taking enrolments for Term 1 2020 for Spanish classes on MONDAY 8.15am - 9.00am

Nathalie Roy on 0430 286 590 or email nathalie.roy@lcclubs.com.au to register your interest and for more info on cost and siblings discount. GRACIAS!

WE ACCEPT THE CREATIVE KIDS VOUCHER

MUSIC TUITION AT AVOCA BEACH - GUITAR (ACOUSTIC AND ELECTRIC), SINGING, ELECTRIC BASS, BANJO, MANDOLIN and UKELELE. All styles and all ages, beginners to advanced levels, very experienced professional teacher. Phone Chris on 0422 802 222

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