

Newsletter

Avoca Beach Public School

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Monday 11th May, 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,

I hope all our amazing mums had a beautiful day on Sunday and your children spoiled you.

As we prepare for our phased return to school plan I wanted to ensure all our families that the school is taking this situation very seriously. As such we have put in place many measures to ensure the safety of the students and staff. These include the following:

Preventing the spread

The best way to help prevent the spread of COVID-19 is by continuing effective hygiene practices:

- Clean your hands for 20 seconds with soap and water or an alcohol-based hand sanitiser.
- Avoid close contact with anyone with cold or flu-like symptoms.
- Sneeze or cough into your elbow or a tissue.
- Stay home if you are sick.

Physical distancing

One way to slow the spread of viruses, such as COVID-19, is to implement physical distancing including keeping two arm lengths apart (1.5metres) from each other.

The more space between people, the harder it is for the virus to spread.

There are many actions that can be taken within a school to promote physical distancing and help reduce the risk of COVID-19 infection.

Physical distancing is being supported by a managed return to school which will limit the number of students on site in line with health advice and broader community measures.

Schools will be taking a number of further actions to promote physical distancing and help reduce the risk of COVID-19, including:

- Encouraging staff and students who are unwell to stay home.
- Providing clear markings to guide staff and students on appropriate social distancing where they are required to line up or queue such as canteens, hand washing, bathrooms, and entry at school gates.
- Re-arranging classroom furniture to leave as much space as possible between students.
- Making use of outdoor learning spaces.
- Providing additional space for staff to use during breaks from classroom teaching.
- Ensuring parents keep a distance from school wherever possible, using kiss and drop approaches and contacting the school by phone or email as required.
- Limiting non-essential access and use of the school site outside of school hours including the use of play equipment.
- Limiting additional visitors to school to essential providers only.
- Eliminating non-essential gatherings in the school including assemblies.
- Utilising technology for gatherings and staff meetings.
- Restricting access and where appropriate the use of playgrounds and high touch play equipment.

- Postponing all planned school excursions, sporting activities or other large gatherings.
- Where groups of staff do need to meet on the school site, social distancing of at least 1.5 metres should be observed.
- Processes to check that all volunteers at the school (e.g. canteen staff) are well.

Hygiene

Schools will continue to promote and encourage good hygiene practices in order to protect against infection and to prevent the spread of COVID-19.

- Schools should continue to implement effective hygiene practices for both students and staff, including:
 - Washing hands for 20 seconds with soap and water at regular intervals throughout the day, particularly before and after eating and after going to the toilet
 - Immediate exclusion from the classroom of any students who are displaying symptoms
 - Placing used tissues straight into a bin
 - Avoiding touching one's eyes, nose and mouth
 - Not sharing food or drink
 - Not sharing personal items such as mobile phones, pens and pencils etc.
- Young students will be supervised and supported with hand washing to ensure they are practising good hygiene while at schools.
- Bathrooms and high touch services will be wiped down during the day in addition to the enhanced schools cleaning program.
- Every school will have hand sanitiser distributed throughout the school for use by staff and students.
- Disinfectant wipes should be provided to clean high touch areas such as desks, chairs, photocopiers and computers.
- Used tissues and disinfectant wipes should be disposed of into a lined bin and gloves should be worn when required to appropriately dispose of the waste.
- If canteens are operational, the strictest hygiene practices in food preparation, should be promoted and adhered to.

Ben Thomas
Principal

Quote of the Week

"If you try to do your best there is no failure." – Mike Farrell



Wellbeing

This week in our wellbeing section, we look at nutrition and mental health.

Healthy eating helps children and young people feel better about themselves and their bodies, cope more effectively with stress, better manage their emotions and get a good sleep – all of which assist learning.

Most research about nutrition and mental health has focused on adults. Researchers have found that good nutrition is associated with better mental health outcomes, whereas a poor diet is associated with a greater risk of depression and anxiety.

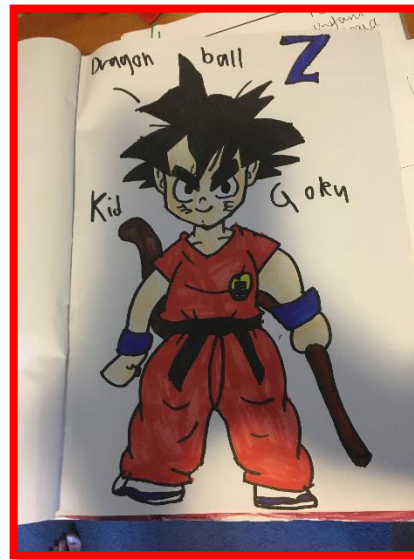
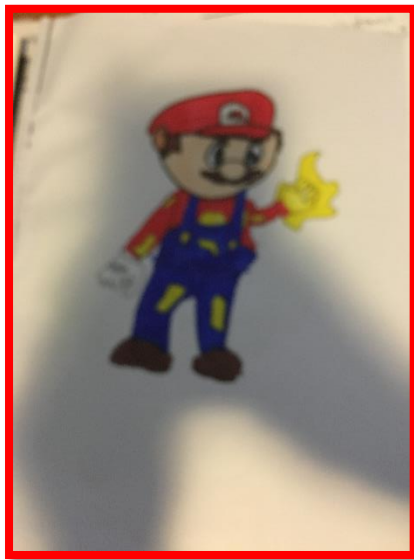
Emerging research that focuses on children and young people has also found a relationship between unhealthy diets and poorer mental health outcomes. There is a link between externalising behaviour (such as hyperactivity, aggression, disobedience) and diet.

Fruits and vegetables, grains, fish, lean red meats and olive oils are rich in important nutrients such as folate, magnesium, vitamins and zinc which all impact on body and brain functions including mood regulation. The good news is that improving what you eat can lead to improvements in your mental health so it's never too late to encourage healthier eating patterns.

For more advice about the amount and kinds of foods that we need to eat for health and wellbeing, check out <https://www.eatforhealth.gov.au/>

Wall of Fame

It has been so nice to see lots of our students posting work from their studies at home. This week, Jack in 5/6F has been learning how to draw freehand. He sent me these drawings of characters from his favourite books.



THANK YOU!

The teachers at Avoca Beach PS would like to sincerely thank all the amazing parents who have donated money to Waves café for teachers to enjoy a coffee or hot chocolate. We loved our morning coffee last Thursday and your kind gesture has certainly helped to raise our spirits. The teachers are all very proud of the fact that we have been here to serve and support this great community in such a tough time. Thank you, thank you, thank you!



THE SNACK SHACK

Stage 1 Phase for the Snack Shack opening is Mon - Thurs ONLY . There are no daily specials BUT we do have most of the favourites available every day. Homemade Macaroni, Pasta Bol, Butter Chicken, along with Toasties, sandwiches and Tortilla wraps and the usual pies and sausage rolls. Popcorn, drinks, custard and yoghurt available for snacks to add. We are ONLY able to accept ONLINE orders at this stage, so please sign up to the Flexischools App if you haven't already (It's very easy to use). RECESS will be sent to classes along with LUNCH orders at 11.10am. There will be no counter service at all in this first stage of re opening. PLEASE NOTE canteen WILL NOT be open on Fridays. We are both looking forward to getting back into the canteen and cooking, hoping it won't be too long before we are able to resume normal services.

Lyndsay & Sarah

Preventing the spread

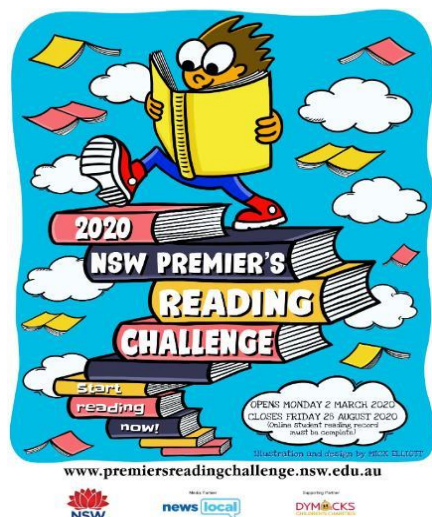
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MUSIC TUITION AT AVOCA BEACH - GUITAR (ACOUSTIC AND ELECTRIC), SINGING, ELECTRIC BASS, BANJO, MANDOLIN and UKELELE. All styles and all ages, beginners to advanced levels, very experienced professional teacher. Phone Chris on 0422 802 222

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Log in to participate: <https://online.det.nsw.edu.au/prc/studentExperience.html#/>

NSW Premier's Reading Challenge

Start here! Home Rules Log in

Quickly learn about the new PRC experience!

2020 NSW PREMIER'S READING CHALLENGE

Discover books to read

Pick a challenge level	K - Year 2	Year 3 - Year 4	Year 5 - Year 6	Year 7 - Year 9	
Choose Genre(s)	Action/Adventure	Comedy	Family/Relationships	Fantasy	Show More

Discover



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*many Centrelink payments are eligible, please contact your local Coordinator for more information.

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.