

Newsletter

Avoca Beach Public School

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Monday 25th 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,

We are all very excited to be back at school. The Department of Education's guidelines for this return to school were emailed to families last week. We ask that families help us in adhering to these to ensure the safety of students, teachers and families. Of particular note in these guidelines is the following:

- All students should be at school unless they are unwell or have a medical certificate for an ongoing medical condition
- Parents are to remain outside the school gates to minimise the number of adults on the school site
- Additional cleaning will be provided by the department for targeted areas such as handrails, door handles, light switches and other high-touch areas.

Staffing

During this period of working from home, many changes to learning have happened. One initiative that came out of this was the NSW School Sport Unit putting together a Get Active @ Home TV show. One of our superstar teachers, Mrs Jarmaine, was selected to host this show and we are all so proud of her. A newspaper article about Mrs Jarmaine can be seen at the following link:

<https://coastcommunitynews.com.au/central-coast/news/2020/05/avoca-beach-teacher-helps-kids-to-getactivehome/>

Filming for this show will continue for another 3 weeks. This means, Mrs Jarmaine will be in Sydney from Wednesday to Friday during this time. Mrs Anne Braund will be on class KJ on these days and she has been working closely with Mrs Jarmaine to ensure the continuity of learning for the students in KJ.

In other staff news, Mrs Bevins will be on leave for the next 3 weeks. Mrs West will take class 1B during this time.

Uniforms

School uniforms are an important feature of our school and they help to promote respect, rules and discipline. It is school policy that students wear school uniform. This policy, was determined by the school parent body and follows the guidelines of the Department of Education's memoranda on the wearing of school uniforms. Please support the school in ensuring your child is wearing the correct uniform each day now that we are back to school as normal. It is also time for the students to be wearing their winter uniform to school. I will be continuing to promote school spirit and encouraging pride in our uniform throughout the year.

P&C Lunch

Avoca Beach PS teachers were treated to a beautiful lunch last week thanks to our P&C. A huge thank you to the P&C, Lyndsay and Sarah for making such delicious food and acknowledging the efforts of teachers throughout this difficult time. We were all very appreciative!



Wall of Fame

It has been a tricky start for Kindergarten in their first year of schooling. However, they have been adapting well and showing that they are still learning lots. These writing samples were done last week and as you can see their writing continues to improve.



Ben Thomas
Principal

Quote of the Week "Education brings about opportunity, and in turn inspiration." – Bill Frist

Wellbeing- Opportunities and challenges of social media

Much has been written and reported about the potential risks of social media, so it's helpful to consider both the opportunities and challenges.

Opportunities

- Promote positive norms about health and wellbeing and enhance health promotion initiatives.
- Foster identity formation, community-building and creativity.
- Support the self-directed learning and aspirations of marginalised children and young people. Extend formal and informal knowledge networks and social support for children and young people generally.
- Online networks and resources that promote responsible attitudes to financial wellbeing may help to build young people's consumer and financial literacy.
- Promote proactive approaches to issues of risk and safety. These approaches empower children and young people to develop resilience and support their wellbeing.
- Support family and intergenerational relationships. Different generations of people will bring different skills and knowledge to social media. When children, young people and family members use technologies to collaborate and socialise, they can find new opportunities to connect, utilise each other's strengths and can be watchful for each other's safety.

Challenges


- The range of content and culture of social media provides low-level exposure to a range of risks. However, experiencing some level of risk is necessary to build resilience online and offline.
- Across these positive developmental processes, children and young people may also experience upsetting and potentially harmful content and practices, which can have serious effects on their wellbeing.
- Poor integration of social media in formal and informal learning environments can reinforce social exclusion.
- More research is required to understand the multiple influences which can foster harmful consumption and financial practices.
- Social media may also amplify risks to physical and emotional safety.
- Social media may also be perceived as a barrier to traditional family relationships.

MENTAL HEALTH CHALLENGES


During COVID-19 social distancing and isolation measures we are all trying to manage the stress that comes with changes in job security, implementing home schooling and the anxiety and fear connected with the health concerns of our family. If you are feeling overwhelmed in any way Mental Health support is available.

The School Psychologist at ABPS is available to support your children on Tuesdays and Fridays.

If anyone in your family requires support there are many services with online and telephone access.



Kids Helpline
1800 55 1800



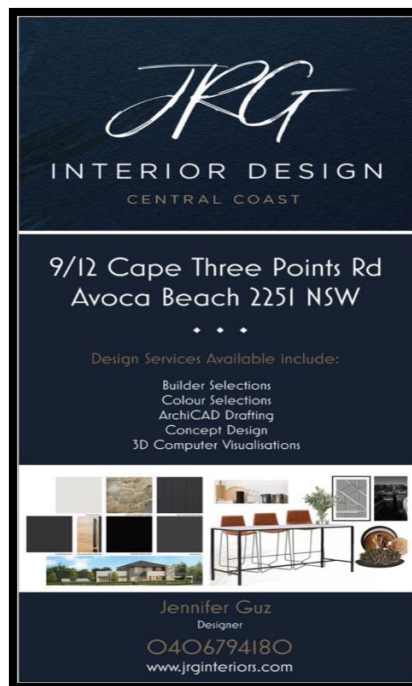
Lifeline
13 11 14

THE SNACK SHACK

We are pleased to be back working Mon-Fri now. At this stage we are still only accepting ONLINE orders and there will not be any counter service at lunchtime. We are still unable to offer all our Specials due to Covid 19 restrictions but have put some extra options on everyday. Our new homemade Cheesymite Scrolls are now available for RECESS. Lunch will be served normally at 11.25 and RECESS at 2.00. We are unable to offer Crunch & Sip at this stage while we are adjusting our working routines without volunteers. We have been keeping busy in our quieter days by providing extra lunch options for the wonderful staff. It's a big change for everyone to suddenly have the kids going back to school full time, so order some lunches and let us make it easier for you!

Order online at flexischools.com.au or download the app.

Lyndsay & Sarah



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

PIANO LESSONS WITH KIM

My name is Kim Slowiaczek and I offer Piano Lessons in person and remotely to all ages and stages. I have created an evolving piano teaching style supported by classical, contemporary, Kodaly and individualized learning approaches to provide sequential, student focused lessons in understanding and expressing the sounds, symbols and language of music on the keyboard.

I would be pleased to answer any questions on 041123129 or via Email:

pianolessonswithkim@gmail.com

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COVID Safe Transport Plan Supporting students returning to school

Transport for NSW is working closely with the Department of Education and the education sector and is playing a vital role in supporting students getting back to school.

The NSW Government's policy is to not leave a school student behind.

There are currently no physical distancing restrictions on dedicated school services.

School students will be given priority over other customers on general services, even if this means a service goes over physical distancing capacity.

Adults may have to wait for the next service or may choose to get off if not comfortable with how many customers are on a service.

Parents and carers should make travel choices which suit their individual circumstances, including driving, walking and cycling.

Transport for NSW is here to support our customers with real time information provided through apps, social media and the Transport Info website in order to see which services have space available.

Transport for NSW continues to ramp-up cleaning across the network with a daily focus on high-touch areas like handrails and Opal readers.

Students are reminded to tap on and tap off using their Opal cards on Opal enabled services.

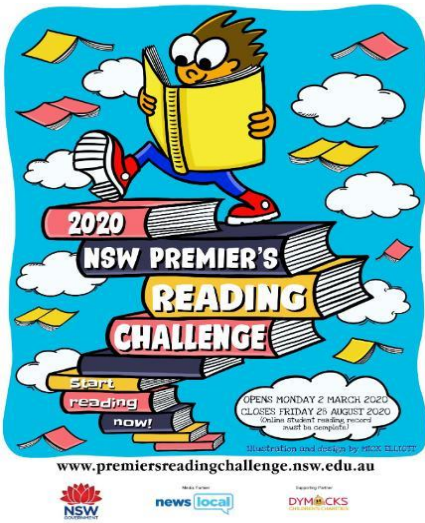
Everyone must remember they have a role to play in making the public transport network as safe as possible.

Our frontline people have been doing an amazing job and we ask everyone to continue to show respect and understanding.



Keep up-to-date with the latest information and advice about novel coronavirus (COVID-19) visit nsw.gov.au
For COVID-19 travel advice, visit transportnsw.info





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

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



Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

-  laptops & tablets
-  lessons & activities
-  uniforms & shoes
-  books & supplies
-  sports fees & gear
-  camps & excursions

To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment*



Contact
your local Saver Plus Coordinator

Phone
1300 610 355

Email
CentralCoastSP@thesmithfamily.com.au

Online
saverplus.org.au

Find us on Facebook 



*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.