

# Newsletter

## Avoca Beach Public School

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Monday 6<sup>th</sup> September 2021

*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 families are enjoying this beautiful spring weather. Spring is the season of new beginnings. Let's hope this is the time for us to start returning to school. In the meantime, continue striving for your personal best and let challenges make you even stronger.

### **Books for our Students**

As a gesture of support for our amazing students, who are working so hard at the moment and experiencing an unprecedented and significant life event, the school has purchased a book for every student. The teachers have put together a message for the students in their class and will put this in each book. We hope that this book will become a keepsake for our students and a reminder of how proud their teachers were of them throughout this time. The Year 5 books have arrived and are ready to be sent out this week. Hopefully the books for the other grades will arrive this week too and then we can get them in the post for our students. Keep checking the mailbox for your gift!

### **Return to School Plan**

The NSW Department of Education, in conjunction with NSW Health, has now put out a road map for schools to return to face-to-face learning. We will either return through a 'full return' or 'staged return' depending on NSW Health conditions in our area.

**Full return**- applies to areas across NSW that are removed from stay-at-home rules.

◦This is a full return for all cohorts to schools, with reduced mingling and on-site activities.

**Staged return**- applies to areas where stay-at-home rules are still in place but other community vaccination and transmission conditions are met.

◦This is a staggered return for prioritised cohorts (Kindergarten and Year 1 will be first), with no mingling and limited on-site activities.

◦Schools in Greater Sydney and other areas currently operating under [Level 4 restrictions](#) as at 25 October will return to school under Level 3 plus settings as detailed in these guidelines.

### Kindergarten 2022

We are currently making tentative plans for our Kindergarten transition program for next term. We are hoping to run three sessions for children enrolled to attend in 2022. This will involve children attending for three, one and a half hour sessions. Parents will be required to drop their children and then depart the school grounds, returning at the end of the session to pick up.

These tentative dates are:

Friday 19/11/21                      10am-11:30am

Friday 26/11/21                      10am-11:30am

Friday 3/12/21                        10am-11:30am

As soon as we have definite plans in place we will send an email to inform you of the Kindergarten 2022 orientation program.

### SASS Week

This week we celebrate SASS Week. It is an opportunity to acknowledge the valuable work our School Administrative and Support Staff (SASS) do every day at our school. Whether it's keeping the grounds tidy, caring for sick children or supporting students in the classroom, it is always done with a smile. Our school is very lucky to have such dedicated, hardworking and caring SAS Staff. I hope you will join us in acknowledging the great job they do each day at our school. Our amazing SASS:

Gayenor Worboys- School Administrative Manager

Heather Stratton- School Administrative Officer

Deb Bowditch- School Administrative Officer

Kathy Rudd- School Administrative Officer

Nami Lee- School Learning Support Officer

Pip Scollon- School Learning Support Officer

Trish Carpenter- School Learning Support Officer

Rachael Grice- School Learning Support Officer

Baillie Drew-Gittoes- School Learning Support Officer

Greg Kensell- School Learning Support Officer

Astrid Worboys- School Learning Support Officer

Greg Stratton- General Assistant

### Wall of Fame

Congratulations to all the students who have jumped on board with the art challenge. The teachers had fun recreating their artworks and it has been great to see the effort that some of our students have gone to, doing the same. Evelyn in KT, recreated a classic by Frida Kahlo and Poppy in 5F recreated The Scream and Mona Lisa. Outstanding effort girls!



**A message from the school counsellor - Anxiety and your child**

Anxiety is something that is experienced by us all from time to time. It can be anxiety about a test coming up at school, or anxiety about public speaking for example. It is one of the most common mental health problems we see today.

Anxiety has an important function in our life and helps keep us safe. It is experienced when the flight or fight response kicks in to protect us from something fearful. It is genetically programmed into us from times when we lived in caves and were being chased by animals and lived far less safe and secure lives than we live today.

It becomes a problem when the sufferer feels out of control with their anxiety. The sufferer feels unable to calm themselves once a distressing situation is over. Their feelings are intense, happen frequently and last too long for the person to feel comfortable throughout the day.

Symptoms to look out for are: when your child is constantly seeking reassurance, if your child frequently asks negative 'what if' questions about situations, if the child starts to avoid situations such as school assembly, if the child becomes restless, can't concentrate long enough to finish work, and is becoming argumentative. The child may also complain of headaches, a sore stomach, have sweaty palms, a racing heart, nightmares and trouble sleeping.

There are different types of anxiety. Two of the most common in children are Generalised Anxiety Disorder (GAD), and Separation Anxiety.

In generalised anxiety disorder, the child has generalised their worry to the world around them, their past, present and future. Their state of worry is constant and the child can't calm their worry by themselves.

Separation anxiety is when the child becomes extremely fearful of any separation from their parent. This includes when parents leave their children at school for the day. The child fears the parent will not be there to pick them up and fears for their safety. The child may also not feel safe in their new environment without their parent or carer. This is expected behaviour in a toddler, but not in school age children.

There are many methods to assist children with anxiety – these include relaxation, breathing exercises, educating children about what anxiety is, talking to the child about what is making them fearful and correcting thought mistakes. Anxiety disorders generally respond well to intervention. If your child is anxious and it is getting in the way of their life, talk to your friendly school counsellor and teacher about it. We're here to help.

Ben Thomas  
Principal

**Quote of the Week**

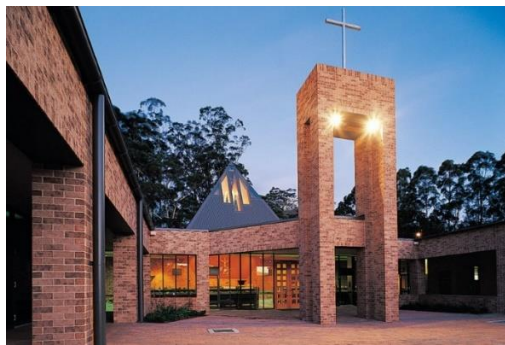
"Look for something positive in each day, even if some days you have to look a little harder. Let challenges make you strong."

**Congratulations to the following students who received merit certificates in week 8 & week 9**

<b>KH</b>	Kai Turner, Zoe Tsolakis Josh Kelly, Archer Neville	<b>3S</b>	Arlo Lamshed, Evelyn Pilkington Shiloh Morrow, Owen Gillett
<b>KJ</b>	Jaxon Norris, Mackenzie Frykberg Benji Rolls, Skyla Duff	<b>3/4T</b>	Anu Tandel, Cody Gee Ella Cunningham, Charlotte Fisher
<b>KT</b>	Hugo Webster, Zoe McKinnon Elsie Taylor, Charlie Gillett	<b>4B</b>	Noah Farrell, Sienna Scott Charlize Denham, Louie Jardine
<b>K/1B</b>	Nina Markey, Ava de Ruiten Levi Davies, Isabella Kelly	<b>4J</b>	Teagan Campbell, Ava Campbell Hugo McKim, Harriet Viles
<b>1G</b>	Javi Eljerban, Harley Thomson Oren Barlow, Scarlett Mitchell	<b>5F</b>	Hannah Abra, Seb Picone Mae Jarmaine, Ariana McVeigh
<b>1R</b>	Jediah Peterson, Violet Parker Poppi Hall, Summer Wright	<b>5M</b>	Phoebe Waters, Toby O'Brien Henry Petheram, Jeanie Watkins
<b>1/2C</b>	Jack Gould, Olivia Hadfield Lais Tigges-Campos, Zander Jones	<b>5/6D</b>	Charlie Hilvert, Kai Nemorin Isabelle Ruzek, Remy Nyman
<b>2D</b>	Liam Banfield, Arlie Warren Zanzi Missio-Crick, Sonny Carmichael	<b>6A</b>	Lennox Portelli, Jett Taylor Jaggar Curnow, Brody Frew
<b>2W</b>	Lydia Rodrigues, Zane Napton Josh Tarawhiti, August Everitt	<b>6M</b>	Mirella Markey, Ruby Seyer Jesse Fibbens, Xavier Jamal
<b>3B</b>	Macy Lester, Ace Garrett Polly Carpenter, Savannah Fisher		



## OUR LADY STAR OF THE SEA PARISH, TERRIGAL



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.

I'm writing to let you know that the Catholic *Learning from Home* lessons can be located at the following link:

[Catholic Learning from Home Lessons](#)

**With best wishes from the Catholic SRE Teachers.**



# Art Smart Online

## FANTASTIC ONLINE ART CLASSES

**Brilliant artists and instructors take the classes in real-time on Zoom.**

- Easy to organise - we make it simple for you.
- The kids will produce amazing art!
- The classes are so much fun we had to start a parents' class – Art Play for Adults. Why should kids have all the fun??
- All age groups covered!
- To see the activities planned for the classes click [visit our website](http://www.artsmartforkids.com.au).  
[www.artsmartforkids.com.au](http://www.artsmartforkids.com.au) There are some amazing art ideas planned!

**FIRST CLASS FREE!**

Just \$12.50 a class (exc GST)

The full price varies depending on the number of classes in the term.

**LIMITED PLACES  
BOOK NOW!**

To book go to  
[www.artsmartforkids.com.au](http://www.artsmartforkids.com.au)  
(don't forget the 'au' at the end)

