



MORPETH PUBLIC SCHOOL

Week 3, Term 3

26th July, 2021

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email - morpeth-p.school@det.nsw.edu.au

WEBSITE:

www.morpeth-p.schools.nsw.edu.au

DATES TO REMEMBER

Monday 26th July

Last day to order Bookclub

Friday 30th July

PSSA Athletics

Tuesday 14th September

Photo day

Friday 17th September

Last day of Term 3

Tuesday 5th October

First day of Term 4

Staff & students return



Before & After School Care

Camp Australia
Before and After School Care

Please call Mellissa

(Co-Ordinator)

0417 768 636

and leave a message

PAYMENT OPTIONS FOR SCHOOL ITEMS:

Cash - to Office

Credit/Debit Card - at Office or via

Parent Online Payments (POP)

Credit/Debit Card via Morpeth Public
School Website

Look What's Trending this week!

Education Week Welcome to Education Week! Our school, like all public schools across NSW, will be celebrating Education Week and acknowledging this year's theme of 'Lifelong Learning'. Obviously, with COVID restrictions preventing our families from joining us onsite, the celebrations will be a little different, but we still have a number of special events planned. All students will receive an Education Week certificate, while selected students from K-6 will receive a Maitland Learning Community award to recognise achievement in either academic excellence or citizenship. Because of the cancellation of the customary Education Week assembly held at Maitland High School, we have decided to deliver a virtual presentation of the awards. Last week we were visited by Ben Turner, from Maitland High, who made a brief video of the eight students nominated for the awards. Captain Peggy also contributed to a soundtrack that will be used with the video. The video will feature students from all partner schools to Maitland High and will be available for viewing in the coming weeks. Speaking of Education Week awards, our school will also present special awards to a community member and also to a school program of significance. Congratulations to Mrs Kirstin Machan who has been acknowledged for her tireless contribution to our school. Kirstin has been an incredible supporter of our school initiatives and her recognition during Education Week is a fitting reward for her hard work, ideas and commitment. Our Junior AECG, the brainchild of Mr Stewart, has also been acknowledged. Our Junior AECG has given authentic voice to Aboriginal perspectives in our school and the enthusiasm and involvement of our members has seen many positive changes in school operation. Congratulations to all recipients.



COVID update Our COVID management remains unchanged at this time. As has been the case in recent weeks, we ask that parents do not enter the school grounds, unless for essential reasons, and we also ask that parents continue to maintain physical distancing and avoid gathering in groups when completing drop off and pick up procedures. Our assemblies will continue, however parents/carers, unfortunately, will not be permitted to attend until further notice.

We also ask that parents keep their child(ren) at home if they are unwell or if they are displaying symptoms of COVID-19, even if the symptoms are mild. Students are able to return to school if they have a negative COVID-19 test result and are symptom free. I remind our families that the directives, regarding management of COVID-19 in schools, are provided by the NSW Department of Education and aligned to NSW Health recommendations.

Sporting Schools Our Sporting Schools program will begin on Wednesday. This term we will be offering cricket for students in all classes. Students will be involved in weekly skill development programs and, at the end of the school visits, we will be holding a games day that will include registration pathways for students interested in playing cricket in the coming season. The program is free to students.

Attendance Thank you once again to our parents and carers who continue to responsibly manage their child's attendance. Our school appreciates the swift responses, in the event of student non attendance, and the incredible understanding shown as we negotiate COVID attendance requirements together. Each week I will report our attendance rates; last week our attendance rate was 92%, with 77.3% of our students attending 90% of the time.

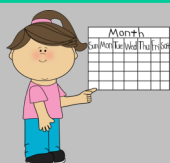
Peter Edmonds



DON'T FORGET WHEN ORDERING YOUR LUNCH ORDERS TO USE 'www.QuickCliq.com.au'



P & C NEWS



P&C Meeting - Monday, 2nd August 2021

ALL WELCOME

If you would like to participate in the meeting via Zoom, please:
email morpethpspandc@gmail.com

UNIFORM SHOP IS NOW ONLINE ONLY

Uniform orders - PLEASE ORDER ON QUICKCLIQ

For any enquiries please contact: **Bec** on 0413 771 181 or email morpethpspandc@gmail.com
BANK ACCOUNT DETAILS FOR ONLINE PAYMENTS - BSB No - 032 639 Account No - 287 512

Canteen News

Week 3 - Term 3, 2021

Tues: 27.07.2021
Wed: 28.07.2021
Thurs: 29.07.2021
Fri: 30.07.2021 Fiona Leary



PBL

This week's focus lesson ...

Administration Block

We will be talking with students about ..

Display manners at the office
Use eye contact when speaking
Speak and act positively and politely
Have permission to enter (green slip)
Enter and exit safely
Listen and follow instructions
Deliver messages clearly and accurately

**Purchase online
now via
QUICKCLIQ**



**Limited copies
available!**

How to order:

1. Login in to Quickcliq and on the homepage click EVENTS
2. Click on PLACE ORDER
3. Select the cookbook package you like, enter the quantity and click CONFIRM
4. Finalise your payment

Only \$25 each or 3 for \$65

Items that require payment:

Student invoices sent home via email from Schoolbytes.

Excursion (for each student) - now overdue.

Book Packs - now overdue.

Mindfulness - now overdue.

Backflips Against Bullying - now overdue.

A Guide To Self-Care and Wellbeing During Times of Uncertainty.

In times of uncertainty, it is normal and natural for children and adults to respond in unique ways. It can be helpful to focus on the aspects of our lives that we can control like caring for our physical health, safety and emotional wellbeing.

"The only thing in life that is permanent is change.
Change is the one constant in life"

(Fallin, 2013)



Steps for Self-care

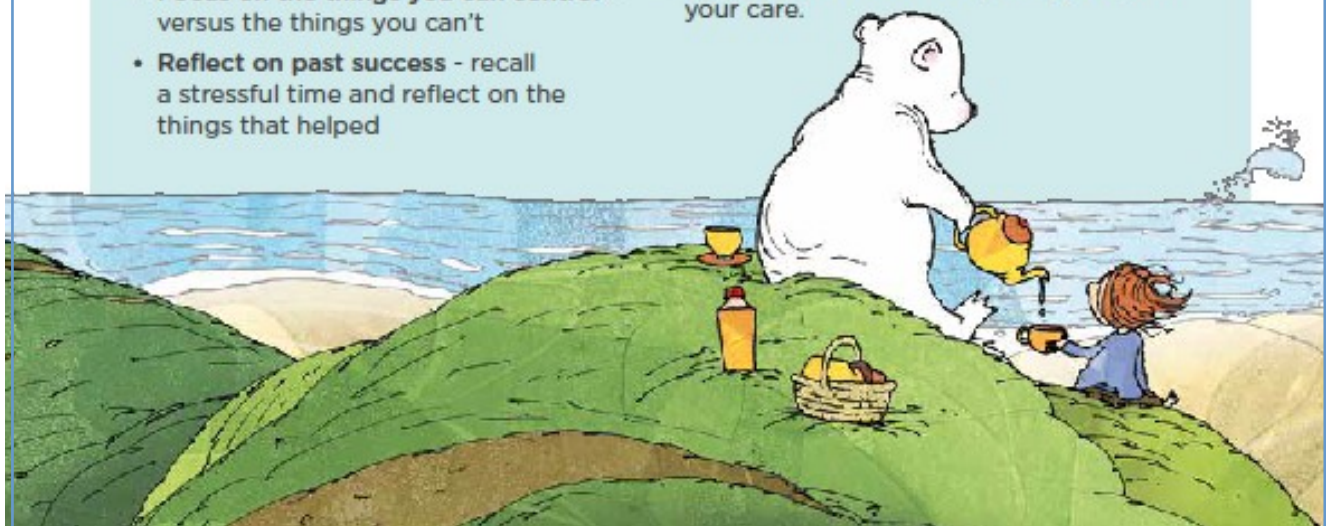
There are things you can do to support yourself, your friends and your family:

- **Listen** - to your needs and your own advice
- **Offer kindness** - for yourself and others
- **Stay connected** - with others by phone and online
- **Keep informed** - just enough information from reliable sources
- **Maintain a healthy routine** - diet, activity and sleep
- **Focus on the things you can control** - versus the things you can't
- **Reflect on past success** - recall a stressful time and reflect on the things that helped
- **Learn a new skill** and make plans for the future
- **Help others** - if and when you can
- **Seek support** - It's okay to ask for help and advice
- **Build hope** - Focus on 3 things you are grateful for.



You can't pour from an empty cup.

Look after yourself so you are better able to help the children and young people in your care.



Ideas to Help the Children and Young People in times of Uncertainty ...

In times of uncertainty and change, it is normal and natural for children and young people to respond in different ways. Adults can play a vital role in supporting children and young people through the experience.

How may Children and Young People Respond?

- Worried, clingy and uncooperative
- Sad and angry one minute, okay the next
- Frightening thoughts and nightmares
- Regression to earlier behaviours
- Stomach aches and headaches

Adolescents may react in similar, but different ways:

- Mood changes
- Tired and distracted
- Retreating from social networks
- Sleep problems and headaches



Helpful Hint – children and young people respond in unique ways and it is helpful to recognise if your child or young person is behaving differently.

Help Your Child or Young Person

- Offer your attention, patience and love
- Calmly listen to your child's story and encourage your child to ask questions
- Acknowledge and affirm your child's feelings and help your child to identify helpful ways to manage the feelings
- Encourage your child to ask for help from trusted adults
- Involve your child in decisions that affect them
- Respond to your child's questions with clear and factual age appropriate information
- Model positive ways to cope and prioritise quality time together

Other Ways to Help

- **Maintain daily routines** as much as possible
- **Stay social** – create ways to connect with special people and loved ones
- **Get active** – go for a walk, listen to music, sing, play with a pet
- **Be curious** – learn a new skill or research an interesting topic together
- **Help others** – encourages social connections and an "I Can" attitude
- **Plan fun activities** to look forward to

Find helpful resources, updates and training dates at goodgrief.org.au

"I think the most significant learning for children in the group was knowing they are not alone and not the only ones that experience change, loss & grief"

Companion, Seasons for Growth Program, 2019

Good for Kids good for life

HEALTHY WINTER WARMERS

Here's a few ideas for healthy meals that are cheap, delicious, full of everyday foods and will keep you warm in winter!

- Soups – try pumpkin, vegetable, lentil, tomato or minestrone
- Toasted sandwiches – fill them with your favourite everyday fillings like baked beans & cheese or ham, cheese and tomato.
- Mini Pizzas – make them with English muffins or wholegrain wraps
- Slow cooker casseroles – pack them full of vegetables like potato, carrot, celery or pumpkin



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au

<http://www.goodforkids.nsw.gov.au/>