

WORK HARD
Be Kind

Moorook Primary School

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TERM 2 Week 3 2020

REMEMBER

Friday 5th June
STUDENT FREE DAY

Monday 8th June
PUBLIC HOLIDAY

From the Principal

Our current situation is that we have 24 students learning at school and 6 students learning from home. Our teachers and SSO's are doing a terrific job of providing great learning for our students in both settings.

At the school site we are still operating as one big class in a double classroom. We have two teachers and two SSO's (or support workers) working in the classroom at all times. This arrangement is working quite well and it's been rewarding to see our students developing their independent learning skills.

Due to family reasons, Mrs Bucon has made the decision to go part time and so is now working from Monday-Wednesdays only. We are very happy to welcome Miss Logos for an extra day on Thursdays, while on Fridays, Mrs Dawe, Mrs Clarke (alternate weeks) and myself will be sharing the classroom teaching. We thank you once again for complying with our social distancing practises.

Keep smiling,

Sonya Warren

**NATURE
PLAY
IS OPEN!!**



Great place to GROW

BSEM Focus

PARENTS & CARERS: BE KIND TO YOURSELF

This is an unpredictable and uncertain time for everyone. It's the same as what they tell you on planes. You need to put on your own oxygen mask before you can help others. It's a huge struggle to care for children if we neglect to look after ourselves. While you may think: 'easier said than done' - it really does make a difference.

Here are 4 steps you can follow to help you be kind to yourself.

Regulate

Stay calm when you are feeling emotionally out-of-sorts. Think about what helps you to be calm and healthy. Can you build some of these things into your day? They might be quick things like sitting down for breakfast each morning, or longer things like watching a show you like after the kids are in bed. A regular household routine helps.

Some examples of things that are known to make us feel better are: getting outside and taking a walk or doing some other exercise, having a regular cuppa and snack break, watering pot plants, doing a crossword puzzle, ringing a friend, listening to music (and singing along), cooking, day dreaming, playing with a pet or sharing some silly messages and other fun things on social media.

If you build these activities into your day in a planned way, it gives you a break from monotonous tasks and provides something to look forward to. Even a few minutes of something pleasurable, a few times a day, can help build your tolerance for the challenging situation you're in.

Relate

Connect with another person to feel better. One of the most effective ways to look after ourselves is to connect with other adults. So, reach out to others however you can - by phone, social media or video calls (FaceTime, WhatsApp, Skype etc.).

Share your ideas and questions about how you can support and manage the kids in these new circumstances. Talk about how you can look after yourself and each other. No-one expects you to breeze through this situation without some tough times.

Reason

Use logical thinking. It's helpful to limit the time you expose yourself to news and current events. We need to stay informed, but it is important to avoid becoming overloaded and overwhelmed by negative news. Acknowledge your feelings and adjust your expectations, it's OK to not have all the answers. If you are feeling particularly worried or anxious try and stop what you're doing. Go to another room (even to the bathroom) and take some deep breaths. If possible, now is the time to do something to regulate yourself.

Understand that the kids living with you will be looking to you to see how you're coping. If you show them that you're staying calm, they will be more likely to mirror that approach.

Remember

Looking after yourself is not a luxury - it's essential.

By looking after yourself you're staying healthy and well - so you can have a better time with the kids.

Be kind to yourself and do the best you can. You might need to take it hour-by-hour, but this period of isolation is only temporary and will end. And every day is a new day. You can do this. You can also call beyondblue on 1300 22 4636 or Lifeline on 13 11 14 at any time.

Source: <https://blog.goodchildhood.org.au/2020/04/03/parents-and-carers-be-kind-to-yourself/#more-1886>



STEM Challenge



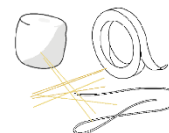
This week Miss Logos challenged the students with a STEM Challenge. Logical thinking, & reasoning, building on background knowledge, using constant revision and learning to fail are all part of STEM! Students had to design and

construct a tower with very simple supplies, ensuring that it would support an item on top. Some of the results were amazing - Well done everyone!

MATERIALS:

You will need:

- Spaghetti- 20 sticks per group of raw spaghetti*
- Large marshmallows- one per group
- Masking tape- 1 yard per group
- String- 1 yard per group
- Scissors
- Rulers
- Lab sheet (2 versions are provided in this packet- it's optional)



W O R K H A R D B E K I N D

Community Notices & Info



Bringing Up Great Kids

Online Group

The Children and Parenting Service (CaPS) in the Riverland will be running the Bringing Up Great Kids program online

Learn more about the origins of your own parenting style
Identifying important messages and how to convey these

Understand the messages of your child's behaviour

Discover ways to take care of yourself and find support

Develop strategies to manage your parenting approach, in your busy world

Session details:

During Term 2. Specific dates to be confirmed

To register interest and put your name on the waitlist, please call the Berri office on 8582 4122 or email berri.intake@rasa.org.au.

*you will need access to a computer with camera or smartphone with internet access to join the weekly GoTo online sessions.

Developed by the Australian Childhood Foundation

Relationships Australia
SOUTH AUSTRALIA

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Relationships Australia
SOUTH AUSTRALIA

Have the COVID-19 restrictions taken a toll on your wellbeing and relationships?

Relationship Support Services are available via telephone or online, and are free of charge until June 30.

COVID-19: Changing our relationships and the way we parent

Adapting to the enormous changes caused by COVID-19 restrictions has been difficult for many of us. However, this is completely normal.

- Are you finding yourself feeling more stressed?
- Are you finding the kids harder to manage?
- Are your buttons being pushed?
- Is your partner feeling like you are getting angry more often?

Stress is a normal part of everyday life and relationships can be hard to manage at the best of times. This is especially true during COVID-19.

As individuals, parents or partners we may be finding things more challenging as we reorganise our lives and adjust to new ways of doing things. It is unsurprising that this would be taking a toll on ourselves and the people around us.

Since the COVID-19 restrictions, you may:

- have lost your job,
- started working from home,
- be spending more time with your partner in a small space,
- not be seeing your family because you are a health worker,
- be finding the lack of social interaction difficult.

You are not alone; many people are adjusting to this new way of being.

We encourage you to seek relationship help early, even if it is just a check-in about what is going on for you.

Relationships Australia South Australia is committed to supporting you through this change. We can work with you to strengthen your personal wellbeing, build robust parenting, have healthy and safe relationships, and most of all stay connected with communities.

All our services are available via telephone or online, and in some circumstances, we will arrange a face-to-face consultation. All services are free until 30 June 2020.

Remember: We are in this together. We need each other now more than ever. Keep safe & stay connected.

How to make an appointment:

Contact your nearest office

Call us on 1300 364 277

Childcare and school exclusion periods

<p>Common cold A person with a cold should stay home until he or she feels well</p>	<p>Conjunctivitis Until discharge from eyes has stopped (unless a doctor has diagnosed non-infectious conjunctivitis)</p>	<p>Diarrhoea Until no diarrhoea for 24 hours</p>	<p>Chickenpox Until all blisters have dried (usually 5 days)</p>
<p>Head lice Until appropriate treatment has commenced</p>	<p>Influenza Until well (usually 7-10 days for children)</p>	<p>Measles Until 4 days after the onset of the rash</p>	<p>Scabies Until the day after appropriate treatment has commenced</p>
<p>School sores (impetigo) Until appropriate treatment has commenced</p>	<p>Viral gastroenteritis Until no diarrhoea for 24 hours</p>	<p>Whooping cough Until 5 days after starting antibiotic treatment, or for 21 days from the start of any cough</p>	<p>Worms If diarrhoea present, exclude until no diarrhoea for 24 hours</p>

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