

The Facta

Deeds Not Words Facta

Non Verba

Term 4 – Week 6 (12th November 2021)



Dates for the Diary

NOVEMBER		DECEMBER	
15 Nov	School Photos – Class and Individual	6 Dec	Presentation Day (via Zoom)
16 Nov	Kindergarten 2022 Parent Information Session via Zoom	13 Dec	Whole School Assembly (via Zoom)
22 Nov	Whole School Assembly, 2:30pm (via Zoom)	14 Dec	Semester 2 Reports sent home
		16 Dec	Last day for students
		17 Dec	Only office staff on school site
2022			
28 & 31 Jan	School Development Days (teachers and staff only)		
1 Feb	Years 1 - 6 commence		



Principal's Message

Dear Parents and Carers,

I hope this edition of the newsletter finds you and your family well. Term 4 is moving along very quickly as we start to plan our end of year events.

Congratulations Mrs Soteriou!

This year we acknowledge and thank Mrs Soteriou as she receives the Metropolitan South Network Award, 2021. Please take the time to read our tribute to Mrs Soteriou in this newsletter. Congratulations Mrs Soteriou!

Photo Day

This week, we received confirmation from the Department of Education that class photos can go ahead, providing that a COVID-safe plan is in place and photos are taken outdoors.

“Class photos are permitted with physical distancing maintained. Individual photos and sibling photos are permitted. No team photos are permitted as this would introduce mixing between cohorts.”

As a result of this update, we have been in touch with Don Wood Photography and all classes will now have their photo taken in the traditional format, as a group. This also applies to the Year 6 photo.

My apologies if this has caused any confusion. Please do not hesitate in contacting the school if you have any questions.

Video with the Secretary, Georgina Harrison and Professor Sharon Goldfeld

This week the Secretary sat down for a short conversation with Professor Sharon Goldfeld, a paediatrician and Director of the Centre for Community Child Health. Professor Goldfeld has decades of experience in state government as a senior policy maker in health and education. During the 2020 second COVID-19 wave she analysed the school transmission data for the Victorian Department of Health and Human Services. During the discussion Sharon shares some practical tips for families when talking to children about COVID-19, the layers of protection in place in our schools, and the benefits of getting our students into the classroom to learn.

You can find this conversation in the link below:

[Secretary's video with Professor Sharon Goldfeld](#)



Remembrance Day

Remembrance Day is a day of special significance to all Australians, commemorating the loss of Australian lives in all wars, conflicts and peace operations. This year, our students took the time to visit our Lone Pine in our Memorial Garden to pay tribute to the fallen.

Principal's Message, Continued

As Week 6 comes to an end, I am enormously proud of our students and the way they have transitioned back into their school routine. We are looking forward to the last 5 weeks of Term 4 being enjoyable and engaging for all.

As always, please do not hesitate in contacting the school if you have any questions.

Our contact details are below:

Phone number: 9744-8452 or 9744-8427

Email: concord-p.school@det.nsw.edu.au

Thank you for your ongoing support.

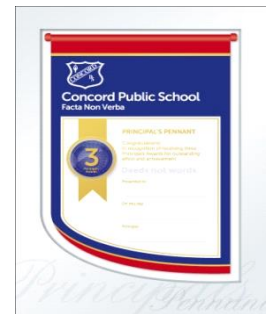
Anna Vountoulas
Principal
Concord Public School

Principal's Awards / Pennant Process

Three Class Awards = 1 Principal's Award

Three Principal's Awards = 1 Principal's Pennant

Note: Class Awards and/or Principal's Awards must be handed to the front office 2 days prior to the date of Assembly.



Term 4 Assembly Dates

The Assembly dates for Term 4 are now scheduled for:

Week 8 – Monday, 22nd November at 2:30pm via Zoom

Week 11 – Monday, 13th December at 2:30pm via Zoom.

Links to each event will be sent out before the date.

2022 Kindergarten Enrolments

Kindergarten Enrolments - 2022

Although we are unable to have our community on site at the moment, to introduce them to our wonderful school, we have lots of creative ways of communicating and giving them snapshots of what our school looks like and how it operates.

If you or someone you know would like more information about our school or have a child ready to commence Kindergarten in 2022, here are our contact details below:

Our school's contact details:

Phone numbers: 9744-8427 or 9744-8452

Email: concord-p.school@det.nsw.edu.au

We are currently taking Kindergarten enrolments for 2022.

Alternatively, you can fill-out the enrolment form online. Please call our office staff on ways to access the online form.



Planning for 2022

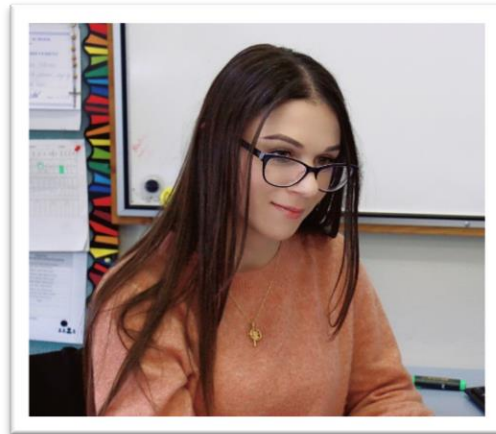
We need assistance in our planning for next year. The school's staffing entitlements and funding are dependent upon student population at the start of 2022.

If you are moving or going on an extended family holiday and your child/ren will not be starting at the commencement of the new school year (**on Tuesday, 1st February 2022**), please notify the school office as soon as possible, preferably in writing or via the school's email address, concord-p.school@det.nsw.edu.au



Congratulations Mrs Soteriou!

Recipient of the Metropolitan South Network Award, 2021



On behalf of the Auburn, Chullora, Girraween, Parramatta and Strathfield Principal Networks, we would like to congratulate Mrs Soteriou, recipient of the Metropolitan South Network Award 2021.

Mrs Soteriou has been chosen for her tremendous efforts and contributions to Public Education, and as a token of appreciation and gratitude, the Director Educational Leadership, Ms Maria Serafim, will be presenting her with this award.

Mrs Soteriou has been a member of Concord Public School's leadership team for the past 4 years. Over this time, she has made significant contributions in ensuring that the wellbeing of all students is at the forefront of the school's teaching and learning practices. Individualising support and tailoring programs to reflect the social and emotional needs of students is her strength.

Mrs Soteriou applies her care, her calmness, and her expertise in this area across the entire school community, which has led to her becoming one of the most respected members of staff amongst teachers and parents.

A well-earned acknowledgement of your expertise and efforts, Mrs Soteriou!

Congratulations!



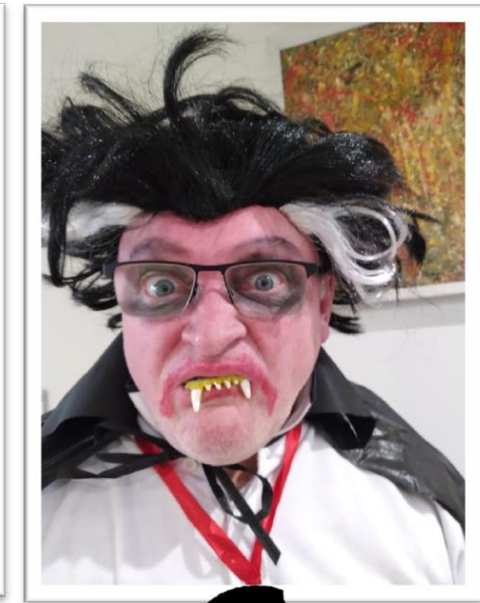
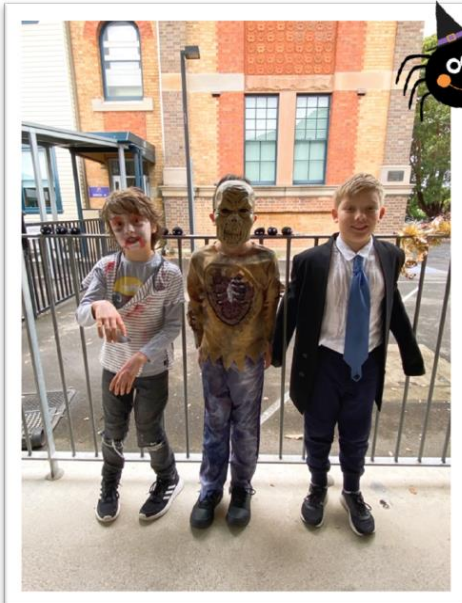


SPOOKTACULAR FRIDAY!











Inclusive Classes

Good afternoon Parents and Carers,

It has been another positive step forward as we have resumed normal timetables in the Inclusive Classes. We have resumed our fabulous Italian sessions with Mr Cris. We have continued to prioritise cohorting (keeping our Inclusive Classes separate during playtime) and ensured that movement around the school is monitored and controlled.

We celebrated Adam's 7th Birthday with a group dance party! Happy birthday Adam!



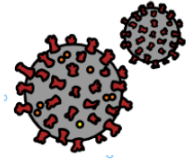
On Friday 5th of November, we participated in style for CPS Spooky Friday- Check out our awesome costumes! The Inclusive Team





Coronavirus

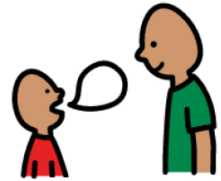
Coronavirus is a virus. A virus is something that makes you feel sick.



Coronavirus can cause you to have a cough, fever or have trouble breathing.



If I don't feel well, I need to make sure I tell my teacher, my family or an adult.



Lots of people get viruses and they are okay.



I can do lots of things to keep myself safe and keep my body healthy.



I can make sure I wash my hands for 20 seconds.



I can use hand sanitiser.



I can cough into my arm or a tissue.



I can do these things to keep myself and my friends around me safe!





Wearing a mask

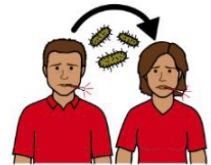
In some settings I have to wear a face mask.



I might have to wear a face mask when I go out to certain public areas.



Wearing a face mask will keep me from getting germs from other people.



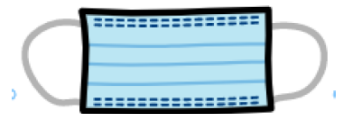
The face mask may feel uncomfortable or hot.



I keep my face mask on over my nose.



When it is time to take my face mask off, I can throw it in the bin if it is disposable.



If I have a mask made of fabric, I can place my mask in the washing machine.



When I have taken my mask off, I need to wash my hands.



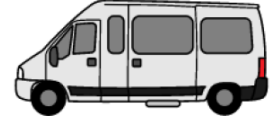
I can do these things to keep myself safe and the germs away.





Wearing a mask on the bus

The bus driver might want me to wear a face mask on the bus.



I wash my hands before I get on the bus.



Find the side of the mask that touches your face. This is the inside of the mask.



I pick up my mask and I put it on.



Hook the loops over your ears.



Adjust your mask so that it is comfortable.



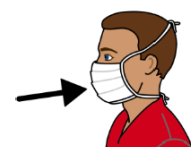
Check if your mask is on correctly before you get on the bus.



Masks will keep people healthy. It will stop coughs and sneezes from spreading.



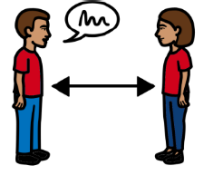
Lots of other people on the bus might wear a mask as well. This is a good thing!





Social distancing

In some settings I have to social distance.



It is good to social distance to keep everyone safe.



In story time I might need to move a little further away from my friend.



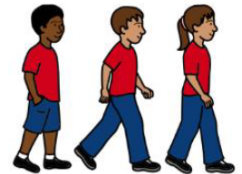
At the moment I can't hug my friends at school. I can still hug my family members.



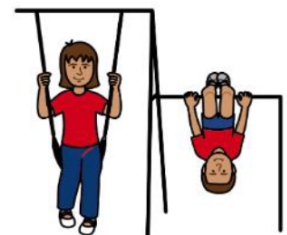
At the moment I can't shake hands but I can bump elbows.



In the hallways I need to continue to walk but keep a safe distance from others.



In the playground we also need to social distance and stay with our year group.



I can do these things to keep myself safe and my friends around me safe.



Let's keep kids in the classroom



Help us keep our schools COVID-19 safe.

- Keep your kids at home if they're unwell and get them tested
- Remind your kids to sanitise or wash their hands regularly
- Kids in year 7+ must wear a mask indoors, and masks are strongly encouraged for primary aged students

Despite the highly contagious Delta variant, most kids diagnosed with COVID-19 during the current outbreak have had mild or no symptoms. Only 2% of those cases had to be hospitalised (National Centre for Immunisation Research and Surveillance).

Under the public health order, all education and care workers, including teachers and education providers, must be fully vaccinated by 8 November 2021. To help protect our kids while they're at school, all school staff are required to wear masks indoors.

Help us keep kids in the classroom!

More: <https://www.ncirs.org.au/.../covid-19-and-children-frequently...>

NSW Department of Education

HOME DELIVERY AVAILABLE



SPECIAL HOME EDITION DIGITAL CATALOGUE



Welcome to Term 4 and a special Home Edition of Book Club!

Please look out for your physical catalogues for a **BUMPER CHRISTMAS ISSUE 7** arriving once your school reopens.

In the meantime, while we are still schooling from home, we've created this **special digital catalogue** for parents to keep their children inspired to read and learn—with 8 additional pages of fun Home Learning ideas and delivery available direct to the home!

Book Club
Special Home Edition
OUT NOW!

SCHOLASTIC

Spread the Word

Use social media to let your school community know about the digital catalogue.

[DOWNLOAD](#)

Loads of **FUN** Home Learning Ideas!



**VIEW HOME EDITION
DIGITAL CATALOGUE**

 **SCHOLASTIC**

scholastic.com.au

1800 021 233

Connect with us





NSW parent and carer mental health education sessions

headspace National is hosting free mental health education sessions in New South Wales, for Parents, Carers and Community Members, on ways they can support their young person when they are concerned about their mental health.

The sessions aim to:

- Strengthen your understanding of mental health and mental health difficulties.
- Increase awareness of the impacts of COVID-19 on wellbeing.
- Strengthen your understanding and skills in how to have a conversation with your young person.
- Build awareness of local services and the various supports available.
- Strengthen relationships between local area mental health services, local schools, headspace centres and other community organisations.

Proudly funded by the NSW Government and delivered by headspace National Youth Mental Health Foundation Ltd.

Session format

The format of the sessions will include the delivery of mental health-related content, followed by a panel of community stakeholders sharing information about the supports available to young people and how to access their services.

Mode of delivery

Sessions will be held online via Zoom or face to face.

Duration

Lunchtime sessions are 1hr and 15mins. Evening sessions are 1hr and 15mins with a panel.

How to register

Click on or copy the following URL into a web browser to locate upcoming sessions in your community: <https://bit.ly/3lchh8U>

Contact

For more information email: programsupport@headspace.org.au

Tween and Teen Life:

Transitions and Connections Webinar Series



Preparing for transitioning into high school, through adolescence and out of high school brings a new set of experiences and challenges for young people with a disability.

Lifestart is offering a free interactive webinar series to assist young people and their parents/carers to have the skills and confidence to navigate these new experiences together. Join the webinars live for an opportunity to ask questions or listen to a recording later. This series will be presented by Lifestart staff and guests experienced in working with young people and with lived experience.

[Click here](#) to see a list of all events or [click on the webinars you are interested in below](#) and follow the prompts on Eventbrite.



Getting it Right with School Meetings

Achieving Greater Outcomes

11 October 2021 at 7.30pm

Hear first-hand – a parent's experience and their tips.



Choosing a high school

Advice from parents and young people

18 October 2021 at 7.30pm

A Tik Tok sensation – Ash Magic – and a parent share their journey.



What comes next?

Hear real stories of post-school outcomes

25 October 2021 at 7.30pm

Fashion designer, Radio announcer and a public speaker/small business owner – so many opportunities.



Keeping Connected

Creating possibilities post high school

1 November 2021 at 7.30pm

Young people share with us what worked for them.

Contact us

If you would like more information on our *Webinar Series* please contact the BelongINC team:

info@belonginc.org.au

1800 317 030



Managing Your Mental Health Online During COVID-19

COVID-19 has brought rapid changes to our daily life, together with uncertainty and dramatic news headlines.

Some people may be feeling worried or depressed at the moment, especially if they already have some mental health problems.

There are many services that can help without leaving home. During this crisis, Australians can use Medicare to talk to health practitioners about mental health.

There are also other ways to get help on a phone, computer or tablet. These include crisis and counselling services, and mental health treatments that have been converted into web programs or apps. Some services link users to a practitioner who acts as a coach or guide and tracks their progress as they use a web program. Others—“self-guided” ones—are for people who prefer to work on their own. Most of these programs and services are free. We have listed them below.



A great thing about these services is that most are available over extended hours. Crisis services, programs and apps can be used at any time. And they are not just for people with mental health diagnoses—they are for anyone who is facing some problems.

A good place to start looking is:

Head to Health

The Australian Government's digital mental health gateway

Head to Health

Head to Health is the Australian Government's searchable portal that brings together information, apps, online programs, online forums, and phone services from Australia's most trusted mental health organisations. Whether you're searching for mental health information for yourself or someone else, or just wanting tips on how to maintain your self-care and wellbeing, Head to Health is the place to start.

Free assessment and treatment that is supported by psychologists is at:

MindSpot

Australia's free national online mental health clinic



MindSpot is the Australian Government's free online mental health clinic for Australian adults who are experiencing difficulties with anxiety, stress, depression and low mood. MindSpot provides assessment and treatment courses, or they can help you find local services that can help.

Ph: 1800 61 44 34

Some other services are on the next page.

*DISCLAIMER

The information provided throughout is intended for information purposes only. Whilst many of the services and resources listed are government funded, individuals should independently investigate, evaluate and verify the content and credentials of any service or resource before choosing to use it. The services listed in this guide are not exhaustive and represent primarily Australian products.

Crisis Support - Phone and online counselling



Lifeline

24/7 phone counselling, and online crisis support chat available each evening.



Suicide Call Back Service 1300 659 467
National 24/7 professional telephone & online counselling for anyone affected by suicide.



Beyond Blue Support Service 1300 22 4636
Telephone (24/7), online and email counselling.



1800RESPECT 1800 737 732
24/7 phone & online counselling for people seeking for domestic violence situations.



MensLine Australia 1300 78 99 78
Advice, therapy and support for men with families and relationship concerns.



QLife 1800 184 527
Online chat or phone counselling for lesbian, gay, bisexual, transgender and intersex (LGBTI) people.



GriefLine 1300 845 745
Phone and online counselling for individuals and families experiencing loss and grief.

Apps



MoodMission

A free app designed to help individuals overcome low moods and anxiety by discovering new coping strategies.



Snapshot

A free app for Australian adults to check and monitor their mental health and wellbeing status.



MindGauge

A free app that allows users to easily and quickly track their mental health, mood, and lifestyle.



BeyondNow

An app and online tool that helps users create a safety plan for when experiencing suicidal thoughts.



ReachOut Breathe App

A free app (iOS only) to help reduce the physical symptoms of anxiety by slowing down breathing and heart rate.



Smiling Mind

A website and app teaching mindfulness meditation to young people and adults.

Aboriginal and Torres Strait Islanders



MindSpot - 'Indigenous Wellbeing'

A course for Aboriginal and Torres Strait Islander adults to learn to manage symptoms of depression and anxiety.



iBobbly

Wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians.



Older Adults

MindSpot - 'Wellbeing Plus'

An online program for stress, worry, anxiety and depression in adults aged 60 and above.



Be Connected - e-Safety Commissioner

Tools and resources to increase the confidence, skills and online safety of older Australians when they use the internet.

Self-Guided Programs



MoodGYM

A free, interactive program based on Cognitive-Behavioural Therapy (CBT) and Interpersonal Therapy (IPT) to help prevent and manage symptoms of depression and anxiety.



MyCompass

A free, online interactive self-help CBT service for people with mild to moderate depression, anxiety and stress. It's also appropriate for people who simply want to build good mental health.



THIS WAY UP

A range of self-paced online CBT courses (free during COVID-19 crisis). Helping you learn practical skills to improve how you feel. Can be self-help or guided by your own clinician.



Mental Health Online

Free online programs for a range of issues, with self-guided or therapist support options.



e-Couch

A free, self-help program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief.



Centre for Clinical Interventions

Free downloadable self-help workbooks and modules for a range of mental health and wellbeing issues.

Moderated Forums



Beyond Blue Online Forums

Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.



Sane Australia

Moderated forums providing peer-to-peer support.

Young People



Kids Helpline

1800 55 1800
24/7 phone and online counselling for youth (5-25yrs).



Niggle

A free app for youth designed as a self-help toolkit for all things related to mental, social and emotional wellbeing.



eheadspace

Internet chat, email or phone support for young people (12-25yrs) with a range of issues.



ReachOut

Practical tools, support and moderated forums to help youth get through everything from everyday issues to tough times.



The Check-in

An app to help young people take the fear out of having a conversation with a friend who might be struggling.



The BRAVE Program

Prevention, intervention, and treatment of anxiety in young people.



BITE BACK

Free online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people.

ACON	'Coronavirus Information for LGBTIQ Communities and People Living With HIV'
Act-Belong-Commit	'Keeping mentally healthy when isolated or spending a lot of time at home'
Australian Psychological Society	'Tips for coping with coronavirus anxiety'
Australian Psychological Society	'Maintaining your mental health during social isolation'
Beyond Blue	'Looking after your mental health during the coronavirus outbreak'
Beyond Blue Online Chat Forum	Forum Discussion Topic: 'Coping during the Coronavirus outbreak'
Black Dog Institute	'10 tips for managing anxiety during COVID-19'
Black Dog Institute	'Coronavirus: Reassuring your child about the unknown'
Black Dog Institute	'Mental Health Ramifications of COVID-19: The Australian context'
The BRAVE Program	'Beating stress and worries about coronavirus (COVID-19)'
Butterfly Foundation	'COVID-19: Tips & Advice for people with an eating disorder'
Department of Defence	'Defence response to COVID-19'
Emerging Minds	'Supporting children during the Coronavirus (COVID-19) outbreak'
Emerging Minds	'Helping children cope with stress during the Coronavirus (COVID-19) outbreak'
eSafety Commissioner	'Social distancing without the isolation: Helping older Australians connect online'
Head to Health	'COVID-19 Support'
Headspace	'How to cope with stress related to Novel Coronavirus (COVID-19)'
healthdirect	'Coronavirus (COVID-19)'
Kids Helpline	'Are you worried about novel coronavirus (COVID-19)?'
Lifeline	'Mental health and wellbeing during the Coronavirus COVID-19 outbreak'
Life in Mind	'Coronavirus (COVID-19) mental health support'
Mental Health Commission of NSW	'Mental health and the coronavirus'
Mental Health Online	'A Practical Guide to Video Mental Health Consultation'
MindSpot	'Coronavirus (COVID-19)'
MindSpot	'10 psychological tips for coping with infectious diseases'
NACCHO	'Coronavirus (COVID-19) updates and information'
Open Arms	'COVID19 – calming and coping'
PANDA	'Supports to help expecting and new parents anxious about coronavirus'
PANDA	'Managing emotional wellbeing for expecting and new parents affected by natural disasters, global crises or concerns for the future'
People with Disability Australia	'Information About COVID-19 Or Coronavirus'

Phoenix Australia	'Coronavirus (COVID-19) mental health resources'
Phoenix Australia	'Coronavirus (COVID-19): Tips for Self-care and Families'
Phoenix Australia	'Caring for patients' mental health during coronavirus (COVID-19)'
Pregnancy, Birth and Baby	'Coronavirus (COVID-19) and pregnancy'
Quitline	'FAQs – Coronavirus (COVID-19) and Smoking'
Raisingchildren.net.au	'Coronavirus (COVID-19) and children in Australia'
ReachOut	'Coping during coronavirus (COVID-19)'
ReachOut	'10 ways to take care of yourself during coronavirus'
ReachOut	'How to deal with uncertainty during coronavirus'
R U OK	'Staying connected is more important than ever'
Smiling Mind	'How mindfulness can help during Coronavirus'
Smiling Mind	'Supporting yourself and each other through Coronavirus'
This Way Up	'Coping with Anxiety During the COVID-19 Outbreak'
Unicef Australia	'How to talk to your children about coronavirus (COVID-19): Eight tips to help comfort and protect children.'
World Health Organisation	'Mental Health and Psychosocial Considerations During COVID-19 Outbreak'

Chess



Level 1 30A George St, Burwood 2134
Office: (02) 9745 1170

Chess classes @ Concord Public School - Term 4, 2021

Due to the current COVID lockdown, we will be conducting our chess class online. When restrictions are lifted and children return to school, we intend to return for face to face coaching as soon as we are given the green light by the school.

Our online chess classes will be held before and after school Monday – Friday from 8:00am–9:00am, 3:15pm–4:15pm, 4:30pm–5:30pm and 5:00pm–6:00pm. Your child can attend as many of these online classes as he/she wishes until we return to face to face lessons. See the link on this page for more details:

<https://sydneyacademyofchess.com.au/online-classes-2021>

To register your child in the class, go to <https://sydneyacademyofchess.com.au/payment> and enter the following code:

WXABARL67W

Sydney Academy of Chess
info@sydneyacademyofchess.com.au

Message from the Office

Payment

When making a payment online you can pay up to 3 DAYS before the due date of the payment. This is due to online transactions taking 48 hours to process.

Other payment methods such as cash or cheque can also be sent to the front office and placed in the blue box labelled "**School Post**".

Please note that we do not accept online payment for uniform or canteen orders. Please see the uniform or canteen order form for payment details.

Permission Notes

If you have more than one child we need to have a note for each child, not all on one note please.

Change of Contact/Address details

Please inform the office immediately if you have changed your contact or address details, so we can contact you in case of an emergency.

Bicycle and Scooter Guidelines

If you give permission for your child to ride a bicycle or scooter to and/or from school and store it on the school grounds, please carefully read and sign the '**Bicycle and Scooter Guidelines**' document (obtained from the Front Office). These signed forms are to be returned to the office. Once we have received the signed documentation, the school will record that your child has permission from you to ride to school. Please see the office for details.



Concord Public School on Twitter



Follow

Concord PS

@ConcordPS

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📅 Joined September 2017

63 Following 248 Followers

**Are you aware that we are on Twitter?
Follow us and see what is happening at Concord Public School**

Concord Public School

66 Burwood Road, Concord NSW 2137

Email: concord-p.school@det.nsw.edu.au

Website: www.concord-p.schools.nsw.edu.au

Ph: 02 9744 8427