

The Facta

Deeds Not Words Facta

Non Verba

Term 4 – Week 8 (26th November 2021)



Dates for the Diary

DECEMBER		2022	
6 Dec	Presentation Day (via Zoom)	28 & 31 Jan	School Development Days (teachers and staff only)
9 Dec	Year 6 Farewell	1 Feb	Years 1 - 6 commence
13 Dec	Whole School Assembly (via Zoom)		
14 Dec	Semester 2 Reports sent home		
16 Dec	Last day for students		
17 Dec	Only office staff on school site		



Principal's Message

Dear Parents and Carers,

Congratulations to all candidates for the 2022 captaincy

I could not have been a prouder principal this past week. Ms Doualetas, Ms Zhang and I had the privilege of interviewing candidates as part of the 2022 captaincy process. Out of all the candidates that were interviewed, 7 students reached the next level. This involved presenting a speech to the whole school, as to why they should be School Captain or Vice-captain. To all the students who took part in the process, we are enormously proud of you. The ideas that you presented were of a very high standard and I commend you on your courage and delivery, and particularly on your passion and commitment to Concord Public School. No matter what the outcome, all students who took part should be enormously proud of themselves!

The outcome of the voting process will be announced on Presentation Day on Monday 6th November.

Semester 2 reports

A reminder that reports this semester will be a one-page report, including comments related to learning from home in Term 3 and face-to-face learning at school in Term 4. The report will include Mathematics, English and a general comment, as well as a reflection from each student of their own learning. **Reports will be issued to students on Tuesday 14th December.** If you require 2 copies or if you prefer to pick up your child's report yourself, please contact the school office.

Kindergarten – class of 2022

After lots and lots of uncertainty, we were finally able to welcome our kindergarten students into our school this week, as part of their orientation program. Their smiles, their energy and their excitement were just a joy to watch as they confidently walked through the school gates of “big school”. Welcome to Concord Public School, Kindergarten! We are so happy to have you at our school!

Supporting student-voice and student-led initiatives

One of my favourite parts of being a principal is being approached by students with new ideas and initiatives for our school. When students approach me, they come well prepared with USBs, powerpoints, flyers and research backed information, putting their ideas forward, always in the best interest of the students and the school. The last 3 whole school initiatives – Spooktacular Friday, PJ Friday and Eco-friendly Tuesday have come from our students. They have organised each event and designed each flyer. I'm sure you've noticed their names at the bottom of each letter sent home. This coming Tuesday, we acknowledge “Eco-friendly Tuesday” where students are encouraged to limit their disposable rubbish. In preparation for this day, the event organisers Harrison H. (6D) and Ryan P. (6D), presented a powerpoint to every class, outlining the impact that rubbish has on our environment. We look forward to wearing an item of green clothing to acknowledge this all important topic. Thank you, Harrison and Ryan!

It's hard to believe that we have come to the final 3 weeks of the 2021 school year. Our planning for 2022 has already begun. We are evaluating school programs, analysing data, collating student and community feedback and forming temporary class structures. Even though our end of year events will look different yet again this year, we are working hard to ensure that you, our community are connected as best as possible and most importantly, that our students end this school year on a positive note.

Principal's Message, Continued

I look forward to connecting with many of you in the coming weeks, even if it's with a wave at the Stanley Street gate at 3pm!

Thank you, once again for your ongoing support.

Anna Vountoulas
Principal
Concord Public School

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

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

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

Congratulations



To the following students who have received a Principal Award or Principal Pennant.

<i>Principal's Awards</i>	<i>Principal's Pennant</i>
KS Branko T, Jerry L, Te Ahoroa H, Caoilfhionn P, Matilda S, April H, Edward E	1/2A Jacobie B
K/1D Leon G, Alby B, Flynn M	3PA Dounia I
1D Reid N	5M Lily A, Joanne B
1/2A Libby D, Bianca McL, Grace B, Ruby J, Yusuf Q	5/6S David G
2T Aoibheann P, Skye McF, Abigail T, Everly D, Sophia S	6D Gabriella G
3PA Dounia I, Iyla M	
3/4M Jennifer P, Christina C, Alfie A, Jackson M, Adam G, Eunice Y, Levi I	
4Z Kai H-P, Edie B, Elliana M	
5M Tom H	
5/6S Oscar L	
6D Gabriella G	



Concord Public School

66 Burwood Road, Concord NSW 2137 - P O Box 522,
Concord NSW 2137 Telephone: (02) 9744 8427 or
(02)9744 8452 Fax: 9744 5187
Email: concord-p.school@det.nsw.edu.au

Eco-Friendly Tuesday

Dear Parents and Carers,

On Tuesday the 30th of November (Term 4 Week 9) Concord Public School will be having an Eco-Friendly Tuesday. This is to inform students at the school on how to be eco-friendly and what it means.

On the day, students are asked to not bring any disposable rubbish for lunch or recess along with the option to wear something green. Students are also encouraged to bring a gold coin donation to help fund the school with buying a tree. The tree will be planted on school grounds by the class with the least disposable rubbish, along with the organisers.

Thank you for your donations.

Harrison H.
Organiser
6D

Ryan P.
Organiser
6D

Ms Vountoulas
Principal





Inclusive Classes

Good afternoon Parents and Carers,

The climbing equipment finally arrived from our successful WestConnex Grant. The climbing equipment brought elation to the Harmony Garden and has really given our gross motor skills a work out. It has been fantastic to see all the students waiting their turn and encouraging their peers on the higher parts of the obstacle course.



We also have a new addition to the Harmony Garden- the sweeper! The students have been busy sweeping up the leaves and taking turns with their friends. Thank you, Mr. Crump, for helping to organise the sweeper.





Thank you:

An enormous thank you to the Nguyen family for spoiling all the staff with a delicious gluten free home-made cheesecake. It was absolutely delicious and such a beautiful surprise. Thank you also for the fabulous clocks for our three classrooms, the students love the new additions.

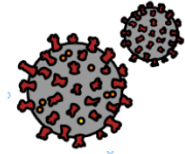
Thank you to the Spiropoulos family for sending in games, flashcards and visuals to share with all the classes. Thank you very much.

The Inclusive Team



Coronavirus

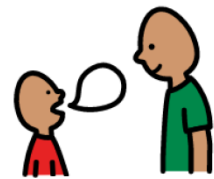
Coronavirus is a virus. A virus is something that makes you feel sick.



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.



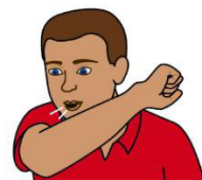
I can make sure I wash my hands for 20 seconds.



I can use hand sanitiser.



I can cough into my arm or a tissue.



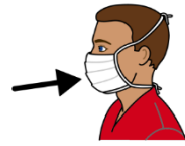
I can do these things to keep myself and my friends around me safe!





Wearing a mask

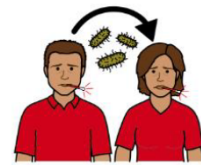
In some settings I have to wear a face mask.



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.



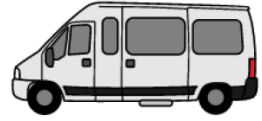
I can do these things to keep myself safe and the germs away.





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.



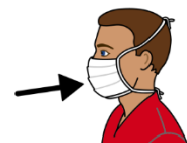
Check if your mask is on correctly before you get on the bus.



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



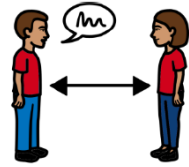
Lots of other people on the bus might wear a mask as well. This is a good thing!





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.



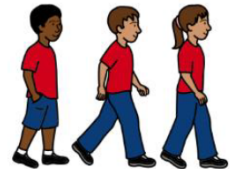
At the moment I can't hug my friends at school. I can still hug my family members.



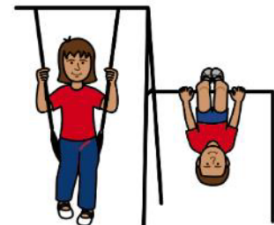
At the moment I can't shake hands but I can bump elbows.



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



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

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



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Concord PS

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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