

The Facta



*Deeds Not Words Facta
Non Verba*

Term 3 – Week 10 (17th September 2021)

A message to our Students



You are never too far away.
Keep smiling and stay strong!



Concord Public School – 66 Burwood Road, Concord NSW 2137
Tele: (02) 9744 8427 or (02) 9744 8452 – Email: concord-p.school@det.nsw.edu.au



Principal's Message

Dear Parents and Carers,

The end of Term 3 has been a busy one for our school and others throughout the state. We're happy to say that together we made it through what has been a constantly changing and sometimes difficult term. We could not have done it without the commitment from all our families who supported learning from home, and from our fantastic teaching and school staff. I want to thank you all for your efforts to continue to keep our school community safe – I know everyone has faced different challenges at different times throughout the term.

We are very excited and look forward to the COVID-safe return to school sites that we are planning in Term 4. Please read through the following updates and don't hesitate to ask any questions or reach out for support.

Return to school roadmap for Term 4 for schools across NSW

Schools in LGAs that are no longer operating under stay-at-home rules, will move to Level 3 operations and a full return of all students with reduced mingling and on-site activities. Masks will be required on site for all staff, indoors and outdoors.

In Term 4, where stay-at-home rules are still in place, but high community vaccination and low transmission conditions are met, students will return to school in a staggered approach for prioritised cohorts, with no mingling or on-site activities.

Students in Year 12 and those completing the HSC are already able to return in a limited way and this will continue for the remainder of Term 3 2021 (except in LGAs of concern).

So, what does all this mean for Concord Public School?

If the stay-at-home rules remain for our LGA, then our students will return to school under a staggered approach. Students will return to face-to-face learning with NSW Health-approved COVID-safe Level 3 plus settings on school sites in the following order:

From Tuesday 5th October 2021 – Friday 22nd October (Monday 4th October is a public holiday): all students K-6 will continue learning from home. **The only students at school will be the children whose parents are essential workers**

From Monday 25th October 2021: Kindergarten and Year 1 return to school

From Monday 1st November 2021: Years 2, 6 and 11 return to school

From Monday 8th November 2021: Years 3, 4, 5, 7, 8, 9 and 10 return to school.

Please note: this return to school roadmap is subject to change depending on new information expected through the Public Health Order and additional advice from NSW Health. You can stay up to date with the most recent advice on the Department's [Advice for families page](#).

Principal's Message Continued

Vaccinations for students aged 12 years and over

Young people aged 12 years and over are now also eligible to receive the COVID-19 vaccination. You can book in your children for Pfizer now, or Moderna from Monday 20th September.

Vaccination appointments are available at more than 3,000 locations across NSW, including GPs and pharmacies. More appointments will become available as supply increases, so keep checking for new appointments in the coming weeks.

Learning from Home

For families who are continuing to learn from home, the learning from home page has a wide range of curriculum-based activities to further support your child's learning, if needed.

Please take some time over the break to check out the Department's wellbeing resources for students and families. You will find useful tools for mental health and Term 4 preparation.

Goodbye Term 3!

Although the term has been a challenging one for our students, their families, teachers, and staff, if we were to reflect on the events and experiences that unfolded, I'm sure we'd find many positives as well:

- for parents/carers, an insight into your child's learning that you've never had before, and further insight into how our teachers operate, are able to monitor the learning of up to 30 students at the one time and can still remain connected with their class;
- for our teachers and staff, developing and constantly adjusting their creativity to ensure students remained focussed and motivated;
- and for our students, discovering new skills and ideas that they never had before, and having the time to explore them further.

For me personally, Term 3 has reinforced the value of human connections. I've missed every aspect of the word **community**, unique only to school environments... the laughter of kids as they play in the playground, the way our parents/carers connect with each other during drop-off and pick-up times and watching the students bounce around in excitement as they greet their teacher and friends at the 9am bell. All the things that define our school community that I will never take for granted again.

Please do not hesitate to reach out if we can do anything to help you and your children to prepare for Term 4 or if you have any concerns about the return to school. I will be in touch again soon with further information and any updates.

I'm enormously proud of you all for getting through to the other side of Term 3. I hope you take the time to step away from it all during our well-earned holiday, enjoy the warm spring weather, and where possible reconnect with family and friends in our beautiful surrounding parks and playgrounds.

Principal's Message Continued

And a quote in honour of our teachers, parents, and carers:

"Not every hero wears a mask. Some heroes save the day in the simplest of ways.

By just being there for us, or letting us know we're believed in."

By Barry Allen

See you all in Term 4!

Anna Vountoulas
Principal
Concord Public School

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.





COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

1 Make a plan to help you keep calm and stay in contact

2 Enjoy washing your hands. Remember all they do for you!

3 Write down ten things you feel grateful for in life and why

4 Stay hydrated, eat healthy food and boost your immune system

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

8 Take five minutes to sit still and breathe. Repeat regularly

9 Call a loved one to catch up and really listen to them

10 Get good sleep. No screens before bed or when waking up

11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

CRAZY HAIR DAY



CRAZY HAIR DAY



CRAZY HAIR DAY

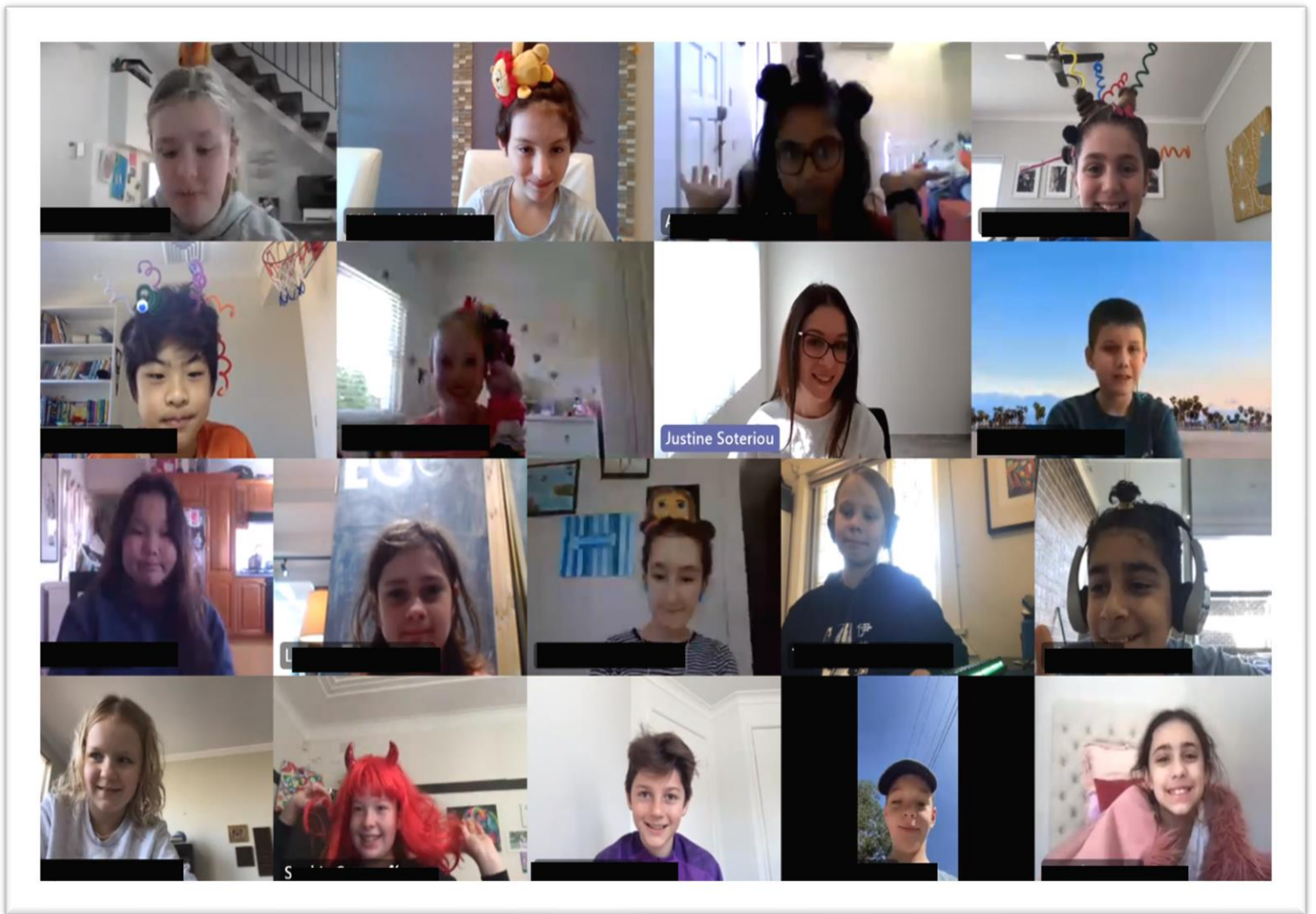


Crazy
HAIR
Don't
CARE

CRAZY HAIR DAY



CRAZY HAIR DAY





**THIS YEAR THE MESSAGE IS:
*Are they really OK? Ask them today.***

Do you know how the people in your world are really going?

Life's ups and downs happen to all of us. So, chances are someone you know might be struggling. Your genuine support can make a difference whatever they are facing, big or small.

So, don't wait until someone's visibly distressed or in crisis. Make a moment meaningful and ask them how they're really going.

Are they really OK? Ask them today. Your conversation could change a life.



R U Ok? Day 2021

R U OK? DAY
9 September 2021

On Thursday 9 September 2021 we celebrated R U Ok? Day by wearing yellow. It is a National Day of Action dedicated to reminding everyone that every day is the day to ask, “Are you OK?” and support those struggling with life's ups and downs. Thank you to all those students and families who engaged in the special activities throughout the day.

Mental health and wellbeing have increasingly garnered the attention of the wider community as the current period of lockdown has extended. Being separated from our usual contexts and having less contact with our friends and family has been challenging for all of us, particularly as these things help to fill up our wellbeing buckets. As the period of remote learning has continued, this has been prominent in our thinking and has been the motivation behind Wellbeing Wednesdays and the whole school focus days and activities. These days and activities have given the students something to look forward to and engage with. They have reminded the students about the importance of balance and provided them with a sense of belonging to something bigger such as the school community.

Across the day, the teachers encouraged the students to check in on one another but also to reflect on the things that we do to make ourselves feel ok, or to lift spirits, or to fill up our wellbeing buckets. Thank you to all our families for also getting into the spirit of the day.



Wellbeing Wednesday

Wellbeing Wednesday @ CPS
JOB WELL DONE EVERYONE!
Keep sharing your adventures with us!

Ask an adult to take a photo of you during Wellbeing Wednesday and send it to concord-cps.school@dct.nsw.edu.au





Wellbeing Wednesday 2021





Wellbeing Wednesday 2021





Wellbeing Wednesday 2021





Wellbeing Wednesday 2021





Wellbeing Wednesday 2021



**Thank you
everyone for
sending through
your wonderful
Wellbeing
Wednesday
snapshots.**

Mitochondrial Disease Awareness Week

RAISING AWARENESS FOR
MITOCHONDRIAL DISEASE

19-25 SEPTEMBER 2021

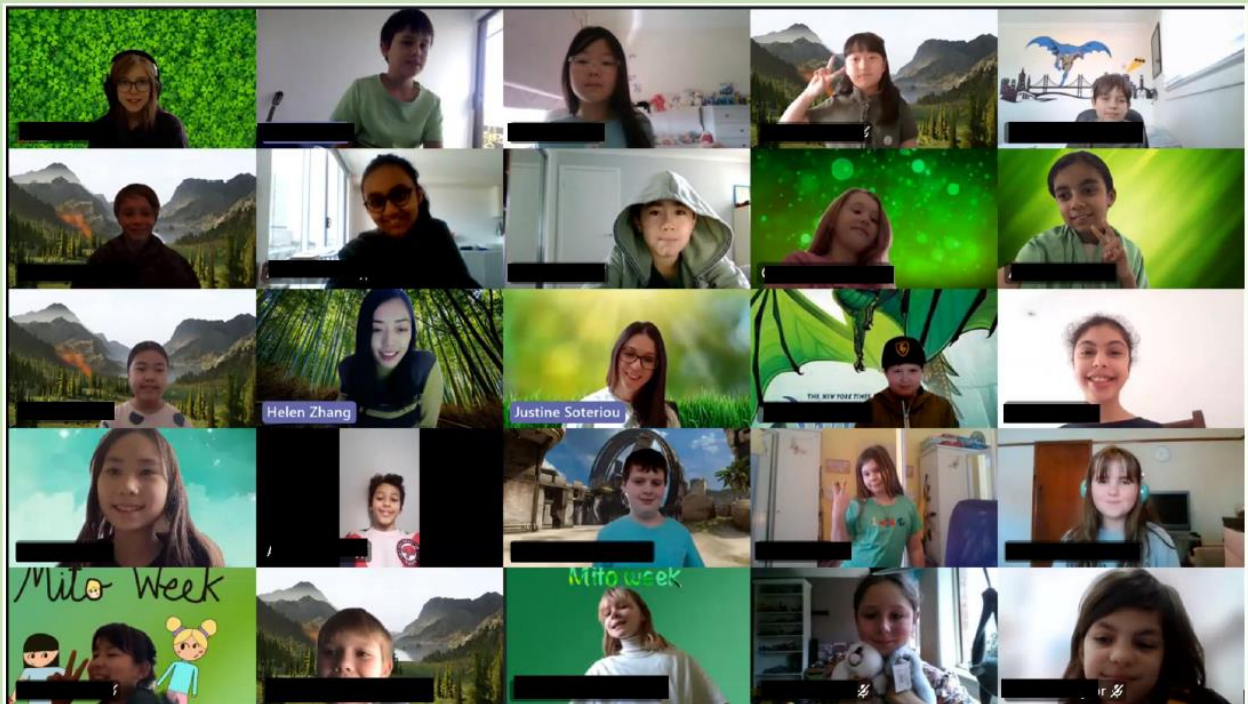
World Mitochondrial Disease Week raises awareness on mitochondrial disease (mito) on a global scale. On Thursday, 16th September, students at Concord PS got involved to raise awareness for mitochondrial disease by wearing green.

Take a look at some classes getting into the green spirit during their check-ins this week!

5/6S



4Z



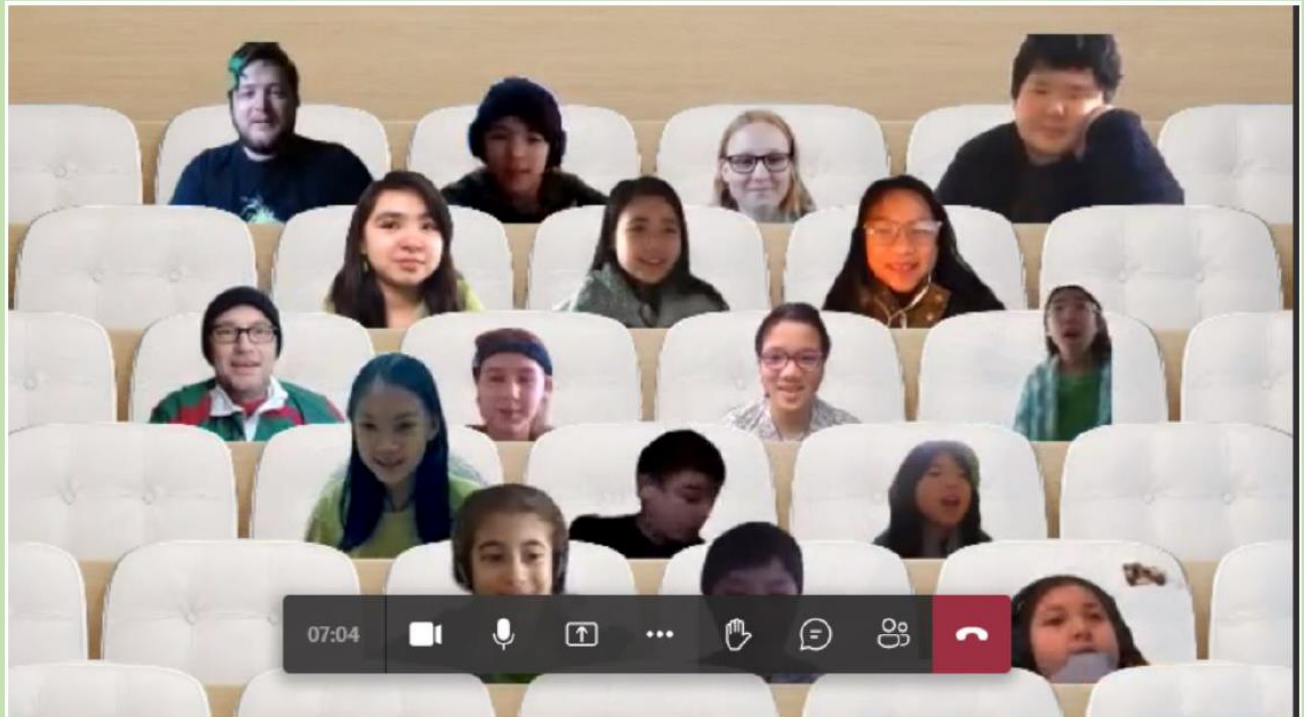
3PA



4G



5M



K/1D, 2/3S and 1/2C

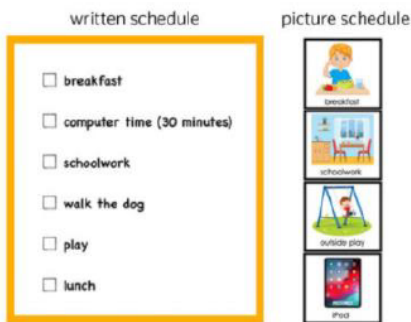


Tip of the week:

With home learning, many families are tasked with teaching their children at home. Whether the individual is participating in a virtual classroom or completing work that has been sent home, learning and completing schoolwork from home can be challenging. For individuals with Autism, it is even more challenging given the difficulty many children have with changes in routine. It is difficult to adjust to doing schoolwork at home when you are used to doing school work with a certain teacher, in a certain classroom, with certain materials. Your child might be thinking, "This is home. I don't do this here!"

It helps to visually show the individual what to expect during the day and break down the day into chunks. Start by visually showing your child a visual schedule to indicate what time(s) during the day are for schoolwork.

If calling it "school" is upsetting for your child, try "Learning from home," "Work with Dad," or come up with another name. You can be creative and invent an exciting name!



Use a written or pictured list to show your child what he or she will be doing during "schoolwork" This might be a list of subjects (Phonics, Reading, Mathematics), a stack of worksheets, or coloured folders with work to be completed inside.

Include the items to complete and also indicate what will happen immediately following work times. Knowing what will happen when the schoolwork is finished can increase engagement and reduce anxiety.

Sometimes making the final activity something fun (such as jumping on the trampoline) can increase motivation or the final activity might simply be the next activity in their day (such as time to read, have a snack, etc.)



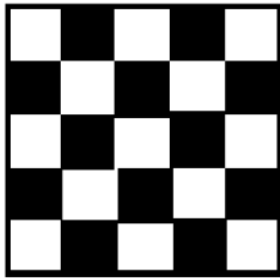
Teaching Tips:

1. **Designating a work or activity space** can help clarify that this is 'learning from home' time. Since the goal is to help the individual focus and engage in meaningful activities on their own, ideally this area should have limited visual distractions and noise. The space might be different from where the individual typically works/interacts with others or completes other types of activities. If the space is used for other activities, you might create a cue that clarifies the areas is for working alone such as a coloured placemat or a small sign that says "on my own" or the individual's photo/name. Organise the workspace so that the individual can easily see and retrieve the assignment materials. Consider having a container with the items necessary to complete the assignments such as a rubber, pencils, crayons, scissors, glue, etc.

2. **Consider separating worksheets or assignments** into folders, sections of a notebook, bins, or shelves. These can be colour-coded or labelled with favourite characters or themes (animals/sports) to increase engagement. If appropriate, include the individual in the development of the organisational system to increase their motivation to use the system.



finished



3. **Clearly define a finished location** for the completed work or activity. The work might go back into the folder or notebook or maybe it is placed into a “finished box” or on a designated shelf/drawer. Some students find it helpful to use a two-pocket folder with work to be completed on the left and then the child moves the completed work to the pocket on the right.

4. **Ease in!** Remember, that completing schoolwork from home can be a big adjustment for everyone and that balance is important. If Mathematics is particularly challenging for your child, try starting with a subject that is an interest and strength for your child or provide a calming activity before doing Mathematics.
5. **Brain breaks are vital!** You know how long your child can remain focused at one activity. Remember to include brain breaks or sensory breaks so your child is able to regulate their behaviour and then come back to a task ready to go.

Helpful Hints:

- In order for the individual to work/engage in an activity independently, ensure that the individual understands the activities or academic materials.
- It is okay to have the individual complete half of a task or worksheet at one time – use a highlighter to show which sections to complete or post-it notes to cover up work that will be completed at a later time.



- When possible, give your child some choice about what sequence he/she wants to complete the tasks/assignments. Opportunities to choose and that sense of control can increase engagement!
- Some individuals might need a routine for having an adult check his/her work. You might write this at the end of the list, “Ask Mum to check work” or a card that says “Show Mum”. This

routine will ensure that the individual completes all work thoroughly and correctly before moving on to other activities.

October is DoE *Cybermarvel month* – cyber safety awareness.

Here is a link that might be beneficial for families to access.

<https://t4l.schools.nsw.gov.au/resources/cybermarvel/cyberparents.html>

Families can also sign up for an upcoming cyber safety webinar via the link.
There is a section with a large range of resources families.

Cybermarvel webinar



Parents webinar- parent's guide to popular apps

Popular apps such as TikTok or Instagram can be fun but also risky. Learn how you can help your children use these apps safely.

Date: Fri 15 Oct 2021

Time: 12:30 - 1:30 pm

[Register for the webinar](#)



FREE WEBINARS FOR PARENTS – SUPPORT HEALTHY BODY IMAGE IN YOUR CHILD

01 SEPT 2021 (FREE)
7PM – 8.15PM
VIA ZOOM

**Live – No recording
available**

BOOK NOW

09 SEPT 2021 (FREE)
7PM – 8.15PM
VIA ZOOM

**Live – No recording
available**

BOOK NOW

Links not working? Copy and paste into your browser:
<https://events.butterfly.org.au/portal>

These webinars are offered as part of Butterfly's *Body Kind Families* initiative designed to help parents support their teen's body image. Register for either webinar and gain automatic access to additional *Body Kind Families* resources – videos, factsheets, family activities and audio materials. For more information: www.butterfly.org.au/bodykindfamilies

Contact:

E: education@butterfly.org.au
T: 02 8456 3908
www.butterfly.org.au

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LET'S TALK BODY CONFIDENT CHILDREN AND TEENS

Delivered by Butterfly Foundation, this webinar for carers of primary and secondary age children provides practical tips to help you better understand and promote positive body image in the home and healthy eating and exercise behaviours. **Learn about:** the power of positive role modelling; reducing toxic body talk; developing resilience to social media pressures; and what to do if you are concerned. For a full session outline visit: www.butterfly.org.au

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LET'S TALK BODY IMAGE IN BOYS

For parents/carers of pre-teen and adolescent boys this webinar explores the challenges young males are facing and practical strategies to support the development of a healthy body image in boys. **Learn about:** the common concerns for boys and who is at higher risk; how stereotypes, social media and the sport and fitness industry drive appearance pressures; common signs that training, exercise and eating may be problematic; and what to do if you are concerned.

nib foundation

Butterfly
LET'S TALK eating disorders

Apply for an Active Kids Voucher

The NSW Government is helping kids get active with the Active Kids program.

The Active Kids program provides two \$100 vouchers for parents, guardians and carers of school-enrolled children to use towards sport and active recreation costs each year.

Voucher 1 is valid January to December and Voucher 2 is valid July to December.

To use the voucher, find a [registered activity provider](#) and present your voucher when you sign up.

Details below on how to apply.

<https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>



Apply for a Creative Kids Voucher

The NSW Government is helping kids get creative with the new Creative Kids program.

Parents, guardians and carers can apply for a voucher with a value of up to \$100 per calendar year for each student aged 4.5 to 18 years old enrolled in school.

The voucher may be used with a registered activity provider for registration, participation and tuition costs for creative arts, speech, drama, dance, digital design, coding, and music lessons and activities.

The voucher can be used at any time during the calendar year it was issued.

To use the voucher, give the details to your [registered activity provider](#).

The program runs year-round, so kids can get creative at any time.

Details below on how to apply.

<https://www.service.nsw.gov.au/transaction/apply-creative-kids-voucher>



Time expectation for families

| Early stage 1 | Stage 1 | Stage 2 | Stage 3 | Stage 4 | Stage 5 | Stage 6 |
|--|--|--|--|---|---|--|
| Total hours per day: 2.5 hours per day plus other activities. | Total hours per day: 2.5 hours per day plus other activities. | Total hours per day: 3 hours per day plus other activities. | Total hours per day: 3 hours per day plus other activities. | Total hours per day: 3.5 hours per day | Total hours per day: 3.5 hours per day | Total hours per day: Students in Year 11 and 12 will follow their usual pattern of study |
| Key focus areas – core teaching: <ul style="list-style-type: none"> 45-60 minutes of English activities 30-45 minutes of mathematics activities 30-60 minutes of activities across other KLAs (creative arts, HSIE, PDHPE and science/technology). | Key focus areas – core teaching: <ul style="list-style-type: none"> 45-60 minutes of English activities 30-45 minutes of Mathematics activities 30-60 minutes of activities across other KLAs (creative arts, HSIE, PDHPE and science/technology). | Key focus areas – core teaching: <ul style="list-style-type: none"> 45-60 minutes of English activities 30-45 minutes of mathematics activities 1-1.5 hours of activities across other KLAs (creative arts, HSIE, PDHPE and science/technology). | Key focus areas – core teaching: <ul style="list-style-type: none"> 45-60 minutes of English activities 30-45 minutes of mathematics activities 1-1.5 hours of activities across other KLAs (creative arts, HSIE, PDHPE and science/technology). | Key focus areas – core teaching: <ul style="list-style-type: none"> 30-45 minutes of English activities 30-45 minutes of mathematics activities 90-120 minutes of activities from creative arts, HSIE, languages, PDHPE, science and technology and applied sciences. | Key focus areas – core teaching: <ul style="list-style-type: none"> 30-45 minutes of English activities 30-45 minutes of mathematics activities 90-120 minutes of activities from HSIE, PDHPE, science and electives. | Major project requirements: <ul style="list-style-type: none"> Changes have been made to the requirements for major projects in some practical subjects. NESA will continue to provide updates around changes to major projects and/or assessments for specific subjects. |
| Additional learning: <ul style="list-style-type: none"> Other activities such as wellbeing, sport and physical activities, where social distancing allows. | Additional learning: <ul style="list-style-type: none"> Other activities such as wellbeing, sport and physical activities, where social distancing allows. | Additional learning: <ul style="list-style-type: none"> Other activities such as wellbeing, sport and physical activities, where social distancing allows. | Additional learning: <ul style="list-style-type: none"> Other activities such as wellbeing, sport and physical activities, where social distancing allows. | Additional learning: <ul style="list-style-type: none"> Other activities such as wellbeing, sport and physical activities, where social distancing allows. | Additional learning: <ul style="list-style-type: none"> Other activities such as wellbeing, sport and physical activities, where social distancing allows. | |

education.nsw.gov.au



Availability of funds for NDIS plans

Families who are needing to use more of their young person's NDIS funds at this time, may find this information and contact details below helpful.

- NDIS plans may be automatically extended by up to 12 months, ensuring continuity of support.
- Face-to-face planning can be shifted to telephone meeting where possible.
- Increased flexibility within budgets to purchase disability-supports.
- Families can contact their Local Area Coordinator (LAC) or call NDIS Ph: 1800 800 110 to let the agency know if you are in need of an urgent plan review.

You can also click on the link for further information <https://www.ndis.gov.au/>

For more information regarding COVID-19 and NDIS please click on this link <https://www.ndis.gov.au/coronavirus/participants-coronavirus-covid-19>

Stay COVID safe



Our school is open for those students:

- who cannot be educated at home**
- whose parents and carers are essential workers.**

There is minimal supervision available on site to support these students.

All other students must stay at home, learning from home, as directed by the NSW Health Public Health Order.

Thank you for supporting our teaching and school community to stop the spread of COVID-19.



Follow health advice and keep your child home if they are unwell.



For the latest information, visit education.nsw.gov.au/covid-19

Remote learning guidelines for students



Stay connected



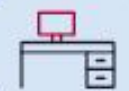
Keep in touch with your teacher and classmates during this challenging time. Reach out to your parent, carer or teacher if you need additional help.

Ask questions



If you don't understand something, ask your teacher or classmates.

Set up your workspace



Work in a quiet area, at a desk or table and try to limit distractions.

Take breaks



Take breaks away from your work. Move around and try not to sit down all day.

Your normal routine



Eat breakfast, brush your teeth and get dressed in the morning.

Learning online



If you're on a call with your teacher, stay focused on the call. Avoid reading chats or looking at other tabs.

Build in fun



Take some time to be creative or tune into the daily NSW Education livestream.



Remote learning guidelines for parents and carers



Follow your normal routine



Support your child to eat breakfast, brush their teeth and get dressed in the morning.

Build in fun



Encourage your child to take some time to be creative. Draw, play with Legos or tune into the daily NSW Education livestream. For more ideas check out our list of activities for early learners and children in primary school.

Set up your workspace



Help your child set up a quiet space at a desk or table where they can work. If your child is using a computer, refer to the Learning environment checklist.

Online resources



Bookmark important pages like the Learning from Home hub where you'll find learning resources and packages to use with your child.

Eating and drinking



Prepare snacks and meals outside of school hours so you and your child can grab ready-made food. Encourage your child to drink water throughout the day.

Be flexible



Be flexible and work with your school during this challenging time. If you or your child are having trouble with a task, move onto something else.

Take breaks



Schedule in breaks for you and your child to grab a snack or do some stretches.



For more information and learning resources for your child check out Learning from home.

education.nsw.gov.au/parents-learning-at-home

Young children



If your child is young, don't feel pressured to re-create a 6-hour school day.



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



Dear Parents and Carers,

Re: Nationally Consistent Collection of Data on School Students with Disability (NCCD)

Every year, all schools in Australia participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the *Disability Discrimination Act 1992* and the Disability Standards for Education 2005, in line with the *NCCD guidelines* (2019).

Information provided about students to the Australian Government for the NCCD includes:

- year of schooling
- category of disability: physical, cognitive, sensory or social/emotional
- level of adjustment provided: support provided within quality differentiated teaching practice, supplementary, substantial or extensive.

This information assists schools to:

- formally recognise the supports and adjustments provided to students with disability in schools
- consider how they can strengthen the support of students with disability in schools
- develop shared practices so that they can review their learning programs in order to improve educational outcomes for students with disability.

The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with disability.

The NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the [Australian Government's Privacy Policy](https://www.education.gov.au/privacy-policy) (<https://www.education.gov.au/privacy-policy>).

Further information about the NCCD can be found on the [NCCD Portal](https://www.nccd.edu.au) (<https://www.nccd.edu.au>).

If you have any questions about the NCCD, please contact the school.

Kind regards

Principal

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 (LGBTQ) 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.

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| 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' |

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| 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



SYDNEY
ACADEMY OF 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



Following

Concord PS

@ConcordPS

Facta Non Verba Deeds not Words

Joined September 2017

62 Following 240 Followers

- *Be Respectful*
- *Participate*
- *Be Safe*



**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