



The Facta

*Deeds Not Words Facta
Non Verba*

Term 3 – Week 8 (3 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,



Spring is finally here! I hope the new season, along with the warmer weather and the glorious sunshine, is the start of better things to come for us all. It certainly feels like we have a glimmer of hope of reuniting with our students, after the recent announcements.

For my Principal's Report this week, I have taken the latest information from the Department of Education's website and broken it down into key areas, hoping that it will make it a little easier to navigate through the barrage of information. Please keep in mind when reading this information that if our LGA **does not** become an area of concern by 25 October, it is anticipated that Concord PS will be operating at **Level 3 plus**.

Advice for families

Roadmap to return to face-to-face learning

Updated 12:30 pm 27 August 2021

Schools will return to face-to-face learning either through a 'staged return' or 'full return', depending on NSW Health conditions in their area.

Full return (Level 3)

Areas across NSW that are removed from stay-at-home rules will return to school under Level 3 settings. This is a full return for **all** cohorts to schools, with reduced mingling and on-site activities.

Schools returning through the full return model should refer to the Level 3 guidance for schools.

Staged return (Level 3 plus)

When stay-at-home rules are still in place but other community vaccination and transmission conditions are met, students will return to school in a staged way. This is a staggered return for **prioritised** cohorts, with no mingling or on-site activities.

Students will return to face-to-face learning with NSW Health-approved COVID-safe settings on school sites in the following order:

* From 25th October – **Kindergarten and Year 1**

* From 1st November – **Years 2, 6 and 11**

* From 8th November – **Years 3, 4, 5, 7, 8, 9 and 10.**

Principal's Message Continued

Students in Year 12 and those completing their HSC are already able to return in a limited way and this will continue for the remainder of Term 3. From 25 October, these students will have full-time access to school campuses and their teachers.

Conditions and guidelines to support schools with a staged return are detailed below.

Areas of concern

Local government areas (LGAs) and suburbs of concern operating under Level 4 plus restrictions will continue learning from home until they are removed from the areas of concern.

Levels of restrictions

Depending on local conditions, schools will operate under one of the following levels of restrictions. (If our LGA **does not** become an area of concern by 25 October, it is anticipated that Concord PS will be operating at **Level 3 plus**. See details below).

Level 4 plus: Minimal students and staff on site; learning from home, parents must keep children at home, schools are open for families who need it

While on school sites, masks or face coverings are required for all staff, and all students in Year 7 and above.

Applies to schools in the following local government areas (LGAs) of concern [External link](#): Bayside, Blacktown, Burwood, Campbelltown, Canterbury-Bankstown, Cumberland, Fairfield, Georges River, Liverpool, Parramatta, select suburbs within the Penrith LGA, Strathfield.

Level 4: Learning from home; parents must keep children at home, schools are open for families who need it

* While in indoor settings in schools, masks or face coverings are required for all staff, and all students in Year 7 and above.

* Applies to all schools in Greater Sydney (including the Blue Mountains and Wollongong) until 12:01 am 30 September.

* Applies to all regional NSW schools (including the Central Coast and Shellharbour) until 11:59 pm 10 September – replacing any existing orders in regional NSW.

Level 3 plus: Staggered return of students to face-to-face learning for areas under a stay-at-home rule.

* Priority to return to face-to-face learning will be for students in Kindergarten, Year 1 and Year 12 as well as those completing their HSC.

* While at school, face masks are required in all indoor and outdoor settings for all students in Year 7 and above. Masks are strongly recommended for primary students.

Principal's Message Continued

Level 3: COVID-safe; further restrictions on activities and non-essential visitors

* While in indoor settings in schools, masks or face coverings are required for all staff, and all students in Year 7 and above.

* No NSW public schools are currently operating at this level.

Level 2: COVID-safe; restrictions on activities and non-essential visitors

* While in indoor settings in schools, masks or face coverings are recommended for all staff, and all students in Year 7 and above.

* No NSW public schools are currently operating at this level.

Level 1: School operating in a COVID-safe way

* Staff and students are supported to wear a mask or face covering should they choose to do so.

* No NSW public schools are currently operating at this level.

Student vaccinations

Students are eligible for a vaccine if they are 16 or above and either:

* Have a permanent home address in one of the LGAs of concern.

* Enrolled to sit one or more Higher School Certificate subjects (or otherwise completing Year 12 in 2021, including Year 12 TAFE) at a school located in one of the LGAs of concern.

Refer to [HSC student vaccinations within identified LGAs](#) for more information.

Students with underlying medical conditions are currently eligible to receive a Pfizer vaccine at NSW clinics across the state. Bookings can be made via the [COVID-19 Vaccine Eligibility Checker External link](#).

In the event that a vaccination program is implemented for primary-school-aged children in NSW public schools, informed consent will be sought from the child's parents or carers before any vaccine is administered.

Parents and Carers may wish to discuss options for vaccination with their GP in the event their child becomes eligible for a vaccination in NSW.

Principal's Message Continued

As we all know, the situation is constantly evolving. We have our fingers crossed that the situation improves as we approach 25 October and that the staggered return of our students can begin.

Help for Parents & Carers

We are constantly on the lookout for online courses, information sessions and fact sheets that can help our community whilst we are in lockdown. Look out for the various additions that we have placed in this week's edition of the newsletter. The Department of Education, along with a wonderful team of people connected to our school are always sending through great links and information to us. As we have done all term, we will post this information either on the SkoolBag app or in the newsletter. Look out for them! Or alternatively, if there is a specific topic that you are after, please send an email to the school's email address and I will do my best to see what I can find for you.

Missing our Students



On behalf of the teachers and staff, I thank you for the many photos that you have sent in as part of Education Week, Wellbeing Wednesday and Book Week. We love seeing what our students have been up to whilst learning from home. It has also reinforced just how much we are missing them all!!!



Is there a loved-one or a friend in your life that you haven't heard from for a while? This is the time to really reach out to see if they're ok. A phone call, an email or an SMS can make all the difference. It's the power of connection and it will show that you care. Give it a go!

Please remember that we're only a phone call away. Please don't hesitate in contacting us if you need help or support in any way.

Our school's contact details:

Phone numbers: 9744-8427 or 9744-8452

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

Stay well, stay happy and stay safe!

Anna Vountoulas
Principal
Concord Public School

Principal's Awards/ Pennants 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.

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



SASS Recognition Week 2021

It is SASS Staff Appreciation Week this week!

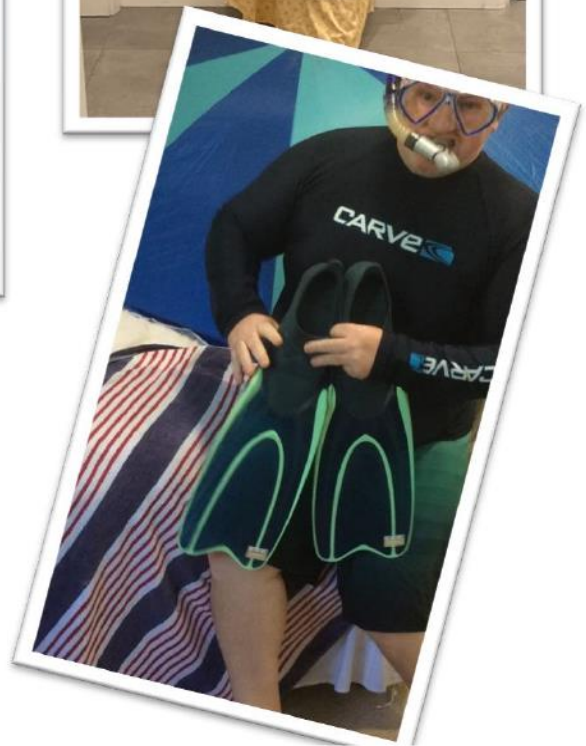
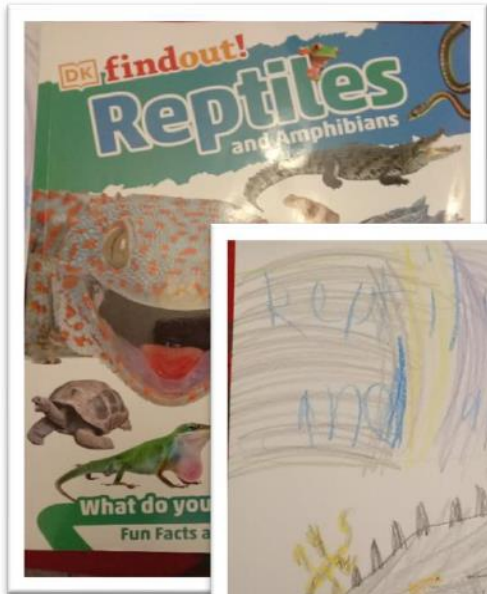
Each year, we recognise and acknowledge the important work that our School Administrative and Support Staff undertake in our school. Our SASS staff play an important role in the school community and are often the unsung heroes in our school. They are often the first people you see when you enter our school and are essential to maintaining positive relationships with students, parents and the community. Our school would not function without these critical people and our SASS staff are phenomenal!

Thank you, Mr Crump, Mrs Siva, Miss Chloe, Miss Gaya, Miss Trenna, Mrs Ianni, Miss Katerina, Mrs Posavac, Mrs Malizis and Mrs McKay, we truly appreciate all that you do!



2021
BOOK WEEK
WEEK 7: 21-27 AUGUST





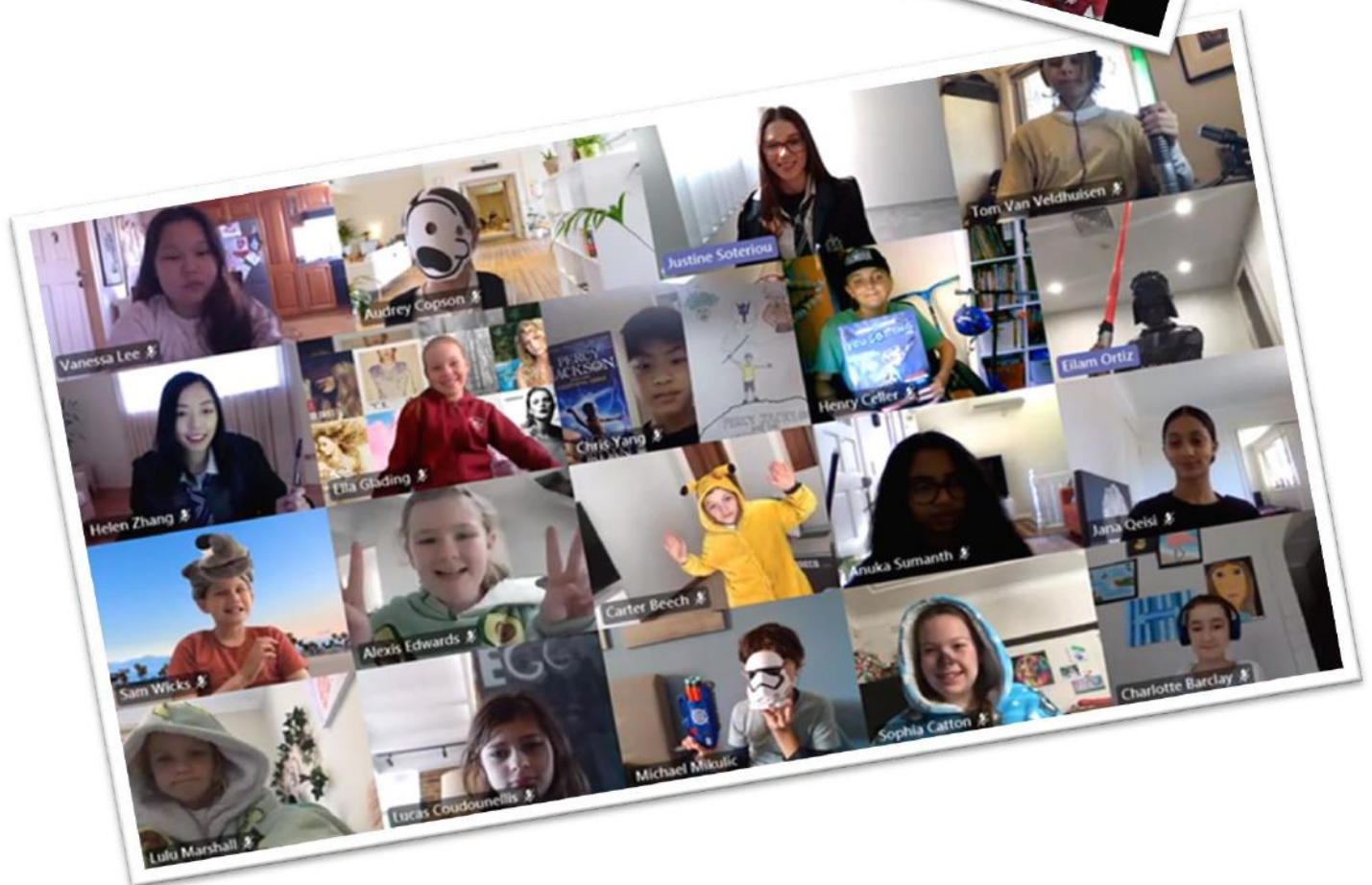
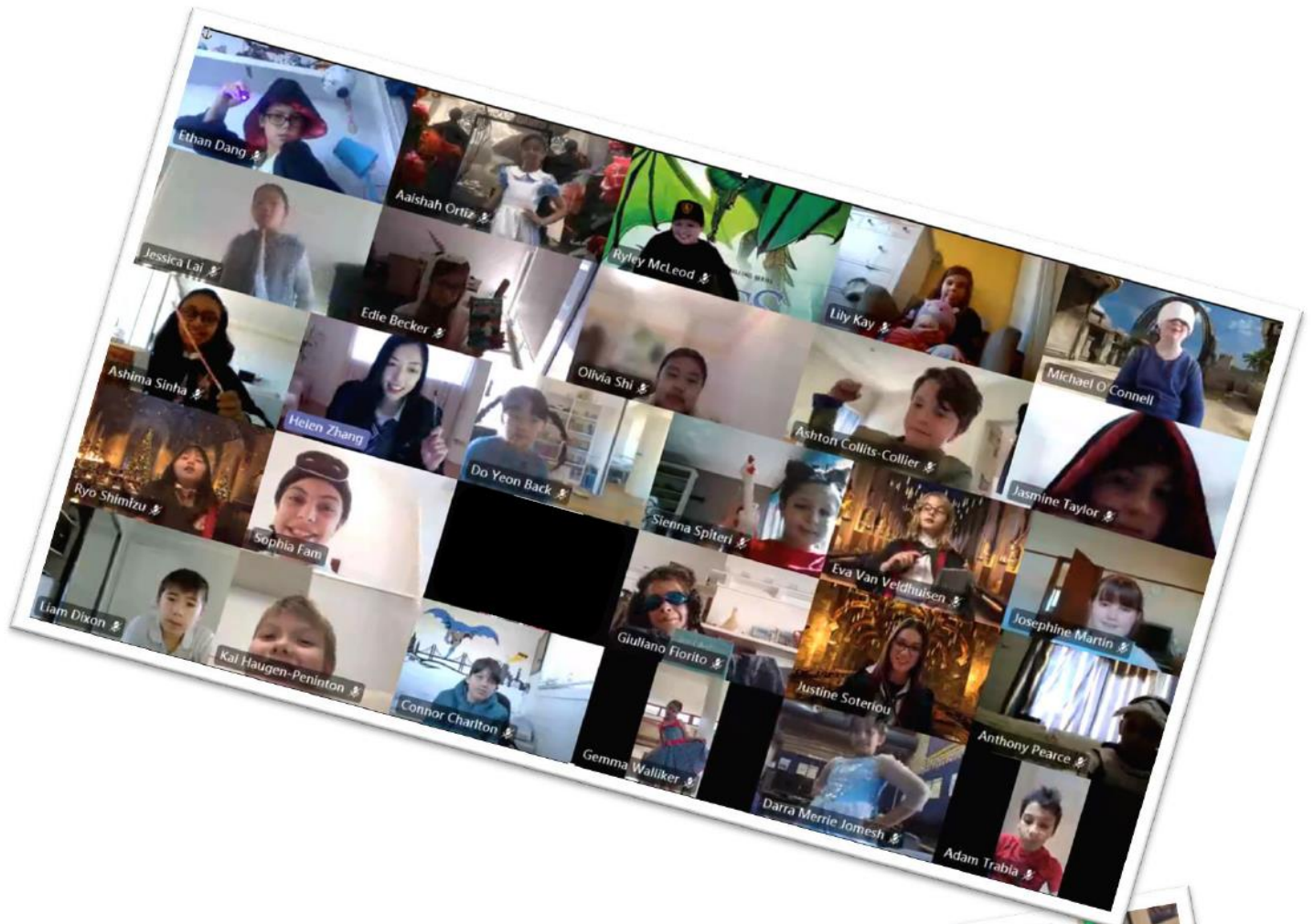






CONCORD PUBLIC SCHOOL BOOK WEEK READING CHALLENGE 2021

Edie and Alby Becker



CRAZY HAIR DAY

WEEK 9: 6-10 SEPTEMBER



GET READY!
IT'S CRAZY HAIR WEEK!

**SHOW US YOUR AWESOME HAIR CREATIONS IN
WEEK 9.**



**MESSY, ARTY, FUNKY –
THE CRAZIER THE BETTER!**

**MORE INFORMATION TO COME IN YOUR
GOOGLE CLASSROOM!**

*****FOR THE CHILDREN OF ESSENTIAL WORKERS ATTENDING
SCHOOL YOUR CRAZY HAIR DAY IS
THURSDAY, 9TH SEPTEMBER.*****



Wellbeing Wednesday @ CPS

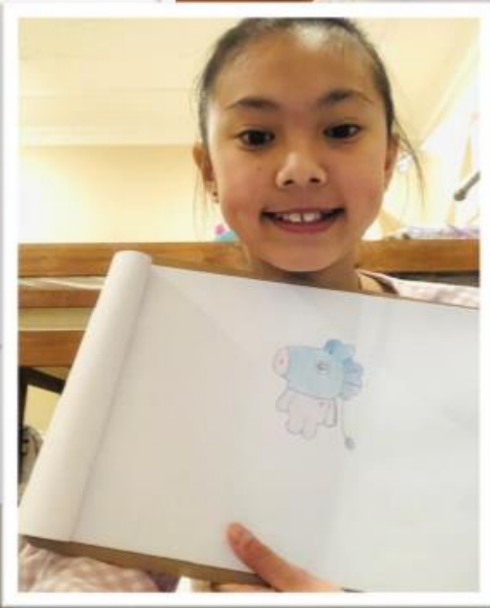
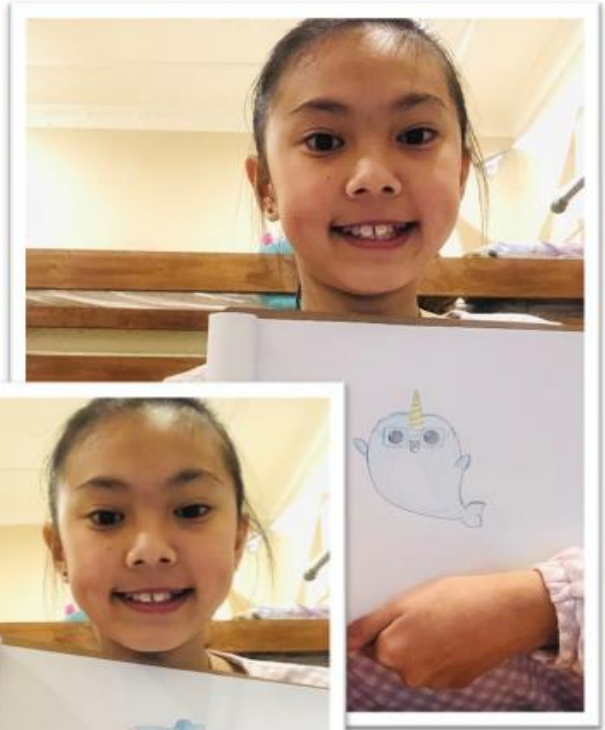
JOB WELL DONE EVERYONE!
Keep sharing your adventures with us!



Ask an adult to take a photo of you during Wellbeing Wednesday and send it to

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





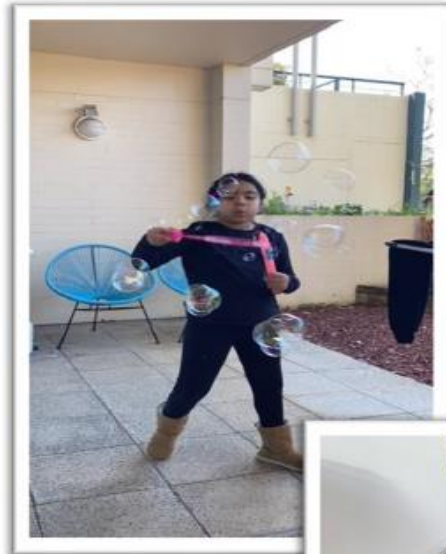
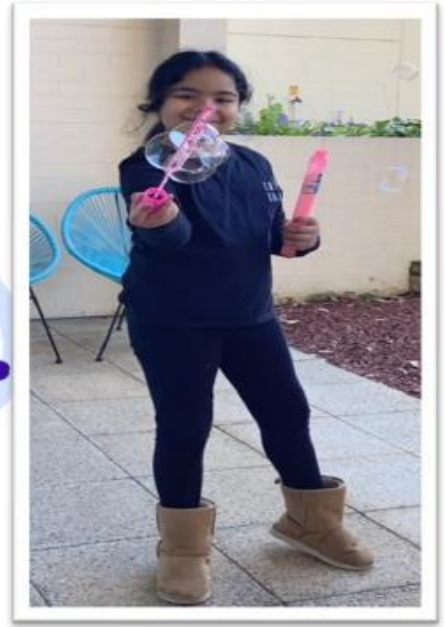


Wellbeing Wednesday @ CPS

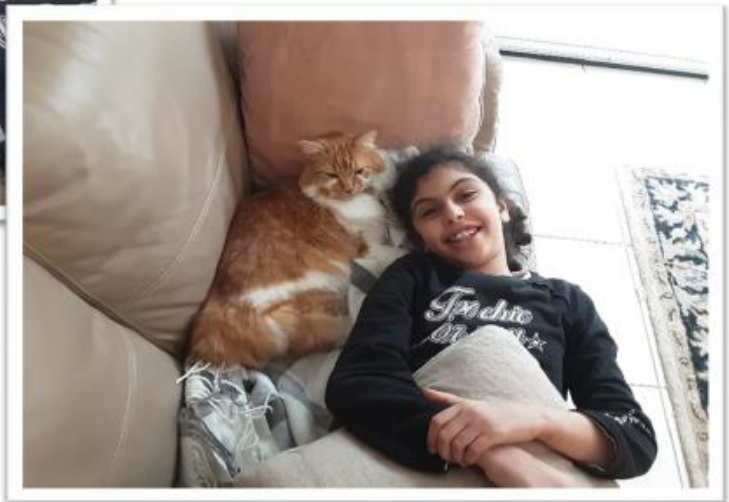
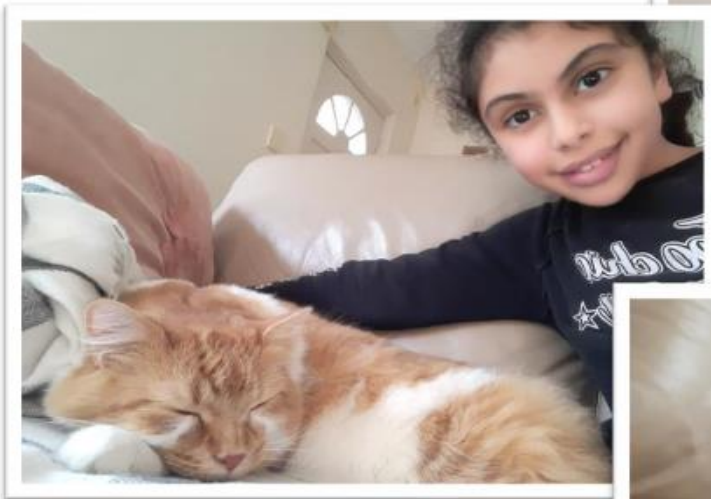
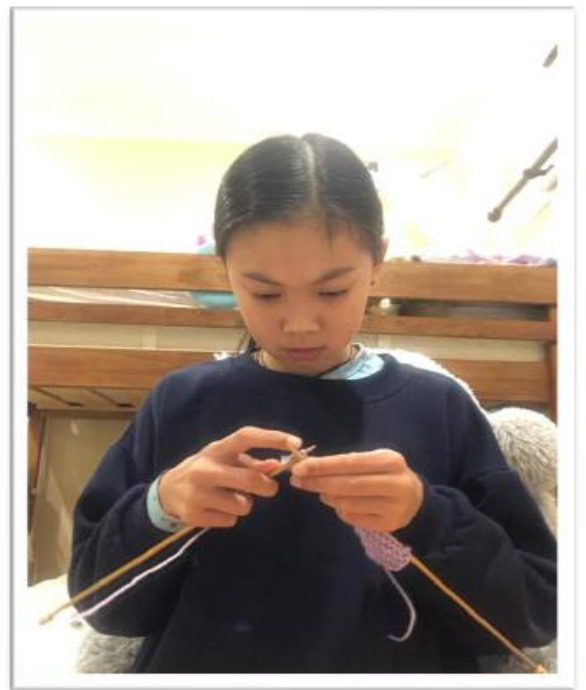
JOB WELL DONE EVERYONE!
Keep sharing your adventures with us!



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









Wellbeing Wednesday @ CPS

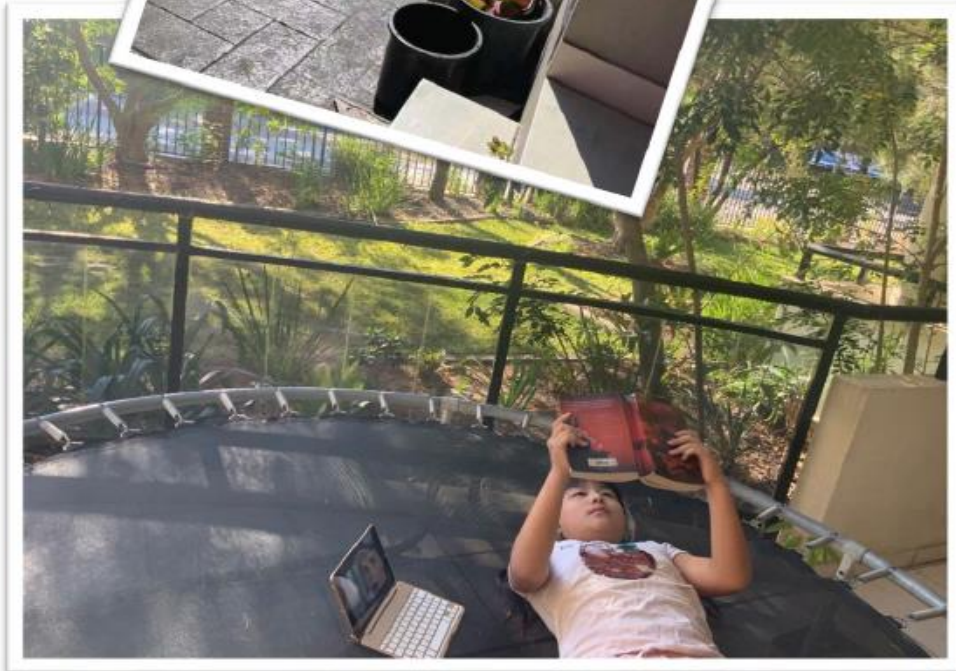
JOB WELL DONE EVERYONE!
Keep sharing your adventures with us!

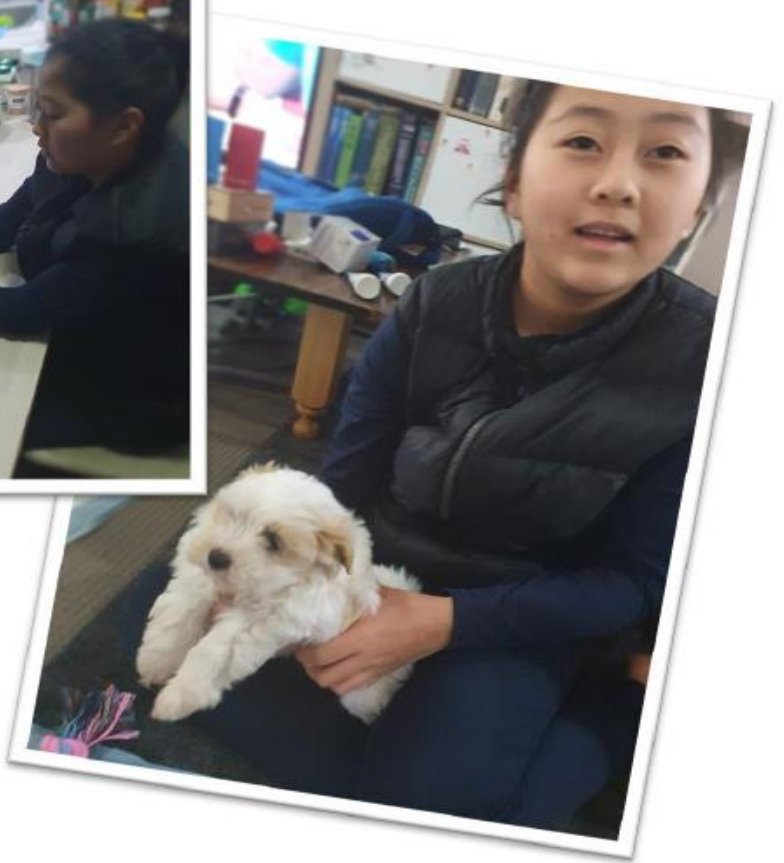


Ask an adult to take a photo of you during Wellbeing Wednesday and send it to

concord-p.s.school@det.nsw.edu.au









**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.



Inclusive Classes

Good afternoon Parents and Carers,

Thank you for all your support over the last few weeks of Home Learning. I know this is difficult time for everyone in our school community. While we are all in this together, some of us have different coping strategies, capacities, and different experiences to draw on. As a result, some of us will be able to ride out the storm better than others. For anyone who is needing support to help their child, please let us know.

It has been amazing to see so many smiling faces at our daily live lessons. Here are a few snapshots of our recent live Phonics lessons. All the students at our live lessons have shown focus and commitment to their writing tasks. We strongly encourage all our families to join us for the daily lessons.



Thank you for all your support with our Book Week celebrations. We had so many great costumes, The Cat in the Hat, Spiderman, Superman, a chef, The Hungry Caterpillar, Max, a pirate and even an Emperor. Thank you for sharing your favourite books with us.



Tip of the week:

Change has become the new normal. We have had to change from going to school and work, to learning and working from home. Many of our usual routines have been disrupted. Children with ASD often struggle with change (both small changes as well as larger, more impactful changes). They may often negatively respond to changes at first, and it can be very challenging for them to shift perspective and thus change their emotion. Practicing a routine to find positive aspects of a situation can foster a shift in perspective, support emotion regulation and reduce stress. The *Power of the Positive: Pick 3* visuals can be used to practice a routine to strengthen this skill of shifting perspective.

Introduce the concept as you talk about a past situation when a change was originally seen as negative, but later became more comfortable or positive.

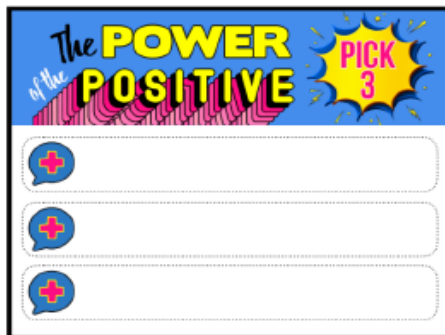
- ★ Start with small/simpler changes, such as a new furniture item. While this may have initially caused distress for an individual, use the *Power of the Positive: Pick 3* visuals to point out 3 things the individual now considers to be positive about this change.
- ★ Move on to more involved/complicated past changes, such as a move to a new classroom or a new food item. Discuss how the changes may have initially been viewed as challenging, noting the negatives that were associated with this change. Then use the *Power of the Positive: Pick 3* visuals, to help your child list 3 things they now see as positive, for example: “I met some new friends”, “I liked my new schedule”, and “I liked the new food in my lunchbox.”
- ★ Next, discuss changes that have occurred more recently, and may still feel somewhat negative. Again, start with simpler changes, and then discuss more involved ones. An example of a recent common change is that everyone is learning from home. Talk about the negative thoughts your child expressed when this change first occurred and then use the *Power of the Positive: Pick 3* visuals, to help your child list 3 things they are starting to consider to be positive about this change. For example, “I get to spend more time with my family”, “I get to bake new dishes”, and “I get to do school on MS Teams.”
- ★ Finally, this concept can be used to help prepare for future changes. For example, we will be experiencing changes as we begin to move back to our work sites and schools (these types of changes from home to school and to new work environments occur throughout one’s life). Use the *Power of the Positive: Pick 3* visuals to discuss some possible positive aspects of the upcoming changes.

Helpful Hints:

- ★ Demonstrate how to practice this strategy by discussing and reflecting on past situations when you, as a parent and/or mentor personally struggled with change. List some negative things *you* thought or felt about the change, then use the *Power of the Positive: Pick 3* visuals to talk about 3 positive outcomes for *you*.
- ★ Together, practice finding the positives and negatives for different situations while watching television shows, reading books, etc. Use the *Power of the Positive: Pick 3* visuals and strategy to create a routine that can be applied to changes on a daily basis into the future.
- ★ Be patient, gentle and consistent. Change can be hard for all of us and using the *Power of the Positive* takes practice and support.
- ★ *That’s Good, That’s Bad* by Margery Cuyler is a fun children’s book to read and discuss.
- ★ Please ask your class teacher about ***The Power of the Positive: Pick 3 visuals*** and we will email you a copy.

Adapted from TEACCH Autism Program

The Inclusive Team





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



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



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.

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



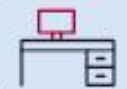
Keep in touch with your teacher and classmates during this challenging time. Reach out to your parent, carer or teacher if you need additional help.

Ask questions



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

Set up your workspace



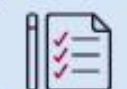
Work in a quiet area, at a desk or table and try to limit distractions.

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.

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'

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

Tele: 02 9744 8427