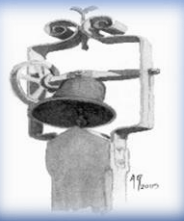




# The Facta



*Deeds Not Words Facta  
Non Verba*

Term 3 – Week 4 (6 August 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](mailto:concord-p.school@det.nsw.edu.au)



# Principal's Message

Dear Parents and Carers,

I am beyond proud of our school community. Our parents/carers are working tirelessly to ensure their children are continuing to learn from home. On top of all this, some of our families are juggling extremely challenging circumstances – some are looking after young children whilst working; others have elderly family members in their household requiring individual care and attention; some are faced with illness and daily doctor's appointments; others are doing it all on their own as single parents.

Our teachers and staff, too, are working from home or from school, many of whom are faced with similar challenges. They, too have children, some have elderly parents living with them, some are battling illness, and some are living with extended family and grandchildren whilst expected to meet work expectations as well.

The teachers and staff have loved the photos of the students that many of you have sent through to us, as they learn from home. Lounge rooms, dining tables, kitchen benches, balconies and backyards have transformed into dynamic learning centres. It is wonderful to see just how hard our students are working from home.

Keeping our line of communication open between the home and the school is a key priority for us. At times it may take a little more than 24 hours to respond to questions and enquiries, depending on the volume of calls/emails. But what we guarantee is that a member of staff will return your call or reply to your email. We have a team of staff members working from home and from school, responding to phone calls, speaking to parents/carers in person, troubleshooting through computer challenges and checking through emails all day, every day.

To our parents/carers who have provided feedback, gratitude and thanks, this has meant a great deal to our staff, and we thank each and every one of you. We won't always be able to please every parent's/carer's preferences - some prefer Zoom, others prefer Microsoft Teams; some would like more challenging work for their children, others prefer revision; some want less work for their children, others want more work; and some want more video conferencing, others prefer phone calls.

At times, it is not easy. We may not be able to fulfill everyone's requests. But what we can guarantee is that we'll do our very best to guide you through the challenges – we will always return your call/email and we will always listen to you.

So to our entire school community – our students, our parents/carers, our teachers, our staff, thank you for all that you do, daily. Continue to stay safe and well.

Concentrate on what we have, and remember, the things that we've lost are only lost temporarily.....they are just around the corner.

**Anna Vountoulas**  
**Principal**  
**Concord Public School**

# *Principal's Message continued*

*P.S. Look out for the following features in this week's newsletter:*

- **Olympics Dress-up Day and Book Week** – more information to come from your child's teacher in Google Classrooms regarding dates.
- **Education Week** – thank you for the many contributions. We hope you enjoyed the feature published in SkoolBag and again in this week's newsletter.
- **A message to our students from our staff** – we hope you had the opportunity to share this special message with your child/ren. The teachers and staff really enjoyed putting this together. In case you missed it, we've included the link in this newsletter.

## *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.

# How our Teachers use Live Video Conferencing



Video conferencing is a very new platform for many teachers. We have been working very hard to familiarise ourselves with this new mode of teaching. And we have engaged in many forms of professional learning to familiarise ourselves on how these platforms work and how they can be used as an effective teaching tool.

The frequency and use of video conferencing will vary from class to class. Some teachers may use it every day, others may use it twice a week. Some may use it as a quick wellbeing check-in with their whole class. Others may use it as an opportunity to provide feedback on a particular task that they have set. This will depend on each teacher's professional judgement and what they believe are the needs of their class.

We thank you for your continued support and patience in this area. Video conferencing is definitely an evolving process, and the teachers are working hard to do their best for their class.

# Wellbeing Wednesday @ CPS

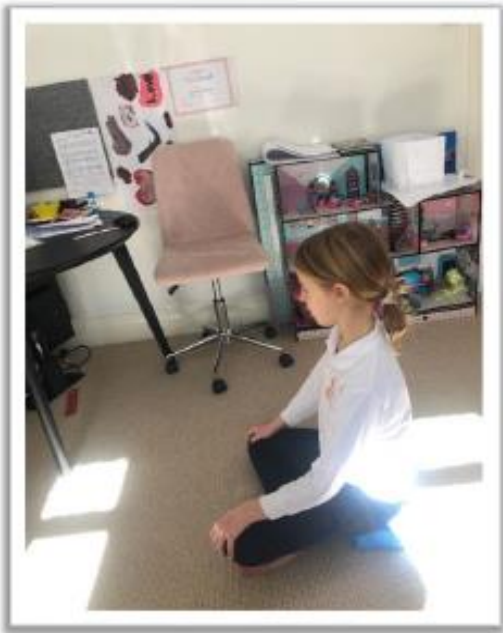
**JOB WELL DONE EVERYONE!**  
Keep sharing your adventures with us!

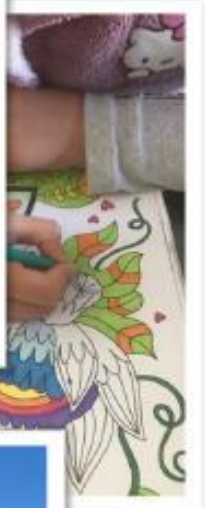


Ask an adult to take a photo of you during Wellbeing Wednesday and send it to

[concord-p.school@del.nsw.edu.au](mailto:concord-p.school@del.nsw.edu.au)







# Wellbeing Wednesday @ CPS

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

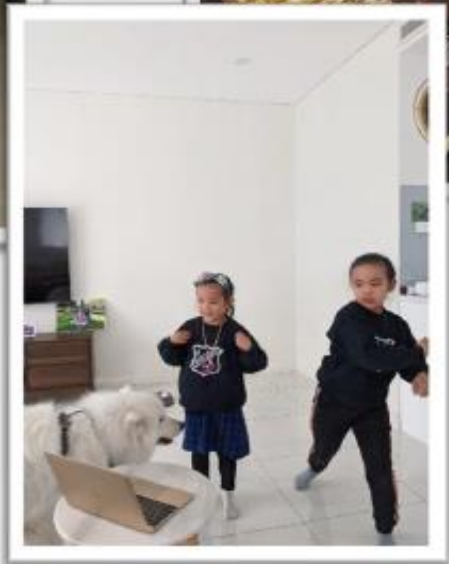


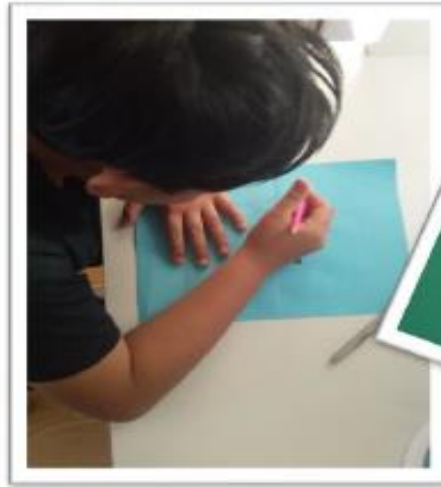
Ask an adult to take a photo of you during Wellbeing Wednesday and send it to

[concord-p.school@det.nsw.edu.au](mailto:concord-p.school@det.nsw.edu.au)









2021

# EDUCATION WEEK

The landscape of how teaching and learning is delivered is continuously changing. As we are learning from home and connecting with our teachers and peers in different ways, the home school partnership is more important than ever.

Thank you for the overwhelming response we received for our Education Week showcase celebrating lifelong learning.

Please enjoy the video below!



[https://drive.google.com/file/d/1aLoCHtY1yIX3dT6dtaaE1ksBW\\_PeCt3h/view?usp=drive\\_web](https://drive.google.com/file/d/1aLoCHtY1yIX3dT6dtaaE1ksBW_PeCt3h/view?usp=drive_web)



# DEAR STUDENTS

Dear Students,

"The staff at CPS have missed seeing you everyday. We have made a video message to let you know that we are thinking of you and can't wait to see you again soon!

From the staff at CPS.

Please enjoy the video below!



[https://drive.google.com/file/d/1roTRxfk\\_kiWt44hD5hhCKAMHjUbZav1y/view](https://drive.google.com/file/d/1roTRxfk_kiWt44hD5hhCKAMHjUbZav1y/view)





# CELEBRATING OUR OLYMPIANS WEEK 5: 9-13 AUGUST

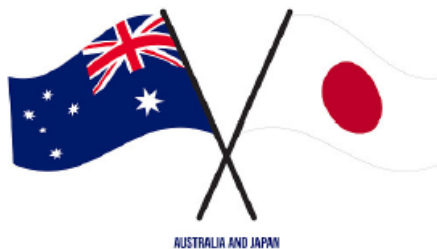
**HAPPY OLYMPICS WEEK!**

THE 2020 TOKYO OLYMPICS ARE HERE!  
TO CELEBRATE ALL OUR ATHLETES'  
ACHIEVEMENTS IN BOTH THE OLYMPICS AND  
PARALYMPICS, CONCORD PS WILL BE HAVING  
A "CHECK-IN SPORTS DRESS-UP DAY"!

DRESS UP AS AN ATHLETE, IN A JERSEY, OR  
IN GREEN AND GOLD.

STUDENTS WILL CHECK-IN WITH THEIR  
TEACHERS AND CLASSMATES TO CELEBRATE  
OUR OLYMPIANS VIA MICROSOFT TEAMS.

MORE INFORMATION TO COME IN YOUR  
GOOGLE CLASSROOM!



2021

# BOOK WEEK

## WEEK 7: 21-27 AUGUST

**Happy Book Week!**

**Option 1:** Dress up as a character from a book

**Option 2:** Redesign the front cover of one of your favourite books

Students will check-in with their teachers and classmates to share their Book Week outfit or their front cover designs via Microsoft Teams.

*More information to come in your  
Google Classroom!*

**THEME: OLD WORLDS, NEW  
WORLDS, OTHER WORLDS**



**MORE**



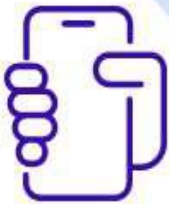
**INFO**



# Wellbeing Wednesday @ CPS *afternoon*

**Each Wednesday at CPS will  
become Wellbeing  
Wednesday!**

**Have some fun completing an  
activity from the Wellbeing  
Wednesday grid and share it with  
the school.**



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

[concord-p.school@det.nsw.edu.au](mailto:concord-p.school@det.nsw.edu.au)



**We look forward to seeing and sharing  
how you spend your Wellbeing  
Wednesday afternoon!**

powered by

 **PIKTOCHART**

# Wellbeing Wednesday

afternoon

\*\* Ask an adult to take a photo of you during Wellbeing Wednesday and send it to the school! \*\*

## GET ACTIVE

Bike Riding or Walking.  
Play an outdoors game with the family.



## BECOME AN EXPERT

Think of something you want to learn about.  
Become an expert and share your new knowledge in a creative way with your family members.



## BOARD GAMES

Play a favourite board game: Snakes and Ladders, Monopoly, Scrabble, Cards, UNO



## DESIGN

Design a poster on how to be a good friend. Don't forget to include:

- Title
- Text
- Pictures



## RELAXATION

Listen to some music while reading a book.  
Play with your pets or watch the sunset.



## BUILD/DRAW

Floor plan of your house.  
Design your dream playground.  
Design a roller coaster.  
Free choice!



## PLAY OUTSIDE

Make up a new game.  
Kick a ball or build a cubby.



## COOKING

Ask an adult to help you do some cooking in the kitchen. What ingredients do you have? Could you make some chocolate chip cookies, banana bread or muffins?



## ITALIAN

Make a "Leaning Tower of Concord" using things from around home: Lego, plastic cups, biscuits, marshmallows.

Buon divertimento - Have fun!



## MINDFULNESS PRACTICE GRATITUDE

Trace your hand and write one thing you are grateful for on each finger.





# 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.

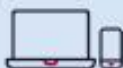


**For the latest information, visit  
[education.nsw.gov.au/covid-19](https://education.nsw.gov.au/covid-19)**

# 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](https://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.



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 (LGBTI) people.



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

## Apps



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



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



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



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



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



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

## Aboriginal and Torres Strait Islanders



**MindSpot - 'Indigenous Wellbeing'**  
A course for Aboriginal and Torres Strait Islander adults to learn to manage symptoms of depression and anxiety.



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



## Older Adults

**MindSpot - 'Wellbeing Plus'**  
An online program for stress, worry, anxiety and depression in adults aged 60 and above.



**Be Connected - e-Safety Commissioner**  
Tools and resources to increase the confidence, skills and online safety of older Australians when they use the internet.

## Self-Guided Programs



### MoodGYM

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



### MyCompass

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



### THIS WAY UP

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



### Mental Health Online

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



### e-Couch

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



### Centre for Clinical Interventions

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

## Moderated Forums



### Beyond Blue Online Forums

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



### Sane Australia

Moderated forums providing peer-to-peer support.

## Young People



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



### Niggle

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



### eheadspace

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



### ReachOut

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



### The Check-in

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



### The BRAVE Program

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



### BITE BACK

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

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

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

Website: [www.concord-p.schools.nsw.edu.au](http://www.concord-p.schools.nsw.edu.au)

Tele: 02 9744 8427