

The Facta

*Deeds Not Words Facta
Non Verba*

Term 4 – Week 4 (29th October 2021)



Dates for the Diary

OCTOBER		NOVEMBER	
29 Oct	World Teachers' Day	5 Nov	Spooktacular Friday
		11 Nov	Remembrance Day
		15 Nov	School Photos – Class and Individual
		16 Nov	Kindergarten 2022 Parent Information session via Zoom
DECEMBER		2022	
6 Dec	Presentation Day (via Zoom)	28 & 31 Jan	School Development Days (teachers and staff only)
14 Dec	Semester 2 reports sent home	1 Feb	Years 1-6 begin school
16 Dec	Last day for students		
17 Dec	Only office staff on school site		



Principal's Message

Dear Parents and Carers,

Welcome back!

After a very long wait, with lots of date changes along the way, our school is finally back together again. Many of us doubted whether we would see this day come at all this term. But it has, and we can't stop smiling. Finally, the children's laughter has returned, our playgrounds are full and the students are back in their classroom, learning alongside their friends and teachers. Monday 18 and 25 October were highlights for me and for our teachers. We eagerly waited at the Stanley Street gate, watching as so many of our students walked in slowly and nervously after so long. But fortunately, the nerves didn't last for too long.

Please click on the link below. It will take you to our school's website where you will find 2 welcome back clips from Monday 18 and Monday 25 October, prepared by Ms Chen. Thank you, Ms Chen!

<https://concord-p.schools.nsw.gov.au>

This week I have visited every classroom and it has been so exciting to see the students engaged and ready to learn. Although we only have 7 weeks left of this school year, the wellbeing of our students will be a priority. Teachers have prepared assessment items for their class, and this will feature largely in the Semester 2 reports, as will their learning from home.

Dates on Calendar

Many parents and carers have asked when Term 4 will officially end and when Term 1, 2022 will begin. We have placed these dates in this week's newsletter to help with planning ahead.

We have also received official notification from the Department of Education to go ahead with planning for the Year 6 Farewell and Presentation Day. Both events will operate in a similar way to 2020, with COVID-19 safety plans in place and restricted access to the school. We have started planning both events and we will be in touch with you once they are finalised.



Australia will celebrate World Teachers' Day on Friday 29 October 2021

Teachers (with support from parents and carers) have ensured education continued across the country this year, despite major challenges. It's reinforced the significant role teachers play in the lives of children and students, their families, and communities.

On Friday 29 October, we will be thanking our amazing teachers at Concord Public School.

Principal's Message, Continued

Spooktacular Friday

On Friday 5th November, it's **Spooktacular Friday**. This will be a great opportunity for our students and teachers to dress up and have some fun. Look out for the flyer attached to this newsletter, designed by one of our students, Audrey C. from 5/6S. Thank you, Audrey!

School Sport Activities

School sport activities are allowed to proceed from 1 November 2021 for the rest of Term 4 with specific restrictions to align with NSW Public Health Orders and the Reopening NSW roadmap, published 26 October 2021. Please find information on school sport activities included in this newsletter. This information is from the Department of Education's website.

Once again, welcome back to our entire school community. I look forward to waving at you every afternoon at the Stanley Street gate at 3pm!

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.

2022 Kindergarten Enrolments

Kindergarten Enrolments, 2022

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

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

Our school's contact details:

Phone numbers: 9744-8427 or 9744-8452

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

We are currently taking Kindergarten enrolments for 2022.

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



Planning for 2022

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

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



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

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

Library News



A big thank you to Concord Out of School Hours care (COOSH), who have again donated all the 2021 shortlisted for the CBCA Awards.

This year's winning books were:

Book of the Year: Younger Readers

Aster's Good, Right Things by Kate Gordon

Book of the Year: Early Childhood

No! Never! By Libby Hathorn & Lisa HathornJarman

Picture Book of the Year

How to Make a Bird by Matt Ottley (text by Meg McKinlay)

Eve Pownall Award

Dry to Dry: The Seasons of Kakadu by Pamela Freeman

CBCA Award for New Illustrator

This Small Blue Dot by Zeno Sworder



Wellbeing Wednesday 2021



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





Inclusive Classes

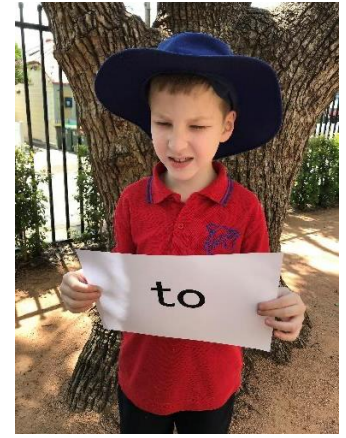
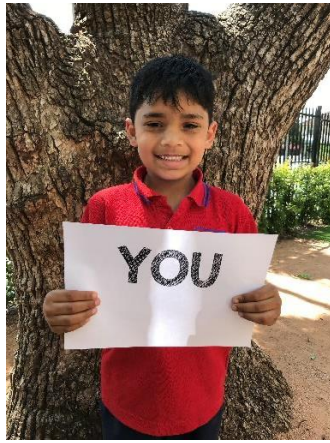
Good afternoon Parents and Carers,

It has been wonderful to welcome all the students from the Inclusive Classes back to school over the past fortnight. It was a pleasure to see all the smiling faces on Monday morning as the children bounced out of cars eager to resume face to face learning and reconnect with their teachers and peers. Despite operating under slightly different conditions, it has been so refreshing to return to a sense of normality.

It has been impressive to see how quickly the students have settled back into school routines and enthusiastically engaged in their learning. The staff in the Inclusive Classes have placed a high priority on balance for our students as they adjust back to face to face learning by building in some additional brain breaks and opportunities for social interactions.



A massive thank you to all our families for all your hard work, support and flexibility during home learning.



The Inclusive Team



Communication Panels

Good afternoon Parents and Carers,

It has been an amazing sight to have all our students back onsite at Concord Public School. It is great to see all the classrooms and playgrounds buzzing again.

During home learning we had some great additions to the playground. Concord Public School successfully applied for and received a *Sustainable Schools Grant* through the DoE. With this grant we were able to build three fabulous garden beds, purchase information texts on fruits and vegetables, purchase gardening equipment and install an amazing Communication Panel for all the students across the school to use. Recently some students alongside Mrs. O'Callaghan, Mr. Crump our GA, and Muoi our School Cleaner planted some seeds and seedlings. Our kale, lettuce and snow peas are flourishing!



What is the purpose of the Communication Panel?

Communication is a two-way street. A playground board is a wonderful tool for accessibility, but it's only good if it gets used. Otherwise, it's just a nice decoration. We decided to put together some extra information and tips to make our CPS playground and garden boards even better!

What are they?

- A playground specific communication board. The playground and garden boards have been designed to include a range of words and messages that are 'predictable' in a playground/garden setting.
- A representation of the way that some people in our world communicate. This shows that those who created the playground/garden acknowledge and respect this form of communication. It also creates

awareness of this form of communication and may prompt people to learn more about the use of symbol-based communication boards.

- An added prop to enhance interaction for others who might also need it, such as students who are non-verbal, learning to read or learning the English language.

Who are they for?

- Playground/Garden boards were designed to be used by a child/person who is not able to successfully communicate their message with speech. This might be someone with a communication disability or someone who does not speak the same language as their peers.
- Playground/Garden boards can also be used by anyone at the playground and can be part of the game or just a different way to say things.

How to use them:

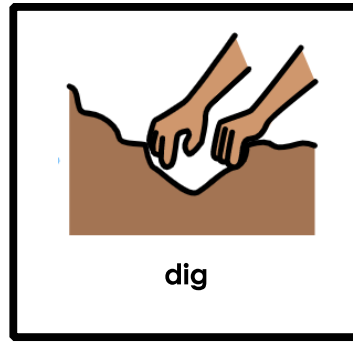
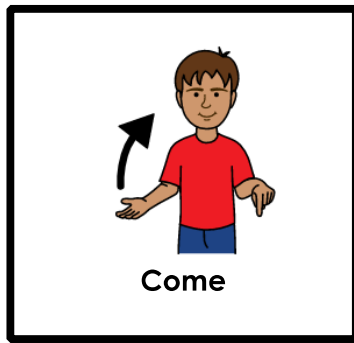
The idea of the boards is that a child might point to the symbols to ask for, talk about, or direct activities. Below are some examples of the kinds of things you could say by pointing to the symbols on the playground/garden board. Then their friend, teacher or parent, could use the symbols to answer them or take a turn about something else. It's just like talking with symbols. An important note is that if you do have verbal speech, you can still talk while pointing to the symbols. Using the symbols just helps to get the message across clearly, or can be an alternative to speech if someone has a communication disability.

If your child can't independently go over to the board and point to the symbols, you might like to try some of these ideas:

- Point to (and/or read out) the messages and ask them to tell you 'yes' or 'no' when you get to the one they want to say. After they choose one, ask if they are done or want to add another word, otherwise you might only get half of the message.
- To speed things up, you might point to a column at a time first, then the individual messages.
- Maybe it would help if you take a photo of the board so that you can carry it around with you at the playground. That way you have it handy all of the time.
- If you are going back again, then print a copy of the photo, or download a copy of the playground/garden board.
- If your child uses their own communication book, PODD, PECS or AAC device, you could add some of the vocabulary from these boards if you don't already have it, or even make a page for this playground and/or garden area. This is a great option because then you can talk about the playground before and after you go there too! It's always great to tell others about the fun you've had or what you're going to do first when you get there.

Extra Tips:

- Use the board yourself to talk to your child. Doing this will help them learn how it can be used for lots of different messages (see examples below). It also shows them that it's a good way to talk about things and to help them learn what all of those symbols/visuals mean.
- Don't make them use the board if you already know what they are saying. This board is designed to enhance communication, not make them tell you something you already know.
- Encourage other children to use it with your child. There is nothing more motivating than seeing other children valuing and using something that you need to use. Your child will likely want to copy the messages they see others saying, or at least feel like they are not the only one using this board.
- The other benefit of encouraging other children to use the board is that they will always come up with more interesting messages. Children are not only good models for physical activity, but also for fun and interesting things to say.
- If your child is just beginning to use communication symbols, just show them 1- or 2-word messages rather than having to point to all of the words in a sentence.



Specific visuals and communication boards:

If you would like a copy of any of the visuals used on our Communication Panels, please email concord-p.school@det.nsw.edu.au to let us know how we can help. Please remember that we can customise our visuals to suit any particular language.

Harmony Garden and PBL Panels

During Term 2 2021 the whole school voted for a new name for our Side Garden. Thank you so much for all your fabulous suggestions and reasons. The winning name for the Side Garden was created by Charlotte in 5/6S. Charlotte chose the title *Harmony Garden*. She selected this name “because it is a place where we can learn and play in harmony together. Also, Concord means harmony, so I think this would be perfect for our garden”. Congratulations Charlotte, spectacular choice!



We were also successful applicants of the *WestConnex Grant*. With the funds from the *WestConnex Grant* we were able to purchase some additional new PBL signs and Communication Panels which are stationed in the Harmony Garden. The PBL team designed the new panels which are now located at the Canteen, Library, LAB, Hall and Office. A massive thank you to both the **PBL Team** and the **Playground Team** for all their hard work with the panels.

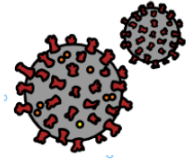


The Inclusive Team



Coronavirus

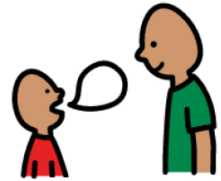
Coronavirus is a virus. A virus is something that makes you feel sick.



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



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



Lots of people get viruses and they are okay.



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



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



I can use hand sanitiser.



I can cough into my arm or a tissue.



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





Wearing a mask

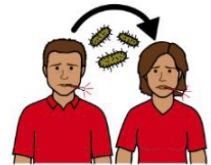
In some settings I have to wear a face mask.



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



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



The face mask may feel uncomfortable or hot.



I keep my face mask on over my nose.



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



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



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



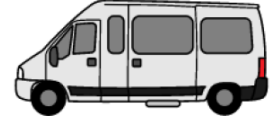
I can do these things to keep myself safe and the germs away.





Wearing a mask on the bus

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



I wash my hands before I get on the bus.



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



I pick up my mask and I put it on.



Hook the loops over your ears.



Adjust your mask so that it is comfortable.



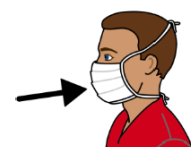
Check if your mask is on correctly before you get on the bus.



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



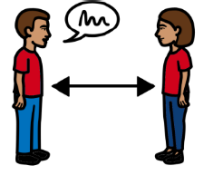
Lots of other people on the bus might wear a mask as well. This is a good thing!





Social distancing

In some settings I have to social distance.



It is good to social distance to keep everyone safe.



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



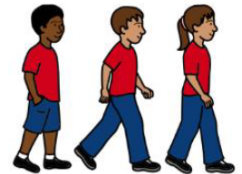
At the moment I can't hug my friends at school. I can still hug my family members.



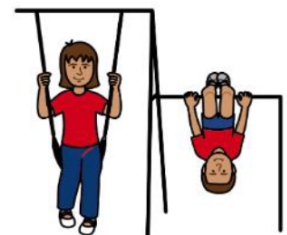
At the moment I can't shake hands but I can bump elbows.



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



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



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



Let's keep kids in the classroom



Help us keep our schools COVID-19 safe.

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

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

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

Help us keep kids in the classroom!

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

NSW Department of Education

School Sport Activities

School sport activities are allowed to proceed from 1 November 2021 for the rest of Term 4 with specific restrictions to align with NSW Public Health Orders and the Reopening NSW roadmap.

Published 26 October 2021

On this page

- [Sport within an individual school](#)
- [Inter-school sport activities](#)
- [Boarding schools](#)

School sport should be done in defined cohorts as part of re-establishing regular school timetabling and routines, and for the wellbeing of all students.

School sports across different cohorts is discouraged and schools are not permitted to enter into inter-school competitions during school hours until 2022.

Sport within an individual school

School sport activities

School sport activities are allowed in line with community settings.

School sport may proceed by cohort in outdoor settings as follows:

- Schools can make use of school facilities or local outdoor facilities (e.g. parks, ovals) but must minimise contact with those outside of the school cohort.
- Third party providers are allowed to support school sport if they are fully vaccinated and must check in and check out using the school's QR Code.
- If transport is required, mixing and mingling between cohorts must be minimised. Masks are required on buses for staff and students in Year 7 and above and are strongly encouraged for primary students.

School sport activities may proceed in indoor settings as follows:

- Maximum capacity limit of no more than 1 person per 4 square metres when using indoor spaces for sport or exercise.
- Schools may use indoor facilities on school sites or make use of public indoor recreation facilities in line with community settings.
- Students aged 16 and older (and staff) must be fully vaccinated to enter public indoor recreation facilities until 1 December and will be required to show proof of vaccination status to facility staff on arrival.
- Students in Year 7 and above (and staff) must wear masks indoors at all times when not exercising, including in change room and bathroom facilities.
- Third party providers are allowed to support school sport if they are fully vaccinated and must check in and check out using the school's QR Code.
- If transport is required, mixing and mingling between cohorts must be minimised. Masks are required on buses for staff and students in Year 7 and above and are strongly encouraged for primary students.

Use of indoor and outdoor pools

Schools may use indoor pools for specified activities only, including school swimming and water safety lessons, swimming squads, lap swimming and rehabilitation. Schools may make use of outdoor pools for swimming lessons and recreational purposes.

The following requirements must be met:

- Students aged 16 and older (and staff) must be fully vaccinated to enter public indoor pool facilities until 1 December and will be required to show proof of vaccination status to facility staff on arrival.
- Students in Year 7 and above (and staff) must wear masks indoors at all times when not exercising, including in change room and bathroom facilities.
- Third party providers are allowed to support swimming activities if they are fully vaccinated and must check in and check out using the school's QR Code if held on a school site or the venue's QR code if held outside of the school.
- If transport is required, mixing and mingling between cohorts must be minimised. Masks are required on buses for staff and students in Year 7 and above and are strongly encouraged for primary students.

School and inter-school swimming carnivals, cross country and athletics carnivals

Government schools will not hold or participate in swimming carnivals, cross-country and athletics carnivals in Term 4, 2021 and should plan for swimming carnivals in 2022.

Inter-school sport activities

Inter-school sport training and competitions

Inter-school representative sport and grade sport training and competitions will not proceed during school hours in Term 4, 2021 so schools can focus on learning during the school day.

For inter-school representative sport and grade sport outside of school hours, organisers must ensure the following safety measures are in place, in line with settings for community sport:

- The organiser must prepare a 'community sport' COVID-19 safety plan if there will be more than 50 people on-site.
- Students aged 16 and older (and staff) must be fully vaccinated to participate in inter-school sport until 1 December and will be required to show proof of vaccination status to the organiser on arrival.
- Anyone aged 16 and over must check-in and check-out using the event's QR Code.
- The number of people allowed on-site is limited to 1 person per 2 square metres for outdoor events and subject to the capacity limit of the venue (including all staff and volunteers required to run the competition) if held in an indoor venue.

Boarding schools

Boarding school students are allowed to participate in community sport outside of school hours with the permission of their parent or carer. Students aged 16 and older must be fully vaccinated to participate, in line with community settings.



SPOOKTACULAR

CONCORD PUBLIC SCHOOL

FRIDAY 5TH NOVEMBER

Come dressed in your spookiest and scariest outfits! These are some ideas:



HOME DELIVERY AVAILABLE



SPECIAL HOME EDITION DIGITAL CATALOGUE



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

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

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

Book Club
Special Home Edition
OUT NOW!

Wintsearch 651
Meer ELLA Birthday Surprise 003
Book 5 of the HOSAR 637
800

SCHOLASTIC

Spread the Word

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

[DOWNLOAD](#)

Loads of **FUN** Home Learning Ideas!



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1800 021 233

Connect with us    



NSW parent and carer mental health education sessions

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

The sessions aim to:

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

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

Session format

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

Mode of delivery

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

Duration

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

How to register

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

Contact

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

Tween and Teen Life:

Transitions and Connections Webinar Series



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

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

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



Getting it Right with School Meetings

Achieving Greater Outcomes

11 October 2021 at 7.30pm

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



Choosing a high school

Advice from parents and young people

18 October 2021 at 7.30pm

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



What comes next?

Hear real stories of post-school outcomes

25 October 2021 at 7.30pm

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



Keeping Connected

Creating possibilities post high school

1 November 2021 at 7.30pm

Young people share with us what worked for them.

Contact us

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

info@belonginc.org.au

1800 317 030



Managing Your Mental Health Online During COVID-19

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

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

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

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



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

A good place to start looking is:

Head to Health

The Australian Government's digital mental health gateway

Head to Health

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

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

MindSpot

Australia's free national online mental health clinic



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

Ph: 1800 61 44 34

Some other services are on the next page.

*DISCLAIMER

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

Crisis Support - Phone and online counselling



Lifeline

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



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



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



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



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



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



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

Apps



MoodMission

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



Snapshot

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



MindGauge

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



BeyondNow

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



ReachOut Breathe App

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



Smiling Mind

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

Aboriginal and Torres Strait Islanders



MindSpot - 'Indigenous Wellbeing'

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



iBobbly

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



Older Adults

MindSpot - 'Wellbeing Plus'

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



Be Connected - e-Safety Commissioner

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

Self-Guided Programs



MoodGYM

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



MyCompass

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



THIS WAY UP

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



Mental Health Online

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



e-Couch

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



Centre for Clinical Interventions

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

Moderated Forums



Beyond Blue Online Forums

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



Sane Australia

Moderated forums providing peer-to-peer support.

Young People



Kids Helpline

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



Niggle

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



eheadspace

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



ReachOut

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



The Check-in

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



The BRAVE Program

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



BITE BACK

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

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

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

Chess



Level 1 30A George St, Burwood 2134

Office: (02) 9745 1170

Chess classes @ Concord Public School - Term 4, 2021

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

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

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

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

WXABARL67W

Sydney Academy of Chess
info@sydneyacademyofchess.com.au

Message from the Office

Payment

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

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

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

Permission Notes

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

Change of Contact/Address details

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

Bicycle and Scooter Guidelines

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



Concord Public School on Twitter



Following

Concord PS

@ConcordPS

Facta Non Verba Deeds not Words

Joined September 2017

62 Following 240 Followers



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

Concord Public School

66 Burwood Road, Concord NSW 2137

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

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

Ph: 02 9744 8427