

# The Facta



Deeds Not Words Facta
Non Verba

Term 3 – Week 6 (20 August 2021)

# A message to our Students



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





# Principal's Message

Dear Parents and Carers,

Without a doubt, our current situation is evolving and changing rapidly. For many, the 11am press conference has become part of our new daily routine and each change and each decision impacts us all. I spent the day contacting families last week to check-in on their circumstances and ways that we can support them. This, by far, was the highlight of my week. It was so nice to chat with people to see how they are all travelling along. Connecting with people, our teachers and our staff is a key part of what I do at the moment, and it is the most important aspect of my daily routine, even if it is over the phone or remotely.

Thank you to all our families who continue to learn from home. In this edition of the newsletter, we have provided a guide from the Department of Education as to how long to spend on learning whilst at home. Please remember, that this will vary from family to family – some families may be happy with 4-5 hours of learning each day. Others may only cope with 1 hour – and that's ok. There is no right or wrong answer. Every family's circumstances are different and you, as parents/carers know this better than anyone else. Whatever your situation, it's important to take all the complexities into consideration that you are currently juggling and to put a routine together that suits your family. The teachers will be there to support you and they will do their very best to provide you with a program that best suit the needs of your child. Getting outdoors away from the screen and away from the paper, spending time in the sun, having fun, connecting with family and friends online or over the phone, are just as important as the learning.

As mentioned in previous correspondence, our school has been considerably impacted by the additional restrictions imposed on the new local government areas (LGAs). Although, at this point, our school does not fall in one of the affected LGAs, the good majority of our teachers and staff live in one of these areas, preventing them from travelling and working on site, as stated by the Department of Education. Therefore, we have very minimal capacity to supervise students at school. School remains to be for parents/carers who are essential workers only.

Thank you to you all for continuing to have your children learn from home. Supporting each other is pivotal during these times – the less congested our school site is, the safer our students and staff are on site, and therefore, the safer it is for our broader community. We all have a part to play in this.

As each development occurs and as new information comes to hand, we will keep you informed and let you know how it impacts on our school and our community.

Remember, we are not too far away, although at times it feels like we are. Our lines of communication are open and we continue to have a team of staff members troubleshooting technology issues, checking and answering emails and taking phone calls – even though this can be challenging at times when we have all our office staff working from home.

Please also remember that if you need additional support from our School Psychologist, Dr Rose Cantali, she too is available every Tuesday – her regular working day. Just email the school and she will give you a call.

# Principal's Message continued

This has become my motto of gratitude that I remind myself everyday......

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

Stay safe and stay well!

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.



# CELEBRATING OUR OLYMPIANS WEEK 5: 9-13 AUGUST







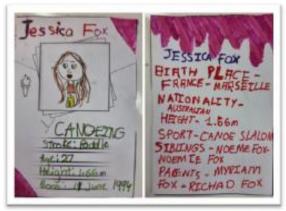


























# Wellbeing Wednesday poem

Wellbeing wednesday,
Is like a holiday,
You do fun activities,
That includes creativity,
It's tons of fun and
Sometimes you get to play in the sun!!



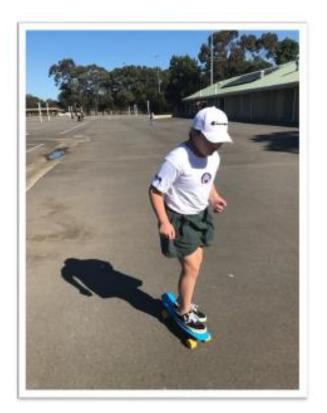
Jasmine T 4Z























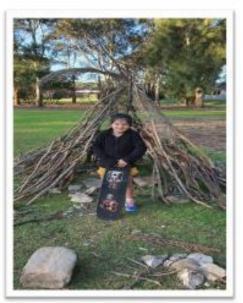
Wellbeing Wednesday with usi































Wellbeing Wednesday

Wellbeing Wednesday

TOB WELL DONE EVERYONE

Keep sharing your adventures with us

And the state of t

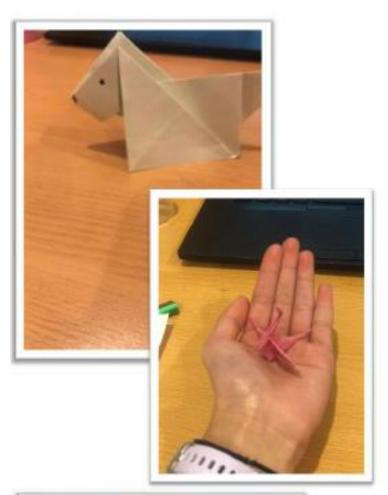


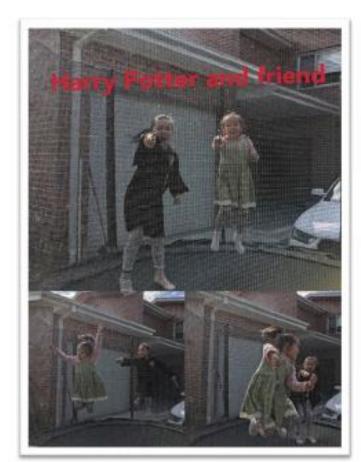












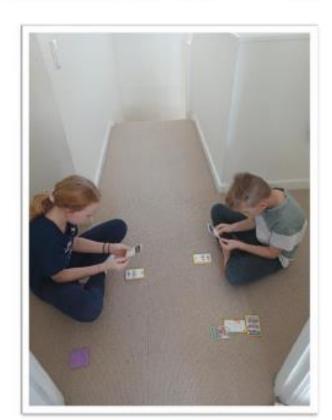
























THE REAL PROPERTY.

# 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.

# **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 schoolenrolled 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 <u>registered activity provider</u> 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-creativekids-voucher



# 2027 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/1aLoCHtY1ylX3dT6dtaaE1ksBW\_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







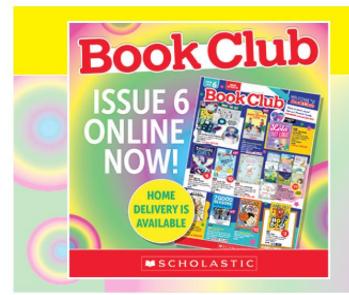
# Book Club is open and home delivery is available!

In response to the current lockdowns, we have added the temporary option for all parents to have their orders sent directly to their homes. This option will enable them to place and receive orders while their children are undertaking schooling at home.

- When parents place their Issue 6 Book Club orders, they'll have the
  option to select home delivery or school delivery if you have Book Club
  opened—if not, the default will be home delivery.
- The home delivery option will automatically be added to schools in the lockdown area.
- The home delivery option can be selected by parents at the time of ordering for \$7.50
- Your school will still earn 10% in Scholastic Rewards on home delivery orders.
- Any school deliveries will still be sent to the school once you submit your school order.

If you don't have physical catalogues, please make sure parents get access to them online by promoting them on your social media and digital platforms!

VIEW BOOK CLUB CATALOGUE VIEW TEACHER ESSENTIALS CATALOGUE



# **Spread the Word**

Use social media to let your school community know that Book Club is open!

DOWNLOAD





These are difficult times for everyone and we continue to look for ways that we can support you and your school in getting more kids reading, kids' reading more.

Please contact us if we can be of any assistance.

Stay Safe.

The Book Club Team

# 2027 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





# 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.

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# Total hours per day: 3 hours per day plus other activities.

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# Total hours per day: 3.5 hours per day

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## Total hours per day: Students in Year 11 and 12 will follow their usual pattern of

#### Key focus areas core teaching:

- 45-60 minutes of English activities
- 30-45 minutes of mathematics activities
- 30-60 minutes of activities across other KLAs (creative arts. HSIF PDHPE and technology)

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- 30-60 minutes across other KLAs (creative arts. HSIE. PDHPE and technology)

Additional

learning:

#### Key focus areas core teaching:

- 45-60 minutes activities.
- 30-45 minutes of mathematics activities
- 1-1.5 hours of activities across other KLAs HSIE, PDHPE and science/ technology).

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- 45-60 minutes of English activities.
- 30-45 minutes of mathematics activities
- 1-1.5 hours of activities across other KLAs HSIE. PDHPE and science/ technology).

## Key focus areas core teaching:

- 30-45 minutes activities
- 30-45 minutes of mathematics activities.
- 90-120 minutes of activities from creative arts HSIE, languages, PDHPE, science and technology and applied

Other activities

wellbeing, sport

activities, where

social distancing

and physical

Additional

such as

allows

learning:

## Key focus areas core teaching:

- 30-45 minutes of English activities.
- 30-45 minutes activities
- 90-120 minutes of activities from HSIE, PDHPE, science and electives

# **Additional**

Other activities such as wellbeing, sport and physical activities, where social distancing

# study

# learning:

allows

#### Major project requirements:

- Changes have been requirements for major projects in some practical subjects.
- NESA will continue to provide updates around changes projects and/ or assessments for specific subjects.

## **Additional** learning:

Other activities such as wellbeing, sport and physical activities, where social distancing

# Other activities

wellbeing, sport and physical activities, where social distancing

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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.

# Set up your workspace



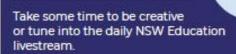
Work in a quiet area, at a desk or table and try to limit distractions.

# Your normal routine



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

# **Build in fun**



# Ask questions



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

# Take breaks



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

# Learning online



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







# 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.

# 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.

# **Eating and drinking**



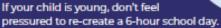
Prepare snacks and meals outside of school hours so you and your child can grab ready-made food. Encourage your child to drink water throughout the day.

# Take breaks

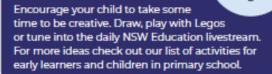


Schedule in breaks for you and your child to grab a snack or do some stretches.

# Young children



# **Build in fun**



# Online resources



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

# Be flexible

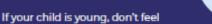


school during this challenging time. If you or your child are having trouble with a task, move onto something else.



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

education.nsw.gov.au/parentslearning-at-home











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 <a href="Australian Government's Privacy Policy">Australian Government's Privacy Policy</a> (<a href="https://www.education.gov.au/privacy-policy">https://www.education.gov.au/privacy-policy</a>).

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

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

Kind regards

Principal



















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 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



# 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

## 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.



## RevendNew

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.



## Bobbly

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 IIP

myCompass

#### 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.

# ✓ mentalhealthonline

# 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.



## haadenaca

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



## ReachOur

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.



# Mental health Resources specific to COVID-19



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'
Head to Health	'COVID-19 Support'
Head to Health Headspace	'COVID-19 Support'  'How to cope with stress related to Novel Coronavirus (COVID-19)'
Head to Health  Headspace  healthdirect	'COVID-19 Support'  'How to cope with stress related to Novel Coronavirus (COVID-19)'  'Coronavirus (COVID-19)'
Head to Health  Headspace healthdirect  Kids Helpline	'COVID-19 Support'  'How to cope with stress related to Novel Coronavirus (COVID-19)'  'Coronavirus (COVID-19)'  'Are you worried about novel coronavirus (COVID-19)?'
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Head to Health Headspace healthdirect Kids Helpline Lifeline Life in Mind Mental Health Commission of NSW Mental Health Online MindSpot MindSpot NACCHO Open Arms	'COVID-19 Support'  'How to cope with stress related to Novel Coronavirus (COVID-19)'  'Coronavirus (COVID-19)'  'Are you worried about novel coronavirus (COVID-19)?'  'Mental health and wellbeing during the Coronavirus COVID-19 outbreak'  'Coronavirus (COVID-19) mental health support'  'Mental health and the coronavirus'  'A Practical Guide to Video Mental Health Consultation'  'Coronavirus (COVID-19)'  '10 psychological tips for coping with infectious diseases'  'Coronavirus (COVID-19) updates and information'  'COVID19 – calming and coping'





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'
RUOK	'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

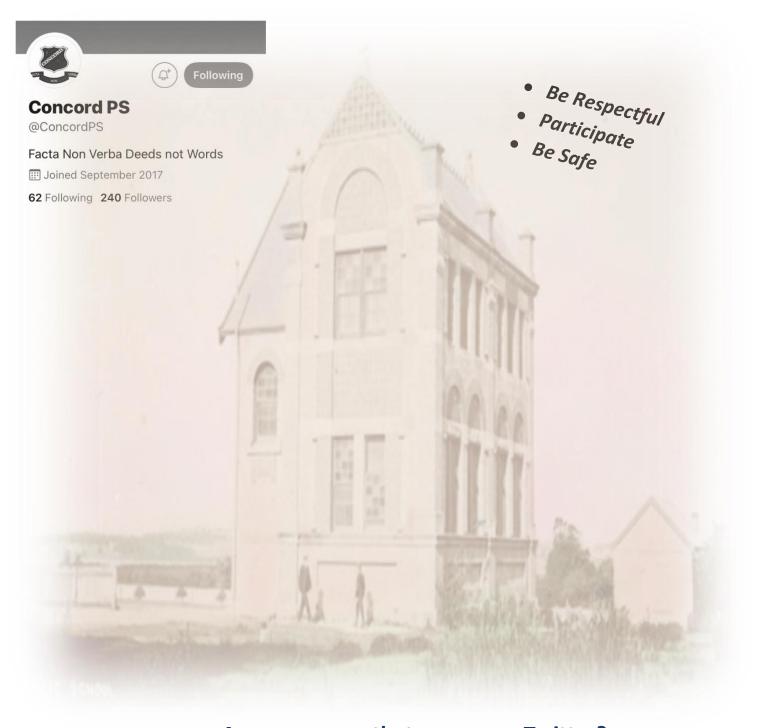
Please inform the office immediately if you have changed your contact or address details, so we can contact you in case of an emergency.

# **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

VVV



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