

# The Facta

*Deeds Not Words Facta  
Non Verba*

*Term 4 – Week 2 (15<sup>th</sup> October 2021)*



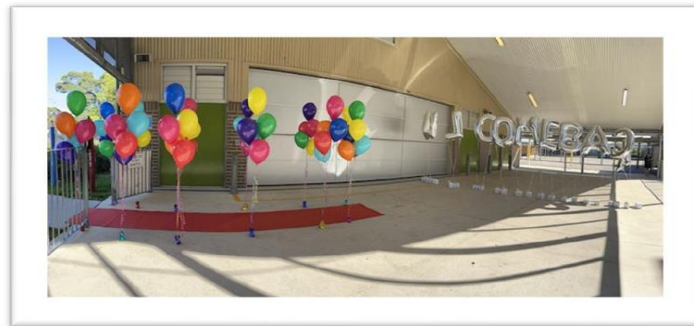
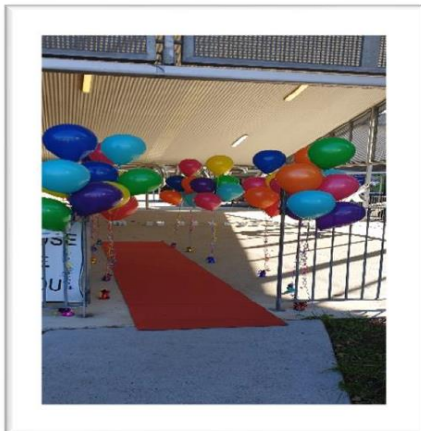
## Dates for the Diary

OCTOBER		NOVEMBER	
18 Oct	Kindy and Year 1 return to school	15 Nov	School Photos – Individual only
25 Oct	Years 2, 3, 4, 5, & 6 return to school	16 Nov	Kindergarten 2022 Parent Information session via Zoom
DECEMBER			
16 Dec	Last Day for Students		

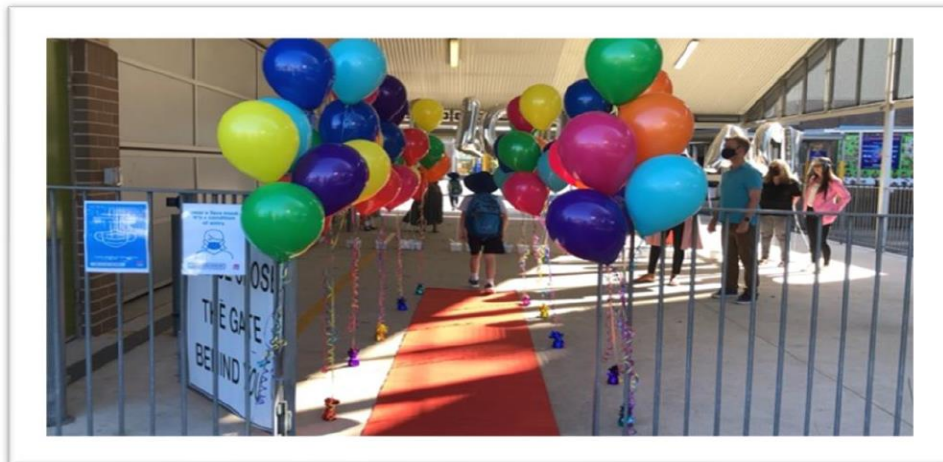
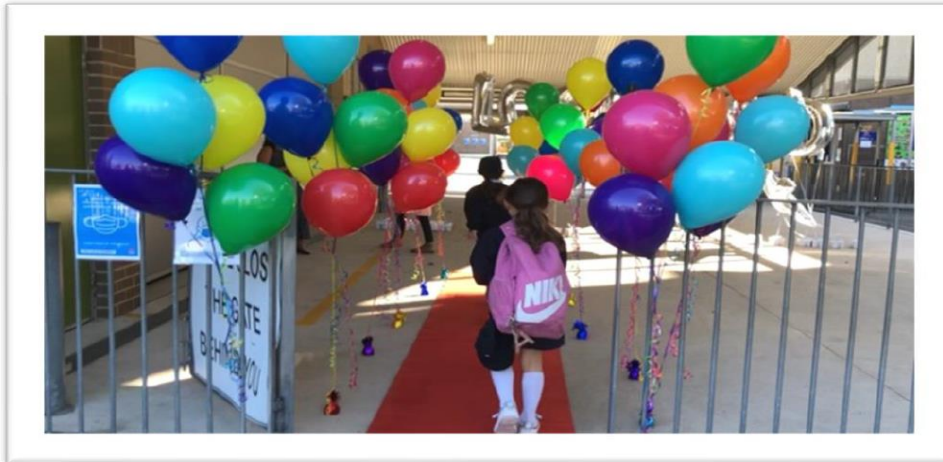


# Principal's Message

*The day has finally arrived!  
Welcome back, Kindergarten  
and Year 1!*



# Principal's Message, Continued



# Principal's Message, Continued

## Dear Parents and Carers,

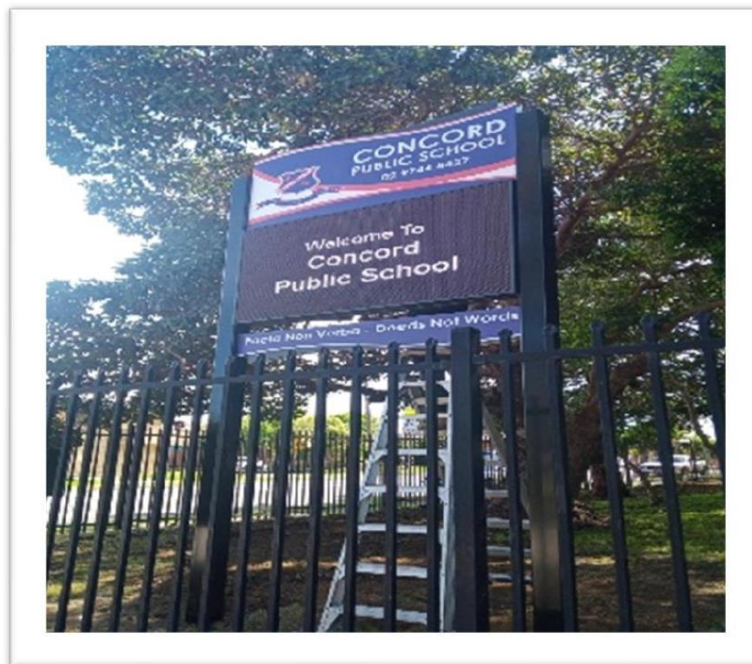
What a way to begin the week! There was not a dry eye amongst the teachers and staff as we welcomed our Kindergarten and Year 1 students back to the school. I am so proud of our students. They all walked in with such confidence and a spring in their step. Reuniting with friends and teachers was such a highlight and the red carpet made this special day feel even more special.

Next week, we will do it all again for our years 2 – 6 students!

## Welcome back, Mrs Kang!

This term, we welcome back Mrs Kang who returns from maternity leave. Mrs Kang has been a teacher at Concord PS for many years and is a highly valued member of staff. She will be in various support roles throughout the term. Welcome, Mrs Kang!

## New Electronic Sign on Burwood Road



Many of you may have noticed our new electronic sign on Burwood Road. It is in the same location as the old sign. Our aim was to surprise our Kindergarten and Year 1 students with a new message on the first day. However, we were unable to have the work completed by Monday 18<sup>th</sup> October. The finishing touches are being installed this week and we hope to have it working by Monday 25<sup>th</sup> October when all the students will be back on site.

# Principal's Message, Continued

## **Return to face-to-face learning**

As we open our schools and say good-bye to home learning, I'd like to thank you all for your perseverance and patience over the past 4 months. Transitioning back to school will be different for every family and every student. Returning to school may be challenging for some and not so challenging for others. Please look out for links in this newsletter that you may find helpful. Please let us know if we can assist in any way.

Thank you to our amazing teachers and staff for their work, ensuring that students felt connected to their learning and their friends. So much work went on behind the scenes as they too, worked from home, juggling family and work commitments all at the same time.

The best part of our return is that our playground and our classrooms are coming to life again. The playground games, the shrieks of excitement when friends reunite and the children's laughter... all the things that make a school so unique and special. On behalf of all the teachers, thank you to our students for working so hard and overcoming many challenges. For some, these challenges may have been new. However, I'm sure that you have proven to yourself that no matter how big the challenge or how tricky it may seem at the time, perseverance, patience, and hard work will get you to the other side.

**Anna Vountoulas**  
**Principal**  
**Concord PS**

P.S. To our parents/carers of years 2-6 students, please lookout for return to school arrangement, which will be issued on Tuesday.

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

We are currently taking Kindergarten enrolments for 2022.

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





# COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



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

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

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

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

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

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

**6** Contact a neighbour or friend and offer to help them

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

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

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

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

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

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

**13** Respond positively to everyone you interact with

**14** Play a game that you enjoyed when you were younger

**15** Make some progress on a project that matters to you

**16** Rediscover your favourite music that really lifts your spirits

**17** Learn something new or do something creative

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

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

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

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

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

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

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

**25** Look for the good in others and notice their strengths

**26** Take a small step towards an important goal

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

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

**29** Connect with nature. Breathe and notice life continuing

**30** Remember that all feelings and situations pass in time



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



**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://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](http://www.actionforhappiness.org/10-keys)



# Wellbeing Wednesday 2021







# Wellbeing Wednesday 2021





# Wellbeing Wednesday 2021





# Wellbeing Wednesday 2021



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



## Red Room Poetry Competition

Last term, Audrey in 5/6S entered the Red Room Poetry Competition and in doing so, had her poem published on their website! Congratulations, Audrey!

You can access the poem via the link provided or you can look at the screenshot below!

<https://redroompoetry.org/student-poems/a-rainy-day/>



About Us

Poetry

Poetry Month

Projects

Learning

News and Events

Support Us



Home > Student poems > A Rainy day

# A Rainy day

By Audrey C



Plop! Plop! Plop!

The rain hits the ground,

The wind blows my umbrella inside out,

Drenched from head to toe,

I'll be home soon.

Project

POEM FOREST

Authors

Audrey C

Concord Public School  
Year 5



# Inclusive Classes

Good afternoon Parents and Carers,

Welcome back to school for Term 4. We trust that the holidays provided an opportunity for a break, whether that be a break from your own work or simply a break from juggling work and remote learning. We hope it provided an opportunity to engage in our new found love of picnics and to reconnect with some friends and family after such a long period of lockdown.

We are excited to welcome you and your child back to Term 4 because it promises to be a term where we have the chance to return to some form of normality. Please ensure you read the CPS Return to School map and check the Skoolbag app regularly. Please enjoy a few snapshots of your amazing home learning.



1. Ethan and Edmon are great spellers.  
 2. Hamoudi loves eating yellow jelly as a snack.  
 3. Flynn was very mellow when he was playing with his Number Blocks.

fell  
 mellow  
 yellow  
 yelled  
 smelly  
 jelly  
 spelling  
 telling  
 dwelling  
 intelligent



'ell'  
 PERSON, PLACE, THING  
 Nouns: Wellington, spelling  
 ACTION WORDS  
 Verbs: yelled, telling  
 DESCRIBING WORDS  
 Adjectives: mellow, yellow, smelly, intelligent



P. Priyan 06/06/21  
 It's Shopping Time!  
 Your Task: You have \$30 that you have to spend on 5 items only in the toy shop below (you may buy more than one of an item). Once you have decided record them down and answer the questions. Make sure you don't overpay!

Micro Race Crosse \$12	Skipping Rope \$5	Lego Set \$18	Uno Cards \$6
Handball \$1	Fidget Spinner \$2	Plaster set - Paint your own cast and leg \$5	100 Stickers \$3

The five items I will buy:

Item	Cost
Item 1: Lego set	\$18
Item 2: Fidget	\$2
Item 3: Uno cards	\$6
Item 4: Rope	\$5
Item 5: Handball	\$1

How much change will you get? Show your working out below:

30 I got  
 29 change  
 1 of \$1!

How much will you need to pay? Show your working out below:

18 I need  
 2 to pay  
 20  
 9 \$ 29

What combination of coins might the shopkeeper give your change back to you? Draw the coins/notes

\$1 coin



I can walk up the hill to the giant windmill.



## Tip of the week:

### Supporting choice making

The unpredictability and lack of control caused by the pandemic can be very upsetting for us all. Incorporating opportunities for choice making throughout the day can help provide a sense of control and reduce anxiety. Encouraging children with autism to make decisions for themselves can also promote confidence, independence, and self-advocacy.

There are many opportunities for choice-making throughout a child's daily routines. You can incorporate choices for what clothes to wear, what to have for dinner, what family game to play, what book to read, and more!

<input type="checkbox"/>	Homework
<input type="checkbox"/>	Play Outside
<input type="checkbox"/>	Dinner: Lee's Choice
<input type="checkbox"/>	Load dishwasher
<input type="checkbox"/>	Game night: _____
<input type="checkbox"/>	Shower
<input type="checkbox"/>	Bedtime

Using a visual schedule is a great way to structure opportunities for choice-making. This example provides blanks within the schedule where the individual can write in their choice. Interacting with the schedule by checking off each item and writing in the blanks is a helpful way to increase engagement and support transitions between activities.

Making choices can sometimes be difficult for children with autism. You can help by presenting options on a choice board. If your child is overwhelmed by all the possibilities, narrow the choices to just 2 options.

If your child has difficulty with comprehending written words, you can show them pictures, photos or objects to offer choices.

#### Helpful Hints:

- When making your visual schedule, it can be helpful to balance less preferred activities (such as homework or chores) with fun opportunities for choice-making.
- It is a good idea to allow extra time in your schedule for the child to make choices. For example, if the child is going to pick out their clothes in the morning, you might want to plan for them to start getting dressed 15 minutes earlier, so they have plenty of time to choose.

If you would like any schedules or choice boards made up for your child, please let your class teacher know.

<b>Dinner Choices (check 1):</b>	
<input type="checkbox"/>	Spaghetti 
<b>OR</b>	
<input type="checkbox"/>	Tacos 

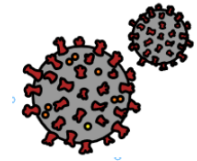
written schedule	picture schedule
<input type="checkbox"/> breakfast	
<input type="checkbox"/> computer time (30 minutes)	
<input type="checkbox"/> schoolwork	
<input type="checkbox"/> walk the dog	
<input type="checkbox"/> play	
<input type="checkbox"/> lunch	

*The Inclusive Team*



# Coronavirus

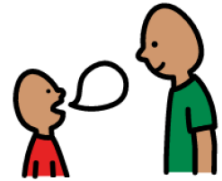
Coronavirus is a virus. A virus is something that makes you feel sick.



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.



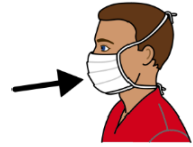
I can do these things to keep myself and my friends around me safe!





# Wearing a mask

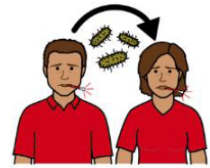
In some settings I have to wear a face mask.



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.

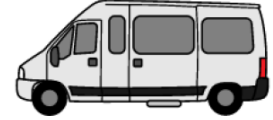






# Wearing a mask on the bus

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.



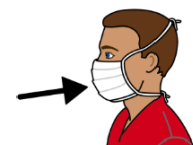
Check if your mask is on correctly before you get on the bus.



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



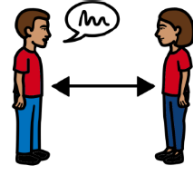
Lots of other people on the bus might wear a mask as well. This is a good thing!





# 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.



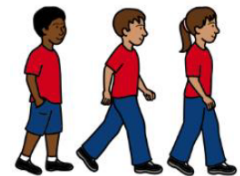
At the moment I can't hug my friends at school. I can still hug my family members.



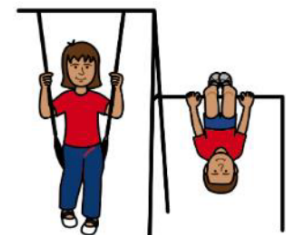
At the moment I can't shake hands but I can bump elbows.



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.



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

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

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

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

## **Cybermarvel webinar**



### **Parents webinar- parent's guide to popular apps**

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

Date: Fri 15 Oct 2021

Time: 12:30 - 1:30 pm

[Register for the webinar](#)

## Apply for an Active Kids Voucher

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

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

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

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

Details below on how to apply.

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



## Apply for a Creative Kids Voucher

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

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

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

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

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

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

Details below on how to apply.

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



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!**  
SCHOLASTIC

## Spread the Word

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

[DOWNLOAD](#)

# Loads of **FUN** Home Learning Ideas!



Your school earns **10% Scholastic Rewards** from all purchases on the digital catalogue!

**VIEW HOME EDITION  
DIGITAL CATALOGUE**

 **SCHOLASTIC**  
scholastic.com.au

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](mailto: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](mailto: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 (LGBTQ) people.



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

## Apps



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



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



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



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



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



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

## Aboriginal and Torres Strait Islanders



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



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



## Older Adults

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



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

## Self-Guided Programs



### MoodGYM

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



### MyCompass

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



### THIS WAY UP

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



### Mental Health Online

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



### e-Couch

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



### Centre for Clinical Interventions

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

## Moderated Forums



### Beyond Blue Online Forums

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



### Sane Australia

Moderated forums providing peer-to-peer support.

## Young People



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



### Niggle

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



### eheadspace

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



### ReachOut

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



### The Check-in

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



### The BRAVE Program

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



### BITE BACK

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

<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'

# 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](mailto:info@sydneyacademyofchess.com.au)

# Message from the Office

## ***Payment***

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

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

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

## ***Permission Notes***

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

## ***Change of Contact/Address details***

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

## ***Bicycle and Scooter Guidelines***

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



# Concord Public School on Twitter



Following

## Concord PS

@ConcordPS

Facta Non Verba Deeds not Words

Joined September 2017

62 Following 240 Followers

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



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

## **Concord Public School**

66 Burwood Road, Concord NSW 2137

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

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

Ph: 02 9744 8427