



# The Facta

Deeds Not Words Facta

Non Verba

Term 2 – Week 2 (6<sup>th</sup> May 2022)



## Dates for the Diary

MAY		JUNE	
10-20 May	NAPLAN – Years 3 and 5	13 June	Public Holiday - Queen's Birthday
13 May	K-2 Assembly, 2:30pm-2:50pm	20 June	K-6 Assembly, 2:30pm- 3pm
16 May	K-6 Assembly, 2:30pm-3pm	27 June	Wellbeing Week
17 May	ES1 Farm Excursion		
24 May	Zone Cross Country		
26 May	National Sorry Day		

# Principal's Message

Dear Parents and Carers,

Welcome, everyone, to Term 2! We hope this first edition of the newsletter finds you and your family well as we launch into a brand-new term.

I trust you have all had the opportunity to review the new operational guidelines from the Department of Education that we issued on 26 April 2022. Most of the layered COVID-smart measures you've come to know in recent months will continue this term. As we head into the cooler months, it is important that we are all aware of the main changes to the close contact requirements. Here is a summary:

## **Change to close contact isolation requirements**

On Wednesday 20 April the NSW Premier announced that from 6pm Friday 22 April 2022, close contacts (including household contacts) could leave home isolation with certain restrictions. The announcement means that from Week 1 of Term 2, students and staff who are identified as close contacts will be able to attend school with the following risk mitigations in place:

- **You must notify the school if you/your child have been identified as a close contact and are intending to return to school.**
- **You/your child should conduct a daily rapid antigen test (RAT) and receive a negative result each morning before attending school for 5 subsequent school days as part of your personal responsibility to minimise the risk of transmission.**
- Staff members and high school students must wear a mask indoors at all times except when eating or exercising. Primary school students are recommended to wear a mask indoors at all times (except when eating or exercising).
- No student or staff member identified as a close contact will be permitted to participate in overnight excursions, including school camps.
- **Students and staff in SSPs or support classes or utilise assisted transport who are identified as close contacts must not attend school during this time.**
- Visitors in contact with students including volunteers, allied health partners and staff providing professional learning who are close contacts should conduct a daily RAT and return a negative result before attending a school or ECE site. **They must also wear a mask indoors at all times** (except when eating or exercising) if they are 12 years old or over. **If attending a school site and interacting with students for an extended period of time, the visitor should advise the school that they are a close contact.**

# Principal's Message, continued

- In line with these changes, students with health conditions should speak with their treating medical practitioner or specialist to review their health support plan or COVID-19 action plan and speak with the school around any local considerations.

In order to protect the students, staff members and family members who have serious health conditions, it is important that your child remains at home, even if they are displaying minor symptoms and/or testing negative on a RAT/PCR. If you are unsure on what to do, please contact the school before sending your child to school. As we move into the cooler months, it is important that we all take on this responsibility to protect our community.

## Rapid Antigen Test (RAT) Kits

RAT kits were issued to the eldest child in each family last Tuesday. If your child was away on this day or if you are yet to receive your RATs, please contact the office.



## Eid Mubarak

To all our families who celebrated Eid this week, Eid Mubarak to you all. We hope this has been a joyous time with family and friends.



## Cross Country

Although the conditions were cold and wet yesterday morning when we made the decision to change the Cross Country arrangements, we were most fortunate that we had fine weather whilst we were at Queen Elizabeth Park. The decision on whether to go ahead or not is always very difficult and involves a great deal of assessment and risk management, with the students' and staff's safety as our main priority.

As communicated on Skoolbag yesterday, our K-2 students and Inclusive Classes will get the opportunity to participate in the Cross Country Carnival here at school on **Friday 20 May 2022, from 9:30am-11am**. Parent and carers are most welcome to come along. A Covid-safe Plan for parents/carers attending will be issued on Skoolbag shortly.



# Principal's Message, continued



## PSSA, 2022

This week, our PSSA season commenced for our soccer and netball teams. Our teams have been training hard over the past few weeks. Good luck to our students and their coaches!



## Happy Mothers' Day

To all our mums, grandmothers, aunts and special people in our lives who help and support our children each and every day, Happy Mother's Day for this coming Sunday. Have a wonderful day, enjoy being spoilt by your family and loved-ones. Without a doubt, the day will bring you many life-long memories.

We hope you received your special rose, courtesy of our P&C who funded their purchase, to ensure that all our students have a rose to give to their mum/loved-one. Please also look out for our Mothers' Day clip in this newsletter - our tribute to you.

(Thank you, Ms Chen, for putting the clip together on behalf of the school).

**Anna Vountoulas**

**Principal**

**Concord Public School**



# Mother's Day Clip – *Our tribute to you!*

Please click on the image below.



# Principal's Awards / Pennant 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

## Term 2 Assembly Dates

The next Assembly date for Term 2 - 2022 is now scheduled for:

**Week 4 – Monday, 16 May** at 2:30pm via Zoom.

Links to each event will be sent out before the date.

# NAPLAN 2022

## NAPLAN 2022 – Students in Year 3 and Year 5

The National Assessment Program – Literacy and Numeracy (NAPLAN) is a point in time assessment of literacy and numeracy skills. Students in Years 3, 5, 7 and 9 participate in the annual tests in writing, reading, conventions of language (spelling, grammar and punctuation) and numeracy. All NSW schools will sit NAPLAN online in 2022.

Our school will be participating in NAPLAN between **10 and 20 May 2022**.

Excessive preparation for NAPLAN is not recommended. Students can use the [public demonstration site](https://www.nap.edu.au/online-assessment/public-demonstration-site) (<https://www.nap.edu.au/online-assessment/public-demonstration-site>) to familiarise themselves with the types of questions and tools available in NAPLAN.

If you have any questions about NAPLAN, please contact your child's teacher.



# Camp - 2022

## Camp 2022

Camp is an experience that we will never forget. From the fun activities that brought us out of our comfort zones to the new and deeper relationships we formed with our peers. And not to forget all the laughs and memories that made up for the not so good food. The nice, fun and so cool instructors made the time we had there last for a lifetime. The coolest thing was the exclusive fire show that instructor Clayton performed just for us! We did a lot of fun activities like cannoning, rock climbing, archery, high ropes and fossiling to name a few but ...our favourite activities for sure were the giant swing and making damper by the fire. What put camp over the top was the music the instructors would play for us as we travelled around the campsite. At night we would drink and eat milk and cookies as we sat by the fire roasting marshmallows. The best part of the day was snack time that we would have twice a day because we had snow cones which were so yummy. This would not have been possible without Ms Soteriou and all the teachers who came along, Mr Destefano, Mr Crisafulli, Miss Chen and Ms Zhang. Good luck Stage 3 teacher organising camp next year because this one will be hard to top!

No pressure!

**Andie and Aimee.**













# Class Item – 2E







# Inclusive Classes

## Tip of the Week: Life Skills- Part 2

In our March newsletter article, we looked the importance of Life Skills for people with autism. Learning life skills is essential to increase independence at home, at school and in the community. In our current newsletter we will look at nine ways to build your child's life skills and independence.

### Ways to build your child's life skills and independence:

#### 1. Strengthen Communication

If your child struggles with spoken language, a critical step to increase independence is strengthening his or her ability to communicate by building skills and providing tools to help express preferences, desires and feelings. Consider introducing Alternative/Augmentative Communication (AAC) and visual supports. Common types of AAC include picture exchange communication systems (PECS) and/or speech output devices (such as DynaVox, iPad, etc.).

#### 2. Introduce a Visual Schedule

Using a visual schedule with your child can help the transition from activity to activity with less prompting. Review each item on the schedule with your child and then remind him or her to check the schedule before every transition. Over time, he or she will be able to complete this task with increasing independence, practice decision making and pursue the activities that interest him or her.

#### 3. Work on Self-Care Skills

Introduce self-care activities into your child's routine. Brushing teeth, combing hair and other activities of daily living are important life skills, and introducing them as early as possible can allow your child to master them down the line. Make sure to include these things on your child's schedule so he or she gets used to having them as part of the daily routine.

#### 4. Teach Your Child to Ask for a Break

Make sure your child has a way to request a break – add a "Break" button on his or her communication device, a picture in his or her PECS book, etc. Identify an area that is quiet where your child can go when feeling overwhelmed. Alternatively, consider offering headphones or other tools to help regulate sensory input. Although it may seem like a simple thing, knowing how to ask for a break can allow your child to regain control over him or herself and his or her environment. Please reach out if you would like a copy of some break cards/ visuals.





# Inclusive Classes

## 5. Work on Household Chores

Having children complete household chores can teach them responsibility, get them involved in family routines and impart useful skills to take with them as they get older. If you think your child may have trouble understanding how to complete a whole chore, you can consider using a task analysis. This is a method that involves breaking down large tasks into smaller steps. Be sure to model the steps yourself or provide prompts if your child has trouble at first!

## 6. Practice Money Skills

Learning how to use money is a very important skill that can help your child become independent when out and about in the community. No matter what abilities your child currently has, there are ways that he or she can begin to learn money skills. At school, consider adding money skills to your child's PLaSP and when you are with your child in a shop or supermarket, allow him and her to hand over the money to the cashier. Step by step, you can teach each part of this process. Your child can then begin using these skills in different settings in the community.

### Who can I ask for help Visuals



## 7. Teach Community Safety Skills

Safety is a big concern for many families, especially as children become more independent. Teach and practice travel training including pedestrian safety, identifying signs and other important safety markers; and becoming familiar with public transportation. Consider having your child carry an ID card which can be very helpful to provide his or her name, a brief explanation of his or her diagnosis, and a contact person. Another great way to teach community safety skills is through the use of social stories. Please reach out if you would like us to make you an individualised social story for your child's safety needs.

## 8. Build Leisure Skills

Being able to engage in independent leisure and recreation is something that will serve your child well throughout his or her life. Many people with autism have special interests in one or two subjects; it can help to translate those interests into age-appropriate recreational activities. There are many activities that your child can get involved with in your community; including team sports, swimming lessons, martial arts, music groups and more.

## 9. Teach Self-Care

Entering adolescence and beginning puberty can bring many changes for a teen with autism, so this is an important time to introduce many hygiene and self-care skills. Getting your child into the habit of self-care will set them up for success and allow them to become much more independent as they approach adulthood. Visual aids can be useful to help your child complete his or her personal hygiene routine each day. Consider making a checklist of activities to help your child keep track of what to do and post it in the bathroom. This can include items such as showering, washing face, putting on deodorant and brushing hair. To stay organised, you can put together a hygiene "kit" to keep everything your child needs in one place.

*The Inclusive Team*





# Inclusive Classes

## Brickbuilt Sydney- Sensory Sessions



### SYDLUG PRESENTS BRICKBUILT SYDNEY 2022

#### A LEGO® fan event.

An enormous and amazing display created from LEGO® bricks is coming to Sydney. Brickbuilt Sydney 2022 is a charity event raising funds for the Sydney Children's Hospitals Foundation.

This is a family friendly brick-built event you can't afford to miss.

THIS BOOKING PAGE IS FOR THOSE WISHING TO ACCESS A SESSION SUITED TO THOSE SEEKING SENSORY FRIENDLY SESSIONS.

Saturday 7 May 2022 - Sunday 8 May 2022 (UTC+11)

### LOCATION

Accor Stadium  
Edwin Flack Ave, Sydney Olympic Park NSW 2127

### CONTACT DETAILS

#### Sessions

SESSIONS	DESCRIPTION	STATUS
Saturday 7 May 2022 4:00 PM - 5:00 PM	This is a sensory friendly session.	OPEN <a href="#">SELECT</a>
Sunday 8 May 2022 8:00 AM - 9:00 AM	This is a sensory friendly session.	OPEN <a href="#">SELECT</a>

<https://www.trybooking.com/events/landing/849143>



# NSW Premier's Sporting Challenge 2022

The NSW Premier's Sporting Challenge promotes increased participation in sport and physical activity, leading to healthier, more active lifestyles. The Premier's Sporting Challenge (PSC) is a multi-faceted program offering a range of initiatives to students and teachers across the state. The PSC aims to get more students and staff more active, more often.

All students across K-6 at Concord Public School started their Premier's Sporting Challenge on Monday 2<sup>nd</sup> of May. We will be completing the challenge over ten weeks and will finish the challenge at the end of Week 1 Term 3.

This year we have five amazing **PSC Ambassadors** to help with the organisation and build enthusiasm across the school. Our five PSC Ambassadors include *Gabriel, Kai, Elliana, and Kristen*. During Week 1 our PSC Ambassadors went around to each classroom to explain the challenge and show the students their new logbooks.

Students in **K-2** will need to engage in activities such as playing with their friends at lunchtime and recess, sport with their teacher, brain breaks, dancing, yoga, meditation, painting, skipping, ball games and movement breaks. All students in K-2 are aiming for a Gold Award.

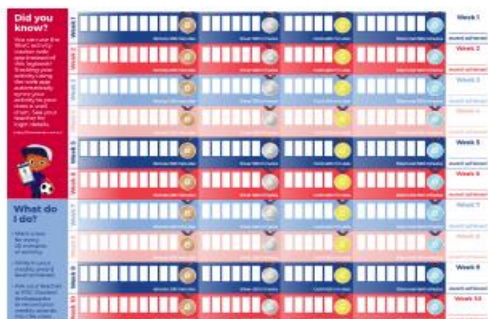
Students in Years **3-6** will be recording their vigorous physical movement in 20-minute timeslots each day. Vigorous physical activities might include time spent in a broad range of sports and recreational activities during lunchtime, in school sports programs, PSSA, class time, before or after school training and exercise, and on weekends. Please make sure you also log all the wonderful physical activities you do outside of school.

If you are doing 30 minutes of daily physical activity you are working towards a **Bronze** award. If you are doing 45 minutes of daily physical activity you are working towards a **Silver** award. If you are doing 60 minutes of daily physical activity you are working towards a **Gold** award. Lastly, if you are engaging in 80 minutes of daily physical activity you are working towards a **Diamond** Award.

Each week our PSC Ambassadors will collect all the student's logbooks and upload their weekly results.



If you need anymore information regarding the PSC, please make sure you reach out to *Gabriel, Kai, Elliana and Kristen*!







# Anzac Day 2022

This year we came together K-6 to honour the country's fallen servicemen and women to commemorate Anzac Day on Thursday 28<sup>th</sup> of April at 10:30am under the Cola. Our beautiful ceremony was conducted by our CPS leaders Tom, Kiera, Audrey and Chris. It was the first time in two years that we were able to come together to commemorate this important event.

This year at Concord Public School we began with the traditional order of service, including the commemorative address, laying of wreaths, and the sounding of the Last Post, one minute's silence.

Tom played the bugle call called the *Last Post* which signifies the end of a soldier's day. It was sounded at our Anzac Day service to indicate that the soldier has gone to his final rest.

## WHAT IS ANZAC DAY?

Anzac Day is commemorated each year on the 25<sup>th</sup> of April. It is an Australian and New Zealand National Day of Remembrance for Australians and New Zealanders at home and around the world. The day marks the anniversary of the first big military action by Australian and New Zealand soldiers in World War I on April 25, 1915.

## WHAT DOES THE WORD ANZAC MEAN?

ANZAC is the acronym formed from the first letters of the words **Australian** and **New Zealand Army Corps**. It was first written as "A & NZ Army Corps", when Australian and New Zealand soldiers were grouped together in Egypt waiting to go to Gallipoli, in Turkey. The soldiers who fought at Gallipoli became known as ANZACs. From 1917, soldiers who had fought at Gallipoli wore an "A" badge on their uniform.

## WHERE IS GALLIPOLI AND WHAT HAPPENED THERE?

Gallipoli is a narrow peninsula of land in modern-day Turkey. When Britain went to war in 1914, Australia went to war to support Britain as an ally.

In 1915, Australian and New Zealand soldiers were part of the effort to seize the Gallipoli peninsula from the Ottoman Empire (Turkey). The aim was to move across the land and eventually capture Constantinople (now Istanbul), the capital of the Ottoman Empire, which was an ally of Germany.

The Australian and New Zealand soldiers first landed on the beaches of Gallipoli at dawn on April 25, 1915, meeting strong







resistance from the Ottoman Turkish soldiers. The fighting dragged on for eight months before the allies were evacuated from the peninsula.

Many soldiers of all nationalities involved in the fighting lost their lives at Gallipoli, including more than 8000 Australians. Many more were injured and all had endured terrible conditions including extreme heat, strong wind, rain and snow, loud noises from weapons, body lice in the trenches and the grief of having people being hurt or dying around them.



### WHY DO WE HONOUR ANZAC DAY?

We commemorate Anzac Day to remember and honour the soldiers who represented our country, fought, lost their lives or were injured at not only Gallipoli & World War 1, but several other conflicts such as World War 2, Korean War, Vietnam War, 2 Gulf Wars, the War in Afghanistan and the War in Iraq. In addition, we also recognise and honour other servicemen and women on Anzac Day who served our country in peacekeeping missions in places such as East Timor and more recently the Solomon Islands.



Back to Gallipoli, although the goal of seizing Gallipoli and advancing towards Constantinople wasn't achieved, the toughness and the bravery of the ANZACs became well known in Australia and New Zealand and around the world and helped give rise to what has become known as the "Anzac legend".

Many people believe that the Anzac legend – means being hard working, tough, brave, fair and looking after your mates – this might be something that defines you today, or is something we should remember, celebrate and aspire to.



Thank you to all our families across Concord Public School for sending in flowers, bouquets and wreaths. A special *'thank you'* to **Mr. Crisafulli**, for organising such a moving event. Thank you, Mrs. Montgomery and Mrs. Siva, for organising all the beautiful bouquets of flowers.







High Performing Students Team

# Applying for Year 5 entry to an opportunity class in **2023**

Once you complete and submit your application you can change details, send and receive messages through your application dashboard.

## Thinking of applying for Year 5 entry to an opportunity class in 2023?

You must apply online at:  
<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5>



### Key dates

Application website opens:

**Tuesday 26 April 2022**

Application website closes:

**5pm, Friday 13 May 2022**

You must apply before this deadline

Test centre advice sent:

**Thursday 14 July 2022**

Opportunity Class Placement Test:

**Thursday 28 July 2022**

Placement outcome information  
released overnight on:

**Friday 7 October 2022**

**Please read this document  
carefully before applying.**

Parents\* monitor the Department's website regularly for updates throughout the application and placement process at:  
<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5>

Please check the Department's website for information before you contact the Team.

The opportunity class placement process for Year 5 entry is administered by the High Performing Students Team\*.

#### Contact Details:

High Performing Students Team, NSW Department of Education

Email: [ssu@det.nsw.edu.au](mailto:ssu@det.nsw.edu.au)

Telephone: 1300 880 367 Telephone Interpreter Service: 131450

Postal Address: GPO Box 33, SYDNEY, NSW 2001

Facebook: <https://www.facebook.com/groups/159342048077050>

#### Please Note:

\*In this document, the High Performing Students Team is referred to as the Team.

\*'Parent' is defined under the Education Act, 1990, as a 'guardian or other person having custody or care of a child'.



# Our school has a new look **online payment page!**

We're now accepting payment for Concord Public School via the school's website. New features allow you to access:



Anywhere, anytime from a mobile or tablet (as well as a desktop computer)



In a preferred language



Easily without needing to log on, register or enter a Student Registration Number.



Education

# Our school has a new look **online payment page!**

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We're now accepting payments for Concord Public School via the school's website. To make a payment, simply:



**Visit our school website on your mobile, tablet or desktop computer**



**Select 'Make a payment' from the main page menu**



**Enter the required student, contact and payment details**

**Note:** You are NOT required to provide the 9-digit Student Registration Number.



**Check your email for a copy of the receipt of payment**



Education

## Safer Internet Day 2022



To mark Safer Internet Day 2022, Concord Public School students recently participated in a range of age-appropriate experiences using resources made available by the eSafety Commissioner, Australia's national regulator and educator for online safety.

Topics of discussion included rules in the home for using technology, sharing personal information, password security and effective behavioural and technical strategies to manage online risks.

The eSafety Commissioner website also includes a host of resources and free webinars for parents and carers that explore the latest research and assist in helping your children to develop the skills to be safer online.

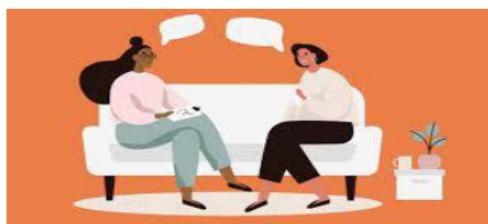
A collection of useful eSafety website links for parents and carers are provided below.

<https://www.esafety.gov.au/parents>

<https://www.esafety.gov.au/parents/webinars>

<https://www.esafety.gov.au/parents/online-safety-book>

## **What to do when you need to see the school counsellor/psychologist**



There may come a time when you or your child need to see the school counsellor/psychologist for advice or for a confidential matter. Our school psychologist is Christiana Savas. She is experienced in her field and comes with a wealth of knowledge and expertise.

Please find her details below:

**Days at Concord PS** - alternate Tuesdays and every Thursday

**To make an appointment** - call the school on 9744-8427 or 9744-8452

Or send an email to the school's email address [concord-p.school@det.nsw.edu.au](mailto:concord-p.school@det.nsw.edu.au)

If you require assistance on a day that Ms Savas does not work or require advice on a matter, please contact Mrs Coco (Learning Support Team Co-ordinator and Wellbeing Co-ordinator) or Ms Vountoulas.

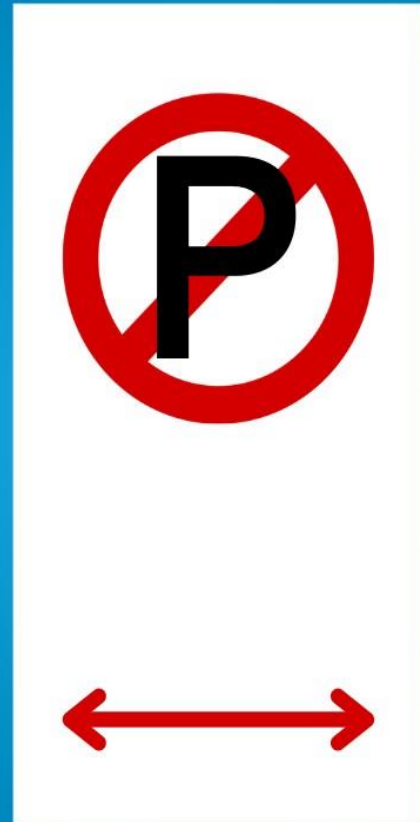
# NO PARKING

Signs like these are displayed within your school zone. Make sure you read the signs carefully before you move away from your vehicle as some 'No Parking' signs may have time restrictions associated with them. Council Rangers and NSW Police actively patrol school zones, especially during drop-off and pick-up time periods. Make the right choice and keep our students safe.

## DID YOU KNOW?

You can stop in a NO PARKING zone for a maximum of 2 mins. You must remain inside or within 3m of your vehicle. Penalties apply.

If there are no spaces available, you'll need to drive away and park elsewhere or return when there is space available.







# ARE YOU WEARING THE CORRECT SCHOOL UNIFORM?

*Summer Uniform (Term 1 and Term 4)*



*Sports Uniform (Friday's and on request)*



*Winter Uniform (Term 2 and Term 3)*



*Uniforms are available for order via your QuickcliQ account*



*Thank you from your SRC Representatives*



## CHESS!!

Learn to be a chess champion! Coaching for students at Concord Public School is held on Mondays from 8:00am to 8:55am, starting on 2 May 2022.

Learning and playing chess helps children develop their logical thinking and problem solving skills, improves their concentration and focus, while also being a great source of enjoyment. Activities include group lessons on a demonstration chess board or interactive whiteboard, puzzle solving and fun practice games.

Students earn merit awards by making checkmates, or by displaying skills and positive qualities, which all good chess players strive to develop.

If your child is interested in taking part, you can collect an enrolment form from the school office, or email [enrol@sydneyacademyofchess.com.au](mailto:enrol@sydneyacademyofchess.com.au) for a copy. For all enquiries, please contact Sydney Academy of Chess on (02) 9745 1170.



## Parent and carer webinars

2022

### Safe settings for online devices

**Learn how to set up parental controls on devices and apps to keep your children safe online.**

eSafety's expert education and training team is running FREE live webinars in May 2022 about how to manage settings on devices and apps. Parents and carers of young people aged 4 to 13 years are invited to join.

**Dates:** (AEDT)

**Tuesday 10 May:** 7.30 – 8.30 pm

**Thursday 19 May:** 12.30 – 1.30 pm

**Tuesday 31 May:** 12.30 – 1.30 pm



**Register now:** [esafety.gov.au/parents/webinars](https://esafety.gov.au/parents/webinars)



 eSafety Commissioner

[esafety.gov.au](https://esafety.gov.au)



## Parent and carer webinars

2022

### Safer online gaming

**Help your kids stay safe by learning about the benefits and risks of online gaming.**

eSafety's expert education and training team is running FREE live webinars in June 2022 exploring safe online gaming. Parents and carers of young people aged 8 to 13 years are invited to join.

**Dates:** (AEDT)

**Thursday 9 June:** 12.30 – 1.30 pm

**Friday 17 June:** 12.30 – 1.30 pm

**Tuesday 21 June:** 7.30 – 8.30 pm



**Register now:** [esafety.gov.au/parents/webinars](https://esafety.gov.au/parents/webinars)



 eSafety Commissioner

[esafety.gov.au](https://esafety.gov.au)



# FEARLESS PARENTING

A program to support your child manage anxiety and become more emotionally resilient. Give your family a toolbox of strategies, skills, and knowledge to manage anxious feelings and stop unnecessary worrying. Support your child in developing their own toolkit of coping skills to overcome anxiety.

Fear-Less Triple P is based on extensive research by clinical psychologists to support families of anxious children. Understand what's in your control to change and enjoy being a parent more!

Facilitated by Dympna Kennedy. Priority of access is given to DCC members and local parents in the City of Canada Bay area and surrounding suburbs.

## DATE

Tuesday Evenings  
10 May to 14 June 2022

## TIME

7.00pm – 9.00pm

## VENUE

Drummoyne  
Community Centre  
10 Cometrowe Street,  
Drummoyne

## COST

\$60.00 for the  
6 week program.

**SUITABLE FOR PARENTS &  
CAREGIVERS OF CHILDREN  
AGED 5-14 years**

(Course fees are negotiable for families experiencing financial hardship at this time)

Over 6 weeks you will be introduced to the Six Key Modules and how to apply them in supporting your child's coping skills and improve yours too.

**The Six Key Modules are:**

1. Understanding Anxiety
2. Promoting Emotional Intelligence
3. Setting a good example and encouraging realistic thinking
4. Understanding Avoidance
5. Responding to Children's Anxiety
6. Constructive Problem Solving & Maintaining Progress

The Fear-Less Triple P Program is part of the Triple P Positive Parenting Program®.

Fear-Less isn't about eliminating fear altogether – sometimes, fear protects us. Instead, it's about giving your family a toolbox of strategies, skills, and knowledge to manage anxious feelings and stop unnecessary worrying.

**DELIVERED BY DYPMPNA KENNEDY**

Dympna is a qualified parent educator, early childhood advisor, baby massage and baby yoga trainer and practitioner. She is also a local parent of two, a public speaker and the author of several books.

**HOW TO REGISTER**

To book your place, please complete our Parenting Registration Form and return it to [info@dcc.org.au](mailto:info@dcc.org.au).

The form can be found in the following places:

Website: [www.dcc.org.au](http://www.dcc.org.au) | Email: [info@dcc.org.au](mailto:info@dcc.org.au) | By Phoning: 97198102

QR code link:



**PLACES ARE NOT SECURED AND CONFIRMED UNTIL PAYMENT HAS BEEN MADE.  
ALL PAYMENT DETAILS ARE ON THE REGISTRATION FORM.**

*Coordinated by Drummoyne Community Centre (DCC) with  
sponsorship from the NSW Dept of Communities and Justice  
and the City of Canada Bay Council.*



10 Cometrowe St  
Drummoyne

9719 8102

[www.dcc.org.au](http://www.dcc.org.au)

[info@dcc.org.au](mailto:info@dcc.org.au)





## FASCINATING FLIGHT OF THE BAR-TAILED GODWIT

For World Migratory Shorebird Day, Council will be hosting a family-friendly event at Five Dock Library to celebrate the miraculous journey of our resident migratory shorebird, the Bar-tailed Godwit.

Join us for afternoon tea with Birdlife Australia to learn about the plight of these special birds and find out what Council is doing to keep them safe. There will be fun art and craft activities for kids, and participants will be able to sign a pledge to help protect the birds.

Registrations are required as places are limited.

For more information call 9911 6555.

**THURSDAY,  
12 MAY AT 4PM  
FIVE DOCK LIBRARY**

**REGISTER NOW:**



**[BIT.LY/GODWITTALK](https://bit.ly/godwittalk)**

 **City of  
Canada Bay**



# School zones: understanding the rules

Children are small,  
harder to see, behave  
unpredictably and  
are extremely vulnerable.

They need you to take extra  
care when driving and parking  
around school zones.

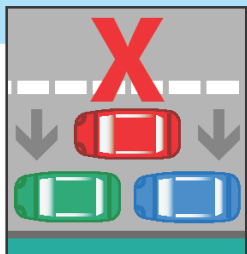
## PLEASE CHOOSE SAFETY OVER CONVENIENCE

To help understand school zone traffic rules, refer below to our quick reference guide.

### DOUBLE PARKING

You must not stop on the road  
alongside a car that is parked at  
anytime.

**Fine:** exceeds \$349  
**Demerit points:** 2



### NO PARKING

You have two minutes to drop-off or pick-up and  
must stay within three metres of your vehicle.

If no spaces are available you cannot queue on the  
road way or in any other zones while waiting for a  
space. You will need to drive away and park elsewhere,  
only returning when there is space to pull up.

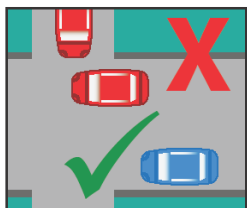
**Fine:** exceeds \$194  
**Demerit points:** 2



### FOOTPATH, DRIVEWAY OR NATURE STRIP

You must not stop across a driveway,  
footpath and nature strip for any reason.

**Fine:** exceeds \$349  
**Demerit points:** 2



### NO STOPPING

You cannot stop in a no stopping zone for any  
reason (including queuing or waiting for a space).

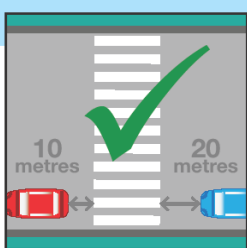
**Fine:** exceeds \$349  
**Demerit points:** 2



### PEDESTRIAN CROSSING

You must not stop on or within 20  
metres before a pedestrian crossing or  
10 metres after a crossing (unless a sign  
allows you to park there).

**Fine:** exceeds \$464  
**Demerit points:** 2



### BUS ZONE

You must not stop or park in a bus zone for any  
reason (including queuing or waiting for a space)  
unless you are driving a bus.

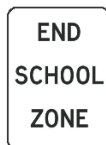
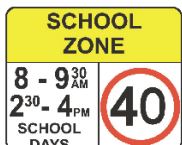
**Fine:** exceeds \$349  
**Demerit points:** 2



### SPEEDING

40km/h school zones are in force on all days which are not a weekend, a public holiday or a publicly notified school holiday for government schools. School zone days include school development days, also known as student-free days.

**Fine:** maximum penalty \$3,995  
**Demerit points:** +7



### PEDESTRIANS

#### STOP

one step back from the kerb

#### LOOK

for traffic to your right, left and right again

#### LISTEN

for the sounds of approaching traffic

#### THINK

whether it is safe to cross

Information effective at 1 July 2020 and subject to change.

# 学校地带: 交通安全法规须知

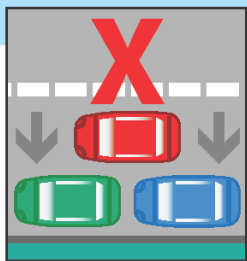
儿童很小, 很难看到,  
行为无法预测,  
是非常脆弱的。  
当您在学校地带行驶或者停车时,  
请特别小心儿童。

## 请不要为了一时方便而忽略了交通安全。

为了帮助您了解学校地带的交通规则, 请参阅我们的快速参考指南。

### 双行停车

任何时候您都不能在路上已停放车辆的旁边再停车。  
罚款: 超过\$349  
扣分: 2分



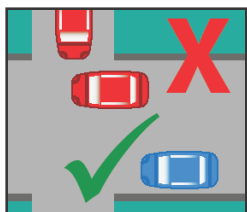
### 禁止泊车

您有两分钟接送孩子并且您必须保持在距离您的汽车的3米之内。如果路边没有位置可以停车, 您不可以道路中或者任何其他路段滞留排队等待车位。您必须开车离开并停在别处, 直到有空位了才可以返回。  
罚款: 超过\$194  
扣分: 2分



### 人行道, 行车道, 绿化隔离带

严禁以任何原因在人行道, 行车道和绿化隔离带停车。  
罚款: 超过\$349  
扣分: 2分



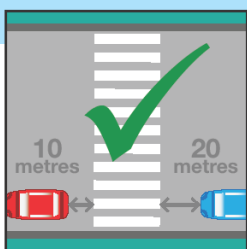
### 禁止暂停

严禁以任何原因在禁止停留区段滞留 (包括排队等待停车位)。  
罚款: 超过\$349  
扣分: 2分



### 人行横道

在人行横道前20米或后10米范围内不得停车 (除非有停车标志允许在此停车)。  
罚款: 超过\$464  
扣分: 2分



### 公共汽车停车地带

除非您驾驶的是公共汽车, 否则严禁以任何原因在公共汽车停车地带停车 (包括排队等待停车位)。  
罚款: 超过\$349  
扣分: 2分



### 超速

学校周围时速限制为40公里/小时在除了周末, 公共假日以及公立学校的学校假期以外的所有日期都有效。学校地带限速的日期包括学校发展日(无学生日)。  
罚款: 最高罚款\$3,995  
扣分: 7分以上



### 行人

**停**  
**看**

与路边保持至少一步的安全距离

观察行驶车辆, 右边, 左边, 然后再右边。

**听**  
**想**

留心听车辆驶近的声音

想一想是否可以安全通过

信息于 2020 年 7 月 1 日生效, 如有更改。



# 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)



## 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.

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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.

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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

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Some other services are on the next page.

#### \*DISCLAIMER

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



## Crisis Support - Phone and online counselling



### Lifeline

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



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



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



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



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



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



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

## Apps



### MoodMission

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



### Snapshot

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



### MindGauge

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



### BeyondNow

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



### ReachOut Breathe App

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



### Smiling Mind

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

## Aboriginal and Torres Strait Islanders



### MindSpot - 'Indigenous Wellbeing'

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



### iBobbly

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

## Older Adults



### MindSpot - 'Wellbeing Plus'

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



### Be Connected - e-Safety Commissioner

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

## Self-Guided Programs



### MoodGYM

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



### MyCompass

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



### THIS WAY UP

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



### Mental Health Online

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



### e-Couch

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



### Centre for Clinical Interventions

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

## Moderated Forums



### Beyond Blue Online Forums

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



### Sane Australia

Moderated forums providing peer-to-peer support.

## Young People



### Kids Helpline

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



### Niggle

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



### eheadspace

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



### ReachOut

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



### The Check-in

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



### The BRAVE Program

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



### BITE BACK

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

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



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

# Message from the Office

## ***Payment***

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

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

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

## ***Permission Notes***

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

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

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

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

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



# Concord Public School on Twitter



Follow

**Concord PS**

@ConcordPS

Facta Non Verba Deeds not Words

📅 Joined September 2017

63 Following 248 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](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