



The Facta

Deeds Not Words Facta

Non Verba

Term 2 – Week 4 (20th May 2022)



Dates for the Diary

MAY		JUNE	
24 May	Zone Cross Country Carnival	13 June	Public Holiday - Queen's Birthday
23 May	Public Speaking Final	20 June	K-6 Assembly, 2:30pm- 3pm
26 May	National Sorry Day	30 June	K-6 Semester 1 Reports sent home
27 May	Inclusive Classes to Multi-Sports Day Excursion	JULY	
		1 July	Last day of Term 2

Principal's Message

Dear Parents and Carers,

Koori Connections



Last Thursday, all our Aboriginal students, along with Ms Gil, took part in a wonderful adventure visiting the Georges River Environmental Education Centre in Chipping Norton along with all our local Aboriginal students in our surrounding schools. This excursion was part of the Koori Connections program. What a great opportunity to reconnect with their new friends and experiencing our surrounding bushlands and learning about Aboriginal culture.

Toilet Refurbishment

The toilet refurbishment is moving along well, and we are very excited that shortly we will have two fully functioning toilet blocks. The tiling along the walls and floor are almost complete, as is the painting. I will keep you up-to-date as more information comes to hand.

NAPLAN, competed for 2022

It has been a long 2 weeks for our Year 3 and 5 students and teachers as they took part in NAPLAN. All assessments have now been completed. Results to parents and schools should be available late in Term 3. Well done to all our students for their determination and application each day. Thank you also to Mrs Vermiglio and the many teachers involved in its organisation and implementation, ensuring that the administration process ran smoothly for all involved.

Anna Vountoulas

Principal

Concord Public School

P.S. Here are a few progress photos of our toilet refurbishment.



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

Congratulations

To the following students who received a
Principal Award or Principal Pennant on Monday 16th May.



<i>Principal's Awards</i>	<i>Principal's Pennant</i>
K/3D – Joel T G, Hamoudi H	2E – Lana D, Laura Rose S
1KA – Abigail R, Eva C, Mason M	5M – Ashima S
1/2C – Jacob J	6Z – Kiera Y
2E – Will H, Leonidas B, Jayden Y, Enrico S, Laura Rose S	
3/4T – Sarcha McL	
4M – Alfie A	
5/6S – Lily A	

Term 2 Assembly Dates

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

Week 9 – Monday, 20 June at 2:30pm via Zoom.

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

Class Item - KS

On Tuesday 17th May, KS and KG went to Calmsley Farm. Everyone got to meet and pat lots of furry farm animals. Everyone also got to milk Daisy the cow. We even all went on a tractor ride.

It was so much fun!!!!



Cross Country 2022

Thank you to all staff, students and supporters who helped to make the Cross Country Carnival a successful event.

As there were some late changes to the schedule, we look forward to students from Kindergarten to Year 2 giving it their all in the Cross Country events to be held on the school grounds this week.

We wish all the students listed below all the best at the Western Suburbs PSSA Zone Carnival to be held at Majors Bay Reserve in Week 5.

Cross Country Carnival Results

8/9 Years	Placings	Girls	Boys
	1 st	Abigail T	Joshua P
	2 nd	Ivy M	Alejandro B
	3 rd	Aoibheann P	Adrian J
	4 th	Mia S	Christian K

10 Years	Placings	Girls	Boys
	1 st	Matilda I	Jagger C
	2 nd	Sarcha M	Marcus D
	3 rd	A B	Charlie W
	4 th	Eunice Y	Benjamin S-S

11 Years	Placings	Girls	Boys
	1 st	Jasmine T	Giuliano F
	2 nd	Naomi T	Carter B
	3 rd	Evelyn T	A T
	4 th	Aaishah O	Siddharth P

12/13 Years	Placings	Girls	Boys
	1 st	Sage M	Eilam O
	2 nd	Lily A	Jihoon B
	3 rd	Katrina L	Chris Y
	4 th	Olivia R	Lachlan M





Inclusive Classes

How to bond with a child with Autism through your special interests

Sometimes we feel like our little individuals get lost because they are putting in so much effort. So, our little individuals try harder and sometimes things get worse.

It is important to just start doing what you love in front of your child, being in your joy, and if they want to join in, make it possible and safe.

Just be:

Don't ask them to join you. Kids with Autism have a very sensitive coercion metre and may also be demand avoidant. This means if they feel it's a demand, they will decline even if they want to join.

Be patient:

Wait for your child to ask questions or show interest. Don't try to force interaction beyond answering questions.

Be honest:

Just do what you **LOVE** in front of your child. Knit, garden, organise, make jewellery, build Lego castles, paint, etc, in their vicinity. You have to genuinely **LOVE** it. Don't act. Their coercion metre will go off.

Be factual:

Infodump with facts about your special interest. Do not slip up and "should on yourself or on your child". "I should do this better", or "You should try it".

Be passive:

If they seem like they want to try it, put what supplies are needed to the side and let them know they can try if they want. Don't ask them to.

Be easy:

CRITICAL: Narrate out loud what happens and how to fix things if they mess up or get it wrong. Anxiety about getting it wrong will prevent them from trying because other people's reactions are hard to predict.

"If you accidentally get eggshells in the cake mix, we can use this fork to pull them out. It's no big deal if that happens". OR, "Sometimes the paint gets on your clothes or skin. I have wipes here if that happens. That's easy to fix".

Be cool:

Don't use emotions to coerce them into joining you. Don't thank them for playing with you, don't pout if they decline, don't cheer and praise them.

They will feel like they are being used or you're being inauthentic.





Inclusive Classes

Be trusted:

The fastest way to undermine and erode a child with Autism's trust and to teach them to ignore their instincts is to be inauthentic.

By creating unnatural scenarios, you will teach your child that they are supposed to comply to manage the happiness of others, not to build authentic, mutually-beneficial relationships.

Be a bridge:

Find ways to merge your interest and theirs. "When I plant things, I like to give them a name and toys or decorations. Do you have any ideas?"

Be in community:

Share this mutual interest with your community.

Be fun:

Merging interests is not about finding a way to combine knitting with train schedules- though it could be ... It is about giving nods to things the other person enjoys, finds funny, or treasures as a sensory joy.

You build shared context that grows together forever.

Our community culture of giving from what you have- like found objects, drawings, plant cuttings, seeds, toys, etc is home to all of us in the Inclusive Classes. Sometimes, just for a minute we have to stop 'teaching' skills and start sharing life. It is important to remember it's a marathon and not a sprint and it's okay to let things unfold

in their own unpressured time. It is a beautiful way to build community, autistically.



After you have cultivated your passions, please share it with your friends, social community and your private social media. We can't wait to hear about your experiences of mutual joy within the home via your child's communication book. When your child's passion grows it becomes a mosaic of lots of people's love and personalities, connecting your child to others who have folded our traditions into their own.

The Inclusive Team



Inclusive Classes

Happy 8th Birthday Amir and Ziyen! It was fantastic celebrating with you both at Concord Public School.



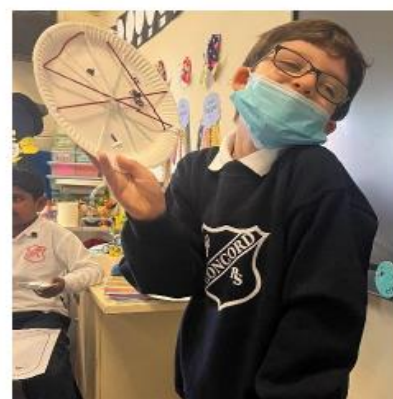
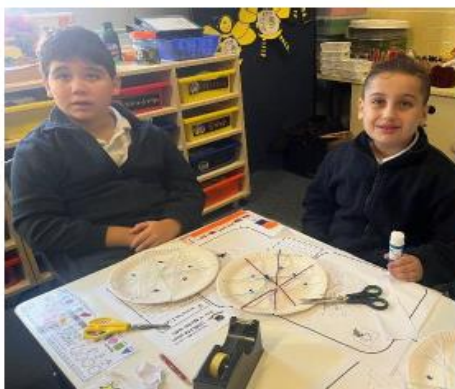
During our **Week 3 STREAM** lesson we investigated spiders and designed our own spider web.





Inclusive Classes

During our Week 3 STREAM lesson we investigated spiders and designed our own spider web.



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: ssui@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!**

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.

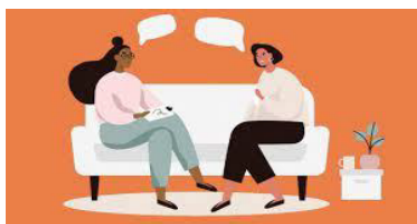
A collection of useful eSafety website links for parents and carers are provided below.

<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

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 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



 eSafety Commissioner

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



 eSafety Commissioner

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.

The form can be found in the following places:

Website: www.dcc.org.au | Email: 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

info@dcc.org.au

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.

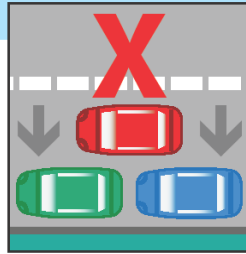
PLEASE CHOOSE SAFETY OVER CONVENIENCE

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.

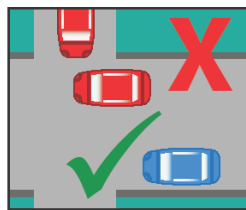
Fine: exceeds \$194
Demerit points: 2



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).

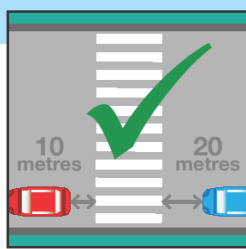
Fine: exceeds \$349
Demerit points: 2



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.

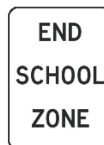
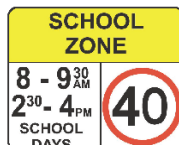
Fine: exceeds \$349
Demerit points: 2



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

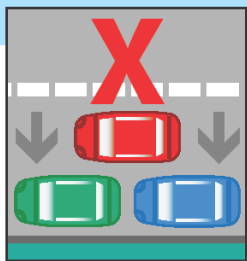
儿童很小, 很难看到,
行为无法预测,
是非常脆弱的。
当您在学校地带行驶或者停车时,
请特别小心儿童。

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的车辆旁边再停车。
罚款: 超过\$349
扣分: 2分



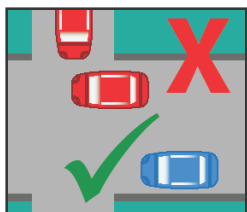
禁止泊车

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



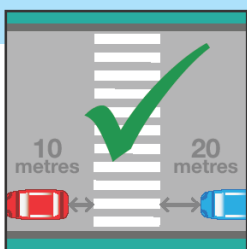
禁止暂停

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

Managing Your Mental Health Online During COVID-19

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

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

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

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



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

A good place to start looking is:

Head to Health

The Australian Government's digital mental health gateway

Head to Health

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

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

MindSpot

Australia's free national online mental health clinic



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

Ph: 1800 61 44 34

Some other services are on the next page.

*DISCLAIMER

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

Crisis Support - Phone and online counselling



Lifeline

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



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



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



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



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



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



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

Apps



MoodMission

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



Snapshot

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



MindGauge

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



BeyondNow

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



ReachOut Breathe App

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



Smiling Mind

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

Aboriginal and Torres Strait Islanders



MindSpot - 'Indigenous Wellbeing'

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



iBobbly

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

Older Adults



MindSpot - 'Wellbeing Plus'

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



Be Connected - e-Safety Commissioner

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

Self-Guided Programs



MoodGYM

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



MyCompass

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



THIS WAY UP

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



Mental Health Online

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



e-Couch

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



Centre for Clinical Interventions

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

Moderated Forums



Beyond Blue Online Forums

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



Sane Australia

Moderated forums providing peer-to-peer support.

Young People



Kids Helpline

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



Niggle

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



eheadspace

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



ReachOut

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



The Check-in

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



The BRAVE Program

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



BITE BACK

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

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

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

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



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Joined September 2017

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

Concord Public School

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

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

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