



Dear Megalong Families,

I hope you are all safe in this most demanding time in our history. We will be adapting our lives to suit the events which are unfolding and prepare for the future. Over the last few weeks, we have made many adjustments adhering to hygiene precautions at school and at home, and to the way we teach, learn and socialise with each other. I understand that every family has different circumstances, and this time can be stressful. Please take care of your well-being and take time out with your family to do things that are positive and enjoyable. Social interaction and communicating positively with each other is paramount for our well-being.

Last week was our first week of distance learning. We have all been doing our best to adjust to the new routines of working from home. For those of you trying to work from home and supervise your children's learning it can be tricky juggling both! I have to emphasise that strict routines will ensure students can work independently in the future. This week I was impressed with everyone's efforts to get online to Adobe Classroom, and continue their bookwork daily schedule. Mr Wolffs and myself are trying out new technologies to choose which ones are the easiest to for everyone to use. Please continue to be patient, as I can see great improvements. This will be the new norm for schooling next term, and the Department of Education is emphasising the use of technology in all schools next term. If you are worried about data please contact me and we can send work home on a USB drive which will enable students to process their work using technology. The use of Google Classroom, hardcopies, usb sticks, and possibly Zoom or other applications will be used next term. I will do my best to provide parents, staff and students opportunities to learn these new applications to ensure we all remain connected over the next few months.

Stephanie

Principal



<https://online.det.nsw.edu.au/prc/studentExperience.html#/>

## Dates to watch for...

- ⇒ **Date TBC**—Excursion to Nellies Glen Road to see bushfire recovery
- ⇒ **2nd March**—Premiers Reading Challenge starts
- ⇒ **School Photos**—postponed, new date TBC
- ⇒ **Fim Gala Workshops**—postponed until later in the year

## Digital Citizenship and ESafety

Reminder for all students and parents to familiarise themselves with Cybersafety while using your learning devices online at home and at school. Please visit the NSW Department of Education “Digital Citizenship” website where you will find information on the Student use of Digital Devices and Online Services and additional resources to support you



## ART COMPETITION

FOR NATIONAL CHILD PROTECTION WEEK  
6-12 SEPTEMBER 2020

### WHAT SHOULD I DRAW?

We'd love to see pictures of things that you think are important for children and young people. For example:

- What does a great day look like for you?
- What things make you feel safe and happy?
- What do you like about growing up in Australia?



### HOW DO I ENTER?

- Entrants must be aged 18 or under
- Draw or paint your artwork on A3 paper (can be landscape or portrait)
- Take a photo of your artwork and submit it via the form at [www.napcan.org.au/artcomp/](http://www.napcan.org.au/artcomp/)
- Winners will receive a \$50 gift voucher
- DEADLINE: 17 April 2020



### MORE INFORMATION:

Visit [www.napcan.org.au/artcomp/](http://www.napcan.org.au/artcomp/)

**NAPCAN**  
PREVENT CHILD ABUSE & NEGLECT

## Some Useful Wellbeing Resources For Supporting children and Families during COVID-19

### Latest Corona Updates

- ◆ <https://preview.nsw.gov.au/covid-19>
- ◆ <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/coronavirus-covid-19-current-situation-and-case-numbers>

### Wellbeing For Children and Families

- ◆ <https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-from-home/advice-to-parents-and-carers/supporting-wellbeing>
- ◆ <https://kidshelpline.com.au/coronavirus>
- ◆ <https://headtohealth.gov.au/covid-19-support/covid-19>
- ◆ <https://www.blackdoginstitute.org.au/news/news-detail/2020/03/22/coronavirus-reassuring-your-child-about-the-unknown>

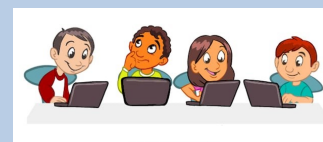
### Online Safety

- ◆ <https://www.esafety.gov.au/>

## Attendance

A positive school culture is all about relationships, respect and communication. It will be a challenge for us all over the coming weeks to ensure we continue our attendance at school. It will be paramount for our students learning and their wellbeing to stay connected! The use of technology platforms will ensure every student at Megalong Public School stays connected with friends over the coming weeks.

The online classroom checkins for students to chat, and Literacy and Numeracy sessions are times students can see their teacher and classmates. Teachers will record attendance at those sessions to contribute to an overall assessment of social well-being, and various elements of Literacy and Numeracy learning.





# What to do when you're anxious about a pandemic

Make sure you get your info from reputable sources like the World Health Organisation (WHO) and Centers for Disease Control and Prevention (CDC)

Limit access to media to prevent feeling overwhelmed

Focus on what you can control, e.g. practice good hygiene

Know it's normal and ok to be concerned

Give your thought patterns a 'reality check', e.g. if you get stuck in a 'thinking loop', think about something else, or reassure yourself

Remind yourself to be in the present moment (anxiety is often focused in the future on 'what ifs')

Seek support if needed

Look after yourself

Stay connected with family and friends

@kidshelplineau

## Holiday Film making Challenge

School holiday challenge: **What I could've been doing...**

Have a look at this Flat Lay stop motion film by Philipp Klein Herrero who had to cancel his skiing holiday so he made a stop motion movie instead - <https://thekidshouldseethis.com/post/freeride-skiing-at-home-a-stop-motion-short>.

Sooooooo, why don't we make our own versions and post them online to [Film by Aussie Kids](#). Let's have some creative fun and see what happens.

Here are some YouTube links that might help you but there are lots more.

[How to Make a Stop Motion on your Phone](#)

[Paper Brain Productions](#)

[How to Make Stop Motion](#)

[Rose \(film run backwards\)](#)

For other students and teachers created films, go to our website: <https://www.filmby.com.au/>

### Exploring the New CORONAVIRUS

A Comic Just for kids

By Malaka Mharib

It's a word you might have heard at school or online or on T.V.



This **CORONAVIRUS** is a newly discovered virus. It causes a disease called **COVID-19**.

Most people who have gotten sick with this coronavirus have had a **mild** case.

And there aren't a lot of cases in **side**. If kids do get the virus, it tends to be **very mild**.



People who are **much older** or who already have **health problems** are **more likely** to get sicker with coronavirus.

If anyone gets sick and feels like they might have coronavirus, they can **immediately** call their doctors and **get help**.



There are some things you can do to **protect** yourself, family and friends from getting sick.

#### ① WASH YOUR HANDS OFTEN

USE SOAP AND WATER

WASH FOR AT LEAST 20 SECONDS. IF IT HELPS, SING THE ABC'S WHILE YOU DO IT - THAT'S ABOUT 20 SECONDS.

WASH AFTER USING THE BATHROOM OR BEING IN PUBLIC SPACES (LIKE THE BUS OR PLAYGROUND).



#### ② SNEEZE INTO YOUR ELBOWS

CORONAVIRUS IS BELIEVED TO SPREAD THROUGH LITTLE DROPLETS OF FLUID FROM YOUR LUNGS.

IF YOU SNEEZE INTO YOUR ELBOWS, YOU CAN PREVENT GERMS FROM GOING INTO THE AIR AND ONTO YOUR HANDS.



#### ③ AVOID TOUCHING YOUR FACE

DON'T PICK YOUR NOSE, DON'T TOUCH YOUR MOUTH, DON'T RUB YOUR EYES.

THESE ARE THE PLACES WHERE GERMS ENTER OUR BODIES.



It's very important to remember that this kind of virus can affect

**ANYBODY.**

It **doesn't matter** where you come from or what country your parents are from.



#### AND DON'T FORGET!

There are a LOT of helpers out there who are working to protect you. It is **NOT** your job to worry.



But seriously, though... PLEASE **wash your hands!!!**



# In the Classroom



## Megalong Cafe





# Around the Playground

**New Chicken  
Pen Arriving!**

**Laying the concrete for green-  
house and writing their names**



**Filming fun at Recess**

