



April 29, 2020

PRINCIPAL'S REPORT

Our Selby Primary School communities effort to protect our children's safety and wellbeing by taking part in Remote Learning at home has been outstanding. The collaboration and communication between families and their teachers has been incredible and I wish to express my heartfelt thanks to all families for taking on this challenge with resilience, courage and optimism.

I know many of our families are finding these new routines and use of technology both challenging and rewarding. We have responded to feedback from students and families as the ideas for improvements to the program have emerged, and we are working hard to create a program that is both consistent and accessible for all.

I know that families are all facing different challenges at the moment. As a community, our aim is to act in a way that will continue to keep everyone safe and well. That means, if children can stay at home, they must stay at home, to avoid the spread of this terrible virus. Our staff will work very hard to help each and every family, no matter what your circumstances. Many of our staff have their own children at home; so while Selby PS staff are providing a home learning program for Selby PS children, they are (at the same time), helping their own children with their school home learning program. Our staff really do understand the challenges for families and aim to do their best to help each child at this time, whilst, like many of you, balancing their work from home and teaching their children. We encourage all our families to persevere and remain optimistic as we work together to develop the best program we can. Our focus for the beginning of the term has been simply to ensure all our families are engaged and communicating with their teachers and new routines have begun to be established.

*When we slow down,
we are more aware of our surroundings and notice the small joys.*

*When we slow down,
it will be easier to keep our safe distance from others and see the vast spaces available to us.*

*When we slow down,
we will be helping our central nervous system and in turn improve our bodies' capacity to cope.*

*When we slow down,
we will be better support to those who need us.*

- Leonie Abbott, Assistant Director Education at Berry Street



PREP ENROLMENTS 2021

Term 2 always gets very busy for tours of prospective parents for Prep. Whilst the current situation affects this we have already started taking enrolments for 2021 and if anyone has a child starting next year please make a point of picking up an enrolment form ASAP. There is no doubt that word-of-mouth is by far the best promotional tool and I always feel proud of our school when people tell me of the wonderful things they have been hearing about the school. Please continue to encourage friends and family to have a look at Selby. It's a great way to see first hand what our students are doing on a daily basis.

It would be greatly appreciated if all current families who have a child due to commence Prep in 2021 could please collect an enrolment form from the office and complete this process as soon as possible; this allows us to commence planning for the 2021 school year in advance. Thank you for your assistance with this.

TRANSITIONING FROM PRIMARY SCHOOL TO SECONDARY SCHOOL

Recently our Year 6 students received their enrolment packs for Year 7 via Compass. Please ensure you read all information very carefully and return by the revised due date of Friday, May 29. Choosing a school that is the best fit for your child is not necessarily an easy task. Finding the 'right' school often causes a great deal of angst in parents, particularly if it is their first child beginning their secondary education.

Before you even consider what school will best suit your child, it's important to really take the time and think about what needs your child has. You know them best. Are they highly social? If yes, they would probably cope well in a school that has a larger population rather than a smaller school. Are they highly creative? Do they get bored easily? If you feel that your child needs more stimulation than the average child, perhaps try and match them to a school that has a creative focus. Are they shy or struggle in social situations? Perhaps a smaller, community school may better meet your child's needs.

Having said this, the majority of schools will cater to a range of abilities, strengths and challenges. Teachers are quite used to working with a wide range of personalities and learning styles, and that's what makes our children great – their diversity!

The following DET website also has a range of relevant information for you to consider when selecting a secondary college for your child:

<https://www.education.vic.gov.au/parents/going-to-school/Pages/choose-enrol-school.aspx>

And finally...

Whilst I'm a little over the word 'unprecedented' the reason why its been used so much is that we are living through something very few would have any experience of. For now, our lives have been changed, but it's not forever, and each day that passes we are onestep closer to normality. Don't forget that even if it's not what you expected, each day can still be lived with joy and purpose, and in fact maybe even more so as we start to appreciate things we were not able to before. It certainly makes you think about the things we take for granted, and that overall our lives in Australia are generally safe and secure. Have a great week, and thanks to everyone in our community for the fantastic support.

Stay safe

David Orlandi

Principal

If you have any concerns or questions throughout the term please contact the school office. The office will be open everyday from 8:45am to 3:45pm.



Mother's Day

Our hard working PFA have been busy planning for our annual Mother's Day stall. They have prepared 3 different hampers for students to choose. All hampers are \$10.

The Green Thumb MUM

The Green Thumb MUM Hamper includes a range of goods to give mum, focussing on some things to connect with the natural environment.

A planted piece.

A terracotta handmade piece.

Some locally grown lemons.

And a recipe for total YUM-NESS.

Relaxation to the Maxi-MUM

The Relaxation to the Maxi-MUM Hamper includes a range of softly scented goods for a therapeutic unwind.

A milky soap.

A handmade heat pack.

Some items to relax and unwind.

And a recipe for total ENJOYMENT.

Pot Luck MUM

The Pot Luck MUM Hamper is a combination of items that will surprise you, and her!

Some things for her to unwind to?
Maybe.

Some things for her to enjoy?

Maybe.

Things for her to LOVE?

Most definitely!

All Hampers come with a GRATITUDE CARD about MUM, for children to fill out.

The Fine Details:

Orders for Hampers Close Friday 1 May.

Collection will be Friday 8 May 2020 during school hours from outside the Office.

Social distancing rules apply.

All proceeds go to Selby Primary's fundraising activities.



Talking to Kids About the Coronavirus

Kids worry more when they're kept in the dark

Rachel Ehmke

News of the coronavirus COVID-19 is everywhere, from the front page of all the papers to the playground at school. Many parents are wondering how to bring up the epidemic in a way that will be reassuring and not make kids more worried than they already may be. Here is some advice from the experts at the Child Mind Institute.

Don't be afraid to discuss the coronavirus. Most children will have already heard about the virus or seen people wearing face masks, so parents shouldn't avoid talking about it. Not talking about something can actually make kids worry more. Look at the conversation as an opportunity to convey the facts and set the emotional tone. "You take on the news and you're the person who filters the news to your kid," explains Janine Domingues, PhD, a child psychologist at the Child Mind Institute. Your goal is to help your children feel informed and get fact-based information that is likely more reassuring than whatever they're hearing from their friends or on the news.

Be developmentally appropriate. Don't volunteer too much information, as this may be overwhelming. Instead, try to answer your child's questions. Do your best to answer honestly and clearly. It's okay if you can't answer everything; being available to your child is what matters.

Take your cues from your child. Invite your child to tell you anything they may have heard about the coronavirus, and how they feel. Give them ample opportunity to ask questions. You want to be prepared to answer (but not prompt) questions. Your goal is to avoid encouraging frightening fantasies.

Deal with your own anxiety. "When you're feeling most anxious or panicked, that isn't the time to talk to your kids about what's happening with the coronavirus," warns Dr. Domingues. If you notice that you are feeling anxious, take some time to calm down before trying to have a conversation or answer your child's questions.

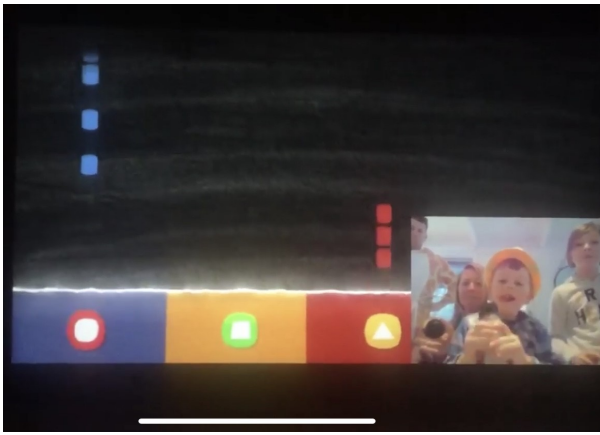
Be reassuring. Children are very egocentric, so hearing about the coronavirus on the news may be enough to make them seriously worry that they'll catch it. It's helpful to reassure your child that kids actually seem to have milder symptoms.

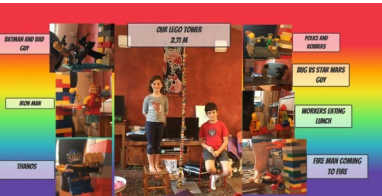
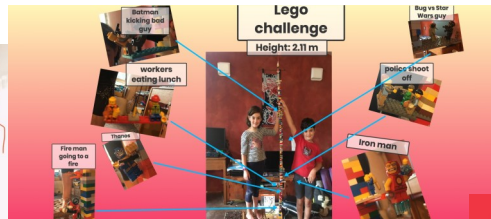
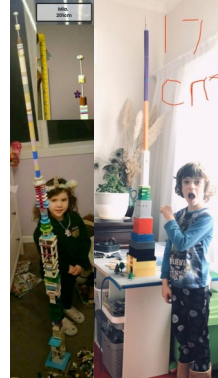
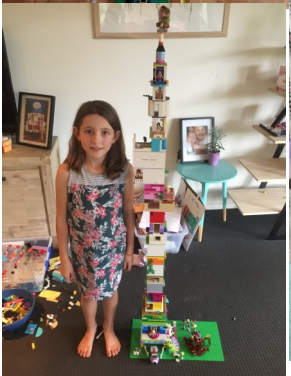
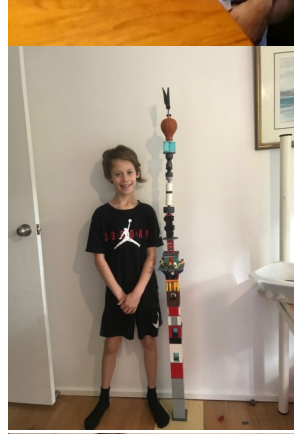
Focus on what you're doing to stay safe. An important way to reassure kids is to emphasize the safety precautions that you are taking. Jamie Howard, PhD, a child psychologist at the Child Mind Institute, notes, "Kids feel empowered when they know what to do to keep themselves safe." We know that the coronavirus is transmitted mostly by coughing and touching surfaces. The CDC recommends thoroughly washing your hands as the primary means of staying healthy. So remind kids that they are taking care of themselves by washing their hands with soap and water for 20 seconds (or the length of two "Happy Birthday" songs) when they come in from outside, before they eat, and after blowing their nose, coughing, sneezing or using the bathroom.

Stick to routine. "We don't like uncertainty, so staying rooted in routines and predictability is going to be helpful right now," advises Dr. Domingues. This is particularly important if your child's school or daycare shuts down. Make sure you are taking care of the basics just like you would during a spring break or summer vacation. Structured days with regular mealtimes and bedtimes are an essential part of keeping kids happy and healthy.

Keep talking. Tell kids that you will continue to keep them updated as you learn more. "Let them know that the lines of communication are going to be open," says Dr. Domingues. "You can say, 'Even though we don't have the answers to everything right now, know that once we know more, mum or dad will let you know, too.'"







LEGO CHALLENGE



Schooling & Parenting During COVID-19

Thriving With Your Child During These Challenging Times

Do you want to:

- Learn some helpful tips to aid in the transition to schooling from home?
- Explore what's really important at this time?
- Minimise anxiety for you and your child during these challenging times?
- Use this time to build on your relationship with your child?

Join us for this 1.5 hour webinar via Zoom.
Suitable for parents and carers of children
aged 5-12 years old.

When:

Wednesday the 6th of May 2020

Time:

10.00 am - 11.30 am

Where:

Online via Zoom

Cost:

Free of charge. Bookings essential.

Bookings:

<https://www.trybooking.com/BJLZO>

PARENTZONE





Keeping Your Kids Safe Online

Help your child develop the skills to be safer online

Do you want to:

- Keep your kids safe as they spend more time online doing schoolwork and connecting with friends?
- Start an age-appropriate conversation around harmful content?
- Explore contact with strangers online?
- Help to mitigate and manage online bullying?
- Teach expectations for online behaviour?

Join us for this 1.5 hour webinar via Zoom.
Suitable for parents and carers of children
aged 5-12 years old.

When:

Wednesday the 27th of May 2020

Time:

7.00 pm - 8.30 pm

Where:

Online via Zoom

Cost:

Free of charge. Bookings essential.

Bookings:

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