

# From the Heart



OLSH PRIMARY NEWSLETTER No: 9  
13 April 2020

## IMPORTANT DATES FOR YOUR DIARY

TERM 2		
<b>Week 1</b>	Monday 13th April	Easter Monday
	Tuesday 14th April	Teachers resume Learning Packs delivered to homes
	Wednesday 15th April	Students resume - remote and flexible learning begins. <ul style="list-style-type: none"><li>• Send us a photo of your learning space via SEESAW!</li></ul>
	Thursday 16th April	
	Friday 17th April	Learning Packs for Week 2 delivered
<b>Week 2</b>	Monday 20th April	
	Tuesday 21st April	Dress as your favourite <b>sporting team</b> <ul style="list-style-type: none"><li>• To recognise sports we can't play or watch.</li><li>• Send your photo to Mrs Trewick (0428 370 958)</li></ul>
	Wednesday 22nd April	
	Thursday 23rd April	
	Friday 24th April	Learning Packs for Week 3 delivered
	Saturday 25th April	<b>ANZAC Day</b> Elmore Dawn Service will be streamed live on the Elmore Community Facebook page at 6.00 am.

At Our Lady of the Sacred Heart School we are educating our students to be:



When you are finding home learning a challenge and are overwhelmed, please give us a call.  
We are here to support you through this time.



# *Messages from the Heart*



Dear Parents and Friends

I hope this newsletter finds you well as we all try to navigate a new way of **living and learning**. Over the break, I have been reflecting on our wonderful community. That each of us at OLSH has a deep concern for the wellbeing of students, families and our staff in this time of uncertainty. I have no doubt that we will meet the challenges of remote learning due to the wonderful partnership shared between families and staff, sharing one common goal of improving outcomes for all students.

**The simple message for our community is that all students who can learn from home must learn from home.**

In this newsletter, you will be given a great deal of information to support ALL during this challenging time. I ask that you read it carefully, this information will also come to you as a video later today.

I have spent a great deal of time during these last two weeks, considering how the school day will look in a home. Below are some of my thoughts gathered during my reading:

## **Families please:**

1. Take a breath
2. Do not try to recreate school at home: set up a space for learning
3. Don't panic: set up a routine for home learning, not a schedule that you can't stick to every day.
  - a. Plan your meals - this will take the pressure off
  - b. Consider what you want/need to do during the day, put that into some order
  - c. Plan for what your kids will do when they are not learning
4. Cut yourself some slack, you're not a teacher and that's OK.

## **Remember:**

When your child is learning they need to know that they are physically and emotionally safe. If you are becoming overwhelmed, it is OK to create some space between your child/children. Take another breath, go for a walk. We do!

Finally, during this time of remote learning, you are NOT alone. We are available for you every day, all you need to do is call.

We are in this together and we will get through this, as long as we communicate and stay connected. So, thank you for your patience and understanding as we all adjust to a new way of **living and learning**.

**Liz Trewick**



## OUR LADY OF THE SACRED HEART SCHOOL IS A WORKPLACE

I have an obligation to ensure that all staff members are protected from harm. Our Lady of the Sacred Heart School will exercise the same safety measures and social distancing requirements as any other workplace in Victoria.

Therefore;

- For on-site learners, hand sanitiser will be available at the entry points to all buildings and rooms, and education will be provided on proper hand hygiene.
- There will be a facility to temperature check students should staff be concerned for their health.
- Parents are asked to drop students at the Chevalier Centre, this will be the student learning space during Term 2.
- Physical distancing will be implemented in all spaces.
- Unwell students will be excluded from attending.
- To ensure with physical distancing measures, students and families will not be permitted to congregate at any school entrance before or after school and will be required to maintain 1.5 metres between persons as far as is practicable when entering and leaving school grounds.
- No visitors or external providers will be able to access the school

## ON-SITE PROVISION

- Parents must inform OLSH the week prior if their child/children will be attending via the Google Form to be sent via email on Thursday each week
- **Students are to wear school uniform** unless told otherwise
- The learning program delivered on-site will be the same as the learning program delivered to students undertaking remote learning
- Students learning on-site will be in the Chevalier Centre
- It is highly likely those children attending school will be supervised and supported by staff other than their class teacher
- Students at school will have the same timetable as those learning at home
- Class sizes must be no more than a ratio of 1:10 (one adult to ten students)
- Students attending school will need to bring:
  - Their own water bottles as the bubble taps will be unavailable
  - Food for recess and lunch as there will be no lunch orders during Term 2.
  - A pencil case including grey lead pencils, pens, sharpener, ruler, scissors, glue stick, pencils and textas.
  - Individual learning packs provided to students for the week
- Playtime activities will be limited



## REMOTE LEARNING

The learning program delivered onsite should be the same as the learning program delivered to students undertaking remote learning. The CECV recommends the following daily minimum guidelines for schools and parents to follow to the best of their ability:

For students in Prep to Year 2, learning programs should include the following:

- literacy activities that take a total of about 45–60 minutes
- numeracy activities of around 30–45 minutes
- additional learning areas, play-based learning and physical activity of about 30–45 minutes.

For students in Years 3 to 6, learning programs should be allocated as follows:

- literacy: 45–60 minutes
- numeracy: 30–45 minutes
- physical activities: 30 minutes
- additional curriculum areas: 90 minutes.

NSW Department of Education

### Remote learning guidelines for students and parents

- Stay connected** (Icon: Laptop and smartphone) - Stay connected to your teacher and classmates online.
- Ask questions** (Icon: Question mark) - If you don't understand something, ask your teacher or classmates online.
- Workspace** (Icon: Desk and chair) - Work in a quiet area, at a desk or table and try to limit distractions.
- Use classroom language** (Icon: Speech bubble with person) - Talking to your teachers and in class is different from how you speak to your friends online. Use proper grammar and avoid excessive emojis.
- Focus** (Icon: Ear) - During calls with your teacher, stay focused on the call. Avoid reading chats or looking at other tabs.
- Take breaks** (Icon: Laptop and chair) - Take breaks away from screen. Move around and try not to sit all day.
- Your normal routine** (Icon: Checklist) - Eat breakfast, brush your teeth and get dressed in the morning.

education.nsw.gov.au

NSW GOVERNMENT

Image from: [https://education.nsw.gov.au/content/dam/main-education/teaching-and-learning/curriculum/learning-from-home/media/documents/Remote\\_Learning\\_Guidelines.pdf](https://education.nsw.gov.au/content/dam/main-education/teaching-and-learning/curriculum/learning-from-home/media/documents/Remote_Learning_Guidelines.pdf)



## ATTENDANCE PROCEDURES - interim procedure

- Teachers are required to complete the school roll twice a day. How this looks is to be finalised by the Catholic Education Commission Victoria.
- **For now**, a text will be sent to all families at 9.00 am, this will record student attendance for the morning it MUST be responded to by 10.00 am.
- As part of every student's learning, parents will be asked to send a photo to their child's teacher via SEESAW.
- The SEESAW photo will determine afternoon attendance
- Students that are attending school will have their attendance recorded in the usual manner



## COMMUNICATION

- Teachers will be available to communicate with you between 8.45 am - 3.25 pm on school days.
- Teachers will respond to all emails during this time and within 24 hours of your correspondence.
- Teachers that work part-time will respond to communication during their contracted workdays, these may vary due to the skeleton staff roster. *Families will be informed of the days and times these teachers are available.*

## COMPUTERS

- Families that have indicated they do not have a device in their home for their families will be provided with one.
- These will be delivered with Learning Packs on Tuesday 14<sup>th</sup> April.
- Internet connectivity is something still being looked into.
- Arrangements for digital learning support will vary depending on internet connectivity.

## CHILD SAFE

- Child Safe Standards are applicable in this time of remote learning.
- Staff are NOT permitted to use their personal phones; all staff will have a device they can be contacted on for audio and video calls.
- Parents will be required to be with their child while speaking with their teacher.
- Contact details are at the end of the newsletter.



## SCHOOL FEES

Our Lady of the Sacred Heart School is sympathetic to the plight of those families that may be impacted by the current situation brought about by the COVID-19 pandemic.

- Lessons are planned to continue from the beginning of Term 2 with the potential for remote learning, therefore OLSH will continue to be operational.
- Fee concessions may be granted in cases of financial hardship or where other special circumstances exist.
- If this is the case, or the current situation has impacted you financially, please contact the Principal to discuss and make further arrangements.

*We appreciate the challenging circumstances that we all face and will continue to work to support all students of our school community.*

### *Contact details to discuss school fees:*

Principal: Elizabeth Trewick

PH: 5432 6254

MOBILE: 0428 370 958

EMAIL: [etrewick@olshelmore.catholic.edu.au](mailto:etrewick@olshelmore.catholic.edu.au)

*I will be available at any reasonable time during remote learning for families in need of support.*



# TEACHING & LEARNING

Have you heard of 13cabs?

We are bringing you:

# 13learning

Getting your school work has never been easier.  
Delivered right to your door.

- Families will be provided with a book tub, this is to be left beside the front door so packs can be delivered safely. Items to be returned to school are to be left in the tub to be collected at this time.
- Families with long driveways and big letterboxes will have their packs delivered to the letterbox. A text message will be sent after the learning has been delivered.
- Learning Packs will be delivered every Friday afternoon.
- A text message will be sent when the packs have been delivered.

## **ONSITE LEARNING:**

Students attending school will need to bring:

- Their own water bottles as the bubble taps will be unavailable
- Food for recess and lunch as there will be no lunch orders during Term 2.
- *Students attending school may bring food for lunch to be heated in the microwave or sandwiches to be toasted.*
- A pencil case including grey lead pencils, pens, sharpener, ruler, scissors, glue stick, pencils and textas.
- Individual learning packs provided to students for the week

***We will be using the SEESAW platform to communicate with families and share videos of students learning. Please make sure that you have this up and running.***



# PASTORAL WELLBEING

Have a look at this infographic from: <https://www.mentalhealthcommission.gov.au/inthistgether>

**#InThisTogether**  
Tips for your mental health and wellbeing during COVID-19

**Seek support** IT'S OK TO NOT FEEL OK  
**Follow the facts** PAUSE THE SCROLLING  
**Talk** DON'T JUST type  
**Routine helps** CREATE A NEW DAILY ROUTINE  
**Take a break**  
**Helpers** NEED help too  
**Reach out** to those WHO MAY NOT HAVE CONNECTIONS  
**Stay connected** GET CREATIVE IN THE WAYS YOU CONNECT  
**Get sweaty** EXERCISE IS GREAT FOR YOUR MENTAL HEALTH  
**Check-in & be kind** TO YOURSELF  
**Keep kids communicating** LET CHILDREN KNOW IT IS OK TO BE WORRIED, AND TALK IT OUT  
**Financial stress is real** TALK ABOUT IT  
**Play your part**

If you need to talk, these free support lines are here to listen 24/7:  
Lifeline **13 11 14** | Beyond Blue **1300 22 4636** | Kids Helpline **1800 55 1800**

National Coronavirus Helpline **1800 020 080** or [headtohealth.gov.au](http://headtohealth.gov.au)

Australian Government  
National Mental Health Commission

**The Wellbeing of everyone, parents, students and staff is critical during this time:**

- OLSH will work to maintain community connection
  - Facebook posts - families sharing learning
  - Spirit Days will be scheduled regularly during remote learning.
  - Keep an eye out for the dates, as soon as they are finalised, they will be circulated.



# SCHOOL COMMUNITY

*When we encourage parents and carers to engage in their child's education by linking it to their learning we WILL be #bettertogether.*

## DIGITAL CITIZENSHIP - CYBERSAFETY WHEN LEARNING ONLINE



The eSafety Commissioner has put together a number of resources to support homes and families during this challenging time.

<https://www.esafety.gov.au/key-issues/covid-19>

# COVID-19

## STAFF CONTACT DETAILS:

Elizabeth Trewick: Principal: [etrewick@olshelmore.catholic.edu.au](mailto:etrewick@olshelmore.catholic.edu.au)  
Nerida Murray: Administration: [nmurray@olshelmore.catholic.edu.au](mailto:nmurray@olshelmore.catholic.edu.au)

Denise Nihill: Foundation/Grade 1: [dnihill@olshelmore.catholic.edu.au](mailto:dnihill@olshelmore.catholic.edu.au)  
Tracey Angove: Grade 2: [tangove@olshelmore.catholic.edu.au](mailto:tangove@olshelmore.catholic.edu.au)  
Jacinta Dullard: Grades 3 & 4: [jdullard@olshelmore.catholic.edu.au](mailto:jdullard@olshelmore.catholic.edu.au)  
Casey Frew: Grades 5 & 6: [cfrew@olshelmore.catholic.edu.au](mailto:cfrew@olshelmore.catholic.edu.au)  
Kim Portwine: Grades 5 & 6: [kportwine@olshelmore.catholic.edu.au](mailto:kportwine@olshelmore.catholic.edu.au)

**School Phone:** 54326 254 (office hours 8.00 am - 4.30 pm)  
**Principal Mobile Phone:** 0428 370 958 (phone anytime during remote learning)  
**Website:** [www.olshelmore.catholic.edu.au](http://www.olshelmore.catholic.edu.au)

