



PROUILLE

CATHOLIC PRIMARY SCHOOL
WAHROONGA

Friday 23rd July 2021

End of Week 2 - HBL Update

Dear Parents and Carers,

It certainly does not feel like the end of Week 2 Term 3 here at school and I am sure that the feeling is mutual! Thank you for the wonderful work you are doing at home, not just with supporting and directing your children's learning, but by continuing to adhere to the restrictions asked of all of us during this difficult time.

Thank you also to all your wonderful children who got into the spirit of Fancy Hat Friday. I popped into almost all the classrooms and was delighted to see screens full of fancy headwear. On Monday we are asking students to wear **green and gold**, or **red, white and blue** or **black, yellow and red** (Lots of choice!) to support all our Aussie olympians and the start of the Olympic Games.

Below are a number of points that relate to HBL:-

- Next week all classes will be taking part in "Little Scribes." This is a wonderful opportunity for students to watch and hear some well known authors share ideas and also engage in writing activities. It involves a number of Youtube Clips that the classes will watch together at set times (if they can). This means that some classroom times *may* have been moved, if so, this would have been communicated to students via Google Classroom or Seesaw.
- Next week we will be sending details (logins, usernames and passwords) home about a number of different reading resources for all grades. Some of these you may have used in the past (WUSHKA) and some may be new ones. For those families who can not access the books online, we will put together *book packs* that will be available to pick up from outside the school office at our **8.30 to 9.30 - resource pick-up time**.
- With regards to Ipads on loan from the school, some parents are concerned when the keyboard doesn't work and have been asking us to supply batteries. Please note, if the external keyboard does not work, disconnect the external keyboard and use the Ipad's screen keyboard instead.
- Monday's Zoomberly commences at 2.30. Students are invited to bring their pet to the zoomberly (with parent's permission). [Whole School Zoomberly Monday 26th July 2.30 Link](#)



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- Thank you to the families that continue to fill in the Google Form for the student attendance each week. Please continue to fill this in as we use it to plan for staffing and supervision. [Week 3 Student Attendance at School Link to form.](#)
- As this newly titled “National Emergency” unfolds, we are aware of the pressure on families to manage a ridiculous amount of competing demands. Sometimes the learning takes a back seat and we completely understand that, we want to work with you to be realistic and flexible.

While we may be sending numerous links and websites for student’s learning, the resources below focus on wellbeing, relationships and mental health. I used a number of these with my own family during last year’s lock down and recommend them to you.

The Black Dog Institute has some good articles on coping with HBL, keeping kids safe on screens, and reassuring children about the unknown.

- [How parents can cope with home schooling – again. - Black Dog Institute](#)
- [Keeping kids safe on screens during lockdown - Black Dog Institute](#)
- [Coronavirus: Reassuring your child about the unknown - Black Dog Institute](#)

Macquarie University's *COVID 19: We've Got This Covered*, also have some good videos and tips for parents and carers on helping prevent anxiety and depression in children: [Macquarie University - Information for parents and carers \(mq.edu.au\)](#)

The following are free online resources and tools for primary aged children.

- Kids Helpline: A free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25. ph: 1800 55 1800 and website: [Kids Helpline | Phone Counselling Service | 1800 55 1800](#)
- Brave Online: A free online treatment program which is based on cognitive behavioural therapy and designed for young people aged 8-17 years experiencing anxiety. There is also a supporting program for the young person's parents. Here is their website: [Login | BRAVE Self-Help Program \(uq.edu.au\)](#)

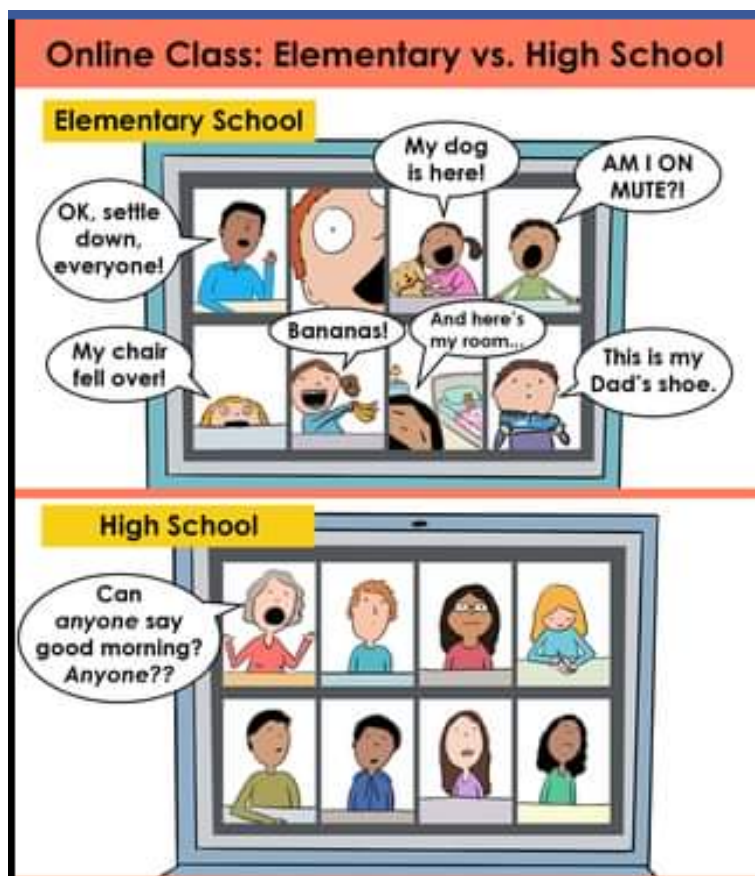


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- URSTRONG online classroom: URSTRONG is offering free online videos that are made to keep kids connected and learning important friendship lessons and social skills. Please see website: [Keeping Kids Connected | URSTRONG](#). These online lessons provide support on how to be a healthy friend, how to be respectful in your relationships, dealing with conflict, making friends, managing big emotions when you are angry/frustrated with friends, and navigating friendships online.

For anyone who has children in both primary and high school I thought you'd find this amusing.



Yours in Lockdown

Stay safe and God bless.

Genevieve Smith

PRINCIPAL

Prouille Catholic Primary School 5 Water Street Wahroonga NSW 2076

Phone: (02) 9489 3233 **Email:** prouille@dbb.catholic.edu.au