

From John and Silvia COVID-19 Update

Here are a couple of updates regarding Covid-19 for schools.

STUDENT ATTENDANCE

The Department for Education has released the following:

While we have been supporting parent choice during this pandemic, we now expect all public school students who are well and not considered vulnerable to COVID-19 to attend school or preschool.

Students are required to attend school unless they are:

- Feeling unwell
- Have a chronic medical condition or compromised immune system and are not able to attend school on advice from their medical practitioner
- Live in a household with others that are deemed vulnerable to COVID-19 and are not able to attend school on advice of their medical practitioner
- Have been diagnosed with COVID-19 or have been required to self-isolate by SA Health

We will continue to provide support for students not able to attend school on advice from their medical practitioner.

SOCIAL DISTANCING at TPS

Yesterday I received the following email from the Environmental Health Officer from the City of West Torrens: Please be advised that Officers from the City of West Torrens have recently been observing social distancing behaviour at Torrensville Primary School.

Of concern is the congregation of parent/care givers on the school grounds, particularly in the area adjacent to the

gymnasium and playground toward the northern end of the school. On at least two occasions, particularly the 12 and 19 May 2020 (all PM), numerous adults were observed waiting in this area in close proximity to one another.

I have been asked to explain what measures and strategies we have put in place to manage student collection and promote appropriate social distancing behaviour.

Can we please ensure we follow the following practices:

- If your child can enter the school grounds and leave the school grounds unsupervised, we request you organise a suitable gate to drop your children off and collect them from.
- If you believe it is best to drop your child off (or collect them) from their building, can it please be a drop off and then leave. For collection can you arrive just before the 3:10 bell, follow social distancing strategies and leave as soon as you have collected your child.
- If you are waiting outside the school grounds we need to be following social distancing practices and not congregating outside of the school.
- Parents currently are not to enter any school buildings. If we follow those requests we won't have to resort to not allowing any parents on school grounds, which is happening at many schools right now.

If you have any concerns regarding any of this can you please contact me. We appreciate your support in adhering to all this information

Reception intake for 2021

Enrolments are steadily rolling in for starting reception in 2021. As our capacity is capped at 40 it is important to ensure that enrolment forms are lodged as soon as possible. Once we reach this number, no matter how close you live to the school, we will not be able to accept your enrolment.

If you have a child who will be starting school next year, or know of a family considering our school, please contact us on 8443 7355 or email

dl.1285.info@schools.sa.edu.au.

Students leaving at the end of 2020

At this stage of the year we start planning ahead. It is always important to know whether any families may be leaving us to enrol elsewhere. Whether it be you are moving house, moving interstate or just changing schools.

Please assist us by giving us a call, or send an email, if your child will not be enrolling with us in 2021.

8443 7355 dl.1285.info@schools.sa.edu.au.

NATIONAL 18-24 MAY 2020
VOLUNTEER
CHANGING COMMUNITIES. CHANGING LIVES. WEEK

In times of crisis, volunteers step up to help and provide crucial support to our school. We miss having many of you around the school helping in classrooms, organising fundraising events, we miss not being able to have our Governing Council meetings face to face.

Thank you for your ongoing support, we look forward to the day when we can have you back in the classroom, helping with an excursion, organising fundraising events, the list goes on.

We miss our community.



ROOM 3 NEWS

In Room 3 we have been working on our narrative writing skills. Most recently we have been focusing on one of the 7 steps of writing, 'show, don't tell' motto and tightening the tension ...

Here are a few samples from our amazing authors.

Can you guess at what kind of disaster they may be facing?

In my vision people are running. The world is shaking. My nose could only smell dust and smoke and fire. My ears were filled with the sound of houses and buildings crushing to the ground. My mouth was filled with fear. All I could touch was bits of buildings. I was really, really scared!

Eden Nethercott

From the corner of my eye the dead were rising.

The fumes in the air were rotten and dirty. The groaning was loud and I could hear breathing behind me so I screamed!

Audrey Black

My eyes have seen enough. There were houses exploding and smoke everywhere. My ears were ringing because of the dreadful sound of people screaming and babies crying.

Dylan Freni

There were big flashes of light outside the window. Lots of smoke filled my nose. My ears were ringing from the big crashes of light. There is so much fear all gathered up in my mouth.

All there was to touch was me and the air. I crawled along the floor through the hallway. At that moment I was feeling very scared.

Harrison Weinmann

I saw a huge explosion and in front of me was a fiery ball. I smelt smoke up my nostrils. There was a big BOOM and a big bang that could be heard from miles away. I tasted smoke.... Gross! I could feel a burning ball of rock. I was terrified.

Sophie Furlong

Boom!!! Pow! Bam! Woosh! My eyes, they're filled with smoke! My nose is breathing in smoke! Is everything smoke!?

I'm hearing burns of metal not far from where I am! I'm tasting burns of ashes dissolving in my mouth! I'm hot and scared and I don't know where I am!

I'm touching some sort of hot burning wood. I can feel the fire getting closer!

Semara Bolton

In my sight there are big white and yellow flashes of light in the sky and big grey things that look like squiggly lines that are like bubbles in the sky. I couldn't smell anything except thick, black smoke going up through my nose. I could hear all the animals in the area screaming of fear to their houses. There was a taste that was more like a slimy saliva taste in my throat.

I could feel my long fluffy blanket that I used to cover myself. It made me feel a little more comfortable.

I was very scared because there was loud booms that came from the dark sky.

Yussra Madien



In our inquiry learning, students from Rooms 3 and 4 have been learning about community and wanted to take action and make a difference within their own local area. Once Corona Virus hit, they developed a plan to create cards for the people in the Torrensville community who might be affected by the virus in ways that make them feel isolated.

Their goal was to spread love and joy to the people surrounding our school during such an uncertain time. The response from some of our neighbours has been heart warming. We have received cards and letters with lovely messages and gifts of craft materials!

Sarah Tuckfield & Else Wolstencroft



How Covid-19 is affecting families:

- **Disruption of normal everyday routine**
(Cancelled events, cancelled plans.)
- **Financial stress**
(Worry about job stability.)
- **Fear and anxiety about losing loved ones**
(Worry about the elderly, grandparents.)
- **Social Isolation**
(Feelings of loneliness, boredom.)
- **Feelings of panic and fear about scarcity**
(Worrying about not having enough.)
- **Concerns and uncertainty about the future**
(When will things return to normal?)
- **Worry about keeping the family healthy and safe**
(Will we have enough food and supplies?)

How Covid-19 is affecting kids:

- **Depression related to social isolation and not having contact with mates**
(Feeling lonely and bored; what do I do with all this time by myself?)
- **Fears and anxiety over the health and safety of loved ones and themselves**
(Should I leave the house? How will this affect my Grandparents?)
- **Concerns about the future**
(When will this end? How long will it last?)
- **Adjusting to new social norms due to social distancing**
(Why can't I hug or shake my mate's hands? Can I be around any one at all?)
- **Disruption of everyday activities**
(When will I be able to go back to school? Play sport again?)
- **Disappointment due to cancelled school holiday plans, cancelled birthdays, cancelled travel plans**
(When will I be able to hang out again with friends and extended family?)
- **Anxiety caused by stories in the media**
(What should I believe about what I hear?)

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How to care for your mental health during the Covid-19 Pandemic, some ideas moving forward:

- **Stay connected with loved ones through phone and video calls, texting, and emails.**
- **Start writing letters, become a pen pal**
(The old fashioned way, actual pen and paper—use snail mail. Go to local store, buy envelopes, stamps, pad of paper to get going.)
- **Limit time on the news and social media**
(And the manner of content, stay clear of channels that catastrophize. Listen to music, watch movies.)
- **Eat healthy (prepare meals as a family), get enough sleep, and stay physically active like taking family walks and bike rides.**
- **Do crafts (scrapbooking, make homemade playdough, create memory boxes), play family board games, bake cookies/muffins**
- **Make homemade supplies like hand sanitizer with 3 ingredients.**
Combine in a bowl, 2/3 cups rubbing alcohol (99.9% isopropyl alcohol), 1/3 cup aloe vera gel. Stir. Decant into a soap or pump bottle. Give it a good shake every now and then.
- **Be mindful and careful about what you say and share around your children**
(Children pick up and hear more than we realize!)
- **You can download through your phone free apps like CALM to help better manage anxiety**
- **Consider email / video / phone counselling**
(See details on how we can support your children at no cost.)
- **Check in with children about how they are feeling. Make time to sit and talk with your child and allow them to voice how they are feeling.**
- **Create a Skype account for your child to better stay in touch with family and friends.**
- **Focus on what you can still do and create a list of those activities to put up on the fridge.**

Free Counselling

Baptist Care SA is offering free 1 hour phone / email / video counselling sessions.

If you are interested please contact our FMHSS (across Salisbury and most Adelaide metropolitan areas.)

Please email your name and best phone and email contact details to:

fmhss@baptistcaresa.org.au

or if you prefer to talk to someone you can call our Salisbury office on 08 8209 5000 and ask to speak to one of the Leadership team for FMHSS.