

A Tradition of Excellence

Grafton Public School Newsletter



Locked Bag 9024 Grafton 2460 PHONE: Primary - 66421000 Infants - 66422286

Term Calendar - [Click Here](#)

Term 4 Week 2: Friday 15th October 2021

School Website - [Click Here](#)

School Visitor Check-in

A single School Visitor Check-in system for every school across the state is coming from 18 October!

The Department of Education has partnered with Service NSW to provide a streamlined, digital school sign-in system for visitors and contractors at every NSW government school.

Benefits of the new system include:

- Accelerating your check-ins to as fast as 20 seconds!
- Linked to NSW Health's COVID-19 contact tracing ensuring every school is compliant with the NSW COVID-19 mandate.[External link](#)
- Giving every school greater access to streamlined NSW Government services.

Watch our short [parent video](#)[External link](#) to see how it works for parents or our [contractor video](#)[External link](#).

Who can use School Visitor check-in

- Visitors such as parents and carers, contractors, service providers and volunteers.

Students or visitors under the age of 18 are not required to use School Visitor Check-in.

School Visitor Check-in will be ready from 18 October at all NSW Government schools.

For more information visit School Visitor Check-in on the department website.



Under Level 3 school operations, it is recommended that Primary aged students wear a mask. Grafton PS is operating on Level 3 covid guidelines at present and whilst not compulsory, it is **recommended** students wear a **mask**. If your child is sick or showing any symptoms, please keep them home and seek a covid test. If your child tests positive to COVID-19, please contact the school immediately.

Thank you for helping us keep our community safe. The well-being of our students, staff and wider community is our priority.



Have you changed your details?

Due to the current local covid situation can you please advise the school if you have changed any of your contact details.

We need to ensure we always have your latest phone, email and home address.

Note: At this stage there are no known cases linked to our school, however, we need to have up to date information in the event of a case.

Noticeboard

Kindergarten 2022

During these unprecedented times for the Clarence Valley, we need to keep our school community safe. For this reason, we have decided to postpone the commencement of our Kinder Kritters Transition sessions which were scheduled to start yesterday. This is disappointing for all concerned however the wellbeing and safety of our students (and future students) is our major concern. We will be discussing an alternate plan and will advise families of Kindergarten 2022 as soon as possible.

Over the past week, pickup time at our **Infants Campus** has been particularly challenging. We have tried to keep our grades separate and socially distanced due to the increase of covid cases locally and the wet weather has also not been in our favour. We ask for the co-operation of parents and carers with regards to maintaining social distancing, and ask that parents move on quickly when they collect their child as there is limited space at the front of the campus.

With the number of positive COVID-19 cases in the Clarence Valley increasing, we have been taking a lot of calls about close contacts and casual contacts. Please go to www.nsw.gov.au for the latest information from NSW Health including advice families need to follow in regards to self isolating, what the classification for close and casual contacts are and the rules around them.

Library News

Bookclub

Issue 7 of Bookclub is out now! Orders can be made online or cash orders sent into the Library. All orders will close on **Friday 22nd October, Week 3.**

Bookfair

Book Fair will be in the Library **WEEK 5!**

It is a perfect opportunity for your child to purchase a new book. Students will shop with their class and will also have opportunities to shop before school and in their lunch play time. Please be advised that NO parents or carers are allowed onsite due to current COVID restrictions.

Bring in your bread tags

If you would like your bread tags to go to good use, please collect them and have your child deliver them to the front office on either campus.

Bread Tags for Wheelchairs recycle your bread tags here in Australia to fund wheelchairs mainly in South Africa.

Reduce, reuse, recycle!



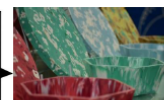
BREAD TAGS FOR WHEELCHAIRS



Please leave your bread tags here. They will be recycled in Robe, SA to fund wheelchairs, mainly in South Africa.



THANKS FOR YOUR SUPPORT!



Re-made in Robe!



aussiebreadtags@gmail.com

www.ozbreadtagsforwheelchairs.org.au

[@aussiebreadtags](https://www.facebook.com/aussiebreadtags)

Your local contact : _____

The next P & C meeting will be held on Tuesday 9th November at 6.30pm in our Library. All welcome, please come along!

3 DAY EVENT
14TH - 16TH OCTOBER

ZERO & REWARDS CARD HOLDERS



20% OFF*
SCHOOLWEAR
& EVERYTHING ELSE!

DON'T HAVE A CARD? APPLY IN-STORE OR
ONLINE & START ENJOYING THE BENEFITS

*T&C'S APPLY, SAVINGS OFF ORIGINAL PRICES. INSTORE & ONLINE



SHOP SCHOOLS ONLINE



SHOP SCHOOLWEAR

LOWES PRACTISES COVID SAFE MEASURES.

PAY-AS-YOU-WEAR!

Flatten your expense curve
by paying off your LOWES
purchases over 12-months
with your Zero Card.

PLUS take an **EXTRA**
5% OFF your
purchases.



[CLICK TO FIND OUT MORE ABOUT LOWES ZERO CARD >](#)


PCYC
GRAFTON
EMPOWERING YOUNG PEOPLE
AFTER SCHOOL ACTIVITIES

REGISTERED PROVIDER

**AT PCYC GRAFTON WE OFFER A WIDE
VARIETY OF AFTER SCHOOL ACTIVITIES**

THESE INCLUDE:

LEARN TO PLAY -

NETBALL, BASKETBALL & VOLLEYBALL

GYMNASTICS

PARKOUR

TRAMPOLINING

TUMBLING

BOXING

To find out more contact us on 02 5622 4020
or email grafton@pcycnsw.org.au

THE  **UNIT**
Clarence Valley Technology Club

THE UNIT is a technology Club where high functioning kids on the Autism Spectrum can explore their technology interests at their own pace in safe environment, with support from professional I.T. mentors.

(No diagnosis or referral required)

THE UNIT is not a classroom. THE UNIT provides a social venue where kids can blend in, be understood and not be judged.

2-Hour Sessions each Saturday.

New School of Arts, South Grafton.

For ages 9 to 17

Phone or text: 0419 610 917

Email: b.carnaby@bigpond.com

(NDIS and "Creative Kids Voucher" Friendly)

How to wear a mask



1

Ensure the mask covers your nose and mouth and fits snugly under your chin, over the bridge of your nose and against the sides of your face



2

Make sure the ear loops are firmly in place



3

Fold the metal strip in the mask around your nose so it stays in place



4

Try not to touch your face while wearing your mask

eSafety parent guide

to digital technologies and mental health

Join the eSafety Commissioner's expert education and training team for a FREE live webinar.

This Term 4 webinar will provide parents and carers with strategies to help young people and their mental health when they are online.

Register now

Dates: (AEDT)

19 October 7.30 to 8.30pm

20 October 12.30 to 1.30pm

21 October 12.30 to 1.30pm

26 October 7.30 to 8.30pm

9 November 7.30 to 8.30pm

18 November 12.30 to 1.30pm



Register now: esafety.gov.au/parents/webinars

Returning to School after Lockdown and Isolation

You and your child might be worried about heading back to school. Below is some information and strategies for you and your family to use to get ready for a return to school.



Talking to your child is one of the best ways to work through fears and anxieties. Use language they can understand to discuss returning to school. This is an excerpt and image above from [DHHS Victoria](#).

Early Primary School

- Balance plans to return to school with reassurances that their schools and homes are safe
- Remind them that adults are there to keep them healthy and to take care of them
- Discuss handwashing as a step in staying healthy at school and home
- Use language such as 'adults are working hard to keep you safe'



Plan Ahead: Check uniforms, equipment, bags and other resources.



Name the possible support people at school, home or care.

Upper Primary School

- They may be more vocal in asking questions about whether they truly are safe and what will happen if COVID-19 comes to their school or community
- They may need assistance separating reality from rumour and fantasy
- Discuss efforts of school and community leaders to prevent germs from spreading



Talk to your child about going back to school and that things may look different.



If you are concerned that your child is not coping, seek further help. See details on the next page.

High School

- They may be able to discuss COVID-19 in a more in-depth fashion and can be referred directly to appropriate sources of information
- Provide honest, accurate information about the current status of their schooling. Having such knowledge can help them feel a sense of control
- Plan together what the return to school will look like



Eat well, sleep well and be active.



Take care of yourself and acknowledge the difficulties you have been through.

If you need further support

Coronavirus Mental Wellbeing Support Service (Beyond Blue)

1800 512 348

However the pandemic is affecting your mental wellbeing, you can talk it through with a counsellor who will provide advice and support based on your needs. 24/7

Lifeline

13 11 14

Provides suicide and crisis support if you are experiencing emotional distress 24/7

Suicide Call Back Service

1300 364 277

Domestic Violence Line

1800 737 732

Keeping safe is a priority. If you or someone in your home is experiencing domestic violence, please contact the Domestic Violence line for support.

Parent Line

1300 1300 52

Parent Line is a free telephone counselling and support service for parents and carers with children aged 0 to 18 who live in NSW. 9am to 9pm Weekdays, 4pm to 9pm Weekends

Kids Help Line

1800 55 1800

Provides free online support and counselling for children and young people aged 5-18 across Australia

Translating and Interpreting Service

131 450

If you require an Interpreter, please contact the Translating and Interpreting Service TIS.



Wellbeing Apps

Smiling Mind

Meditation app, with programs available ages 7+. Available in some Aboriginal languages.

Insight Timer Meditation App

This app has over 25000 free guided meditations and guidance. Ages 12+

FitOn

Free workout app with a variety of fitness options. Yoga, Cardio, Strength, Barre, Pilates and more. Videos range from 10 minutes to full workouts.

Niggle

An app for kids to work on their wellbeing. It includes games and puzzles and videos. Produced by Kids Helpline.

Web resources

Sydney Children's Hospital Network. This website has a variety of reliable COVID-19 resources for yourself, your children and your family including links to mental health resources.

<https://www.schn.health.nsw.gov.au/covid-19-information>

Reach Out

Helps under 25's with tough questions and through difficult times. They also have a page for parents.

WayAhead

Mental health support and information.

<https://wayahead.org.au/>

SANE Australia

Counselling support, Peer support, live blogs moderated by health professionals. Visit www.sane.org

Head to Health

Links a variety resources

<https://www.headtohealth.gov.au/>

Brave Program

Program for children and young people with anxiety. Can also be completed by parents and carers.

<http://brave4you.psy.uq.edu.au/>

If you need more support, you can contact your GP to talk about receiving a mental health care plan with a psychologist or support from a Psychiatrist.



A photograph of a woman with long dark hair seen from behind, looking at a television screen. A dark teal rectangular box is overlaid on the left side of the image, containing the title text.

Tips for coping with coronavirus anxiety

As the number of coronavirus cases rise across Australia, the level of anxiety within the community is increasing.

Feelings of worry and unease can be expected following a stressful event, such as the recent declaration of a global pandemic, however, it is important that we learn to manage our stress before it turns to more severe anxiety and panic.

This information sheet outlines some useful strategies which can help both adults and children cope with the stress or anxiety experienced as a result of the coronavirus outbreak.

Learn the facts

Constant media coverage about the coronavirus can keep us in a heightened state of anxiety. Try to limit related media exposure and instead seek out factual information from reliable sources such as the Australian Government's [health alert](#) or other trusted organisations such as the [World Health Organization](#).

Keep things in perspective

When we are stressed, it is easy to see things as worse than they really are. Rather than imagining the worst-case scenario and worrying about it, ask yourself:

- *Am I getting ahead of myself, assuming something bad will happen when I really don't know the outcome?* Remind yourself that the actual number of confirmed cases of coronavirus in Australia is extremely low.
- *Am I overestimating how bad the consequences will be?* Remember, illness due to coronavirus infection is usually mild and most people recover without needing specialised treatment.
- *Am I underestimating my ability to cope?* Sometimes thinking about how you would cope, even if the worst were to happen, can help you put things into perspective.

Take reasonable precautions

Being proactive by following basic hygiene principles can keep your anxiety at bay. The World Health Organization recommends a number of protective measures against the coronavirus, including to:

- wash your hands frequently
- avoid touching your eyes, nose and mouth
- stay at home if you begin to feel unwell until you fully recover
- seek medical care early if you have a fever, cough or experience breathing difficulties.

Practise self-care

To help encourage a positive frame of mind, it is important to look after yourself. Everybody practises self-care differently with some examples including:

- maintaining good social connections and communicating openly with family and friends
- making time for activities and hobbies you enjoy
- keeping up a healthy lifestyle by eating a balanced diet, exercising regularly, getting quality sleep and avoiding the use of alcohol, tobacco and other drugs to cope with stress
- practising relaxation, meditation and mindfulness to give your body a chance to settle and readjust to a calm state.

Tips for talking with children about the coronavirus

Children will inevitably pick up on the concerns and anxiety of others, whether this be through listening and observing what is happening at home or at school. It is important that they can speak to you about their own concerns.

Answer their questions

Do not be afraid to talk about the coronavirus with children. Given the extensive media coverage and the increasing number of people wearing face masks in public, it is not surprising that some children are already aware of the virus.

Providing opportunities to answer their questions in an honest and age-appropriate way can help reduce any anxiety they may be experiencing. You can do this by:

- speaking to them about coronavirus in a calm manner
- asking them what they already know about the virus so you can clarify any misunderstandings they may have
- letting them know that it is normal to experience some anxiety when new and stressful situations arise
- giving them a sense of control by explaining what they can do to stay safe (e.g., wash their hands regularly, stay away from people who are coughing or sneezing)
- not overwhelming them with unnecessary information (e.g., death rates) as this can increase their anxiety
- reassure them that coronavirus is less common and severe in children compared to adults
- allowing regular contact (e.g., by phone) with people they may worry about, such as grandparents, to reassure them that they are okay.

Talk about how they are feeling

Explain to your child that it is normal to feel worried about getting sick. Listen to your child's concerns and reassure them that you are there to help them with whatever may arise in the future.

It is important to model calmness when discussing the coronavirus with children and not alarm them with any concerns you may have about it. Children will look to you for cues on how to manage their own worries so it is important to stay calm and manage your own anxieties before bringing up the subject with them and answering their questions.

Limit media exposure

It is important to monitor children's exposure to media reports about the coronavirus as frequent exposure can increase their level of fear and anxiety. Try to be with your child when they are watching, listening or reading the news so you are able to address any questions or concerns they may have.

Seek additional support when needed

If you feel that the stress or anxiety you or your child experience as a result of the coronavirus is impacting on everyday life, a psychologist may be able to help.

Psychologists are highly trained and qualified professionals, skilled in providing effective interventions for a range of mental health concerns, including stress. A psychologist can help you manage your stress and anxiety using techniques based on the best available research.

If you are referred to a psychologist by your GP, you might be eligible for a Medicare rebate. You may also be eligible to receive psychology services via telehealth so that you do not need to travel to see a psychologist. Ask your psychologist or GP for details.

There are number of ways to access a psychologist. You can:

- use the Australia-wide Find a Psychologist™ service. Go to findapsychologist.com.au or call 1800 333 497
- ask your GP or another health professional to refer you.

More information

Australian Government Department of Health

The Department of Health has developed a collection of resources for the general public, health professionals and industry about coronavirus (COVID-19), including translated resources.

<https://bit.ly/380OwHe>

Centers for Disease Control and Prevention

The Centers for Disease Control and Prevention provides reliable information about the coronavirus such as its symptoms, steps you can take to protect yourself, and what to do if you are affected.



<https://bit.ly/39MEml8>

World Health Organization

The World Health Organization provides information and guidance regarding the current outbreak of coronavirus disease.

<https://bit.ly/3cQUwCW>

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