It is hard to believe how significantly things have changed in such a short amount of time!

**Learning Packages Re-cap**
To re-cap for everyone, we have MPS Learning Packages going out each Monday before 9:30am for the coming week.

In each package activities have been highlighted, these activities can be sent to the classroom teacher through SeeSaw or Google Classroom for feedback. It is *not mandatory* to have all these activities completed.

There will be another 4 day package for Week 11 that will be sent out on Monday 6 April.

The Learning Package that is being sent home is the exact same package of learning that is being delivered at school.

If circumstances remain the same, the first Term 2 Learning Package will be sent home on Monday 27 April. As of Week 2 Term 2, we will do a *Friday delivery of Learning Packages*, allowing parents/carers more organisational time.

**Teacher Contact**
At any time, if parents have questions for their child’s teacher, they can be emailed through. Teachers are working to respond to emails within two weekdays, working hours 8:30am – 3:30pm. If you are having significant difficulty, email your child’s teacher and they can make a time to talk you through any processes that you are having difficulty with.

**Expectations**
It is *not expected* that all activities within the grade Learning Package will be completed. However, consistency of educational routine is important, so we would ask parents to try to do some activities each day or on certain days of the week.

If you are choosing not to complete the Learning Package in its entirety, I would suggest that it is a parent decision of activities that should be completed. The highlighted activities would be a good place to start as teachers will be able to give feedback.

**On-line vs Off-line**
We recognise that home organisation (such as technology use, internet use and parents/carers working) can be challenging. There are activities in each Learning Package that do not rely on the internet and some that do. Parents/Carers can work the schedule to household needs.

At this time (1 April 2020), the Department of Education has not approved an online interactive video platform for students.
PRINCIPAL’S REPORT

There are no plans to do a ‘log on at 9:10am, log off at 3:10pm’ virtual classroom day for MPS. With parents/carers working from home and multiple child families, this would not be a viable option for most of our MPS households. We are going to make some teacher videos so students can still have a connection to their classroom teacher.

Privacy Expectations
Privacy is an important consideration during this time. If you wish to share your child’s work or picture from Google Classroom or SeeSaw - absolutely! We will not be opening up this platform to anyone outside our MPS families.

We request that no parents/carers share any images of the teacher or any other student beyond the Google Classroom or SeeSaw platform. At this time we are relying on these platforms to keep a connection, the respect of student and teacher privacy is expected.

Student Safety while On-line
As we are online more than ever before, the E-safety for children website https://www.esafety.gov.au/kids is a good resource in regards to staying safe on-line.

Parents/Carers should be cautious of children using online social platforms such as House Party and Zoom. Please be vigilant if your children have signed up to these.

Connection between Home and School
We are trying to keep a connection between home and school. Last week we sent home a dance challenge for students/families. We will continue to do these tasks as it helps keep our student community connected.

Play Equipment
As per government restrictions, our play equipment is closed until further notice.

Resources
I understand that this is trying time for all our families. It is a time that we are all learning to overcome new challenges, parent/carers as well as the MPS teaching staff. I greatly appreciate your support and please know we are working hard to support you as issues arise.

Here are some support resources to explain what is happening:

For younger children - Time to Come In Bear https://youtu.be/DA_SsZFYw0w


Again - If your child does not have access to a computer, please get into contact with your child’s teacher ASAP.

There is a chance that your usually harmonious family unit is starting to be a little strained through the added pressure of being at home. Our Senior Psychologist has included a PDF with some useful links for our families.
PRINCIPAL’S REPORT

Upcoming Holidays
I feel that for most of our families the holidays are going to be a very long two weeks. Here are a couple of ideas that you might enjoy...

Lane Cove Library Delivery Service
Lane Cove library does a delivery service now - information via the link below
http://www.lanecove.nsw.gov.au/Community/Library/Pages/LibraryToYourDoor.aspx

30 Day LEGO challenge
There is also a 30 day LEGO challenge online.
https://mk0freehomescho2g81n.kinstacdn.com/wp-content/uploads/2016/01/Lego30daychallenge.pdf

113 Fun Activities to do at home with kids

Other ideas
https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus?gclid=EAIaIQobChMI4fe3oqjD6AIVlauWCh0m3QijNEAAYASAAEgLpiPD_BwE

A big THANK YOU to our P&C who this week shouted each one of our staff members a cup of coffee from a local café. It was a wonderful gesture that makes our staff feel greatly appreciated.

Stay safe!

CAROLINE ALFORD
PRINCIPAL

OFFICE NEWS

Office Hours – The School Office remains open during this time. You may contact us between 8.30am and 3.30pm.

Absentees – Please make sure you send a notification on SchoolStream or email your child’s class teacher to let them know your child is learning from home. To submit a SchoolStream notification, click on ‘School Information’ in the menu, then select ‘Absentee form 2020’.

Contacting the School – Parents often have different surnames to their children so when contacting the school by email about your child please include your child’s full name and class.

SUE LEECE
ADMIN MANAGER
# Resources for Families During Remote Learning

If you or your child needs to talk to someone...

<table>
<thead>
<tr>
<th>Name</th>
<th>About</th>
<th>Phone</th>
<th>Online</th>
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</thead>
<tbody>
<tr>
<td><strong>Kids Help Line</strong></td>
<td>For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.</td>
<td>1800 55 1800 24/7</td>
<td>Webchat 24/7 <a href="https://kidshelpline.com.au/get-help/webchat-counselling">https://kidshelpline.com.au/get-help/webchat-counselling</a></td>
</tr>
<tr>
<td><strong>Lifeline</strong></td>
<td>For all ages - 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.</td>
<td>CALL: 13 11 14 24/7</td>
<td>Crisis Support Chat 7:00PM – Midnight <a href="https://www.lifeline.org.au/get-help/online-services/crisis-chat">https://www.lifeline.org.au/get-help/online-services/crisis-chat</a></td>
</tr>
<tr>
<td><strong>Suicide Call Back Service</strong></td>
<td>A nationwide service that provides 24/7 telephone and online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide</td>
<td>1300 659 467 24/7</td>
<td>Online Chat 24/7 <a href="https://www.suicidecallbackservice.org.au/">https://www.suicidecallbackservice.org.au/</a></td>
</tr>
<tr>
<td><strong>Youth Beyond Blue</strong></td>
<td>Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.</td>
<td>1300 22 4636 24/7</td>
<td>Chat Online 3:00PM – Midnight <a href="https://www.youthbeyondblue.com/">https://www.youthbeyondblue.com/</a></td>
</tr>
<tr>
<td>Service</td>
<td>Description</td>
<td>Contact Information</td>
<td>Website/Link</td>
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<td>SANE Australia</td>
<td>SANE Australia supports people living with complex mental health issues and the people that care about them</td>
<td>1800 187 263 10:00AM – 10:00PM</td>
<td><a href="https://www.sane.org/about-sane">https://www.sane.org/about-sane</a></td>
</tr>
<tr>
<td>QLife</td>
<td>QLife provides anonymous and free LGBTI peer support and referral for people wanting to talking about sexuality, identity, gender, bodies, feelings or relationships</td>
<td>1800 184 527 3PM - Midnight</td>
<td><a href="https://www.qlife.org.au/resources/chat">https://www.qlife.org.au/resources/chat</a></td>
</tr>
<tr>
<td>1800RESPECT</td>
<td>Confidential information, counselling and support service, open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse</td>
<td>1800 737 732 24/7 Interpreter: 13 14 50</td>
<td><a href="https://chat.1800respect.org.au/#/welcome">https://chat.1800respect.org.au/#/welcome</a></td>
</tr>
<tr>
<td>Mental Health Line</td>
<td>A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people</td>
<td>1800 011 511 24/7</td>
<td><a href="https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx">https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx</a></td>
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</tbody>
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If you are looking for an app to support you or your child...

<table>
<thead>
<tr>
<th>Name</th>
<th>About</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calm Harm</td>
<td>Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it’s completely private and password protected.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Free</td>
<td>App Store Google Play</td>
</tr>
<tr>
<td>Clear Fear</td>
<td>The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away. Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Free</td>
<td>App Store Google Play</td>
</tr>
<tr>
<td>ReachOut Worry Time</td>
<td>ReachOut WorryTime interrupts repetitive thinking by setting aside your worries until later, so you don’t get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Free</td>
<td>App Store</td>
</tr>
<tr>
<td>ReachOut Breathe</td>
<td>ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Free</td>
<td>App Store</td>
</tr>
<tr>
<td>Smiling Mind</td>
<td>Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Free</td>
<td>App Store Google Play</td>
</tr>
<tr>
<td>WellMind</td>
<td>WellMind is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Free</td>
<td>App Store Google Play</td>
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If you are seeking additional information...

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<thead>
<tr>
<th>Name</th>
<th>About</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>ReachOut</td>
<td>Our mission is to deliver innovative e-mental health services that enable young people to take control of their mental health and wellbeing.</td>
<td><a href="https://au.reachout.com/">https://au.reachout.com/</a></td>
</tr>
<tr>
<td>Black Dog Institute</td>
<td>Primary areas of mental health research and treatment include: depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, workplace mental health, adolescents and young people, suicide prevention, e-mental health, and positive psychology and wellbeing.</td>
<td><a href="https://www.blackdoginstitute.org.au/">https://www.blackdoginstitute.org.au/</a></td>
</tr>
</tbody>
</table>

If you are looking for online support...

<table>
<thead>
<tr>
<th>Name</th>
<th>About</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>The BRAVE Program</td>
<td>BRAVE-ONLINE is an evidence-based cognitive behavioural therapy (CBT) available online to help children (6-12) and teenagers (13-17) cope with anxiety</td>
<td><a href="https://www.brave-online.com/">https://www.brave-online.com/</a></td>
</tr>
</tbody>
</table>
Staying Connected With Our Children

Now is the time to stay close to our children. They need to feel us beside them so they don’t feel as worried as they are. We need to be honest with them and let them know that good people from around the world are working very hard to keep them safe and healthy. Our children will believe us, we love them deeply.

Be Honest
“COVID-19 is a sickness like a cold. Some people will get it. Maybe someone in our family might get sick. We are all a little bit scared. Being scared is a sign that we are concentrating on being safe. There are really good people like doctors who know what to do. They are helping to figure it out.”

Validate Their Feelings
“I know I might look worried sometimes. Moms or dads get worried too, just like children. I know it can make you feel scared. But I am ok. It is ok to be feeling scared, or worried, or whatever you are feeling right now. You can share that with me wherever you need to.”

Acknowledge Day to Day Disruptions
“Even if school and your after school activities stop for a while, they will start up again. How about we think about some ways of ‘doing versions of these things together at home if we need to?”

Remind Them
“You are, and that is one thing that will never change.”

Look to History
“There have been sicknesses like this before. And they have stopped. Clever people from around the world have worked them out together. The scientists are doing this right now, with this one.”

Have Fun
“Share some time with your children that is just for them, and let them lead the play. ‘Let’s do some things that you like to do.’

Create some quiet time
“Find a regular time where you can just be still with children. Stroke their hair. Watch a favourite show on TV. Listen to music together. Let them decide if they want to talk. Be present with them. Enjoy it.”

Here are some ways that parents and carers can share connection, comfort and care with their children right now.
To connect with other Mowbray Parents and Carers join the P&C Facebook Group...

JOIN OUR MOWBRAY P&C FACEBOOK GROUP
Mowbray Public School Families and Friends

News, people, chat, reminders, photos, special offers, buy/sell/trade and much more...

Parents/carers/school staff will be asked to provide their name, email address and child’s name and class, to join this closed-access Facebook Group.
Your details will be confirmed with the school.

www.facebook.com/groups/MPSFF
FREE Livestream ZUMBA Classes!!

Join me for Zumba Classes from the comfort of your home!
Classes available for the whole Family, so you can do the Fitness component of the remote learning with me!!

Benefits? 👥 apart from keeping appropriate distance 👫 no one else than the ones living with you can see you 👌

So you can go crazy by your own or as a family, exercise, have fun and try Zumba if you haven’t before 😊

To Register just send me an email to marialopezzumba@gmail.com to send you instructions.

Schedule of FREE classes from 30/03/20 to 05/04/20

WHEN TIMES GET TOUGH, WE DANCE THROUGH IT TOGETHER.

Free livestream classes this week:

Monday 5:30pm
Tuesday 10:00am
Wednesday 6:30pm
Thursday 10:00am
Saturday 9:00am
Sunday 10:00am

See you online!!
Maria
xx
Subscribe to Marian St Theatre for Young People's e-news to get

DOWNLOADABLE FREE DRAMA

Subscribe now for your free worksheets!

Up to 6 hrs of exercises to do at home. Subscribe at www.mstyp.org.au
Check out the amazing range of Online Holiday Drama Workshops!