



MUSWELLBROOK SOUTH PUBLIC SCHOOL

Newsletter

Wednesday 1 September 2021

Term 3 Week 8



Reading Challenge



Online learning



Book face challenge

PRINCIPAL'S MESSAGE

Book Week fun

Last week was such a great time. The involvement from families at home was amazing. Our staff loved being able to see everyone dressed up and having a laugh. Miss Donavan and Mrs Edwards need a special thanks for organising all the Book Week activities. They were so much fun! If you haven't had a chance to see all the costumes in action, visit our Facebook page. There you'll find photos and slideshows of the events and see firsthand what a brilliant school community we have.

COVID update

The Upper Hunter remains in lockdown until midnight Friday 10 September.

While the lockdown continues, NSW Health has advised that families are to keep children home unless they absolutely need to attend school, for example, because they are the child of an essential worker.

When will students return to school? There are two options for students returning to school here in Muswellbrook.

1. The lockdown is lifted after 10 September

- The first school day after the lockdown is lifted, all students will return to school.
- Level 3 COVID-safe practices will be in place.

2. The lockdown is not lifted before 24 October

- From Monday 25 October, select cohorts under lockdown – starting with students in Kindergarten and Year 1 – will return to school under Level 3 plus COVID-safe practices.
- From Monday 1 November, students in Years 2, 6 and 11 will also return to school sites under Level 3 plus settings, followed on Monday 8 November by students in Years 3, 4, 5, 7, 8, 9 and 10.

Regardless of whether the lockdown has lifted or not, students will be returning to school from 25 October. However, if the lockdown is lifted before then, all students will return to school the next school day.

I hope everyone is doing okay. Please go slow, look around you and be grateful for the things you do have. I'm looking forward to the time when we're all back at school.

Glen Kite - Principal



MUSWELLBROOK SOUTH PUBLIC SCHOOL

57 Maitland Street Muswellbrook NSW 2333

Ph: 02 6543 1896 F: 02 6543 3475 E: muswellbrs-p.school@det.nsw.edu.au

COVID-Safe School Operations



	Overview	Guidance on mask wearing
Level 1 School operating in a COVID-safe/ COVID-normal way	<ul style="list-style-type: none"> Schools can operate in a COVID-normal way Students and staff to not attend school if they have symptoms; negative COVID-19 test required prior to returning to school Parents, carers and visitors are allowed on-site QR code check-in and check-out required for all staff and visitors COVID safety plans required in line with NSW Health advice (such as large gatherings or events) Activities such as singing, chanting, choirs, bands and school performances allowed in line with broader Health settings 	<ul style="list-style-type: none"> Inter-school sport in line with community sport guidelines Community use in line with broader Health settings SRE/SEE (externally provided religion and ethics classes) operational Community Language Schools operational P&C on site Additional cleaning measures in place Further detailed guidance available on the Department's website.
Level 2 COVID-safe; restrictions on activities and non-essential visitors	As per Level 1, except: <ul style="list-style-type: none"> Non-essential visitors not allowed on-site (including parents and carers) Mask wearing recommendations Staff identified as vulnerable supported to work from home Activities such as singing, chanting, choirs, bands and school performances allowed in outdoor settings only Assemblies must have COVID-Safe practices in place and no parents/ carers are allowed 	<ul style="list-style-type: none"> Excursions within Local Government Area only, and strongly recommended to be outdoors and within walking distance Further detailed guidance available on the Department's website.
Level 3 COVID-safe; further restrictions on activities and non-essential visitors	As per Level 2, except: <ul style="list-style-type: none"> Mask wearing requirements Introduction of staggered breaks and reduced mingling of student cohorts wherever possible Activities such as singing, chanting, choirs, bands and school performances not permitted No assemblies No excursions 	<ul style="list-style-type: none"> No community use (except early childhood services and OOSH services) No uniform shops No SRE/SEE (externally provided religion and ethics classes) No Community Language School on site Further detailed guidance available on the Department's website.
Level 4 Learning from home encouraged, schools are open for families who need it	<ul style="list-style-type: none"> Families are encouraged to keep their children at home, with no student to be turned away Schools activate plans to support continuity of education for all students learning from home. 	Where students and staff are at school, Level 3 guidelines apply, except: <ul style="list-style-type: none"> No community use (except early childhood services) No canteens Further detailed guidance available on the Department's website.

NSW PREMIER'S READING CHALLENGE - EXTENDED

Due to the current lockdown and students learning from home, the NSW Reading Challenge for 2021 has been extended and will now finish this Friday 3 September.

All children who have not yet completed the challenge must do so by this new date. Children on the K-2 Challenge must have read 30 books and children on the 3-4 and 5-6 Challenge must read 20 books.

All sheets need to be completed and returned to the school by Friday 3 September. If your child has completed their reading sheet you may place the sheet in the school's front mail box that will be checked by the office staff.

SPORTS NEWS

Regrettably, but understandably, the decision has been made to further postpone the Hunter Primary Athletics Carnival scheduled for Tuesday 14 September.

An alternate date has not been set at this stage. This will be determined once restrictions have eased and all Zones have had the opportunity to run their Zone carnivals. An alternate date will be advertised as soon as it is decided.

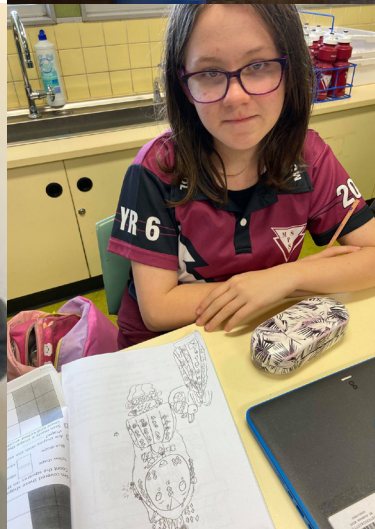
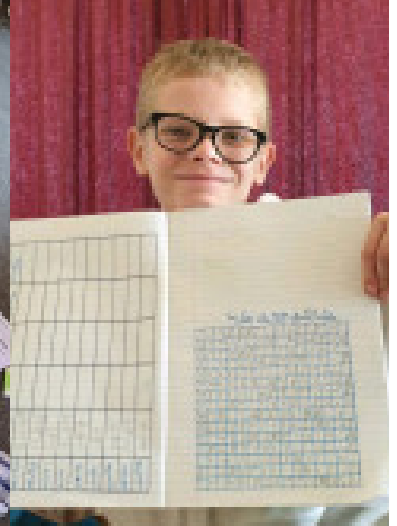
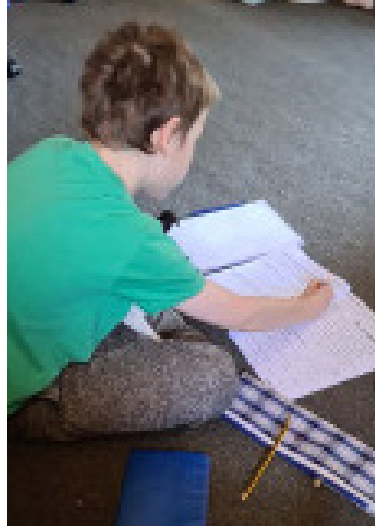
YEAR 5 EXCURSION CANCELLATION

Refund notes for the cancelled Year 5 Excursion have been posted home this week.

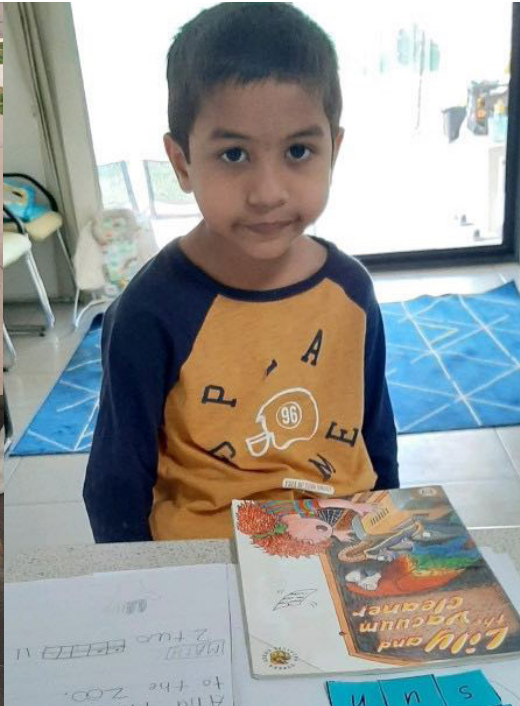
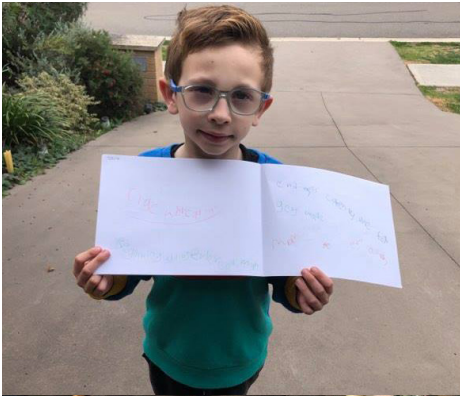
3-6 GREEN NEWS

This term in 3-6 Green we have been working on developing our social skills and forming new friendships with people from other classes. This has been amazing to see them flourish in different situations. Prior to lockdown, support students were doing a range of electives with different teachers, including cooking, photography, gardening and many more.

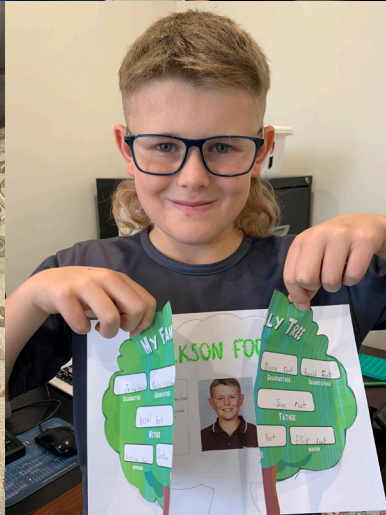
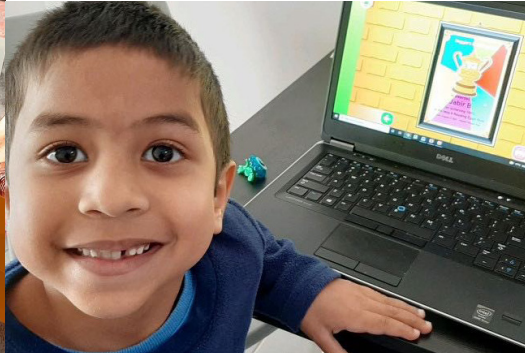
Home learning is well and truly underway. The students have been working hard at getting their work completed and enjoying the little activities that are included each week.



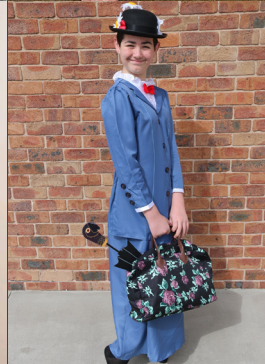
LEARNING FROM HOME



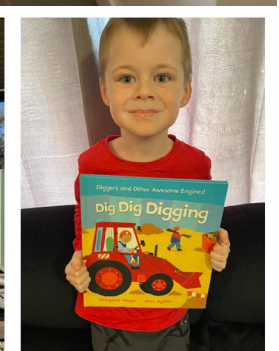
PJ says.....
"Make sure you keep yourself safe by following rules at school and in the community."



MSPS Virtual Book Week Parade



Book Week Challenges





JERSEY DAY



FRIDAY 3 SEPTEMBER 2021

Muswellbrook South Public School invites all staff and students to wear a sporting jersey (any code) on Friday 3 September to raise awareness of organ and tissue donation.

No donation is required.

Please discuss with family members the importance of organ and tissue donation and register to become a donor today.

Make your decision count.

Join the Australian Organ Donor Register – donatelife.gov.au

#donatelife #jerseyday



Kindergarten

INFORMATION NIGHT

You are invited to our Kindergarten 2022 Information Night

When: Wednesday 13 October 2021

Where: Muswellbrook South Public School library

Time: 5.00pm to 6.00pm

Information talk and tour of the school

Tea and coffee provided.

Come and learn about the programmes on offer at Muswellbrook South and how we can help your child achieve their potential at school.





Muswellbrook South Public School

ENROL NOW FOR 2022 KINDERGARTEN

Children turning 5 on or before 31 July 2022
are eligible to enrol.

Please contact the school office on 0265 431 896

to register your child's name and to pick up an enrolment form.



Muswellbrook South Public School

Kindergarten Transition Program

A special invitation is extended to all children who have enrolled at Muswellbrook South Public School for 2022 or who are going to enrol, to attend our

Kindergarten Transition Program.

There will be lots of exciting activities such as art and craft, singing and dancing. This is a chance to become familiar with the school environment and teachers for next year.

Please contact the School Office on **65 431896** by Friday 15 October to register your child and nominate the session you would like your child to attend.

Where: Muswellbrook South Public School

When: Term 4: 27 October, 3 & 10 November 2021.
(3 week program).

Time: Sessions will be held on a **Wednesday**
Students are invited to attend the same timeslot each Wednesday
(limited spaces in each timeslot so please register asap).

- 10.00am to 11.30am

- 12.00pm to 1.30pm

- 2.00pm to 3.25pm

What to bring: A piece of fruit/snack and a bottle of water.



Term 3 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Aug/ Sept Wk 8	30	31	1	2	3 Jersey Day
Sept Wk 9	6	7	8	9	10
Sept Wk 10	13	14	15	16	17 LAST DAY OF TERM

Everyone is 'feeling' differently about staying home and lockdown. It brings on and taps into fears, worries and past experiences. Check in with yourself and do what you need to get through.

Also check in with a friend or colleague.

We are like apples, we all look the same and appear to be okay . . . but maybe we're not!

ANXIETY COPING SKILLS

GROUNDING

Sit up straight, put your feet on the floor, focus on your breathing. Describe in detail 5 things you see around you. Go into as much or as little detail as you desire.

BREATHE

Get into a comfortable position and close your eyes. Breathe in through your nose and imagine breathing in a calming color, such as light blue. Exhale through your mouth, imagine your anxiety exiting your body through a color, such as red. Repeat.

CONFIRM

Say the follow things to yourself, out loud, & repeat.

*I am safe. I am not in danger.
A panic attack cannot hurt me.
I am breathing in enough air.
I am beginning to calm down.
I am going to be okay.*

OUTSIDE

Go outside. As much as you don't want to, just go. Sit or stand and breathe in the fresh air. Look at the stars or the clouds and focus on them. Feel the warmth or coolness.

OILS

Essential oils are a huge part of my anxiety coping. My personal favorites are: lavender, copaiba, cedarwood, frankincense, & peace & calming.

SHOWER

If you're able, take a shower. This sounds trivial, but it's one of my favorite ways to come down from anxiety. Just trust me.

Nutrition Snippet

SIMPLE SWAPS.



Try our easy [beef and veg sausage rolls](#)

- ✓ Takes only 15 mins to prep and 25 mins in oven
- ✓ 1 serve of veg per portion
- ✓ Less fat, sugar and salt than store bought rolls
- ✓ Tasty and nutritious

For this recipe and more visit:
healthylunchbox.com.au