



Newsletter

Wednesday 8 September 2021

Term 3 Week 9



Learning from home

PRINCIPAL'S MESSAGE

Supervising home learning while working is tough! This week I want to share some tips that our teachers do: develop a routine, make a daily plan, regulate stress, strive for balance and most importantly, love your kids.

Tip 1 – we all need routines and structures

- The best routine is the one you can stick to.
- Be kind to yourself. If you struggle to follow the routine, make adjustments and see how they are working.
- Prepare for your day like you are physically going to work and school and repeat at the end of the day.

Tip 2 – environment matters

- Your home is not a school or an office – it's your home first and foremost.
- At the start of each day, children should be responsible for setting up their workspace and making sure they have all the things they will need. This can be the first learning task for the day.
- Making sure your child's last

learning task during the school day is to pack up completely. Students do this in their classrooms everyday (independently) so add it to the daily schedule.

- Packing up re-creates a relaxed home space for your family time and help everyone switch off.

Tip 3 – balance is everything

- All work and no play makes for unhappy kids and adults. Scheduling some simple play throughout the day is important. Research shows adults benefit greatly from play too!
- Getting physical is crucial: whether it's the backyard trampoline, a bike ride around the block, walking the dog, getting children outside each day is essential.
- Balance screen time with book time, standing and sit time, work time and play time, alone time with connection time.
- Helping your child to organise a one to one catch up with a friend online can really lift the spirits too.

- Principals message continued page 2



Supporting Jersey Day



Letters for PJ



- Principals message continued . . .

Tip 4 – love your child – regulate your stress

- Look for opportunities to praise, eg; “I love it when you try so hard with your work.”
- Magnify the positive. Encourage everyone to celebrate one achievement no matter how small, from their work or learning at the end of each day.
- Ignore annoying behaviour as much as possible – no one likes to be nagged. Of course, teachers never nag... :-)
- Celebrate effort – remember, learning is failing until you get it right!



"Take time to do things that make you feel good. It is important to ensure we talk about how we are feeling and know how to make ourselves feel okay. We can talk to our parents, take a walk, go for a bike ride, read a book or think about what we are grateful for."

Glen Kite - Principal

NSW Department of Education

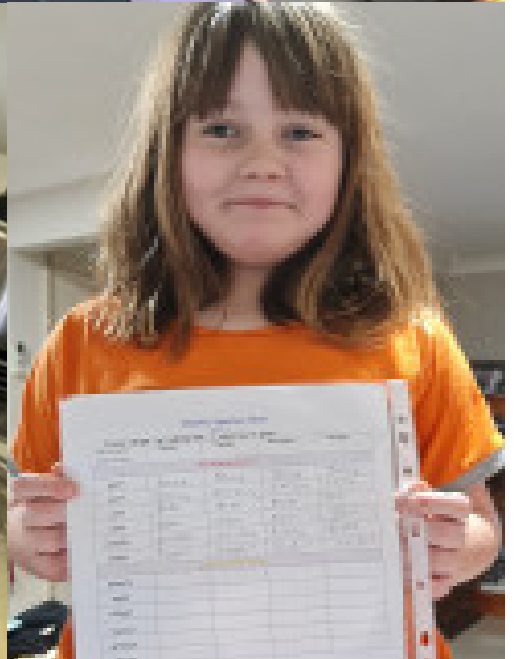
COVID-Safe School Operations



	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.

3 YELLOW NEWS

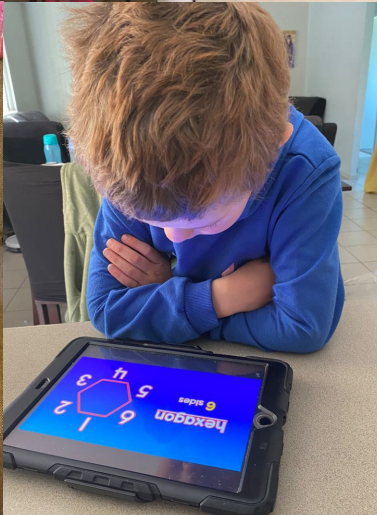
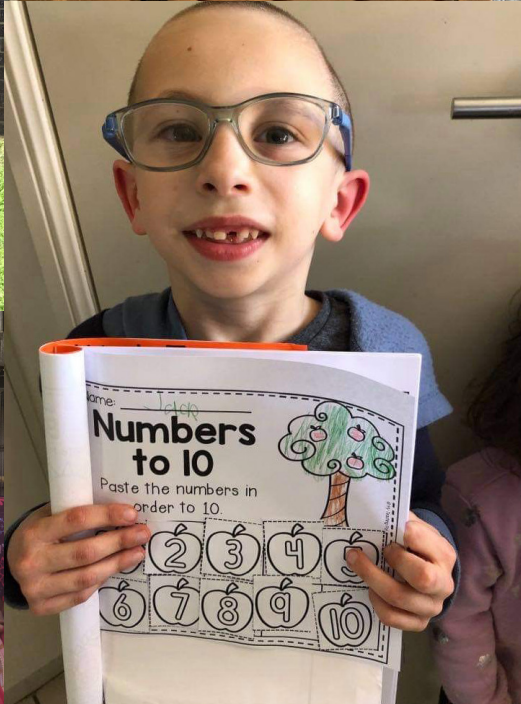
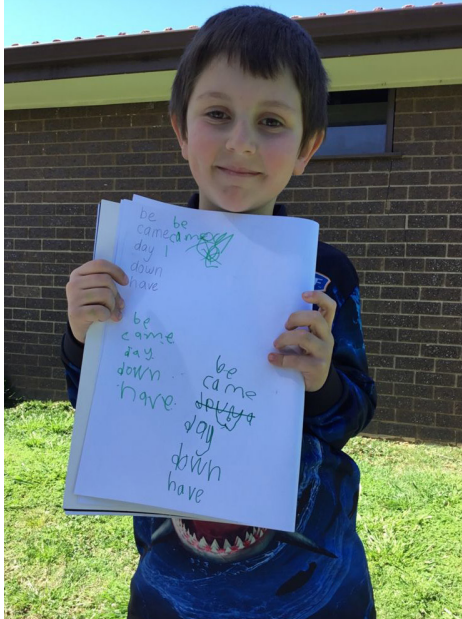
Wow, what an interesting term to say the least. 3 YELLOW students have been engaging in Teams meetings to discuss the weekly learning activities and to talk about the different strategies we can use, to ensure that we are maintaining a positive wellbeing. Students in 3 YELLOW say that activities like riding bikes, playing board games, cooking and reading, are what they like to do in their downtime and are great for wellbeing. We have also been talking about how our wellbeing is interconnected, and that during these crazy times, we need to 'step up' and look out for the wellbeing of others around us. 3 YELLOW students have been helping mums and dads and carers with 'Domestic Science' duties (aka cleaning up), cooking, looking after siblings and generally making positive choices at home. We really are all trying to look out for each other and our families in 3 YELLOW.



LEARNING FROM HOME



PJ says.....
"Remember to always be safe, respectful and responsible at home as well as at school."



MSPS supports "Jersey Day"





PJ is missing you and wants you to stay Strong and Smart while you are learning from home.

PJ said to Mr Kite he'd love to hear from you. Write PJ a letter so he can find out how you are going, and what you are doing at home.

Please send in your letters or record your child reading their letter to PJ. You can send it to your teacher, or to our School Facebook messenger page.

*PJ will be excited to hear from all of you!
Get writing!*



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
Sept Wk 9	6	7	8	9	10
Sept Wk 10	13	14	15	16	17 LAST DAY OF TERM 3

Term 4 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Oct Wk 1	4 PUBLIC HOLIDAY	5 FIRST DAY OF TERM 4	6	7	8

Upper Hunter Youth Services have created a 'Spoonville' on their front fence (facing highway).

It would be great to see our community become involved in this project and put a bit of fun and brightness into the lives of others. If you can please make your spoony person and tie them to the fence with zippy ties, string, wool etc.



Rules:

- * Place your spoon person during your exercise trip
- * Please make sure bits won't fly off your spoon person (we don't want litter)
- * Come and see our spoony people but don't stay long and no touching
- * Make sure spoon people can withstand the rain - legs and arms can be made from sticks in your garden etc
- * Have fun being creative!!!!

Let's brighten up Muswellbrook!!!

Sunsmart Snippet

How does sunscreen work?

When we protect our skin by applying sunscreen correctly, we reduce our risk of skin cancer.



Sunscreen reduces the amount of UV radiation reaching your skin by providing a barrier to absorb or filter UV rays away from you skin. This prevents damage to the cells below.

When UV levels are 3 or above, sunscreen should always be used with other forms of sun protections such as clothing, hats and shade.

www.sunsmartnsw.com.au