

Northlakes PS

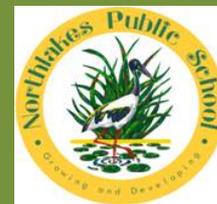
Respectful Safe Learners

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Term 3 Week 7

1st September, 2020

COVID-19 Parent/Carer Update

I can understand that many of you may be a little frustrated by the fact that restrictions do not appear to be any closer to being lifted however, I think when it comes to our children and the community's safety, **we cannot become complacent about following the guidelines.**

As stated in our previous newsletter, **any student or staff with flu like symptoms will need to provide a copy of a negative COVID-19 test result** before being permitted to return to school. When having the test please ask for the results to be sent as a text message or email notification and you can then forward this to the school.

Please forward your child's test results to 0473 632 990 (this is for SMS messages only) or email the school northlake-p.school@det.nsw.edu.au.

If a student is sent home with flu like symptoms, the office staff will inform you that your child must be symptom free and provide the school with a negative COVID test result before returning to school.

Flu-like symptoms include fever, cough, sore throat, shortness of breath, loss of taste, and loss of smell. Additional information about COVID-19 symptoms can be found on the NSW Health website: <https://www.health.nsw.gov.au/Infectious/covid-19>

In the case of no negative test result being provided to the school your child will need to be excluded from school for a 10 day period. **Additionally, the student must have been symptom free for at least 3 days before returning to school.**

We understand COVID-19 testing for students with complex health or disability may be challenging. In these situations, we ask that you have your child assessed by their medical practitioner. Where a medical practitioner determines that a COVID-19 test is not required, a medical certificate must be provided to the school to confirm that the student does **not have symptoms that warrant a COVID-19 test.** The certificate also needs to indicate that the student is able to return to the school environment.

The Department's website has been updated to reflect the change in guidelines and you can access them at: <https://education.nsw.gov.au/covid-19/advice-for-families>

NSW School Updates app

The NSW School Updates app allows parents and carers to receive operational status updates for NSW Public Schools. The app is free and available now for iOS and Android users. Find out more and download via <https://education.nsw.gov.au/parents-and-carers/nsw-school-updates-app>

We are all going through these frustrating times but together, and by following the directives from the Health Care specialists, we will get through this.

At the front gate, staff have been wearing **face masks and doing our best to observe physical distancing.** This is not to alarm you but to assure that throughout the day that we are doing our best to provide an environment within the school by following the advice received from AHPPC and NSW Health.

We realise that afternoon pick up times can be quite congested along the front fence line of the school and I would advise that if you are waiting to pick up your child/ren in the afternoon, **please wear a mask.** Although this may not be mandatory at this time, in **NSW it shows we are taking the medical advice seriously and together we can minimise any spread of this or any other virus.**

At times like this we are all under a great deal of pressure and may struggle with our moods or mental health. This is not something to be covered up but something we each need to take steps to remedy.

Children are no different, many of our students are finding the current times tricky to navigate and mentally they may not be at their best. If your child is struggling, not wanting to come to school or is unusually not feeling well, please contact the school and leave a message for your child's teacher. They will get back to you as soon as they can.

Ask them how your child is going at school, have they noticed any changes and let them know your concerns. **Together and by sharing information, we can make these difficult times a little smoother and easier to navigate.**

Like you, we can't predict how long the current restrictions will continue but we are all going through the same thing and, together we will get there.

We need to remain positive, be kind to one another and not allow ourselves to be anything other than our best selves.

If it feels as though we seem to be taking two steps forward and one step back, it is because sometimes we are and this is what we need to do to manage an ever changing, unpredictable situation. **However, we must remain positive and ever hopeful. Our children deserve nothing less.** They need to have hope that we will get back to normal and we all need to work together to provide this.

Thank you for your continued support and patience throughout the year and I'd like to wish our community a great fortnight ahead as we begin to enter Spring and the warmer weather.

Larry Micevski
Principal

DATES FOR YOUR CALENDAR 2020		
Day	Date	Event
Friday	11 th Sept	Walk Safely to School Day
Friday	18 th Sept	Crazy Hair Day
Friday	25 th Sept	Last day Term 3
Monday	12 th Oct	First day Term 4 for all students
Friday	16 th Oct	School Photo Day

Monday morning assemblies have now resumed. Current guidelines do not allow parent/carers to attend. Further advice will be passed on when available.

LIBRARY NEWS

BOOK CLUB - ISSUE 6

Closes on Wednesday 9th September

PREMIER'S READING CHALLENGE

All reading records need to be handed in by Friday, 4th September.

FROM THE OFFICE



Online Enrolment System is now operational!

The Online Enrolment System is designed to provide flexibility for our parents to submit an enrolment application online and at the time that best suits you. The application can be accessed on all browsers and mobile devices including iOS and Android by going to our school website <https://northlake-p.schools.nsw.gov.au/> and clicking on the ENROLMENT tab at the top of the page.

The online application process is currently restricted to:

- Enrolments into **local** schools only
- Children who are Australian citizens, New Zealand citizens or permanent residents
- Children who live in NSW.

Further information about online enrolment can be found by going to the following website:-
<https://education.nsw.gov.au/parents-and-carers/online-enrolment-for-nsw-public-schools>

Kindergarten 2021 enrolments now open!

Students Requiring Medication

Due to some reorganisation in the front office we are now asking that all medication for students be brought to school between 8:30am and 9:00am each morning.

Updating Student Emergency Care Plans

Due to the current COVID-19 restrictions, if your child's Emergency/Health Care plan or Asthma plan is due to be updated, can you please email through any documentation we have requested to the schools email northlake-p.school@det.nsw.edu.au. This is to reduce the number of non-essential visitors we have on school premises.



Friday 11th September is

Walk Safely to School Day. This day asks that we all consider our transport habits and try to incorporate more walking as part of

a healthy, active way to get around. And although walking all the way to school isn't realistic for many of us, it's quite easy to figure out how you can build a walk into your family's daily routine.

Regular exercise like walking with your child not only helps them (and you!) beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes. It also gives you a great opportunity to teach your child safe ways to behave around roads and traffic.

PBL News

Playground Focus

Report any problems to a teacher!

PBL Cup Winners

Week 5: 2 Green

Week 6: 6 Green



Award Winners

Respectful	Safe	Learner	Respectful Safe Learner
Dahlia – 3 Blue Tahj – 3 Green Kadyn – 3 Green Lily – 4 Blue Grace – 4 Green Joshua – 5 Blue Jayde – 5 Blue Jasmine – 5 Green Isabella – 6 Blue Chelsea – 6 Green Amelia – K Blue Braxton – K Green Isabelle – K Purple Riley – 1 Green Khyren – 1 Purple Blake – 2 Blue Bailee – 2 Green Kasey – K Green	Charlotte – 3 Blue Indy – 3 Green Oliver – 4 Blue Jett – 4 Green Jordan – 5 Green Mia – 6 Blue Alex – 6 Green Seth – K Blue Ryda – K Green Olivia – K Purple Ava - 1 Green Amelia – 1 Purple Bradley – 2 Blue Tara – 2 Green Laurryn – K Blue	Willow – 3 Blue Brock – 3 Green Isabella – 3 Green Nataliya – 4 Blue Benji – 4 Green Keeleigh – 5 Blue Lilly – 5 Blue Chase – 5 Green Olivia – 6 Blue John-Paul – 6 Green Scarlett – 2-6 Green Nathan K-6 Purple Alex – K Blue Alaynnah – K Green Jaxson – K Purple Shiyanne – 1 Green Nina – 1 Purple Logan – 2 Blue Monique – 2 Green Ryan – K-2 Blue Logan – 2 Blue	Brooklyn – 3 Green Blake – 4 Blue Tianna – 4 Green Connor – 5 Blue Shaena – 6 Blue Laurryn – K Blue Addison – 2 Green



Helping them up without letting them fall: Anxiety in children heading to high school

Anxiety in children is on the rise in Australia.

As children move from being the big fish in the little pond of primary school, to the little fish in the big pond of high school, they can experience feelings of anxiety. How can you be your best self to support them?

This workshop aims to help parents to:

- Understand anxiety in children, and how it can present in children.
- Understand child development, and the developing brain.
- Understand the importance of our “window of tolerance”.
- Realise that kids need more than Facetime.
- Help your child with regulating their anxiety.
- Learn how to help your child be their calm self.

Wednesday 16th September
FREE 2hr parenting group program delivered via Zoom held at
San Remo Neighbourhood Centre

Very limited spaces - bookings essential

Please contact: Mary-Anne 0476 247 313

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