



Burraneer Bay Newsletter



Term 2 Week 5 2020

SMS Absences: 0409594864

A Message from our Principal, Ms Pantelis

Welcome back everyone!



It has been wonderful to have all students return to full-time face-to-face learning this week.

We acknowledge how challenging it has been for many parents who have not only supported and encouraged their children with their online learning activities, have continued to work from home. Thank you to all our parents - you have done a remarkable job.

I am sure that you will all join me in thanking the staff at our school for the amazing job they have done in developing and responding to the students online learning programs.

We will continue to implement precautionary measures with COVID-19 and ask for your assistance by not sending your child to school if they are unwell or demonstrating any flu-like symptoms.

School Uniform

Thank you to all our families for ensuring that our students are dressed in full school uniform. Special thanks to our Uniform Coordinator, Effie for the excellent job she is doing with uniform orders. I'd also like to take this opportunity in thanking Mel for the tremendous amount of effort she put into our uniform shop over the years. Thank you Mel.

Student Attendance

Parents are encouraged to use the SMS system to notify the school of student absences. Please send an SMS to the school – **0409594864** – **before 9:00am** to alert staff about a student absence. The Department of Education requires written notification. When sending a text message or note to the school to indicate your child's absence, the reason for the absence must be indicated otherwise it will be recorded as an unjustified absence.

Supporting our Students

Defence School Mentor

I would like to congratulate Mrs Paff who was successful through a selection panel in becoming the Defence School Mentor at Burraneer Bay Public School for the remainder of this year.

Student Wellbeing Officer

Burraneer Bay Public School has received funding for a Student Wellbeing Officer until the end of 2020. We are fortunate to have a trained teacher, Mrs Emma Restall as our Student Wellbeing Officer. Her regular days at school are Wednesday and Thursday. This means, that together with our School Counsellor, Mrs Naidoo, there is support available for our students Monday-Thursday. A reminder that you may contact the school office or your child's teacher to access this support.



What is a Student Wellbeing Officer?

A Student Wellbeing Officer is an additional support provided for school communities to assist with the social and emotional wellbeing of members of school community.

Student Wellbeing Officers are able to run specific programs tailored to the needs of the school such as grief and loss, social skills, resilience building and anti-bullying. Student Wellbeing Officers also provide one-on-one care, mentoring and support for students, parents and staff.

What kind of activities can a Student Wellbeing Officer do?

- Work with the Learning Support or Welfare Team to facilitate student wellbeing
- Provide pastoral care for students, staff and the wider school community
- Facilitate small group programs and one-on-one meetings with students
- Facilitate lunch time activities to assist students in building healthy relationships
- Network with welfare services, local churches and other agencies in the local community to provide a broad range of support services to the school
- Build mentoring relationships and assist students with goal setting
- Support staff at school camps, excursions and other activities as required

Permission to see the Student Wellbeing Officer

The SWO program is a voluntary program and students participating in small groups run by our Student Wellbeing Officer or receiving one on one support, must complete a permission slip/referral form. These are available from the school office. Parents wishing to make an appointment with our Student Wellbeing Officer can book a time through the school office.

Anxiety in Children

Fearful and anxious behaviour is common in children – especially as they come across new situations and experiences. Most children learn to cope with different fears and worries. The following advice is provided to parents who have children with anxiety:

- Listen attentively and caringly
- Don't dismiss the child's feelings
- Offer comfort and distraction
- Stick to routines as much as possible
- Encourage your child to go outside
- Keep your child healthy
- Avoid overscheduling
- Limit your child's exposure to upsetting news or stories
- Stay calm as an example
- Consult a counsellor, psychologist or paediatrician.

Safety

I would like to take this opportunity to remind all members of our school community to please be careful when crossing the road. We are fortunate to have our Crossing Supervisors who help to keep our school community members safe.

Safety around the School

The safety of our Burraneer Bay Public School community in and around our school site is always of paramount concern. I ask all members of our school community to take note of the following reminders to ensure everyone is safe:

- Please use the marked pedestrian crossings. It is just too dangerous to have children and adults crossing at the corners. A few extra minutes walking a slightly longer route could save your life.
- Please park on the correct side of the road when dropping off your children and ensure they always exit the car on the kerb side. Do not allow children to get out of the car on the pedestrian crossing.
- We appreciate the difficulties everyone faces at times with traffic congestion around the school. However, we should never compromise safety for convenience or to save a few extra minutes. Please ensure that every member of the family, including grandparents are aware of the parking and driving rules around our school. We need to work cohesively as a school community on this issue.

Staggered Dismissal Times.

We appreciate that there is congestion at the school gates of an afternoon with so many parents picking up their children. From tomorrow (May 29th) we will be trialling staggered dismissal times.

- **Kindergarten students** will be lined up and dismissed at **2:50pm**.
- **Year 1 students** will be lined up and dismissed at **2:55pm** and
- **Year 2 students** will be lined up and dismissed at **3pm** each day.
- Students in Years 3-6 **who have a sibling in Kindergarten, Year 1 or Year 2 and who are picked up by their parent in the afternoon** will be dismissed at the same time as their sibling so that parents are not required to wait around. Please inform your older child's class teacher if you wish for this to happen.

- **All other students in Years 3-6 will be dismissed at 3:10pm.**
- If you would like your K-2 child to be picked up from the **Gannons Road** exit gate, please inform your child's teacher and we will have a member of staff walk the K-2 students down to the Gannons Road exit gate at 3pm.
- **K-2 Students who attend BAC** in the afternoon will wait in the playground and will be walked down to BAC by BAC Staff at 3:00pm.
- K-2 students who walk home with their brother/sister will wait with a teacher in the K-2 playground for their sibling.

Physical Distancing

Maintaining the health and wellbeing of our staff, students and school community is very important to us. To ensure the safety of all members of the school community, we ask that you consider appropriate social distancing when collecting your child and **leave the school grounds as soon as you have collected your child.**

Please remember that there are many elderly people, as well as people with health conditions, who pick up their grandchildren/children from school and we would not want to put them at risk.

Merit Awards

At this stage, we will not be having any school assemblies. Merit Awards will still be presented in class and we will be publishing the names of award recipients from each class each week across K-6 in the newsletter.

You teach people how to treat you by what you allow, what you stop and what you reinforce.

Tony Gaskins - Motivational Speaker

Warmest Regards,
Ms.V.Pantelis

Deputy Principal Report



Term 2 Week 5

MERIT AWARDS

Congratulations to this week's merit award winners.
Thank you for striving to achieve your personal best.

Kindergarten - Year 2			Year 3 – Year 6		
	Merit Awards			Merit Awards	
KA	Amahlia S	Blake P	3L	Madison G	Gabrielle T
KL	Andi W	Harrison T	3S	Eli C	Maddison S
KT	Matilda A	Beau D	3T	Marlie F	Lochie S
KW	Zoe A	Bear R	4A	Willow A	Lucas K
1B	Billy B	Scarlett H	4D	Phoebe D	Luca S
1H	Mackenzie M	Axel H	4F	Ethan H	Madeleine C
1R	Chase C	Sutton S	5C	Charlie N	Fletcher C
1Y	Eva N	Oliver E	5R	Kaylee W	Tully J
2B	Orlando D	Zara F	5S	Luka F	Phoenix M
2G	Zach S	Ellie P	6M	James L	Antonia R
2S	Ethan F	Lacy M	6N	Evii R	Lenny O
2W	Polina P	Adele W	6T	Cooper T	Alex L

School Drop Off and Pickup Zones

As you are aware, parents are not allowed to enter the school playground. We encourage all parents to use the school Drop Off and Pick Up Zones on Burraneer Bay Road or Gannons Road.

Sutherland Shire Council has advised us that the bus zones outside the school can no longer be used to Drop Off and Pick Up Students.

Parents are reminded that they to use the designated drop off zones only. **They are not to leave their vehicle unattended** or stop longer than 5 minutes. Stopping on or near crossings or in No Stopping Zones will remain prohibited and will result in a large fine.

Recess and lunch times

Students in K-2 and 3-6 will have their recess and lunch at different times. The bubblers will not be made available and all students are reminded that they will need to **bring their own water bottle**.

All students will need to bring their **crunch and sip, recess and lunch**. K-2 will have their Crunch and Sip in the afternoon session after lunch and 3-6 will continue to have their Crunch and Sip in the morning session before recess.

Canteen

The canteen will operate for **online lunch orders through Flexischools only**. Individual lunch orders will not be accepted at the canteen. **The canteen will operate 4 days a week from Monday to Thursday.**

The canteen will be closed on a Friday.

School Activities

All non-essential activities have been temporarily ceased. This includes all assemblies, meetings, incursions, excursions and extra curricula activities.

- **Parent Volunteers** will not be able to help in the canteen or in classrooms until further notice.
- **Home Readers will not be sent home.** Students in K-2 will access home reading through Wushka.
- **Band lessons** at school will not go ahead until further notice.
- **Dance lessons at school** will not go ahead until further notice. Students enrolled in dance can continue to access their Dance Google Classroom until Dance resumes.
- **Scripture lessons at school** will not go ahead until further notice.
- **Library lessons** with Mrs Stenning will continue. However library books will not be made available for students to borrow this term.
- **School Sport** will continue. Students in K-2 will do sport activities on a Wednesday with their class. Sports Uniform is to be worn on this day.
Students in 3-6 will not participate in PSSA or Paid Sports. They will do sport activities on a Friday with their class. Sports Uniform is to be worn on this day.

The **Uniform Shop** will be accepting online orders through Flexischools. Orders can also be sent directly by email to bbpsuniformshop@gmail.com

Dedicated **School Buses** are still operating as normal and have no changes in regards to social distancing or capacity limits. It has been advised however, that parents also consider alternative travel arrangements if possible.

Mrs Y Moss
Deputy Principal

Defence School Mentor

Dear BBPS Families,

My name is Danielle Paff and I have been appointed the Defence School Mentor (DSM) for Burraneer Bay Public School (BBPS). A DSM provides assistance and support to children of Australian Defence Force (ADF) members as they move from school to school and during times of parental absences. Some aspects of my role include:

- Welcoming new families and helping them to settle in to our school and local community. Providing information and being a point of contact.
- Monitoring defence children's personal issues such as friendships, peer groups, and class difficulties.
- Providing information to educate school staff on the unique needs of military families.
- Supporting children and parents during deployment and service-related absences.
- Linking families to support services and programs.
- Raising the profile of Defence in our school through a range of activities and events throughout the year.
- Hosting a Welcome Morning/Afternoon Tea for all ADF parents and partners to facilitate the building of new friendships.
- Preparing students to leave our school and move on, with social activities and a Farewell.

I hope to provide our defence families with the necessary tools and skills to enjoy the opportunities that BBPS offers.

I am available on a Tuesday and Friday. Please feel free to contact me using the details below. I would also welcome any defence families that the school is not currently aware of, to make contact with me at your convenience. I look forward to the opportunity of getting to know the defence families in our school community over the course of this term.

Kind Regards

Danielle Paff

Defence School Mentor

Ph. 9523 4869

E: burraneerb-p.school@det.nsw.edu.au

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Help Me Regulate My Emotions: Anxiety

Anxiety in children is on the rise in Australia. We know that 90% of the child's brain develops in the first 5 years of life, and that early development lays the foundation blocks for life long mental health.

As stated by Dr Shonkoff: *"a child's basic need for better mental health is stable, warm, nurturing relationships with a relatively small number of adults, and a variety of rich learning experiences to help them figure the world out."*

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.

FREE online parenting group program delivered via 3 Zoom sessions:

Monday 1 June, 12:30 – 2:30pm

Monday 15 June, 12:30 – 2:30pm

Monday 22 June, 12:30 – 1:30pm

Email RSVP to: kristenm@interrelate.org.au

Very limited spaces - bookings essential

