



MKPS NEWSLETTER

VOL. 9, 11TH SEPTEMBER, 2021

TERM CALENDAR

OCTOBER:

1st - MKPS Trivia Night

4th - Public Holiday

TERM FOUR 2021

OCTOBER:

5th - First Day of Term 4

5th- 15th - Home Learning

18th - Kindy and Year 1 students
return to face-to-face

25th - Years 2 and 6 return

NOVEMBER:

1st - All students back to face-to-
face teaching

TRIVIA
NIGHT
THIS FRIDAY 1ST OCT!

OUR AIM AT MKPS, IS FOR EVERYONE TO BE

*Willing,
Able &
Equipped*

FOR LEARNING, FOR LIFE

PRINCIPAL'S MESSAGE END-OF-TERM UPDATE



We survived through one of the toughest terms we've known at MKPS, and my goodness, how proud I am of everyone in our little school community! From our parents and families, trying to navigate family life and their own jobs while supporting their child's home learning, to our support staff who keep our operations running behind the scenes, to our SLSOs for continuing to provide amazing support to the teachers and students at home and at school, our amazing P&C who are always at the ready to provide encouragement and support wherever it is needed, to the teachers, whose already busy workload at least doubled during home learning but continue to front up whether online or face-to-face, every - single - day, still with a smile and another idea to engage our students, all the way to the most important people in schools - the ones we are all here for - our wonderful, amazing students! I am constantly impressed with their resilience and drive to keep going and engage with their peers and teachers in a manner of ways. I am immensely proud of you all! I want to say a huge thank you for each thing - big or small - you have all done to contribute to a productive term.

*Thank
· Y · O · U ·*

Mrs Hughes!



MESSAGE FROM THE DEPARTMENT OF EDUCATION

As you would be aware, the Premier has announced a road map for NSW to return to 'normal'. **I can confirm the media reports that the staged return has been brought forward by one week.** Students will return to face-to-face learning either through a 'staged return' or 'full return', depending on NSW Health conditions in their area.

Full return (Level 3)

Areas across NSW that are removed from stay-at-home rules, will return to school under Level 3 settings. This is a full return for all students to schools, with reduced mingling and on-site activities.

Staged return (Level 3 plus) *this is what MKPS is expected to follow*

Where stay-at-home rules are still in place, but high community vaccination and low transmission conditions are met, students will return to school in a staged way. This is a staggered return for prioritised cohorts, with no mingling or on-site activities.

Students in Year 12 and those completing the HSC are already able to return in a limited way and this will continue for the remainder of Term 3 2021. From 25 October 2021, these students will have full-time access to school campuses and their teachers.

Local Government Areas of concern

Identified Local Government Areas (LGAs) and suburbs of concern operating under Level 4 plus restrictions will continue learning from home until we are advised otherwise by NSW Health.

Order of return:

Students will return to face-to-face learning with NSW Health-approved COVID-safe settings on school sites in the following order:

Week 3, from **18th October** 2021 – **Kindergarten, Year 1** and 12

Week 4, from **25 October** 2021 – **Years 2, 6** and 11

Week 5, from **1 November** 2021 – **Years 3, 4, 5,** 7, 8, 9 and 10.



Department Messaging continued:

The return to school roadmap is subject to change depending on new information expected through the Public Health Order and additional advice from NSW Health. We will be providing further advice as we develop our plan for a staged return. You can stay up to date with the most recent advice on our [Advice for families](#) page.

Vaccinations for school staff and others

To ensure a COVID-safe return to school, all NSW public school and preschool staff on-site to support the staged return of students will be required to be fully vaccinated. Any contractors, volunteers or people on site who require a Working With Children Check will also be required to have 2 doses of vaccination before returning to our schools.

Our staff have been encouraged to make use of the various routes for priority vaccination available to them and to book appointments for whatever vaccine is available as soon as possible. We will continue to work with NSW Health to prioritise vaccinations for all staff across NSW.

All NSW school and preschool staff will be required to be fully vaccinated by 8 November. The department's COVID-19 webpage is constantly being updated, and outlines the restrictions in our schools as well as other useful information and resources to keep you up to date and supported.

Learning from Home

The learning from home page has a wide range of curriculum-based activities to further supplement your child's learning, if required.

We understand the pressures of parents both supervising learning from home as well as completing their own work. There are some helpful wellbeing tools available to help look after yourself and those around you. Parents are the best judge of what is appropriate for their child to be doing at home. Please don't hesitate to reach out to your child's teacher or principal if you need further guidance or something is not working for you.



Education



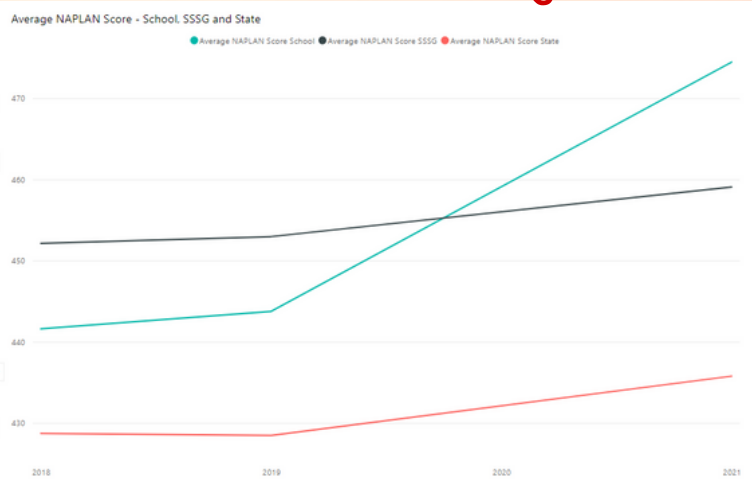
2021 NAPLAN RESULTS

Our NAPLAN results have been sent out to families and we were happy to see that our school has achieved above state level across the domains. NAPLAN is just one of the many checks and measures schools use to track our collective progress and the effectiveness of our teaching and learning approaches. Thanks to the students and teachers for their hard work and stamina!

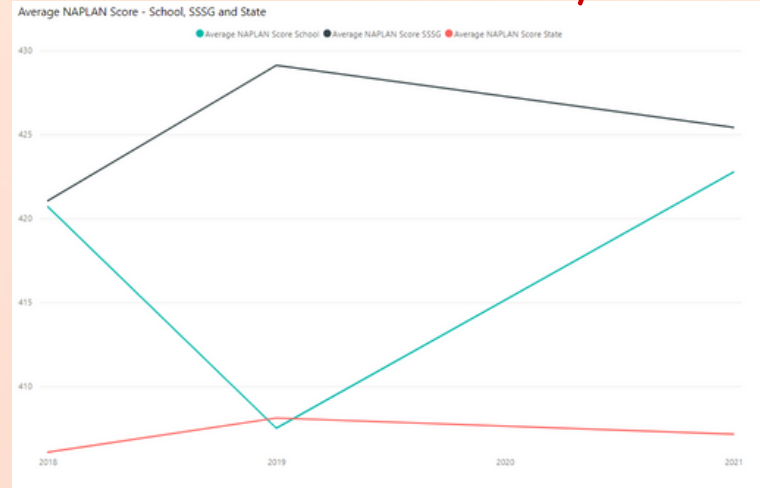
- Our targeted focus on reading has seen a significant increase in our results this year for our Year 3 students and our Year 5s continue to rise above state average, which is exciting to see. Thanks to Ms Samuel for her work in bringing the latest research to MKPS in her role as Instructional Leader.
- We still have more work to do with numeracy, but we are so happy with a significant increase from 2019 for our Year 3 students.
- Our focus on phonics and phonological awareness in primary has also seen some impressive improvement in the spelling results for our Year 5 students.

MKPS is the green line!

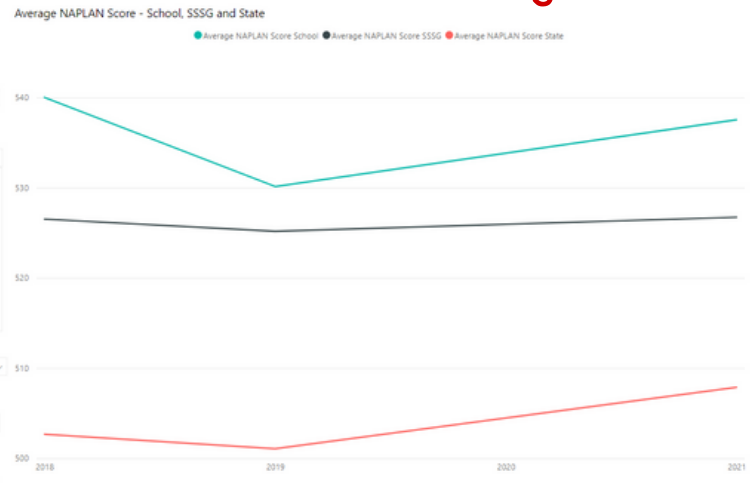
Year 3 Reading



Year 3 Numeracy



Year 5 Reading



Year 5 Spelling



Opportunity Class Placement Test delayed

- As a result of the most recent advice from NSW Health regarding the duration of COVID-19 restrictions and the return to school plan, the Opportunity Class Placement Test scheduled for 6 October 2021 has been delayed. Parents been advised of the delay.
- New testing arrangements for students will be announced as soon as possible.

Have you
registered
yet?

Trivia Night



MKPS P&C is holding an **ONLINE TRIVIA NIGHT!**
Let's all get together as best we can for a night of fun and
silliness before we head back to school.

Date: Friday 1st October

Time: 6.35pm log on for a 7pm start (*Finishing approx. 8.20pm*)

Where: Your place!

Cost: \$20 per household

Optional: Dress up in your silliest costume!

Each household will need TWO devices
with internet connection to participate
(eg. a laptop and a phone).

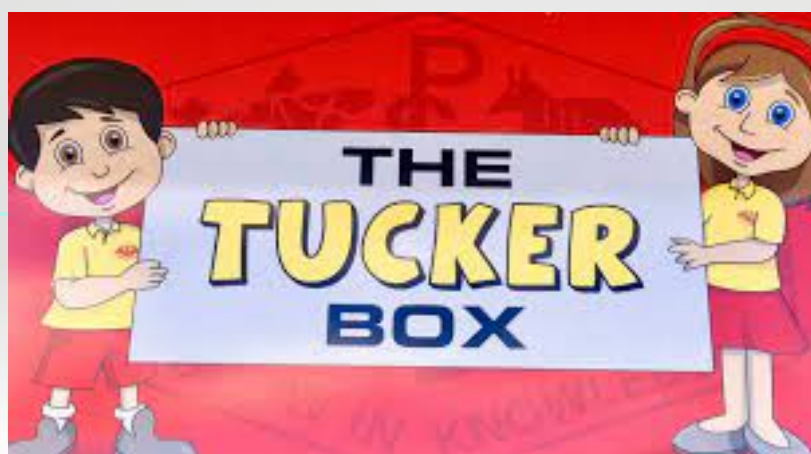
Please email: **mkps.pandc@gmail.com**
to register your interest and for further details.



Congratulations

‘Congratulations to Nat and the Canteen Team for achieving the **NSW Healthy Canteen Strategy!**

The canteen has worked really hard to provide our students with healthy and delicious food. Thanks to our amazing canteen for helping our students make *‘the healthy choice, the easy choice.’*



Information for Families

We had a few information sessions for families in Term 3, and I would like to share some resources with you now:



<https://youtu.be/WXG5gv1ukWI>



<https://youtu.be/FViw1JkYQMQ>

We strongly encourage you to monitor your child's online usage and web-browser history.

eSafety Webinar handouts are included in the next pages.

Following that, is the link to the Maggie Dent webinar recording.

eSafety's parent guide to popular apps



Summary sheet

Apps allow access to [content sharing](#), [photo and video sharing](#), [messaging and online chat](#), [voice chat](#), [video calling](#), [live streaming](#), [gaming](#), [in-app purchasing](#), [online relationships](#), [location sharing](#) and [encryption](#). These functions all have benefits and risks.

Some apps use [co-mingled sites](#), where kids mix with teens and adults. This increases the risk of [cyberbullying](#), exposure to [violent or inappropriate content](#) and [unwanted contact or grooming by sexual predators](#).

eSafety has developed a checklist to help you and your family choose appropriate apps.

The eSafety Parents pages [Are they old enough?](#) and [Good habits start young](#) will help you decide your child's readiness for different apps.

TikTok 13+

[The eSafety Guide - TikTok](#)

850,000 Australian users (2020)¹

TikTok has seen a rapid uptake by 13-15 year olds in Australia

TikTok's popularity is second to YouTube for 6-13 years old Australians²

[TikTok Safety Center for Parents](#)

YouTube

[The eSafety Guide - YouTube](#)

[The eSafety Guide - YouTube Kids](#)

15 million Australian users (2020)³

5 to 27-year old - platform of choice⁴

[YouTube Parent resources page](#)

[YouTube Kids Parental Guide](#)

Snapchat

[The eSafety Guide - Snapchat](#)

6.4 million Australian users (2020)⁵

[90% of Snapchat](#) users are 13-24 years old⁶

[The Parent's Guide to Snapchat - ConnectSafely](#)



1. Civic web media 2. <http://www.roymorgan.com/findings/8289-launch-of-tiktok-in-australia-december-2019-202002240606> 3. Civic web media 4. <https://merchdope.com/youtube-stats/>
5. Civic web media 6. <https://sea.mashable.com/tech/3110/snap-s-plan-to-fight-facebook-is-bold>

Instagram

[The eSafety Guide - Instagram](#)

9 million Australian users (2020)⁷

68% of Australians 14–27 use Instagram

[A Parent's Guide to Instagram - Reachout.com](#)

Glossary

Dark social is online communication that is hidden from public view. This includes email, text message, direct message services and apps — for example Facebook Messenger or Twitter Direct Messages, messaging apps like WhatsApp and Snapchat, and in-game messaging features found in games like Minecraft and Roblox.

Phishing is when emails, often claiming to be from a bank, online retailer or credit card company are sent from false email addresses to try to obtain people's personal information. Recipients are directed to what appears to be a website for the organisation which encourages them to reveal financial details such as credit card numbers, account names and passwords, or other personal information. Criminals use this information to scam people or steal their identity.

Sextortion is a form of blackmail where a perpetrator threatens to reveal intimate images of their victim unless the victim gives in to their demands. These demands are typically for money, more intimate images or sexual favours. This is a form of image-based abuse.

Social engineering is used to manipulate people into giving up confidential information.

Other eSafety online resources

[eSafety Parents](#) pages

Blogpost: [5 things to look for in an app](#)

[Other blogposts by the eSafety Commissioner](#)

[Counselling and support services](#)



⁷ Civic web media

eSafety's parent guide to popular apps



Checklist

The aim of this checklist is to help you navigate the app world and give you the tools to ensure you and your family enjoy safe and positive online experiences.

☐ Do your research

- The [eSafety Guide](#) is a good starting point.
- Other sources include [Common sense media](#) and [Connectsafely](#), which review the most popular apps.
- Search for recent reviews from Google Play and Apple Store.
- Discuss the benefits and risks with family or friends who use the app.

eSafety tip: Check whether the app can be used for [content sharing](#), [photo and video sharing](#), [messaging and online chat](#), [voice chat](#), [video calling](#), [live streaming](#), [gaming](#), [in-app purchasing](#), [online relationships](#), [location sharing](#) and [encryption](#).

☐ Check the age rating and requirements

- Apps usually state a minimum age for users in their terms of use but they don't all have verification requirements.
- The [eSafety Guide](#) includes the stated age for many popular apps.
- [Common sense media](#) makes an independent assessment of provides age recommendations.
- Check the advice on the eSafety Parent page [Are they old enough?](#)

eSafety tip: When deciding if an app is suitable for your child, think about their level of maturity and judgement as well as the age recommendation.

☐ Consider privacy – read the terms and conditions and ask yourself these questions:

- What information does the app request?
- Does the app provide privacy protections?
- Can you restrict who sees your profile?
- Who can find you in a search?
- What information can people see about you?

eSafety tip: See the eSafety page [Connecting safely – Apps](#) for more advice. The [eSafety Guide](#) contains links to information about how to adjust privacy settings in popular apps.

☐ **Check the permissions and other settings – read the community guidelines and ask yourself these questions:**

- What permissions does the app request?
- What information the app collect?
- Does the app need microphone and/or video camera access to perform its functions?
- What are the default settings?
- Do you need to change default settings, initially and after each update?
- Does the app allow in-app purchases?

eSafety tip: See the eSafety Parents page [Taming the technology](#) for advice on using parental control and safe browsing tools.

☐ **Safety check**

- Can you report things in the app? (For example: online abuse, impersonator accounts, offensive or illegal content).
- Is the in-app reporting process easy and clear?
- Are the in-app reporting options limited or can you report a wide range of safety concerns?

eSafety tip: Let you child know they can come to you for help if anything makes them feel uncomfortable or unsafe and they won't be in trouble. You can help them [report serious online abuse](#) to the eSafety Commissioner.



PRACTICAL PARENTING IN A PANDEMIC

*Maggie
Dent*



Over 400 schools and their families participated in the Maggie Dent webinar "Practical Parenting in a Pandemic", and thousands of families have benefited from Maggie's very wise and common sense approach.

We have just received the link to the recording of the webinar, which will be available for a month after the event for schools and their parents to access.

Here's the link to the Webinar recording:
<https://youtu.be/DI9S14pf80I>

I also encourage you to check out Maggie's resources, including: parenting tips, articles, soother videos and blog here:

<https://www.maggiedent.com/covidresources/>

"Human connectedness is the key to resilience, authentic happiness and a sense of wellbeing. This can only be achieved through the recognition, honouring and nurturing of the human spirit that exists within every child ever born." - Maggie Dent, *Saving Our Children from Our Chaotic World* (2003)

Kindy Kick-start Orientation



Parent Online Information Session:
7th September 7pm
Details and video links will be sent to the email address shared with the school.

Kindy Kick Start Program Dates:
Tuesday 26th October
Wednesday 3rd November
Monday 8th November
Thursday 18th November



If you have a child starting Kindergarten in 2022 and are looking to enrol them at Mount Kuring-gai Public School, please contact the school office for more information.
Phone: (02) 9457 9088 E-mail: mtkuringga-p.school@det.nsw.edu.au
** Dates and KKS program dates may change due to Covid regulations and will be communicated to families closer the the dates **



Kindy Orientation:

Who knows what October and November will be like for us at school? Nevertheless, we are still planning for our Kindy orientation in the hope we can have some sort of program which will allow us to welcome our 2022 Kindergarten students onsite, so that they can experience a taster of what 'Big School' is like.

Do you know any families with students starting Kindergarten in 2022? Please let them know that we are currently accepting enrollments for 2022, and we'd love to hear from them!

Kindy 2022 Parent and Carers Information Session

On Tuesday 7th September Mrs. Hughes and and Mrs. Waight ran an online Parent and Carers Information Session for Kindergarten 2022 families. The slideshow, links and extra resources have been sent to those families.

A special thank you Mrs. Ells, our school counsellor Colleen Meehan, canteen manager Nat, OOSH Centre Manager Kara, P&C Treasurer Michelle and Clothing Pool manager Belinda who attended, presented and provided information to our families on the night. It was a great evening with everyone to showcase our school and the faces behind it!

Mount Kuring-gai
Public School



Kindy 2022 Parent and Carers Information Session

MKPS WALL OF APPRECIATION

YOUR WORDS OF APPRECIATION WILL BE SHARED ANONYMOUSLY ON OUR WALL

SHARE KINDNESS & GRATITUDE

GIVE A SHOUT OUT TO SOMEONE WHO DESERVES IT

Thanks to our wonderfully supportive P&C for their thoughtfulness in creating the MKPS Wall of Appreciation!

Mrs Slade and Mrs Waight. Thanks for your commitment to teaching our kids in all situations

MR TAPPING FOR HELPING US LEARN IN LOCKDOWN IN A FUN WAY. ALSO THANKS TO ALL THE TEACHERS FOR HELPING US LEARN AND HAVE A SMARTER FUTURE.

MONIKA MINZENMAY FOR KEEPING THE COMMUNITY'S STOMACHS FULL, AND TASTEBUDS VERY HAPPY!

All of the incredible staff at MKPS, for keeping our kids safe at school, entertained and engaged at home, happy, and chilled, during a very weird time.

To all the kids who are juggling homeschool and busy parents, and doing an amazing job. You are loved, you are brave, you are resilient, and you make lockdown way more fun than it probably ought to be!

To my parents because they help me through home learning when I need help there always there to help me. ✓

Mrs Connolly and Miss Wargren as they have done an amazing job coping with us at school and at home throughout the entire year

All the Teachers and Principal for getting fun activities and coping as well as possible!

thank
y.o.u.

THANK
you!

We certainly appreciate our P&C and all of our wonderful people within our extended MKPS family!

My friends for always being the best

MRS SLADE - THANK YOU FOR BEING THE BEST TEACHER FOR THE PAST TWO YEARS XX

I AM GRATEFUL FOR HAVING THE MOST AMAZING BEST FRIEND IN THE WORLD AND THE MOST AWESOME FAMILY

I am grateful for having a lovely family because they are helping me in very way.

Mr Wippie for making lock down so much better

D A D

We are thankful to Miss Els, she is a fabulous teacher and we are lucky to have her. She always has great ideas and bring the best out in all of the kids.

MUM BECAUSE SHE HELPS ME AND MAKES ME HAPPY IF I'M SAD

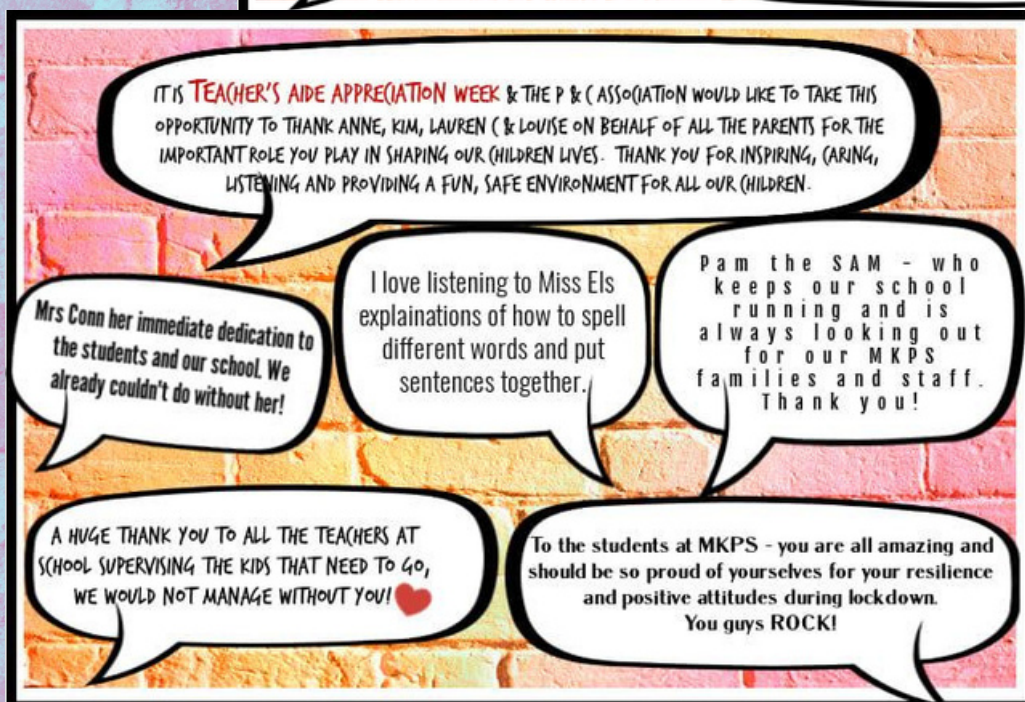
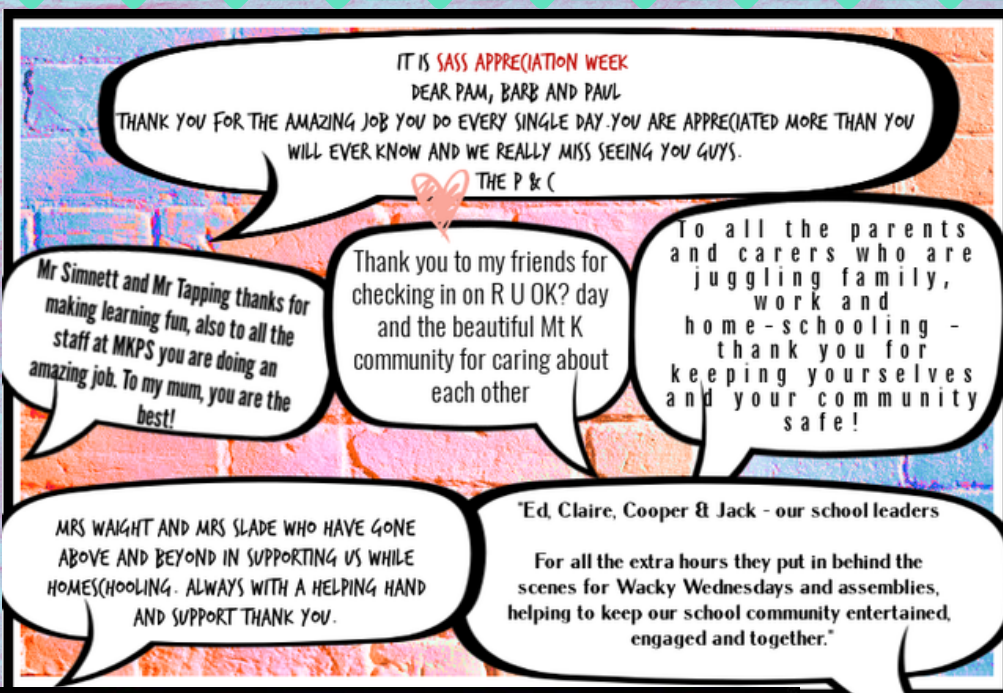
Miss Wargren, for being an amazing co teacher who is sharing this fun roller coaster of a ride with me! Not only are we doing this together but I am grateful that we are a team who look out for each other.



You can add your notes of appreciation on the P & C Facebook page if you like!

THANK YOU

Thank you

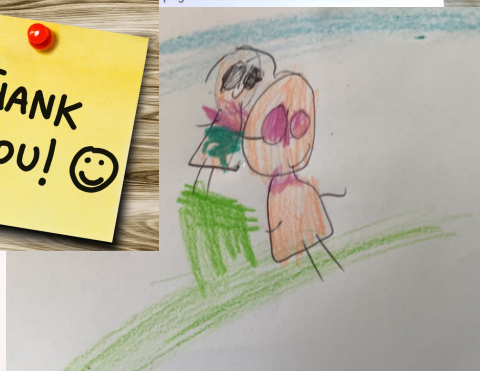
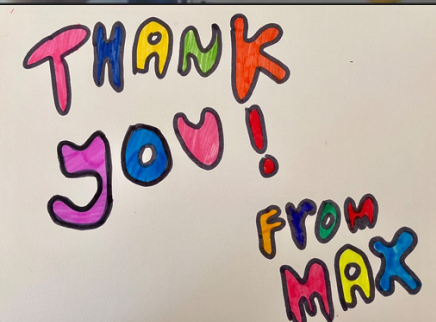


Teacher Aide Appreciation Week

Our SLSOs Mrs Dahl, Anne, Mrs Ellicott and Mrs Conn are valuable MKPS staff members and we are so lucky to have working at our school. Thank you so much for all that you do! The students and staff at MKPS appreciate you more than words can explain!



Dear SLSO teachers,
I love school and you are one of the reasons. Thank you for teaching me. A special shout-out to Mrs Con from Billie about teaching her to swim. I wish I could see you but COVID still stands.



SASS WEEK

Dear Pam, Barb and Paul...



You all go above and beyond in your daily roles to ensure that the staff, students and families of MKPS are well supported. May you all be proud of the work you do, the people you are and the differences you continue to make at our school.

We can't spell S_CCESS without u!



Dear Pam, Barb and Paul...

THANK YOU

Thank you for all the amazing work you do.

Thank you for the amazing job you do every single day.

Thank you for being a great support for not only me but all of us at MKPS.

You are appreciated more than you will ever know.

Dear Pam, Barb and Paul...

"Thanks for looking out for us and making our lives easier"

Thanks for the work you do and how hard you work!

Our school could not run without you - and I wouldn't want to be without you!

Thanks for being our SASS staff and not Sassy staff!

Pam, Barb and Paul, we couldn't do without you - not only for the very important work you do, but for the people you are. We love and appreciate you! From the students, staff, families and P&C @ MKPS.

Dear Pam & Barb...

We are all so lucky to have you at school and in our lives!

Just luv your hard work, patience, endless help, smiles ☺ expertise, ☺ friendship and fun

ThankYou ☺
ThankYou Girls☺

Nothing is ever any trouble when we ask!

Dear Paul...

Thank you for always jumping in to solve any problems that pop up unexpectedly.

You always have a plan up your sleeve.



From a broken light to classroom hooks that are way too high.

Thank you!

Dear Paul...

You do a fantastic job and no job seems any trouble to you!

I really enjoy our chats about flowers, ☺ gardens, your luv of cakes ☺ and your smiling face ☺ every time we meet on the playground.

Thank you for always jumping in to solve any problems that pop up unexpectedly.

We are so lucky to have you!



Dear Pam, Barb and Paul...

A huge THANK YOU to the awesome Pam, Barb and Paul

Thanks to the best SASS staff EVER!!!

The work and effort you put in around the school doesn't go unnoticed and we appreciate everything you do for us.

Keep chargin'



Leader's Loop



VIRTUAL ASSEMBLY WEEKS 7 & 9



Our virtual assemblies
sure are starting to
get wacky!!



WEEK 7: K-2 MERIT AWARDS:

K/1E - Abigail.G, Connor.H, Laura.L, Isabella.H

1/2S - Annika.O, Nour.H, Archie.G, Ariana.F

1/2W - Evie.Mc, Ben.C, Myah.Mc, Victoria.S

WEEK 7: 3-6 MERIT AWARDS:

3/4S - Samuel.H, James.N, Charlotte.W, Clara.B

3/4T - Hugh.A, Lachlan.D, Ashley.K, Elisabeth.D

Synergy Hub - Jessica.J, Edward.N, Max.W, Kaylee.F,
Michael.G, Charlie.M, Eleanor.W, Marlie.Y



WEEK 9: K-2 MERIT AWARDS:

K/1E - Zander.A, Hugo.H, Jack.M, Ruby.S

1/2S - Londyn.O, Wallace.T, Daniel.C, Hannah.M

1/2W - Emma.K, Penny.B, Freya.W, Jayden.H

WEEK 9: 3-6 MERIT AWARDS:

3/4S - Scarlett.O, Michael.P, Lukas.B, Kate.L

3/4T - Alana.D, Billy.R, Charlotte.J, Emily.P

Synergy Hub - Connor.M, Faith.P, Alannah.P, Maia.R,
Dalton.R, Ethan.Y, Jessi.H, Hunter.R

Ms. Samuel's
Super Session Awards

Penny.B
Teddy.R
Owen.C

Mrs. Steel's
Super Session Awards

Jayden.K
Leya.H
Alana.D

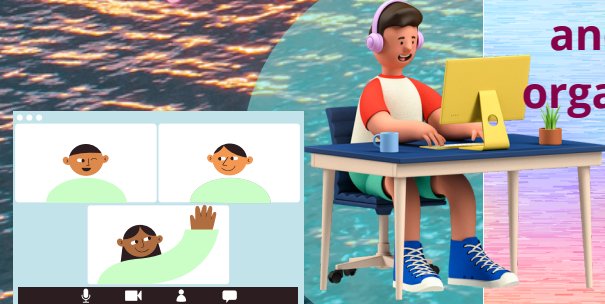
WACKY WELLBEING WEDNESDAYS



Students and teachers have been warming up their vocal chords ahead of "The Voice" finals, hosted by Ms. Slade in Week 10. Who will have the winning voices of Mount Kuring-gai Public School? Would you turn your chair? Zoom in to find out!!



Year 6 provided some great games, laughs and music during their Games Afternoon! The leaders ran their games sessions confidently and were extremely organised. What great role models we have in our school!



WACKY WELLBEING WEDNESDAYS

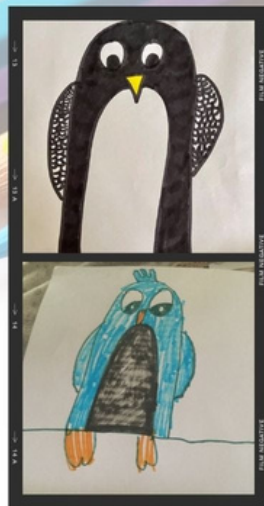
You butter believe it, Chef Simnett and Chef Tapping cooked up a storm in their kitchens this afternoon as part of our Wacky Wednesday "Totally Cooked" live segment! Students and staff followed along and created Fluffy Papa Pancakes and Biscoff and Nutella Baked Breakfast Oats in preparation for Fathers' Day on Sunday. There were lots of laughs served, and even some hygiene tips, during the live segment. We had some great additional ingredient add ins from students at home, including chocolate chips and blue food dye! A recording for students who were unable to view or log-in have been posted in our Google Classrooms. Bon appetite everyone!

THANKS

Mr Tapping &
Mr Simnett



WACKY WELLBEING WEDNESDAYS



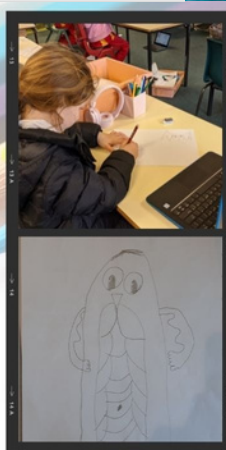
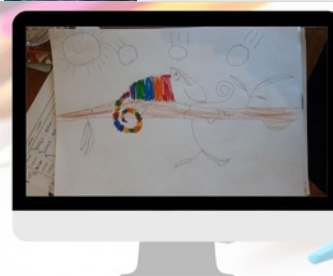
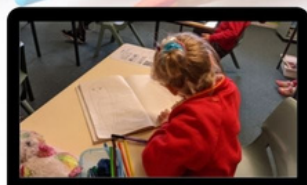
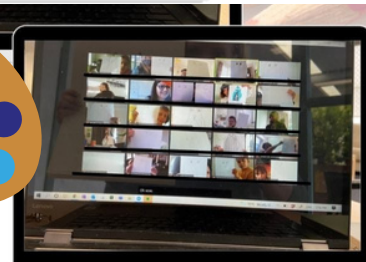
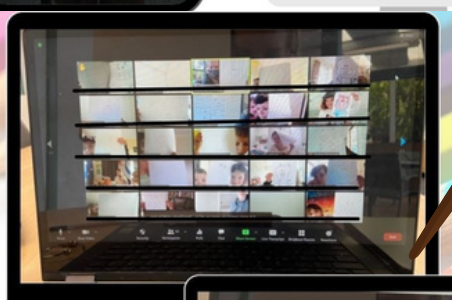
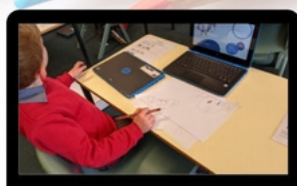
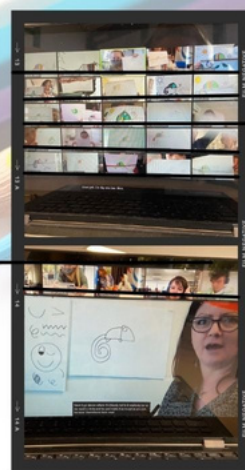
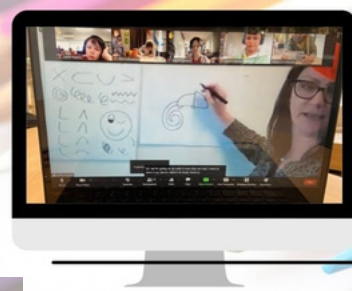
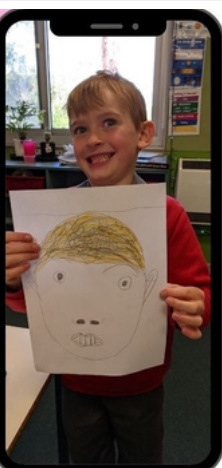
WACKY WEDNESDAY

Drawing with Mrs Hughes

WEDNESDAY 25TH AUGUST AT 2:30PM

You will need:
- Lead pencil
- Plain white paper
- Something to colour with
e.g. coloured pencils, textas or crayons

THANKS
Mrs Hughes



WACKY WELLBEING WEDNESDAYS

Where's the MKPS Teachers? Circle us once you have found us!

see full-page
picture later
in the
newsletter



Mrs Hughes



Mrs Slade



Mr Tapping



Mrs Connolly & Miss Wargren



Mrs Els



Ms Samuel



Mrs Steel



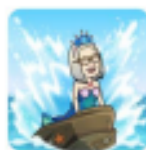
Mr Simnet



Mrs Waight



Mrs Con



Anne

THANKS

Mrs. Els &
Ms. Samuel



MKPS Olympic Challenges Results

A huge congratulations to everyone who participated in the MKPS Olympic Challenges! The house points have been tallied and the winning house has been decided.. Congratulations Sturt on your placing first overall!! Have a look at all of our winners below.

Sport House Placements



First Place: Sturt 309 points



Second Place: Nama 227 points



Third Place: Farrer 195 points



Fourth Place: Paterson 159 points

1

2

3

K-2 Winners

Handstands in Hawaii: K-2

Gold - GG.B

Silver - Elise.J

Bronze - Zahli.C

Planks in Peru: K-2

Gold - Caterina.D

Silver - Mackenzie.H

Bronze - Annika.O

Counting in Canada: K-2

Gold - Dizzy.G

Silver - Annika.O, Owen.C,
Londyn.O.B

Bronze - Amelia.EF

Keep Ups in Korea: K-2

No overall winner - all
students received 2 points

Skipping in Sweden: K-2

Gold - Daniel.C

Silver - Caterina.D & Ariana.F

Bronze - Gabe.B & Owen.C

Ball Skills in Brazil: K-2

Gold - Penny.B

Silver - Caterina.D

Bronze - Owen.C

Cartwheels in Cameron: K-2

Gold - Annika.O

Silver - Caterina.D

Bronze - Asher.H

Bottle Flips in Barbados: K-2

Gold - Amelia.E.F

Silver - Dizzy.G

Bronze - Gabe.B



Juggling in Japan: K-2

Gold - Caterina.D

Silver - Reef.R

Bronze - Amelia.E.F
& Freya.W

3-6 Winners

Handstands in Hawaii: 3-6

Gold - Ashley.K & Clara.B

Silver - Audrey.W

Bronze - Zach McCausland

Planks in Peru: 3-6

Gold - Charlie.W

Silver - Scarlett.O

Bronze - Dulcie.T

Counting in Canada: 3-6

Gold - Luke.V.L

Silver - Max.W & Michael.P

Bronze - Jack.R & Rachel.G

Keep Ups in Korea: 3-6

Gold - Ellie.W

Silver - Claire.K & Jack.R

Bronze - Annabel.K

Skipping in Sweden: 3-6

Gold - Michael.G & Cooper.G

Silver - Luke.V.L & Connor.M

Bronze - Rami.E.F

Ball Skills in Brazil: 3-6

Gold - Cooper.G

Silver - Anthony.D

Bronze - Michael.G

Cartwheels in Cameron: 3-6

Gold - Ella.D

Silver - Elisabeth.D & Scarlett.O

Bronze - Dulcie.T & Florence.T
& Lucy.R & Audrey.W

Bottle Flips in Barbados: 3-6

Gold - Koby.B

Silver - Cooper.J

Bronze - Max.W & Lucas.P

Juggling in Japan: 3-6

Gold - Pete Robson

Silver - Stuart Guthrie

Bronze - Cooper.G &
Zavier.M & Connor.M



Closing Ceremony

Closing Ceremony: K-2

Gold - Amelia.E.F

Silver - Caterina.D

Closing Ceremony: 3-6

Gold - Elisabeth.D, Cooper.G,
Rami.E.F & Robson Family

Silver - Michael.P

Bronze - Michael.G,
Anthony.D,
Audrey.W



really
Are they OK?

Ask them
today

R U OK? DAY
9 September 2021

Learn what to say at ruok.org.au

R U OK? Day (Thursday 9 September 2021) is the biggest, best and brightest day of the year. Why? Because it's an opportunity for family, friends and workmates to connect, start a conversation and make a promise to be there for each other more often.



We asked students to wear yellow to raise awareness for R U OK? Day and they participated in a variety of activities designed to promote conversations and a reminder we can all be there for a friend or family member.



**THERE'S
MORE TO SAY
AFTER
R U OK?**



Ask R U OK?

How are you travelling?

You don't seem yourself lately – want to talk about it?



Listen with an open mind

I'm here to listen if you want to talk more.

Have you been feeling this way for a while?



Encourage action

Have you spoken to your doctor or a health professional about this?

What do you think is a first step that would help you through this?



Check in

Just wanted to check in and see how you're doing?

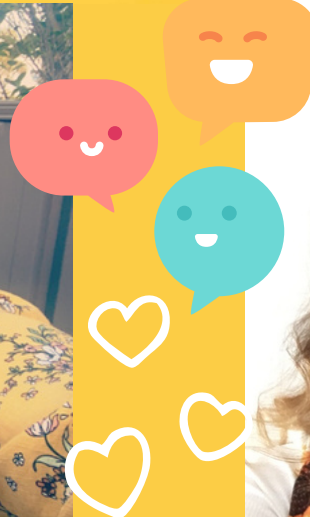
Have things improved or changed since we last spoke?

Learn what to say at ruok.org.au
A conversation could change a life

really
Are they OK?
Ask them
today

RU OK? DAY
9 September 2021

Learn what to say at ruok.org.au

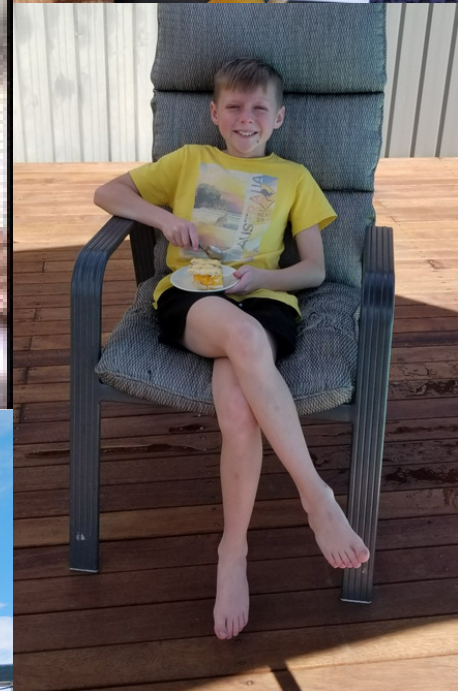


ru ok day



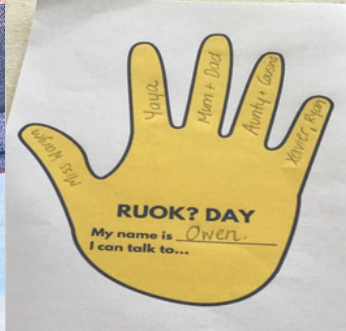
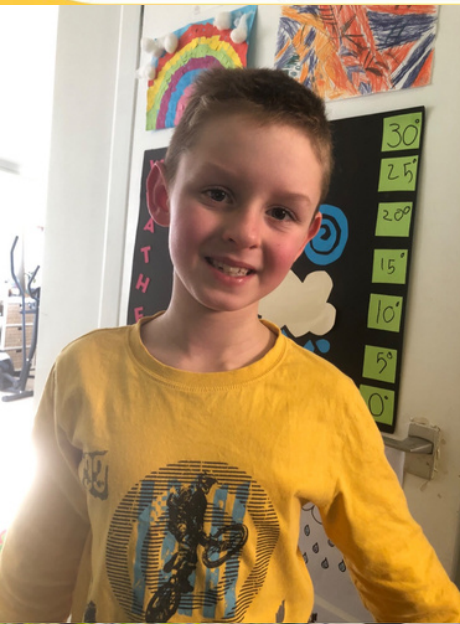
really
Are they OK?

RU OK? DAY™
9 September 2021



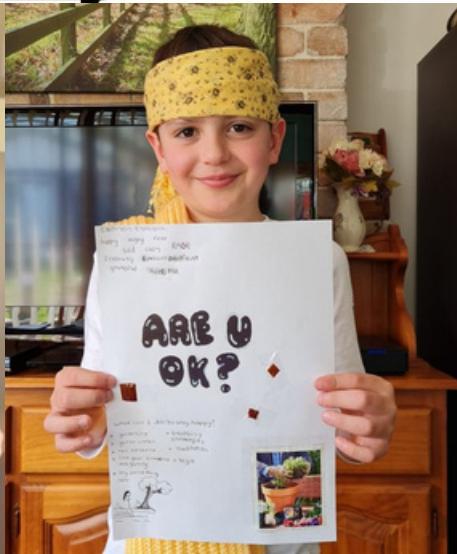
really
Are they OK?

R U OK? DAY™
9 September 2021



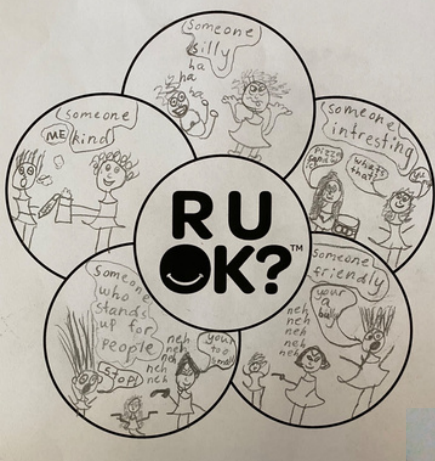
really
Are they OK?

RU OK? DAY™
9 September 2021



really
Are they OK?

R U OK? DAY™
9 September 2021



how to cope with stress related to COVID-19

It can feel stressful and overwhelming during an event like the outbreak of the Novel Coronavirus (COVID-19) and we can all be affected differently.

You might feel overwhelmed by the information, conversations and the increased levels of stress in your community. It can be hard to know what information to trust especially in a situation where things are changing so quickly. It can be helpful to keep up-to-date but it's also okay to switch off from the 24 hour media cycle if this is getting too much.

During this time some things in your life may be affected by attempts to contain the spread of the virus. You may have been looking forward to a gig or a trip that's been cancelled. You may be affected by school, uni or your workplace temporarily closing. Or you may have a loved one who is directly affected by the virus.

It's important to find the right level or type of support for you. And keep in mind that the type of support you may need can change as time passes. For many people staying connected to family and friends/loved ones is important.

Tips to maintain a healthy headspace during this time

- 1** Be mindful of exposure to information through stories, traditional and social media. It can be helpful to take a break from the 24-hour news cycle
- 2** Do things that make you feel safe and connected, and be with those who are helpful to your wellbeing
- 3** Engage in activities that promote a sense of calm and feeling grounded (use of alcohol and other drugs can be counterproductive with this)
- 4** Our [7 tips for a healthy headspace](#) demonstrate simple and effective things that can help people to create and maintain a healthy headspace, irrespective of whether they have been affected by COVID-19 or not
- 5** It can help to talk with a trusted adult if it all feels a bit much.

Please note

The latest medical information is changing on a daily basis. If you suspect you are at risk, or would simply like to understand COVID-19 more, please visit the Department of Health's website.

health.gov.au

Common reactions

Fear and anxiety

At this time you might experience feelings of fear or anxiety. You might be worried about the virus and how it might affect you, your loved ones or your life.

Anger, frustration and confusion

It can be difficult to understand what to do in these situations because of the volume of different information available. This might feel confusing and frustrating, this is normal. Events like these can reduce the things we normally do in our days and that can seem unfair. This might make you feel frustrated or angry.

Sadness

If you've been asked to stay at home or stop your normal activities you might feel disconnected from important people or things in your life. This might make you feel sad or bored.

Denial

When bad things are happening, some people might prefer not to think about them at all. This might be helpful to start with, but our feelings can catch us by surprise later on. It's OK to distract yourself, but also find some time to think about what is happening and how you're going.

If you start to notice that you are experiencing these things, it is important to remember that these are normal reactions to a not normal time. During this time it is important as best as possible to keep engaged with the activities that support your wellbeing. You might need to get creative in how you continue to do them.

When should I get help?

If you ever feel unable to cope because of overwhelming or intense emotions, or if you have any thoughts of harming yourself, then ask for help immediately.

National 24/7 crisis services

- **Lifeline:** 13 11 14 or lifeline.org.au
- **Suicide Call Back Service:** 1300 659 467 or suicidecallbackservice.org.au
- **beyondblue:** 1300 224 636 or beyondblue.org.au

Additional youth support services

- **headspace:** visit headspace.org.au for eheadspace or more information
- **Kids Helpline:** 1800 55 1800 or kidshelpline.com.au
- **ReachOut:** reachout.com
- **SANE Australia:** 1800 187 263 or sane.org

Talk with a trusted adult, such as a parent, teacher, school counsellor or find out if there is a headspace centre near you.

Speak to your local doctor or General Practitioner (GP) and help make a plan for your recovery. Or you can search for a health service and GP on [healthdirect](https://healthdirect.gov.au).



headspace