

Singleton Heights Public School Newsletter

Term 1

Week 9

26 March 2020



R E S P E C T | R E S P O N S I B I L I T Y | E X C E L L E N C E

Principal's Report

These are very trying times indeed, as we, as a community and as a nation, attempt to come to terms with the seriousness of a pandemic that has turned our society on its head. I would like to commend our students and parents for the sensible decision making that has been evident in our community this week, as we follow the advice from our state leader and our Department of Education leaders and keep our children safe and healthy as best we can from home, or in a minimalised capacity at school. I would sincerely like to thank our school staff, who turn up every day with a positive attitude and a smile and a joke, despite the stress and uncertainty of what our work life is going to look like in the next couple of weeks and months.

Work packs distribution

Thank you to the staff and families for your support in the distribution of student work packs this week. It was a smooth and sensible process, and I hope you are able to manage to have your child working from home as best you can. These booklets are still available for collection until the end of the week.

Online classrooms

The exciting news is that students will be able to access an online Google classroom, from Monday, 30th March. This classroom will be accessible from your child's student portal page. Instructions on finding the portal page and accessing the classroom, through Google Classrooms, are attached. Your child's username (firstname.lastname – sometimes with a number) and password are the same as what they use to log in at school. If your child has forgotten their username or password, please contact the school and we will issue it to you. *Is your child willing to wear their school uniform when working from home? Mr Graham will keep wearing his tie!*

Codes for each classroom are as follows:

Kindergarten: hqqgam6

Year 1 and 2: w2oz2my

Year 3 and 4: 4mdoe5d

Year 5 and 6: paajup4

If you have no way of accessing the online classroom. Please contact the school to discuss alternative arrangements.



Roof Maintenance

The new roofing installation will continue, as we have had advice from School Infrastructure NSW that, while following stringent Health and Safety guidelines, the tradespeople working on our roof refurbishment are able to continue. The scaffolding will move out of the COLA on Monday, 30th March, and installed onto our hall and canteen, for completion of that roof. All work should be completed by the school holidays. Yay!

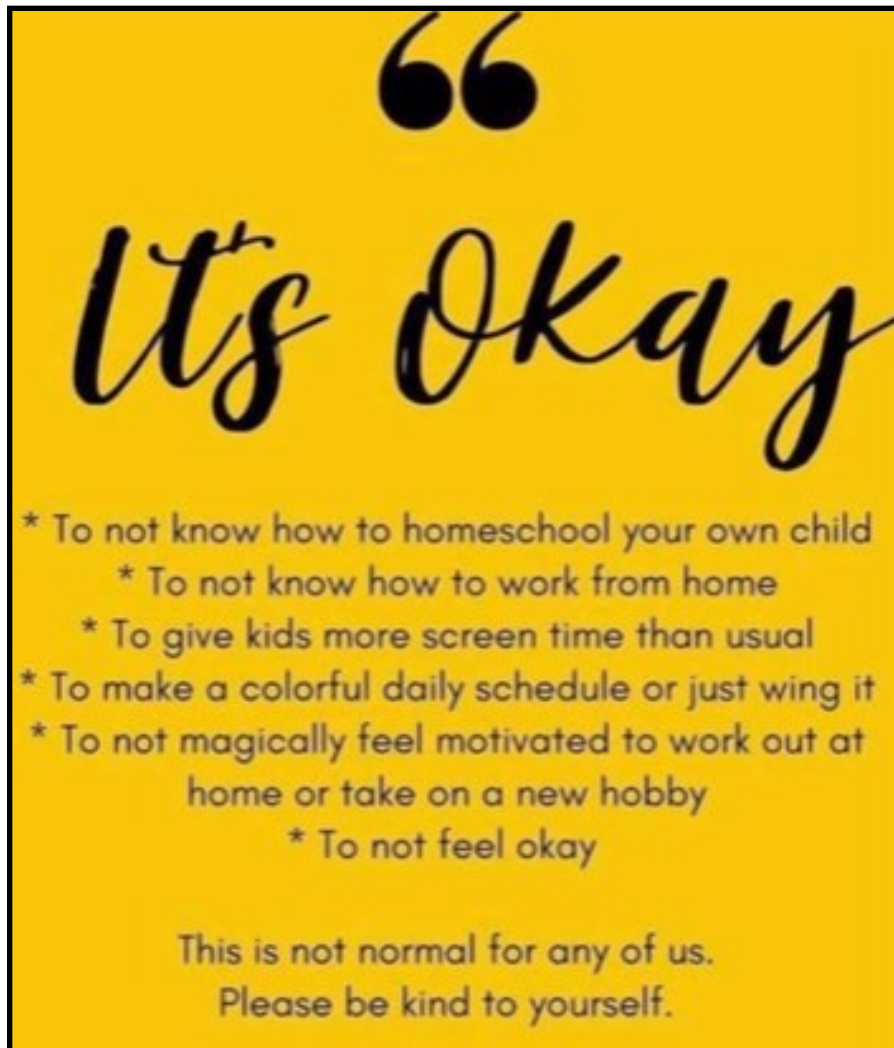
Our Vision: POSITIVE RELATIONSHIPS, HIGH EXPECTATIONS, AUTHENTIC LEARNING

Outdoor Classroom

Our school recently had an outdoor classroom constructed, which was partially funded via a community grant that we received. We are going to start surveying the students about possible names and potential uses for this outdoor classroom. Look out for a post on the online classrooms in the near future. A very exciting addition to our school!

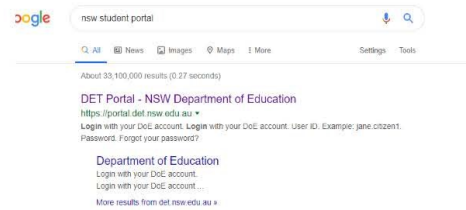


Thank you again to everyone for their kind words and support. I really sincerely hope you all remain safe and healthy over the next couple of weeks.



Google Classroom at home

1) Search 'NSW student portal'



2) Log into portal using your school log on. The user name and password you use at school for computers.

Login with your DoE account

User ID

Enter your user ID

Example: jane.citizen

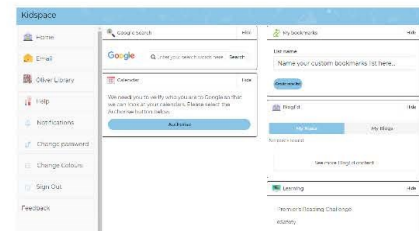
Password

Enter your password

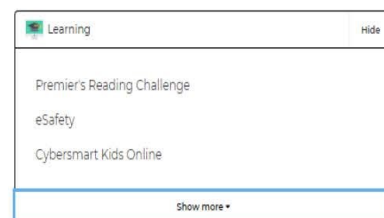
Log in

[Forgot your password?](#)

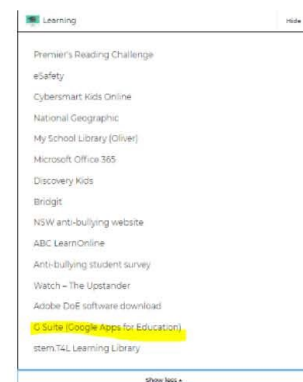
3) You will come up in the student portal



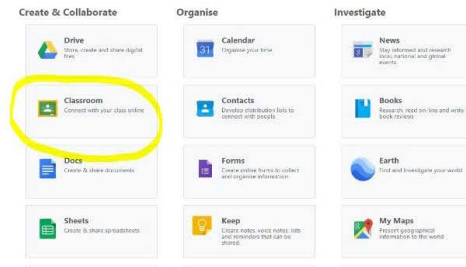
4) Scroll down the right hand side and under LEARNING select 'show more'



5) Select G Suite



6) Select Google Classroom

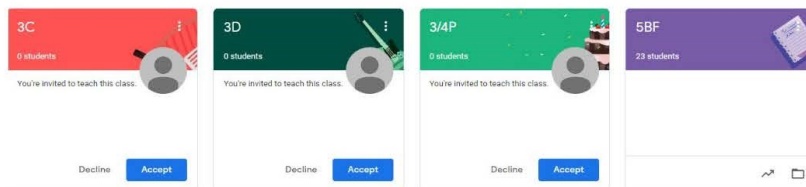


7) Skip this step if you have already logged onto your classroom before.

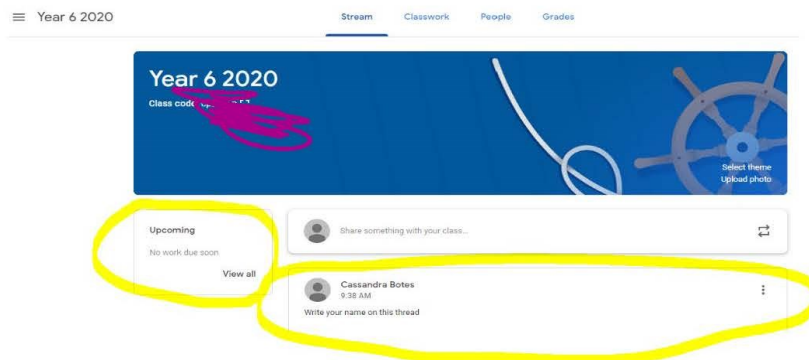
If you haven't added a classroom, you will need to select the + button and enter the code supplied to you.



8) Select your classroom




9) Here is where you will find instructions on how to complete work given by your teacher



Resources for Families During Remote Learning

Are you in danger?





If you, or someone you are with is in immediate danger please call:

 **000**

or

go to your nearest hospital emergency department

If you or your child needs to talk to someone...

Name	About	Phone	Online
 Kids Help Line	For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.	1800 55 1800 24/7	Webchat 24/7 https://kidshelpline.com.au/get-help/webchat-counselling
 Lifeline	For all ages - 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.	CALL: 13 11 14 24/7 TEXT: 0477 131114 6:00PM - Midnight	Crisis Support Chat 7:00PM – Midnight https://www.lifeline.org.au/get-help/online-services/crisis-chat
 Suicide Call Back Service	A nationwide service that provides 24/7 telephone and online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide	1300 659 467 24/7	Online Chat 24/7 Video Chat 24/7 https://www.suicidecallbackservice.org.au/
 Youth Beyond Blue	Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.	1300 22 4636 24/7	Chat Online 3:00PM - Midnight https://www.youthbeyondblue.com/

SANE Australia

SANE Australia supports people living with complex mental health issues and the people that care about them

1800 187 263
10:00AM – 10:00PM

Webchat
10:00 AM – 10:00 PM
<https://www.sane.org/about-sane>

Headspace

ehespace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.

N/A

Group Chat 24/7
1 on 1 Chat
9AM - 1AM
<https://headspace.org.au/ehespace/>

QLife

QLife provides anonymous and free LGBTI peer support and referral for people wanting to talking about sexuality, identity, gender, bodies, feelings or relationships

1800 184 527
3PM - Midnight

Webchat
3PM – Midnight
<https://www qlife.org.au/resources/chat>

1800RESPECT**1800RESPECT**

Confidential information, counselling and support service, open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse

1800 737 732
24/7

Interpreter: 13 14 50

Online Chat 24/7
<https://chat.1800respect.org.au/#/welcome>

Carers NSW

Carer Line offer emotional support, referrals and distribute carer specific resources and information to carers and community members

1800 242 636
9AM – 5PM
Monday - Friday

<http://www.carersnsw.org.au/how-we-help/support/carers-line/>

Mental Health Line**Mental Health Line
1800 011 511**

A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people

1800 011 511
24/7




<https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx>

Child Protection Helpline


13 21 11

<https://reporter.childstory.nsw.gov.au/s/mrg>



If you are looking for an app to support you or your child...

Name	About	Website
<p>Calm Harm</p> 	<p>Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.</p>	<p>Free</p> <p>App Store Google Play</p>
<p>Clear Fear</p> 	<p>The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away.</p> <p>Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.</p>	<p>Free</p> <p>App Store Google Play</p>
<p>ReachOut Worry Time</p> 	<p>ReachOut WorryTime interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7</p>	<p>Free</p> <p>App Store</p>
<p>ReachOut Breathe</p> 	<p>ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone</p>	<p>Free</p> <p>App Store</p>
<p>Smiling Mind</p> 	<p>Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.</p>	<p>Free</p> <p>App Store Google Play</p>
<p>WellMind</p> 	<p>WellMind is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.</p>	<p>Free</p> <p>App Store Google Play</p>

If you are seeking additional information...

Name	About	Website
ReachOut 	Our mission is to deliver innovative e-mental health services that enable young people to take control of their mental health and wellbeing.	https://au.reachout.com/
Black Dog Institute	Primary areas of mental health research and treatment include: depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, workplace mental health, adolescents and young people, suicide prevention, e-mental health, and positive psychology and wellbeing.	https://www.blackdoginstitute.org.au/

If you are looking for online support...

Name	About	Website
The BRAVE Program 	BRAVE-ONLINE is an evidence-based cognitive behavioural therapy (CBT) available online to help children (8-12) and teenagers (13-17) cope with anxiety	https://www.brave-online.com/
Smiling Mind 	Online and app-based program to improve wellbeing of young people through mindfulness meditation.	https://www.smilingmind.com.au/

