



**YARRALUMLA PRIMARY SCHOOL**  
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## 28 October 2021 NEWSLETTER NO. 13

### **DATES TO REMEMBER**

Mon 1 Nov – Fri 12 Nov	Kindergarten Base Testing
Monday 1 November	Kindergarten Health Screening
Tuesday 2 November	Kindergarten Health Screening
Thursday 11 November	Remembrance Day
Friday 17 December	Last Day of Term 4
Monday 31 January 2022	First Day of Term 1

### **Our Vision**

Insieme creiamo studenti per tutta la vita - Together we create lifelong learners

Dear Parents and Carers,

We welcome back students in Preschool, Kindergarten Year 1, Year 2 and Year 6 this week. The sound of children talking and laughing across the school was a delight to teachers. Our school website now has a *COVID-19 safety at our school* tab where families can find information about our COVID safety plan and indoor air quality plan. Students this week have become familiar with our cohorting which involves play areas, entry and exit doors and bathrooms. I would like to thank the community for their patience as we transition into our new pick up and drop off procedures before and after school. Parents who have placed a sign on their sun visor indicating the students last name has sped up the afternoon pick up process. We encourage all families to have a visible sign placed on their windscreen. We are excited to have our year 3, 4 and 5 students back next week.

### **Morning Drop Offs**

We ask that K-6 parents drop children off as close to 9am as possible. Parents of K-6 students are reminded to stay in their cars. At drop off, students exit their vehicles with their bags and go to the assigned waiting area where there will be a teacher to support them. When the bell goes, students will be escorted inside by the assigned teachers and taken to their classrooms.

**Afternoon Pick ups** - We are asking all families using the pickup zone to write their child's name on a piece of paper and stick it to the passenger side window.

Designated Drop off and Pick up areas Preschool Gate off Loftus Street

Montessori Gate off back carpark

Kindergarten / Year 1 / Year 2 Dropped off in circular driveway – Kindergarten and Year 1 to be supervised under COLA. Year 2 students will be supervised at Softfall outside the library

Year 3/4 Dropped off / Picked up in dirt carpark to be supervised on the Basketball Courts

Year 5/6 Dropped off / Picked up at the dirt carpark to be supervised on the Basketball Courts

LSUA Perla Dropped off / Picked up Circular Driveway. An LSA will be waiting for you

Pick up of Siblings; If you have a child K-2 that has a sibling in 3-6 families are to collect from the circular driveway

<b>SCHOOL BOARD CHAIR</b> Katrina Sanders (Board Chair) Phone: 0413 888 944 Email: <a href="mailto:katrinasanders1@gmail.com">katrinasanders1@gmail.com</a>	<b>P&amp;C</b> Sophie Chadwick (President) Email: <a href="mailto:president@ypspandc.com">president@ypspandc.com</a>	<b>PRINCIPAL</b> Rohan Evans (Principal) Phone: 6142 3250 Email: <a href="mailto:Rohan.Evans@ed.act.edu.au">Rohan.Evans@ed.act.edu.au</a>
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## **Walking or Riding to school**

If you are walking or riding to school with your children we also ask that you stop before entering the grounds.

- From the MacGillivray Street side please stop at the path adjacent to the carpark, next to the oval and send your child/ren on.
- For those entering from Loftus Street, please cross at the crossing and leave your child/ren once you have supported them to cross the small driveway next to the hall.
- For those entering from Mueller Street by foot please leave your children to walk in on the oval side around the dirt carpark and to their meeting places.
- Finally for those entering from Schlich Street, walk up the path and leave your children with advice to walk across the oval and go to their designated meeting places.

## **October is International Pregnancy and Infant Loss Awareness Month**

October is International Pregnancy and Infant Loss awareness month. Every year, around 110,000 Australians have a miscarriage. 2,200 more endure the pain of stillbirth, 600 lose their baby in the first 28 days after birth and many more face the grief of termination for medical reasons.

On Sunday, October 31 Cameron Dyson-Smith, a father at Yarralumla Primary School, will be running a 100km ultra marathon to raise awareness in memory of his daughter Flora. Cameron is fundraising for Bears of Hope, an organisation that provides a range of supports to parents and families coping with pregnancy and infant loss.

<https://thebigchallenge.gofundraise.com.au/page/Cameron-26747733>

## **Demountable Classroom**

Our 5/6 classes have successfully moved into the two classroom demountable at the start of the week. The students are very excited about the space. Maestra Ajay and Maestra Hunter have set up the classrooms with new interactive boards, new furniture and furniture from their old classrooms. Both spaces have ceiling fans and air conditioning. There is a wet area between both classrooms and a teachers office. A new concrete path and ramp have been included for access from the dirt carpark to the library. The Directorate will now start planning remediation works for the classroom adjoining the hall/canteen to remove the external windows on both sides and the large green storage cupboards to create a flexible two classroom teaching space with access to the front fenced courtyard.

## **Satisfaction Survey – Staff, Parents and Students**

An email has been sent to all families with the satisfaction survey link. Your responses will help the school to identify what it does well and how it can improve. The data will also be used to underpin school improvement practices and inform government priorities. It may also be used in research projects and longitudinal studies aimed at improving the quality of education services in the ACT. The survey should take 10-15 minutes to complete and you can access it from any mobile device from **Monday 18 October** until **Friday 12 November**. Your participation is voluntary, but we do hope you will help.

## **Tips to support anxious students returning to school**

Many of our students may be feeling worried or anxious about the return to school. I have included a separation anxiety attachment for parents to read. Please see the YouTube videos below which have been put together by one of our psychologists. Please contact your child's classroom teacher if you are requiring support.

[Understanding Anxiety](#)

[Responding to Your Child's Anxiety](#)

[Return to School Plan](#)

Here is a handout from Be You and the Raising Children Network also has some useful information:

<https://raisingchildren.net.au/babies/behaviour/common-concerns/separation-anxiety#helping-children-with-separation-anxiety-nav-title>

Keep Smiling,

**Rohan Evans | Principal**

## **TIPS TO SUPPORT ANXIOUS STUDENTS RETURNING TO SCHOOL**

This factsheet has been developed to support teachers with students who may be anxious or worried about the return to school.

Be familiar with the impact of anxiety on students

- Understand that an anxious student is genuinely experiencing fear (even if the threat is perceived or over-inflated).
- The student may be over-estimating the likelihood of something bad happening and under-estimating their capacity to cope with it.
- The fight or flight part of their brain is likely to be activated and may be limiting their ability to process information.

Before return to school

- Identify students who may find the transition from remote learning during lockdown difficult:
  - o Send an email to parents asking if they feel their child may find the transition challenging.
  - o Reach out to families who you know has a child with anxiety.
  - o Explore how you can support the transition within the current COVID safe rules.
- Increase predictability – an anxious student is likely to feel safe if they have a clear understanding of what returning to school will be like:
  - o Communicate with your class in a developmentally appropriate manner what their first day will involve.
  - o Consider role playing/demonstrating your welcome of students back to school so they can see there will be a warm welcome.
  - o Give the anxious student a small task to complete on their first day back to increase their sense of purpose.
  - o Consider creating a social story of the first day back, demonstrating a student experiencing their first day back after the lockdown period.

On the day

- Neuroscience has shown that connection increases a sense of safety. Consider how to facilitate connections for the anxious student (within COVID safe rules):
  - o With teachers and staff.
  - o With their peers.
- Use supportive statements to convey both support and a belief they can succeed:
  - o Validation + Optimism = Support
  - o Examples of a supportive statement: “I know this is hard, but I believe you can do this,” “I can see you’re worried, but you’ve got this,” or “Returning to school can be scary, but I believe you can cope.”
- Consider what is a reasonable expectation of an anxious student following a lengthy period of home schooling. Is there:
  - o A designated area to retreat to and self-regulate?
  - o A primary focus on a successful transition?
  - o An option for partial attendance?



## Change of Contact Details

Have you changed your email address or phone number? Has your family situation changed? Please remember to let the front office staff know immediately if your contact details have changed.

In the event of an emergency with your child/ children at Yarralumla Primary, it's critical that our records are up to date so that we can reach you quickly.

Please email:

[info@yarralumlaps.act.edu.au](mailto:info@yarralumlaps.act.edu.au)

## Reporting in Semester 2

As students return to face-to-face learning over the next two weeks, learning programs will continue to focus on the learning needs of students. A range of assessment strategies will continue to be used to determine students' progress and achievement. Student reports will be issued at the end of the semester, however they make look a little different from previous school years to reflect the remote learning period. Grades will be issued in subjects where schools have determined it is suitable to do so. Teachers are trained to make judgements and determinations on students' progress and this is carried out against clear benchmarks and guided by the Early Years Learning Framework and Australian Curriculum. Our teachers know their students well and are skilled in making judgments on learning.

## HATS and DRINK BOTTLES

A reminder Term 4 can be hot and sunny and due to COVID-19 restrictions more time will be outside. Some lessons will be outside under a shady area. So we need all students to have hats! Peaked caps / hoods do not count as a hat. ACT policy requires a bucket hat (one that has a brim all the way around). No hat, play in the shade. Wide Brim and Hybrid hats are sold at the uniform shop for \$15.

Having a full water bottle at school for your child everyday is a MUST. We do not supply plastic cups or drink bottles.

Please label the drink bottle with your child's name.

Remember to pack your water bottle for the school day





### **Keep your child home if they are sick**

The COVID-19 pandemic is not over. Restrictions are still in place - including in our schools - and we all need to be vigilant. This includes not sending children to school sick. If your child has any kind of illness, even if it is just a runny nose, they must not come to school. If your child is unwell at school, you will be asked to collect them. It is important that we limit the spread of disease during this pandemic. By doing the right thing you can help keep Canberra COVID safe.

### **Supporting student safety: mobile speed camera vans and parking enforcement teams return to 40 km/h school zones**

With the recommencement of term 4 and students returning to schools, it is critical that parents drive and park safely and legally at and around our schools.

In addition to sticking to the speed limit, please remember it is critical to park safely – including not parking across pedestrian crossings, in no stopping zones, on corners, verges and double parking. Unsafe and illegal parking can reduce visibility of our students and motorists to see each other, creating a significant hazard when students cross the road.

Mobile speed vans will be operation, as well as Access Canberra parking enforcement teams, to support our students' safety. These enforcement teams play a critical role in supporting our students to get to and from school safely and we thank them for their ongoing support.

Let's work together to keep our kids safe.



**How to safely wear a face covering**

- 1 Wash or sanitise your hands before touching your mask.
- 2 Take your clean or unused mask by the ears loops and put them over your ears.
- 3 Cover your mouth, nose and chin. Press the nose strip against your nose bridge, face and under your eyes. The mask should not hang under your chin or around your neck, even when eating or drinking.
- 4 Avoid touching or adjusting your mask. Replace the face mask if it becomes wet or damaged. Wash or sanitise your hands after touching your mask.
- 5 Wash or sanitise your hands before removing the mask.
- 6 Remove the mask by the straps and pull away from your face. Don't touch the front of the mask.
- 7 Dispose of single-use mask or place reusable mask in the laundry or place in a sealed bag to be cleaned.
- 8 Wash or sanitise your hands after removing the mask.

Visit [comcare.gov.au/coronavirus](https://www.comcare.gov.au/coronavirus)

**Essential visitors** must check in, wear a mask, and practice physical distancing.

Check In for contact tracing      Wear a face mask      Keep your distance

ACT Government      For updates, visit [covid19.act.gov.au](https://www.covid19.act.gov.au)      Keep ACT safe & strong



Dear Parents/Guardians and cricket lovers!

Exciting news – in line with the ACT Government easing of restrictions, we are preparing for cricket season to get underway from 5 November and Weston Creek Molonglo want you! This year our great club celebrates 50 years and all junior players will receive a green playing shirt to mark the occasion.

Junior cricket is fast and fun, and WCMCC will have girls and boys teams in all age groups from under 10 to under 18, and the popular Junior Blaster and Master blaster programs for children 5 to 10 years old starting their cricket career.

Registration is now open, and selection trials (for those wanting to play Division 1 cricket) will be held on Saturday 16 October – more details on timing and venue are on our website and Facebook page. The safety of the players, officials and supporters is paramount and trials will be conducted in line with ACT Government restrictions and all COVID Safe guidance from Cricket ACT.

We will have teams available in the following age groupings:

- Blasters programs – 5 to 10 years
- Stage 1 – Under 10's & 11's
- Stage 2 – Under 12's & 13's
- Stage 3 – U14's, U15's, U16's & U18's
- Girls Plate – Under 13
- Girls Cup – Under 18

Scan the code below to register, or find out more at:

- Website – [www.westoncreekmolonglojuniors.act.cricket.com.au](http://www.westoncreekmolonglojuniors.act.cricket.com.au)
- Facebook – [www.facebook.com/wcmcc.juniors](https://www.facebook.com/wcmcc.juniors)
- Email – [wcmcc.juniors@gmail.com](mailto:wcmcc.juniors@gmail.com)
- Phone – Ian Nokes, Junior Registrar, 0475 968 178

**REGISTER NOW**



We hope to see you on the cricket field this season!