



Killara Primary School

Our Best – Every Child, Every Day
Respect, Resilience & Accountability

Newsletter 25

August 19 2021

CALENDAR

23-27 Aug	Book Week
27 Aug	Book Week Dress Up Day
17 Sept	Last Day Term 2.30pm Finish

FROM THE LEADERSHIP TEAM

REMOTE LEARNING

Thank you so much to our students and parents for the positive feedback during this period of remote learning. We understand how challenging a time like this is for so many of our families and we encourage you to please reach out to us if we can further support your family.

Just a reminder that when working in the remote environment, everyone needs to observe appropriate online protocols. These include:

- Ensuring that you are appropriately dressed for WebEx meetings. Please make sure you have a top or jumper on and avoid participating in WebEx meetings in your pyjamas, unless of course, it is a 'dress-up' day!
- Being aware of your surroundings and what is in the background, such as the television, or personal items
- If parents, could also be mindful of where they are positioned to ensure they are not on the screen. This will help teachers who are trying to hear and see all of their students during WebEx sessions
- If possible, find a comfortable but appropriate space at home to complete your learning and WebEx sessions. This might include working at a table or kitchen bench – being in bed might be a comfy place during the cold mornings, but it isn't the appropriate place when you are on WebEx.

Last Friday saw the introduction of a Family Fun Friday afternoon on WebEx at 3pm. It was great to see mums, dads, children of all ages and even some teachers with their families on WebEx to participate in our first trivia quiz! Please keep an eye on Compass because the link to these activities will be posted there. The trivia fun will be on again this Friday afternoon, so get your family team ready for tomorrow at 3pm. We are hopeful of adding some additional live events or activities each afternoon next week for all of the family to join in together. Stay tuned to compass for details!

WELLBEING

The impact of the ongoing lockdowns and in and out of remote learning can affect us all differently, depending on our own personal situations and support networks. The COVID-19 pandemic can also have an

effect on mental health and wellbeing. It is normal for children and young people to show signs of distress. Common reactions include:

- fear and anxiety
- anger and frustration
- confusion
- sadness
- denial

If you find your child experiencing any of these reactions, give them opportunities to ask you questions and try to find ways for them to connect with family and friends as much as possible using technology.

Please also look after yourself as well and give yourself permission to have a 'day off' if needed. It's ok if your child doesn't complete all of the work sent home. It's important that we look after our mental health and wellbeing particularly during times like this and the longer the pandemic is with us, the more 'fatigue' we are finding with students and parents in our community. I encourage you to talk to your child's teacher if you are concerned at all about your child, their wellbeing or you have having problems completing any of the schoolwork. We are a team working together for the same outcomes – happy and healthy children, and we are here to support you and your family wherever possible.

I have included a link below to an article by Andrew Fuller. Andrew is a clinical psychologist specialising in the wellbeing of young people and their families. He is well-known amongst schools in Victoria for his work with both teachers and children. In this article, Andrew offers some practical advice for parents on learning at home - including the Big Three factors that can make a powerful impact.

<https://theparentswebsite.com.au/andrew-fuller-a-parent-guide-to-learning-at-home/>

2021 PARENT OPINION SURVEY

We want our parents/caregivers/guardians to tell us what they think!

There are only two more weeks left for you to access the annual Parent Opinion Survey. Every year the Department of Education and Training conduct a survey to find out what parents/caregivers think of our school. The results will then be used to inform and direct our future school planning and improvement.

I ask you to please take the time to complete the survey as your opinions are important to us. The login details for the survey are unique and only for current parents of students enrolled at our school. Therefore, I am unable to publish these in this newsletter. I encourage you to refer to the Compass post on July 30th for the details.

Please see the link and login information posted to all families on Compass on Friday July 30 to access the Parent Opinion Survey.

2022 PREP ENROLMENTS

We are currently in the process of organising an online WebEx Prep Information session for those 2022 prospective parents who have yet to attend one of the onsite tours or sessions. The information provided in this session will be the same as the information presented previously, so please look out for the upcoming date for this. If you are aware of any family members, neighbours or friends who are considering sending their child to Killara in 2022, please let them know that enrolments are currently being accepted, by contacting Andrea in the office.



Best Wishes
Sue

CURRENT NEWS

WELLBEING TIPS FOR PARENTS DURING COVID-19

Parenting during COVID-19 is a whole new challenge – combine home schooling with studying, and working from home, and it sure isn't likely it's all going to be smooth sailing all the time.

La Trobe University's Health and Wellbeing team have put together their top four reminders for parents during this tricky time. Click on this link for more information: [Wellbeing link](#)

ENVIRONMENTAL CORNER

Energy Conservation

Home office:

- Switch off office equipment when you're done with it.
- Turning your computer off might save another \$30 a year.
- Consider installing energy efficient task lighting or a good quality desk lamp. Joint effort: the kids can chip in too
- Everyone can switch lights off when they leave a room.
- Explain to children the difference between 'standby' and 'off' modes.
- Remember screensavers use just as much energy as a personal computer in use.



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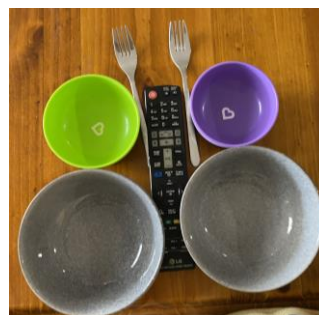
YEAR 1/2 BUTTERFLY ART SCULPTURE



Dante 1/2K



Hiro 1/2L



Jaxon 1/2B



Josh 1/2K

FUN HAT FRIDAY



