



# MOORINE ROCK PRIMARY SCHOOL

## Newsletter

Issue: 5

31st March, 2020

### Principals Message

Dear Parents and Guardians

I would like to start today's newsletter with a thank you. Thank you to Moorine Rock's parents, students and staff. As a community I have watched you step up to the challenge that is COVID-19 and help each other where necessary and do what you need to do for your family. I am truly grateful for your commitment to your child's education and working with us in this very unique era of education. I thank you for being patient with us as we navigate the challenges of distance education and what it means for our students.

This week, we have been working on new materials for students to access and work on any issues we may encounter as students start to access lessons online. This is to ensure that if distance learning has to be continued into Term 2 that students can start from a solid foundation. If your child has been accessing materials online this week then they are well on their way to achieving their goals. The Department of Education has been very clear that teachers are not expected to provide lessons online yet as their focus is still on educating students in the classroom and learning to implement distance education. As a school we decided to provide students with the basics for this week to iron out any kinks in our delivery method. Next week (April 6th-9th) has been designated pupil free, providing teachers the time to prepare for distance learning in Term 2 and beyond. This means that no work will be posted for next week. If you would like to continue educating your child until the end of term then please feel free to access the Learning from Home website that the WA Department of Education has set up. Starting next term, all work for the week will be posted on Connect by 9am on Monday. Teachers will post weekly timetables to help guide students learning and help keep the basic structure of school. If you have any problems accessing, downloading or printing the work, I will be on site every day so I will be available to help in any way I can. Finally, once students have completed work, they are required to submit it into the correct link on Connect. If this is not possible for you or you encounter a problem please feel free to drop completed work into school during school hours. Work will then be marked and feedback given via connect.

On a happier note, I have the absolute pleasure of announcing that I have been successful in my application to stay at Moorine Rock. I am looking forward to working with you all this year and help guide the school in this very unique time. I would also like to announce that Ms Emma Berry was successful in her application for the Cleaner in Charge position. Emma has been doing an amazing job as interim cleaner over the past 8 weeks and we are thrilled that she was the successful applicant.

Stay safe and enjoy the holidays. I look forward to seeing you all again in the future.

Lauren Suttie  
Principal

### Upcoming Events

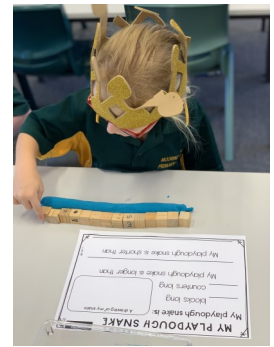
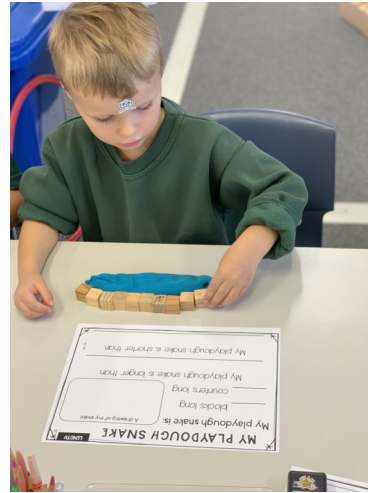
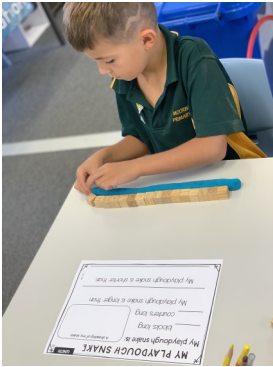
	MON	TUE	WED	THU	FRI
Week 9	30/3	31/3 Newsletter	1/4	2/4	3/4
Week 10	6/4	7/4	8/4	9/4 Last Day of Term One	10/4 Public Holiday Good Friday Students Do Not Attend School

Moorine South Road, MOORINE ROCK  
PH: (08) 9049 1176  
Email: [MoorineRock.PS@education.wa.edu.au](mailto:MoorineRock.PS@education.wa.edu.au)  
Website: <http://www.moorinerockps.wa.edu.au>

*"Reach for the Stars"*

## FROM OUR JUNIOR ROOM WITH MISS SCOTLAND

"We have been learning about length using informal units (blocks, counters, teddies, and popsticks). Students were to measure their playdough snake and themselves making sure there were no gaps, no overlaps and in a straight line from the start to the finish. You can measure things around your house using informal units, measure the shoes, books, tables and any other objects that engage their thinking. Stay safe and see you when we are looking at you Junior Room."



## FROM OUR SENIOR ROOM WITH MISS CASTLEDEN AND MRS NICHOLL

For those at school last Friday we completed our 'new species'. It was fantastic to see the creativity and educated imagination the children demonstrated. We had a range of fungi, feathered mammals and even a new creature that had suction cups on tentacles to climb silos to feed on grain with its beak. This week the students will be detailing their species in a fact sheet.

I'm hoping the photographic skills are being developed as they design photos to capture an emotion. Details of this assignment are in library in the STEM folder on Connect.

A huge congratulations to Maddy Berry who received the top mark for the school in the computational thinking CSIRO Bebras Challenge last week. Other students awarded a Merit certificate were Claire Birtles, Jackson Kelly and Gracie Lawrence. Well done.

I have started a discussion on Connect of DIY Isolation Projects. I would like students to share with the rest of the school any activities or projects they have been completing at home during this isolation period. This can include craft, jobs at home, building projects, family time or even any interesting online tools you have discovered. I hope to see many new experiences or different skills developed.

Please remember to contact me either by email or phone with any news, questions or concerns you have over this unique experience for all of us. Mrs Nicholl

This fortnight has been wild!

Last week we worked hard at school and celebrated harmony day on Friday. This year the theme was 'picture a world in harmony'. We spent the day learning as a whole school and together we learnt about the different cultures of the world and their celebrations. We went on a scavenger hunt of the school and found different ingredients to make Nasi Goreng! It was great to see the students working together to create such a harmonious school environment.

This week has been a bit different with some students accessing their school work from home. I am so happy to see so many students joining in with our discussions and working well independently. I look forward to continuing to engage with all students using our Connect community. Miss Castleden



## HAPPY BIRTHDAY



Chelsea Glass 13th April

Tahlor Berry 20th April

## AWARD RECIPIENTS

### Junior Room

Jye Jackson for having an excellent approach to learning. Keep up the positive attitude.

### Senior Room

Brodie Eiffler for your amazing effort during Maths this term. I am proud of your developing growth mindset.

## SCHOOL NOTICES

### GOOD HYGIENE IS IN YOUR HANDS.

Wash your hands thoroughly with soap and water for at least 20 seconds to prevent passing on germs. Dry your hands.

**TOGETHER WE CAN HELP STOP  
THE SPREAD AND STAY HEALTHY.**

For more information about **Coronavirus (COVID-19)** visit [health.gov.au](https://health.gov.au)

Coronavirus  
(COVID-19)

HELP  
STOP  
THE  
SPREAD  
AND STAY HEALTHY



Authorised by the Australian Government, Canberra

### SIMPLE STEPS TO HELP STOP THE SPREAD.

**Cough or sneeze  
into your arm**



**Bin the tissue**



**Use a tissue**



**Wash your hands**



HELP  
STOP  
THE  
SPREAD  
AND STAY HEALTHY

**TOGETHER WE CAN HELP STOP  
THE SPREAD AND STAY HEALTHY.**

For more information about **Coronavirus (COVID-19)** visit [health.gov.au](https://health.gov.au)



Australian Government

Authorised by the Australian Government, Canberra



## SCHOOL NOTICES



World Health  
Organization

### Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

# TOP PARENTING TIPS FOR PARENTS AND CARERS IN UNCERTAIN TIMES

1

### **Reassure your children that your family is your top priority.**

Say something like "I'm your parent, it's my job to keep you safe and we are doing everything we can."

2

### **Maintain everyday family routines.**

Keep to usual rising times, mealtimes, and bedtimes. Every family is different. Involve children in working out any new routine (e.g., have a daily plan of activities for school-aged children who are at home).

3

### **Have plenty of interesting things to do at home.**

Busy children are less likely to be bored and misbehave. With your child, help create a list of 20 activities that will keep them busy (not just screen time).

4

### **Take notice of behaviour you like.**

Think about the values, skills and behaviours you wish to encourage in your children at this very difficult time. There are many opportunities to teach your children important life skills (e.g., being caring, helpful, cooperative, getting on well with siblings, taking turns). Use plenty of praise and positive attention to encourage behaviour you like. Give them positive attention letting them know you are pleased by telling them what they have just done ("That's a lovely card you have written to your grandmother. That's so kind. She will really appreciate that.")

5

### **Make sure your child knows you are ready to talk.**

Children need to be able to talk to parents about their concerns and have their questions answered. When a child wants to talk about their feelings, stop what you are doing and listen carefully. Avoid telling your child how they should feel ("That's silly. You shouldn't be scared about that.") Let children know it is OK to be worried. Talking or drawing can help children get in touch with their feelings and figure out what they are anxious about.

# TOP PARENTING TIPS FOR PARENTS AND CARERS IN UNCERTAIN TIMES

6

### **Be truthful in answering children's questions.**

Find out what they know about the issue before answering. Keep answers simple. Get information from trusted sources (e.g., official government websites) rather than social media.

7

### **Have a family plan of action.**

Involve children in preparing the plan. As situations can change quickly (e.g., new travel restrictions, school closures), update the plan as needed.

8

### **Help children learn to tolerate more uncertainty.**

The COVID-19 crisis creates uncertainty for everyone. Parents need to find a way to accept uncertainty and, through your actions and words show this acceptance to your children. It's OK to say, "I don't know; let's find out what we can." Big changes to children's lives can be hard and are often scary. They can also create opportunities for learning new skills.

9

### **Take care of yourself the best you can.**

Deal with your own distress by taking actions that give you a better sense of personal control. Stress management skills such as mindfulness and/or deep breathing can help reduce stress. Keep healthy and safe (good personal hygiene, exercise daily, eat well, get enough sleep, avoid using alcohol or drugs to lessen stress). Avoid behaviour that might increase your stress. For example, while it is helpful to keep informed about COVID-19, constant checking on your screens can increase stress.

10

### **Reach out and connect with loved ones.**

Make greater use of phones, online communication tools (video conferencing) and social media to keep in touch with family, friends, and neighbours. Help others in need who are going through a tough time and are more vulnerable (e.g., parents/caregivers with disabilities, older people).