



Principal's Report

We would like to wish the following students a very happy birthday

Ryan, 3/4E

Lola, 1T

Caitlin, 3/4A

Zara, 3/4J

Fatima, 3/4W

Jana, 2A

Matilda, 5/6E

Elijah, 3/4J

Jack, Prep E

Indie, Prep E

Zoe, 3/4J

John, 1R

Gabriel, 5/6A

Anastasia, Prep D

Bella, 1A

Paul, 5/6A

Nina, 2D

Oscar, 1T

Khadija, 3/4J

Sumaya, 5/6E

Dear Parents,

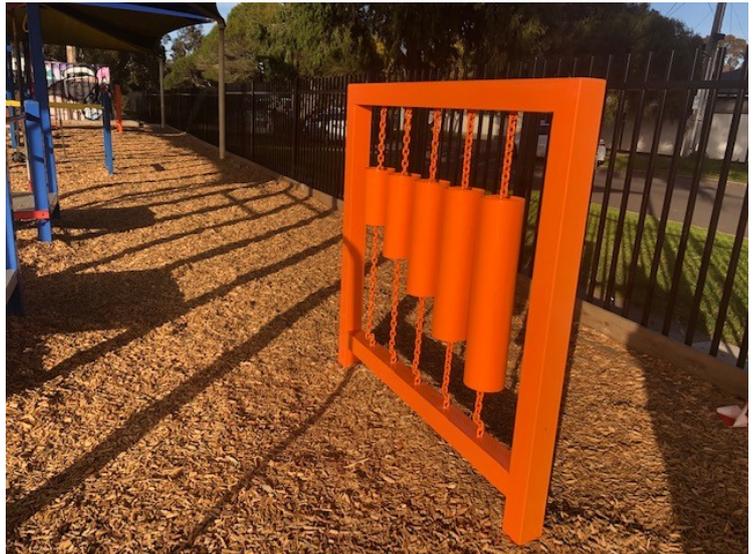
Throughout today, classroom teachers have been contacting parents by phone to 'check-in' on how our children have been working with their remote learning studies at home. Initial feedback has been very positive with most students engaging and working well with the new 'Learning at Home 2.0' program. There has been a few suggestions from parents and we will follow these up. We may also make slight adjustments to the program to ensure we continuously learn and improve the work being made available to our families each week.

If you were unavailable to talk with your child's teacher today, please contact the school and a mutually suitable time will be arranged for a future phone call.

Sound Playground Sculptures

The last of the three sound sculptures has recently been installed in school playground after a very, very long time in the making. The sound sculptures have taken 6 years to design, build and eventually install. They were originally funded by the proceeds from the 2014 Art Show.

The sound sculpture was the idea of former music teacher - Kathy Hirche. Together with our Art teacher, Laura Russell, they put together drawings of some of their ideas and gave them to a couple of our former parents, Sally Best and Kylie Halarakis. Sally and Kylie, with the assistance of some of our other wonderful and talented parents, created plans with specific measurements and specifications. At the beginning there was a lot of discussion and problem solving around the designs and eventually they came up with 3 large sound sculptures that will be suitable to withstand the rigour required to be a 'living sculpture' in a primary school playground.



School Terms 2020

Term 3 13th Jul to 18th Sep

Term 4 5th Oct to 18th Dec

Pupil Free Day

2nd November

Public Holidays 2020

Nov 3rd: Melb Cup Day

Contact

Elizabeth Street

Newport 3015 Victoria

9391 8942

Principal's Report (Continued)



The families involved in the designing and building were;

Tony Mead and Michelle Gowing - parents of Bridie in grade 6 and Caitlin in grade 4
Nicholas and Daria Hewitt - parents of Matthew in grade 6

Former family of NLPS, Kylie Halarakis - mother of Alexander and Gregory
Former family of NLPS, Sally Best - mother of Nicholas Best, twins Lucy and Madeline Best.



Although completed a number of years ago, the challenge has been to find a suitable home for them in the playground. They are 'sound' sculptures so they needed to be located in a setting where they children could play with them but without too much disturbance for those around them (eg. not near my office) and also in a position where they would not be required to be re-located due to new and updated buildings. As the school has increased in size and acquired new classrooms and resources over the last 3 years, we have had to continually look for new locations for the sound sculptures.

We believe that they are now located in positions in the playground where they can be accessed and enjoyed by all of our children for now and many more years to come.

Thank you to all those involved and we look forward to our students playing with our living sculptures upon their return to face-to-face learning and for many years after that.



Principal's Report (Continued)



Farewell

Last week we farewelled Ibu Lyndal who will be having another baby later this year. We wish all the very best to her and her family.

We have some guest presenters who will be starring in some special Prep and yr. 1 Indonesian videos for the remainder of the term. Please check out next week's LOTE lessons for some fun and interesting Indonesian sessions presented by some familiar faces.

Keep on Whistling

When having an early morning chat with our wonderful Janet the Lollypop Lady I noted that it was quite difficult to blow a whistle whilst wearing a mask.

As a special gift to our special helper to our school, I was pleased to present her with a hand held battery powered whistle this week.

Although there are only a couple of students and parents to assist across the Elizabeth St. crossing at this present time, the entire community will at some stage be able to return and Janet will still be there to safely cross the street to get to school- with her new whistle in hand.



2021 Prep Enrolments

Although times are difficult, we will overcome this pandemic and there will be a next year. Our children will return to a school where they will feel safe and connected, our year 6 students will go onto secondary school and we will have a new co-hort of preps beginning at Newport Lakes Primary School.

If you have a child that turns 5 before 30th April 2021, and would like to enrol them at Newport Lakes Primary School please contact the office to collect an enrolment form, alternatively, enrolment details and forms are available on the school website.

Due to restrictions, we have not been able to conduct our usual school tours and information sessions for prospective prep parents. To compensate this loss, the school has also put together a series of videos with information about our school, the specialist subjects and a sneak look into our classrooms.

If parents have any further questions after viewing these videos, they are most welcome to send us an email and we can assist with your individual enquiries.

We have also delayed our due date for 2021 prep enrolments from the usual date of the end of term 2 until this Friday August 7. It is very important for our school planning that we are aware of any siblings that may be enrolling in Preps next year.

Also, if you believe your child may be transferring or re-locating to another school the earlier you can notify the school the greater you can assist the school in its forward planning and preparation.

I hope you have a good week. Take care and keep safe.

Regards

David Moss
Principal





Author Of The Week

This week we wanted to feature the incredible achievements of Jane in 5/6A, who was encouraged to enter an adult writing competition called NYC Midnight. The challenge is to write a 100 word story using the genre, word and action allocated. There is only 24 hours in which to write. Only writers in the top 20 will progress to the next round. The first piece that Jane submitted was in the top 20!!!! She then progressed to round two. She was allocated the genre: action/adventure, with the word: remind, and the action: hugging someone.

Jane's second piece below received an 'honourable mention', putting it in the top 200 entries. We know you will be blown away by Jane's entry! A huge congratulations to Jane!



The Saviour by Jane Z. 5/6A

Glimpses of a ship ploughing through waves. With every breath snatched, I bellow for help. Hallucination or reality, after a night in the frigid sea I'll take my chances.

A lifeline is tossed. I thrash towards it but mother makes no move. She has surrendered. I hug her tightly to me, then with a wail release her and she is quickly gone.

Punishing waves disorient me but I am determined. A final kick and the rope is in my hand.

Hard deck. Safety. Relief floods me, until I sight the Jolly Roger. "There's no escape," the captain reminds me again."



The following is a message *Jackson Castiglione* (former drama teacher at NLPS currently on leave for 2020). Outside of teaching Jackson works as an artist and director collaborating with children to devise professional performances, podcasts and short films

Dear Parents

I want to share an exciting project I am working on that your child can potentially be involved with.

RISING (www.rising.melbourne), a new festival slated to take place from 26 May–6 June 2021, has commissioned me to begin the early stages of development for a theatre work to be presented as part of the inaugural program. The work centres around the childhood experience of parental separation, and is intended to come from the point of view of children; using their words, perspectives and ideas. The intention of the work is to assist young people in finding their voice, and to show them that their thoughts and ideas are of value. Equally it is an opportunity for a wider audience to learn through their perspectives and experiences, which are both intimate and universal.

The interview questions will be carefully crafted to ensure the conversation is from the child's point of view, exploring their perception of this event with them.

Interviews will take place via Zoom video conferencing and be conducted by myself, Jackson Castiglione.

Criteria for taking part:

- You are comfortable with me interviewing your child over Zoom. Please note to allow the child to speak freely, we request you are not present during the interview.
- Your child is aged between 7 and 10 years. (This can be a little flexible)
- You are divorced or separated but both parents are OK with your child sharing the story. (Understanding that your child's story will de-identified).

The resulting show will include a cast of 6 children in front of a live audience. Interviewees interested in this additional opportunity will be invited to an easy and gentle audition process to join the cast. Successful cast members will be paid an industry standard fee and asked to engage in 15-20 days of rehearsal process. We expect this to begin late 2020 or early 2021 leading up to a performance in May/June 2021.

If you and your child are interested, please contact me via jacksoncastiglione@gmail.com

Finally, I kindly ask that you do not share this invitation outside of the school community. If you know of someone who may be interested in the opportunity, I am more than happy to reach out to them directly and sensitively, ensuring they are aware you have passed on their details.

Cheers

Jackson Castiglione



WELL-BEING DURING COVID-19

Resources to assist every member of the family during lock-down isolation



2020

DISCLAIMER: The writer of this document has collated from other available resources, information and knowledge of other creators and does not claim to own anything within the document.



Contents

INTRODUCTION.....	2
PARENTS	3
Sleep	3
Stress	4
Relaxation	4
WFH as a carer/ parent.....	5
Activities and games to play as a family	7
YOUTH.....	8
CHILDREN	9
ART	9
PHYSICAL ACTIVITY	10
FOOD.....	11
Mindful Eating.....	11
Recipes.....	12
TIPS & TRICKS.....	12
Routine	12
Media/ Information Overload.....	15
Staying Connected	15
CONFLICT MANAGEMENT	15
SELF-CARE/ CHECKING IN WITH SELF	16
What is self-care?.....	16
Mindfulness	18
Mindfulness Apps	18
RESOURCES/ CONTACTS.....	19
General Wellbeing	19
Apps & Programs.....	19
Parents & Families.....	19
COVID-19.....	0
Domestic Violence/ Abuse.....	0
Emergency Numbers & Healthcare	0

use ctrl key to click on context heading to skip to needed page



INTRODUCTION

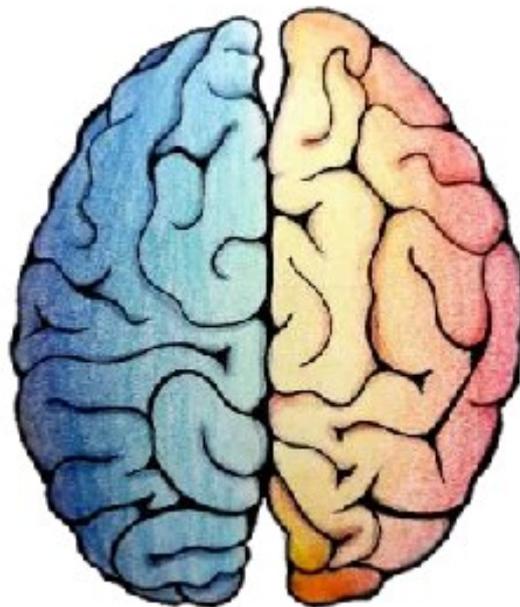
By now we all have all heard our fair share of COVID-19, what it is and its impact on our health and wellbeing.

This portfolio has been created to collate, collaborate and share helpful links and most importantly tips and tricks to having an OK wellbeing within this weird time of isolation and lock-down in a global pandemic.

To start just a little reminder what you are feeling is valid; this is a weird time that no-one was fully ready for, so being unsure, confused and frustrated are all valid feelings to be having. You are likely not alone in thinking and feeling the way you do. As lonely as you may be feeling right now it is likely there is someone out there feeling the same and in that we remember we are not alone.

The last portion of this document includes some extra resources and contacts of different organisations, services and hotlines that are available to assist in the best ways they can.

Enjoy the activities and resources within this portfolio, it is not designed to fix all your problems (if only) but rather to be a handy go-to document of different ideas, tips and tricks for both families and individuals. Just use the ctrl key on the keyboard whilst clicking the links to open them in web-browsers.



PARENTS

By looking after yourself you are also looking after your children, no matter how old. Below are some of the areas that are important to ensure you explore for both self and your family.

Sleep

Sleep is a fundamental to ensure one's mental health and wellbeing and allows for the mind to create a positive outlook and maintain perspective.

It is not about the length of your night's sleep but rather the amount of good quality "deep sleep" a person is able to get. Getting this much needed sleep can be affected by things like stress and anxiety, which currently is an issue for most of us.

Here are some ideas to help you get that much needed deep sleep:

Calming exercises:

This could be a good time to practice mindfulness or explore breathing exercises. This can be begun hours before bed with simple things like limiting nicotine, caffeine and alcohol, as well as limiting screen time.

Consistent bedtimes:

Routine, routine, routine! This will be discussed further later in the document, but routines allow for regulation of sleep and many other mental health and wellbeing factors.

Getting out of bed:

It is recommended not do anything other than sleep whilst in your bed. Being able to separate bedtime from other activities can assist in ensuring a good night's sleep.

You can find out more about these tips below:

<https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/tips-for-getting-a-good-nights-sleep.html>



Stress

Some stress is a normal valid response to what is going on, but when it becomes consuming it can reduce your mental health and wellbeing.

Beyond blue discuss the 7 ways to reduce stress:

1. Postpone major life change
2. Resolve personal conflicts
3. Do the things you enjoy
4. Control your workload
5. Exercise regularly
6. Get support
7. Remember to relax

<https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/ways-to-reduce-stress-during-the-coronavirus-pandemic.html>

Relaxation

So how does someone relax with everything going on?

There are different exercises you can do to help relax. Sometimes other activities can also help you to relax, such as physical activities (yoga, Tai Chi etc.) mindfulness, art activities or even finding a new hobby that suits your personal interests. Even if you aren't good at it, practice makes perfect!

Beyond Blue using a technique called "box breathing" linked below

<https://youtu.be/woQPHciR5ec>



<https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/relaxation-exercises.html>

WFH as a carer/ parent

Working from home (WFH) during this pandemic can be overwhelming and raise unique challenges within the household. This can be magnified by having children at home who are doing distance learning and require attention through-out the workday. Balancing your workload and your children is a challenge. Below is a link from Beyond Blue that gives a few tricks you can use to start to adapt to working from home for you and your family:

<https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/working-from-home-as-a-parent-or-carer.html>



Another recommended suggestion is to put in place positive reinforcements for your children to ensure productivity and effective work and school days. By celebrating small wins, it can boost morale in the household.

Reward charts are a great way of doing this with children possibly up to 11 years of age (could be adapted to accommodate older age groups) and at a minimal cost (depending on how you wish to go about it). You are then able to decide the activities/ chores/ behaviours that are rewarded. When a certain amount is completed at the end of a time period a larger reward is given. Below are links that further explain this strategy:

<https://positivepsychology.com/parenting-positive-reinforcement/>

The following page is a visual example of many different templates. They are free to download using the following link:

<https://templatelab.com/reward-charts/#How to make a reward chart>



TIP: Before you write on this page, make a few photocopies to keep.

MY REWARD CHART



THIS CHART
BELONGS TO:



.....
.....

TASK

Mon Tues Wed Thurs Fri Sat Sun TOTAL

	<input type="checkbox"/>							
	<input type="checkbox"/>							
	<input type="checkbox"/>							
	<input type="checkbox"/>							
	<input type="checkbox"/>							
	<input type="checkbox"/>							

When I reach my goal
of _____ smiley faces,
my reward will be:

When I reach my goal
of _____ smiley faces,
my reward will be:

When I reach my goal
of _____ smiley faces,
my reward will be:

When I reach my goal
of _____ smiley faces,
my reward will be:

When I reach my goal
of _____ smiley faces,
my reward will be:

Young children do better with immediate rewards. For example, if you're taking them for ice cream as a reward, give them a coupon with "Out for ice cream" written on it.
Trudy Coetzee,
teacher at
Prestwich
Primary,
Cape Town.



parents' guide to using a reward chart

This is a parenting tool you can use to praise your kids and encourage them to do chores or homework without having to nag. Here's how to use it most effectively:

Involve your child before you start using a reward chart – s/he must want to do the task and understand how the chart is going to work.

List your child's daily chores in the "tasks" column. You can use a reward chart to tackle everyday activities, from tidying up to doing homework. Make sure each task is simple, specific, measurable and achievable.

Draw stars or smiley faces or use stickers in the corresponding boxes to show when a task is complete. If it hasn't been done, draw a sad face ☹ or make a cross.

Rewards should be small treats – just think how excited kids get over the free toys found in some cereal boxes, for example.

Stay positive and focus on praising success. Never take away stickers or rewards.



Activities and games to play as a family

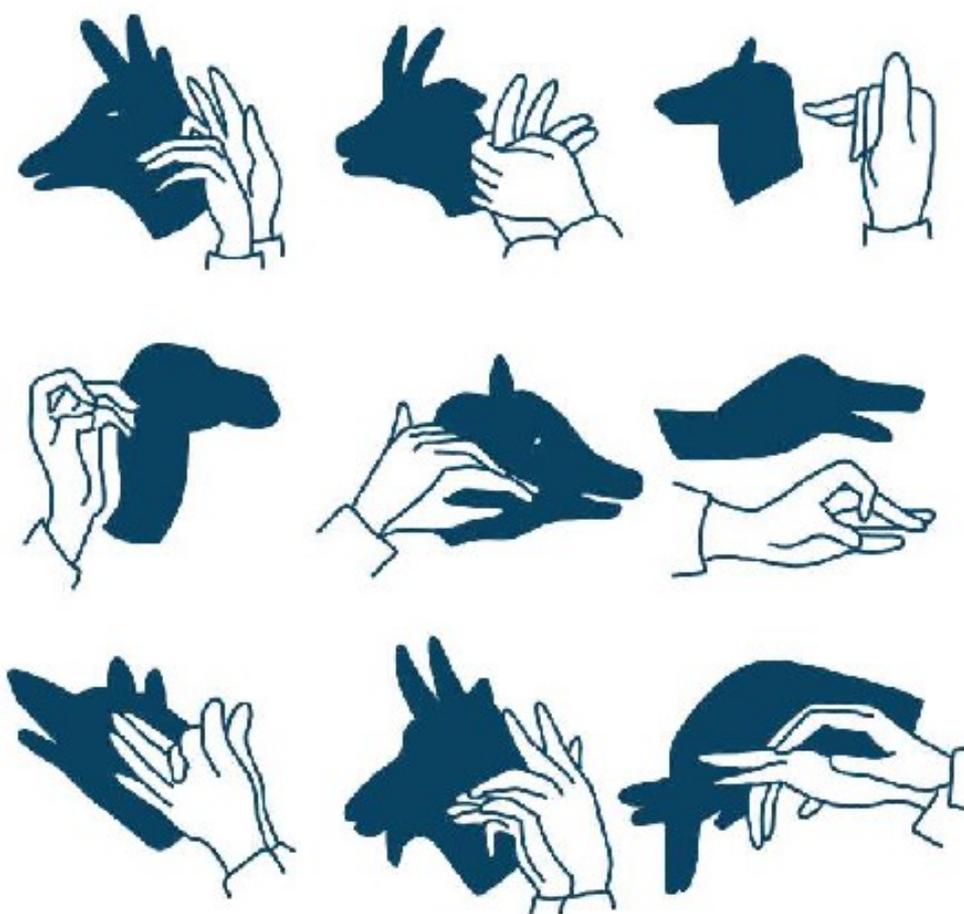
Most activities and suggestions within this document can be adapted so that all members of the family can participate together, but here are some more ideas for full family fun- especially if you have both teenagers and children in your household; both inside and outside:

<https://www.banvuleyouth.com/free-things-to-do-online>

<https://www.phoenixaustralia.org/wp-content/uploads/2020/03/Coronavirus-Evacuation-activities-for-children-and-adolescents.pdf>

An example of this is playing "shadow puppets" using a dark room/ space with a single torch. You manoeuvre your hands to try to create animals or other shapes for the family to guess similar to charades or Pictionary.





YOUTH

Here are some links to youth specific resources relating to dealing with COVID-19 as a young person:

- <https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>
- <https://au.reachout.com/articles/connecting-during-coronavirus>
- https://studentvoicehub.org.au/blog/faq-covid19-and-term-2/?utm_source=YACVic+newsletters&utm_campaign=95c466453a-EMAIL_CAMPAIGN_2020_03_30_11_21_COPY_01&utm_medium=email&utm_term=0_8ad3196cbd-95c466453a-103191701



CHILDREN

Keeping your child entertained whilst confined inside the house can be difficult. Here are some resources providing ideas that you may not have thought of as of yet. These resources relate to distance learning, activities to keep them entertained and organisations/ locations providing online activities:

- <https://raisinachildren.net.au/guides/activity-guides>
- <https://education.abc.net.au/home#!/home>
- <https://raisinachildren.net.au/guides/coronavirus-covid-19-guide/coronavirus-tips-to-manage-distancing-or-self-isolation#how-can-i-keep-my-children-entertained-nav-title>
- https://www.natgeokids.com/au/category/discover/?_cldee=ZnljY29tbXVuaXR5c3VwcG9ydEBwb3J0cGhpbGxpcC52aWMu7292LmF1&recipientid=contact-6a4f535be904ea11a811000d3a795728-286f42eed5104e72b5469d567ac2091a&esid=6957772c-3ac2-ea11-a812-000d3a795c19
- https://museums victoria.com.au/scienceworks/at-home/play/?_cldee=ZnljY29tbXVuaXR5c3VwcG9ydEBwb3J0cGhpbGxpcC52aWMu7292LmF1&recipientid=contact-6a4f535be904ea11a811000d3a795728-286f42eed5104e72b5469d567ac2091a&esid=6957772c-3ac2-ea11-a812-000d3a795c19
- https://raisinachildren.net.au/newborns/play-learning/play-ideas/why-play-is-important?_cldee=ZnljY29tbXVuaXR5c3VwcG9ydEBwb3J0cGhpbGxpcC52aWMu7292LmF1&recipientid=contact-6a4f535be904ea11a811000d3a795728-286f42eed5104e72b5469d567ac2091a&esid=6957772c-3ac2-ea11-a812-000d3a795c19#preschoolers-play-ideas-to-encourage-development-nav-title
- <https://www.itsybitsychef.com.au/> (at cost)

ART

Art activities are a great way to keep preoccupied inside both alone and with the whole family. They can be used as mindfulness activities, bonding activities or just to stop boredom. The best thing about art is that you can adapt it to fit an individual and the materials you have available. Below are links to classes for all ages as well as ideas and examples of art projects:

- <https://www.banyuleyouth.com/art-home>
- <https://www.banyuleyouth.com/all-about-art>
- <https://www.ngv.vic.gov.au/learn/>



- <https://www.nav.vic.gov.au/courses/>
- <https://www.nav.vic.gov.au/channel/>
- <https://www.gallery247.com.au/art-classes>
- <https://www.fatherly.com/play/online-art-classes-kids-drawing-painting-crafts/#:~:text=Skillshare%20Online%20Art%20Classes,cat%20and%20a%20puppy%20dog.>
- <https://artventure.com.au/>
- <https://www.kitchentableclassroom.com/online-art-classes-for-kids/>
- <https://www.parents.com/fun/arts-cra>
- <https://free-virtual-drawing-classes/>
- <https://artfulparent.com/taking-online-art-classes/>
- <https://www.thoughtco.com/free-online-drawing-classes-1098200>



PHYSICAL ACTIVITY

Staying active may be hard during isolation but it is important for a person's wellbeing to get some physical activity in to burn off built up energy. Any type of movement is recommended but below are more ideas for everyone to get their heartrate going:

- <https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/coronavirus-tips-to-manage-distancing-or-self-isolation#how-do-i-keep-my-children-active-nav-title>
- <https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/how-to-stay-active-during-a-pandemic.html>



- <https://www.beyondblue.org.au/aet-support/staying-well/keeping-active/>
- <https://www.banvulevouth.com/fitness-home>
- <https://www.verywellfit.com/essential-yoga-poses-for-beginners-3566747>

One great indoor/outdoor activity that allows for movement and increase in heart rate is yoga. Yoga can be done at any level of ability, by individuals and groups and equipment is not needed. Below is an example of how to relate yoga to children:

OCEAN YOGA



I am a jellyfish.
STANDING FORWARD BEND



I am a shark.
LOCUST POSE



I am a dolphin.
DOLPHIN POSE



I am a crab.
TABLE TOP POSE



I am a turtle.
TORTOISE POSE

© Kim Ngilimites.

FOOD

Mindful Eating

Mindful eating is an alternative way to practice mindfulness, allowing you to check in with your body and self, whilst eating some of your favourite foods. Smiling mind provide steps in how to practice mindful eating:

<https://blog.smilingmind.com.au/how-to-practice-mindful-eating-in-5-steps>



Recipes

Being home and needing to cook more often can cause complaints and repetitive food choices, and leading to bad food choices. Below are explanations of the importance of eating well during isolation and multiple recipes to check out to ensure variety and healthy options that you do not need to go searching for hours for:

- <https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/the-importance-of-eating-well-during-the-coronavirus.html>
- <https://www.eatforhealth.gov.au/guidelines>
- <https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/coronavirus-tips-to-manage-distancing-or-self-isolation#how-do-i-help-my-children-to-keep-eating-well-nav-title>
- <https://headspace.org.au/blog/the-best-foods-for-mental-health/>
- <https://foodandmoodcentre.com.au/resources/>
- <https://www.banvuleyouth.com/healthy-eating-cooking-home#toc-seven-recipes-you-can-make-in-five-minutes>
- <https://www.banvuleyouth.com/healthy-eating-cooking-home>

Making food fun and exciting for your kids can entice them into eating things they normally would not. Here is an example of how you can adapt this to suit your family (even get the kids involved in making themselves):



Apple Monsters!

Using:

- Cut up Apples of your choice
- Grapes sliced into multiple round pieces
- Red Grapes sliced longways
- Chocolate chips
- Peanut butter (or similar spreads) used to stick pieces together
- Puffed rice cereal (or oats)

Routine

Creating structure can be linked to supporting both your and your children's mental health. Raising Children has provided some great resources to enable behaviour management and tools to create routine within the household:

<https://raisingchildren.net.au/toddlers/behaviour/behaviour-management-tips-tools/routines>



This can be tied back to the positive reinforcement discussed previously with the behaviour chart. Another example is a daily task chart that can be ticked off as the day goes. This can be done at the start of the week or beginning of each day. Some samples of how these charts can look below:



Morning Routine for _____

	Wake up!	
	Get dressed	
	Eat breakfast	
	Brush teeth	
	Wash face	
	Comb hair	
	Pack bag	

Courtesy of Priceless Parenting, <http://www.pricelessparenting.com/>



More free printable routine charts available at
<https://www.pricelessparenting.com/chart-for-kids>



MY GREAT DAY CHECKLIST



MY MORNING ROUTINE

- I made my bed.
- I brushed my teeth.
- I ate a healthy breakfast.
- My backpack is packed, ready and by the door.
- My mantra to have a great day is: _____

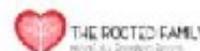
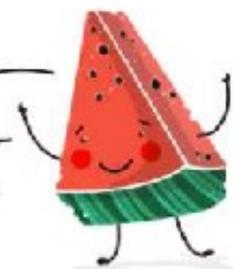


AFTER SCHOOL

- Tonight's homework/practice is: _____
- Chores I need to do today are: _____
- I will make time to move my body by: _____
- I will spend some screen-free creative/quiet/reading time at: _____

CHECKING IN WITH MYSELF

- Today I feel/felt: _____
- This was a positive about my day: _____
- This was a kindness I did or witnessed today: _____
- My goals for tomorrow are: _____
- My gritudes today are:
 - Gratitude #1: _____
 - Gratitude #2: _____
 - Gratitude #3: _____
- I will reflect on my gritudes right before I sleep.



FIND MORE FREE RESOURCES AT THEROOTEDFAMILY.COM



Media/ Information Overload

Stay informed by reputable sources instead of opinions and perspectives of others. Get the information you need to stay informed and prepared for restrictions without the extra concerns and worries that can add to the anxiety of you and your family.

<https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/avoid-news-overload-with-the-sift-technique.html>

Staying Connected

Staying connected socially with people outside your household and workplace can be difficult during this pandemic. Similar to traumatic experiences, being in isolation creates barriers to social interactions that were never considered before. It can also be that you just don't have the energy after a busy day with the kids, schooling or work to interact with others, but staying engaged with others in your life is important to helping feel supported and part of the community.

Phoenix Australia has a little clip that talks a little more about social connectivity:



<https://www.recoveryonline.org.au/connection>

The resources within this document also lead to organisations that can assist further in remaining socially connected. There are online forums and other suggestions to not only connect with people you already know but with others that may be going through similar situations as yourself.

Face-to-face interactions may be limited now but Telehealth is a great substitute for the moment. Telehealth is the word professionals and organisations are using to explain how interactions with these health professionals are carried out. Telehealth can include phone conversations, video calling and all other forms of technology to replace these face-to-face appointments.

CONFLICT MANAGEMENT

Being locked up in one place with the same people can cause an increase in conflict and tension. This is normal with an increase of emotions for those living under



one roof. Below are some resources to help explore resolutions and tips to reducing these family conflicts:

- <https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/coronavirus-tips-to-manage-distancing-or-self-isolation#how-can-i-manage-sibling-conflict-nav-title>
- <https://childmind.org/article/parenting-disagreements-during-covid/>
- <https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/working-from-home-as-a-parent-or-carer.html>

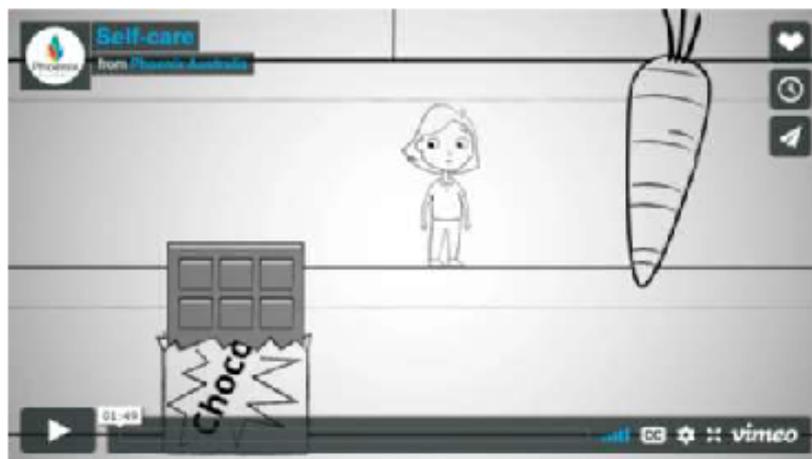
SELF-CARE/ CHECKING IN WITH SELF

What is self-care?

Self-care is all about taking a moment to check in with yourself, nurturing both your physical and mental wellbeing. Self-care can be whatever works for you, from 10minutes of mindfulness breathing to physical exercise. It can be anything that will promote your own personal wellbeing.

When people hear “Self-care” people are likely to automatically think of meditation and breathing exercises. These can be a good option and there are different varieties aimed towards different people and lifestyles. There may be mindfulness activities that you don’t normally think of. Below are different links to a variety of different types of self-care and mindfulness.

First check out this video from Phoenix Australia that discusses self-care post-trauma and recovery:



<https://www.recoveryonline.org.au/self-care>

A little self-care activity to look at is creating a Self-care box with things you already have at home. This can be done on your own or as an activity for each member of



the family. Decorating the box or things that go into can make it feel more like something individual to the person.



Examples of this can be quotes that motivate you, tea, craft materials, soft toys etc. It can be anything that makes you feel good and helps relax you to be able to check in with yourself.

Below is a link that further explores this activity along with other ideas:

<https://www.banvulevouth.com/wellbeing-self-care>

There are multiple apps and websites that can assist with whatever self-care activity you decide works for you. Here are 10 tips from Reach out that can assist in taking care of yourself during COVID-19:

<https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus>



Mindfulness

As mentioned, Mindfulness in all its different forms can be ideal ways to self-care and ensuring you are checking in with your mental and physical health. How you practice your mindfulness and self-care is a personal preference, so it is important to have plenty of options to find what suits best. It can be something as simple as noticing your breath, to drawing a whole picture.

Child mind explores this further in the below link:

<https://childmind.org/article/how-mindfulness-can-help-during-covid-19/>

Mindfulness Apps-

Smiling mind-

interactive games and images relating to mindfulness targeted towards young people and adults

<https://www.smilingmind.com.au/smiling-mind-app>

Insight Timer

Free app focusing on assisting with sleep, anxiety and stress including playlists, timers and activities for kids.

<https://insighttimer.com/>

Stop, Breathe & Think

Mindfulness activities to relieve stress, assist with sleep and to calm emotions

Adults: <https://my.life/>

Kids: <https://www.stopbreathethink.com/kids/>

Breethe

Meditation app with guided meditations, music, personalised recommendations and a program to learn how to start meditating

<https://breethe.com/>

Buddhify

A meditation app designed to fit into a modern lifestyle, categorised to fit by what you are doing and or feeling at the time

<https://buddhify.com/>

Headspace (for adults and kids)

Interactive guides to everything assisting in a healthy mind.

<https://www.headspace.com/>



RESOURCES/ CONTACTS

General Wellbeing

Local council's Facebooks/ websites/ youth services have further information on online events, groups, activities, resources and programs in your area.

Local libraries along with state and national libraries also have handy resources, activities and tips/ tricks for families of all ages.

Berry Street

Providing extra tips and tricks to help young people and children during COVID-19. Links for further resources.

<https://www.berrystreet.org.au/covid-19-resources>

Beyond blue- fact sheets, resources, support groups/ forums

beyondblue.org.au

<https://coronavirus.beyondblue.org.au/i-need-support-now.html>

<https://www.beyondblue.org.au/get-support/newaccess>

Phoenix Australia

<https://www.phoenixaustralia.org>

Reach Out- fact sheets, resources, forums etc.

<https://au.reachout.com/>

<https://au.reachout.com/tools-and-apps>

Black Dog Institute- fact sheets, resources, forums etc.

<https://www.blackdoginstitute.org.au/education-services/>

World Health Organisation (WHO)

https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tip-5-covid-19-parenting.pdf?sfvrsn=1b3ee706_2

Head to Health

<https://headtohealth.gov.au/>

Mind Spot

<https://mindspot.org.au/coronavirus>

Apps & Programs

<https://divethru.com/> Journaling app

<https://preventionunited.org.au/programs-and-resources/pip/>

Free, online parenting program. Protect your teenager's mental wellbeing and reduce their risk of experiencing depression and anxiety.

Parents & Families

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

<https://www.education.vic.gov.au/parents/services-for-parents/Pages/parentline.aspx>

<https://stepfamily.org.au/>



COVID-19

Coronavirus Health Information Line

1800 020 080

Coronavirus hotline

1800 675 398

Health direct & GP hotline

1800 022 222

www.healthdirect.gov.au

Domestic Violence/ Abuse

Safe steps

24/7 crisis service on 1800 015 188. Or email safesteps@safesteps.org.au.

The safe steps web chat support service is available Monday to Friday, 9am to 9pm

<https://www.sacl.com.au/>

Sexual Assault Crisis Line

1800 806 292

<https://www.withrespect.org.au/>

Emergency Numbers & Healthcare Child Protection

West Division Intake

1300 664 977

After Hours

13 12 78

Crisis & Emergency Accommodation

1800 825 955

Nurse on Call

1300 606 024

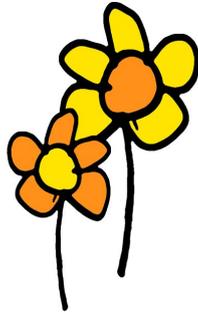
Psychiatric triage

1300 363 746

Translating and Interpreting Service

13 14 50





 **Newport Lakes** Primary School

SCHOOL TERMS 2020

Term 3—13th Jul to 18th Sep

Term 4—5th Oct to 18th Dec

PUPIL FREE DAYS 2020

2nd November

PUBLIC HOLIDAYS 2020

Nov 3rd: Melb Cup Day