

Appin Park News

LEARNING
FOR LIVING
I SHOW RESPECT
I AM RESPONSIBLE
I CARE

3rd September, 2021

Save the Date

September

17 Last day of term

October

4 First Day of Term 4

Hello Everyone

On Wednesday, the Premier announced that Flexible & Remote Learning would continue for the remainder of term 3. While this is not the news we had hoped for, we shall continue to support our students in learning from home via our weekly learning packs and daily Webex meetings. We are aware that some of our students and families are finding schooling at home increasingly challenging. We encourage you to think back to some of the suggestions we have made in the past in order to support you at home. These included:

- ◆ Setting a daily schedule for the family that includes learning time, break times, outside play, screen-free time and screen time;
- ◆ As parents and carers, allowing yourselves time to relax and reset;
- ◆ Easing back on expectations if children are becoming anxious or frustrated with learning tasks, focussing on what they have done rather than what they haven't completed.

Please take care of yourselves and your families, and don't hesitate to contact us at the office or via email if you require further support.

Naplan

Students in Grade 3 and 5 will receive their Naplan results with their learning packs on Monday. We are incredibly proud of all our students and their ability to complete the testing process on the back of some difficult months of schooling. It is important to remember when looking at the results that these are just one way we collect information about our students. While they give us some information about student learning they do not give us the whole story. Staff will be looking at results over the next couple of months as they provide whole school information on the strengths and areas for growth in teaching and learning programs.

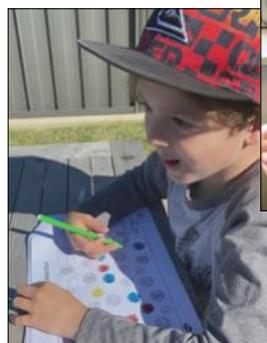
Learning Packs

Learning packs for week will be available from the multi-purpose room on Monday morning, 8:30-11:00. The library will be open and available for returning and borrowing.

Fiona Carson - Principal

FROM THE JUNIORS

On the last Friday before lock down (Science Week) 1/2E made their own butter and bread. We all took turns in shaking the container of cream until we made butter. It was fascinating watching cream turn into butter. Then we got to eat it.



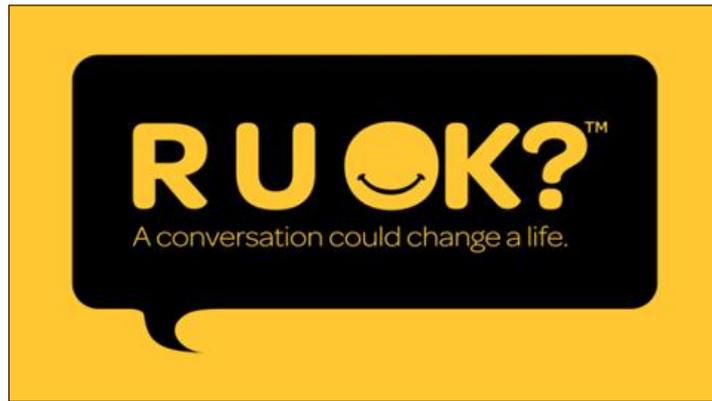
PIE DRIVE ORDERS

**Pie Drive orders will be available for collection on Thursday 9th September.
Orders will be available for collection in the drive through
between 3:30 and 5:00pm.**

If you are not able to collect at that time please contact the office on 5722 1326 to arrange an alternative time for collection on Friday 10th September.

A huge thank you to APPA for organising this fundraising activity for our school!

Thursday 9th September R U OK? Day



R U OK? is a charity whose mission is to inspire and empower everyone to connect with the people around them and lend support when they are struggling with things in their life. R U OK? Day is a national day of action when people are reminded that every day is the day to ask, "are you OK?" if someone in your world is struggling with life's ups and downs.

R U OK? aims to build the confidence and skills of the help-giver – the person who can have a meaningful conversation with someone who is struggling. The support of friends, family and team mates can help prevent small things becoming bigger issues.

Conversations can make a difference. It's better to ask than not ask. Conversations help people feel more connected, supported and better about themselves and their situation. Young people are more likely to speak to their friends and family first. That's why it's important that everyone is prepared and knows what to do if they are worried about someone. You aren't expected to fix everyone's problems or know the best way to help and support. But you can listen to what your friend is saying, let them know you care and tell someone, like a trusted adult, if you are worried about them.

How to have an R U OK? conversation



Useful contacts for someone who's not OK

Kids Helpline (24/7)
1800 55 1800
kidshelpline.com.au

Beyond Blue (24/7)
1300 224 636
beyondblue.org.au

Headspace
headspace.org.au

ReachOut
www.reachout.com

R U OK?
ruok.org.au/findhelp