



Ardtornish Newsletter

Term 3 Week 1 23rd June 2021

Ph: 8264 8099 – Mobile 0447 467 152 - Email: dl.1540.info@schools.sa.edu.au - OSHC: 8396 4069



No: 12

In this Issue

- From the Principal – Lockdown “Learning Processes” Smoothly Implemented
- Maintaining your Wellbeing during Covid 19 Lockdown
- RAN Training Update for Volunteers
- Secondary School Enrolment Offers
- Camp Quality
- Principal’s Award
- TAFE SA Short Courses

Diary Dates

July

- 30th – Dance til you Drop, Boys KO Soccer
- 31st – Pedal Prix – Taillem Bend

August

- 2nd – Governing Council 7pm, Illustrator & Author Visit F-2
- 3rd – Yr 6/7 Basketball, Dance til You Drop, Yr 5 Stem Visit to MHS, Illustrator & Author Visit F-2, Parent Cyber Safety Session 6-7.30pm

Road Crossing Monitors

Wed 4th Aug – Tue 10th Aug
Jude H, Tate W, Keira C

Wed 11th Aug – Tue 17th Aug
Gargee V, Isabelle c, Maddison J

Wed 18th Aug – Tue 24th Aug
Gemma R, Avara E, Lara B

Please arrive by 8.25am

Lockdown “Learning Processes” Smoothly Implemented



On Wednesday’s Pupil Free day staff worked in teams to quickly establish processes for providing students with home learning activities for the next four days. Resources have now been made available either through classroom websites or the SeeSaw program.

Only a skeleton staff is now present at school to care for children of essential workers. While teachers are following the Department of Education’s recommendations and working from home, they are still on duty. Each teacher has contacted their students’ caregivers to inform them of how to access materials and communicate with them over the next week. Parents who have any questions about the tasks set for their children or problems accessing them are encouraged to contact their child’s teacher.

The fact that staff could put home learning systems in place so rapidly reflects the high level of ICT skills they possess. Over the next few days staff will also be undertaking a series of professional learning tasks to enhance their skills in relation to our school’s improvement plan so their time will be well employed. If the lockdown is extended, we will be ready to provide further educational materials. Beyond what is provided by staff, our school website has extensive resources and links that parents might like to explore.

Maintaining your Well-being during the Covid 19 Lockdown

Going into a lockdown can put pressure on families and individuals so it is important to look after your mental health. There are free resources on the internet that can support your wellbeing.

Some activities you can try at home to promote wellbeing are:

1. **Keep to a regular routine** – completing the learning at home activities set by classroom teachers can help provide this for your child at home.
2. **Exercise** - be active for an hour a day. There are many excellent resources online. If you have a smart TV you can access free YouTube exercise clips and do these as a family.
3. **Meditate** - mindfulness activities. Smiling Mind is an excellent resource to support this. You can download an app on your phone or smart device or simply access their information through their website. <https://www.smilingmind.com.au/smiling-mind-app>
4. **Play** - board games, computer games, outdoor/indoor activities and enjoy time together. These are fantastic ways to connect as a family and take your mind off the lockdown.
5. **Keep in touch** – with friends & family to talk through any worries you have and to support one another.

If you are struggling with the lockdown there are people here to help

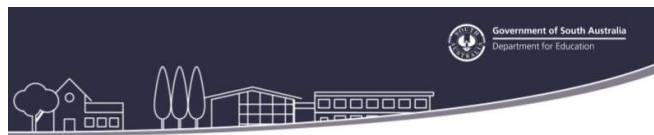
1. Kids Helpline - call 1800 55 1800 or <https://kidshelpline.com.au/>
2. Beyond Blue information to support parents <https://coronavirus.beyondblue.org.au/>
3. Developing Minds Psychology and Education services (Adelaide) offer an online psychology support portal for families with primary aged children who are experiencing big feelings and dealing with life’s challenges. This is free for families with a health care card, go to www.calmkidcentral.com and use access code FIRSTYEAR or code FIRSTMONTHFREE without a health care card. SA Health– [Mental Health Support COVID-19](#) *Continues on Page 3*

RAN Training Update for all Volunteers



As of the 1st of July 2021 all volunteers will need to update their RAN Training, which is now called Responding to Risks of Harm, Abuse and Neglect – Education and Care. It is called RRHAN-EC for short.

Click this link [Plink account for volunteers - RRHAN-EC training](#) to do the online training update. Once completed please email a copy of certificate to dl.1540.info@schools.sa.edu.au



Secondary School Enrolment Offers

This term enrolment offers for secondary school will be sent to the families of our year 6 and 7 students. It is important for you to know that not all schools will send out their enrolment offers at the same time, but they will be sent as close as possible to 13 August 2021.

Most families will receive their offer via email. If you think you have not received your enrolment offer from your secondary school, you need to check your junk folder for an email from education.noreply@sa.gov.au.

If you did not provide an email address on your Registration of Interest form, you will receive your enrolment offer in the mail or it will be handed to you by your child.

If your enrolment offer has not arrived by 18 August, please let the Cathie in the front office know and we can follow up with the secondary school on your behalf.

If you need support to accept your enrolment offer, it is best to contact your allocated secondary school and they can step you

Last Term on Wednesday 30th June, students participated in a FREE puppet show from Camp Quality. Puppets, Kylie, Dean and Melissa, were lots of fun, but they carried an important message as well. They explained what cancer is, help kids understand what's going on, how to be a good friend and, most importantly, that you can't catch cancer.

Principal's Award

For Persistence – T2 Week 10

- ★ Hamish H, Lisa R
- ★ Archer W, Lincoln M
- Alex D, Alexis M
- ★ Madeline B, Elijah S
- Eli C, Cooper V
- ★ Ashley C, Jake S, Samuel H
- Jasmine G, Noah C
- Rylen H, Jemma O
- Josh G and Allegra F
- Holly V Hugo H
- Shubh P, Sarah Y
- Aaliyah K Hector H
- Luqah G, Shaan G
- ★ Cooper F, Mikaela B
- Krishea C Asten S
- India S, Keira C
- Platon M and Marley C-W
- ★ April D, Marley E
- Oneida D, Sienna H
- Bailey W, Fely R
- ★ Brooklyn T, Chase R
- Maeve G, Chloe R
- Aaron S, Imogen St
- Noah J, Morgan T

Home Based Learning

Where students who are learning from home, are unwell or for another reason are unable to participate in the remote learning program on any day, families must notify the school via text message 0447 467 152.

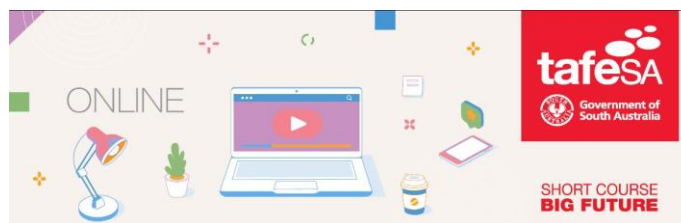
Excursion and Incursion Update

ACTIVITY	DATE/S	STUDENTS INVOLVED	LAST PAY DAY 4pm
Dusty Feet Mob	TBA		
Dance til you Drop	Term 3	3,4,5,6,11,12,15,2A, 2B	25/6/21
Yrs 3-5 Swimming	26/7 – 30/7		

Postponed

Top 5 online safety tips for kids

- 1** Set up your device to protect your information.
- 2** Explore safely & tell an adult if you see anything online that makes you feel yuck.
- 3** Limit who can contact you when you're playing games.
- 4** Stop all contact with anyone online who asks you to do anything you don't want to do. Report and block them.
- 5** Ask for help if anything online is bothering you.



Make the most of your today ... Use your time to upskill or learn a new hobby this lockdown

Depending on your circumstances, this time can present you with opportunities to do things which you've always wanted to do or like to do more of.

If you're after some inspiration on what you can do during lockdown, check out some of TAFE SA's online short courses.

- [Short Courses](#)
- [Study Short Courses](#)
- [Short Courses – General Interest](#)
- [Short Courses – Professional Development](#)

While working at home do not forget to stay safe online.

The eSafety website has many amazing tips for staying safe while working online. The main messages are:

- Talk to your child about being safe online - do not give out personal information, do not talk to people they do not know online.
- Make use of parental controls to block out websites and limit online usage.
- Check your child's account settings - make sure they are set to private to limit the amount of people who can contact your child.
- Look out for cyberbullying. Check in with your child to make sure they are not being bullied online.

More information can be found on the eSafety website, through the link below.

<https://www.esafety.gov.au/about-us/blog/covid-19-online-safety-kit-for-parents-and-carers>

You can also access some excellent information through the Carly Ryan website, where there are many fact sheets about how to protect yourself and your child online. <https://www.carlyryanfoundation.com/resources/fact-sheets>

If you are looking for more activities to do with your child during lockdown there are many ideas below:

- <https://www.childhood.org.au/covid-19/> Plenty of options on this website.
- <https://natureplaysa.org.au/wp-content/uploads/2020/04/Nature-Play-SA-Family-Nature-and-COVID-19-Guide.pdf>
- <https://online.flippingbook.com/view/939871/>

Remember we decide our perspective for the next week and maybe beyond, will it be one of gratitude? Focus on what we can control. Our behaviour and attitude impact our children, the biggest gift we can give our children through this challenging time is to model what it is to be an overcomer and be resilient and make the most of what we have.

Take care of one another, know you are not alone. Please reach out if there is anything we can do to support you and your family during this tricky time.

Natalie Hall - Student Wellbeing Leader

Tracey Cooper - Pastoral Care Worker

Here are 10 top tips to help protect your children online.

- 1**
Build an open trusting relationship around technology — keep communication open and supportive so your child knows they can come to you if something goes wrong or does not feel right online.
- 2**
Co-view and co-play with your child online. This will help you better understand what they are doing and why they enjoy an app, game or website, as well as providing a great opportunity to start conversations about online safety.
- 3**
Build good habits and help your child to develop digital intelligence and social and emotional skills — such as respect, empathy, critical thinking, responsible behaviour and resilience — and practice being good online citizens.
- 4**
Empower your child — wherever possible, help them make wise decisions for themselves, rather than telling them what to do. Try to provide them with strategies for dealing with negative online experiences that will build their confidence and resilience.
- 5**
Use devices in open areas of the home — this can help you manage and be aware of who your child interacts with online through phones, tablets, smart TVs, gaming consoles and other connected devices.
- 6**
Set time limits that balance time spent in front of screens with offline activities — a [family technology plan](#) can help you to manage expectations around where and when technology use is allowed — you could even fill in an Early Years [Family Tech Agreement](#).
- 7**
Know the apps, games and social media sites your kids are using, making sure they are age-appropriate, and learn how to limit [messaging or online chat](#) and [location-sharing](#) functions within apps or games, as these can expose your child to unwanted contact and disclose their physical location. For more advice
 - [The eSafety Guide](#) includes information to help parents and carers choose safer apps and report and block unwanted contact and sexual approaches.
- 8**
Check the [privacy settings](#) on the games and apps your child is using and make sure their profiles are turned on to the strictest privacy setting. Restrict who can contact your child or ask them to check in with you before accepting new friends.
- 9**
Use available technologies to set up [parental controls on devices](#) that can filter harmful content, monitor your child's use and limit or block their time on connected devices or functions (e.g. cameras, in-app purchases).
- 10**
Be alert to signs of distress and know where to go for more [advice and support](#).
 - Report harmful online content to eSafety at [esafety.gov.au/report](https://www.esafety.gov.au/report).
 - Contact a free [parent helpline](#) or one of the other many great [online counselling and support services](#) for help. Kids, teens and young adults can contact [Kids Helpline](#) online or by phone on 1800 551 800 and the service also provides guidance for parents.

Learning Technology Chromebook User Agreement

As a member of the Ardtornish Primary School community, I will:

1. Log onto the Ardtornish Primary School network, 'google apps' or any other digital device using only my username and password provided by the school
2. Only use learning technologies at Ardtornish primary school (including the internet) for learning related activities
3. Only use the Chromebook when teachers instruct me to
4. Take care to check the credentials and reliability of any information obtained from the internet
5. Treat all learning technologies with respect and due care
6. Not modify the application or operating system software provided on my Chromebook without written permission from the class teacher
7. Not access or store offensive images or audio on the chrome books or other digital storage devices
8. Abide by copyright law by not copying and redistributing another's work and will acknowledge the owners of copyright works
9. Not use digital technologies to harass or bully another student and conduct myself as a responsible Digital Citizen and be respectful of others at all times
10. Not reveal personal addresses or contact numbers over the internet
11. Not knowingly introduce a virus
- 12. Fully charge my Chromebook each evening in preparation for the next school day**
 13. Be supervised by my parents/carers who will monitor my use of the Chromebook and internet at home as this is not the responsibility of the school
 14. Promptly **report** to staff any inappropriate material that is accidentally accessed at school
 15. Promptly **report** damage to the hardware and/or software to the class teacher and it support staff
 16. Transport my Chromebook in a protective bag at all times
 17. Keep my Chromebook clean and **free of graffiti**
 18. Take all reasonable precautions to ensure that the Chromebook is not lost or damaged
 19. Store chrome books safely - not on the floor
 20. Apply all of the above points regardless of which adult is in the classroom or if you are learning at home