



WARRAGUL NORTH PRIMARY SCHOOL NEWSLETTER

#7

22nd July 2021



11 PRIVATE MUSIC PROGRAM



3 BACK TO THE 1850'S SCHOOL DAY

CALENDAR 2021

Fri	23 Jul	Celebrating 100 days of learning for Years 1-6
Tue	27 Jul	Student/Parent/Teacher Interviews
Wed	28 Jul	Parent Club Meeting at 2.30pm
Fri	30 Jul	Footsteps Dance for Year 5 students
Mon	2 Aug	Celebrating 100 days of learning for Foundation
Fri	6 Aug	Footsteps Dance for Year 5 students
Wed	11 Aug	Senior Concert 6pm & 8.30pm performances
Fri	13 Aug	Footsteps Dance for Year 5 students Junior Assembly

ASSEMBLY DATES FOR TERM THREE

Fri	13 Aug	Junior Assembly (Foundation to Year Two)
Fri	27 Aug	Senior Assembly (Years Three to Six)
Fri	10 Sept	Junior Assembly (Foundation to Year Two)

Principal's Report

Wellbeing During Challenging Times

As Victorians we are once again facing challenges due to the coronavirus pandemic.

The D.E.T. has instructed schools to record student attendance daily and ensure that teachers have student wellbeing check-ins regularly with their students.

To assist parents, the Department of Education and Training has a resource to help guide you through conversations with your children. The resource can be found on the department's website and is titled 'Talking to Your Child During Coronavirus'.

Our Chaplain, Mrs Sheryn Cutler, is also available to assist parents and students who may be feeling anxious or want to talk to someone during these difficult times. Mrs Cutler is available Tuesdays and Thursdays from 9.00am to 3.00pm to return calls or text messages. You can phone or text Mrs Cutler on 0482 470 272 if you wish to communicate with our Chaplain.

Recently I read 'Laughter is the best medicine, especially in challenging times'. I then reflected on some of the funny things that have happened in my life – both personal and at school. Some events came to mind that I had not thought of for years. So I encourage you to take the time to share some funny stories with others and have a good laugh. Sharing a laugh can be helpful in challenging times.

Principal's Report *continued*

Excellent Support Given to WNPS by Warragul Lions Club

The Warragul Lions Club have provided generous support to Warragul North Primary School over many years. When we were notified by the club last term that their members had decided to continue to support our school we were thrilled.

On Friday 18th June the Warragul Lions Club President, Mr Michael Stephenson, came and presented our School Captains, Kaely and Oscar, with a 'giant size' cheque for \$4500. The School Captains thanked the Warragul Lions Club for their exceptional generosity.

Over the years the support provided to WNPS by the Warragul Lions Club has enabled our school to provide students with food and school uniform when needed. Their support has also assisted students participate in incursions, excursions and school camps.

So a huge thank you to Warragul Lions for their substantial support over the years. It is heart-warming to know the members of the Warragul Lions Club want to assist young children in our community and enrich their lives.

Pictured right are the WNPS School Captains, Oscar and Kaely, with Mr Michael Stephenson, the Warragul Lions Club President.



Back to the 1850's School Day

Being involved in the 'Back to the 1850's School Day' on the last Thursday of Term Two was joyful. Well done and thank you to Miss Wilson, Mrs Thomas, Mrs Robinson and Mr Prokopiwskyi who organised this special day for their students. So many students told me that they really enjoyed dressing in 1850's styles and trying the games of the era. I hope you enjoy the photos and report featured in this newsletter.

Corinne Collins, Principal



Back to the 1850's School Day

Year Five students enjoyed a 'Back to the 1850's School Day' experience on Thursday 24th June. The teachers had planned a variety of 'old-fashioned' activities to provide students with an understanding of what life may have been like during the gold-rushes of the 1800's.

The children had fun gold panning, tried their hand at copperplate writing using pen and ink, did mathematics using pounds, shillings and pence and played some old fashioned games.

The students got into the spirit of the day by dressing up for the occasion in an 1850s style. Our teachers dressed up too! To encourage discussion about the 1850's day the children took home a brown paper bag of old-fashioned boiled lollies to share with their families. It was a fantastic day, enjoyed by all!

Miss Imogen Wilson
Year Five Teacher





Hello from the *Acorn Room*



emotional support or just a listening ear for yourself, I am available over the phone and online. Please reach out.

So here we are in lockdown doing remote learning once again. Although we are all affected, some families are more impacted than others. Please reach out if you are in need of support in any way. Whether you are experiencing financial hardship, a family crisis or difficulty, your child needs distraction/entertainment/

And I just want to give you all a big pat on the back for going through all that you have been through. I am sure you have been stretched and challenged by many aspects of life since this pandemic began. Some of you were already carrying heavy loads. It may sometimes just feel like its all too much. I hope you have learnt about yourselves and what you need to do to cope. I often reflect in awe at what we humans have been able to adapt to and endure. I encourage you to use these positive coping strategies that you have developed or try some new ones to get through this latest lockdown.

Mrs Sheryn Cutler,
WNPS Chaplain

Warragul North Primary School offers chaplaincy and pastoral care to students and families in the Acorn Room on Tuesdays and Thursdays.

School Council Report



Hello, my name is Gines Satchithanandam, this is my first year on the school council as a parent member. My daughter Cyra is in Year Four and started in prep when we moved back to Australia from the USA. I also have a two and half year old, Zaede.

I am the GM of The Summit Outdoor Adventure Park in Trafalgar, in addition to once being a school teacher, I have daily involvement with schools and students. I am excited to be a part of WNPS council to help guide and shape different aspects of the school.

I am an advocate for children to be in a healthy, active environment which fosters curiosity and experiences, which WNPS does a great job at. Especially after the year the students had last year, getting out and about is more important than ever. If you see me around school or town please come up and say hello, or if you have an idea that you would like to share, please let me know.

Mr Gines Satchithanandam
School Councillor

Term Three *Topics*

Foundation – *Down on the Farm*

- Living things grow, change and have offspring similar to themselves.

Year One – *My Family, My Town*

- Identify examples of continuity and change in family life and in the local area by comparing past and present.
- Connections of people in Australia to other places in Australia and across the world.
- Reasons why some places are special and some places are important to people and how they can be looked after.

Year Two – *Animal Adaptions*

- Living things have a variety of external features and live in different places where their basic needs, including food, water and shelter are met.

Year Three – *Oceans and Reefs*

- Living things can be grouped on the basis of observable features and can be distinguished from non-living things.
- Different living things have different life cycles and depend on each other and the environment to survive.
- Main climates of the world and the similarities and differences between the climates of different places.

– *Stop Bullying*

- Explain how and why people make rules.
- Identify and practise strategies to promote health, safety and wellbeing.
- Describe factors that can positively influence relationships and personal wellbeing.

Year Four – *Rain Forests*

- Living things can be grouped on the basis of observable features and can be distinguished from non-living things.
- Different living things have different life cycles and depend on each other and the environment to survive.
- Location of major countries of Africa and South America in relation to Australia and their major characteristics including the types of vegetation and native animals in at least two countries for both continents.

Year Five – *Our Asian Neighbours*

- Location of Australia's neighbouring countries and the diverse characteristics of their places.
- Location of the major countries of the Asian region in relation to Australia and the geographical diversity within the region.

Year Six – *Great Inventions*

- Science as a Human Endeavour: scientific understandings, discoveries and inventions are used to inform personal and community decisions and to solve problems that directly affect people's lives.
- Technologies and Society: investigate how people in design and technologies occupations address competing considerations, including sustainability, in the design of solutions for current and future use.
- Technologies Context: investigate characteristics and properties of a range of materials, systems, components, tools and equipment and evaluate the impact of their use.



PARKING | TRAFFIC FLOW DISABLED PARKING



To assist parents with parking rules around the school, a map explaining legal parking areas and traffic flow will be sent home again during Term Three.

Please be aware that the 'reserved' parking permit area near the

administration building is for staff use only and permits must be displayed on the windscreen.

If everyone adheres to the agreed parking areas and direction of traffic flow it creates a safer environment for children during drop off and pick up times.

Just a friendly reminder that the two disabled parking spaces provided outside the administration building are for people with a disabled parking permit only. It is also requested that you be mindful of other people who use this space and not double park across it. There has been reported instances of the spaces being regularly blocked not allowing access or allowing the vehicles parked to exit. Please do not park across these specially designated car spaces. Thank you.

To assist families to clearly understand the various parking signs displayed around our school, in our newsletters we will include detailed information from the VicRoads website.

Can I Park Here?

You are not allowed to park, stop or leave your vehicle:

- ✗ Double parked
- ✗ Within an intersection (except on the continuous side of a continuing road of a T-intersection)
- ✗ Fully or partially across a driveway (except for two minutes to pick up or drop off passengers)
- ✗ If there is fewer than three metres of clear road left for other traffic
- ✗ On a footpath, nature strip or reservation (unless the vehicle is a motorcycle or bicycle)
- ✗ Across a footpath, bicycle path or passageway or footpath ramp (unless a sign allows it)
- ✗ In a no stopping area

2022 FOUNDATION (PREP) ENROLMENTS



Enrolment forms are available from the school office for families wishing to enrol a child for 2022 in Foundation (Prep). Please enrol siblings as soon as possible to ensure all children

are included in the orientation program which will commence early in Term Four, and to assist with class planning for 2022.

REPORTING STUDENT ABSENCES DURING REMOTE LEARNING

The Department of Education and Training sent advice to schools on how student attendance and absences are to be tracked, recorded and reported in the context of remote and flexible learning.

Schools have to:

- Note and record attendance once a day.
- Continue to keep a record of all student attendance and absences.
- Upload attendance / absence to D.E.T. once a day.

If your child will not be participating in learning from home on any particular day, please use our school's absence reporting line – 0447 503 536 (SMS only) to notify the school. Your child may be ill, attending the dentist or another type of appointment.

Thank you in anticipation of your assistance.



P.E. 'Wall of Fame'

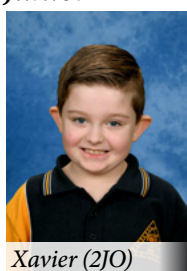
Every week in Physical Education one student from the Junior (Years 1/2), Middle (Years 3/4) and Senior (Years 5/6) school is rewarded with being named the P.E Wall of Fame champion for that week.

The P.E Wall of Fame champion is a student who has shown great determination, effort, encouragement, sportsmanship and resilience during their Physical Education class.

Mrs Lisa Pyle and Mr Drew Davey
Physical Education Teachers

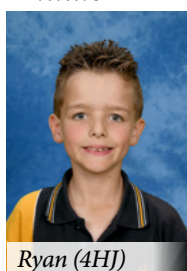
Term Two - Week 9 Champions

Junior



Xavier (2JO)

Middle



Ryan (4HJ)

Senior



Matilda (6JO)

Term Two - Week 7 Champions

Junior



Soren (1SP)

Middle



Emma-Lee (3BC)

Senior



Ava (6BA)

Student/Parent/Teacher Interviews Being Held 'Lockdown' Style!

Following discussion with teachers at this week's virtual staff meeting the following was decided as face-to-face interviews are not possible due to the current restrictions being in place in Victoria until at least midnight Tuesday 27th July.

- Teachers are to hold the interviews using Microsoft Teams, Webex or phone calls.
- Interviews can be held anytime between Wednesday 21st July to Tuesday 27th July during remote learning at a mutually agreeable time between parents and teachers or at the time booked on Sentral for Tuesday 27th July.
- Parents who wish to arrange an interview with their child's specialist teacher (e.g. Physical Education, Visual Arts, Performing Arts) please e-mail the school at warragul.north.ps@education.vic.gov.au or phone the office on 5623 4066.
- Student Support Group (SSG) meetings will be conducted during the week commencing Monday 2nd August and concluding Friday 6th August. If your child requires a SSG meeting you will be contacted to arrange a mutually convenient time for the SSG to take place.

CHILD SAFE STANDARDS

What do the child safe standards mean for your child and school?

Children have the right to be safe and protected, including at school. The child safe standards have been introduced in Victoria to achieve a zero-tolerance approach to child abuse. The seven child safe standards are:

- Strategies to embed an organisational culture of child safety, including through effective leadership arrangements
- A child safe policy and statement of commitment to child safety
- A code of conduct that establishes clear expectations for appropriate behaviour with children
- Screening, supervision, training and other human resource practices that reduce the risk of child abuse by new and existing personnel
- Processes for responding to and reporting suspected child abuse
- Strategies to identify and reduce or remove risks of child abuse
- Strategies to promote the participation and empowerment of children

For your information WNPS has:

- Strategies to embed a culture of child safety at the school and roles and responsibilities within the school for achieving these strategies
- A child safety policy and a statement of commitment to child safety
- Code of conduct outlining clear expectations for appropriate behaviour by school staff with children
- Strategies to promote child empowerment and participation
- Procedures for reporting suspected child abuse

'FOR THE RECORD' 2021

You will have noticed that your school account includes an optional per family charge of \$30.00 for your family's copy of our school magazine 'For the Record'.

'For the Record' is a fantastic record of school events; has photographs of every child at the school on 'photo day'; a list of every child attending Warragul North Primary School just prior to the printing of the magazine and an item from every student attending the school on 'For the Record' submission day.

Should you wish to receive a copy or copies of the school magazine, then the cost must be paid by **FRIDAY 17TH SEPTEMBER**. Only those families who have paid for the magazine by this deadline will receive a copy. No extra copies will be printed beyond those paid for and ordered.

We look forward to presenting this year's magazine to you on the last day of school for 2021.

Mrs Ann Burton
'For the Record' Co-ordinator

ANNUAL PRIVACY REMINDER

Warragul North Primary School collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the Schools' Privacy Policy (<https://www.education.vic.gov.au/Pages/schoolsprivacypolicy.aspx>)

Please note the school's collection statement can be found on our website.

For more information about privacy see: Schools' Privacy Policy – information for parents (<https://www.education.vic.gov.au/Pages/Schools-Privacy-Policy-information-for-parents.aspx>). This information is available in nine community languages.

IMPORTANT MESSAGE TO ALL BUS USERS



Please note that there will be **NO** government school buses operating on **MONDAY 16TH AUGUST** (Warragul Regional College has a pupil free day). The connecting town bus will also not operate on Monday 16th August. Parents need to make alternative transport arrangements for their children to attend school on Monday 16th August.

One of the most important things we can do to slow the spread of coronavirus (COVID-19) in our community is to stay at home when we are unwell, even when we have the mildest of symptoms.

What you need to know

1. If a child is unwell, even with the mildest of symptoms, they must stay at home

If a child becomes unwell during the day, they must be collected from school/early childhood education and care (ECEC) as soon as possible.

2. If a child has any of the symptoms of coronavirus (COVID-19) outlined below, however mild, they should get tested and they must remain at home until they receive their results:

- fever
- chills or sweats
- cough
- sore throat
- shortness of breath
- runny nose
- loss of sense of smell or taste.

In certain circumstances headache, muscle soreness, stuffy nose, nausea, vomiting and diarrhoea may also be considered symptoms.

For further advice:

- call the 24-hour coronavirus (COVID-19) hotline 1800 675 398
- call a general practitioner
- use the Department of Health and Human Services (DHHS) [online self-assessment tool](#).

Visit: [Where to get tested](#).

3. A child must stay at home until they are symptom free, even if their coronavirus (COVID-19) test is negative

If a person has tested positive for coronavirus (COVID-19) or been identified as a close contact they must isolate/quarantine until they receive clearance from DHHS.

Children with persistent symptoms due to underlying conditions such as hay fever or asthma

whose symptoms are clearly typical of their condition can continue to attend ECEC/school. They should be tested for COVID-19 if they develop symptoms that are different to or worse than their usual symptoms. They should consider getting a medical certificate from their GP to attend ECEC/school if they have persistent symptoms that may overlap with symptoms of COVID-19 such as cough or runny nose.

Younger children (pre-school up to Grade 2) may have prolonged post viral symptoms

such as a runny nose or cough and may return to school/ECEC following a negative COVID-19 test even if they are not completely free of symptoms. They will need a medical certificate from their GP to confirm they are otherwise well or have recovered from their acute illness.

For information on the minimum periods students and children need to stay at home for other conditions, refer to the [DHHS school exclusion table](#).

4. Children do NOT need a medical certificate before returning to school/ECEC

Once symptoms have cleared, there is no requirement from the Department of Education and Training or DHHS for children/students to have a medical certificate before they return to school/ECEC.

Thank you for your support in following these steps, together we can all stay safe.



The latest Scholastic Book Club catalogue was sent home with children last week. As always there are some great books available. **ONLY ONLINE** ordering is available using the LOOP system. The closing date for all orders is 4.00pm on Monday 26th July.

Book Club **LOOP**

LOOP is the Scholastic Book Club
Linked Online Ordering & Payment platform.

It's easy to order and pay online for your child's Book Club order using your credit card. If your school is not yet in the **LOOP**, speak with your school's Book Club Organiser.

Head to **scholastic.com.au/LOOP**

or



Follow these **easy** steps!

1 Simply grab your child's Book Club catalogue and either **SIGN-IN** or **REGISTER** your account.

2 Add your child's first name and last initial (so the school knows who the book is for), then select your **SCHOOL** and your **CHILD'S CLASS**.

Note: You can order for multiple children at once if they attend the same school.

Looking for **MORE** product information? Additional content such as videos and downloads are available for select titles. Select your issue and enter the item number to view information on titles and some great resources, such as videos and reviews.

[HOME](#) | [ABOUT](#) | [REGISTER](#) | [HELP](#)



LOOKING FOR MORE PRODUCT INFORMATION?

7

Item No.

FIND

3 Click on **ORDER** and enter the item number from the Book Club catalogue.

4 All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child's classroom if you order by the close date.

That's it! There's no need to return paper order forms or payment receipt details to your school.

WNPS Private Music Program News...

A sad goodbye and two happy hellos

We have some upcoming changes in our Private Performing Arts Program. We have a new teacher for voice (singing) and a new teacher for guitar.

Sadly, we are farewelling Steve Brown, who has given many years of service as a guitar teacher for a large number of students at WNPS. We wish Steve all the very best for the future and extend our heartfelt gratitude for his dedication and generous sharing of his talents and knowledge in his long association with the school.

We are pleased to welcome on board Alexandria Kirkbright, who will be available for voice (singing) lessons. Alex comes highly recommended as an accomplished singing teacher.

Joe Patrick has worked with us previously as a drum teacher, but returns to us as a guitar teacher. He will be replacing Steve Brown. Joe and Steve have been working together already with current guitar students and their families to ensure that the transition is seamless.

The Private Performing Arts Program offers lessons in piano, guitar, bass guitar, drums, drama, strings, voice (singing), brass and woodwind.

Lesson times for private performing arts lessons are negotiated with the classroom teacher in order to minimise disruption to the students learning. Lessons are taken in the purpose-built rooms adjoining the music room.

Due to its popularity, registration of interest for lessons as part of the private performing arts program is imperative to enrol in lessons or to be listed on the waiting list. To register enquire at the school office.

Introducing Alexandria Kirkbright



“Do you like to sing?!”

My name is Alex and I'll be your new singing teacher in Term 3! I can't wait to meet you and help you find out all the amazing things that your voice can do.

My love of the arts started in primary school just like you! A little bit about myself, I have a Bachelor of Music in Popular Voice which I studied at Monash University. I've also studied voice in USA at Michigan State University and New York University.

Throughout my school years I've loved being involved in the performing arts. This includes school musicals, choirs, taking voice, piano and drama lessons and competing in competitions. I am very lucky to have had performing arts teachers that have helped me grow as a performer and as a person, and I hope that I can pass this knowledge to you too. I also love dancing, getting involved with local theatre and even writing my own songs.

If any of this sounds like you and you'd like to learn and improve your singing please let me know!

I look forward to making music with you!”

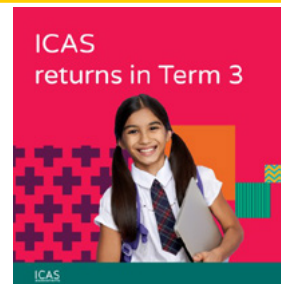
In Terms Two, Three and Four the Performing Arts Department holds a music recital (soirée). This is a musical evening which encourages private music students to perform to a 'friendly' audience of their family and friends in a relaxed environment. Students also have the opportunity to perform at eisteddfods, school events, such as assemblies, and community venues during the year.

The Performing Arts Department has a strong emphasis on building students' confidence through successful experiences, which in turn helps them to develop a love of music.

Mrs Catherine Matthys
Performing Art Co-ordinator



I.C.A.S. ASSESSMENTS



Dear Parents/Carers,

17 June 2021

Warragul North Primary School is committed to providing opportunities for all students to be challenged and extended in their learning. In 2021, students in Years Two to Six will have the opportunity to compete in the highly regarded International Competitions and Assessments for Schools (I.C.A.S.). **The Assessments are not compulsory.**

In each competition, the students receive a certificate and an individual report indicating the skills that they have demonstrated. The student reports are useful for highlighting your child's strengths and areas for improvement, as well as charting their achievement against national and regional standards. They also provide students who possess a particular skill or talent in one or more of these disciplines with an opportunity for extension.

I.C.A.S. Assessments will be completed online this year, a move that reflects a sector-wide transition to computer-based assessment. This allows greater accessibility for students and faster delivery of results. Learn more about ICAS here: <https://www.icasassessments.com/>. The sitting dates and costs (inclusive of GST) are listed below.

SUBJECT	YEAR LEVELS	SITTING DATES	COST
Digital Technologies	3 - 6	9th to 13th August	\$17.05
Writing	3 - 6	9th to 13th August	\$21.45
English	2 - 6	16th to 20th August	\$17.05
Science	2 - 6	23rd to 27th August	\$17.05
Spelling Bee	2 - 6	23rd to 27th August	\$17.05
Mathematics	2 - 6	30 August to 3rd September	\$17.05

If you would like your child to participate in any of these assessments, please visit <https://shop.icasassessments.com/pages/pps> and enter Warragul North Primary School's unique access code **DPU983** to make a direct payment. Please note that online payments will close by 25 July 2021.

Corinne Collins,
Principal

FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

MORE INFORMATION

For more information about CSEF visit:

<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>

**CLOSING DATE FOR
2021 APPLICATIONS
HAS BEEN EXTENDED TO
FRIDAY 13TH AUGUST**

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools this year.
- **changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure.



Senior Concert

Wednesday 11th August

The WNPS Senior Concert is scheduled to take place on Wednesday 11th August. Given the current lockdown situation we are unsure at this stage if the concert will proceed. We will have to wait to find out what restrictions are in place once we come out of lockdown.

If the concert does go ahead, we will get information out to families as quickly as possible regarding the purchase of concert tickets. Due to the current guidelines the following restrictions will be in place for this year's concert:

- Performance times will be 6.00pm and 8.30pm
- Only 300 tickets will be available for each performance
- There will be a limit of two tickets in total per family
- Adults will be required to wear a face mask
- Both performances will be livestreamed

Community News

Online psychological support for children with big feelings & life challenges



Do you have a child who:

- Worries & gets frustrated
- Has difficulties in making/managing friendships
- Has been through tough life situations
- Might have a mental or emotional health challenge or diagnosis

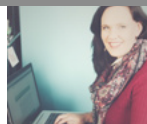
We can help!



1. Our child psychologists are on standby to help you with unlimited questions about children within 48 hours.



Tell us any question or concern you have about your child. Our panel of experienced & fully qualified child psychologists will carefully read and answer your questions online within 48 hours.

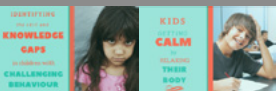


2. We help children learn to cope with big feelings, act confidently, stay calm, cope with friendships & act co-operatively.

Animated videos (and activity sheets & posters) for children on topics such as: Following Tough Instructions, Why We Get Mad and What To Do, Being Brave, Coping with "Mean" Behaviour - & many more:



3. We teach you to feel calmer, more confident and effectively support kids with "big feelings" & life challenges



Videos, articles and "cheat" sheets to know how to support children with anxiety, frustration, challenges with friendships and psychological disorders.

How Do I Sign Up?

Calm Kid Central is free for families living in the Gippsland region, as supported by Gippsland Primary Health Network go to www.calmkidcentral.com, click JOIN NOW, and use code FIRSTYEAR.

 calmkidcentral.com

Partially funded by SA Country, Gippsland and Adelaide Primary Health Networks

COPING WITH COVID-19 IN YOUR FAMILY

Beyond Blue has some great information about how to talk to children about the pandemic. Of course we need to explain the situation without causing too much stress and use language that is age appropriate

[How to talk about the Covid 19 pandemic with children and teens](#)

One of the best ways to help children cope with the Covid 19 pandemic is to make sure they and you are getting enough sleep and are keeping in their routines

[Find out ways to improve sleep during the pandemic](#)

Washing our hands well and regularly is a really important way to stop the spread of the virus. ABC kids has prepared a fun video aimed at primary school aged children.

[Watch this video on how to wash your hands well](#)