

# WALLAROO MINES PRIMARY SCHOOL NEWSLETTER



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## FROM THE PRINCIPAL ...

### Thank you

I would like to begin by saying how much I appreciate Wallaroo Mines Primary School staff and our school community during these difficult times. I want to extend a heartfelt thank you to everyone for continuing to support one another, being flexible with sometimes quite rapid change and for putting the best interests of the students and school first. We are all concerned for our students' health and wellbeing, as well as their families and want to be doing the best we can to support each other through the uncharted waters. Although none of us have experienced a pandemic before, the WMPS community of students, parents and educators has quickly risen to the occasion, as usual! We would like to thank everyone for your goodwill and support, especially our health professionals, truck drivers, grocery store employees, first responders and all other essential operations personnel.

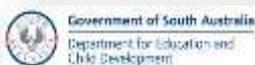
During this time, please ensure you continue to look after yourself and your loved ones. I have distributed a high volume of information in relation to COVID-19 over the last few weeks and while it may be overwhelming it is the best way we can keep you informed and it is important you read them.

Moving towards Term 2 and as was reinforced by the Prime Minister on Sunday, all parents who can care for their children at home should now be doing so. Only those parents who cannot arrange child care or care for their children at home because they are working away from the home in an essential service (at this stage all working parents) should be sending their children to school in Term 2. The majority of children should therefore be on home learning. Those students who attend school, will be accessing the exact same teaching and learning as those who learn from home – the shift to predominantly online learning. There will not be two different educational programs operating for the two different groups of students. That way everyone is on the same page.

Next week, teachers and SSOs will be using the Pupil Free Days to plan much of the learning and the processes we will be using to facilitate this new style of teaching. This will involve developing ways that we can timetable learning experiences which give consideration to how families with multiple children (and in many cases of varying year levels) and perhaps with limited devices, will access online lessons. There is much to consider and a lot of unknown on how this is going to work best. There will be some trial and error, I am sure of this. The important thing is that you communicate through your class avenues. ClassDojo, Skoolbag App, Microsoft Teams and emails will continue to be our main tools we will use to communicate with families and students, including providing learning resources for use at home. Please ensure you have joined / accepted an invitation to use ClassDojo – if you need this information sent home again, please contact the appropriate class teacher.



Adele Keleher  
Principal



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# FROM THE STUDENT WELLBEING LEADER KRIS STRAUSS-SCOTT

Dear families,

Thank you for all the support you have given our school staff. It's been a very challenging time for everyone and having your support, has made it so much easier for us.

I'm available next term if your child, or you, needs someone to talk to. Please make an appointment by emailing me at [Kris.StraussScott909@schools.sa.edu.au](mailto:Kris.StraussScott909@schools.sa.edu.au)

My usual workdays are Monday, Tuesday, Wednesday so I'll be checking my emails on those days. However, if it is urgent, please contact the school and they will pass on your message.

I hope you are able to find some positives during this time and enjoy the time with your children.

"In the rush to return to normal, use this time to consider which parts of normal are worth rushing back to." Dave Hollis

Stay safe, stay home and we'll get through this together.



Kris Strauss-Scott  
Well Being Coordinator

## SOCIAL DISTANCING: What does it mean?

Social distancing means reducing close contact between people to slow the spread of infectious diseases.

Slowing the spread of the virus will help our hospitals be able to care for patients. If too many people get sick at once they might not be able to care for everyone who needs help.

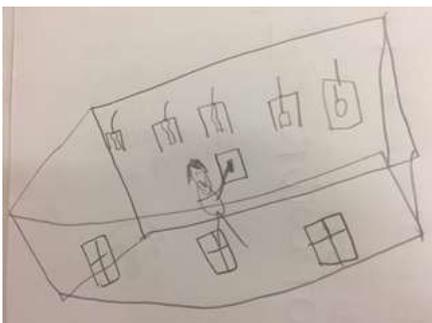
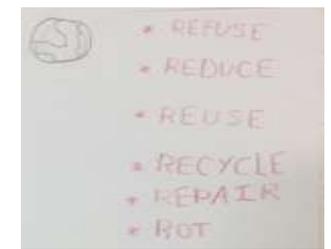
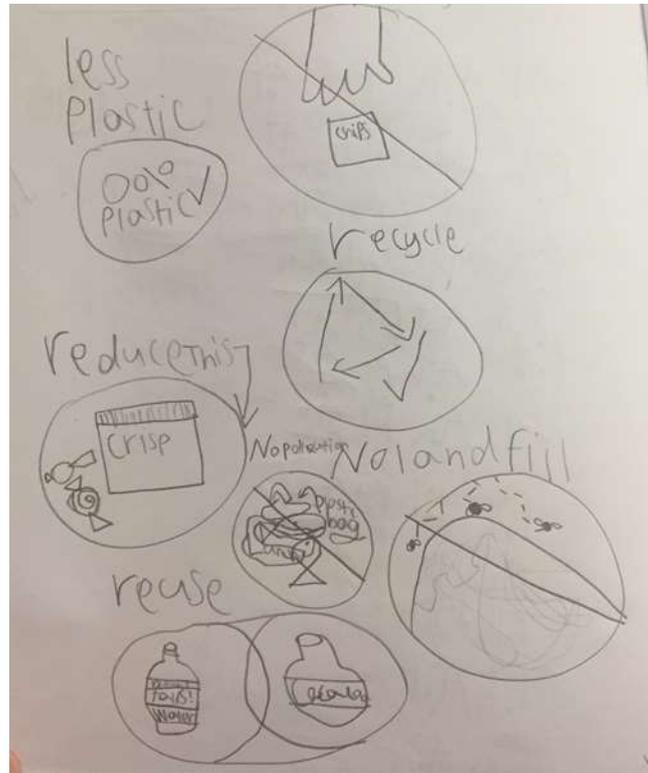


AVOID	USE CAUTION / LIMIT <small>wash hands or use hand sanitizer after, keep space from others</small>	SAFE TO DO <small>keep space from others, wipe down plastics and wash hands after touching packaging</small>	
Playdates	Grocery Stores	Watch TV or Movie (at home)	Video Chat
Playgrounds	Take Out Food	Read a Book	Take a Class Online
House Parties	Pick Up Medications	Play Video Games	Virtual Tour a Museum
Bars	Contact a Neighbor, Friend or Relative to ask if you can drop off groceries/medication at door	Listen to Music	Paint
Non-essential travel		Game Night	Cook
Museums, Arcades, Malls		Yard Work	Offer Your Skill to Others Electronically
Church Services		Take a Walk*	Be Creative
Sleep Overs		Go for a Hike*	
Concerts, Sporting Events, Theater		Play in your yard*	
Gyms			
Group Hangouts			
Weddings			

\* Do these things alone or with members of your household



The students in Room 4 have been learning about Sustainability and the ways that we can make a difference both now and in the future.....



Pick up rubbish and put it in the bin.



## INSPIRING SCHOOLS PROJECT

Room 1 has been identifying areas at our school which could use some 'sprucing up' with the intention to redesign these areas, turning them into proud and inspiring spaces.



### **NATURE PLAY AREA**

**Maddison** - I picked the Nature Play area because there is nothing exciting to do in this space and I want to make it more fun.

### **BLUE HITTING WALL**

**Ryan** - I think the blue wall needs to be cleaned and have new colours on it because it is starting to look plain.



### **BLUE HITTING WALL**

**Lucas** - I think this area needs fixing up because the paint job is starting to look old and scratch off. I would like to clean it up and repaint it to make it look better.

### **RAMP OUTSIDE ROOM 1/2**

**Max** - The ramp is plain and not colourful so I think it would look good with something new on it.



Keep a look out for some of our ideas to make these and other places inspiring spaces at our school!

# Staying Connected With Our Children

Now is the time to stay close to our children.

They need to feel us beside them so they don't feel as worried as they are. We need to be honest with them and let them know that good people from around the world are working very hard to keep them safe and healthy. Our children will believe us, we love them deeply.

## Be Honest

"COVID 19 is a sickness like a cold. Some people will get it. Maybe someone in our family might get sick. We are all a little bit scared. Being scared is a sign that we are concentrating on being safe. There are really good people like doctors who know what to do. They are helping to figure it out."

## Validate Their Feelings

"I know I might look worried sometimes. Mums or dads get worried too, just like children. I know it can make you feel scared. But I am ok."  
"It is ok to be feeling scared, or worried, or whatever you are feeling right now. You can share that with me whenever you need to."

## Acknowledge Day to Day Disruptions

"Even if school and your after school activities stop for a while, they will start up again. How about we think about some ways of doing versions of these things together at home if we need to?"

## Remind Them

"I love you, and that is one thing that will never change."

Here are some ways that parents and carers can share connection, comfort and care with their children right now.

## Look to History

"There have been sicknesses like this before. And they have stopped. Clever people from around the world have worked them out together. The scientists are doing this right now with this one."

## Remain Available

"You can talk with me whenever you need to. I will answer any questions you have. If I don't know the answers, I will find out and then I will tell you."

## Have fun

"Share some time with your children that is just for them, and let them lead the play."

"Let's do some things that you like to do."

## Create some quiet time

"Find a regular time where you can just be still with children. Stroke their hair. Watch a favourite show on TV. Listen to music together. Let them decide if they want to talk. Be present with them. Enjoy it."





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



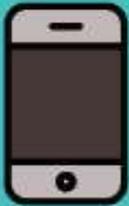
Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

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.

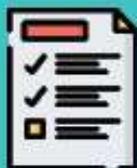
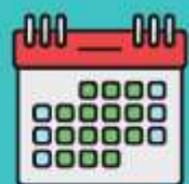
Remember to listen to your children, speak kindly and reassure them.

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).