



**OUR SCHOOL VALUES: RESPECT, RESPONSIBILITY, HONESTY & TRUST,
CARE & COMPASSION, PERSONAL BEST AND TEAM WORK**

Hello to our Community

We thank you for being so supportive of the flexible and remote learning requirements during this term. We certainly understand this has not been easy, for yourselves, your children and the MPHPS staff. The Victorian Government, the Department of Education and the Department of Health have deemed it to be safe for students to begin schooling onsite.

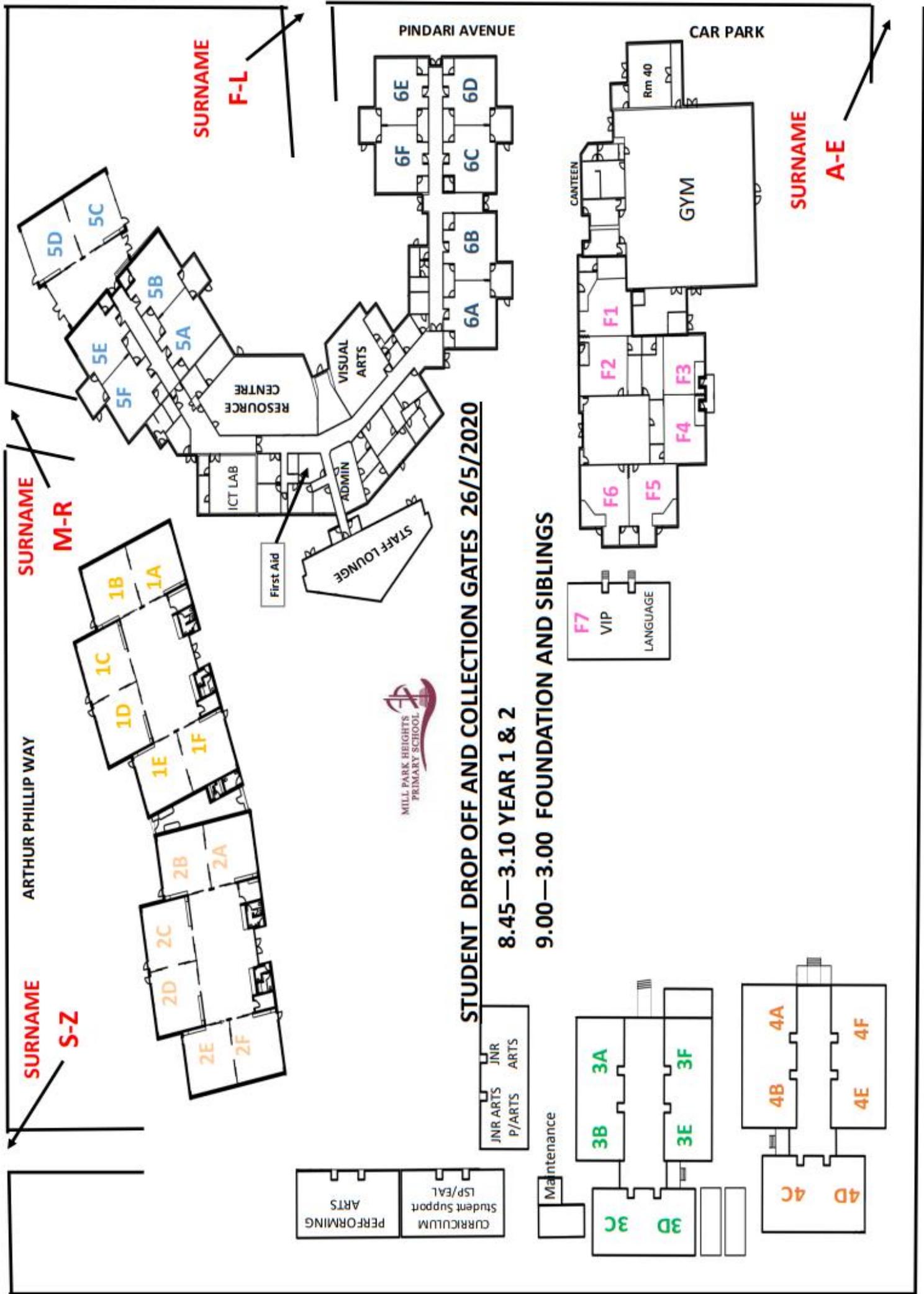
As of Tuesday May 26, we will have our Foundation to Year 2 students back into their learning spaces. Our Years 3-6 students will continue with flexible and remote learning until returning to school on Tuesday June 9th. This is going to be a time of challenge as we transition back into school routines and some parents may find it hard to work through tears and reluctance. Teaching teams are prepared for these emotions and will arrange groupings and classes based on student needs and returning numbers.

So what will this return look like at Mill Park Heights Primary School?

- Most importantly, we ask that every family register for Camp Australia if you require supervision or care before 8.30 am and after 3.20pm. There will no longer be supervision in the front office and staff will not be on yard duty before or after school. Camp Australia has provided an outstanding service for our community during this time and we look forward to this continued support and partnership. <https://www.campastralia.com.au/about>
- Until further notice, parents, carers and visitors will not be permitted on school grounds without an appointment. Specific entry and exit gates have been designated for drop off and pick up of children each day. We understand parents and carers would like to sit in the grounds before and after school but unfortunately, in order to keep everyone safe, this is not possible. We have provided a map for you to see where your designated gate is located and we ask that you honor this arrangement as part of our staggered entry and exit protocol. We also ask that you do your best to support the entry and exit times as this will help alleviate congestion at the gates and traffic on the road.
 - * Years 1 – 2 students will start at 8.45am and finish at 3.10pm
 - * Foundation students will start at 9.00 am and finish at 3.00pm
 - * Siblings with a student in Foundation to start at 9.00 am and finish at 3.00pm
 - * Families with surnames A-E will use the Pindari gate closest to the oval,
 - * Surnames F-L will use the front Pindari gate,
 - * Surnames M-R will use the top gate on Arthur Philip Way
 - * Surnames S-Z will use the back gate on Arthur Philip Way
- Red signs will be attached to each gate with another sign stating that no parents and carers are allowed beyond this point. Please do not become angry with staff at the gate and insist on coming into the school. This is a clear directive and protocol we must adhere to and your support is required. We would encourage you to take a walk this week and show your child/ children which gate you will be taking them to so that they are not confused or upset. We will have staff available to walk small groups of children directly to their classrooms so we ask you to trust that we will care for your child. Please note, if your child is distressed, we will suggest you take them home and try again on the next day. No child will be forced into the school by staff as we wish for the return to be positive.
- Students will be responsible for bringing their own drink bottle and food as there will be no working taps or canteen facilities. There will also be no interschool sports, camps, excursions or incursions. Students will also be encouraged to maintain social distancing where possible.

The safe return back to school is a collective one. Staff are preparing for the changes to routine as are our families. Your support and responsiveness to these operational guidelines are paramount in ensuring a positive and friendly approach. If you need to communicate with staff, we encourage you to continue to use the Compass email process as you have done this term. You are also able to ring the office to make an appointment and this will be passed on to the relevant leader. We are unable to organize 1-1 meetings onsite this term, but we are certainly able to continue with phone communication. We thank you and look forward to a fabulous return.

**Sincerely,
Chris Beare, Valerie Brittain & Melissa Corps**



TALKING TO YOUR CHILD DURING CORONAVIRUS (COVID-19)

Essential actions

- ◆ Don't be afraid to discuss coronavirus (COVID-19) with your children
- ◆ Be guided by your child
- ◆ Stick to a routine
- ◆ Close conversations with care
- ◆ Remember to look after yourself

Don't be afraid to discuss coronavirus (COVID-19) with your children

- ◆ Most children will have already heard about coronavirus and parents and carers should take the opportunity to talk to them about the current situation.
- ◆ Honest and regular communication is key. Not talking about something can make children worry more.
- ◆ Children often rely on their friends and social media for the news. Parents and carers can help by positioning themselves as a trusted source for information and as a person who can help children with their questions.

Adapt information depending on your child's age

- ◆ Try to remain calm and positive when talking to your child.
- ◆ Think about your child's age. Offer information using language and examples they will understand.
- ◆ It's okay if you can't answer everything – and to say you're not sure. Use this as an opportunity to find out information together. Being available to your child is what matters.
- ◆ Be careful not to share too much information all at once, as this may be overwhelming.
- ◆ Avoid talking in a way that could make your child feel more worried.

Be guided by your child

- ◆ Ask your child to tell you anything they may have heard about coronavirus (COVID-19), and how they feel about this situation.
- ◆ Check in with your child regularly. Give them opportunities to ask you questions over the coming weeks and months.
- ◆ Some children will worry more about others than themselves. Find ways for them to connect with family and friends as much as possible using technology.
- ◆ Be reassuring. Tell children that the changes in their life have been introduced to make us all safer. Tell them, that eventually, things will go back to normal.
- ◆ Be aware of the language you use with your child while you are around them. Remember that children will be listening to adult conversations more than usual.
- ◆ Don't dismiss your child's fears. It is understandable for them to be concerned because they have probably never experienced anything like this before.
- ◆ Tell your child that doctors and scientists all around the world are working really hard to learn more about coronavirus (COVID-19) and to keep us safe.

Focus on what you're doing to stay safe

- ◆ Give them some control over what is happening. Teach the importance of physical distancing, hand washing and how to do these things properly. Remind them of their responsibility to protect others from coughs and sneezing.
- ◆ Remind them to call 000 if they or their family are unsafe.

Stick to a routine

- ◆ Over the school holidays, structured days with regular mealtimes and bedtimes are still an important part of keeping children happy and healthy.
- ◆ Where you can, have a daily routine. Create a shared timetable with your family and put it up on the fridge where everyone can see.
- ◆ If possible, find a time every day to talk about the importance of good hygiene and teach them the essentials of practicing physical distancing.
- ◆ Include things like outside time, play time, free time on technology, creative time and learning time.
- ◆ It is okay to be flexible and respond to the needs and emotional state of your child.

Keep talking

- ◆ Find out what your child already knows or is worried about. It's important to find out if they have heard incorrect information.
- ◆ Ask questions that don't have yes or no answers.
- ◆ If your child asks you something and you don't know the answer, say so. Use the question as a chance to find out together.
- ◆ If your children don't seem interested or don't ask a lot of questions, that's okay.
- ◆ Let them know that we are all going to keep listening and talking.

Close conversations with care

- ◆ It's important not to leave children feeling worried after a conversation.
- ◆ When you wrap up your conversations, look for signs they are feeling anxious. This might be a change in their tone of voice, their breathing or body language.
- ◆ Comfort them if they feel this way.

Things to look out for in your children

It is normal for children and young people to show signs of distress. Common reactions include:

- * fear and anxiety
- * anger and frustration
- * confusion
- * sadness
- * denial.

Remember to look after yourself

- ◆ This situation can be stressful – regardless of your age. To look after the people you love, you also need to look after yourself.
- ◆ If you notice that you are feeling anxious, take some time to calm down before having a conversation or answering your child's questions.
- ◆ If you are feeling worried, tell your child that you will find some information and talk to them soon.
- ◆ The following external resources are also available to support your mental health and wellbeing:
 - * Headspace - for family and friends
 - * Beyond blue - COVID19
 - * Lifeline - Mental health and wellbeing during the COVID-19 outbreak

Teachers have been working very hard this week to write student reports reflecting the learning that has taken place during the remote and flexible learning period.

As directed by the Department of Education and Training, Mill Park Heights Primary School will not be including teacher judgements and a five-point scale due to the unprecedented changes to our program due to COVID-19. We will report on progress at the end of the year.

SCHOOL REPORT



UPCOMING SCHOOL TOURS

Mill Park Heights Primary School is excited to announce that our school tours will recommence on Tuesday 14th July 2020 in Term 3. They will take place every Tuesday, Wednesday and Friday until Wednesday 16th September 2020 which is at the end of our third term. These tours will run for approximately 1 hour. All families and local community are encouraged to log onto Compass (**COMPASSTIX**) to book their tours online on a date and time that best suits them. We look forward to meeting with you on one of these days!!

BEFORE AND AFTER SCHOOL SUPERVISION

Following advice from the Victorian Chief Health Officer, the Victorian Government has announced that students, teachers and support staff can return to face-to-face teaching. Schools will commence a staged return from remote and flexible learning from Tuesday 26 May 2020.

Even as we return to school, it remains important that physical distancing for adults and strict hygiene measures continue to be observed. Adjustments have had to be made to teaching and learning environments and as a consequence, there will be no provision for supervision of students before or after school in the office or the yard.

If your child needs to be dropped off at school before 8.30am or supervised after 3.15pm they will need to attend OSHCARE.

Please register your child into the Camp Australia Out of School Hours Care Program at the link <https://www.campastralia.com.au/about>



Welcome Back!

**ALL PSW STORES ARE REOPENING FROM
WEDNESDAY MAY 20th**

**Wed, Thurs & Fridays / 9am-5pm and Saturdays 10am-1pm
(Closed Sundays, Mondays and Tuesdays)**

**OUR ONLINE STORE IS OPERATIONAL AT PSW.COM.AU
& SHIPPING ORDERS WITHIN 72 HRS!**



VISIT OUR WEBSITE ON www.millparkhtsps.vic.edu.au
EMAIL: mill.park.heights.ps@edumail.vic.gov.au

