



Kookaburra Gazette

Dates to remember

Term 3 2021	Learning from Home continues
6to10 -9-21	SASS Recognition Week – <i>Supporting our School Community</i>
9-9-2021	R U OK? Day.
14-9-21	Crazy hair and sock day
17-9-2021	End of Term 3
Term 4 2021	Learning from Home continues
4-10-2021	Labour Day (public holiday)
5-10-2021	First day back of learning from home for students and staff World Teachers' Day
13-10-2021	P&C Meeting (online) 7:00pm
15-10-2021	Tell Them from Me surveys close.
4-11-2021	Kindergarten Orientation (TBC)
10-11-2021	Kindergarten Orientation (TBC)
17-11-2021	P&C Meeting (online) 7:00pm Back up date for Kindergarten Orientation (TBC)
8-12-2021	Presentation day (Recorded for parents)



Virtual Book Week Parade

Thank you to all a Virtual Book Week parade on Tuesday 24 August 2021. The theme for Book Week this year is **'Old worlds, New worlds, Other worlds.'**

Please press this link to view our [virtual book parade](#).

It's amazing to see how resourceful our parents/carers and students are during an extended "Stay at Home".

Deep appreciation is extended to Mrs Leavold and Mrs Shields for organising and collating the book week parade.

Learning From Home – Thank you

Thank you yet again to our wonderful and appreciative school community. Your support in following the NSW Health orders has been outstanding, especially after such a long time. We really appreciate all of the positive feedback that you have been sharing with the staff. If there is anything the school can do to assist you, please reach out.

As we all learn to adjust to this extended new normal, please know that we are here to support you and your children. If there is any other help you need, please contact your child's teacher. If you have a confidential issue that you would like to discuss, please [email the school](#) and ask for the relevant staff member to contact you.

I know from the wonderful feedback that you have been providing, that you appreciate how hard the staff are working to support your children and you. I am so proud of all of our staff and they continue to inspire me with their tenacity and dedication. The staff thrive on hearing your positive feedback, so please keep it coming!

Best wishes and stay safe,
Michael Duffy

Roadmap to Return to Face-to-Face Learning

Updated 12:30 pm 27 August 2021

Last week the NSW government announced that schools in our area will return to face-to-face learning either through a 'staged return.'

Staged return (Level 3 plus)

When stay-at-home rules are still in place but other community vaccination and transmission conditions are met, students will return to school in a staged way. This is a staggered return for **prioritised** cohorts, with no mingling or on-site activities. While at school, face masks are required in all indoor and outdoor settings for all students in Year 7 and above. Masks are strongly recommended for primary (K-6) students.

Students will return to face-to-face learning with NSW Health-approved COVID-safe settings on school sites in the following order:

- from 25 October – **Kindergarten and Year 1**
- from 1 November – **Years 2, 6 and 11**
- from 8 November – **Years 3, 4, 5, 7, 8, 9 and 10.**

Students in Year 12 and those completing their HSC are already able to return in a limited way and this will continue for the remainder of Term 3. From 25 October, these students will have full-time access to school campuses and their teachers.

Local government areas (LGAs) and suburbs of concern operating under Level 4 plus restrictions will continue learning from home until they are removed from the areas of concern.

There are probably a lot of questions that you have about this. The logistics are currently being discussed by the departmental officials and I will keep you up to date as the information is shared.

Vaccinations

Students 12 to 15 are eligible to get vaccinated if they meet the following criteria:

- children with specified medical conditions
- Aboriginal and Torres Strait islander children
- children in remote communities, as part of community outreach vaccination programs
- National Disability Insurance Scheme (NDIS) participant, or living with disability requiring frequent assistance with activities of daily living, including down syndrome, muscular dystrophy, traumatic brain and spinal cord injury, and severe intellectual disability.

Bookings can be made via the [COVID-19 Vaccine Eligibility Checker](#). In the event that a vaccination program is implemented for primary-school-aged children in NSW public schools, informed consent will be sought from the child's parents or carers before any vaccine is administered. For more information, please click on the [COVID-19 Vaccine Eligibility Checker](#) link.

K/6A Have Been Learning Measurements at Home Through Baking Lot of Treats.



Tell Them from Me Parents, Student and Teacher surveys

The second snapshot for Tell Them from Me is now open and includes the student, parent and teacher surveys. The survey window will remain open until Friday 15 October (Week 2, Term 4). The survey is conducted entirely online using smartphones, iPads, tablets, laptops or computers. Although participating in the survey is entirely voluntary, your responses are very much appreciated.

It is important that we have different points of view about our school:

Parent Survey: Please take ten minutes to complete the Tell Them from Me Parent Survey. Your responses are confidential and the school only receives collated data.

The link to the parent survey is: <http://nsw.tellthemfromme.com/miranda21>

Completing these surveys will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

Student Survey: All students in Years 4, 5 and 6 are asked to complete the second student survey so we can learn about the children's experiences with school. Please note that this is not a test. Next week, class teachers will begin sending individual passwords to the students so they can access the survey.

Parents and carers may assist students in reading the survey questions, as long as **their child's point of view** is submitted. When your children have received their logon details, they can complete the survey at nsw.tellthemfromme.com

If you do not want your child to participate in the survey, please complete the non-consent form at the end of this newsletter, or inform your child's teacher. Please click [here](#) to read the non-consent form in [different languages](#).

Teacher Survey: All of the teachers are asked to complete the survey as well.

The survey questions cover similar topics, but are suited for each group. All data is completely confidential – The school only sees the final collated report. No one in the school will see any individual answers. For more information, please click on this link to the [Tell Them From Me](#) website.

Stage 2

Stage 2 have been focusing on procedures in their writing and were challenged to write instructions and rules for a game that others could play.

Scaffold for Writing a Procedure	
TITLE	Hide and Seek
GOAL	How to play hide and seek.
EQUIPMENT	<ul style="list-style-type: none"> A place to hide Friends And someone to be in first.
METHOD	<ol style="list-style-type: none"> 1. First decide who is going to be it. 2. Then, count to a number with your eyes closed. 3. Next, let everyone else find a spot to hide. 4. When you have finished counting go and try to find them. 5. The last person to be found is the winner! 6. Have fun!
CONCLUSION	Hide and seek is a fun and easy game to play with your friends and you can play in nearly anywhere.

Lucy 3/4M

Wednesday: Sentence Work

Choose 10 of your spelling words to write in full sentences (Remember capital letters and full stops).

1. "Let's discover something new!" I said.
2. Doing stuff by yourself is good for me.
3. There are 12 month in a year.
4. We had to wait 3 hours at the station for the train to come.
5. "Let's measure height" I said.
6. What ice-cream flavour do you want?
7. My house light is electric.
8. I walked silently towards my dog to scare him.
9. We ran through the tunnel.
10. What is the distance between my house and your house?

Sohma 3/4W

Scaffold for Writing a Procedure	
TITLE	How to play Connect 4 - Grab & Go
GOAL	To be the first player to get four of your colour counters in a row - horizontally, vertically or diagonally.
EQUIPMENT	<ul style="list-style-type: none"> Playing grid with trays 21 yellow counters 21 red counters
METHOD	<ol style="list-style-type: none"> 1. First, place the grid between two players. 2. Next, decide who plays first. 3. Next, players alternate turns. 4. Next, on your turn - drop your counter down any slot in the grid. 5. Then, the first player to get four of their colour counters in a row - horizontally, vertically or diagonally - wins. If there is a tie, play again.
CONCLUSION	This is a great game that you can take with you anywhere and play at anytime.

Aarnikah 2/3C

Tanirau 2/3C

Round and estimate – rounding to estimate

Rounding is a very useful skill when we want an estimate. An answer that is an estimate, is not exact, but is reasonable which means it is very close to the exact answer.

Round down to 10
 $12 + 39$ is about 50
 Round up to 40

1 Draw a line to connect each sum to the most reasonable answer by rounding:

$7 + 12$ → 20
 $22 + 18$ → 40
 $54 + 29$ → 80
 $27 + 59$ → 90

2 Look at what each person ordered from the menu and how much they paid. Decide and circle whether their estimate is reasonable or not. An estimate is reasonable if both amounts are rounded correctly.

	Estimate of bill	Reasonable?
a Dylan bought stir-fry noodles and an orange juice.	\$6	Yes / No
b Michelle bought a muffin and sushi rolls.	\$6	Yes / No
c Julia bought a bottle of water and souvlaki.	\$9	Yes / No
d Stef bought a salad sandwich and a piece of fruit.	\$4	Yes / No
e Marco bought hot chips and a slurpee.	\$4	Yes / No

Laura's Lunches

Salad sandwich	\$4.25
Sushi rolls	\$2.00
Hot chips	\$1.95
Souvlaki	\$7.95
Fruit	\$.99
Stir-fry noodles	\$4.95
Slurpee	\$1.55
Orange juice	\$1.95
Bottle of water	\$2.00
Chips or	
Seasonal muffin	\$1.95

3 Colour the best answer in each addition:

a $56 + 31 =$	60	45	99	86	107
b $88 + 61 =$	200	148	130	500	340
c $123 + 45 =$	138	198	165	118	579
d $760 + 52 =$	810	800	900	780	261

Aarnikah 2/3C

Scaffold for Writing a Procedure	
TITLE	How to make choc chip cookies.
GOAL	How to become the best cookie maker.
EQUIPMENT	<ul style="list-style-type: none"> choc chips butter brown sugar egg vanilla flour chocolate essences
METHOD	<ol style="list-style-type: none"> 1. Cook the butter until it is golden brown. 2. Mix your sugars with the butter 3. Add egg and vanilla essences 4. Add four and baking soda. 5. Add your choc chips. 6. Bake. 7. Enjoy.
CONCLUSION	After following this easy step by step instructions you will enjoy the deliciousness of the cookies and keep going back for more.

Jannah 3/4W

Scaffold for Writing a Procedure	
TITLE	Building a fort
GOAL	How to make a big fun fort
EQUIPMENT	<ul style="list-style-type: none"> blankets/sheets 4 or more chairs pillows And a big space
METHOD	<ol style="list-style-type: none"> 1. find your big space 2. Spread out the chairs to design your area for your fort 3. Then place /drag your blanket/sheets over the chairs to make the roof for your fort 4. You can tie knots in your blankets/sheets to secure your roof of the fort
CONCLUSION	Make sure each corner is tight and secure, so the roof doesn't collapse, make sure the blankets/sheets are not too heavy on the chairs otherwise they will tip over. Make sure you have a good imagination

Stage 2

With the Olympic over, Stage 2 have turned their focus to the Paralympics. The students enjoyed writing about the Paralympics using a Pobble image to prompt their imagination.

Monday: Pobble- 100 Words

Create a short story using the picture to guide your thinking about the Paralympic games.



Your Story: crash went the paralympic players in their wheelchairs and everyone was yelling in their seats It was a big day and then it was finished and they all went home the next day they did another one but that day they were pumped and then they were on. they were parsing the ball to each other and it was better than yesterday because they were trained through the night and they got so many goals and won it was amazing and talented when it was done they were happy that day was done and ended and everyone wanted to celebrate.

Jazz 3/4W

Monday: Pobble- 100 Words

Create a short story using the picture to guide your thinking about the Paralympic games.



Sohma 3/4W

Your Story: Pass! Pass! Yelled out Jannick. But the ball did not come, he just had to get the ball and shoot. He started spinning his wheel faster and faster until he gets the ball. Now he finally got the ball and shot! The ball was gliding through the air. YEEAAH! Shouted the fan and they scored a point. But the game hasn't end yet, they were still 1 point behind the other team Jannick did the same thing when the same rhythm happened before and he scored 3 goals. And they finally won the game, then they earned their gold medals. Hooray!

Monday: Pobble- 100 Words

Create a short story using the picture to guide your thinking about the Paralympic games.



Your Story: The Paralympics is after the Olympics and the Paralympics is people who have disability and still want to do sport and also there is 22 sports there is basketball goalball archery and many more And in the pic u sent me there was 2 men and 1 of the men pushed the other men also there were on a wheel chair and I think they were playing basketball but I am not very sure they were playing basketball anyways they were on different teams but they were wearing the same number on the back of there uniform maybe that was by accident.

Jade 3/4W

Monday: Pobble- 100 Words

Create a short story using the picture to guide your thinking about the Paralympic games.



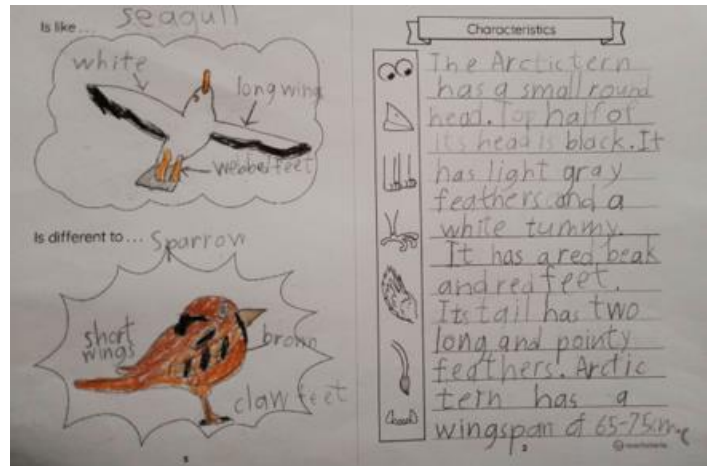
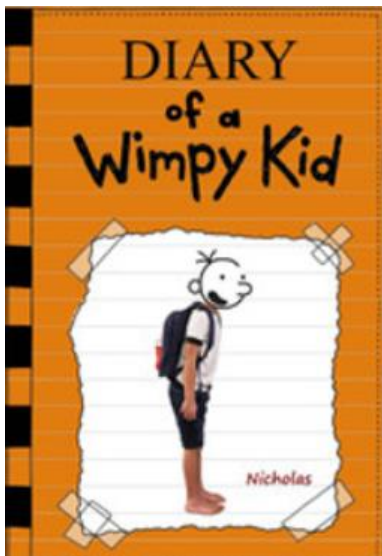
Zane 3/4W

Your Story:

I saw the enemy. He had the ball. I wheeled up to him. He was about to shoot. But I saved the ball from going into the hoop. I caught the ball and passed it to Jerry. Jerry passed it to Tom. I tried to move my way up to the other end of the court, but No. 10 was blocking me. I moved, but he moved as well. Then Tom passed the ball to me. I had nothing else to do but shoot. With all my might, I shot. The ball spun into the hoop. We won the championship.

Book Week Film

There were some amazing posters sent in for book week.



Saturn is named after the Roman god Saturnus. It was spotted by Galileo through his telescope in 1610



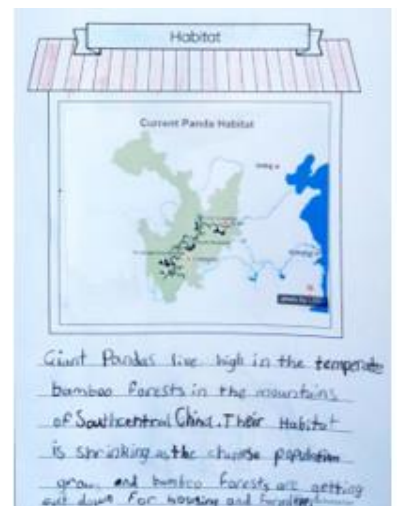
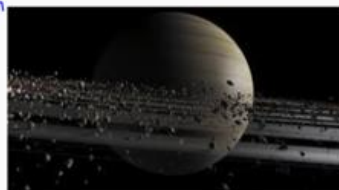
Rings



Seven rings with spaces between them

The rings are grey and tan colours

The rings are made of chunks of ice and rock



Book Week Parade

Norah 1/2



School Administrative and Support Staff Recognition Week (6-10 September)



Our SASS staff make an invaluable contribution in *Supporting our School Community* and thus, *Supporting our School Community* is an appropriate theme for 2021.

These wonderful people quietly get on with keeping the school running so your children's teachers have more time to focus on the core business of teaching and learning.

If you or your children would like to send a message to thank any or all of our SASS team members, I'm sure that they'd be

deeply appreciative. Even though we are working from home, they are working just as hard as ever!

Our SASS team include:

- Administration Team: Mrs Williams (school administration manager), Mrs Catlett (school administration officer SAO), Mrs Galea (SAO), Mrs Robinson (relieving SAO/SLSO) and Mr Cameron (general assistant).
- School Learning Support Officers (SLSOs): Mrs Hefren, Mrs Mears, Mrs Toohey, Mrs Toutjouni, Mrs Hristopanos, Mrs Feeney, Mrs Robinson, Mrs Stevenson, Mrs Graham, Mrs Silveira, Mrs Rosten and Mrs Garvey.

Messages can be sent to class teachers or the school email will be forwarded on your behalf.

K-6 CRAZY HAIR & SOCK DAY

Wear your craziest hair and/or socks and join the end of term fun.



Send your best photo to your teacher.

Tuesday 14th September



Stage 3 Virtual Camp

Stage 3 have not let lockdown stop them from enjoying some of the fun of camp! During Week 7, our learning activities had a school camp theme as we all worked together to build our resilience and have some fun despite missing camp this term. We created our own camp sites, wrote newspaper articles, journals and letters, learnt about the science of the "big swing", worked collaboratively to build a Minecraft version of camp and learnt how to make the perfect camp fire art!





Camp bus area



5/6R Beach Chairs



Beach Campfire



Camp playground



High Ropes Course



Playground



Camp maze



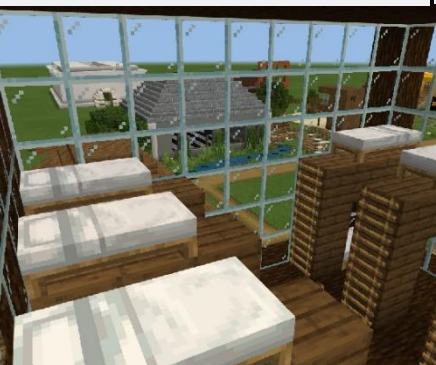
5/6R Trampoline



5/6R Cabins



Canoe Shed



Bunk beds



Cabins



Bella's Campsite

Opportunity Class Placement Test delayed

As a result of the most recent advice from NSW Health regarding the duration of COVID-19 restrictions and the return to school plan, the Opportunity Class Placement Test scheduled for 6 October 2021 has been delayed. New testing arrangements for students will be announced as soon as possible.

Contacting Our School

Due to the *stay at home* order from NSW Health, there is only enough staff to provide minimal supervision for students who need to be at school. This means that our office is staffed remotely and there may not be anyone available to answer the phone when you call.

If you need to contact the school, please contact your child's teacher or send an email to miranda-p.school@det.nsw.edu.au. The school emails are monitored throughout the day and forwarded on by our office team.

If you have not been receiving emails, please email the school from your preferred email address and we will update your details.

Kindergarten 2022 Orientation and Open Days

If you have not yet enrolled your child, please complete your child's online enrolment at:

<https://enrol.education.nsw.gov.au/#/?schoolCode=2574>

We will invite you to bring your original documentation to the office (birth certificates/passports & VISAs, immunisation and proof that you live in our local area), when all of the staff return to school.

We were hoping to confirm our orientation plans with parents at the end of this term, however, we are now waiting for confirmation on what these visits will look like and when they can take place, given the staged return announced last week.



R U Ok? Day is 9 September.

In the last two issues we have shared some resources to assist families coping with anxiety, depression, reduced income and other issues that have emerged, either directly or indirectly, as a result of living with COVID-19.

Remember, it's ok not to be ok, and it's important to ask for help.

Thank you to our wonderful parents and teachers in the P&C Association who have offered the following resources (below and at the back of this newsletter) for you as well and we will add these to our [Learning from Home](#) website for parents:

Lifeline - 13 11 14 www.lifeline.org.au

Kids helpline - 1800 55 1800 www.kidshelp.com.au

suicide callback service - 1300 65 94 67 www.suicidecallbackservice.org.au

Beyond Blue Support Services - 1300 22 45 36 www.beyondblue.org.au

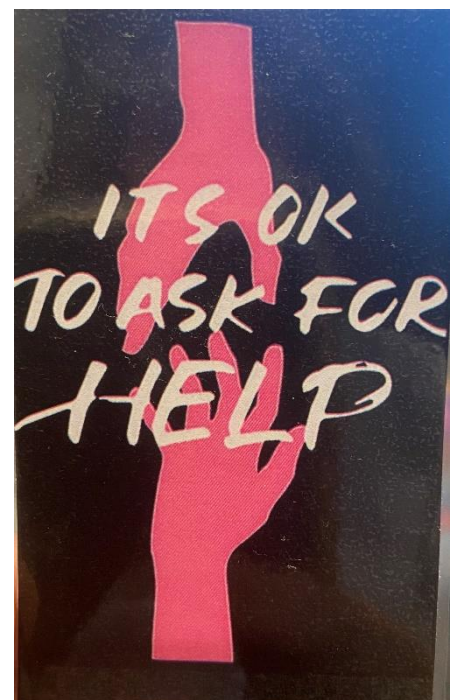
Mental Health line - 1800 01 1511

Emergency - 000

Parent line NSW - 1300 1300 52


Raisingchildren.net.au www.raisingchildren.net.au

(For families looking for ideas to break the chain of events happening in their households): <https://raisingchildren.net.au/guides/activity-guides/wellbeing>




Miranda Public School Expectations for online lessons:







Our school is always open to self-reflection on how we can improve learning and meet our students needs. When we realised that the learning at home period was to be extended, Mrs Wilkins worked closely with our staff to develop expectations for online learning. The teachers will be discussing these with the students and we ask you to discuss them with your children:



WE ARE SAFE, RESPECTFUL AND PROACTIVE LEARNERS DURING ZOOM AND OTHER ONLINE FORUMS



I am a safe, respectful and proactive learner during Zoom and other online forums when I meet the expectations below:

Sit in a quiet place and be presentable. <ul style="list-style-type: none">Find a place that is quiet. Make sure your background does not show your family's private information e.g. photos, key storage, calendars and door locks.Be neat and tidy. You must be wearing appropriate clothing, which includes a clean shirt, blouse or top. School uniform is not required. 	Be on time and ready to learn. <ul style="list-style-type: none">Join the meeting on time and with your correct name.Have your materials needed close by.Make sure you have a responsible adult in the room with you.Do not move around the room. 	Have your video on and mute your audio. <ul style="list-style-type: none">Have your camera on when entering the meeting so the teacher knows who they are speaking to and who can see them.Mute your microphone. 
Raise your hand to speak. <ul style="list-style-type: none">When answering or asking a question, use the Raise Hand function to put your hand up.Wait for the teacher to ask you to unmute first, then you may speak.Use emojis that will enhance the learning for everyone and only when your teacher asks. 	Use the chat function for learning. <ul style="list-style-type: none">Only use the chat function when the teacher asks – do not chat with your class members.The chat function may be turned off by your teacher at the beginning of the lesson. 	Participate and be kind. <ul style="list-style-type: none">Listen carefully and participate just as you would in your physical classroom.Be respectful and kind to others. 

WE ARE READY TO LEARN.



WE ARE SAFE, RESPECTFUL AND PROACTIVE LEARNERS DURING ZOOM AND OTHER ONLINE FORUMS



Everybody has the right to be in a safe, respectful and proactive online learning environment.

Teachers will remind students about the possible consequences for not respecting the safety and learning of others.

1.	2.	3.	4.
Verbal Redirect <p>My teacher will give me a reminder during the lesson so I can engage appropriately in the learning.</p>	Pause and Reflect <p>My teacher will contact my parent/carer and I will reflect on making proactive choices. * Warning *</p>	Take a Break <p>My teacher will remove me from the Zoom session. The Assistant Principal will then contact my parent/carer. * Final Warning *</p>	Synergised Conversation <p>The Assistant Principal or Principal will contact my parent/carer. I will be removed from online forums until further notice. A possible suspension might be recorded against my name.</p>

We want your feedback so please [email the school](#) if you have any further suggestions.

Tell Them From Me Student Survey



Dear Parents and Carers

This term, our school is taking part in the *Tell Them From Me* student survey. The survey will provide us with valuable feedback on what our students think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help them improve. The survey is completed online and is run by an independent research company, **The Learning Bar** which specialises in school-based surveys.

Staff in schools will **not** be able to identify individual students from their responses. To ensure confidentiality, participating students will receive a unique username and password. Where fewer than five students respond to a question, the results will be suppressed. The survey typically takes 30 minutes or less to complete.

This survey will help our school better understand how to improve student wellbeing and engagement. It will help the school identify what works to improve student outcomes.

Participating in the survey is entirely voluntary. Your child will not take part if either you or your child do not wish. If, during the survey, your child is uncomfortable, he/she can choose to stop the survey at any time. The majority of questions in the survey can be skipped.

If you **do not want your child to take part** in the survey, please return the attached form or inform your child's class teacher by Wednesday 8 September.

More information about the survey and the research is available in English at education.nsw.gov.au/ttfm

Michael Duffy

Principal

Miranda Public School

***Tell Them From Me* Student Feedback Survey non-consent form**

If you **do not want** your child to participate in the student feedback survey, please sign this form and return it to the school by Wednesday 8 September 2021.

I DO NOT give consent for my child/children to participate in the ***Tell Them From Me* student feedback survey**.

Name of student 1

Roll class of student 1

Name of student 2

Roll class of student 2

Name of parent/carers

Signature

Date



supporting young people during COVID-19

headspace National is hosting free mental health education sessions for parents and carers of young people in NSW to support their mental health.

The session aims to:

- Strengthen your understanding of mental health and mental health literacy.
- Strengthen understanding and skills in how to cope and where to find help.
- Build skills and strategies to support the mental health and wellbeing of your young person, including their transition to work and study.
- Build awareness of local, state and national supports available to young people.

How do I register?

Click [here](#) to register via Eventbrite, or type the URL below into your web browser:

headspace.org.au/covid-19/

After you have registered, you will receive an email confirmation from Eventbrite which will include the Zoom meeting link to access the webinar. These sessions will not be recorded.

You will receive a digital information pack following the conclusion of the session.

Contact

For more information email:

headspaceSchools@headspace.org.au



Proudly funded by the NSW Government and delivered by headspace National Youth Mental Health Foundation Ltd.

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

FREE & LOW COST FOOD

MONDAY

St John's Sutherland Hall - Ph: 9521 4314
43a Belmont St, Sutherland
Mobile Community Pantry (\$10 BYO bag)
1:30pm to 2:30pm (every 2nd Monday from 1/3/21)
St John Bosco Church - Ph: 9520 8277
46 Waratah Rd (cnr Banksia Ave), Engadine
Free grocery/fruit/bread
6:45pm

TUESDAY

One Meal Sutherland Shire @ SALVOS Miranda
23 Kiora Rd, Miranda - Ph: 0478 478 464
Operating as take away meal
5:00pm to 6:00pm

WEDNESDAY

Southside Care Miranda - Ph: 9522 4300
175 Port Hacking Rd, Miranda
Free produce/bread/grocery -BYO bags all welcome
12:30pm to 4:00pm

THURSDAY

Urban Food Care Menai - Ph: 9532 1622
13/800 Old Illawarra Rd, Menai (next to Vulcan Gym)
Low cost food/grocery/fruit/vegs
5:00pm to 7:00pm (includes free BBQ dinner)
One Meal Sutherland Shire @ REVIVE Church
11 Gosport St, Cronulla - Ph: 0478 478 464
Operating as take away meal
5:30pm to 6:30pm

FRIDAY

Urban Food Care Menai - Ph: 9532 1622
13/800 Old Illawarra Rd, Menai (next to Vulcan Gym)
Low cost food/grocery/fruit/vegs
9:30am to 11:30am (includes free morning tea)
St Phil's Anglican Church/Anglicare partnership
402 Port Hacking Rd, Caringbah - Ph: 8536 4222
Mobile Food Pantry (\$10 for \$50 worth of food)
1:30pm to 2:30pm (every 2nd Friday)

SATURDAY/SUNDAY

SUNDAY @ One Meal Sutherland
816 Old Princess Hwy, Sutherland - Ph: 0478 478 464
Operating as take away meal
4:00pm to 5:00pm

FOOD PARCELS

Hopefield
www.hopefield.org.au - Ph: 9545 0299
Food parcels - Available by appointment
Orana
www.oranansw.org.au - Ph: 9521 8280
Food parcels - Available by appointment

COUNSELLING/ LEGAL / SUPPORT

COVID19 ALL SERVICE LIST NOTICE:

Current NSW Public Health Orders have changed the way services listed below are able to provide support. Some changes include appointment only/ specific hours or service via phone/Zoom. Please contact the service via details listed below, prior to attending their office, as they may be closed.

GENERAL COUNSELLING

Orana Hub Central	9521 8280
Orana Women's Health	9525 2058
Enough Is Enough	9542 4029
Hopefield	9545 0299

FIANANCE & GAMBLING COUNSELLING

Salvation Army	1800 722 363
Wesley Mission	1300 827 638

LEGAL AID CIVIL MATTERS

Orana Hub Central	9521 8280
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FAMILY LAW ADVICE

Orana Women's Health	9525 2058
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IMMIGRATION ADVICE

Gymea Community Aid	9524 9559
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SAFE & HEALING PROGRAM

Orana Women's Health	9525 2058
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FAMILY AND DOMESTIC VIOLENCE /
TRAUMA COUNSELLING

Crossroads Community Care Centre	9525 3790
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FIND LEGAL ANSWERS

www.legalanswers.sl.nsw.gov.au/advice/index.html

LIFELINE – 13 11 14

24 hour crisis support

EAPA / WORK DEVELOPMENT ORDER

Crossroads Community Care Centre	9525 3790
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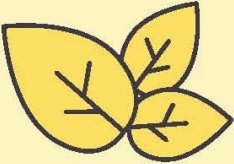

Know of changes or want to be added to the mailing list?

Please contact Karen Williamson
Crossroads Community Care Centreph: 9525 3790 or
communitybuilders@crossroadscommunitycare.org.au

R U OK? Day

A matrix to help students and families celebrate R U OK? Day on September 9th
no matter where they are!

This an Empowering Learning Together Resource

Create a FlipGrid Video telling some jokes. Send it to a family member or friend to make them smile!	Draw a mindmap of your support network and people you can go to for support.	Make a poster to promote R U OK? Day. Put it up somewhere so others can see it.	Draw a chalk drawing on your driveway or nearby footpath to brighten up someone else's day!
	Make a Warm Fuzzies jar. Decorate the jar and add pieces of paper with things you love about each family member or your class mates.	Interview a grown up about R U OK? Day. Ask them for some ideas of what you could say to a friend who was not feeling ok.	Learn some <u>breathing exercises</u> to help you relax when you are feeling upset or worried.
Do some yoga with Cosmic Kids. Create some of your own moves.	Create a space just for you. Add your favourite books, activities, colouring in or drawing materials you like to explore and create with.	Create a 'happy dance' to your favourite song. Video it and share it with your teacher or a family member who lives far away.	Make some positive affirmation cards. I am grateful for... I am proud of... I feel calm when... My smile is...
Make a care package with a card, craft and/or little gift to give to a friend or family member to show you are thinking of them.	Take a walk in nature and collect some items that make you happy. Create a sensory nature table at home and add to it each day.	Cut out some pictures from a magazine and create a collage showing different emotions you have experienced.	Make a life size 'hug' and send it to someone special. 

Mental Health Line
1800 011 511



*Connecting you
with the right care*

Mental Health Line
1800 011 511



-  **Mental health help for everyone**
-  **24-hour telephone service across NSW**
-  **Access to a mental health professional**
-  **Connection with local care services**
-  **Support for carers and professionals**

People in a life-threatening situation should phone 000.
Calls from landlines are free but charges may apply from mobiles.

Mental Health Line
1800 011 511



*Connecting you
with the right care*



Health

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Health



Australian Government
National Mental Health Commission

Pandemic Fatigue

While we can all experience pandemic fatigue in different ways, it is possible to counter its effects. Look out for some of these signs in yourself and those around you and take practical steps to be kind to yourself, stay connected, check in with each other, and seek professional support when needed.

Some of the feelings and behaviours you, or someone you know may be experiencing include:

- Tiredness
- Frustration
- Low in energy
- Restlessness
- Irritability
- Hopelessness
- Difficulty looking forward to tomorrow
- Dread
- Not wanting to be with others
- Increased use of alcohol or other substances
- Lack of enthusiasm for things you would normally enjoy

Some of the most effective ways to overcome these feelings include:

- Identify and practice self-care strategies that work for you 
- Keep kids communicating  Let children know it is ok to be worried, and talk it out
- Get sweaty  Exercise is great for mental health
- Reach out  To those who may not have connections
- Follow facts from trusted sources 
- Take a break  Do the things you've been putting off for a rainy day

If at any time you feel overwhelmed by any feelings, it is important that you talk to someone you trust. A GP, family member or friend, or make contact with any of the services (available 24/7) below:

Coronavirus Mental Wellbeing Support Services: 1800 512 348
Lifeline: 13 11 14
Kids Helpline: 1800 551 800
www.headtohealth.gov.au