

## *Principal's Report from Mr Coffey*

### **Parent Remote Learning Survey**

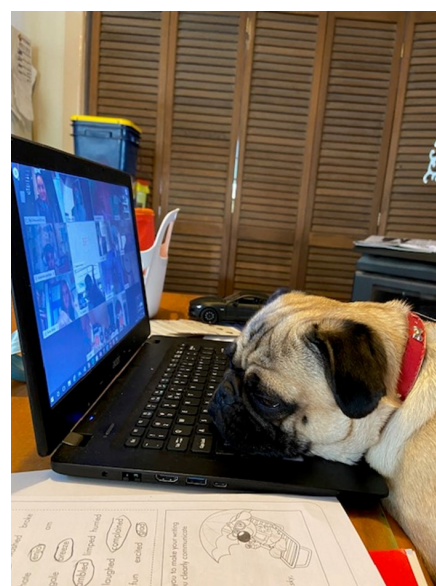
Thank you to the 37 parents who responded to the survey regarding the remote learning program at our school. The results were overwhelmingly positive with 35 of the 37 respondents happy with the amount of information communicated by the school regarding the remote learning program. Twenty nine respondents were happy with the overall amount of communication from teachers with the majority of the remaining responses indicating that the level of communication varied amongst teachers.

The majority of parents felt that the quantity of work provided to the students was 'just right' with 6 believing it was 'too much' and 1 response of 'not enough'. Thirty one respondents believed the level of work was 'just right'.

The question with the largest range of responses, was the question about how the parents believed the students were managing remote learning. Of the 37 respondents, 11 believed their child/ren were keeping on track and up to date, 14 replied "On track but not as motivated as they should be" and 8 indicated "ok and done most of their work". The remaining 4 parents believed that the students were "OK. Had done some of the work and were struggling with some of it.

Thank you to everyone who completed the survey.

I think we can all relate to this photo!  
(Thanks to Mavis)



### **Transition Back to School**

Thank you for all your support during these past few weeks of remote and flexible learning.

Next Monday, the 25<sup>th</sup> of May will be a Pupil Free Day for all students, including those who have been accessing our On Site Learning program.

On Tuesday the 26<sup>th</sup> of May, all Prep to Year 3 students and all year 10 to 12 students are expected to return to school for normal classes. Students who have approval to attend the on-site program are also able to attend and the Remote Learning program will continue for all year 4 to 9 students. The transition timetable will be published on Skoolbag & Facebook.

We are all looking forward to Tuesday the 9<sup>th</sup> of June when all students will resume normal classes at school.

Between now and Tuesday the 9<sup>th</sup> of June all students, except the Year 10, 11 and 12 students will continue to have access to "Wellbeing Wednesday" to support students and their families in transitioning, back to full time school attendance. If you prefer for your child to remain at home on Wednesdays their absence will be marked as "school approved".

### **Stop Press**

Written exams will be conducted between 9 November and 2 December 2020, so that ATAR scores can be calculated and VCE and VCAL students will receive their results before the end of 2020. The GAT will be held on Wednesday 9th September.

### **Principals report continued.....**

#### **More Information**

More information about the return to school and coronavirus (COVID-19) can be found on the Department's website, which will continue to be updated:

<https://www.education.vic.gov.au/about/departments/Pages/coronavirus.aspx>

#### **Stay Informed**

I encourage all parents and students to continue to access the Department of Health and Human Services website for the latest public health information.

<https://www.dhhs.vic.gov.au/coronavirus>

#### **2019 Annual Report to the School Community**

The 2019 Annual Report will be available on Facebook, the Skoolbag app, the school website and print copies will be available at the front office.

#### **School Council**

The next School Council Meeting will be Wednesday the 10<sup>th</sup> of June at 7:30pm. More information will be sent out to councillors regarding how the meeting will be held.

## **VCAL INNOVATORS**

### **VCAL SENSORY ROOM ACTION**

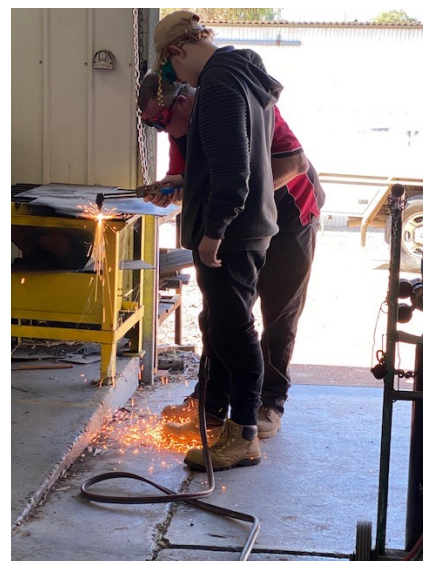
Christian & Lachie R came in to school last Wednesday (on-site learning application) to start installing the ventilation spinaways on the roof of the Sensory Room. Under the excellent guidance of Mr Williamson they went through OHS regulations and practiced using the oxy-acetylene gear. At the same time Mrs Petschel had a very informative chat to Heather Davidson about sourcing power to the room. While it is only a small step it is good to see some progress on our VCAL project.



The lads in hardworking pose



Christian showing his abilities



Mr Williamson sharing his skills  
with Lachie

## **Important Canteen Notice**

Starting from Wednesday 27th May until further notice the canteen orders will be provided from the Bow Bakery.

**Lunch order days are Mondays, Wednesdays & Fridays**

Below is what will be available. Students are to order in the same way.

All orders will need to be in by 9.20 am.

### **NO LATE ORDERS**

The orders will be taken to the bakery and picked up just before lunchtime.

The canteen will not be operating at lunch times, but senior students will have access to the sandwich toasters and the microwave.

### **Sandwiches**

Vegemite	3.50
Cheese	3.50
Cheese & vegemite	4.00
Meat	4.80
Meat & Cheese	5.00
Meat, Cheese & Salad	6.00
Chicken, cheese & salad sandwich	6.50

### **Rolls**

Meat, Cheese & Salad	6.00
Chicken, Cheese & Salad	6.50
Cheese & Bacon Roll (Fri)	1.50
Dinner Roll	.70
Plain Roll	1.00

### **Wraps**

Ham, cheese & tomato, mayo	6.00
Chicken, lettuce, cheese & mayo	6.00

### **Other**

Pink Biscuits	2.30
Lemon or Jam Tarts	2.20
Apple Cakes	2.80
Eclairs	3.40
Matchstick	3.40
Lamington/ Jelly cakes- no cream (M/W/F)	2.80
with cream (M/W/F)	3.40
Hedgehog	2.80
Carrot Cake (Thur)	3.40
Jam Donuts (M/W/F)	2.80
Large Iced Donuts—(M/W/F)	3.20
Yeast buns	1.70

### **Hot Food**

Pizzas - Hawaiian, Supreme, BBQ	3.00
Chicken Pie	5.00
Bushman's Pie	5.00
Plain Pie	4.50
Curry Pie	4.60
Pizza Pie	4.60
Potato Pie	4.60
Steak & Mushroom	5.00
Steak & Bacon	4.60
Steak & Onion	4.60
Pastie	4.50
Sausage Roll	3.50
Party pasties	1.70
Party Pie	1.70
Sauce	.40





# Wellbeing information

## The sleep cycle (Andrew Fuller)

Sleep changes are a common effect of the recent times. Dreams change, schedules shift. It is time to re-establish a more usual sleep cycle.

If you have ever experienced jet lag after travelling across time zones, you may know that it will take at least one day for each hour of time difference. For example, Melbourne is 9 hours ahead of London so as a general rule of thumb you can expect 9 days before you feel fully in the local time zone. Depending on how out of whack your sleep has been, try to give yourself the time to re-adjust your sleep cycle before returning to school.

What sets our sleep cycle most powerfully is 'first light, first bite'. Get up at the time you would need to on a typical school day and eat breakfast soon afterwards. If you can, go for a walk outside or at least sit near a window.

Getting your sleep cycle back into sync with the school and work day improves learning and mental health

Other resources that might help during the transition stage....

<https://headspace.org.au/young-people/sleeping-well-for-a-healthy-headspace/>

<https://kidshelpline.com.au/teens/issues/im-not-ready-go-back-normal>

<https://www.youtube.com/embed/LB0NLjVYJo>

<https://kidshelpline.com.au/niggle>

<https://www.raftpsychology.com/news/gvid0efdmvmfjw4r9xxly04rwrjd0o>



<b>WHAT RAINBOW P-12 COLLEGE IS DOING TO KEEP YOU SAFE!</b>	<b>THERE ARE LOTS OF THINGS WE ALREADY DO AROUND THE SCHOOL... THAT WE JUST NEED TO KEEP DOING!</b>	<b>Using hand sanitizer</b> 	<b>Thumbs up instead of hi-five</b> 
	<b>Washing our hands</b> 	<b>Remember our personal space rule</b> 	<b>YOUR WELLBEING IS OUR TOP PRIORITY</b>
<b>HOWEVER, THERE WILL BE SOME THINGS THAT WILL BE A BIT DIFFERENT...</b>	<b>Taking your temperature</b> 	<b>Playground equipment &amp; sports equipment</b> <b>Wash your hands before &amp; after use</b> 	<b>If you are worried about something or have any questions</b> <ul style="list-style-type: none"><li>☺ Talk to your classroom teacher</li><li>☺ Chat to Mrs Petschel</li><li>☺ use the link below to leave a message</li></ul> <a href="https://forms.gle/byW9gozhc36rYsv99">https://forms.gle/byW9gozhc36rYsv99</a>
<b>Lots more Cleaning</b> 	<b>Having your own drinker</b> <b>No bubble taps</b> 	<b>Playground equipment will be cleaned every night</b>	<b>Ring Kids Helpline</b>  <b>1800 55 1800</b>

# SLEEP



- You will need to adjust your sleep-wake cycle
- This might mean going to bed a bit earlier & waking up a bit earlier.
- You will need to get into an effective sleep routine as it is essential to good health.
- Attached is an article that might help out

# EAT



- You will need to stop snacking !
- Try to align your snacks & lunch with school times
  - Recess : 11:00-11:30am
  - Lunch : 1:10-1:50pm

# MINDSET



- Remote learning has been an adventure!
- It has forced us all to change how we approach our learning.
- ..and now we are asking you to shift your mindset again!!
- Try to embrace your growth mindset!

**JUST REMEMBER THAT THE GOOD FOLKS AT RAINBOW P-12 COLLEGE ARE THERE TO SUPPORT YOU THROUGH THIS TRANSITION**



## **Year 10 Homeroom remoting learning style (from Mrs Petschel)**

From interesting names, bizarre backgrounds, Darth Vader, some special music choices, lovely shots of ceilings to Sarah and her intriguing daily CosPlays (a different character each day) the Year 10 morning Webex sessions have been anything but boring!

Below is just a small snapshot of the many faces of Sarah Bennett! (Sorry about the quality of some of the photos as they were taken from Webex sessions.) Thanks for the adventure.

