



## COMING EVENTS

### TERM 4

#### Week 11

**Thursday 16 December**  
Last Day of Term 4

**Friday 17 December**  
Staff Development day



## PRINCIPAL'S REPORT

### Welcome back

We hope that all students and their families have had a chance to relax, refresh and spend time together over the holiday break. You had all worked so hard at home and certainly deserved a chance to switch off. We also hope that all students enjoyed the opportunity to form a 'friend bubble' and spend some much needed time reacquainting themselves with each other. I have seen lots of wonderful holiday moments that have included the staff. Flat Teachers were indeed very lucky to share in your holidays adventures.

### Vaccination

All adults at school sites, including employees, contractors, volunteers and essential visitors, must be fully vaccinated against COVID-19 by 8 November 2021. Adults that are required to support the staggered return to school in October 2021 will be required to have received two doses of COVID-19 vaccine if they attend school sites from 18 October. Students aged 12 or above are now eligible for a COVID-19 vaccination.

### Return to School Plans

As we are currently still under stay-at-home orders, our return to face-to-face learning will happen on a staggered return basis. The road map for students returning fulltime is as follows:

- ♦ **October 18 - Kindergarten and Year 1 students**
- ♦ **October 25 - Years 2, 3, 4, 5, 6**

School will remain open for essential workers students only.

For families with students in different year groups, we know that it will be difficult to keep siblings at home while your other children are at school, but we need to follow guidelines set by the Department of education and NSW Health to ensure the safety of all. We will still be working with reduced staffing so those who are not planned to be here will not be with their normal class teacher or class group and will still be working on the one unit of work that those at home are completing.

### Safety Plans

Getting students back to school is an extremely exciting prospect for all staff (and parents I bet) and we are doing all we can to ensure the safety of all concerned. As such, there will be significant changes to school operations for the foreseeable future. Students and staff will be placed into 'Bubbles' and will only mix within their bubbles from next week.

- ♦ **Bubble 1 – F Block Classes (KK, KAM, K/1B, IB)**
- ♦ **Bubble 2 – E Block Classes (1R, 2B, 2HM, K-6L, K-6 G)**
- ♦ **Bubble 3 – D Block Classes (3/4TH, 3/4H, 3/4P, 4/5S, 5/6S, 5/6H, 5/6T)**

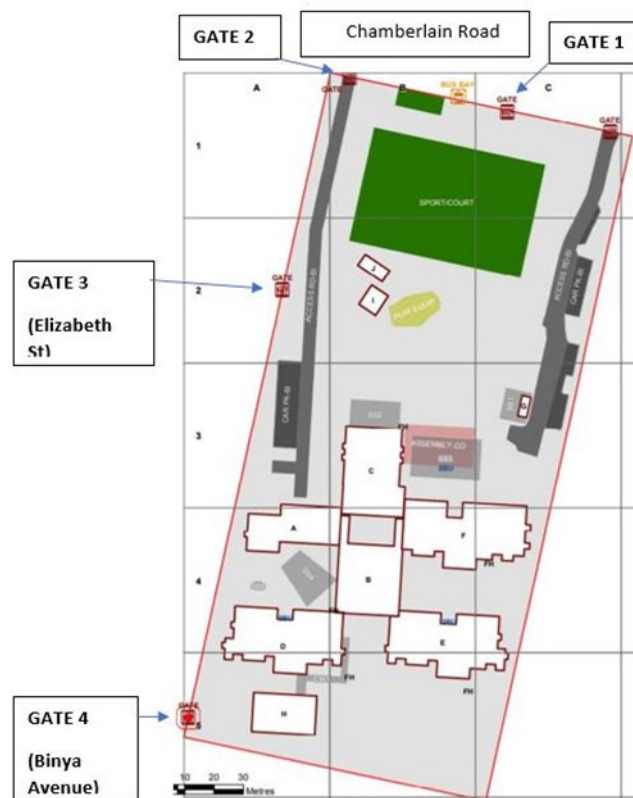


**Morning Procedures:**

All school pedestrian gates will be numbered (please see attached map).

Students will be asked to enter the school through the gate they have been allocated according to their 'bubble' as another way of keeping cohort mixing to a minimum. They will then be directed to their allocated areas in the morning where they will stay until the bell goes. Dots will be painted to show children where to sit to allow for physical distancing.

- ◆ **Bubble 1— Gate 1** (walk up the pedestrian path to the COLA)
- ◆ **Bubble 2— Gate 4** (walk to the back of the library)
- ◆ **Bubble 3— Gate 2** (walk up the pedestrian path to the amphitheatre)
- ◆ **Please note Gate 3 (Elizabeth Street) will not be opened during this time.**



The school's break times will also be altered to have two lunch and afternoon tea times to avoid mixing of cohorts. The canteen will resume in Week 3 with staggered break times so only one cohort at a time will be using it.

Playground spaces will be allocated to specific bubbles for the day and rotated around throughout the week. At times bubbles will be allocated the oval so **please ensure all students come to school with a hat and a refillable drink bottle**. Sports equipment will be cleaned at the end of each day. Sports equipment will be allocated for each space.

**Contact Details**

At the end of last term, and the beginning of this term, we are working on contacting each family to ensure all contact details for our students are correct. This is vitally important in the case that we have a COVID positive case on-site and we thank you for being patient while we check. Alternatively, you can contact the school if you know you have details that need updating 4328 4433.

### Attendance

When Level 3 Plus operations for staggered return begins for your class, all students are expected to return to face-to-face learning. Learning from home materials will no longer be provided when returning to face-to-face unless your child has a medical exemption. If you have medical reasons for not returning to face-to-face on the allocated dates, please contact the school and provide your child's medical certificate.

### Masks

All staff will be required to wear masks when both indoors and outdoors. Students are strongly encouraged to wear masks. **Students should bring a mask to school with a spare in their bag, both clearly marked with their name.**

### Ventilation

All schools in NSW have recently undergone an audit of windows and fans to ensure they are operational. VVPS had 2 windows and three fans that have required fixing and this will be completed shortly. All windows and doors will be opened to ensure cross ventilation as directed by the Department of education. Teachers will also be utilising outdoor learning spaces when possible.

### Sick Bay Operations

Students will be triaged outside the administration office. Office staff will be in full PPE gear for triaging.

Students with normal cuts, bruises and bumped heads will be treated in the sick bay as per usual. If the student presents any sickness or is unwell, they will be offered PPE gear. Students will remain outdoors, and parents or carer called immediately. If students are presenting cold, flu or COVID like symptoms a test will need to be carried out and returned and the student will be unable to attend school until results come through as per NSW Health and DoE Guidelines.

### Semester 2 Reports

Reports will be modified for Semester 2 2021 as per DoE guidelines and will be similar to the Semester 1 2020 reports.

### Refunds

Unfortunately we have had to cancel several activities that were planned to happen last term and this term. Please see the following events:

- ◆ Stage 3 Camp – refund letters were sent home last term. Please contact the office if you have not organised this.
- ◆ NAIDOC Day performance – this will be held over until next year. Year 6 money will be used for their Year 6 farewell dinner however, (if you wish to get your \$2 refund please contact the office).
- ◆ ICAS – the school has decided to cancel the ICAS tests this year so we can focus on school-based assessments. Refund forms will be sent home.
- ◆ Central Coast Choral Festival – refund forms will be sent home for this.

### Transition Back to School

When students return to face-to-face teaching this may be a very easy transition for some students and families and quite challenging for others. Please begin talking to your child/ren about returning back to school and establish some school routines that occur in your households to help ease back into school. We are expecting some anxiety and challenges settling back into school life for our students and families. Staff are currently working on a Social Story to send out on Class Dojo to read with your child so they will have a greater understanding about what is happening and why. Please do not hesitate to call if you are concerned about how your child will cope with the return to school, we are here to help. Please do not hesitate to contact me if you have any issues with the information sent out today. I know it is a lot to take in, but we are doing all we can to ensure your child, our staff and the community stay as safe as we can.

### October P&C Meeting

The October meeting of the P&C will be held tonight (see P&C information for the link). Please feel free to come along....virtually!

- ◆ Date: Monday 18 October 2021
- ◆ Time: 7:00pm—8:30pm (AEDT)
- ◆ Venue: a Zoom link and details will be emailed to you.

*Kirsty Squires—Principal*



# Tips on wearing a mask



Children can wear small cloth or surgical masks when leaving home, including going to school

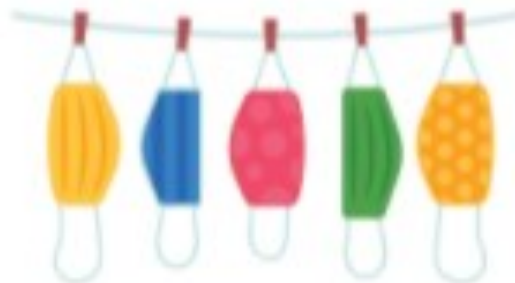


You can remove your mask when eating or exercising

Try not to touch your face while wearing your mask



Use a clean mask every day.  
Do not reuse single-use masks



Wash and dry reusable masks after use and store in a clean, dry place

Wash or sanitise your hands before putting on or taking off your mask



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NSW Department of Education

## COVID-safe operations for schools

Students return to face-to-face learning in staged cohorts. COVID-safe operations are maintained through high rates of staff and student vaccination, safe rostering and physical distancing.

Department Preschools,  
Kindergarten & Year 1

18  
October

All other years

25  
October

From 18 October, students sitting their HSC exams will be able to access their schools full-time for revision and study sessions.

Students should be at school from the date indicated for their year group unless they are unwell.

### Drop-offs and pick-ups

Drop-offs and pick-ups will be by staggered groups and all entrances and exits will be used to start and finish school days. Please follow the physical distancing rules, avoid gathering outside gates, remain off school grounds and wear a mask. (some exceptions made for vulnerable students.) Try to stay in the car. This does not apply to (OOSHC). Sign-in procedures are required.

### Ventilation

Open or well-ventilated spaces reduce the risk of transmission of COVID-19 because infectious particles are more quickly diffused in the open air than in spaces with less ventilation. Outdoor settings will be used where practicable.

### Vaccination

All adults on school sites must be fully vaccinated against COVID-19, including employees, contractors, volunteers and essential visitors. Students aged 12 or above are now eligible for a COVID-19 vaccination. Parents and carers can book in a Pfizer or Moderna vaccine now.

### Masks

Masks will be required for all staff and all students in Year 7 and above while they are indoors and outdoors on school sites unless eating or exercising. Masks are strongly recommended for primary students both indoors and outdoors unless eating or exercising. Students should bring their own masks where possible, but schools will have back-up supplies just in case. Masks are also required for all travel on public transport for children 13 years and older.

### Visitors

Only essential visitors are allowed on school sites. All visitors are required to wear a mask and sign-in using the Service NSW QR code when entering the school.

### Hand hygiene & cleaning

Students will be reminded to wash their hands often. Sanitisers, soaps, paper towels and other essential items will be readily available for students. Enhanced cleaning will continue on our school site.



## PARENT WORKSHOP - PARENTING ANXIOUS KIDS

Valley View PS, along with Wyoming PS and Narara PS will be hosting a digital presentation via the Zoom Platform with one of Australia's leading parenting educators, Michael Grose (please see attached flyer).

Anxiety amongst children and young people is on the rise, yet many parents are unsure how to help. Research informs us that anxiety left unmanaged in childhood will almost always reoccur in adulthood.

Fortunately, there's so much parents can do to help kids recognise, manage and minimise their anxiety. In this presentation, parents will learn:

- ◆ The origins of anxiety and why we appear to be in the grip of an epidemic
- ◆ A new evidence-based management approach that's easy for parents to use with their children
- ◆ Practical tools to teach kids to self-regulate their anxiety
- ◆ A parenting framework to help anxious kids develop resilience
- ◆ How to respond constructively to children's and teen's anxious moments
- ◆ When to seek professional help for your child or young person.

We look forward to having you join us online for this very informative and special presentation. Please contact the front office if you are interested in attending as there are limited spaces available (125 participants only per school). Please see enclosed flyers for further details.



## Parent/Guardian Presentation - Parenting anxious kids

- ❖ Date: Monday 18th October 2021
- ❖ Time: 7.00pm - 8.30pm (AEDT)
- ❖ Venue: Interactive digital presentation hosted on the Zoom platform. The Zoom meeting link and details will be emailed to you closer to the date.

### **Have you ever wondered how to best help your child when they were feeling anxious?**

Anxiety amongst children and young people is on the rise, yet anxiety left unmanaged in childhood will almost always reoccur in adulthood. Fortunately, there's so much parents can do to help kids recognise, manage and minimise their anxiety. In this presentation, parents will learn:

- ❖ The origins of anxiety and why we appear to be in the grip of an epidemic
- ❖ A new evidence-based management approach that's easy for parents to use with their children
- ❖ Practical tools to teach kids to self-regulate their anxiety
- ❖ A parenting framework to help anxious kids develop resilience
- ❖ How to respond constructively to children's and teens' anxious moments
- ❖ When to seek professional help for your child or young person.

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As there are limited spaces available for each participating school, please make contact with your school as soon as possible to register your interest!

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# SPEAKER BRIEF

## Michael Grose

Parenting expert, author, speaker

Michael Grose, founder and Managing Director of Parenting Ideas, is one of Australia's leading parenting educators and an award-winning speaker who has been informing and inspiring audiences in Australia, Asia, in the US and UK for more than 20 years.

A recognised media figure Michael has had parenting segments on The Project, The Today Show, Weekend Sunrise, 3AW, ABC radio and more. He has contributed to Huff Post, Kidspot and Mamma Mia, and is a former columnist with News Ltd and Fairfax newspapers.

Michael is a former primary school teacher with 15 years' experience. He holds a Master of Educational Studies from Monash University specialising in parenting education.

He is a bestselling author of 12 books for parents including Spoon-fed Generation, Thriving!, Anxious Kids and his latest re-release Why First Borns Rule the World and Later Borns Want to Change It.

Michael is the parent of three children who have all successfully flown the parenting nest.



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| NSW Department of Education

# Stay COVID safe

## Our school is operating at Level 3 plus



**Students return to face-to-face learning in staggered cohorts:**

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



QR code check-in and check-out required for all staff and visitors.



While on school sites, masks are **required** for staff and students in Year 7 and above indoors and outdoors (unless eating or exercising). Masks are **strongly recommended** for primary students indoors and outdoors (unless exercising or eating).



Follow health advice and keep your child home if they are unwell.



**For the latest information, visit [education.nsw.gov.au/covid-19](https://education.nsw.gov.au/covid-19)**

[education.nsw.gov.au](https://education.nsw.gov.au)





## ONLINE ENROLMENTS

The Online Enrolment System is now up and running. This system is designed to provide flexibility for our parents to submit an enrolment application online and at the time that suits you best. The application can be accessed on all browsers and mobile devices including iOS and Android.

- ◆ Enrolments both in area and out of area are now available.

The online application process is currently restricted to:

- ◆ Children who are Australian citizens, New Zealand citizens or permanent residents
- ◆ Children who live in NSW.

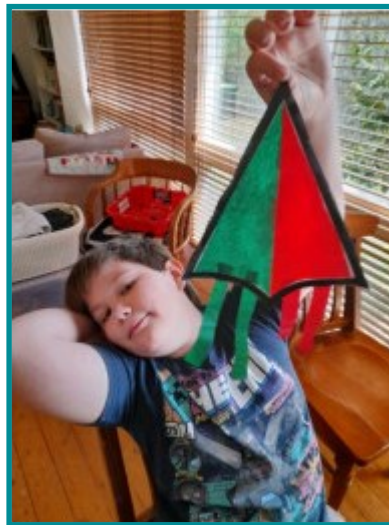
We offer our support and encourage you to complete your application to enrol online. If, however, you do not feel comfortable completing an application online, a paper copy will be available for collection from the front office or can be downloaded from the Department's [going to a public school site](#).

## SCHOOL GATES — During Lockdown

Both Chamberlain Road pedestrian gate, and Binya Avenue gate are the only gates open in the mornings and afternoons. Both gates are locked each morning at 9:30am and opened again in the afternoon at 2:30pm. No adults are allowed on site under any circumstance. **Please phone the office if you require any information on 4328 4433.**



*Merlin from 3/4H— with his kite window decoration*





# Valley View Public School

# Kindergarten Enrolment!

for children in Kindergarten 2022



Online enrolments are open for children starting school in 2022.

To enrol - go to our school website and use the Enrolment tab at the top of the page.



Please call the school office to register your child to be kept informed of upcoming events.



Information about our View Start Program will be sent out soon.

Made with PosterMyWall.com



## CANTEEN NEWS—Welcome to Term 4!

Welcome back to the canteen. We are looking forward to serving the students again, we have missed seeing the kids.

Due to the restrictions put in place there are a few changes to our operation.

**NEW - Please see TERM 4 menu (below)**

The canteen will be open for 'DROP AND GO' lunch orders.

### Changes

- Students will need to place their lunch orders in the BUBBLE BOXES. (from 8:30am to 9:00am)
- There will be NO breakfast club available or over the counter breakfast.
- The term 4 Menu will operate this term.
- There will be no Party Packs available for term 4.



# CANTEEN MENU

## TERM 4 2021

OCT 2021

Orders to be placed between 8.30am – 9.00am



snacks	
Fruit cup	1.50
Chips (red rock sea salt)	1.30
Muffins	1.00
Garlic bread loaf	0.20
Apple	0.50

burgers	
Cheese burger (beef, cheese, sauce)	4.00
Plain burger (beef patty on roll)	3.50
Crumbed chicken burger (with lettuce, mayo)	4.00

sandwiches	
Vegemite	1.50
Jam	1.50
Honey	1.50
Cheese	2.00
Cheese & tomato	2.50
Ham, cheese & tomato	3.00

All sandwiches can be made with white or wholemeal bread

frozen treats	
Mini frozen ice cups (assorted flavours)	0.20
Quech Fruit sticks	1.00
Mony (assorted flavours)	1.00
Snap-stix (assorted flavours)	1.00

hot food	
Chicken tenders	1.50
Chicken nuggets	0.80
Chicken nuggets – gluten free	0.90
Pie	3.50
Sausage roll	2.50
Extras: tomato or BBQ sauce portion	0.20
wrap or gluten free bread	1.00

PIZZAS	
Cheese pizza	2.00
Ham & pineapple pizza	2.50

JAFFLES	
Cheese jaffle	2.00
Ham & cheese jaffle	2.50
Baked bean jaffle	2.00

All jaffles can be made with white or wholemeal bread

drinks	
Water small	1.00
Nippy (chocolate)	2.50
Juice cup	1.50
Orchid juice (apple & blackcurrant)	2.30
Up & Go (vanilla or chocolate)	2.50
Slushie	2.00
Milkshakes (assorted flavours)	1.50

**V** VEGETARIAN

**CM** CANTEEN MADE

**GF** GLUTEN FREE

**LF** LOW FAT



## Stay informed with the SkoolBag App



The SkoolBag app is the easiest way to stay up-to-date with school events, last minutes notices, newsletters and all school communications.



**1**

### Download the app

Search for the free SkoolBag app in the Apple App or Google Play Store

**2**

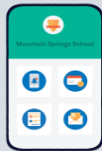
### Create an account

Sign up in seconds with your email address

**3**

### Add your school

Search for your school and add your subscription groups



SkoolBag

### Download Instructions:

#### For Apple Users

1. From your iPhone/iPad, open the Apple App Store and search for "SkoolBag".
2. Download the free SkoolBag app.
3. Open the app, add your school and you're ready to go!

#### Google/Android Users

1. From your Android device, ensure you have an account in the Google Play Store.
2. Open the Google Play Store and search for "SkoolBag".
3. Download the free SkoolBag app.
4. Open the app, add your school and you're ready to go.



## Become a nipper in 2021/22

Please register online at: <https://www.surflifesaving.com.au/join>

WE ACCEPT ACTIVE KIDS VOUCHERS - apply online before registering here:  
<https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>

If you have any questions about registration, please contact [admin@wamberalsurfclub.com](mailto:admin@wamberalsurfclub.com)

Nippers will be returning under the Public Health Orders for community sport released by the NSW Government.  
Start date is dependent on NSW Public Health Orders, no refunds are available if season is cancelled.



Come and Try days at Lisarow High School Oval

16<sup>th</sup> October 2-4pm  
23<sup>rd</sup> October 2-4pm

Are you looking for a Summer Sport???

Wingers Softball Club may be for you!

We also have other age groups so the whole family can play too!

- 3\4yrs to 9yrs – Teeball
- 9yrs to 12yrs – Modball
- 12yrs to 18yrs – Junior Softball
- 18yrs and older – Women's Seniors
- 18yrs and older – Men's Seniors

**Softball Pros**

- Meeting new friends
- No prior knowledge needed
- Learning gross motor skills
- Developing social skills
- A game for all ages and abilities
- Along with having fun!!!
- We accept the active Kids Vouchers too!
- Season starts December 5

If you are interested or have any questions please send through your expressions of interests to:  
[Kimocconnor96@gmail.com](mailto:Kimocconnor96@gmail.com) or visit **Wingers Softball Club - Central Coast Softball Association on Facebook**



## Get Active with Scouts!

Scouts welcomes children and young people from Kindy to Year 12, offering a safe and supportive environment where your child can make new friends, learn life skills and embark on new adventures!

Your local Scout Group is:

1st Narara Scouts - 209 Narara Valley Dr Niagara Park NSW 2250  
Contact - [nararascouts@gmail.com](mailto:nararascouts@gmail.com) / Dani - 0416 119 405



Scouts is an eligible provider of the NSW Government's Active Kids Program. Scan the QR code to claim your child's Active Kids voucher and SAVE \$100 on joining and membership fees!