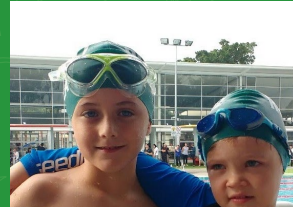




Russell Lea
PUBLIC SCHOOL



Newsletter

Term 3, Week 2 Friday 31 July 2020

Important Dates

Please refer to our website calendar for a full list of 2020 school dates

September 25

Last day of Term 3

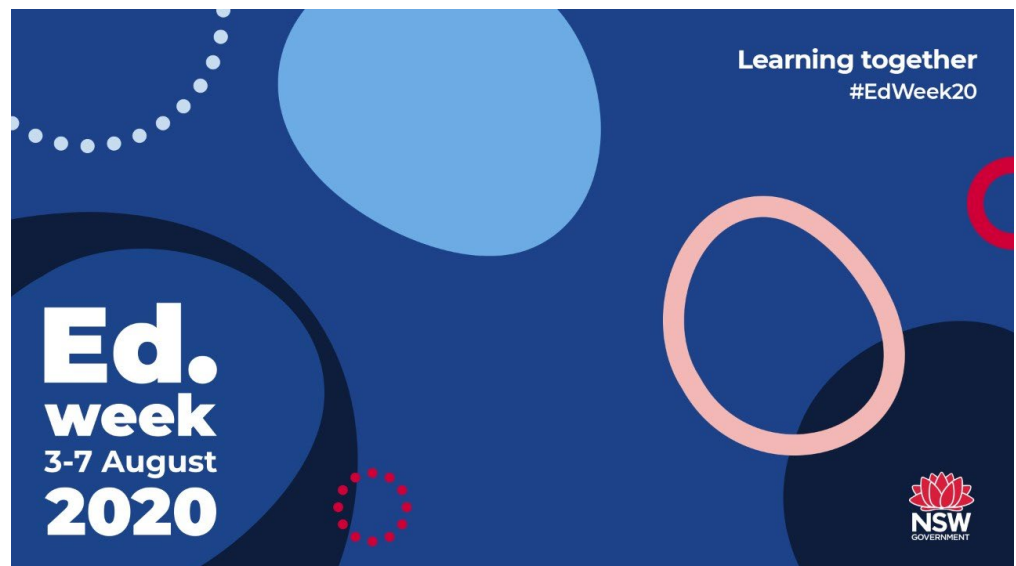
October 12

First day of Term 4

December 16

Last day of Term 4

Education Week – Learning Together



Next week is Education Week with a theme of Learning Together. As we are unable to host parents on site we will be providing a 'window into the classroom' via the timetable shown on the following page. Teachers and students in each stage have put together a set of shareable learning experiences which they are excited to share with you.

We hope you enjoy sharing these moments with us.

Dan Sprange
Principal

Stage	Learning Together Activities
Kindergarten	<ul style="list-style-type: none"> Join our Kindergarten students for three live 'carpark performances'. <ul style="list-style-type: none"> Monday 3.15 - Kindergarten Choir Wednesday 3.15 - Dance Thursday 3.15 – Singing For each performance please gather along the carpark perimeter fence to observe. Please maintain social distance at all times. Performances will be rescheduled in the event of wet weather. A video of each performance will be uploaded to SeeSaw for those parents who are unable to attend. Log into SeeSaw on Friday to watch an Education Week summary video.
Stage 1	<ul style="list-style-type: none"> Log into SeeSaw each day to hear students talk about their learning. On Thursday log into SeeSaw to watch a Dreamtime story created, illustrated and read by students in each Stage 1 class.
Stage 2	<ul style="list-style-type: none"> Throughout the week students will be posting individual video reflections describing their current writing goals and how they are enhancing their writing using Success Criteria. Log into Class DoJo to watch the videos.
Stage 3	<ul style="list-style-type: none"> Stage 3 will post a video via SkoolBag on Friday 7 August showcasing their Education Week learning experiences. Climate change themed mosaic artworks will be mounted in the Level 1 windows on Whittall Street. Enjoy these works from the street at pick up and drop off time throughout the week

Kindergarten rehearsing for their Education Week 'Carpark Dance'

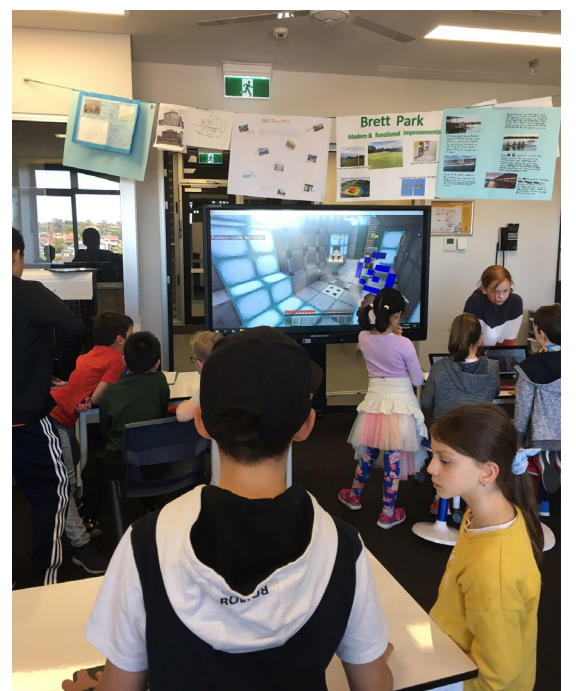
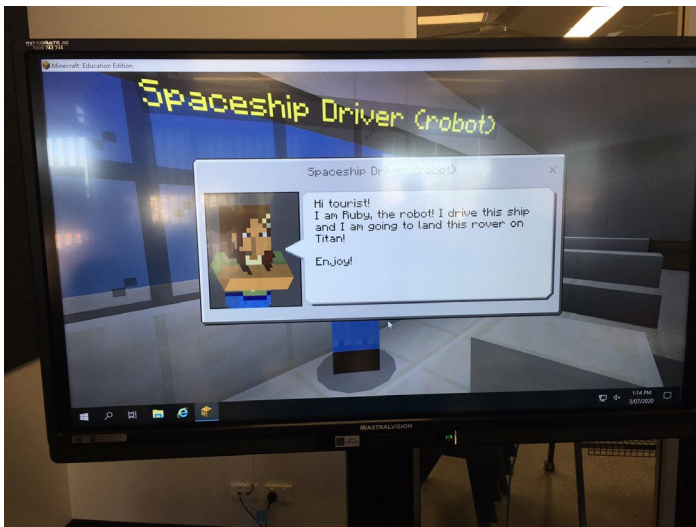


Project Based Learning

As noted in the previous newsletter Mr Brittain is leading a project in the school plan which aims to develop future focused skills and knowledge. Using the principles of Project Based Learning students across the school are working together to create designs and solve problems. Students are required to integrate maths, science, creative arts and English skills to meet agreed project criteria. These processes stretch student thinking and place them in a position to come up with creative solutions to open ended problems.

At the end of Term 2 students in Stage 3 led a showcase of their latest project. Their mission was to lead a project to investigate a celestial body in our solar system. The project included research into the planet or moon, the design of the research ship, the formulation of a mission plan and the creation of a mission video. To communicate their project each team had to create a virtual simulation of their mission using Minecraft. This simulation took viewers on a tour of the research project and explained each stage of the mission.

Stage 1 students were invited to the showcase to understand each mission and provide feedback against the criteria in a similar way to their own Term 2 PBL project. This process gave them an insight into what learning in Stage 3 can look like and how to use more sophisticated criteria to assess the merit of a large scale project.



Lunchtime Yoga & Relaxation Classes

WEDNESDAY LUNCHTIMES

4 WEEKS | \$40

8 WEEKS | \$80



CLASSES COMMENCE WEEK 2 OF TERM

Our classes get kids moving, building their fitness, flexibility and co-ordination through age appropriate yoga. We also introduce them to important breathing exercises to encourage calmness and self regulation, building their ability to deal with stress and anxiety. These techniques are also extremely beneficial for children who battle with sleep!



For bookings and more information
visit wellstreet.com.au



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

CREATE CHANGE

Parenting in a Pandemic *Evaluation Study*

We're seeking parents to provide feedback on the helpfulness of the 'Parenting in a Pandemic' podcast and TV series. Participants will go into the draw to win one of 50 Coles/Woolworths gift cards valued at \$20*

Head to the website to find out more:
pfsc.psychology.uq.edu.au/parentinginapandemic

*Terms and conditions apply



Music Report with Mrs G

Recorders

There was an air of excitement in Stage 1 this week as the students celebrated the commencement of their recorder lessons! The Year one students were issued with their lovely instruments and, with great delight and pride, learned "Buzzy Bee". This first lesson had many challenges so the Year two students supported our new musicians by reminding them how to hold the instrument and produce a beautiful sound!

Thank you to our Grandmothers.

Emi and Novas, Year One, were especially excited about their recorder lesson because, during the holidays, both their grandmothers, Mimi and Baba, made and donated new recorder covers so that everyone can be safe by keeping the recorders clean and hygienic.

Kindergarten

Each Kindergarten student had the opportunity to experience 'Teamwork' in the class bands this week. Students familiarised themselves with the various instruments, practised playing rhythmically and listened carefully to each other in order to play together.



STRING ENSEMBLE

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TRY OUT SESSION

TUESDAY 11 AUGUST
8:00AM - 9:00AM



PLEASE REGISTER YOUR INTEREST TO:
DEBBIEBELL@LIVE.COM.AU



Online Enrolment

The following collateral can be used to share the launch of the Online Enrolment system with your local school community.

Social Media Content

The following content can be used on any social media posts following go live on the 10 August 2020.

Online enrolment for new students is now available at our school! If your child lives within the local intake area of our school and is an Australian or New Zealand citizen, you can make an application for enrolment through our school website under the 'Enrolment' tab. For further information please call the school on xxxx.

Newsletter/SkoolBag App

This following content can be published in your school newsletter.

We are excited to announce we will be rolling out the new Online Enrolment System from Monday, 10 August 2020

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

The online application process is currently restricted to:

- Enrolments into local schools only
- 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](#).

Further information about online enrolment can be found on our website [here](#)

Celebrate Ferragosto at home this year

Sydney's most beloved Italian festival will live on this year with Ferragosto at home.

Although we aren't able to gather along Great North Road as usual this year, on Sunday, 16 August we invite you to celebrate Ferragosto from wherever you are. Enjoy a long table lunch at your place or local restaurant in true Ferragosto style!

We have a host of fun activities planned for the day:

Menu del Giorno

Join our online cook-a-long with our very own Ferragosto Ambassador, Vincenzo of Vincenzo's Plate.

Online broadcast

Tune into our live broadcast on the day with a jam-packed program full of interviews, music, and videos.

Dress the driveway

We invite residents and businesses to download a design toolkit and decorate your driveway, garden, balcony, premises or shopfront – all in Ferragosto style!

For more information visit ferragosto.com.au



Sleep Tips For Kids by Michael Grose

Regularity and routine are the agents of sleep. It takes discipline to adhere to and commitment to making sleep a high priority. Helping kids understand how their body clock works, assisting them to work out their optimal bedtime and putting lifestyle habits in place can help them get the sleep they need to maximise their learning, wellbeing, development and overall performance. Here are some tips to help:

Understand the body clock

Sleep is regulated by a 24-hour body clock that manages the secretion of melatonin to send us to sleep and cortisol to wake us up. This amazing body clock is reset every day when light first hits our retinas. Sleep in late and the clock goes out of synch. When your child works with the rhythms of their body's 24-hour clock they will give themselves the optimal chance for sleep success.

The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children. Melatonin, which makes them sleepy, is secreted as late as 11.00pm for some young people, which makes the time before bed-time a sleepless zone. Cortisol, the chemical that wakes them up is released at close to 8.00am for many teens. If this is the case, your young person's brain wants to be asleep when they need to be awake for school.

Stick to sleep recommendations

The Raising Children's Network recommends between 11-13 hours sleep per night for young children, 10-11 hours for primary school children and 8-10 hours for secondary school-aged kids. As every child is different, you may notice that your child needs more or less sleep than is recommended.

Develop good sleep hygiene habits

Start a regular bedtime routine at least 45 minutes out from bedtime to help kids get ready for sleep.

Eat and exercise at the right time. Sleep likes a relaxed body and a calm nervous system, so schedule exercise and active movement before mealtimes.

Create a sleep sanctuary. Restrict bedrooms to sleep and relaxation quarters and find other places in the house for time out and reflection, school work and active play.

Keep bedrooms cave-like. A child's bedroom should be cave-like – that is, dark, cool and free from electronic devices. Darkness encourages melatonin, which regulates sleep-wake patterns.

Get up at a regular time. For optimal sleep, bed and wake up times need to be as regular as possible.

Lifestyle habits that promote sleep

Teach your child or young person to put away digital devices at least ninety minutes before bed-time

Minimise weekend sleep-ins and limit them to an hour more than usual, to keep the sleep clock operating on a regular basis

Encourage your child to go outside every day – take a walk, meet a mate (subject to COVID restrictions) or do an errand

Keep homework out of bedrooms, or at least out of beds. The brain associates activity with location, so if kids work while on their beds, it will be hard for them to mentally switch off from their schoolwork when the light finally goes out.

Confine caffeine to mornings. Consuming caffeine in any form close to bedtime is like throwing a wrecking ball through regular sleep patterns. The brain needs to calm down rather than be artificially stimulated if sleep is to occur.

Sleep is a critical component of enhancing a child's wellbeing, learning, development and overall performance. Helping your child to get enough quality sleep will ensure that their brain and body are being used at capacity.