



Russell Lea
PUBLIC SCHOOL



Newsletter

Term 3 Week 6 Friday 20 August 2021

Important Dates

Please refer to our website calendar for a full list of 2021 school dates

August 23 to 30

Book Week

September 17

Last day of term.

Wellbeing Weekend

It has been quite confronting to hear today that COVID case numbers are continuing to rise and the lockdown will continue until 30 September with increased restrictions. As a school community we are aware of the struggles faced by many households and the need to help each other out in small, but meaningful, ways. The RLPS community has always been good at community so it is no surprise that staff, students and parents have created many activities you can engage in this weekend to make the challenge of lock down a little easier, less isolating and maybe less boring.

Scrolling through this newsletter will provide the opportunity to learn about your strengths and understand how they can change your outlook in challenging times. You can also read about the next Student Leader Lockdown Challenge, create a Spoonville family for the front lawn or get active and test your thinking with RLPS Geocache activities.

The lockdown has asked us to dig deep and come up with creative solutions to keep community events going and people connected. For example with a Father's Day stall ruled out the organising committee came up with the brilliant idea to celebrate Father's Day with the sharing of dad jokes. Try not to groan at the thought because that will just encourage more dad jokes to be shared as dads seem to be amused at the lack of amusement when telling their jokes. This is one of my favourites

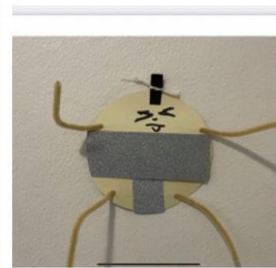
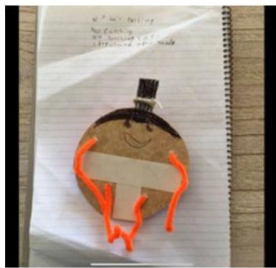
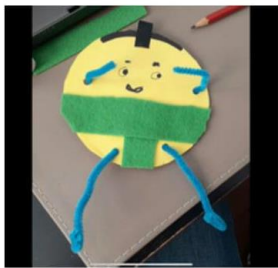
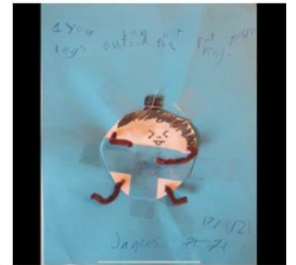
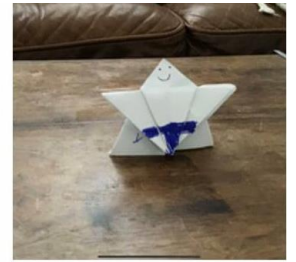
Apparently to start a zoo you need at least two pandas, a grizzly and three polars. It is the bear minimum.

Give your dad joke the recognition it deserves by emailing it to the the link provided below.

Dan Sprange
Principal

Home Learning In Focus – 1/2MY Geography

Stage 1 are learning about Japan as part of their studies in Geography. They have learnt about the tradition of sumo wrestling and have created their own sumo wrestlers.



Home Learning In Focus – Kindergarten

Lockdown has been particularly difficult for our youngest learners so it is good to see some examples of our Kindergarten students enjoying their home learning.



STUDENT LEADERSHIP TEAM LOCKDOWN CHALLENGE #4

THE GREAT EGG DROP CHALLENGE

GOAL - TO DESIGN AND BUILD A CONTAINER THAT WILL PREVENT AN UNCOOKED EGG FROM BREAKING WHEN DROPPED FROM A HEIGHT OF AT LEAST 4 METRES.

MATERIALS

- USE WHATEVER YOU CAN FIND - BE CREATIVE

THEN

TAKE A VIDEO OF YOUR EGG DROPPING AND SEE IF IT BREAKS, TRY AS MANY TIMES AS YOU LIKE AND SEND US A VIDEO OF A FAILURE AS WELL AS THE ONE THAT WORKS. SEND THIS TO JGBELLO809@GMAIL.COM BY FRIDAY THE 27TH AUGUST (YOU HAVE 2 WEEKS FOR THIS ONE)

HERE IS A VIDEO AND SOME IDEAS FOR THE EGG DROP CHALLENGE

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=NSNYL8LLFH4](https://www.youtube.com/watch?v=NSNYL8LLFH4)



My dad invented a pencil with two erasers.
It was pointless.



FATHER'S DAY COMPETITION

BEST (WORST) DAD JOKE

WINS A FATHER'S DAY PACK

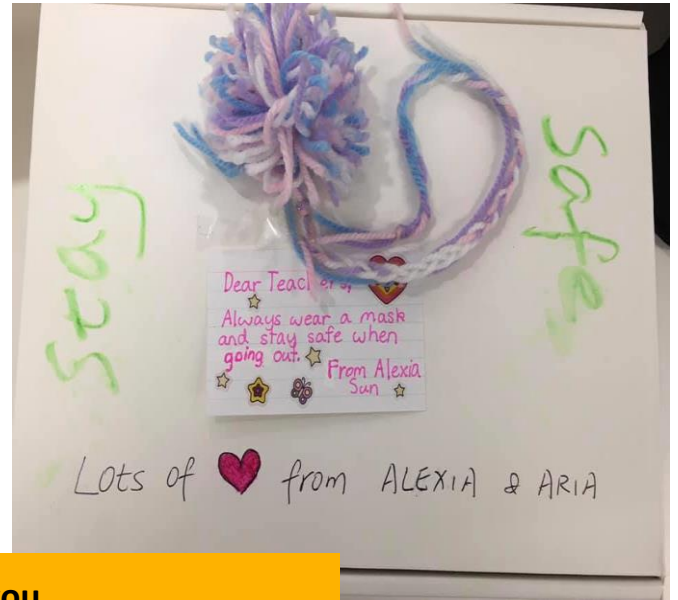
EMAIL ENTRIES TO: RUSSELL.LEA.PUBLIC.PC@GMAIL.COM

BY FRIDAY 27TH AUGUST

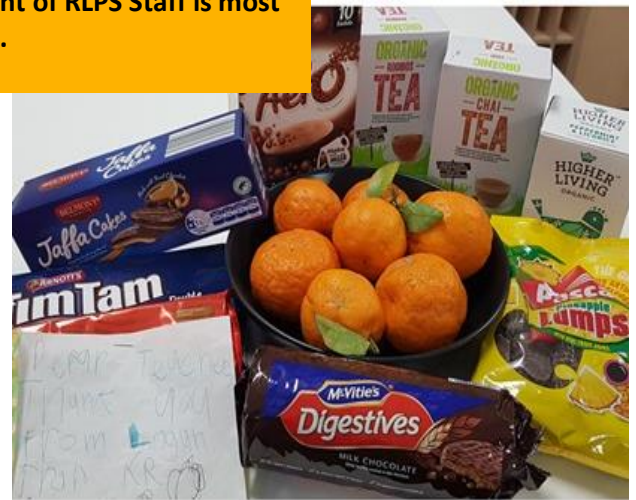


Why are elevator jokes so good?
Because they work on so many levels.





Thank you
Your generosity and encouragement of RLPS Staff is most appreciated.



Using Character Strengths During COVID

The world in which we live has changed considerably. Although it is a stressful, difficult and emotional time it does provide us with some opportunities to reflect on the things we can control. As you know RLPS uses positive psychology and a strengths-based approach to build the wellbeing of students. Scientists have identified 24 strengths and each person has a dominant set of these strengths which can positively shape their character. When we live in a way which enables these character strengths to flourish we think, feel, and behave in positive ways. Our strengths allow us to achieve more, be our best and cope with difficult circumstances more successfully.

Identifying your strengths is easily done through the completion of Values In Action (VIA) survey (see link below). This survey will allow you to discover your unique character strength profile and give you the opportunity to use these strengths every day. Those who use their strengths meaningfully are more likely to have positive emotions even when faced with challenging circumstances.

[Personality Test, Personality Assessment: VIA Survey | VIA Institute \(viacharacter.org\)](https://viacharacter.org/)

The VIA site also has a multitude of ideas and strategies to help you use your strengths to increase wellbeing. We have included two of these resources on the following page.

- A poem called "The World Needs You!"
- 101 Strengths-Based Actions to Connect, From A Safe Distance

We hope you find these resources helpful.






Ms Abdulkhalek and Mrs Stewart-Slaats

JOIN US AT SPOONVILLE BAY RUSSELL LEA PUBLIC SCHOOL

Spoonville Bay RLPS welcomes all new residents!



SPOONVILLE BAY GUIDELINES

-  Decorate a wooden spoon with textas, paint, felt, wool, or googly eyes to create your Spooky person. You are only limited by your imagination!
-  We don't want litter so make sure bits don't blow off your spoony person.
-  Make sure your spoony person can take the rain - clear nail varnish is good for faces.
-  Place your spoony person in your window or front garden for the community to see on their daily exercise.
-  Look after your Spooky person. We hope to bring the Spooky people together in the near future!



Geocaching RLPS is ready

We have organised a series of geocaches in the Russell Lea area. Geocaches are small containers which are secretly hidden from those who do not have the location clues. In the container you might find an interesting artefact and a small piece of paper to write on. If you are clever enough to find the container you can write your name on it and return it to the place where you found it. Read the instructions below and follow the clues to find some geocaches.






Finding a geocache

- Refer to the map given below and the list of clues released on Friday August 20 at 4pm.
- Get a pen to write on the paper inside the geocache.
- Follow the clues and find yourself some geocaches. People who are not part of Geocache RLPS are called muggles. Don't let them see what you find.
- When you find a geocache write your first name, initials or a friendly message. Do not write your full name.
- Return the geocache to where you found it.

Please ensure children are supervised while geocaching and maintain COVID safety. Although surface infection is not considered a risk please bring hand sanitiser and sanitise before and after finding the geocache. Geocache in family groups as part of exercise time only and do not congregate

RLPS Geocache Clues

M9 You can find me at the base of the largest tree next to the Mausoleum

N5 1.   2.   stairs 3.  container

9M Walk along the coastline until you see the sign 'Anchoring Prohibited' - it's pretty big. I am behind the sign within a 2 meter radius, hidden between rocks and camouflaged by dried leaves and plants. Happy hunting.

C10 Look for the tree behind the stadium seats and you'll find it Below

E4 I am hiding on the Street down the road from a Thai Restaurant. My side of the street is very odd. I am outside 3 squared. I am in the fork of a tree with red flowers in that Rainbow Lorikeets love to visit. Inside me you will find something gold and squishy.

I 5 Potter meets Lithgow. No footpath. Two walls meet, between the school zone sign and an old shed.

C10 You'll find me in a green container in the big green tree. Hint:,War Memorial

J8 Near the footy canteen side bar. Look down at the hedges, mate! There will be a little golden jar. Hurry up, don't be late. Or you'll miss out on your lucky star.

D11 Welcome to Domremy College

i5 Between the school boundary fence, by a spiky bush lays a camouflaged jar. Open to find the rainbow!

F4 Roses are red, violets are blue, kids need a break and parents too.

4I I'm surrounded by stories

On Arthur Street, Where G8 and H8 meet, I am hiding in something you can eat.

D5 Where fairies, possums and birds hide. Native Australian. Near the front of 5-2=

M9 I'm tiny and hiding in a crack under the rocks. You can find me near the gate and under the cross.

F13 In the middle of the football fields there's an area of grassy bushes. I'm hiding the in a stump and you will see me when facing Llvvi's playground.

D10 - Look for the lamp post where the two paths meet. There's a tree with me hanging out!

D9 Where can it be? 3 but no H.

E13 Look at the Falcons (canteen) making a baseball fly. Nearby GIANT trees 1, 2, 3. Look inside number 1 tree to find me.

G12 Go into the middle of the Grug shrubs in the middle of the park. Walk to the shrubs closest to the bay. Find sweet me in a hiding hole on the left.

A8 I'm on an island surrounded by roads. You'll find me under the palm trees in a crack in a large block of stone.

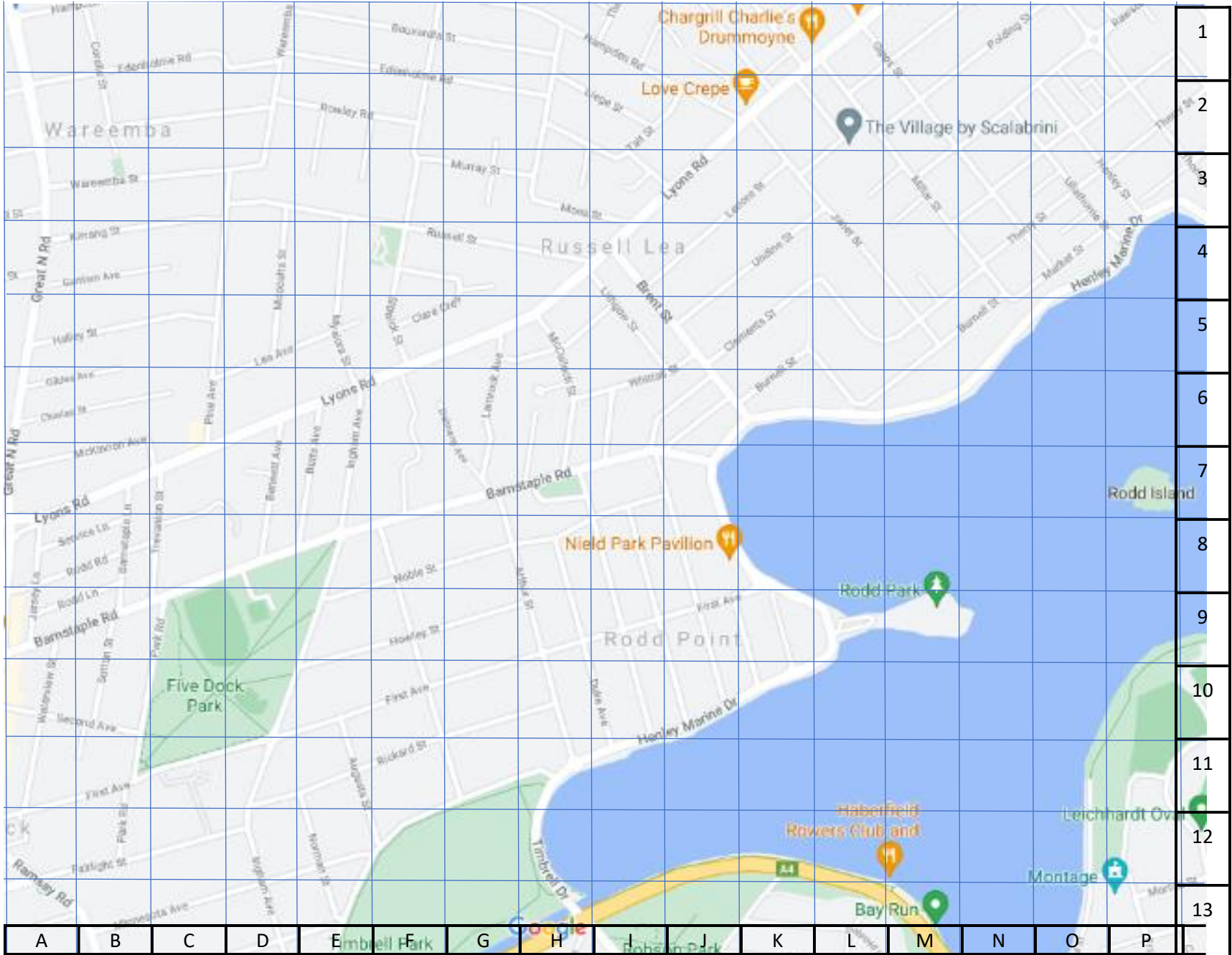
FA Along the path next to an important heritage site you will find a bench to sit. Hunt around in holes of the paperbarks behind, to find a little kit!

I9 Within a mini forest.

C10 In the eye of a dead place that used to be brimming with Colour. Stop to smell the 18-15-19-5-19

E10 (on the very top left corner). The tiger (restaurant) is gone, but its gate is still there. There is a pole that lights up the bushes, look there.

E8. You will find me near the corner that makes you dizzy. I am hiding with a bunch of leafless trees. I'm cosy with my small est friend. 'Wood' you see me!
Look hard, I might be sneaky.



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THE WORLD NEEDS YOU - ALL 24 OF YOUR CHARACTER STRENGTHS

The world needs your ideas, your strategies, your best coping tools (creativity).

The world needs you to talk with interest to those around you, letting them express & release their burdens (curiosity).

The world needs your rational & balanced thinking, to counterbalance the inner voices of panic and anxiety (judgment).

The world needs you to keep learning and growing, in new ways, so you can feel good about your day (love of learning).

The world needs your sound advice, a glimpse of the bigger picture amidst the scary details (perspective).

The world needs your bravery – to help someone you've never helped, to see the world anew despite fear (bravery).

The world needs you to persevere – to push through huge obstacles and suffering you've never faced before (perseverance).

The world needs your truthfulness – now is not a time for exaggeration, fake news, or guesswork (honesty).

The world needs your enthusiasm – to uplift your energy even when you feel sucked dry from uncertainty & unknown (zest).

The world needs every ounce of your warmth & genuineness now— each ounce is worth 10x its original value (love).

The world needs you to not lose sight of your compassion and generosity, or your active seeking of ways to help (kindness).

The world needs your empathy – every city, neighborhood, & being – can be a subject of your concern (social intelligence).

The world needs you to see you are a citizen of a (very) large group that can choose to be collaborative (teamwork).

The world needs your fairness – instead of hoarding, give; instead of blaming, praise; instead of the victim, the hero (fairness).

The world needs your leadership – your fresh ideas will inspire the different groups you are part of (leadership).

The world needs you to let go of the family irks, slights, and irritations that will fill your mind (forgiveness).

The world needs you to sometimes put the attention on others and not yourself (humility).

The world needs you to be cautious every time you leave home, at least for a while (prudence).

The world needs you to be under control, not riddled with anger but contagious with your peacefulness (self-regulation).

The world needs you to feel inspired by others' goodness because that means you might be altruistic too (appreciation of beauty).

The world needs your hope and silver linings, offered thoughtfully, as so many around us are falling into cracks of darkness (hope).

The world needs your appreciation, show others you are seeing their kind acts and they will do more of them (gratitude).

The world needs your humor (!) – your playfulness, your ability to create levity when we feel heavy and frazzled (humor).

The world needs you to see we are all in this together, that every action has a preceding action and consequence (spirituality).

The world needs you. . . All of you.

By Ryan M. Niemiec, Education Director, VIA Institute



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101 STRENGTHS-BASED ACTIONS TO CONNECT, FROM A SAFE DISTANCE

- Do simple yoga poses or exercise with your loved ones (**zest, teamwork**)
- Lay in your yard on a clear night and watch stars (**appreciation of beauty**)
- Build a house out of recycled material (**creativity**)
- Leave a surprise gift in the refrigerator for anyone in the family (**love, kindness**)
- Surprise your neighbor with a meal you prepared (**kindness**)
- Invite a loved one to a snuggle (**love**)
- Discover your quiet joy which does not involve any digital and electronic gadgets (**curiosity**)
- Invent a recipe, preferably without buying new ingredients (**creativity**)
- Watch a community dance on YouTube and try to dance along (**zest, open-mindedness**)
- Engage with your loved ones in an experience that engages all of you together (**teamwork**)
- Savour relaxing music while doing a boring chore (**appreciation of beauty**)
- Leave chocolate or a favourite food around the house where your child or loved one may find it (**kindness**)
- If you walk around the block, just walk and notice what you find pleasing (**appreciation of beauty, gratitude**)
- Finish each bite of food before putting the next one in your mouth (**self-regulation, gratitude**)
- Challenge children (or your loved ones) to make you laugh uproariously (**humour, playfulness**)
- Commit to bringing no harm in thought, word, or action, to any living creature at least once a day (**kindness**)
- Pull more than your weight on a large home project (**perseverance, teamwork**)
- Vividly recall a significant event and discuss with your loved ones how it changed you (**love**)
- You have two ears and one a mouth; listen twice as much you speak, at least for one hour weekly (**social intelligence, perspective**)
- Lay in your yard on a clear night and watch stars (**appreciation of beauty**)
- Rearrange your table or room (**appreciation of beauty**)
- Write about a personally witnessed happy event in history (**love of learning**)
- Ask questions of your loved one which they will enjoy answering (**curiosity**)
- Think and speak well of you and your loved one's health (**hope & optimism**)
- Do something that will put a smile on your loved one's face (**humour, playfulness**)
- Let your loved ones express and behave themselves which shows their real self. Refrain from judgments (**authenticity, self-regulation**)



101 STRENGTHS-BASED ACTIONS TO CONNECT, FROM A SAFE DISTANCE

- Ask others what makes them afraid, offer calming words and gestures, without any judgment to decrease their anxiety (**social intelligence**)
- If you are at corner shop, call or text one of your neighbors and ask if you can get them something that would like (**kindness**)
- Start a group of your neighbours on one of the social media platforms to ask how can you help? (**kindness, citizenship**)
- Start an online repository where your friends (and their friends) can share their skills and resources for those who need the help most -for example #caremongering (**teamwork**)
- Make breakfast for your loved one to celebrate a birthday or an anniversary you couldn't celebrate (**love**)
- Recall vividly the taste of good things you ate in your childhood and share memories with your loved ones (**gratitude, love**)
- Call, text or email someone who may be feeling lonely to let them know that you are thinking of them (**love, kindness**)
- Do at least one thing what you used to do as a child or at least share a story of what you used to do with your loved ones (**love, teamwork**)
- Reminisce about three places you enjoyed most by watching movies or sharing pictures about them with loved one (**gratitude**)
- Create a playlist on Spotify or Youtube or any other streaming device of favourite songs and videos for your significant other or friend (**love, creativity**)
- If you don't feel like it, don't follow what most others are doing, but also empathize with them and don't criticize (**open-mindedness**)
- Donate to an organization which is helping those most affected or ones who need help the most (**citizenship, kindness**)
- Revive a lost or diminishing art that is pragmatic - e.g., calligraphy, weaving, stitching, knitting, rug-hooking, quilting (**creativity**)
- Digitally send a book which makes someone smile or laugh (**playfulness, humour**)
- Practice restraint when you hear ideas which bring about strong emotions in you; opt for silence or mindful listening (**self-regulation, prudence**)
- Living together 24/7 may create some tensions; establish rules to agree, and disagree; accept and if possible celebrate imperfections of your relationships (**social intelligence, forgiveness**)
- Sort and pack for donation clothes you have not worn in the last six months; donate books you've read or books others will most likely read (**citizenship, kindness**)
- Explore different aromas which influence your mood (**appreciation of beauty, savouring**)
- Pay attention to and make a list of small things which improve your day (**prudence, humility**)
- Make a conscious decision to have your next frustration be an opportunity to practice patience (**prudence, self-regulation**)



101 STRENGTHS-BASED ACTIONS TO CONNECT, FROM A SAFE DISTANCE

- Create your own spiritual or religious ritual or ceremony which can offer you solace in handling the uncertain times. You can invite your significant others, if appropriate (**spirituality**)
- Reflect and list things you are grateful for, despite challenging circumstances. Share your gratitude with your loved one, especially if it relates to them (**gratitude, social intelligence**)
- Call a friend and listen to the story they want to share, from beginning to end, uninterrupted (**social intelligence**)
- Teach or co-learn with your loved one an artistic skill from YouTube or any other relevant online platform (**love of learning**)
- Do something for at least 10 minutes daily which deepens your connection with nature, such as walking, gardening, recycling, listening to birds (**appreciation of beauty**)
- Lessen the amount of speed reading, speed cleaning, speed typing, speed browsing the web; instead, do at least one activity daily that is not driven by speed (**prudence, self-regulation**)
- Engage others to rearrange your room or a part of your home that would give it a different and fresh look (**teamwork, appreciation of beauty**)
- Create a visual/artistic/digital collage of family members or loved ones with each part telling their life's story (**love**)
- Plant and nurture an herb in your garden or in a pot that you use in cooking or if season permits, clean your yard or plants (**appreciation of beauty**)
- Surprise your lover by making up the bed with something tucked between the sheets that would make them smile (**love**)
- Make the most of the time by resting, sharing, and doing something with loved ones that you would otherwise not do (**love, social intelligence**)
- Remind yourself that no matter how problematic people are in your life, there is always a solution; search for a solution with an open mind (**open-mindedness, creativity**)
- Reflect on and make a list of musts, shoulds, oughts that have held you back from solving a problem or trusting others and hence not delegating (**critical thinking, teamwork**)
- Watch and/or participate in online virtual concerts (**appreciation of beauty, zest**)
- Set your wearable devices to remind yourself to take a couple of deep breaths and keep your spine natural for good posture a couple of times a day (**self-regulation**)
- If someone offends you, make a rule to pause for 30 or 45 seconds before responding. Make sure you take three deep breaths before you respond (**self-regulation, open-mindedness**)
- Give a gift of laundry service or do something your neighbour would like to do but is not able to for any number of reasons (**kindness, citizenship**)
- Sing or play songs that you and your loved ones can enjoy (**creativity, teamwork**)
- Honour and savour the time you can spend with yourself and with your loved ones (**gratitude**)
- Engage (alone or with loved ones) in a spiritual ritual which will help you to connect to something larger than yourself (**spirituality**)



101 STRENGTHS-BASED ACTIONS TO CONNECT, FROM A SAFE DISTANCE

- Play board games that are available in the house such as jeopardy, trivial pursuit and scrabble (**playfulness, humour**)
- Follow an online exercise, workout class and/or meditate at least 20 minutes everyone, alone or with family member (**self-regulation, zest**)
- Make a list of things that do not concern you but are important for the community (**perspective, open-mindedness**)
- Make a caring kit for a homeless person, drop or deliver now or later when the situation is conducive (**kindness**)
- Assume good intentions of others, especially those who might be treated unfairly just because of their ethnicity, race, language or national origin (**fairness, kindness**)
- Ask your loved ones, “let me listen to your feelings”; don't hesitate to ask for clarification in order to draw them out (**social intelligence**)
- Read how-to-books, perhaps ones you have already purchased but had never had time to read and practice skills you want to learn (**love of learning**)
- Let global adversities such as pandemics or catastrophic natural disasters redirect your attention to the needs of others rather than only worrying about your self-preservation (**humility, citizenship**)
- Reflect and appraise what are the most valuable assets of your life and what is just good enough (**gratitude, prudence**)
- Cook a meal for someone elderly or sick or who cannot otherwise do so but would enjoy it (**citizenship, kindness**)
- Lie flat on your back, with legs relaxed, arms by the sides of your body, palms open and up, toes falling to the sides (corpse pose) and take deep breaths at least five minutes (**self-regulation**)
- The secret of humour is a surprise - find a way to surprise your loved ones (**playfulness, humour**).
- Shift the tone of a gripe conversation with playful humour and a joke (**playfulness, humour**)
- Learn positive self-messaging techniques and do them regularly (**Love of learning, self-regulation**)
- Ask for candid feedback from your loved ones or close friends (via digital means). For example: do others feel heard, when they share something important with you?; how is your non-verbal communication? (**social intelligence**)
- Socialize digitally with optimists (**hope & optimism**)
- Memorize phone numbers of your loved one; don't rely on your smartphone (**love of learning**)
- Write a fan letter of gratitude to a health care or front line worker who is working to keep us safe (**gratitude**)
- Enjoy morning coffee or tea watching a sunrise, alone or with a loved one (**appreciation of beauty, love**)
- Embrace solitude by reflecting on your actions, their implications and changes you need to make (**humility, prudence**)



101 STRENGTHS-BASED ACTIONS TO CONNECT, FROM A SAFE DISTANCE

- Enjoy stroking a dog's ears or pat a pet or watch a cute animal YouTube (**love**)
- Call someone against whom you hold a grudge or awkward hesitation and let this call signal to them that all is good (**forgiveness**)
- Surprise your loved one by doing a chore for them which they least like to do (**love**)
- Engage (alone or with loved ones) in a spiritual ritual which will help you to connect to something larger than yourself (**spirituality**)
- Give the gift of undivided attention to your significant others (**love**)
- Leave some room in your stomach when eating (**self-regulation**)
- Thank even through the smallest of actions those who are working to maintain essential services (**gratitude**)
- Fit in 5 minutes of exercise or stretching at least five to six times if you work from home (**self-regulation**)
- Learn how others survived similar tough times, explore what worked and what they learned about themselves and others (**perspective**)
- Watch a late-night movie with your significant other (**love**)
- Engage others to rearrange your room or a part of your home that would give it a different and fresh look (**teamwork, appreciation of beauty**)
- Refrain from sharing information on social media that may create confusion or panic (**prudence**)
- Spend at least 20-30 minutes reading something (e.g., newspaper, book, magazine, blog) that would widen your worldview (**love of learning**)
- Accept with grace that negative feelings are an inevitable part of life, and these shall pass, much like most other things do (**humility**)
- Clean and organize a well-stocked home tool kit (**prudence**)
- Embrace solitude by reflecting on your actions, their implications and changes you need to make (**humility, prudence**)
- Decorate your home with framed pictures of family members through the generations (**love**)
- Appreciate and express thanks to front line workers in appropriate ways. For example, Italians and Spaniards have stood on their balconies to applaud daily, others have shared specific acts on social media (**gratitude**)
- Break the Cabin Fever of staying indoors by doing vigorous physical activities such as climbing stairs up and down for a specific number of times, playing improvised indoor games such as Ping-Pong and bowling or following exercise classes online, taking a walk or light run around the corner, while keeping safe physical distance (**zest, creativity**)