Wentworthville Public School

QUALITY TEACHING TO MAXIMISE STUDENT LEARNING

Term 4 Week 2 2021 Newsletter







From the Principal – Denise Lockrey

Welcome back to Term 4 and students learning on site from October 18 (Kindergarten, Year 1 and Support K-2) and on October 25 – **ALL** students back! We are excited to have your students back at WPS learning face to face with their teachers.

It was so very encouraging to see so many families attend the Zoom Information session on Wednesday – we had over 175 participants!



(Continued on page 2)

70 - 100 Fullagar Rd WENTWORTHVILLE NSW 2145 Australia

Phone: 02 9631 8529

Fax: 02 9896 3079



Website: www.wentwthvil-p.schools.nsw.gov.au

Email: wentwthvil-p.school@det.nsw.edu.au

Student Portal: http://portal.det.nsw.edu.au

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I have attached some key information for you over the coming weeks and have sent information via parent portal as well. These include:

- ◆ Term 4 infographic
- Roadmap return guidelines
- Mask wearing visuals
- ♦ WPS gate entry /exit information



I have been working closely with P&C to work out logistics for families to access online ordering and for packing of orders (as P&C cannot come onsite based on current COVID operational levels) and arrange for COVID safe uniform pick-ups after school hours. Once we finalise these arrangements over next couple of weeks, I will then send a parent portal communication so you can order unforms etc. Stay tuned!

In the meantime, I understand many students have probably grown over the COVID learning from home period. Please use a common sense approach and dress your child in Black / White coloured clothing (the colours for our school) until the ordering process is finalised to support families. Please do not dress your child in multi coloured items and once the matter is sorted the expectation will be for students to be wearing full school uniform to school each day.



URGENT!!!!!! Kindergarten 2022 enrolment forms are now overdue.

If you have a child enrolling for next year's 2022 cohort you need to action your child's online enrolment for Kindergarten.

Please go to the <u>Enrolment page</u> on the <u>school's website</u> and follow the directions for an online enrolment. This is critical for orientation plans, staffing and forming classes for 2022. **Your prompt action is needed now** and appreciated as we are needing to plan for online Parent orientation sessions and send communications to families.

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WPS Arrival / Departure Gates For Return onsite October 18 onwards (until further notice) as at 14.10.21

- Morning Staggered Arrival Years 3-6: 8.25am -8.40am Year K-2 8.40-8.55am. At 8.55am on bell with teacher walk to class with bag
- MORNING: NB PARENTS Drop and Go = Not on school site (all gates)
- AFTERNOON -NB Parents -Click and collect!!= Not on school site (all gates)

Please be patient and respectful with all my staff as we work to ensure all students safely arrive and depart during COVID impact to operations!						
AM Gate	Where to go in the morning upon arrival?	<u>Break 1 - A</u> <u>Years K-2</u> 10.25-10.55am	Break 2 -A Years K-2 12.55-1.25pm	Break 1-B Years 3-6 11.10-11.40am	Break 2 -B Years 3-6 1.25-1.55pm	PM Gate
Kindergarten Gate 10 Arrive 8.40- 8.55am Year 1	8.40-8.55am Kinder Go straight to classroom upon arrival 8.40-8.55am	10.25-10.55am play <u>Eating Time</u> 10.55-11.10am in class 10.25-10.55am	12.55-1.25pm play 12.55-1.25pm			Kindergarten Gate 10 Depart at 2.55pm Year 1
Gate 1 Arrive 8.40- 8.55am	Year 1 Go straight to Yandina upon arrival	play <u>Eating Time</u> 10.55-11.10am in class	play			Gate 1 Depart at 2.55pm
Year 2 G Block Gate (new entrance) Arrive 8.40- 8.55am	8.40-8.55am Year 2 Go straight to G Block Level 2 amphitheatre upon arrival	10.25-10.55am play <u>Eating Time</u> 10.55-11.10am in class	12.55-1.25pm play			Year 2 G Block Gate Depart at 2.55pm
Support Unit Gate 9 or Taxi Arrive 8.25- 8.55am	8.25-8.55am Support Go straight to SPA upon arrival			Eating time 10.55-11.10am in class 11.10-11.40am play	1.25-1.55pm play	Support Unit Gate 9 or Taxi Depart at 2.55pm
Year 3 Gate 1 Arrive 8.25- 8.40am	8.25-8.40am Go straight to COLA/ New Hall			Eating time 10.55-11.10am in class 11.10-11.40am play	1.25-1.55pm play	Year 3 Hall slider Gate (New) Early Depart 2.45pm
Year 4 Gate 1 Arrive 8.25- 8.40am	8.25-8.40am Go straight to COLA/ New Hall			Eating time 10.55-11.10am in class 11.10-11.40am play	1.25-1.55pm play	Year 4 Hall slider Gate (New) Early Depart 2.45pm
Stage 3 Any gate Arrive 8.25- 8.40am	8.25-8.40am Go straight to G Block Level 1 amphitheatre upon arrival			Eating time 10.55-11.10am in class 11.10-11.40am play	1.25-1.55pm play	Stage 3 Any gate Early Depart 2.45pm

Additional Information: (NB -No parents on school grounds under Level 4, Level 3 Plus and Level 3)

- Kiss and Drop -students move to Gate 9 (at their departure time) for Kiss and Drop start at 3pm
- Bus Students line up at bubblers under AP office -wait for duty teacher to walk to bus stop via carpark (Fullagar Rd)
- OSH -students wait under COLA with OSH Staff
- Garfield Child Care -pick up via Gate 1
- Siblings enter and exit together at gate of **YOUNGEST SIBLING**
- Year 5 and 6 students who meet parent -family discussion as to what gate student departs
- Student will have signs Years K-4. Parents please use. If you misplace, please make a sign so that the flow of pick up goes well.



(Continued from page 2)

2022 Forward Planning

Class placement for 2022 is a complex task that staff invest a lot of time and effort. Parents are welcome to provide written information to Mrs Lockrey (The Principal) by Friday October 29, 2021 if there are specific needs you think should be taken into consideration about your child /children when considering class placements in 2022.

Any information which is delivered to Mrs Lockrey after this date will unfortunately not be able to be considered in class placements for 2022. Consideration to social and emotional needs, academic ability and behaviour can be considered, but no guarantees can be made as staff make determinations which are in the best interest of all attempting to achieve a balance in each class.

It is a difficult task which teachers weigh up very carefully. Parent requests for changes of their child's class will not be considered in 2022 as this is a school management decision and we commit considerable time in formulating the structure for the following year.

X	
2021	Leaving slip
Dear Mrs Lockrey,	
My child/ children will not be returning to Wentworth	nville Public School in 2022.
We are moving to	and will be going to
Schoo	ol in 2022.
Student Names:	
1 C	lass in 2021
2 C	lass in 2021
3 C	lass in 2021
4 C	lass in 2021

The continuing colours of COVID times!



Tuesday September 14 – Miss Lee, Mrs Khanlu and I were Black and White all over!



Wednesday September 15 -Mrs Grant and Mrs Khanlu were dressed in grey for the day!



Thursday September 16 -Mr Warren and Mrs Lockrey were the colour of the oceans in our water colours (blue and green!)



Friday September 17 -Mrs Khanlu, Mrs Nanda and I were seeing red as we farewelled Term 3 and were ready for a break in the holidays!!



Term 4: We are back and still having fun with colour!



Tuesday October 5 -The colour purple reigns with Mrs Khanlu and Mrs Lockrey welcoming us into Term 4!



Thursday October 7 -Mrs Khanlu and Mrs Lockrey were 'tickled pink', in the pink!





Wednesday October 6 – It's not easy being green! However, Mrs Eastwood and Mrs Khanlu were very bright in their greens!





Friday October 8- The colour of the day was blue! Ms Di Chio, Mrs Khanlu and Mrs Fong got into the colour of the day, but were certainly not 'blue', as they were excited to be back on site getting the school ready for all the students returning!

Week 2



Mrs Rafidi, Mrs Khanlu, Mrs Nanda and Mrs Lockrey were spotty and dotty on Monday October 11!



Wednesday October 13: Stripes were seen everywhere at WPS! Well done to Mrs Khanlu, Mrs Paulraj, Mrs Rafidi, Mrs Sargent and Mrs Eastwood for striping up for the day!





Thursday October 14 – 6 staff doing zebra impersonations for black and white day! Well done Mrs Paulraj, Mrs Sargent, Mrs Fong, Mrs Khanlu, Mrs Eastwood and Mrs Lockrey

Building updates

Stage 2 works on new Administration building (our old library area) and grass village area are well underway!



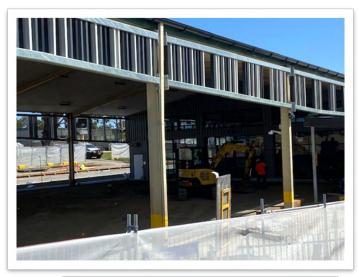


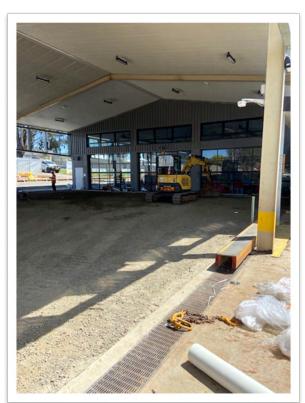




Concrete pour for our tiered COLA seating - it is looking amazing! I was onsite this week and took these on the ground shots! The leveling out of the COLA ground is so amazing and students are going to love the play space as it is much more functional!













Mr Wiles has been putting together our three Buddy Benches for the students in the playground, and they are purple!!!

KLAZOON MERM 3



So many wonderful opportunities were provided for the students by the teachers on KLAZOOM last term and I thank them for providing these bright spots each day for the children. I joined the action-packed Dance KLAZOOM on the last day and here is a snapshot of the zoom and do enjoy some of the wonderful visual Arts work below and on the next page!









Miss Usee, Mrs Hatter and Mrs Rafidi

WE ARE TAKING ENROLMENTS NOW FOR KINDERGARTEN 2022



70-100 Fullagar Road, Wentworthville NSW 2145

Ph: 9631 8529

Email: wentwthvil-p.school@det.nsw.edu.au Website: https://wentwthvil-p.schools.nsw.gov.au/

Principal: Mrs Denise Lockrey



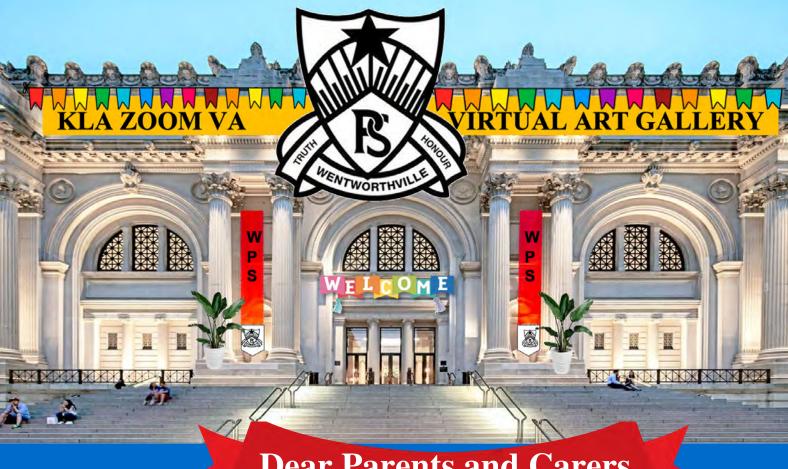
Enrolment for Kindergarten 2022 is now open. If you live in the local area and have a child who is due to start Kindergarten at Wentworthville Public School in 2022, **now is the time to enrol.** Please visit the school website and complete the online application as soon as possible. If you know of a friend or neighbour with an in-area child due to start school, please share this information with them.

Would you like to find out more information about our School or enrol your child to attend? For further information, please visit our school website https://wentwthvil-p.schools.nsw.gov.au/ or call our office school office on 9631 8529. We look forward to welcoming you to our wonderful school.





WPS VIRTUA ART GALLER



Dear Parents and Carers,

Take a look at the WPS Virtual Art Gallery. This was created for the WPS school community to see all the wonderful artworks students completed during the VA KLA ZOOM sessions. Thank you to all the students that particiapted last term. You all did an amazing job. Well done.



WENTWORTHVILLE PUBLIC SCHOOL



70 – 100 Fullagar Road
Wentworthville 2145



Telephone: 9631 8529

9631 8492

Term 4 2021 Parent Meeting/Workshop Schedule

Fax:

9896 3079

Dear Parents/Carers, 11 October 2021

Wentworthville Public School would like to invite you to attend the following meetings and workshops on Zoom. Due to the current situation with COVID-19 we will be holding these meetings and workshops via Zoom rather than face to face. Details of these meetings are as follows:

Dates	Venue	Time	Topic
Tuesday	Online via Zoom	10.00 am-11.00 am	Helping your child become a good speller
26 October			
Tuesday	Online via Zoom	10.00 am-11.00 am	Settling In Program - Parent Easy Guide – Coping
2 November			Skills (Resilience)
Tuesday	Online via Zoom	10.00 am-11.00 am	Helping Your Child with Temperature and Time
9 November			
Tuesday	Online via Zoom	10.00 am-11.00 am	Settling In Program - Parent Easy Guide –
16 November			Families that Work Well
Tuesday	Online via Zoom	10.00 am-11.00 am	Helping Your Child with Public Speaking
23 November			
Tuesday	Online via Zoom	10.00 am-11.00 am	Settling In Program - Understanding the School
30 November			System – How Can I Help My Child
Tuesday	Online via Zoom	10.00 am-11.00 am	End of Year Celebration
7 December			

The zoom details are (please use this zoom details for all meetings):

Join Zoom Meeting

https://nsweducation.zoom.us/j/67057810537?pwd=RExxSjhlNEhxYk9kUCtsVzhXUkRKUT09

Meeting ID: 670 5781 0537

Passcode: 838090

Yours sincerely,

Denise Lockrey Principal Helen Huynh

Community Liaison Officer

WENTWORTHVILLE PUBLIC SCHOOL



70 – 100 Fullagar Road
Wentworthville 2145



Telephone: 9631 8529

9631 8492

Term 4 2021 Triple P Positive Parenting Program

Fax:

9896 3079

Dear Parents/Carers, 11 October 2021

Wentworthville Public School would like to invite you to attend the following Triple P Positive Parenting Program on Zoom. Due to the current situation with COVID-19 we will be holding this program via Zoom rather than face to face.

Details of this program are as follows:

Dates	Venue	Time	Topic
Monday	Online via Zoom	10.00 am – 12.00 pm	Session 1
25 October			Positive Parenting
Monday	Online via Zoom	10.00 am – 12.00 pm	Session 2
1 November		_	Helping Children Develop 1
Monday	Online via Zoom	10.00 am – 12.00 pm	Session 2
8 November			Helping Children Develop 2
Monday	Online via Zoom	10.00 am – 12.00 pm	Session 4
15 November			Managing Misbehaviour 1
Monday	Online via Zoom	10.00 am – 12.00 pm	Session 5
22 November		_	Managing Misbehaviour 2
Monday	Online via Zoom	10.00 am – 12.00 pm	Session 6
29 November			Planning Ahead

Triple P helps parents promote your child's development and communication skills, manage your child's behaviour and emotions, build a good relationship with your child and take care of yourself as a parent. This is a **free** 6 week program and participants **must attend every week in order to receive the Triple P Level 4 Certificate.**

The zoom details are (please use this zoom details for all meetings): Join Zoom Meeting

https://nsweducation.zoom.us/j/63134553346?pwd=dkhnRWQvWHVyQ0ZpSGFMbGJYTmhLdz09

Meeting ID: 631 3455 3346

Passcode: 298301

Yours sincerely,

Denise Lockrey Principal Helen Huynh Community Liaison Officer

COVID-safe operations for schools

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. 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.

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.

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.



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.



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.





Information current as at 7 October 2021.

Developed in partnership with NSW Health



In Term 4, schools will return to face-to-face learning either through a 'staged return' or 'full return'.

The best learning environment for students is in the classroom and we are looking forward to welcoming back our staff and students in Term 4. We know that while there will be excitement, there will also be some anxiety and uncertainty about being back together at school.

Recent evidence shows that very little COVID transmission happens between children in school settings, and only a very small number of children who contract COVID-19 get seriously ill. However, to support school safety we are requiring all staff on site to be fully vaccinated, and we are strongly encouraging our students and school community to do the same.

We have worked with NSW Health on our COVID-safe plan to return to school sites and have developed effective practices to support this, including staff vaccinations, mask wearing, reduced mingling of staff and student groups, ventilation in classrooms and continued good hygiene and cleaning. We are confident that this, in combination with support from our school community, will minimise risk and help to keep schools open and students learning face-to-face next to their peers.

How the staged return to school will work

Students will return to face-to-face learning at school in the following order:

- from 18 October department preschool, Kindergarten, Year 1
- from 25 October all remaining year groups.

To maximise the re-establishment of a consistent routine, students who attend schools for Specific Purposes (SSPs) are recommended to return at the same time as students in mainstream settings. Students with disabilities in mainstream classes or support classes can also return as part of the staggered return at the same time as their year groups.

Students completing their HSC can already return in a limited way and this will continue for the first two weeks of Term 4. From 18 October, these students will have full-time access to school campuses and their teachers.

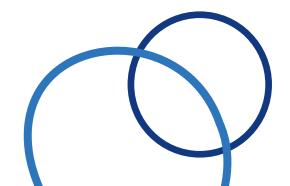
Some schools may have slightly different return to school plans, particularly if they have stage based classes or are very small schools.



School attendance

All students should be at school on the date indicated for their year group, unless:

- they have a medical certificate which says they can't return to school due to a condition or illness
- they are currently unwell
- they have been asked by NSW Health to selfisolate.





Wellbeing

If you are worried that the impacts of COVID-19 or going back to face-to-face learning may be affecting your child's wellbeing, please discuss this with your child's teacher.

You can find more information to help your child's wellbeing through the mental health and wellbeing resources on the department's website.



Break times, dropoffs and pick-ups and canteens

To make sure students reduce the risk of transmission across cohorts, schools will put in place staggered recess and lunch breaks, start and finish times and drop-off and pick-up points.

Students can use the canteen during breaks. This will be different at each school depending on the size of the school, the number of students, traffic flow and other factors.

Creating a safe learning environment



Masks and face coverings

Masks will be mandatory 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 mandatory for all travel on public transport for children 13 years and older.



Physical distancing

All adults must keep 1.5 metres distance from each other, including teachers and support staff, and parents and carers waiting to collect children.

Physical distancing between children in the same class is not required under the latest health guidelines. Mixing between class groups will be minimised and students will be supported to follow strict hygiene practices like:

- regularly washing hands
- not sharing drinks or food
- coughing or sneezing into their elbow, or else using a tissue which should be put in the bin straight away
- filling water bottles from bubblers rather than using the bubbler directly.

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 staged return to school in October 2021 will be required to have received two doses of COVID-19 vaccine by that date. For schools under Level 3 settings, adults are strongly encouraged to have had two doses of a COVID-19 vaccine, but are not required to be fully vaccinated until 8 November.

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.

Vaccination appointments are available at more than 3,000 locations across NSW, including GPs and pharmacies. For students and families who have questions or concerns related to getting vaccinated, refer to NSW Health's Know the facts COVID-19 vaccination fact sheet.





Open or well-ventilated spaces reduce the risk of COVID-19. Where possible classroom doors and windows will remain open and fans and air-conditioners will be set to use outside air, where possible.



Rapid antigen testing

We are exploring with NSW Health the use of COVID home testing kits (known as rapid antigen testing) as a further screening measure to reduce the risk of outbreaks in schools, or the length of time students need to isolate after contact with someone with COVID. Further details will be provided in Term 4.



School cleaning and hygiene supplies

Schools will continue to receive additional cleaning in line with advice from NSW Health.

Schools have received extra supplies of soap, hand sanitiser, toilet paper, paper towels, disinfectant wipes and personal protective equipment and can order more as needed.



School activities

Many school-based activities will remain on hold, including large celebrations such as presentation days and graduations, arts and sports events. For a full list of what is permitted and what is on hold, refer to education.nsw.gov.au/covid-19/ advice-for-families.



Visitors

Only essential visitors are allowed on school sites at this time. When dropping off or picking up your child, parents and carers need to stay outside school grounds, you will need to wear a mask and physically distance. Some exceptions may exist for:

- schools for specific purposes
- vulnerable students
- students with disability
- preschools.

In these instances, follow the vaccination and mask-wearing requirements and sign in using the Service NSW QR code when entering the school.



Reporting and assessment

You will receive your child's Semester 2 report by the end of the year. This will be a simplified version of the report you normally receive.



Orientation and transition to school

We have flexible arrangements so that students and parents and carers can still get help with orientation and transition to school in a COVID-safe way. Kindergarten and Year 7 transition and orientation programs will be virtual for schools doing a staged return. Transition and orientation programs will be possible for other schools, however only children will be allowed on school grounds.



Responding to COVID-19 cases

Where there is a case of COVID-19 in the school community, the department has established systems and protocols with NSW Health to manage and respond accordingly to keep our staff and students safe. These protocols include communication with parents or carers if their child has been in contact with someone who has tested positive to COVID-19 while at school or if the school becomes closed.



If your school reverts to learning from home

If schools revert to learning from home due to a Public Health Order or direction from NSW Health or the Department, the school will continue to provide learning activities for your child to do at home and will communicate with you about their learning.

If your child's school needs to revert to remote learning, your school will let families know through the usual channels, which might include email, social media or the school website.



If your school becomes closed due to a COVID-19 case

Parents and students will be notified when a decision is made to make the school closed for onsite attendance due to a confirmed case of COVID-19 or other events that require the school to close. Information about the operational status of the school will be distributed through the school's information channels, including the school website, Schools Safety App, any school social media channels and the department's website. During this period, the school will continue to provide learning activities for your child to do at home and will communicate with you about their learning. Parents and students will be informed by the department when the school is ready to resume onsite learning.



Get in touch with questions or concerns

Your principal has already started planning for a COVID-safe return at your school, taking into account the unique needs of their students and school. To support this planning, and to allow for your teachers to be fully vaccinated by 8 November or earlier, it is important that students return on the date specified for their year group.

Get in contact with your principal directly if you would like more information about your school's COVID-safe return to school plan or if you have concerns or questions about your child being back in their classroom for face-to-face learning in Term 4.

If you need further information, please call your school. If you need an interpreter to assist you with your enquiry, please call the Telephone Interpreter Service on 131 450 and ask for an interpreter in your language. You will not be charged for this service.

Say hello

@NSWDepartmentofEducation

@NSWEducation

@NSWEducation

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Tips on wearing a mask





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



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



Tips on wearing a mask





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



Try not to touch your face while wearing your mask



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Placement in selective high schools for Year 7 entry in 2023 Information for applicants

Thinking of applying for a government selective high school for Year 7 in 2023?

You must apply online at:

https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7



Key Dates

Application website opens: 19 October 2021

Application website closes:

17 November 2021

You must apply before this date.

Test centre and test authority advice released: **24 February 2022**

Selective High School placement test: **10 March 2022**

Placement outcome expected to be released: **8 July 2022**

Please read this booklet carefully before applying.

There may be changes to the procedures in this document.

Check the website at education.nsw.gov.au/shs-oc regularly for updates throughout the application and placement process.

Please check the website for information before you contact the Team.

After applying, you will be able to log into your application dashboard to change details and send and receive messages.

The Selective High Schools placement process for Year 7 entry is administered by the High Performing Students Team. It is referred to as 'the Team' in this document.

Contact Details:

High Performing Students Team, NSW Department of Education

Telephone: 1300 880 367

Facebook: https://www.facebook.com/groups/772251106301086/

parenting *ideas

INSIGHTS

Successfully transitioning students back to school



Home-schooling of students in lockdown states and territories is nearing an end. For parents, many of whom have discovered just how complex teaching can be, the return to school will be a welcome relief. For children, going back to school may bring a mixed set of feelings. Eager anticipation about reconnecting with friends and teachers will probably be accompanied by a level of anxiety about what school may be like upon return.

School continues to be an evolving experience for students. For a start they've just experienced a prolonged period of remote learning and an absence from their friends, which will take time to process when they return to school.

With organised extra-curricular activities put on hold most children have had a great deal of free time, which has placed the locus of control firmly in their hands. Many kids will grieve their lack of freedom, as they've had a glimpse of what an unstructured life is like. It may take some time for them to get back into the swing of being physically on campus for school.

With the return to campus approaching here are some sensible strategies to make the adjustment easier for students.

Get ready for a return

Worriers and anxious types in particular like to know what's ahead so your approach will make a difference. Prepare your child for a return by discussing the safety procedures the school will be implementing. Let young children know that an adult won't be accompanying them past the school gate. Ask your child what they are looking forward to and check in with how they are feeling about a return. Validate any fears and apprehensions and correct any misconceptions.

Go slowly

This period will mirror the start of the school year when your child had to adjust to new teachers, different classmates and a new year level. Adjusting to change takes a great deal of personal energy, so you child or young person may become tired, grumpy, even moody at home. Make allowances for these personal changes and make sure they have plenty of free time to unwind after school.

Focus on reconnection

Make reconnection the theme for your child's return to school. He or she will have to reconnect with friends, teachers and learning, which takes time. In all likelihood, your child's teachers will use many strategies to help your child connect with their friends, reflect on their time at home and move them back into full-time learning mode. Support these activities and keep your learning expectations for your child in check. It may take extra time for some children to adjust to their life back at school.

Stay calm



It's easy for us as parents to take on our children's worries and fears. The reverse is true, and kids can pick up our worries, taking them on as their own. As a buffer against anxiety ensure you do something each day that brings you some joy, whether it's listening to music, going for a walk or having a coffee with a friend.

Look after yourself

For a prolonged period now, parents and teachers have been doing significant emotional labour. The learning and adjustment curves have been massive, with little time to relax and take a break. Consider your own emotional resources and make your wellbeing a priority, which will make it easier for you to stay calm if your child experiences difficulties.

Communicate confidence

It's a fine line that many parents walk between being flippant ('you'll be right') and showing confidence ('you'll do okay') when kids struggle to adjust to change. Children and young people want parents and teachers to understand their fears and anxieties and to coach them to negotiate difficulties including adjusting to change. You can support your child through sharing stories of resilience, focusing on the positives and letting them know that will eventually adjust.

The pandemic continues to serve up many difficulties, and we've all been forced to adapt quickly and repeatedly to new situations. Flexibility is a prime characteristic of resilient people, so if nothing else, getting through these challenging times will make us all more resilient.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.