

Nathalia Primary School Newsletter

July 27th, 2021

Dear Families,

The Premier Mr Andrews has announced today that all students and teachers will return to on-site learning tomorrow, Wednesday the 28th of July 2021.

This is great news for our school community and it will be wonderful to have children back in the classrooms and playing together in our grounds.

There are restrictions regarding visitors to the school. Everyone except students and staff will have to check in at the office and will not be permitted into the classrooms.

I would like to thank all families that supported the school during this period of remote learning. I understand how challenging this is and the pressure that is placed on families during this time. From previous experience families accept the challenge that remote learning presents and work through difficult times with a positive mindset.

I acknowledge the teachers and staff at the school who perform professionally during remote learning. The feedback that I have had from parents during remote learning has endorsed the work that the teachers have performed. Parents understand how much the teachers care for their children during times like this.

It should also be noted the performance of the children during lockdown. The great majority of the students have engaged with the program daily and they will remain up to date with their education. These children will develop a work ethic and resilience that they should be very proud of.

I know the kids miss being at school and particularly miss the time engaging with their friends. I'm looking forward to seeing everyone tomorrow and getting back into the normal school routine.

Regards,

Chris McCallum

Principal

Forthcoming Events:

Friday July 30 - Lightning Premiership—(Postponed until later this term)

The Public Speaking event for students in grades 3—6 has been postponed until August.

**All Nathalia Primary School
students and teachers return
to on-site learning tomorrow,
Wednesday the 28th of July
2021.**

SUBJECT: Invitation to participate in the 2021 Parent/Caregiver/Guardian Opinion Survey

Dear Parents,

Your family has been selected to participate in the 2021 Parent/Caregiver/Guardian Opinion Survey (previously known as the Parent Opinion Survey).

Each year the school conducts an opinion survey amongst a sample of the school community. This year, a sample of approximately 30 per cent of parents/caregivers/guardians have been randomly selected and invited to participate. Results will be used to inform and direct our future school planning and improvement.

I ask you to please take the time to complete the survey as your opinions are important to us and will contribute to the future management and organisation of our school.

The survey will be conducted **online** and should take **20 minutes** to complete.

The survey can be completed on any internet enabled device (iPad, Desktop or Laptop, Smartphone) and is compatible with most browsers.

The survey will be open from **Monday 19 July to Sunday 22 August 2021**.

The survey is available in English and 10 other languages including Arabic, Vietnamese, Mandarin, Chin (Hakha), Hindi, Japanese, Greek, Turkish, Somali and Punjabi.

Please be assured that your responses are completely confidential. The survey is conducted anonymously, and it is important to us that you complete the survey as honestly as possible.

Please follow the instructions below to complete the survey. **NOTE:** Only **one parent/caregiver/guardian** from your family is invited to complete the survey.

To complete the survey, simply:

Click on the link below, or copy and paste the text into your browser. This link will take you directly to the survey.

<https://www.orima.com.au/parent>

Select the School and Campus name below.

School Name: Nathalia Primary School

Campus Name: Nathalia Primary School

Enter the School PIN below.

PIN: 508969

When complete, please click on the tick button at the end of the survey to submit your answers. Please note that the survey will time out after **60 minutes of inactivity**.

Thank you for taking the time to participate. Your assistance is greatly appreciated.

Questions?

Please do not hesitate to contact me if you have any general queries about the survey. For specific technical or participation-related queries, you may also contact the Department or the supplier administering the survey, ORIMA Research.

Should you have any technical queries regarding the Parent Opinion Survey, please do not hesitate to contact ORIMA Research on 1800 654 585 (toll free), or by email: pos@orima.com

Should you have any participation or survey-related queries, please contact the School, or the Department by email: parentopinion.survey@education.vic.gov.au.

Yours sincerely,

Chris McCallum—Principal

Dear Parents,

Periods of restrictions due to COVID have certainly been a challenge for us as a community. We are very aware of the challenges families faced in returning to remote learning recently and the challenges in meeting the mental health and wellbeing needs of your children and yourself in these times of uncertainty.

The mental health and wellbeing of our children and families is paramount. As a support to families our Goulburn Students Support Services team are facilitating two online workshops titled '**Calming COVID Chaos**'. Sessions will be held on **Thursday 29 July at 1.00 and 7.00** (90 minutes each session). These workshops are designed to help you to support the mental wellbeing of your children and yourself in these times of uncertainty.

You can register to attend this online session from the links in the flyer attached.

The sessions are being provided by Robyn Hucker, an accredited mental health social worker with over 20 years' experience in the Goulburn Valley. Topics covered in this 90 minute workshop include:

- Why we are finding the pandemic so stressful - an easy to understand explanation of the neurobiology of the brain and how kids (and adults are wired)
- Remote learning - the good, the bad and the ugly and how to manage
- Helpful strategies to manage emotions in this ongoing uncertainty - both our children's and ours, in order to help things run a little more harmoniously
- Practical tips and tools to use with our children in times of emotional stress (for them and us!) and the return to school

We will continue to work with you to ensure the wellbeing of all of our students through activities such as these in the future. Over Term 3 and 4 our Area Student Support Services team will be making further sessions available to you as a support in these uncertain times.

Regards

Chris McCallum—Principal

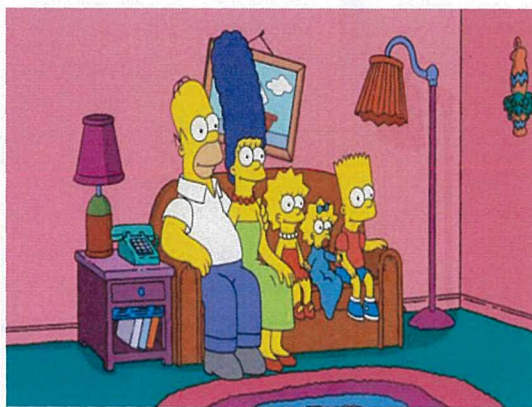
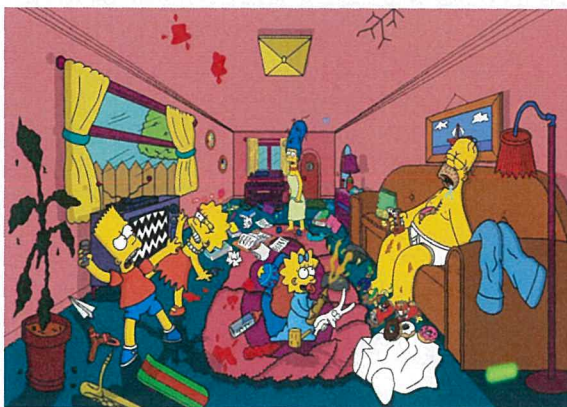


Reflective Perspectives

Calming the Covid Chaos

A workshop to help you to support the mental wellbeing of your children and yourself in these times of uncertainty

↓ When things look a bit like this but we'd really like them to be a bit more like this ↓



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- Helpful strategies to manage emotions in this ongoing uncertainty - both our children's and ours, in order to help things run a little more harmoniously
- Practical tips and tools to use with our children in times of emotional stress (for them and us!) and the return to school.

Afternoon Session - Thursday July 29th at 1pm: (Links best opened in Google Chrome)

Register Here: <https://www.eventbrite.com.au/e/calming-covid-chaos-tickets-164808419419>

Evening Session - Thursday July 29th at 7pm:

Register Here: <https://www.eventbrite.com.au/e/calming-covid-chaos-tickets-164809600953>

About the presenter

Robyn Hucker is an accredited mental health social worker with over 20 years experience in the Goulburn Valley. She has worked in a wide variety of settings including youth, rehabilitation, employment, disability and education. However for over 12 years she has worked in advanced clinical mental health settings working from birth to aged.

Robyn has particular specialist skills in:

- Treatment in high prevalence mood disorders (depression & anxiety)
- Mental health difficulties in the perinatal period both infant and parent
- Coaching and education to parents and educators regarding children with emerging behavioural disorders

Robyn has a passion for supporting parents to develop skills in enhancing their children's emotional wellbeing and reducing unhelpful behaviours. She honours the parents' existing wisdom about their children and works to build on this knowledge and see new and alternative perspectives in order to best support their children from infancy to teens. Helping parents to reflect on their own parenting and their children and see things from an alternate perspective - thus the creation of *Reflective Perspectives*.

Robyn is trained in a variety of evidence-based parenting programs including "Tuning Into Kids"; "Bringing Up Great Kids" and "Circle of Security". Robyn's style is conversational and casual and is always open to questions / comments that help to illustrate the topics covered.

To attend a free session register on Eventbrite Link: (Links best opened in Google Chrome)

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