



TECOMA TIMES

Tecoma Primary School Newsletter



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Principal : **Rohan Thompson**

Assistant Principal: **Di Double**

17th September, 2020

FROM THE PRINCIPAL

REMOTE LEARNING SEPTEMBER 2020



ANOTHER TERM DONE

With only one day to go of this term, it feels like we have reached the 40 kilometre mark in a marathon. We are all exhausted from the journey, proud to have met the challenges laid before us and exhilarated that the finish line is just around the corner. We hope you have enjoyed the change up this week with the holiday theme and you have been able to venture to other parts of the world, even if we can't physically. The feedback has been that the children have really enjoyed some of the virtual tours with some children now thinking they will be heading there next year in person. I'm not sure their parents know that yet!

As we have discussed throughout 2020 in our newsletter and correspondence, our community have faced challenges that we never thought we would ever have to meet. The winds up here the latest challenge. It still astounds me that our Prep students have spent the majority of their first year of school learning from home. Our students have faced great adversity and have continually risen to the challenge. Throughout the term we have consistently seen fantastic work submitted, enthusiastic and engaged students during Meets and Webex, and heard so many stories from parents and carers about the extra responsibilities that their children have taken on during the lockdown. This has been the truest test of our school values and we could not be prouder of every single student at TPS.

The effort, enthusiasm and professionalism of our staff throughout the term has been outstanding. Every single staff member has had a positive and can do attitude, despite the challenges they also are facing with their own families during this time. Some are also supervising their own children's remote learning. We have asked our teachers to do something that they have never done before. The way they have pivoted to designing online lessons that meet the learning intention, are challenging, and to be easily understood by parents and children when they are sitting in their homes has been exceptional. The delicate balance between synchronous (learning in real time via Google Meets and Webex) and asynchronous (online via instructional videos and set tasks) has been successful. The quality of the instructional videos that have been produced is excellent, and the thousands of high quality videos are a valuable resource that the school will use for many years to come. Our Educational Support Staff have worked closely with individual students both at home and at school and our Out of School Hours Care ladies have adapted superbly during the last two terms. Our office staff have kept the school purring along without any hiccups and the change to School Stream has been a real winner.

Finally, we would like to acknowledge all parents and carers within the TPS community. The stress and strain that has been placed on you all is exceptional. Maintaining your family's wellbeing, your own employment, and guiding home learning has been a monumental effort. We know the huge amount of time you have worked with your children and the many hours of overtime this has caused you. We cannot thank you enough for your support throughout the term. We wish you all a good final few days of Term 3. We are all looking forward to crossing that finish line and taking a well-deserved break.

ROADMAP TO EASING COVID-19 RESTRICTION:

As published last week, it was announced that all students from **Prep – Grade 6 will spend the first week of Term 4, beginning Monday 5th October, continuing to learn remotely from home.**

Students in Prep- Grade 2 will return to full-time on-site schooling from Monday 12th October,

whilst the **Grade 3-6 students will remain at home with remote and flexible learning.**

A date for the return of students in Grades 3-6 for face-to-face learning will be subject to further health advice but it has been muted for October 26. This is still to be confirmed.

DET have informed schools that the priorities for term 4 are:

1. Mental health and wellbeing
2. Learning with a major focus on Literacy and Numeracy
3. Transitions in, through and out of school

This means the priorities of every Victorian government school in Term 4 will be to:

- begin the process of catch-up learning and continue to extend those who progressed well during remote and flexible learning
- support students to re-establish friendships and class groups when back on site, and provide additional support where needed
- help every student prepare for 2021 with a sense of purpose and optimism
- ensure students continue to develop their literacy and numeracy knowledge and skills, build their personal and social capability and are physically active.

In considering these priorities, schools may need to adjust what they normally do in Term 4 – after all, this is no ordinary year. Schools will have the flexibility to determine other areas of focus in their teaching and learning program in Term 4.

We are currently awaiting further instructions from the Department of Education about the return to school. When we have received this information, we will formulate our school plan and inform the community in detail about our procedures and protocols for Term 4.

FIRST WEEK BACK ON SITE SUPERVISION

As mentioned above, remote learning will re-commence on October 5 for all children. We will send out the criteria for on-site supervision with an attendance request form on Wednesday September 30 with you receiving written confirmation on Friday October 2, should your application be approved.

MENTAL HEALTH AND WELLBEING

We do encourage any students, parents or families that require assistance during this lockdown period to contact the organisations listed below. Please do not hesitate to contact one of us and we can assist you in finding an appropriate organisation or group.

Parentline: <https://www.education.vic.gov.au/parents/services-for-parents/Pages/parentline.aspx>

Kids Help Line - <https://kidshelpline.com.au/> Beyond Blue - <https://www.beyondblue.org.au/>

Life Line - <https://www.lifeline.org.au/>

Alternatively, the Provisional Psychologists from Melbourne University are currently offering short term telehealth interventions to the community at no cost. Enquiries can be made directly from individuals to the clinic via email to clinic-psych@unimelb.edu.au

The Clinic is offering counselling in a range of different areas.

FROM THE OFFICE OF THE E- SAFETY COMMISSIONER

Safeguards

If a child has access to an internet-enabled device, they also have access to an extensive amount of content across the web.

What can I do?

- Put in place online safeguards and parental control-settings, filters and products that help block certain content so that you are better able to protect what your children see online. Parental controls are available for most devices in the form of pre-installed settings that you can activate, or via the installation of free or commercial software.

Some examples are:

- Customisable computer accounts set up for your children.
- Settings that you can apply to your computer to restrict access to downloads, apps, purchasing, games and to set internet usage time limits.
- Settings you can apply to your router to restrict access to online content.
- Apps or settings applied to your child's mobile phone to restrict access to browsers, apps, social networking sites, inappropriate content, photo and/or video sharing sites, streaming, and gaming.
- Commercial or free internet filters which can alert you to contact from strangers outside of approved social networks, restrict access to inappropriate content, monitor your child's online activity, restrict online usage times, and track GPS location, calls, SMS and contacts.
- Remember that no single parental control tool is 100 per cent effective. Some content and sites can be encrypted in such a way that they are not recognised by parental controls, or a tech-savvy child may have the ability to bypass parental controls.

You can also:

- Encourage and model good behaviours with your kids around their use of connected devices, for example not bringing devices to the dinner table.
- Set healthy limits about how much time is spent online each day, and for what purpose.
- Implement boundaries such as only using devices in a 'safe space', like the living room, or having an open door policy when children use devices or computers in the bedroom. Be prepared to stick to these boundaries yourself.
- Learn to understand the devices your children use, and talk to them about the importance of staying safe online and being aware of the behaviours of themselves and others.
- Establish and maintain trust. It's hard to monitor your children's online activity at all times so trust is important. Further information about discussing these issues with your children can be found at: esafety.gov.au/chatterbox

FINALLY

My best wishes to all our families for the 2 week holiday period. I hope you all have a chance to spend some quality family time together and re-charge the batteries. Please put all devices away!

There will be works done over the holidays with contractors in to replace the sleeper wall at the front of the school as part of Bushfire prevention funding. We are also having every internal light replaced with energy efficient LED's as part of a government grant. Auditors are coming in to assess the condition of our buildings on Monday and Tuesday. The school is also being extensively cleaned in the first week of the holidays.

We do encourage families to come up and use our grounds. The more you are here, the less we have undesirables coming in and doing damage. We have had some vandalism done in broad daylight over the past month but our security cameras have captured some very good footage that the Belgrave Police now have.

If you and your family use our school grounds during the holidays and see any suspicious activity, please call DET Emergency Management (9589 6266) or Belgrave Police (9754 6677).

Stay safe!

Rohan Thompson

Principal

OFFICE REMINDERS:

- ◆ School finishes at 2.30pm Friday 18 September
 - ◆ Uniform can be ordered/paid via QKR
 - ◆ Term 4 begins October 5th
- ◆ Let the school know if you are intending to leave at the end of 2021
 - ◆ Year 3-6 Sports tops will be compulsory in 2021



Tecoma Preschool

**STILL TAKING
ENROLMENTS FOR
2021**

**HELLO Tecoma Primary School
Families 😊**

Please pass onto friends and family in the area that we still have spots free in both the 3 and 4 year old program for 2021.

Contact us..... 9754 5392

tecoma.kin@kindergarten.vic.gov.au

or alternatively visit..... tecomapreschool.vic.edu.au



Dads Matter

Dad's at their best - helping children to thrive

Are you a dad who would like to:

- Better understand your importance in your child's life?
- Have agreements that work?
- Further develop your relationship with your young people?
- Get your head around what they need from you?

Come along to these 6 online sessions. Share strategies, strengths and stories. Take some time out for you and celebrate the importance of being a Dad!

When:

Tuesdays (6 evening sessions)
27th October to 1st December 2020

Time:

7.00 pm to 9.00 pm

Where:

Online - Via Zoom

Cost:

Free of charge. Bookings are essential.

Bookings:

Julia on 0400 866 495 or 9721 3629

PARENTZONE

This is a Parents Building Solutions Program



Emotion Focused Parenting

A Parents Building Solutions Program

Would you like tips and strategies to:

- Better understand and talk with your child?
- Help your child learn to manage their emotions and deal with conflict?
- Manage challenging behaviours?
- Parent anxious children?

Children with emotional intelligence:

- Have greater success with making and keeping friends
- Show improved concentration at school
- Have fewer illnesses

When:

Wednesdays (6 evening sessions)
Oct 21st to Nov 25th 2020
7.00pm - 9.00pm

Where:

Online - Via Zoom

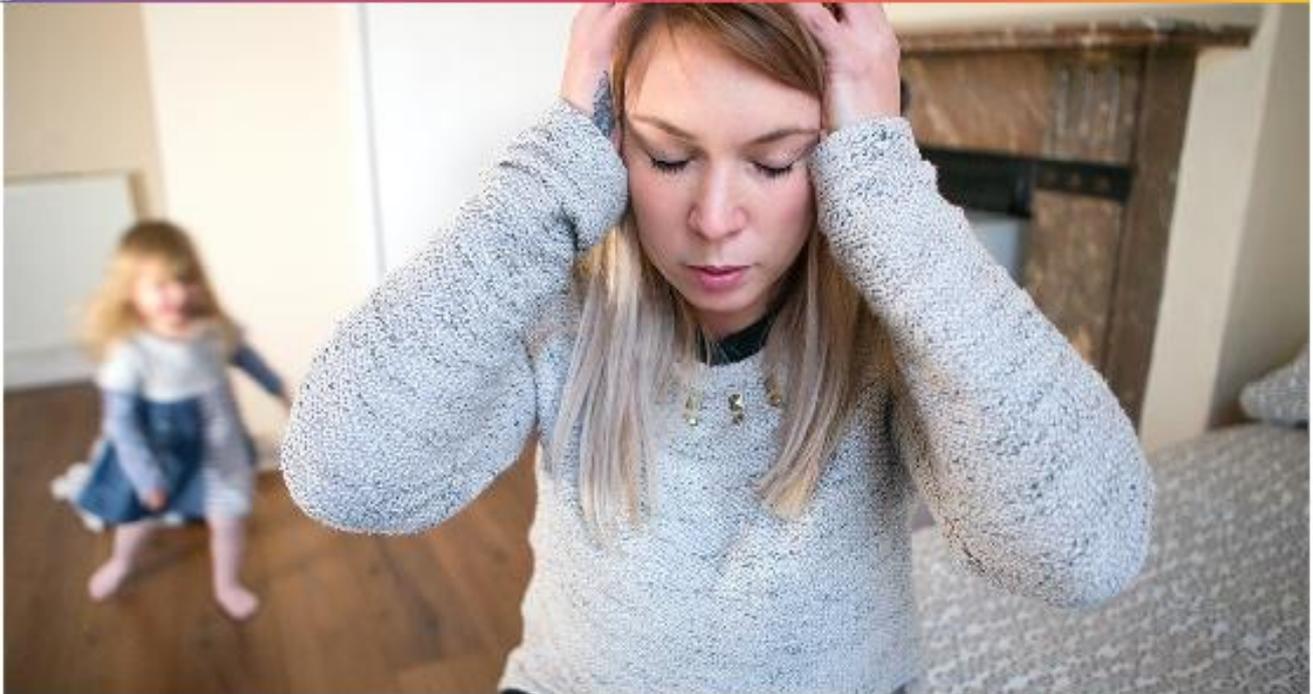
Cost:

Free of charge for parents in the Eastern Suburbs of Melbourne (Bookings essential)

Bookings:

Julia at ParentZone on 9721 3629 or 0400 866 495

PARENTZONE



Calm Parents Happy Kids

**A Parents Building Solutions Program for
Parents of Children aged 2 to 12 years**

Do you want to:

- Learn ways to deal with anger and anxiety in your children and in yourself?
- Improve communication and relationships with your children?
- Discover strategies to manage challenging behaviour?
- Take care of your own emotional wellbeing and resilience?

Join us for 6 online sessions, learn valuable strategies, whilst taking some time out for you!

When: Thursday evenings (6 weekly sessions) 15th Oct to 19th Nov 2020

Time: 7:00 to 8:30 pm

Where: Online via Zoom

Cost: Free of charge for parents and carers in Melbourne's Eastern Region.

Bookings: Contact Sharon 0438 683 049
sharon.muir@anglicarevic.org.au

PARENTZONE

Form & Practice

Olinda & Mt Evelyn

Physio & Reformer Pilates

- Sports Physio
- Reformer Pilates
- Clinical Exercise & Strength Classes
- Back / Neck Pain
- Headaches & TMD
- Post Operative Rehab
- Knee and Hip OA + GLA:D
- Women's & Men's Health Physio
- Orthotics
- Massage & Myotherapy

9751 0400

for timetable and pricing
formandpractice.com.au

We've rebranded
Physio