

# Stanhope Primary School

Stanhope Primary School is committed to creating and maintaining a positive and safe learning environment, where our children are protected from abuse and where we maximise individual academic and social growth through explicit teaching and taking responsibility for all our learning.

ISSUE 9: MARCH 26th 2020

LEARNING  
SUCCESS  
RESPECT  
CITIZENSHIP



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*Inspiring Lifelong Learning*

## REMINDERS & THINGS TO DO



The Stanhope School community would like to extend its deepest sympathy to Brett Davies and Skye Fitzgerald and their family on the sad passing of their mother and grandma, Margaret Davies. Margaret was the wife of Brian Davies, who was the school's dedicated maintenance man for 30 years.

### Congratulations to our incoming School Councillors:

- ◆ Michelle Ponton (President)
- ◆ Aroha (Uddles) Potae (Vice-President)
- ◆ Felicity Hall
- ◆ Kerrie Nurse
- ◆ Narelle Foley

### A huge thank you to outgoing councillors:

Mary Hipwell, Jason Keegan, Evelyn Hubbard and Sharon Sheedy.

## DATES TO REMEMBER



**Wednesday 15th April**

- ◆ Anticipated Start of Term 2

**We will notify families via UeducateUs and Facebook regarding the start of term 2 and the possibility of remote and distance learning towards the end of the school holidays.**

**PLEASE READ  
INSIDE FOR VITAL  
INFORMATION**

# From the Principal

## Strange New World

If you are feeling a little overwhelmed by the sudden changes in your daily life, you are not alone. Trying to quickly reorganise child care, shopping, schooling and work, is no easy feat. But it is important to accept that most of the conditions we are now living in, are outside of our control and we can only do what we can to minimise the impact on ourselves and our children.

At school, the teachers and I have been working very hard to arrange for remote and distance learning arrangements, in the event that we are not able to return to school on April 15<sup>th</sup>. Many will be able to access our teaching and learning program via the internet. Information about how to do this and what that will look like will be sent out towards the end of the holidays. We want students and their families to focus on enjoying the break and not worrying about catching up on school work. Remember, every child in the country is in the same situation. We will get through this together.

For those families without access to reliable internet, we will be doing a letterbox drop with an information packet which will contain instructions and learning activities for approximately one week's worth of lessons.

We understand that whatever format your child will be learning in, there is a big responsibility for parents to support their child's learning at home. This means providing a separate working space for learning where there are minimal distractions – no TV, other devices etc, good lighting, adequate stationery items, comfortable seating and a flat surface like a desk or table for children to complete their work on.



**Christine  
Owen**

In the event that we can all resume our regular school lives on the 15<sup>th</sup>, then most of what I've said above, doesn't apply!

**But, please, take care of each other, follow the health advice to minimise you and your family's risk of coming into contact with the coronavirus, don't have visitors coming over, or host 'play dates' and so on, keep yourselves isolated from all possible risks, and we will come out the other side of this strange new world we are currently living in.**

**If you or your family are in need of support, please make sure you take that first step to make contact with one of these services for advice and support.**

**Beyond Blue    1300 224 636**  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

**Lifeline Australia    13 11 14**  
[www.lifeline.org.au](http://www.lifeline.org.au)

**Kids Helpline    1800 551 800**  
<https://kidshelpline.com.au/>

**Have a safe break everyone!**  
*Christine Owen*



## Kids Helpline is still open to answer your call, email or WebChat

There's a lot of information and confusion out there about COVID-19 and things feel a bit uncertain. If you're feeling stressed, worried or anxious, we're here for you. Give us a [call](#), start a [WebChat](#) or send us an [email](#).

**We have been a bit busier than usual, so there might be a longer wait to speak to a counsellor. We really appreciate your patience.**



**You may be worried about  
COVID-19...**

**But you don't have to worry  
about Kids Helpline.**

**We're staying open.  
Anytime. Any Reason.**





# Ten ways to reduce your risk of coronavirus

- ✎ **WASH** hands often with soap and running water, for at least 20 seconds. DRY with paper towel or hand dryer.
- ✎ **TRY** not to touch your eyes, nose or mouth.
- ✎ **COVER** your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.
- ✎ **ISOLATE** yourself at home if you feel sick. If you take medication ensure you have adequate supplies.
- ✎ **PHONE** your GP first if you need medical attention. They will tell you what to do.
- ✎ **CONTINUE** healthy habits: exercise, drink water, get plenty of sleep, and now is the time to quit smoking. Call the Quitline 137 848.
- ✎ **DON'T** wear a face mask if you are well.
- ✎ **BUY** an alcohol-based hand sanitiser with over 60 per cent alcohol.
- ✎ **GET** the flu shot (available April).
- ✎ **SHAKING HANDS** is optional!



Find out more

[www.dhhs.vic.gov.au/coronavirus](http://www.dhhs.vic.gov.au/coronavirus)

If you are concerned, call the

**Coronavirus hotline 1800 675 398 (24 hours)**

Please keep Triple Zero (000) for emergencies only

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# Looking after your mental health during the coronavirus outbreak

Beyond Blue recognises and understands the feelings of anxiety, distress and concern many people may be experiencing in relation to the coronavirus (COVID-19) and offers the following wellbeing advice.

## Try to maintain perspective

While it is reasonable for people to be concerned about the outbreak of coronavirus, try to remember that medical, scientific and public health experts around the world are working hard to contain the virus, treat those affected and develop a vaccine as quickly as possible.

## Find a healthy balance in relation to media coverage

Being exposed to large volumes of negative information can heighten feelings of anxiety. While it's important to stay informed, you may find it useful to limit your media intake if it is upsetting you or your family.

## Access good quality information

It's important to get accurate information from credible sources such as those listed below. This will also help you maintain perspective and feel more in control.

- [World Health Organization – coronavirus disease \(COVID-19\) outbreak](#)
- [Australian Government coronavirus \(COVID-19\) health alert](#)
- [smartraveller.gov.au – travel information for Australian citizens](#)

## Conversations with children and young people

Families and caregivers of children and young people should discuss news of the virus with those in their care in an open and honest way. Try to relate the facts without causing alarm, and in a way that is appropriate for their age and temperament. It is important to listen to any questions they may have, to let them know that they are safe and that it's normal to feel concerned. If the media or the news is getting too much for them, encourage them to limit their exposure.



## **Try to maintain a practical and calm approach**

Widespread panic can complicate efforts to manage the outbreak effectively. Do your best to stay calm and follow official advice, particularly around observing good hygiene habits.

The Australian Psychological Society has [advice about maintaining positive mental health during the outbreak](#).

## **Try not to make assumptions**

To contribute to a sense of community wellbeing, try to remember that the coronavirus can affect anyone regardless of their nationality or ethnicity.

## **Seek support**

It's normal to feel overwhelmed by news of the outbreak, particularly if you have experienced mental health issues before.

Where possible, it can help to maintain normal routines. It can also help to stay in touch with friends and family, eat a balanced diet and stay physically active.

Acknowledge feelings of distress and seek further professional support if required.

Beyond Blue has fact sheets about [anxiety](#) and offers other practical advice and resources at [beyondblue.org.au](#).

The [Beyond Blue Support Service](#) offers short term counselling and referrals by phone and webchat on **1300 22 4636**.

You can find more information about wellbeing, quarantine and managing self-isolation [here](#).