



Friday June 5th, 2020

# Yarrunga Yaps!

**PLEASE  
NOTE:  
Monday June  
7th is a Public  
Holiday and  
the school will  
be closed.**

**Years 3-6  
students will  
return to  
school on  
Tuesday the  
9th of June.**

**Be a  
LEARNER  
Be  
RESPONSIBLE  
Be  
RESPECTFUL**

## **From the Principal:**

For many children the return to school will be a delightful experience. It will mean reconnecting with friends and school teachers and they will race out the front door ready to get back to normal. This however won't be everyone's experience. The return to school is likely to stir up some anxiety for our kids, ourselves and our teachers.

First, our children will be hit by the anticipatory anxiety of going out into a world that feels unsafe. Over the past few weeks we've had to teach them that the outside world is dangerous and that staying home is a must. It's going to be a tricky transition for them. Second, once they are at school they'll discover it isn't exactly the same experience that they knew before COVID19.

There will likely be many differences such as additional safety procedures the school is implementing. This can also lead to anxiety and worry.

For parents, this might lead to:

- Reluctance or refusal to go to school;
- Increased clingyness in the morning;
- Increased tearfulness;
- Poor sleep on nights before school;
- Temper tantrums on school mornings;
- Feeling sick- especially stomach aches, headaches and any other ache related to muscle tension (sore legs, jaws etc).

Here are some strategies to try:

- Start your normal morning routine and try to be consistent each morning;
- Choose one gate for your children to be dropped off and picked up. Consistency reduced worrying.
- Practice the sort of hand hygiene that we will use at school—wash frequently with soap and also use hand sanitiser.
- Ask questions that focus on the positives. Examples of these are: 'Tell me a time today when you were happy' or 'tell me what you are looking forward to tomorrow'. Focus on the positives.
- Practice gratitude. Try to list three things at the end of the day that you noticed went well or made you happy or feel lucky.

We can also start to prime our children emotionally.

- Give emotions names. These can be names such as "sad", "angry" or "worried". But they can also be descriptive words such as "shaky", "fuzzy", "spiny", "gurgley", "heavy".

And please call and speak to us if you are worried about your child and the return to school, or catch us at the School Gate at Drop-Off or Pick-Up time.

**Take care of yourselves and each other, and know that we are all working together to solve this problem — Ms Fran Waterman**



# What's On:

## What's On for Week 9: June 8th—12th

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:
<b>PUBLIC HOLIDAY:</b>	<b>Years 3-6 Student Return</b>	Recess—Quiet Activities in Room 9	Recess—Quiet Activities in Room 9	Recess—Quiet Activities in Room 9
<b>SCHOOL CLOSED</b>	<b>TREADLY TUESDAY—See Below!</b>	Lunchtime Club: The Leg-breaks	Lunchtime Clubs: Gatherers	Lunchtime Clubs: Film Nation
	Recess—Quiet Activities in Room 9			
	Lunchtime Clubs: Gatherers			

### TREADLY TUESDAY!

On Tuesdays we will be allowing the students to ride their bikes or scooters on the netball courts at playtimes: P-2 at recess and 3-6 at lunch. Matt L and Mrs Hines will also take some students from 3-6 out of the school grounds to ride along the creek at recess time. If you are in Years 3-6 and would like to ride along the creek, permission forms must be returned to school. Unfortunately we will not be loaning our Yarrunga Bikes for Treadly Tuesdays and you will need to bring your own bike and helmet to school.

#### Children who are unwell:

All unwell students and staff must stay home. Further to this, under the current guidelines from the DET we are required to send home children who exhibit symptoms compatible with coronavirus, such as fever, cough or sore throat. They are required to be removed from the classroom and collected by a parent/carer as soon as possible. Families will be encouraged to seek advice from their healthcare professional who can advise them of their next steps. A medical certificate is not required to return to school, however students should not return until symptoms resolve.

Please let your child's teacher know as early as possible if your child is experiencing other similar issues such as allergies or asthma. This ensures that we are managing the condition appropriately and allays any misunderstandings.