



Friday May 29th, 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
8th 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;
- Start using language such as "when you go to school" rather than "if you go to school";
- Use visual aids such as calendars to count down to school starting and the end of Term Two;
- If you know what safety procedures your school will be implementing discuss them a few times before school starts (i.e. you'll still be doing lots of hand washing, your teacher will still be using the hand sanitiser). Be especially mindful as parents cannot come on-site, so make sure children are aware of this change at Drop-Off and Pick-Up.

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.

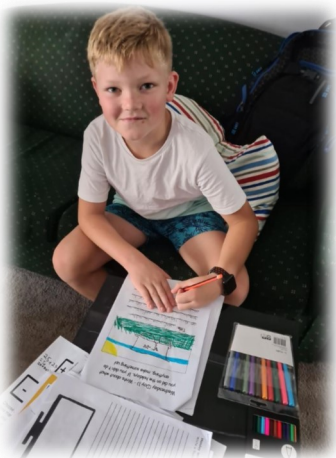
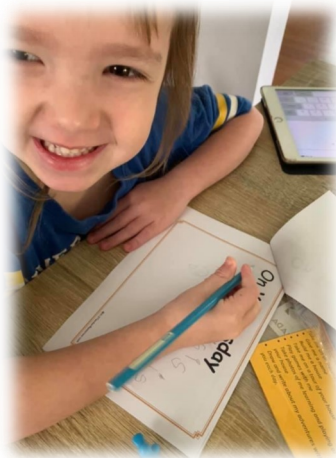
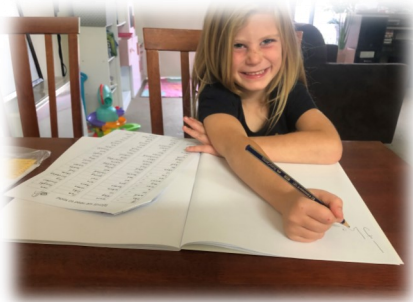
Take care of yourselves and each other, and know that we are all working together to solve this problem — Ms Fran Waterman



What's On:

What's On for Week 7: June 1st to June 5th

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:
ASSEMBLY CANCELLED	SCHOOL COUNCIL MEETING: 5:30pm in The Hall			



**Some images of Home Learning, Term Two 2020—
a term we will never forget!**