



# Beresfield Bugle

Beresfield Public School

*Live And Learn*

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Term 1 Week 8

Monday 16th March 2020

## PRINCIPAL TALK

### Coronavirus

The situation regarding COVID-19 is rapidly evolving. As a result, the Department of Education is in close contact with schools regarding operational restrictions. I will be providing timely updates to the community that reflect changes to Beresfield Public School as they come to hand.

The Department of Education (DoE) provided a media release last night. Specifically, the DoE has directed that all NSW schools take the following actions:

- school assemblies and events with large gatherings are to be cancelled, and
- all major Arts, Sports and Initiative activities and events will be temporarily ceased until further notice.

For Beresfield Public School:

- school assemblies for the remainder of the term will be cancelled, including the Harmony Day assembly this Friday, and the Books in Homes assembly on 27<sup>th</sup> March.
- All inter-school sporting events have been ceased until further notice.
- The Barber of Seville performance will not occur next Tuesday. We will liaise with Opera Australia to see what alternative can be made. If you have paid the money, it will be held until a rescheduled date is organised.
- Our PLP afternoon for Aboriginal families scheduled for Tues 24<sup>th</sup> March has been postponed.
- The Ride2School activity, the Easter celebrations and student-led conferences are under review, with the likelihood of them not going ahead.

The DoE is reminding school communities of the following three actions we will take to help manage the spread of COVID-19.

1. Wash your hands regularly and thoroughly.
2. Sneeze into your elbow or a tissue, disposing of the tissue straight away and then washing your hands.
3. Stay home if you are unwell and in schools, send home staff or students who show signs of being unwell through the day

## IMPORTANT REMINDER



Book Fair will run this week



Due Friday - Book Club and High School Expressions of Interest

## Notes Home last week



Year 5 Central West Excursion Expression of Interest



Easter Feast Canteen note



Overnight Excursion confirmation notes

## Uniform Shop Open: as normal

Tuesday & Friday - 8.30am - 9.00am

## P&C Meeting

Today - 5:30pm in the staffroom

On March 15, the Government put in place new measures for people arriving in Australia. Individuals must self-isolate for a period of 14 days on arrival to Australia, including returning Australian citizens and residents. You are also required to self-isolate if you have been diagnosed with COVID-19 or if you have had close contact with a confirmed case of COVID-19.

Classes and school lessons will continue as normal with learning as our focus. I will update community members when decisions are made and actions implemented. Further information is available on the DoE website at:

<https://education.nsw.gov.au/.../school-saf.../novel-coronavirus>

**Jonathan Ridgway**  
Principal



Bluey reminds us to....



**Wash our hands after going to the toilet.**

### Book Fair is still on

From today our school is hosting a Book Fair. We would like to extend an invitation to all our school families, friends, neighbours, grandparents and community members to come and visit our Fair. A large variety of beautiful books, novelty items and posters will be on sale. This is the library's major fundraiser for the year. The Fair will be open before school each morning from 8.30 – 9.00am and between 3-3.30pm from Monday to Thursday. Books make great Easter gifts. There can be no better gift than a book for your child. **EFTPOS will be available for payments.** We hope to see you there next week!

### Practice NAPLAN Test

In preparation for our NAPLAN test for Years 3 and 5, we will be doing some practice tests. Year 5 will do an online practice writing test on Monday 23rd March and Year 3 will do a practice test during week 9 or 10. The NAPLAN test will begin on Monday 11th May and all testing will have concluded by no later than Friday 22nd May. If you have any questions regarding the NAPLAN assessment, please see your class teacher or Mr Edwards at a convenient time.

### Stage 2 and 3 Overnight Excursions

Thank you to everyone who has committed to sending their child to one of our overnight excursion this year by paying your non-refundable deposit and signing the expression of interest to attend. Last week, we sent home the payment schedules for Years 3 (Sydney), Year 4 (Great Aussie Bush camp) and Year 6 (Canberra). Could you please refer to these notes for dates that suggest payment instalments. Paying weekly or in instalments will make it a little easier than making one large payment just before the excursion. If you have any questions, please see your child's class teacher or the office in regards to these events.

Year 5 received the Expression of Interest for our Central West excursion last week as well. A \$60 non-refundable deposit is due by Friday 3rd April for this excursion.

### School Cross Country

Our Cross Country was held last Friday at Tarro Reserve. We had super weather for our carnival and students all ran, jogged or walked the course in good time. Congratulations to our first four place getters in each event. They are as follows:

8/9 Yrs Girls—Bella A, Emerald M, Kaily D & Yolanda G

8/9 Yrs Boys—Darcey P, Joshua G, Miller K and Gabe S

10 Yrs Girls—Jasmin M, Amelia N, Emily W, Chloe B

10 Yrs Boys—Liam B, Noah A, Toby W, Levi L

11 Yrs Girls—Laylah S, Mikayla D, Lily K, Madison C

11 Yrs Boys—Brock AF, Riley H, Alex J, Connor S

12 Yrs Girls—Lyla M, Aleia D, Emity B, Chloe W

12 Yrs Boys—Zayne W, Tyson A, Angus B, Charlie B

Thank you to the parents who assisted in helping to be track marshalls on the day. Your contribution was so helpful.

Michael Edwards - S3 + Sport Co-ordinator

### Last Week's Quiz

Sometimes people eat 'brunch', which is a meal in-between breakfast and lunch. Give two suggestions for the name of a meal between lunch and dinner. Dunch and Linner were suggested.

Congratulations to Jake, Aleayah and Avarii who submitted a correct entry.

### This week's focus is: *Speak Appropriately*

#### When I'm speaking appropriately:

- ☺ I use friendly words
- ☺ I use a friendly voice
- ☺ I use my best manners
- ☺ I say sorry



Congratulations to Sebastian, Tilly, Indie, Aleayah and Lily weekly focus winners who had their names drawn out of the box.

### This Week's Quiz

What sort of plant did Jack climb in the nursery tale?

Remember to write your name and class with the answer on a piece of paper, and post it into the Quiz Box near the principal's office by next Friday morning.

### P&C Easter Colouring Competition

This year for Easter we are holding a colouring in competition instead of a raffle. Pictures will come home later this week.



Like us on Facebook - Beresfield Public School



Congratulations to the following students who received awards at the last assembly.

KD	Jasmine S	Liam G
KL	Mason M	Savanna O
1B	Oliver R	Isla F
1S	Owen D	Jess N Jacob M
1T	Lewis R	Elliana M
2M	Ethan B	Laila D
2W	Charlie H	Phoebe O
3/4A	Molly G	Jackson W
3/4C	Miller K	Emily I
3/4S	Lachlan C	Huxley O
5/6I	Riley B	Chloe W
5/6E	Aleena S	Angus R
5/6H	Tyson A	Kaya K
K/3S	Samuel B	
4/6M	Brock AF	
4R	Kyneen H	

## Canteen Roster Term 1 2020

### Monday 23rd March

**Stacey Munzenberger**

Carolyn Watt

Lesia Ashard

### Tuesday 24th March

**Carolyn Watt**

Kimberly Harris

### Wed 25th March

**June Coward**

Kimberly Harris

Lesia Ashard

### Thurs 26th March

**Lyndel Kable**

Anngell Byers

Kylie Jackson

### Friday 27th March

**Carol Pirie**

Jenny Smith

Maria Warwick

Jan Mullins

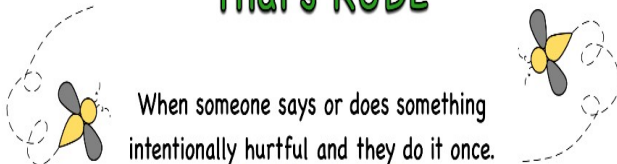
*If you are unable to attend on your rostered day, or if you would like to help in the canteen, contact Jenni Smith on 0404 485 512*



## Is it Bullying?

When someone says or does something unintentionally hurtful and they do it once.

**That's RUDE**



When someone says or does something intentionally hurtful and they do it once.

**That's MEAN**

When someone says or does something intentionally hurtful and they keep doing it even when you tell them to stop or show them that you're upset.

**That's BULLYING**

## Cough etiquette

### Cover your cough



- When coughing or sneezing, use a tissue to cover your nose and mouth
- Dispose of the tissue afterwards
- If you don't have a tissue, cough or sneeze into your elbow.

### Wash your hands



- After coughing, sneezing or blowing your nose, wash your hands with soap and water
- Use alcohol-based hand cleansers if you do not have access to soap and water

Remember hand washing is the single most effective way to reduce the spread of germs that cause respiratory disease.

Anyone with signs and symptoms of a respiratory infection, regardless of the cause, should be instructed to cover their nose/mouth when coughing or sneezing; use tissues to contain respiratory secretions; dispose of tissues in the nearest waste receptacle after use; and wash their hands afterwards.



Health



# Coronavirus (COVID -19)

## Information for parents and carers to support children and young people

### How you can support your child

It is perfectly normal for children to have questions about events that are covered in the media, such as the information currently being distributed about COVID-19. Children look to the significant adults in their lives for guidance on how to manage their reactions and you can help your child by remaining calm and reassuring them.

There is a common misunderstanding that talking with your child about a topic such as COVID-19 may increase their anxiety. This is not the case. It is important to listen to your child and answer their questions as honestly as possible and correct any misunderstandings. This will help them feel informed and understand what is happening.

Keeping up to date with the facts from reliable sources will help keep conversations calm, considered, and constructive. Provide information in words that are appropriate to the age of your child.

Children can be distressed by hearing repeated stories so monitor how much your child is being exposed to television and social media and encourage them to talk to you about what they are seeing and hearing.

### Some practical advice

Some practical advice for your child includes reminding them to cover their nose and mouth when they cough or sneeze (coughing into their elbow is a useful strategy), keep their hands clean by washing them regularly with soap and water, and avoid touching their eyes, nose, and mouth before washing their hands. These are easy habits for children to adopt, and should help them feel as though they're able to exert some control over their circumstances.

If your child must stay at home, it is important for your child to maintain a healthy lifestyle including proper diet, sleep, and social contact at home and by email and phone with family and friends

### Communication is important

- read [the department's response to COVID-19](#) for current information
  - read any information sent home by the school.
-

- contact the school if your child becomes unwell.

## Where to get help

Contact the school if you are concerned about your child's wellbeing to discuss the most appropriate support. Support is also available through a number of agencies and community organisations. Parents and carers can:

- call the National Coronavirus Health Information line (1800 020 080)
- review the [NSW Health](#) COVID-19 website for the latest information and advice
- obtain help and information from the local General Practitioner or Community Health Centre

If you would like additional support, the following services are available

- The school counselling service
- Kids Helpline – 1800 55 1800 – [kidsline.com.au](https://kidsline.com.au)
- Headspace – 1800 650 890 – [headspace.org.au](https://headspace.org.au)
- Parent Helpline – 1300 1300 52
- Beyond Blue – 1300 22 4636
- Lifeline – 13 11 14



### *Let's get your teeth healthy together!*

Hunter New England Oral Health provides FREE dental care for ALL children under 18yrs of age

We offer: Check-ups with x-rays, cleans, fillings and more!

We accept the Child Dental Benefits Schedule

For more information about oral health and accessing our service, visit the HNE Kids Health webpage at

[www.hnekidshealth.nsw.gov.au/oralhealth](http://www.hnekidshealth.nsw.gov.au/oralhealth)



Health

Hunter New England  
Local Health District

**Call 1300 651 625 to book an appointment for your child**

## Term 1 2020 Calendar

Week	Monday	Tuesday	Wednesday	Thursday	Friday
8	16 March Book Fair Begins	17 March Book Fair	18 March Book Fair	19 March Book Fair	20 March Yr 3 Sydney \$50.00 due Yr 6 Canberra \$70 due
9	23 March Yr 5 doing NAPLAN Practice	24 March	25 March	26 March	27 March Ride2School Day?
10	30 March	31 March	1 April	2 April Student Led Conferences Until 8 April ?	3 April Yr 4 Bush Camp \$50 due
11	6 April	7 April	8 April	9 April Last Day of Term 1 Easter Parade and Grandparents Day ? Yr 3 Sydney \$50.00 due Yr 6 Canberra \$70 due	10 April Good Friday

## Term 2 2020 Calendar

1	27 April Staff Development Day	28 April Students Return	29 April	30 April	1 May Yr 3 Sydney \$50.00 due
2	4 May	5 May School Photos	6 May	7 May Mother's Day Stall	8 May
3	11 May NAPLAN	12 May NAPLAN	13 May NAPLAN	14 May NAPLAN	15 May NAPLAN Yr 4 Bush Camp \$50 due Yr 6 Canberra \$70 due