

Nuriootpa High School Newsletter



From the Principal By Gerri Walker



We have had a constructive start to the term, including some positive school wide events.

- On Monday of week 2, we had the Parent Teacher Interviews via Teams. Overwhelmingly there was positive feedback from the staff. One interesting piece of feedback was that with the students logging into the meetings for their parents, the students were part of the meeting and this was very productive.
- On Monday of week 3, we had the Open Day/Night where prospective Year 7 students and their families visited our school. Many families commented on the school tour noting that it provided some interesting and engaging ideas for their students to be part of in the future.
- During weeks 2 and 3, we have had NAPLAN. Having the additional year level (Year 7 students), undertaking these tests has meant much more planning and co-ordination. Staff have undertaken this additional work and provided safe spaces for the students to do the tests.
- On Friday of week 2, we had a successful Pupil Free Day. Further information about some of the work that we undertook is included below.

COVID

- Mandated mask wearing continues until the end of week 4. Overwhelmingly the students have been very accepting of this.
- There has been an end to the centrally funded extra cleaning shift that happened between 10am and 12pm daily.
- Ventilation works and 17 air purifiers have been provided to assist with improving ventilation in the 17 rooms that the department has identified. These arrived on 6 May and have been installed across the school.
- Staff meetings and professional learning are still happening largely by Teams. Some smaller meetings are occurring in larger spaces with staff.
- Work experience and work placements for all Year 10's are occurring during week 4.
- Each day we do a daily 'Pulse Report' of staff for the department.
- We are still expected to send a daily update to all parents.

Staffing Update

- John Hegarty will continue to work in the Tech Studies faculty until the end of semester 1.
- Jess Hudson will continue for the remainder of this semester.
- Sue Brown will backfill Nick Bury for the remainder of this semester. Nick gained a job with Pulteney Grammar during the last week of term 1.
- Brooke Wheeldon has joined us to backfill Trish Sweet in Art.
- Megan McDonald, Tamara Hocking & Vanessa Evans have joined us as Mainstream Classroom Support SSO's.
- Emma Zimmermann and Leanne Reed have joined us as classroom support SSO's in the Inclusive Education Centre.

Coming Events

- | |
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| 26/5 National Sorry Day |
| 27/5 National Reconciliation Week - June 3 |
| 30/5 Y7-9 Girls Football |
| 31/5 Y7-9 Mixed Hockey |
| 1/6 Leaders' Mtg
Canteen Meeting
Y10 SAPOL Presentation |
| 2/6 Y10 OEd Day Walk
Mt Crawford |
| 3/6 Open Boys / Girls Soccer |
| 7/6 Buildings/Grounds Mtg |
| 8/6 Y10 OEd 2d Bush Walk
Mt Crawford |
| 10/6 Y9-10 Girls Soccer |
| 13/6 Queen's Birthday |
| 14/6 Pupil Free Day |
| 15/6 Leaders' Mtg
Y7-8 Boys Football |
| 17/6 Open Boys / Girls Hockey |
| 21/6 Finance Mtg
Governing Council Mtg |
| 22/6 YL Team Mtg |
| 24/6 Y9-10 Boys Soccer |
| 27/6 Start of Semester 2 |
| 29/6 Leaders' Mtg
Y9-10 Boys Football |

From the Principal Continued...

Site Improvement Plan Process

We have been focussing on Numeracy across the Curriculum in our site improvement planning work. To date we have looked at:

Graphical Literacy. We identified that students need to:

- know how to interpret graphs
- elicit key information
- extract the basic information
- draw conclusions
- compare and contrast
- provide recommendations

Staff were provided with examples of how graphs can give different perspectives and 'can lie' through the way they are presented. Staff were asked to consider how graphic literacy applies to their learning area. They were then provided with some connection to the work that we have been undertaking on writing and given some possible sentence starters that students could use to write about graphs and a framework to write a longer text about graphs.

Each learning area then addressed the 3 points:

- Where are graphs currently used in your learning area?
- Does your team need upskilling in the use of Excel Charts?
- Would the inclusion of graphing within the task, support students learning in your subject area?

We are now working with faculties on the areas they have identified to follow up and to improve student learning outcomes.

At the Pupil Free Day on Friday 13 May, we had the next session on Numeracy across the Curriculum.

The focus of this session was Proportional Reasoning. This was broken down into:

- Proportion meaning understanding fractions, decimals, percentages and ratio
- Reason meaning consideration of a situation by applying a common sense or context specific thought process

We shared how proportional reasoning is used in many learning areas such as:

- Health and Personal Development - nutritional information, percentage of daily intakes; food labels and health claims
- Design and Technology - Ohm's Law/Watt's Law, fuel consumption, power to weight ratio
- The Arts - ratio of colour mixes, music time signature, triads, chords, balance, & dynamic proportional reasoning, ratio and scale in set design, stage sound & lighting and visual artwork

Some common misconceptions in this area were shared, such as: not understanding the denominator (bottom number in a fraction) means that the divisions/sections need to be the same size and that 1/2 means the same as dividing by 2.

Faculties then discussed:

- Where is proportional reasoning used in your subject area?
- Where do you need to explicitly teach proportional reasoning and consider where it is used within tasks?

The feedback from this session will now inform the next steps of our work.

One Plans

One of the sessions at the Pupil Free Day was focussed on supporting Home Group teachers to begin the ownership of their students' One Plans. We are in the transitional phase of this and will continue to progress this work throughout the term. This is a significant change for our school and it is a change across the department. We have agreed to use some of our school's Complexity Funds to release staff to undertake this work. Currently employing relief teachers to do this is challenging due to the impact of COVID.

Facilities Update

The Home Ec. kitchen is now operational. It went over budget by \$29,000. It is great to have an updated learning space.

The 8 Year 7 rooms (2 x Quads) are now finished. Work that has recently been completed includes: another set of steps, verandah, paving and bituminising behind the buildings. The school paid for the bitumen to extend to the end of the buildings.

The department has agreed to seed the area adjacent to the quad buildings.



From the Principal Continued...

The Multi-Purpose building, new Tech Studies room, upgraded Hospitality and Inclusive Education double classrooms are all being used and are in the defects period.

We have purchased the play equipment for the Inclusive Education Centre play area, but are now having difficulty finding a company to undertake the groundworks and another to install the equipment.

At this stage, the earliest this can happen is October. We are following up other companies to see if we can progress this work earlier.

The re-located long jump tracks and sandpit have nearly been completed on the eastern side of the eastern oval.

Planning for 2023

We have commenced the planning work for staffing for 2023. This week we will begin to advertise leadership positions for next year.

Governing Council Report

Governing Council met on Tuesday 17 May via Teams.

Key points from the meeting were:

- Student Awards Working Party proposed that only sports awards be gender based and all other awards be non-gender based on the criteria. This motion was passed by the council members. The working party will now review the criteria for the awards and the associated monetary prizes. Part of this review will be working with the sponsors of the awards.
- Traffic on the roads and car parks in the schools grounds: There had been an engineer working on the traffic around the schools including the location of the school buses. He was also working on 76 new carparks for staff to be located on the school grounds. This project has now been allocated to 2 different personnel within the department. The Governing Council Working Party have asked for the person responsible for the buses etc to meet with them asap. The carpark work will commence with an architect doing some more work at the school level.
- Discussion about the use of social media and how to best share information with parents. Andrew Dickinson, Deputy Principal is exploring this further.

SRC Report

This term we have welcomed the new, Year 7 and 8, SRC members this term. Three students from Year 7 and three students from Year 8 met with the other members of the SRC for the weekly formal and action meetings. The new members have enjoyed the opportunity to contribute to the decisions and actions within our meetings.

At the end of last term and during the school holidays, members of the SRC supported the school's ANZAC online assembly and the RSL Dawn Service. We thank the teachers for their support with these services.

On Friday week 3, the school held a Bee themed casual day for *International Bee Day*. Funds raised from the casual day will go towards the school's bee keeping club and the Barossa Bush Gardens. The SRC would like to thank the students and staff who participated and supported the casual day. Our next casual day is Friday week 9 (1/7) which will be Pyjama themed and students and staff will be able to purchase garlic bread.

We have continued the feminine hygiene system, providing free products in all female toilets for students. Students are still able to order and receive free packs of products if they need through contacting wellbeing.

The SRC Instagram page is up and running! You can check the page for upcoming events and information [@nurihighsrc](#).



From the Finance Office

Thank you to those families that have paid the Material & Service Charge of \$480. The M&S Charge was due to be paid on 11 February so if you have not yet paid please arrange to do so as soon as possible.

Payment arrangements can still be made. Contact the Finance Office on 85622022 or email dl.0788.finance@schools.sa.edu.au

When making payments to NHS bank account for M&S fees or other invoiced amounts please remember to use the invoice number or family code as the reference.

SCHOOL CARD

School Card covers **\$334** of the Materials & Services Charge. The additional \$146 of Material & Services Charge will be waived if School Card is approved. Families must apply for School Card annually and lodge an application at the school where the student attends.

The income limit chart is available on NHS website <http://www.nurihs.sa.edu.au> and all school card forms and eligible criteria are on the following link: www.sa.gov.au/topics/education-and-learning/financial-help-scholarships-and-grants/school-card-scheme

The Form A School Card form is based solely on the number of dependent children and income for the last financial year. School Card Form A is available on the NHS website <http://www.nurihs.sa.edu.au> on the School Information page, where you can **apply online** or print a hardcopy. The completed form can be emailed to dl.0788.finance@schools.sa.edu.au, faxed, posted or returned to the Finance Office. This should be done as soon possible at the start of the year.

Form A is based solely on the number of dependent children and income for the last financial year. This may not be the correct form for you as there are other ways that you may meet the requirements to be eligible for school card assistance such as hardship, change of circumstance, self-employed, foster children and independent youth allowance.

The NHS website has School Card forms required to apply for assistance under these circumstances or contact the Finance Office and the relevant form can be sent to you. If you consider that you may be eligible for School Card please complete the form that best meets your circumstance and return it to the Finance Office as early as possible after the commencement of the 2022 school year. If you are unsure of your eligibility and require further assistance please contact the Finance Office.

If you are found to be ineligible for School Card then you are liable to pay the Materials & Services Charge of \$480.

Canteen Online Ordering with Spriggy School

Place your canteen orders online with Spriggy Schools, this makes lunch orders more convenient for both families and the canteen. Students can avoid the queue by ordering recess and/or lunch online. A pre-ordered collection point is available at door # 1 at the Canteen.

Cut off time for on-line ordering is 9:30 am for recess and lunch.

Steps to get started:

- Go to www.spriggyschools.com.au to register and to find links to download the Spriggy Schools app. You should also be able to find the app in your relevant device app store by searching for 'Spriggy Schools'. Alternatively you can just use their website to place orders.
- Add a profile for each of your students, making sure you select Nuriootpa High School and your student's year level.

If you have any questions, please contact Spriggy Schools via their website or the Live Chat on the App.

ENTERTAINMENT BOOK

Get your new Entertainment Membership today to support Nuriootpa High School. The school receives 20% of every book sold.

Entertainment Memberships can start anytime and are packed with thousands of substantial savings on dining, travel and fun family activities. The digital membership is easy to download to start using instantly. New offers are added weekly for ongoing value all year round.

ORDER Link: <https://www.entbook.com.au/1622w51>

OR:

SCAN QR



Dame Roma Mitchell Scholarship



Congratulations to Seth Bagguley who has received the Dame Roma Mitchell Scholarship for 2022. On Friday 20 May, Seth and his family, Ms Anne Barclay, Assistant Principal and Ms Natalie Axo, AET attended a reception in the Crystal Room of the Stamford Plaza Hotel, Adelaide where Seth was presented with his Scholarship by the Chief Executive of the Department of Education, Mr Martin Westall and Mr Brian Butler.

Dame Roma Mitchell recipients are awarded \$2,000 over Years 11 and 12 to help them successfully complete SACE. Seth is hoping to pursue an apprenticeship in the building industry.

Natalie Axo AET

Inclusive Education Centre - HASS

In HASS we have been focusing on our family history and where our ancestors came from. We have made our very own timeline of our lives from birth until now. We discovered the different cultures our families bring into our community and looked at what makes us unique.



We have a special reading area where we have quiet time under the classroom tree. Its wonderful watching the students choose a book, read to each other and find joy when reading them.

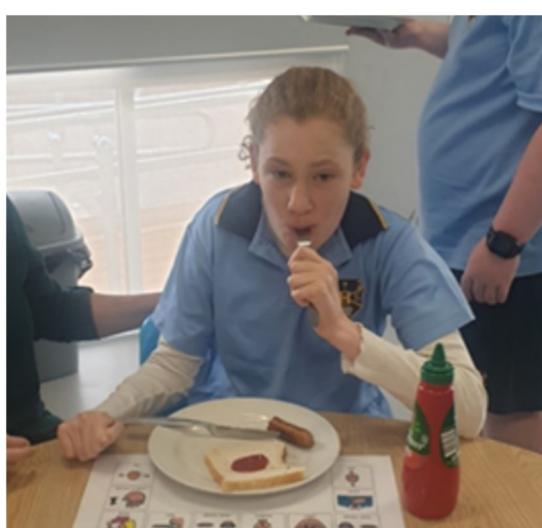
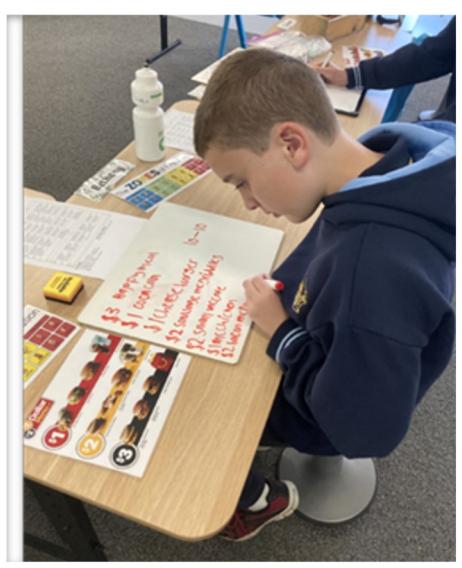
Inclusive Education Centre - Reading & Life Skills



Literacy is a major focus in IEC4. We visit the library every week to borrow our very own books which we access throughout the week. We focus on 2 letters a fortnight and 1 book per week, and every day we read the story we have a different purpose for reading it. We use personalised PODD pages made to suit each book. We also use multiple tools to help with writing such as flipcharts and QWERTY keyboards.



In life skills classes we have been cooking. We clean up after ourselves and are learning how to read menus and basic financial skills. Recipes are read weekly, with the extra visual of a personalised PODD page to enhance the understanding of the cooking process.



Inclusive Education Centre - Health & PE

In our Health and PE practical sessions we have had a strong focus on social skills and good mental health, with regular walks out to the Blue Gums and also the Barossa Bush Gardens (via Coulthard Reserve). We have the opportunity to appreciate nature, connect with community, keep moving, practice mindfulness and get to know each other better. Last term our classroom staff blindfolded themselves and we were trusted to guide them through the Blue Gums and make sure they didn't trip over or bump into things. In this we had to practise good teamwork and communication skills, and we learned what it meant to be trusted and relied upon by others.



The main sport we have been focusing on so far this semester is basketball. We are quite good at shooting hoops and dribbling, and our passing skills are getting better and better! We are learning to pass the ball to our team mates and shoot goals even when someone from the other team is trying to get the ball from us.



Inclusive Education Centre- Health & PE

With the cold wet weather limiting our outdoor activities this term, we have found a way to play our own version of basketball inside the classroom. Rain can't stop us from having fun!



Inclusive Education Centre – The Arts

So far this year we have been focusing on the Performing Arts. In term 1 we explored Music and recently we have entered the awesome world of Drama.

We have begun learning about mime, facial expressions, body language, sound FX and different voices, and how these elements can be combined to express feelings, entertain, and tell a story. We have been researching these elements by watching 'The Upside Down Show', as well as parts of 'Whose Line is it Anyway?' and 'Mr Bean', and trying out techniques they use there. It is a very brave thing to get up in front of our classmates and give it a go – but we are learning that the only way to get good at drama is to take risks in a safe space and have fun with it. We have not taken photo's or video's yet. We are going to practice being brave for a bit longer first!

For Music last term we shared our favourite music artists and songs. We experimented with different instruments and recording software, composed our own rhythms and learned about music notation. We also danced to Just Dance videos and played social games that involved musical elements, such as our favourites "Silent Detectives" and "Who Stole the Cookie".



Sometimes we visit the Music Room where we got to play larger instruments such as the drum kits, piano/keyboards and big xylophones.

Kicking Goals



Foundation Barossa Executive Officer, Annabelle Elton-Martin with Charlie Goodfellow and John Hughes.
Photo by McKenzie Thompson.

Charlie Goodfellow is helping to kick goals

"Charlie Goodfellow is a very impressive young man. He has just been awarded the 2022 Kicking Goals Scholarship," said Ms Annabelle Elton-Martin, Executive Officer, Foundation Barossa.

Charlie, a year 12 student from Nuriootpa High's Inclusive Education Centre, has a long-held dream to become a welder.

He is hoping to study metal fabrication at Barossa TAFE and get some work experience or an apprenticeship in welding, as Charlie said, "You have to work your way up".

For Charlie, the most important part of the scholarship is the opportunity to be mentored by John Hughes.

Charlie does not let anything hold him back and is passionate about helping others. He volunteers at Lyndoch CFS, which

he enjoys everything about, especially the banter!

He has just finished playing tennis for the season because he tells us, "It is good to be out in the community and stay fit".

Charlie also has a part-time job at Lyndoch Motors where he proudly lets us know he turns up on time and hasn't missed a shift.

"Charlie is a talented lad", said John Hughes.

"He does amazing sculptures using his welding skills, and has a real talent in drawing."

"I am looking forward to mentoring Charlie and looking forward to helping him create opportunities to use his skills further in the Barossa Community."

Congratulations on your achievements Charlie!

Special Class Numeracy

Some students from Ms Walker, Ms Draper and Michael's Numeracy class are demonstrating where to put fractions correctly on a number line and prove why they believe their positions are correct.

Special Class Activities



Student Sporting Success

Year 10 student, Mia Devlin attended the Athletics State Championships at Santos, Mile End recently and is now State Champion in the U16 girls Triple Jump, Long Jump, 100m and 200m.
Congratulations on your achievements Mia.



School Sport Report

In Week 11 of Term 1, 80 Nuriootpa High Students were selected to be part of the School Athletics Team that competed at the Athletics SA Stadium in Mile End as part of the SA Secondary Schools Athletics Championships. We had some outstanding individual efforts on the day and place getters are recognised below. Thankyou to the staff and student helpers who attended the day.

SANTOS Athletics



1st Place

Fynn Manning: 100m and Hurdles
Malik Yahaya: 200m
Ariel Rothe: Long Jump
Josh Reichelt: 400m
Harrison Mattner: Long Jump
Tyrell Burgess: 1500m and 3km
Fraser Broadbent: Steeplechase
James Noack: High Jump
Davids Baikovs: Shotput
Oscar Schultz: Shotput
Beau Graham: Discus
Reese Chamings: 800m
Jacinta Howard: Shotput
Open Boys Relay Team
Under 15 Boys Relay Team

2nd Place

Fynn Manning: Javelin
Ariel Rothe: 100m
Harrison Mattner: Hurdles and 200m
Ethan John: 200m
Hudson Lange 800m and 1500m
Ariel Rothe: Discus
Tom Noack: Javelin
Chloe Petersen: Triple Jump

2nd Place

Hunter Wilksch: 400m
Tessie Kennedy: 200m and 400m
Jade Poland: 800m
Zinnia Weight: 3km
Lara Manning: Triple Jump
Hayley Henke: Long Jump

3rd Place

Malaykai Myatt: 100m
Eamon Wilksch 400m
Jacobus Houston: Hurdles
Zack Hunter: Long Jump
Jett Ribbons: High Jump
Davids Baikovs: Discus
Harrison Davies: Shotput
Jayden Mullins: Shotput and Discus
Reese Chamings: 100m
Hunter Wilksch: 200m
Chantelle Baumann: 400m
Jacinta Field: Hurdles
Mackenzie Lindner: Hurdles
Lara Manning: Discus
Sophie Etschied: High Jump
Open Girls Relay Team

School Sport Report



A vast number of School Sports commence this term. Many trials have already begun in preparation for Round 1 draws. Students should listen and read daily bulletin notices for when coaches call meetings and trials. Results of School Sports are regularly posted on the Nuriootpa High School Facebook page. Good luck to all the students involved and a big thank you to the staff coaches who volunteer their time.

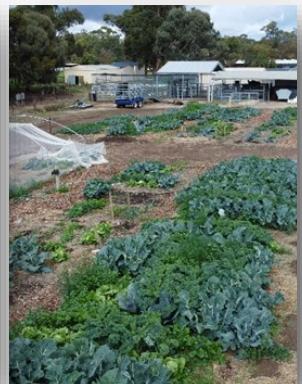
Years 7/8 Boys Football
Years 11/12 Boys Football
Years 7-9 Girls Football
Years 10-12 Girls Football
Years 7/8 Girls Netball
Years 9/10 Girls Football
Years 11/12 Girls Netball
Years 9/10 Boys Soccer
Years 9/10 Girls Soccer

Years 9/10 Boys Football
Years 11/12 Girls Soccer
Years 11/12 Boys Soccer
Years 7-9 Mixed Hockey
Years 10-12 Boys Hockey
Years 10-12 Girls Hockey
Years 11/12 Boys Basketball
Year 11/12 Girls Basketball
Swimming Championships

Brad West
Sports Manager

AG - Garden Production

During Term 1 our Year 8/9 students improved the Agriculture vegetable plots by creating no dig garden beds. Students initially weeded and flattened the garden area, before laying cardboard down (with all plastic/tape removed) to create a weed barrier. Students trialled some gardens (not including the cardboard barrier) to see how many weeds would grow. Gardens were then layered with a mixture of mushroom compost, cow manure, horse manure and aged chicken manure. The Year 9's are responsible for operating and running their own enterprise, and selling their produce to make an income. They have a range of lettuces, broccoli, cauliflower, kale, celery, fennel, leeks, red cabbage, green cabbage, beetroot, radishes and snow peas currently growing.



It's Poppin in the AG Plots!

In the Ag plots we grew an heirloom variety of corn, 'mini blue', over the 2021/22 summer which the students picked, dried and 'winnowed' to get rid of the chaff before we could pop the seed. It is smaller in size to regular popping corn and whiter, but very tasty!



Premier's Reading Challenge

The Premier's Reading Challenge is in full swing at NHS, with student borrowing at an all-time high! It's a wonderful opportunity for students to gain a sense of achievement and to participate in a 'challenge' that each year culminates in either a certificate or medal. We also have our own Premier's Reading Challenge rewards celebration and lucky dip at the end of the year for all participants.

So it's up to you to take up the Challenge! Come to the Library, take a form, fill it in and drop it back to the Library when you complete your form. The Challenge finishes in September.

Ms Axo
Teacher Librarian



How to Connect to Daymap

To set up your DayMap Connect Account, please refer to information below. Installing the DayMap Mobile App instructions also below.

CREATING YOUR DAYMAP CONNECT ACCOUNT:

STEP 1 - Click on this web-link for parents -

<https://daymap.nurihs.sa.edu.au/daymapconnect/>

STEP 2 – Ignore the Username and Password sections and click on “**Can't access your account?**”

Enter the email address you have registered with the school along with a matching valid student code. A link to set your password will be emailed to you.

Email

Reset Password

[Click here to log on to Daymap Connect](#)

Daymap



Nuriootpa High School

Username : Username

Password : Password

[Forgot your password?](#)

Can't access your account?

Remember Me

Sign In

STEP 3 - You'll then need to enter the email address you provided Nuriootpa HS when enrolling your child and insert it as shown

STEP 4 – Click on “Reset Password”

STEP 5 - You will now receive a separate email from DayMap Administration, which will show your **USERNAME** (6 characters long) and a web-link to click on in the email, to set a new password.

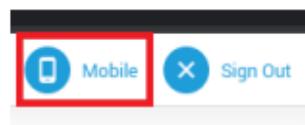
Follow the instructions in the email and then you will have both your **Username** and **Password** and be able to log in.

STEP 6 – If not redirected to the login page, click on the URL at STEP 1, and then use your USERNAME and NEW PASSWORD to log in.

INSTALLING THE DAYMAP MOBILE APP ON YOUR PHONE:

Can I suggest that you do the following in regards to installing the Mobile App...

1. Log into DayMap Connect on your phone through Safari or Google Chrome (or whatever search engine exists on your phone) using the same URL as in Step 1 above.
2. When logged in click on Mobile icon



3. This will direct you to your App store to download the “**Daymap Mobile**” App (do not use the “DayMap connect” App)
4. Then open the DayMap Mobile App and log in

This information is also available on our website here:

http://www.nurihs.sa.edu.au/daymap_connect.htm

For any further help with Parent Teacher Interviews or Daymap Connect please contact the school on 8562 2022



SA/NT Pathways to Post School Life: A session for students in Years 10 - 12

The National Disability Insurance Agency would like to invite SA/NT students with a disability in Years 10-12, their parents, carers and education professionals to attend a virtual information session on building skills and paving a pathway to post-school life.

This session will provide an opportunity to discuss NDIS-funded supports and other assistance to help young people to build skills to prepare for their transition, and to support them in the achievement of their employment and other goals, post-school.

Who should attend: Participants, Families from SA and NT, Education professionals and Providers

Where:

All sessions are held virtually via MS Teams

Date:

Information Sessions are held monthly
from 20 April 2022 – 29 September 2022

Time:

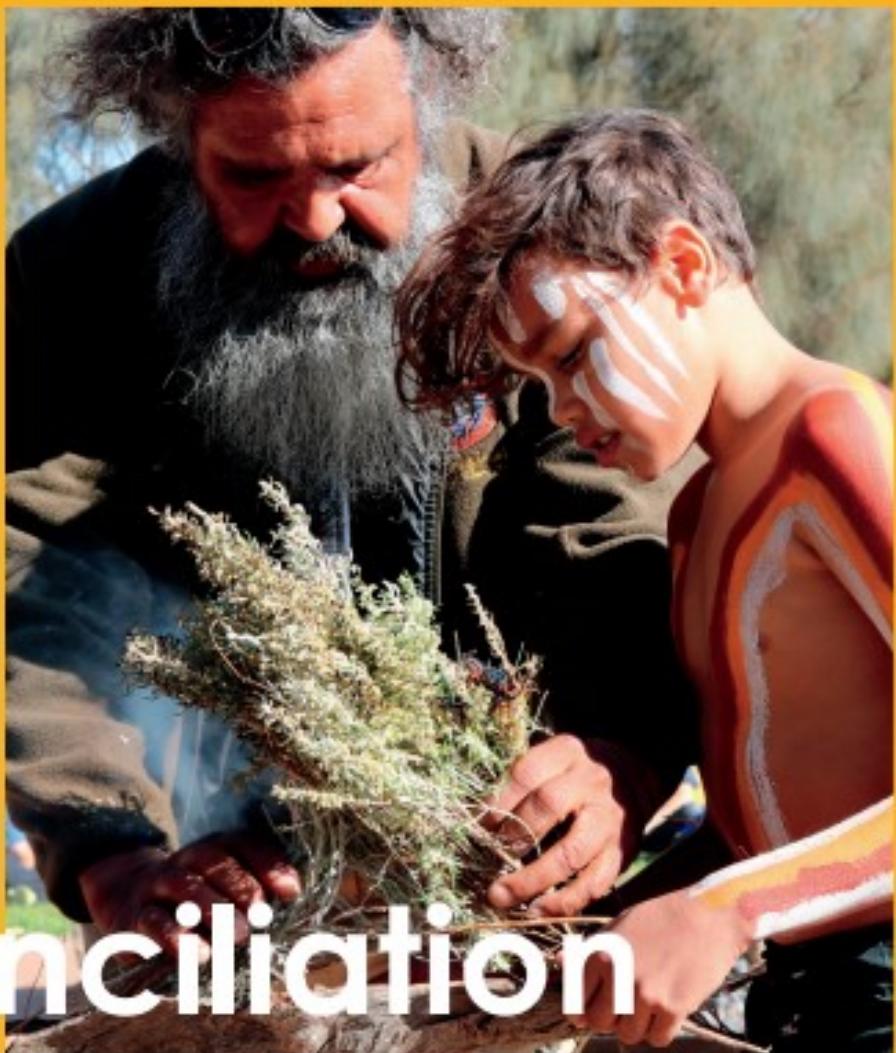
Sessions are being held at various times
to meet audience needs

Further information and RSVP:

Please go to the [Eventbrite](#) website.

Additional information: If you have any accessibility requirements please let us know when you register. Please note - we need a minimum of five (5) business days' notice to book Auslan interpreters.





Reconciliation & Barossa Bushgardens Open Day

Sunday 29 May 10am -2pm

Traditional uses trail - reconciliation activities
Trees for Life & Revitalising Private Conservation session
food and drink - stalls - kids' play

653 Research Road Nuriootpa | 8563 8330



NGADJURU
PERAMANGK
KAUNA

Supporting children to return to school



COVID-19 TIP SHEET

The COVID-19 pandemic has caused stress and anxiety across the globe, and continues to impact our lives. As restrictions begin to ease, there will be a need to transition back into society, and we will need to help each other to do so.

For children, this will mean returning to school for face-to-face learning in the classroom. Just as the transition to learning from home took some time for children and families to get used to, so too may the adjustment back to school.

With school-aged children across Victoria slowly returning to face-to-face learning, it's normal for them to have mixed feelings about returning to school. Children may feel anxious, scared, reluctant, excited or just overwhelmed. Children's feelings may vary depending on their age and stage of development, and their family situation.

How children feel about returning to school may vary both between children in the same family, and it may also vary day-to-day for a particular child.

It's important for you, as a parent, guardian, or someone with children in your care, to acknowledge the changes and talk with your children about returning to school.

! Four tips for supporting children

1. Listen and support

Talk to your child about how they're feeling. Listen to them and reassure them that it's normal to feel anxious, scared, overwhelmed or worried about going back to school. It's also normal to feel excited at the same time as feeling stressed or scared about the changes and lifting of restrictions.

Talk to your children about the positives of the upcoming changes, including what they like to do at school that they haven't been able to do at home during remote learning.

2. Create a plan

- **Make a plan for the first day and first week** of school. Planning can help reduce stress and anxiety by adding structure and routine to new, changed or uncertain situations.
- **Allow time for play, relaxation and homework**, as well as some tasks around the home which are suitable for your child's age and stage of development.
- **Set up some playdates with school friends** (while adhering to government requirements for social gatherings) to help your children feel connected with their school community outside the classroom.
- **Get back into a routine**, including dinner, bath and bed times.
- **Restrict and/or reduce how much news and media younger children are exposed to**, as this may scare or worry children. For older children, help them to source reputable and reliable media and talk about what they're reading and viewing.
- **Talk about and be upfront about any concerns** your children may have.
- **Stay calm and allow time** for your children to transition and settle back to school.
- **Support kids to get plenty of rest**, particularly in the first week or two after returning to school, as they will be adjusting to a much busier schedule than what they have recently been used to.
- **Make positive statements** to your children about what they're doing well, and how they're coping with the challenges and expectations placed on them by the teachers and the school.
- **Build in some 'down time' at home** when children return home after a school day; if possible go for a walk together to the park, or engage in a relaxing activity together, and provide a healthy after-school snack.

*Relationships Australia.
VICTORIA*

- **Involve your children** in preparing your family's meal for dinner, and give them tasks and responsibilities to help you in your household. While helping out is part of being a team, you can also build in some rewards to encourage and recognise their assistance.
- **Plan some fun family activities together** to look forward to on the weekends.

3. Give it time

It's important to be aware that any transition can take time and every child will be different. Some will bounce back into their old routines immediately while others will take longer to readjust.

Remember that being away from school and then returning to a changed environment can cause anxiety and stress. Problem-solve any concerns or issues together and write down strategies that will help your children to cope.

4. Get help if needed

If your children are experiencing prolonged behavioural issues, seek help, as the COVID-19 pandemic could trigger more serious stress disorders and it's best to seek help early.

If you're concerned, talk to your GP, **Kids Helpline**, the school psychologist or school counsellor/welfare coordinator, or a local health service.

To find out how our counsellors can support you and your family, visit www.rav.org.au/counselling

If you need more support, these services can help:
www.rav.org.au/resources/family-parenting-services

Need support?

We're committed to safely supporting Victorians throughout the evolving COVID-19 situation. Visit www.rav.org.au/COVID-19 to access more free resources and find out how we can assist you.

About us

Relationships Australia Victoria has over 70 years' experience providing family and relationship support services across Melbourne and Victoria.



We are committed to providing safe, inclusive and accessible services for all people.

We acknowledge the Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the lands and waterways of Australia and we support Aboriginal people's right to self-determination and culturally safe services.

We recognise the lifelong impacts of childhood trauma.

We recognise those who had children taken away from them.

COMMUNITY NEWS



NHS Term 2 Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
TERM 2	Week 1 2/5	3/5 Year 11 RAP Presentation 9-10:30am	4/5 8:00 Staff flu vaccinations 3:30 Leaders' meeting	5/5 Year 10 vaccinations	6/5	7/5 & 8/5
	Week 2 9/5 Parent teacher interviews	10/5 NAPLAN window opens 11 OEd Cycling Lyndoch	11/5 YL Team meeting 11 OEd Cycling Lyndoch	12/5 SAPOL Presentation- Yr 7	13/5 Pupil Free Day	14/5 & 15/5
	Week 3 16/5 Open Day	17/5 4pm Finance Meeting 7pm Governing Council Meeting	18/5 11 OEd 3d Murraylands 3:30 Leaders' meeting	19/5 11 OEd 3d Murraylands Adelaide Uni Visit (1-on-1) SAPOL Presentation- Yr 8	20/5 NAPLAN window closes Casual Day 11 OEd 3d Murraylands	21/5 & 22/5
	Week 4 23/5 Year 10 work experience	24/5 Year 10 work experience	25/5 Year 10 work experience Open Boys Football @ Kapunda	26/5 Year 10 work experience National Sorry Day	27/5 Year 10 work experience National Reconciliation Week – June 3 Newsletter	28/5 & 29/5
	Week 5 30/5 Year 7-9 Girls Football at Trinity	31/5 Year 7-9 Mixed Hockey	1/6 3:30 Leaders' meeting 3.30pm Canteen Meeting 12:40-1:10pm - Year 10 SAPOL presentation	2/6 10 OEd Day Mt Crawford	3/6 Open Boys and Girls Soccer	4/6 & 5/6
	Week 6 6/6	7/6 3.30pm Buildings & Grounds meeting	8/6 10 OEd 2d BW Mt Crawford 1.10pm Uniform Meeting 6:00PM Senior Drama Performance	9/6 10 OEd 2d BW Mt Crawford	10/6 Years 9-10 Girls Soccer	11/6 & 12/6
	Week 7 13/6 Queen's Birthday	14/6 Pupil Free day	15/6 3:30 Leaders' meeting Years 7/8 Boys Football	16/6	17/6 Open Boys and Girls Hockey	18/6 & 19/6
	Week 8 20/6	21/6 4pm Finance Meeting 7pm Governing Council Meeting	22/6 YL Team meeting	23/6	24/6 Years 9/10 Boys Soccer	25/6 & 26/6
	Week 9 27/6 Start of semester 2	28/6	29/6 3:30 Leaders' meeting Years 9/10 Boys Football	30/6	1/7 Casual Day Newsletter	2/7 & 3/7 NAIDOC Week starts 3-10 July
	Week 10 4/7 NAIDOC Week	5/7	6/7	7/7	8/7	9/7 & 10/7



UNIFORM SHOP OPENING TIMES
EVERY TUESDAY FROM
8.30 - 11.00AM
1.00 - 3.45pm

Our full uniform can be viewed by visiting the school website
[**www.nurihs.sa.edu.au**](http://www.nurihs.sa.edu.au)

