

NURIOOTPA HIGH SCHOOL

Tradition—Relationships—Excellence

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FROM THE PRINCIPAL

Corona Virus (COVID19)

Our school community has experienced a wonderful partnership throughout the ongoing COVID19 pandemic. We have all worked in different ways and have been innovative to address the range of challenges that we have faced. As we progress through Phase 1 of the Road to Recovery, we are continuing to explore how together we can maximise the learning and wellbeing outcomes for our students.

A sincere thank you to the families on behalf of the staff for your ongoing support of our educational program.



Governing Council Report

The Governing Council AGM was held on Tuesday 17 March. It was a positive meeting with the council having 8 ongoing members and 7 nominations for new members. The current constitution allows for 14 parents on the council. There was a unanimously supported motion to seek an increase in the number of parents to 15. I have gained advice from central office and have begun the process of seeking to change our Constitution to have 15 parents on the council. One member volunteered to be a non-voting member until this process could be clarified.

The Governing Council members for 2020 are:

- ◆ Tarnya Eggleton – Chairperson
- ◆ Peter Lange – Deputy Chairperson and Treasurer
- ◆ Halena Frick - Secretary
- ◆ Karen Underwood
- ◆ Belinda Haeft
- ◆ John Martens
- ◆ Luke Rothe
- ◆ Sharyne Young
- ◆ Sonya Carmody
- ◆ Bernadette Patterson
- ◆ Kelly Neldner
- ◆ Pricilla Heidenrich
- ◆ Donna Baumann
- ◆ Jodie Marshall
- ◆ Paula Brennand (non-voting at this stage).

Student Members:

- ◆ Lucy Dickinson
- ◆ Keely Lydeamore

Staff Members:

- ◆ Sarah Afshin-Pour
- ◆ Andrew Dickinson
- ◆ Ann-Marie Ward

COMING EVENTS

- 25/5 Y8 Vaccinations
- 01/6 Y10 Vaccinations
- 02/6 4pm Finance Mtg
7pm Governing Council
- 08/6 Public Holiday
- 15/6 5-6pm Wine
Committee Mtg
- 22/6 Start of Semester 2
- 03/7 End of Term 2
2.15 Dismissal
- 20/7 Term 3 Commences

UNIFORM SHOP OPENING TIMES

Every Thursday 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

UNIFORM SHOP SALE

Zip Jackets \$50
Woollen Jumpers \$50



Governing Council Report - continued

The Governing Council then had its first meeting.

Topics discussed included:

- Year 7 facilities upgrade
- Corona virus
- Financial updates
- Update re Mobile phone Policy review.

Please refer to the minutes on the website for more details.

Preparation for Year 7s in 2022

There is much work happening in this space at our school. The work is largely in three areas:

Facilities: The department undertook an initial desktop accommodation assessment and identified shortfalls in learning areas for the school. All other areas were deemed sufficient based on the new entitlement of 1300 students. In order to fit within the \$4.4million budget, the only configuration of the areas deemed shortfalls has been developed by the architects. The new facilities will be:

- A new Tech Studies building adjacent to the current Tech Studies area
- An extension to the Hospitality Centre so that we can accommodate a full class in the facility
- A multi-purpose building with a performance space (Drama), Music room, 2 Art rooms, a PE room, a classroom, teacher prep area and staff toilets

Staff, students and Governing Council have provided feedback about the facilities and we are progressing the work. The next stages are:

- Design Concept report has been approved by our department and forwarded to DPTI
- It will then be forwarded to the school for sign off
- The architects will then proceed with design and detail. This includes footings, engineering and location of light sockets. Once we get to 60% of this achieved, DPTI becomes involved with their Construction Advisers.
- Once design and detail is 95 – 100% achieved, it will go to tender

We are slightly behind the timeline for the build to commence in October due to COVID19.

Staffing for 2022 – the department has recently consulted about a process to appoint primary school teachers to secondary schools during terms 2/3 this year with them commencing their appointment in 2022. They will engage in professional development during 2021. There would also be an opportunity for secondary teachers to also apply for these positions during 2021 and start during 2022. We are currently doing some modelling and looking at potential vacancies for 2021 and 2022.

Curriculum and Model of Operation – the leaders have begun reading a document about Teaching and Learning for Year 7s. We have started the conversation about consistency of documentation of our curriculum across the school. This was a great conversation between the leaders and one that we will continue to progress.

New Special Class in 2022

Last week the Minister for Education announced that Nuriootpa High School was one of ten schools across the state to have an additional special class in 2022.

- This will allow us to have a middle and senior Special Class when the Year 7s join our school in 2022.
- On 27 May we are having our first meeting with Capital Programs and Asset Services to begin to develop a detailed concept and design plan of our school's requirements, which may include addressing outdoor area and transport access requirements.
- The budget for each special options class is dependent on school context – we have not been informed as yet about how much we have been allocated.

Assessment Deadline Policy and Extension Process for Deadline Policy

As parents/caregivers, we are asking that you familiarise yourself with the school's Deadline Policy. All students have had this policy shared with them.

This policy refers to dates and times set by teachers for the submission, by students, of school and certain external assessments to their teachers. In developing this policy, the school has taken into consideration the principles outlined by the

Assessment Deadline Policy and Extension Process for Deadline Policy - continued

These include:

- ◆ *fairness to all students*
- ◆ *maximising validity*
- ◆ *maximum time for students to provide evidence of their learning*
- ◆ *management of workloads for students*
- ◆ *sufficient advanced notice to students of submission dates*
- ◆ *transparency and clarity of procedures and consequences for not meeting deadlines*
- ◆ *sufficient time for teachers to consider the quality of student learning*
- ◆ *operational manageability for schools*
- ◆ *consideration for exceptional circumstances and/or special provisions*

The school has two relevant policies which are on our website. They can be found at:
NHS Deadline Policy

http://www.nurihs.sa.edu.au/docs/school_policies/NHS_Deadline_Policy_2018.pdf

and NHS Extension Process for Deadline Policy

http://www.nurihs.sa.edu.au/docs/school_policies/NHS_Extension_Process_for_Deadline_Policy_2018.pdf

Please familiarise yourself with these policies so that you can support your student if the need arises.

Dropping off and collecting students from school

There have been concerns raised about traffic along the roads adjacent to the school. We have been working with the local council about these issues and have agreed to share the following information with the school community to improve road safety for all of our students.

Non-parking zones are located in appropriate places on the public roads surrounding school sites.

This ensures that South Australia Police and the local council can:

- enforce road rules and parking restrictions
- take necessary action to address driver behaviour which presents a risk to safety

These zones are designed for your convenience and for your student's safety. They operate under the same conditions as no parking zones, which means you may stop to **drop** off or pick up students for a maximum of 2 minutes. You are required to remain in, or within 3 metres of your vehicle.

Please refer to the pictures on the following page where these zones are located.



NURIOOTPA HIGH SCHOOL

BUS DRIVER REQUIRED

To drive Department for Education 43 seater bus
Split shifts: 6.45 am - 8.30 am and 2.45 pm – 5.00 pm
Paid Hourly Rate

Requirements:

Drivers Accreditation Industry Class SP LP

Drivers Licence MR R

Department for Human Services Working With Children Check

Responding to Abuse & Neglect (RAN) Training

Please provide a CV detailing bus experience and the names of 2 referees and forward to Ann-Marie Ward, Business Manager email: annmarie.ward850@schools.sa.edu.au

Applications close: 4pm 29 May, 2020

Enquiries: Ann-Marie Ward, Business Manager, Ph: 8562 2022

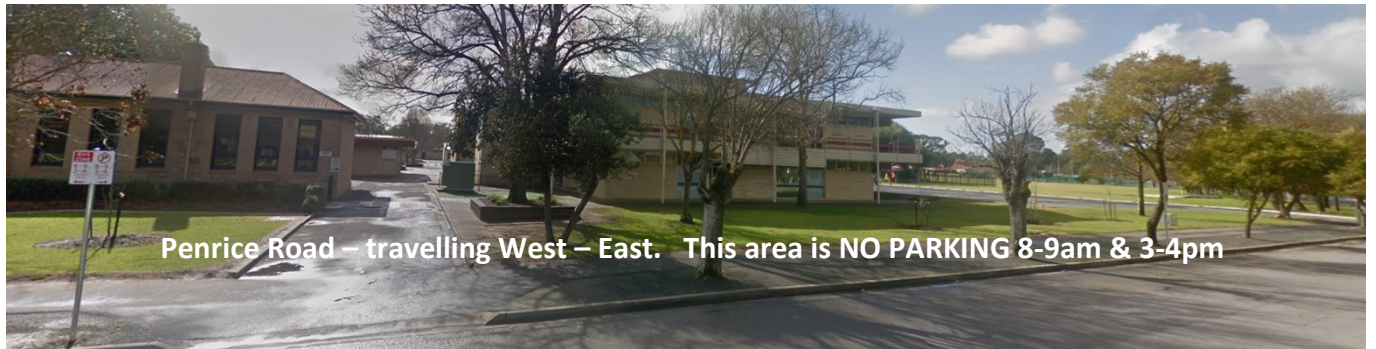
email: annmarie.ward850@schools.sa.edu.au



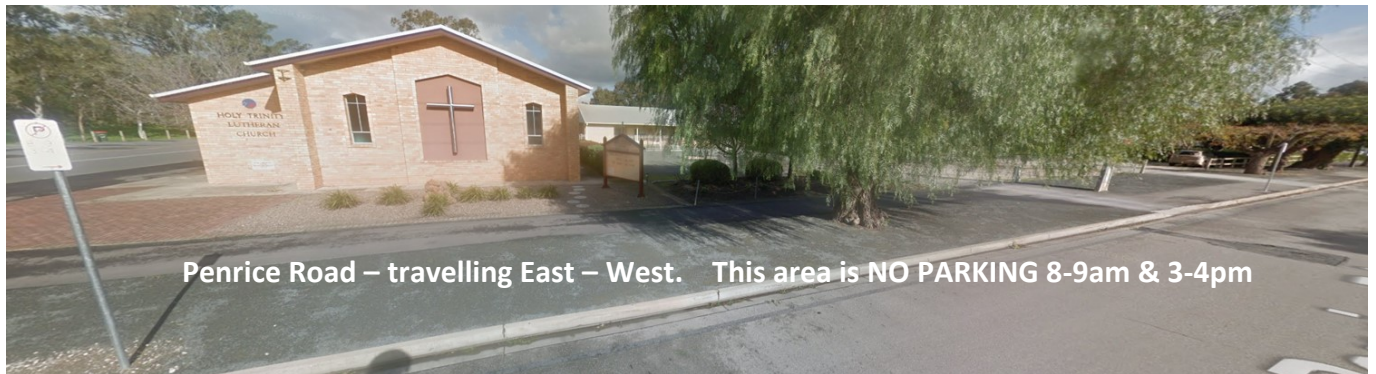
Non parking zones (from previous page)



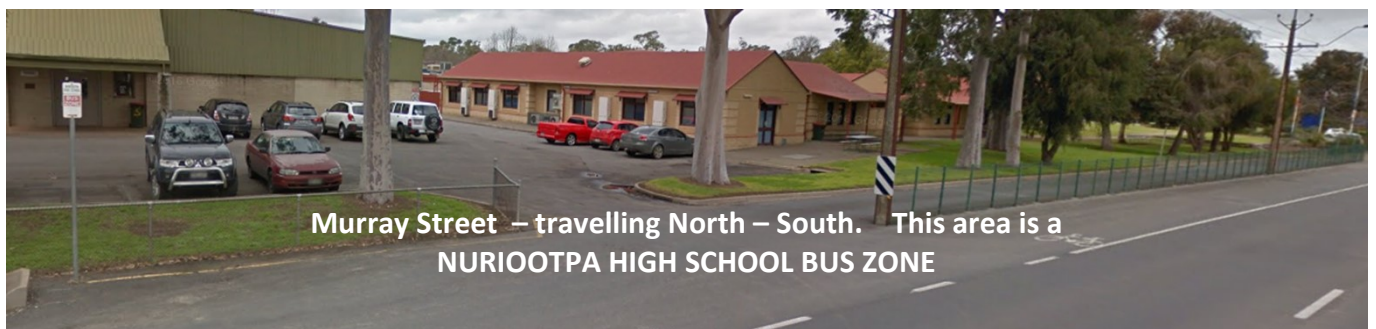
Penrice Road – travelling West – East. This area is a BUS ZONE 8-9am & 3-4pm



Penrice Road – travelling West – East. This area is NO PARKING 8-9am & 3-4pm



Penrice Road – travelling East – West. This area is NO PARKING 8-9am & 3-4pm



Murray Street – travelling North – South. This area is a NURIOOTPA HIGH SCHOOL BUS ZONE

To reiterate:

These zones are designed for your convenience and for your student's safety. They operate under the same conditions as no parking zones, which means you may stop to drop off or pick up students for a maximum of 2 minutes. You are required to remain in, or within 3 metres of your vehicle.

Materials & Services Charges

Thank you to those families who have paid the 2020 M&S charge of \$480.

A statement will be posted next week to families that have an outstanding Material and Service Charges for 2020.

An extra Payment by Instalment plan as been created to assist families to spread payments due to difficulties faced with Covid19 restrictions. This form is available on the NHS website - School Information/Finance/Payment by Instalment.

[http://www.nurihs.sa.edu.au/docs/finance/Payment by Instalment 2020.pdf](http://www.nurihs.sa.edu.au/docs/finance/Payment%20by%20Instalment%202020.pdf)

If you still owe the full \$480 M&S charge the payment can be split over 3 payments of \$160 at the beginning of June, July and August. The form will also be included with the statement & needs to be returned to the Finance Office or emailed to dl.0788.finance@schools.sa.edu.au by the end of May.

If you owe less than \$480 an individual payment plan will be sent with a statement showing the balance owed.

If don't require a payment plan then payment in full can be made by:

- Pay by cash, cheque, Eftpos at the Finance Office, or by credit card over the phone. Finance Office opening hours are 8:30 am to 4:00 pm Monday to Friday.
- Pay via the school bank account BSB 105-055 Account number 233809740 - using your family code or invoice number as the reference.
- Direct Debit – click on Direct Debit on the school website to pay the full \$480 from your bank account. Direct Debit will need to be done for individual students.

Please contact the Finance Office if you need to discuss a payment plan.

It is not too late to apply for school card assistance.

School Card covers \$322 of the Materials & Services Charge. The additional \$158 of Material & Services fee 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 is based on the number of dependent children.

The income limit chart is available on NHS website <http://www.nurihs.sa.edu.au> and all School Card forms and eligibly 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 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 as possible.

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. If you are unsure of your eligibility you can contact school card on 1800672758 or 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.

If you have any queries regarding the M&S charge please do not hesitate to contact the Finance Office.

Correct Processes for students needing to leave school grounds

- Families are reminded that **communication should go through the home group teacher** if a student needs to sign out for an appointment or other reason during the day
- **Students who are feeling unwell** need to inform their teacher who will send them to Student Support for first aid. Student support staff will contact families
- Parents/caregivers are requested not to message/call their students during lesson times
- Only Senior students have the privilege of leaving school grounds at lunch to walk down the street
- Year 8—9 students sign out at Student Support
- Year 10-12 students sign out from Open Space
- Year 12 students have home study Monday Lesson 7, Wednesday Home Group—Lesson 2 and Friday Lessons 6 & 7

Dogs are not allowed on site

The [Dog and Cat Management Act 1995](#) states it is an offence for a dog (other than an accredited disability dog, guide dog or hearing dog) to be on site without the school's knowledge and permission.

Signage has been erected at entrances reminding the general public that dogs are not allowed on our site.

We are working with the Barossa Council to monitor and manage this.

Ann-Marie Ward
Business Manager



SRC Report

The SRC have been busy over the last term sharing some positive thoughts around the school. We would like to say thank you to the school community who have worked hard and made this current challenge one we can all successfully handle.

The SRC have also been working hard on our Blue Gums Revegetation plans, after successfully receiving an NRM Grant from the local council. We plan to use this grant to purchase plants and undergrowth to rejuvenate our native bushlands.

Students and community members will be given the opportunity to "buy" one of these plants and the funds raised from this will be put back into this area.

A massive thank you to Lucy Dickinson, Chris Hall, Meg Couzner, Maddie Eggleton, Ashlyn Schrapel, Catrina Kellond, Joanna Linke and the SRC for working hard on the grant application.



In more recent news, we would like to welcome Amber Tamke, Aiden Schutz, Travis Varcoe, Issy Schippan and Max Bentley to the SRC as the newest Year 8 members. These students were voted in by their year level and will make amazing additions to the SRC team. The SRC look forward to welcoming and working with these students from Monday, Week 4.

Don't forget about the Pyjama themed casual day Friday Week 4! The SRC will be selling Garlic Bread during the week for pick up on Friday!

NHS Staffing Update

We are very excited to announce that we have 2 new Youth Workers starting with us from term 2. They are 2 people with a passion for helping others become the best they can be and have loads of experience in different paths.

Rose Hegarty will continue with her Pastoral Support Worker role and will now be at school Monday, Tuesday, Thursday afternoon and Friday. Rose will continue with the programs that she ran in her PCW role including Breakfast Club, Seasons for Growth, Breakthrough, individual student and family support and more and will add other programs including 'What's the Buzz', community cooking, volunteering and more.

Trent Heneker will continue with his Groundsperson role and will be at school Monday through to Friday with Wednesday and Thursday as his Youth Work focus days. Trent will continue with the programs that he ran in his groundsperson role including DU Sustainability and individual student support and will add other programs with a focus on music, horticulture, breakfast club and other community programs.

Trent and Rose will share their office which is connected to Learning Support. (Ms Barclay's old office) and share some promotional events as they arise.



To make an appointment send them a message via daymap, make an appointment via a slip in the Wellbeing Centre and

Daymap Connect Parent Portal

Are you connected?

If not please get connected by following the steps below:

The school website has Information and Setup Guides for Parents to access the DAYMAP Connect Parent Portal:

<http://www.nurihs.sa.edu.au/>

Go to the bottom of the page and click on:

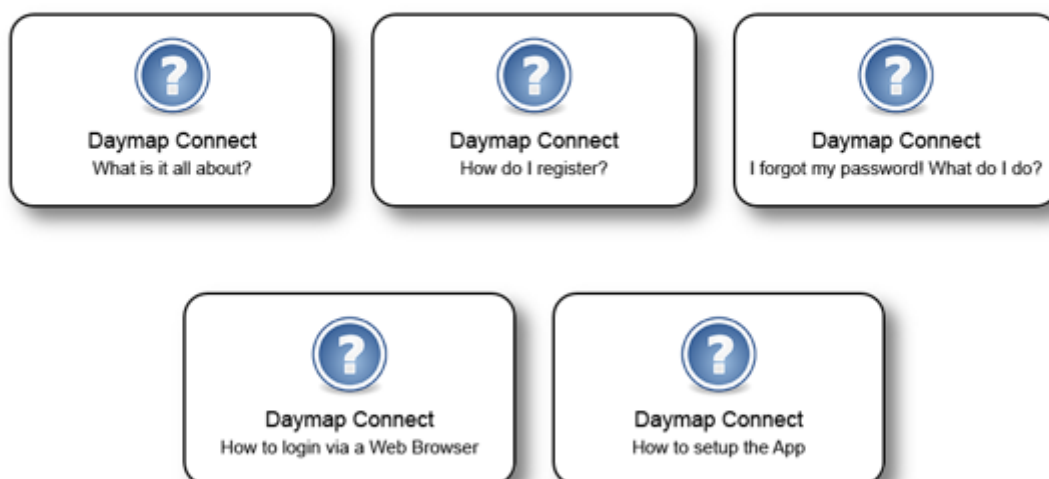


Information and Setup Guides are provided:



Information & Setup Guides

Click on the menu items below to find more information and setup guides for the Daymap Connect Parent Portal.



Please contact the school if you are having any difficulty with your set-up of the portal.



Foodbank SA Mobile Food Hub – Barossa Service

Foodbank SA is the largest not-for-profit food relief organisation in South Australia. Foodbank's mission is to end hunger in this state and currently supports more than 126,000 South Australians every month with food relief. One third of those are children. Working with over 500 charities and supporting more than 500 school programs, Foodbank provide those in need in the community with low cost, affordable and nutritious groceries of their choice. Foodbank SA understands that it is difficult for the Barossa residents to travel to their closest Food Hub of which is in Elizabeth, therefore they are now visiting Nuriootpa fortnightly on a Monday with their new Mobile Food Hub.



The Mobile Food Hub has fresh fruit, vegetables and bread for free then items such as; refrigerated items (butter, eggs, yoghurt), freezer items (meat), every day pantry staple items, sanitary/hygiene items as well as animal food of which are charged at a small handling fee. Shopping at the Mobile Food Hub allows you to spend approximately \$40-00 and receive 15kg of produce on top of the free fruit, veg and bread making your dollar stretch a lot further than it normally would when shopping.

The Mobile Food Hub can only be accessed via a referral voucher from the school or other approved community agencies. Therefore if you are on a low income and believe you may benefit from utilising this service please contact Rose Hegarty (Pastoral Care Worker/Youth Worker) on (08) 8562 2022 or Sarah Afshin Pour (Flexible Learning Centre Coordinator) on 0419 009 223 of whom will have a chat to you to determine if you're eligible for a voucher.

Foodbank SA's Mobile Food Hub is also looking for volunteers to assist whilst they are on site with customer service, check-out and re-stocking. Therefore if you're interested in volunteering please contact the Mobile Hub Coordinator Sereena on 8351 1136 or sereenah@foodbanksa.org.au

Sporting success

Congratulations to Year 9 student Chloe Rosenzweig, who competed in the Under 15 girls state side in Canberra earlier this year.

When restrictions are lifted, Chloe is looking forward to resuming her training at the Adelaide oval.

Well done Chloe!



Keeping Safe: Child Protection Curriculum

Dear Parent/Caregivers,

It is a Department for Education (DfE) responsibility under the Children's Protection Act (1993) and the Child Protection in Schools, Early Childhood Education and Care Services policy to ensure that effective abuse prevention programs are implemented and that all children and young people have access to the approved child protection curriculum. Although parent permission is not required under the Education Act (1972), we encourage parents/caregivers to seek further clarification if required and to provide the teacher with any relevant information about their child that could alleviate any concerns.

The teachers delivering the Keeping Safe: Child Protection Curriculum (KS:CPC) program have received explicit training in the Curriculum, specifically Shine SA, Positive Education, Rock & Water, Berry Street, and other relevant trainings.

The KS:CPC is an evidence based, best practice curriculum developed collaboratively with child protection specialists, teachers, educational leaders and other professionals. It covers a range of topics including new additional material on current issues such as bullying and cyber safety.

There are 2 main themes:

We all have the right to be safe

We can help ourselves to be safe by talking to people we trust

There are 4 focus areas:

For Years 8-9

The right to be safe

- safety and risk taking, warning signs and emergencies

Relationships

- rights and responsibilities in relationships, power in relationships, bullying as an abuse of power

Recognising and reporting abuse

- recognising abuse, identifying abuse and neglect, electronic media abuse

Protective strategies

- problem solving strategies, network view and community support

For Years 10-12

The right to be safe

- recognising and assessing risk, psychological pressure and manipulation

Relationships

- a matter of rights, rights and responsibilities in relationships, power in relationships

Recognising and reporting abuse

- identifying abuse and neglect, acting to report abuse and neglect

Protective strategies

- problem solving strategies, network review and community support

The KS:CPC fits primarily within the Health and Physical Education learning area of the Australian Curriculum but can also be incorporated across other Learning Areas. At NHS we incorporate the KS:CPC into our PE/Health programs, Student Development and Positive Education programs.

More information can be found on the DfE child protection curriculum site: <https://www.decd.sa.gov.au/teaching/curriculum-and-teaching/keeping-safe-child-protection-curriculum>

eSafety Toolkit for Schools

Creating safer online environments

This newsletter we begin a series of online help sheets from the eSafety Commissioner to assist families with online safety.

- * Cyber bullying
- * Grooming]
- * Online gaming
- * Time online
- * Sexting
- * Gaming
- * pornography



Cyberbullying

I think my child is being bullied

Your child may not tell you if they are experiencing bullying behaviour online because of a fear it might make things worse for them or they may lose access to their devices and the internet.

Signs to watch for:

- being upset after using the internet or their mobile phone
- changes in personality, becoming more withdrawn,
- anxious, sad or angry
- appearing more lonely or distressed
- unexpected changes in friendship groups
- a decline in their school work
- changes in their sleep patterns
- avoidance of school or clubs
- a decline in their physical health
- becoming secretive about their online activities and mobile phone use

What can I do?

Talk to your child about cyberbullying before it happens. Together you can work out strategies to address any potential issues and reassure them you will be there to support them.

If your child is experiencing cyberbullying:

- **Listen, think, stay calm** — talk to them about what happened, try to remain open and non-judgemental, ask them how they feel and ensure they feel heard.
- **Collect evidence** — it is a good idea to collect evidence, such as screenshots, of the bullying behaviour, in case you need to report it later on.
- **Block and manage contact with others** — advise your child not to respond to bullying messages and help your child block or unfriend the person sending the messages.
- **Report to site or service** — many social media services, games, apps and websites allow you to report abusive content and request that it is removed.
- **Report to eSafety** — if serious cyberbullying is affecting your child and you need help to get the material removed from a social media service or other platform you can make a cyberbullying report to us.
- **Get help and support** — check in with your child regularly about how they are feeling. If you notice any changes that concern you, get help through a counselling or online support service.

Further tips and advice for parents/carers on cyberbullying are available on [eSafety's website](#).



2020 Sports Day

On Friday 13 March, Nuriootpa High School hosted its annual Sports Day for 2020. This was the third year of the introduction of the 5x House Teams- Sturt (blue), Light (yellow), Angas (red), Coulthard (pink) and Murray (green).

Once again students and staff embraced the new system and the atmosphere on the day was fantastic with House Banners, House Marquees and plenty of colourful clothing to add some extra flair to the carnival. Participation increased throughout the day, from the official Track and Field events to the fun and exciting Individual Novelty events and the House Relay Events.

'Light' took out the overall Sports Day Champions' Shield this year with excellent results and outstanding participation, led by their captains Amber Perry, Tyson Helmers, Metala Burgess, Tate Manning, Kate Argent-Bowden and Fynn Manning. We had 4x new records set on the day, a fantastic effort by those students.

It was great to have numerous dedicated staff out early in the morning to assist with setting up for the day and also helping pack up at the conclusion. The SRC did a fantastic job once again with supplying delicious food and drinks for everyone to enjoy.

Finally, thank you to the entire staff for their efforts both leading up to and on Sports Day, it is greatly appreciated.



Sports Day Overall Results

Light- 988

Coulthard- 934

Sturt- 881

Murray- 781

Angas- 572

Individual Track and Field Winners and Runner Ups: (Recorded from best 6x Track and Field Results)

Event	Winners	Runner Ups
Open Boys	Tate Manning	Tyson Helmers
Open Girls	Liana Shinnick	Olivia Stein
U16 Boys	Finn Reed	Lucas Cabot
U16 Girls	Ella Obst	Olivia Rudiger
U15 Boys	Fynn Mannin	Tom Giles
U15 Girls	Eloise Doecke	Chloe Peterson
U14 Boys	Ariel Rothe	Brodie Swanton
U14 Girls	Mia Devlin	Mariah Rugari



New Records Set:

Finn Reed: U16 Long Jump of 6.09m

Finn Reed: U16 Discus 44.03m

Tate Manning: U21 Long Jump 6.19m

Fynn Manning: U15 Hurdles 12.21 seconds

Mia Devlin: U14 Triple Jump 9.98m



Sports Manager
Brad West





OUR YEAR 12's IN THEIR TEAM COLOURS FOR THEIR FINAL NHS SPORTS DAY





2020 Sports Day

Sports Day is one of those days where all students, mainstream and unit spend the day together on the Eastern oval participating in activities.

The following pictures are of some of the students from the Unit and Special Class enjoying their day.

Domenic and Austin supporting their House Teams



Connor in the shotput competition



Matilda and Bethany



Antonio in the long jump



Lewis with the vortex



Ms. Chmielewski, Ms. Dayman and Ms. Draper with Unit students



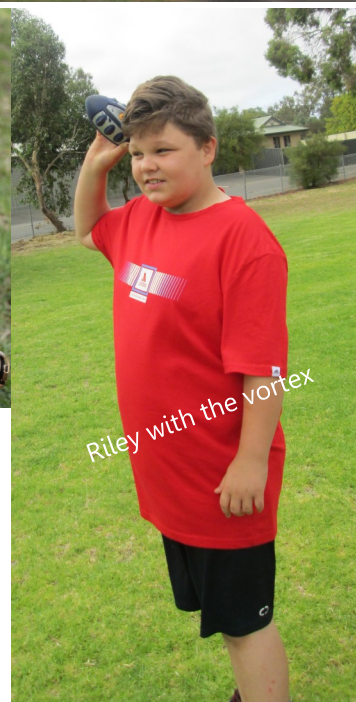
Riley with the vortex throw



Students got into the spirit of the day by dressing in their House colours.
The colourful tents added to the atmosphere.



Ms. Skarstrom and Grace enjoying the day



Mr Slade and his very cool friends - from left:
Jamie, Thorn, Riley, Ella, Linton, Jake, Branden. Domenic and Austin





Mrs. Burton and Joshua running and jumping



Bailey with the vortex



The boys having fun



Above, Aidan testing his arm

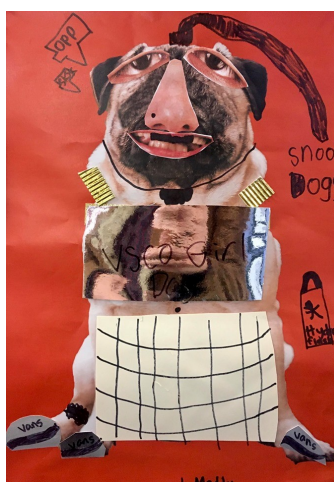
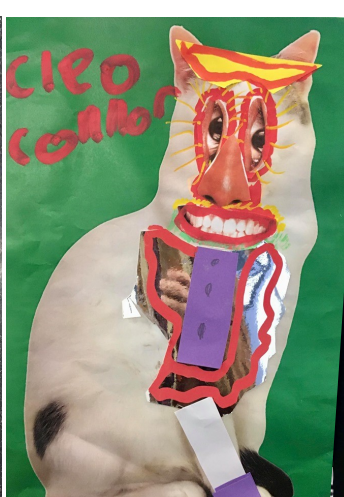


left Ms Dayman & Ms Grigg with students taking a break

Art masters get creative with collage

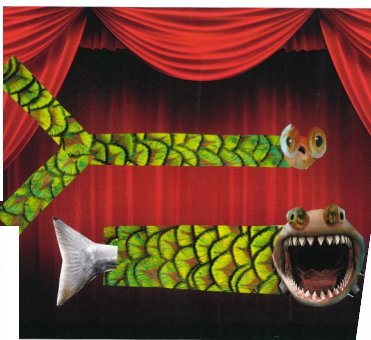
The beginning of Term 2 has seen the students from the Special Class 'Art Masters' working hard in the studio with assistance from Mr. Slade and Mr. Hall. The class has been focusing on collage and have completed two projects; The Crazy Pet Portraits and the Monster Theatre.

Crazy pet portraits





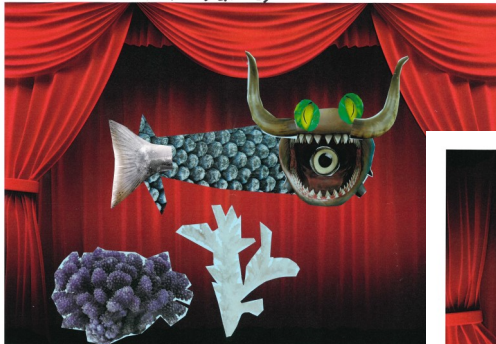
MONSTER THEATRE



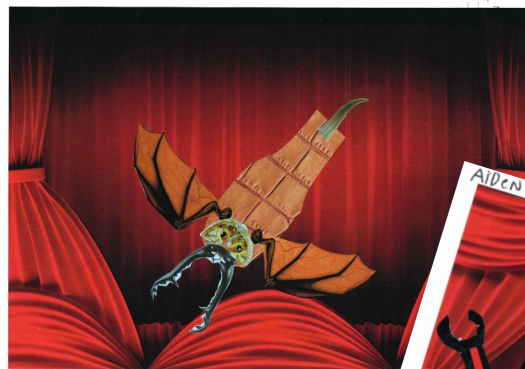
Name James

Austin!

by Maddy



By Austin!



Aiden



Trucker
Locate Usa
age 42
eat Tyres

Toxic Zeland
Lorraine



By Ella Leroy

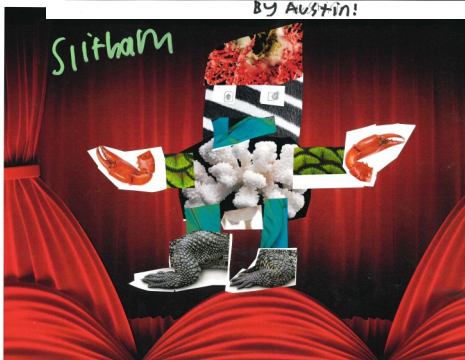


Red Jet
Locate Texas
age 28
eat. Tools

Name Austin

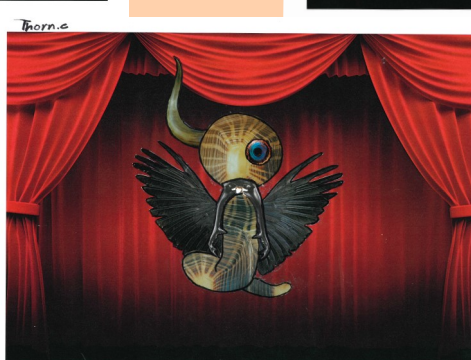


By Austin!



Sitham

by con



Thorn





Tips for coping with coronavirus anxiety

As the number of coronavirus cases rise across Australia, the level of anxiety within the community is increasing.

Feelings of worry and unease can be expected following a stressful event, such as the recent declaration of a global pandemic, however, it is important that we learn to manage our stress before it turns to more severe anxiety and panic.

This information sheet outlines some useful strategies which can help both adults and children cope with the stress or anxiety experienced as a result of the coronavirus outbreak.

Learn the facts

Constant media coverage about the coronavirus can keep us in a heightened state of anxiety. Try to limit related media exposure and instead seek out factual information from reliable sources such as the Australian Government's [health alert](#) or other trusted organisations such as the [World Health Organization](#).

Keep things in perspective

When we are stressed, it is easy to see things as worse than they really are. Rather than imagining the worst-case scenario and worrying about it, ask yourself:

- *Am I getting ahead of myself, assuming something bad will happen when I really don't know the outcome?* Remind yourself that the actual number of confirmed cases of coronavirus in Australia is extremely low.
- *Am I overestimating how bad the consequences will be?* Remember, illness due to coronavirus infection is usually mild and most people recover without needing specialised treatment.
- *Am I underestimating my ability to cope?* Sometimes thinking about how you would cope, even if the worst were to happen, can help you put things into perspective.

Take reasonable precautions

Being proactive by following basic hygiene principles can keep your anxiety at bay. The World Health Organization recommends a number of protective measures against the coronavirus, including to:

- wash your hands frequently
- avoid touching your eyes, nose and mouth
- stay at home if you begin to feel unwell until you fully recover
- seek medical care early if you have a fever, cough or experience breathing difficulties.

Practise self-care

To help encourage a positive frame of mind, it is important to look after yourself. Everybody practises self-care differently with some examples including:

- maintaining good social connections and communicating openly with family and friends
- making time for activities and hobbies you enjoy
- keeping up a healthy lifestyle by eating a balanced diet, exercising regularly, getting quality sleep and avoiding the use of alcohol, tobacco and other drugs to cope with stress
- practising relaxation, meditation and mindfulness to give your body a chance to settle and readjust to a calm state.

Tips for talking with children about the coronavirus

Children will inevitably pick up on the concerns and anxiety of others, whether this be through listening and observing what is happening at home or at school. It is important that they can speak to you about their own concerns.

Answer their questions

Do not be afraid to talk about the coronavirus with children. Given the extensive media coverage and the increasing number of people wearing face masks in public, it is not surprising that some children are already aware of the virus.

Providing opportunities to answer their questions in an honest and age-appropriate way can help reduce any anxiety they may be experiencing. You can do this by:

- speaking to them about coronavirus in a calm manner
- asking them what they already know about the virus so you can clarify any misunderstandings they may have
- letting them know that it is normal to experience some anxiety when new and stressful situations arise
- giving them a sense of control by explaining what they can do to stay safe (e.g., wash their hands regularly, stay away from people who are coughing or sneezing)
- not overwhelming them with unnecessary information (e.g., death rates) as this can increase their anxiety
- reassure them that coronavirus is less common and severe in children compared to adults
- allowing regular contact (e.g., by phone) with people they may worry about, such as grandparents, to reassure them that they are okay.

Talk about how they are feeling

Explain to your child that it is normal to feel worried about getting sick. Listen to your child's concerns and reassure them that you are there to help them with whatever may arise in the future.

It is important to model calmness when discussing the coronavirus with children and not alarm them with any concerns you may have about it. Children will look to you for cues on how to manage their own worries so it is important to stay calm and manage your own anxieties before bringing up the subject with them and answering their questions.

Limit media exposure

It is important to monitor children's exposure to media reports about the coronavirus as frequent exposure can increase their level of fear and anxiety. Try to be with your child when they are watching, listening or reading the news so you are able to address any questions or concerns they may have.

Seek additional support when needed

If you feel that the stress or anxiety you or your child experience as a result of the coronavirus is impacting on everyday life, a psychologist may be able to help.

Psychologists are highly trained and qualified professionals, skilled in providing effective interventions for a range of mental health concerns, including stress. A psychologist can help you manage your stress and anxiety using techniques based on the best available research.

If you are referred to a psychologist by your GP, you might be eligible for a Medicare rebate. You may also be eligible to receive psychology services via telehealth so that you do not need to travel to see a psychologist. Ask your psychologist or GP for details.

There are a number of ways to access a psychologist. You can:

- use the Australia-wide Find a Psychologist™ service. Go to findapsychologist.com.au or call 1800 333 497
- ask your GP or another health professional to refer you.

More information

Australian Government Department of Health

The Department of Health has developed a collection of resources for the general public, health professionals and industry about coronavirus (COVID-19), including translated resources.

<https://bit.ly/380QwHe>

Centers for Disease Control and Prevention

The Centers for Disease Control and Prevention provides reliable information about the coronavirus such as its symptoms, steps you can take to protect yourself, and what to do if you are affected.


<https://bit.ly/39MEml8>

World Health Organization

The World Health Organization provides information and guidance regarding the current outbreak of coronavirus disease.

<https://bit.ly/3cQUwCw>

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**Give life.
Give blood in
Barossa.**

Soldiers Memorial Hall, 46 Murray Street
Monday 1 June - Friday 5 June



Australian Red Cross Lifeblood are calling out for anyone who is feeling well to come forward and donate blood. In fact, we need 14,000 more donors in the next few weeks to prevent a shortage.

Lifeblood Chief Executive Shelly Park said the organisation was also preparing for the annual cold and flu season, and the emergence of the novel coronavirus could put the nation's blood supply under pressure should existing donors become unavailable and regular donations become disrupted. Temporary fast tracking of elective surgeries could also increase the demand on blood supplies.

At the start of 2020, we saw a phenomenal response from donors, who came forward and rolled up their sleeves as a way to help with the nation's bushfire response. However, those generous whole blood donors now have to wait 12 weeks before they are able to donate again. This means there are now fewer people able to donate over the coming weeks.

Last minute cancellations are also putting a dent in blood stocks at a time when donors are in urgent need. This is because of various factors, including COVID-19.

- Lifeblood wants to reassure donors and the community that there is no evidence coronavirus is transmittable by blood transfusion.
- The organisation has robust processes in place to ensure the safety of the blood supply and our donors. We are taking [all necessary steps](#) to ensure that stays the case.
- You can give [Plasma](#) every two weeks.
- Every donation helps so please [book](#) now or call 131495.

Monday 1 June	12.00pm – 7.00pm
Tuesday 2 June	10.30am – 7.00pm
Wednesday 3 June	11.30am – 7.00pm
Thursday 4 June	10.30am – 7.00pm
Friday 5 June	7.30am – 3.00pm



To request an appointment online, go to:
www.sahealth.sa.gov.au/dentalappointment
For clinic locations, go to: www.sahealth.sa.gov.au/findyourclinic



NURIOOTPA HIGH SCHOOL TERM 2 CALENDAR

		Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
T E R M 2	Week 1	27/4 2:45-5:00 Staff T&D	28/4	29/4	30/4 11:35-1:05 Exec Meeting	1/5 8:00 Staff flu immunisations	2/5 & 3/5
	Week 2	4/5 2:45-5:00 Staff T&D Wine Committee 5-6pm	5/5	6/5 3:30 Leaders meeting	7/5 11:35-1:05 Exec Meeting	8/5	9/5 & 10/5
	Week 3	11/5 2:45-5:00 Staff T&D	12/5	13/5	14/5 11:35-1:05 Exec Meeting	15/5	16/5 & 17/5
	Week 4	18/5 2:45-5:00 Staff T&D	19/5	20/5 3:30 Leaders meeting	21/5 11:35-1:05 Exec Meeting	22/5 Partnership Day – site leaders Non-uniform day	23/5 & 24/5
	Week 5	25/5 Year 8 vaccinations 2:45-5:00 Staff T&D	26/5	27/5	28/5 11:35-1:05 Exec Meeting	29/5	30/5 & 31/5
	Week 6	1/6 Year 10 vaccinations 2:45-5:00 Staff T&D	2/6 4pm Finance Meeting 7pm Governing Council	3/6 3:30 Leaders meeting	4/6 11:35-1:05 Exec Meeting	5/6	6/6 & 7/6
	Week 7	8/6 Public holiday	9/6	10/6	11/6 11:35-1:05 Exec Meeting	12/6	13/6 & 14/6
	Week 8	15/6 2:45-5:00 Staff T&D Wine Committee 5-6pm	16/6	17/6 3:30 Leaders meeting	18/6 11:35-1:05 Exec Meeting	19/6	20/6 & 21/6
	Week 9	22/6 Start of Semester 2 2:45-5:00 Staff T&D	23/6	24/6	25/6 11:35-1:05 Exec Meeting	26/6 Partnership Day Newsletter	27/6 & 28/6
	Week 10	29/6 2:45-5:00 Staff T&D	30/6	1/7 3:30 Leaders meeting	2/7 11:35-1:05 Exec Meeting	3/7 2:15 Dismissal	4/7 & 5/7