

The Pearsall Post Newsletter

Thursday 24th February 2022

Student Absence Line:
0437 482 159

Important Dates to Remember

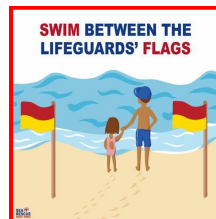
- **EARLY CLOSE EVERY WEDNESDAY @ 2:30PM**
- **Recess & Lunch Time Changes for 2022**
Recess 10.40am-11.40am
Lunch 1.15pm-1.40pm
- **Running Club Tuesday @ 8am**
Meet Mr. G & Mr. B on the oval
- **Chess Club every Monday @ lunchtime**
Meet Mr. B in the Library

Dear Parents and Caregivers,

We have had a fantastic start to 2022 at Pearsall Primary School . Our children have settled in extremely well. After a staggered start to school, our kindy students are now into a full time attendance schedule for the days they will attend this year. All students are to be congratulated on how well they are embracing the routines that have been set for them by staff. As I move through the school each day, it is pleasing to see how engaged in learning our students are.

Thankyou to our parents for your support in wearing masks and observing physical distancing when on school premises.

Kind Regards,
Gary Payne
Principal



In term Swimming Lessons at Mullaloo Beach- Year 6 Students

Our Year Six students engaged in a very rewarding series of beach awareness swimming lessons that took place at Mullaloo Beach. The students learnt very valuable lessons regarding beach safety. This was the first time that we had students involved in this activity and the students thoroughly enjoyed the experience.

Gates

The arrangements for the gates will be that students in years 1 to 6, will continue through to the end of the year, entering into the school independently without parents. Students in Pre-Primary will have the same procedures taking place from the beginning of week 5 (next week) on wards. Kindergarten students will undertake this process from the start of Term 2 , with Kindergarten parents handing over students to a teacher at the gate.

Parent/Carer Contact Numbers

Parents need to provide current contact phone numbers and emails address to the school administration office for contact purposes. *If the school needs to contact you, it is usually something important involving your child.* We all lead busy lives (which we understand) but it is cause for concern when we ring you and we can not get in contact with you . Providing a contact number of a close family member or friend who is always available will help us provide the appropriate care for your child/children.

Mobile Text Messaging Service (SMS) For absence

If your child will not be attending school due to illness or an appointment, please send a short SMS text message (including student name, class room number & reason) too **0437 482 159**. The front office will then update the students records. Our text message system automatically generates and sends text messages to parents/carers of those students who are marked absent by their teacher. Texts are sent out at 10am . You may reply to this text with a short explanation, please note that text messaging may only be used for absences.



**NEW 2022
TIMETABLE**

8.25am	Classrooms Open
8.40am	Siren for start of day
10.40am	Recess
11.15am	End of Recess
1.15pm	Lunch
1.40pm	End of Lunch
3.00pm	School Day Ends

Please note:**2.30pm finish on****Wednesdays****Assemblies held****every 2nd****Thursday at****8.45am****LOST
PROPERTY**

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A box of lost property is located at the rear of the Admin building.

Parents are welcome to check for items once gates open in the afternoons.

Please ensure all belongings are clearly labelled.

Covid –19 Impact on Schools Operations

Once again the Covid-19 Pandemic is having an impact on our school operations. I would like to thank the entire school community for their understanding in following the changes to the school's operations which have been introduced by WA Health and Education Department. School changes implemented this week until further notice are:

- Parents and caregivers can no longer enter the classrooms.
- Parents on site to pick up and drop off children must physically distance, avoid group gatherings and wear a face mask
- Classroom volunteer programs have been postponed
- Limiting the mingling of groups
- All assemblies cancelled

Reported Cases Of COVID-19 Cases

If there is a reported case of COVID the school will be notified by the WA Department of public Health. They will then provide the School with a list of instructions and a procedure that will be followed . The Department of Education will have a team of staff that will be dedicated to assist us at a school level to manage the situation. Through this process the school community will be notified via connect.

**From The School Board**

We welcome our 2022 School Board who conducted their first meeting on Monday the 14th of February. At this meeting a discussion took place on our annual report, School operation Plans, Covid updates and BYOD updates. We thank Peter Hoole for his valued contributions as Board Chairman.

**Keeping In touch via Connect**

Our school regularly communicates important information with families via "Connect", a free app developed by the Department of Education WA that can be downloaded from Google Play or the App store. It will enable you to receive connect notices as push notifications.

Please Note: to view some attachments and posts in the Library section you will need to log in Via your Internet Browser rather than the App.



National Assessment Program– Literacy and Numeracy– NAPLAN 2022

The National Assessment Program– (NAPLAN) for years 3 & 5 students will take place in May. Naplan tests assess students' knowledge and skills in Writing, Reading, Conversions of Language and Numeracy. The results of the tests provide information for Students, Parents, teachers and Principals and can be used to improve students' achievements. NAPLAN Online delivers numerous benefits including:

- A tailored test design that adapts to correct and incorrect student responses providing a more precise understanding of student achievement
- Innovative use of technology, including a more engaging test design and a wider range of item types.
- The extension of the test window to two weeks, allowing schools greater opportunity to schedule the tests at times that suit them best and increasing student participation.

All students are expected to participate in the NAPLAN online tests. Support can be arranged for students with disabilities, if the student regularly uses similar support for classroom assessment tasks.

Exemptions may be granted to students with significant intellectual disabilities and to students who have been learning English for less than 1 year. If your child is eligible for support due to disability or exemption, you should discuss this with his/her teacher prior to testing. Parental consent is required before any support due to disability or exemption is granted.

Students may be withdrawn from NAPLAN by their parent or carer. This is a matter for consideration by parents and carers in consultation with the principal. If after seeing the Principal you decide to withdraw your child, withdrawal forms must be filled out.

While it is anticipated that NAPLAN Online will again be successfully implemented in 2022, there are a range of contingencies in place to deal with the unlikely occurrence of significant issues. These contingencies include extended testing windows and the printing of paper-based tests for all participating schools.

Payments

Please note that all payments to the school can be made by **EFTPOS** in the front office or **Direct Deposit**:
Acc: Pearsall Primary School
BSB: 066040
Acc: 19904146
 Put your child's initial, surname and reason e.g, J.Smith swimming.

You can combine the amount if you have more than one child.

Please note, Eftpos and Direct Deposit are for school related payment and not for P&C payments.

Don't Forget Your Drink Bottles!!

Children are only allowed to fill their water bottles from the drink fountains so please remember your water bottle each day .



Vision and Eyes

Good Vision is important for learning and quality of life. Watch for any of the following in your child.

- Covering/closing eyes when reading
- Holding books very close
- Complaining of eyestrain or headache
- Complaining of double vision or blurred vision with reading or board viewing
- Complaining of words moving on a page
- Losing place when reading, or skipping words and lines
- Inattention or short attention span when reading
- Rubbing eyes

Healthy Minds

Mindfulness is very simple It's a practical way to notice thoughts, physical sensations, sights, sounds, smells, or anything that you might not normally notice. The moment we engage attention with the present moment, we switch off default mode. It gets us back on task, helps the body to relax, and helps us to respond to the moment. Despite this simplicity, mindfulness doesn't come easily to us. Mindfulness takes practice.

Mindfulness is about learning to make a conscious and discerning choice where our attention lies, rather than allowing it to be dominated by concerns which take us away from experiencing the present moment. It allows us to stay open, curious and flexible about the moment that we're in. ***This is just as important for children as it is for adults.*** _ What are the benefits?

- feel calmer, bring clarity and enhance your creativity and awareness reduced rumination (continuously thinking about upsetting situations and things)
- reduced stress
- improved focus and working memory (being able to recall and use relevant information)
- improved health through better immune function
- increased self-awareness, social awareness and self-confidence
- greater emotional intelligence, compassion (to self and others) and prosocial behaviours
- better and more flexible problem-solving abilities



Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).