Swan Hill Primary School

FLEXIBLE & REMOTE LEARNING PLAN NEWSLETTER

WEDNESDAY MAY 13 —TERM 2, WEEK 5

Yesterday, Premier Daniel Andrew, announced that students will begin a phased return to classrooms. From Tuesday 26th May (Week 7), all Prep, Year 1 and Year 2 students, will return to on-site learning. The Premier also announced that **Monday 25th May, will be a Student-free day** at all schools to give staff, schools and families time to prepare for the change. Students in Years 3-6 will return to school on Tuesday 9th June (Week 9).

Our Remote Learning Packs for Weeks 6 & 7 were mailed out to families, yesterday. These packs are targeted at specific year levels and will be accompanied by an increase in the number of teacher modelled videos, to further support students and their families. Once again, we thank parents and carers for all of your support during this period.

ON-SITE ATTENDANCE FORMS

Children of those parents who can't work from home, can continue to attend school on-site, if alternate arrangements can't be made.

Forms must be completed for:

- those students in Years Prep-2, who can't be supervised at home, during Week 6.
- Those students in Years 3-6, who can't be supervised at home during Weeks 6, 7 & 8

Forms must be *submitted by 1pm, each Thursday*, the week before, to ensure we have ample time to roster enough staff on-site and adhere to the correct class ratios.

Forms can be found on the school website and emailed to myself (doyle.hayley.a@edumail.vic.gov.au)

Take care and I look forward to seeing everyone soon!

Hayley Doyle
Principal

RESPECT COMMITMENT RESPONSIBILITY BELONGING
SWAN HILL PRIMARY SCHOOL
1142

UPDATE

In preparation for the return of face to face teaching there will be no Webex conferences next week (week 6). Our remote learning program will continue to function as it has been, through the use of Microsoft Teams, morning check ins and the Remind app.

YOUR
Wellbeing
MATTERS
@swanhillps

eSafetyCommissioner

COVID-19: an online safety kit for parents and carers

Julie Inman Grant - eSafety Commissioner

To make the best of being stuck at home, it is important to ensure you can find reliable information, stay connected with family and friends, help your children stay safe online – and stay mentally healthy too.

At eSafety we have put our heads together (though not too closely) and come up with this virtual safety kit, packed with evidence-based suggestions and trustworthy links to help you through.

How to monitor the situation

There's a lot of fake news and misinformation about COVID-19 being spread across the internet, so stay alert!

Avoid getting caught up In the hype and fear

Select one or two reputable information sources for your news, to avoid false reports and unscientific claims. The major national and state news services provide regular online, television and radio bulletins. For the latest COVID-19 essential information from government agencies across Australia, visit www.australia.gov.au

Beware of false information and scams

- A Coronavirus cure? Don't be ripped off by the online offers — currently there are no vaccines for COVID-19, but there are lots of dodgy pills and fake remedies.
- Don't click on text message or email links about COVID-19, even if they look like they are from the government — scammers are exploiting the hunger for information to spread malware and phishing scams.

Take breaks from your newsfeed

While news sources, social feeds, ads and emails are dominated by COVID-19 it can be easy to overload. To manage your anxiety levels, try turning off your notifications and using apps or built in features to monitor or limit how much time you spend online. Try other activities like reading something you enjoy or playing games.Take regular breaks — put down your phone or walk away from your screen. Beyond Blue has further useful advice and you can access eSafety's wellbeing directory for more online services.

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How to stay connected

eSafetyCommissioner

Although it may be necessary for you to physically isolate yourself from other people during the coronavirus outbreak, it is vital to stay in touch with friends and family. No matter what your routine, regular online contact can help to relieve loneliness and boredom.

- Set up a regular time to video call or send messages to family and friends throughout the day.
- Join or set up a social media support group for your neighbourhood.
- To help maintain contact with older parents, grandparents and neighbours download the Get Started app — it has great tips for helping them get online safely.
- Then they can visit the Be Connected website run by eSafety, which has lots of easy-to-follow guides for older people including information about making video calls, using social media and shopping online. There's also specially tailored advice for coping with COVID-19.

How to help kids stay safe online

eSafety has a wide range of advice for parents and carers covering common online safety issues like managing screen time, cyberbullying, inappropriate content, sending nudes and contact from strangers. We also have basic online safety advice for parents in languages other than English.

Here are some steps to help protect young people.

1. Start the chat

- Take the opportunity to set some boundaries around when and where they can use devices like tablets, smart TVs and gaming consoles, to help limit potential tech tantrums — you could even fill in an Early Years Family Tech Agreement.
- While you are all at home more, it's a great time to co-view and co-play with your kids, so you can understand what they are doing and experiencing online.
- Learn about the games, apps, social media and platforms they are using at The eSafety Guide, including how to protect their information and report inappropriate content or conduct.
- Encourage them to explore eSafety's targeted advice for kids (primary school) and young people(secondary school).
- Check eSafety's tips for talking with your child about tricky personal subjects like online pornography.

2. Use parental controls and safe search options

Parental controls can help block your child from accessing specific websites, apps or functions. They can also monitor your child's use of connected devices and set time limits. But beware! You cannot always rely on them — they should be used in combination with other online safety strategies.

- Parental controls are available on most tablets, smartphones, computers, TVs and gaming consoles.
- You can also download family safety controls or buy robust filters out of the box.

How to help kids stay safe online ...continued

2. Use parental controls and safe search options

- You can set up child-friendly search engines, or select safe search settings on digital devices, to help prevent your child from stumbling across inappropriate sites and content.

3. Check smart toy settings

It's surprising how many toys or devices can connect online these days, from drones and smart teddies to tablets and wearables. While they can be both entertaining and educational, they can reveal your child's personal details and location — and allow other people to contact them without you knowing.

You can help keep them stay safe by:

- setting strong passwords
- turning off location settings
- limiting the amount of personal information shared.

The eSafety Gift Guide has advice on what to check for and how to stay safe.

4. Look out for unwanted contact and grooming

Unwanted contact is any communication that makes your child feel uncomfortable or unsafe, even if they initially welcomed the contact. It can come from a stranger, an online 'friend' or even someone they actually know. At worst, it can involve 'grooming' — building a relationship with the child in order to sexually abuse them.

You can help by:

- making sure their accounts are private — including chat functions on games
- encouraging them to delete requests from strangers and any contacts they don't know in person
- reporting and blocking anyone suspicious on a website or service remembering that if they become aggressive or threatening you should contact your local police.

5. Know the signs of cyberbullying

Kids who are bored by long periods at home can pick at each other, and that happens online too. So it's important to keep an eye out for cyberbullying. It can include mean posts, comments and messages, as well as being left out of online group activities like gaming.

- Remember, when they are away from school, kids have less access to their usual support systems, including friends, teachers and counsellors.
- eSafety research shows that 14 is the average age of kids who are cyberbullied, girls are more likely to be affected than boys and the person doing the bullying is generally someone they know from school.
- Watch out for signs like your child or teen appearing upset after using their mobile, tablet or computer, being unusually secretive about their online activities or becoming withdrawn.
- Cyberbullying can make social isolation worse and the longer it continues, the more stressed kids can become, impacting on their emotional and physical wellbeing.

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How to help kids stay safe online ...continued

What to do if your child is being cyberbullied

As parents, our first instinct may be to ban our children from social media, disable the wi-fi or turn off the data access. But this can actually compound the problem, making your child feel as if they're being punished and heightening their sense of social exclusion.

There are four simple steps that can help minimise the harm:

- report the cyberbullying to the social media service where it is occurring
- collect evidence of the cyberbullying materialif the material is still public 48 hours later, make a report to eSafety — we work with social media platforms to have the harmful content removed.
- block the offending user.

How to look after yourself

Setting boundaries around your own screen use and sticking to them can help maintain balance and provide a positive example for young people.

If you're also stuck at home:

- Manage your expectations: you may not be as productive if you are working from home without your usual equipment and routine, or with family interrupting you.
- Step outside for a change of scene: even a walk around the block can relieve some of the frustration, when social visits or a workout at the gym are not an option.
- Allow extra time for everything: with fewer people providing customer service and more shopping online for groceries, medicines and deliveries of food there are likely to be delays and cancellations. Plan ahead and think of some alternatives in case what you want is unavailable.
- If being at home for a long time is proving very hard, contact a free parent helpline or one of the other many great online counselling and support services for help.
- Kids, teens and young adults can contact Kids Helpline, which has lots of great information for parents too.

https://www.esafety.gov.au/about-us/blog/covid-19-online-safety-kit-parents-and-carers

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Problem Solving...

The process of finding solutions to difficult issues and constructing knowledge by making mistakes.

SUPPORTING OUR CHILDREN TO...

Persist with tasks when faced with challenges and adapt their approach when first attempts are not successful.

Identify and describe personal attributes important in developing resilience.

Recognise the importance of persisting when faced with new and challenging tasks.

Use personal and social skills when working with others in a range of activities.

Listen to others' ideas and recognise that others may see things differently.

Identify options when making decisions to meet their needs and the needs of others.

Recognise there are many ways to solve conflict and problems.

Our Preps have been working so hard at home!

How to teach PROBLEM-SOLVING SKILLS by age group

"SHOW ME THE HARD PART"

REFLECT:
What worked? What didn't?

BREAK PROBLEMS INTO CHUNKS

3-5 YEARS

- Use **emotion coaching**:
  Step 1: Name & validate emotions.
  Step 2: Let them process emotions.
  Step 3: Problem-solving.
- Say, **"Show me the hard part."**
- Problem-solve with **storybooks** (use the "dialogue-reading" technique).
- Problem-solve with **creative play**.

5-7 YEARS

- Teach the problem-solving **steps**:
  Step 1: What am I feeling?
  Step 2: What's the problem?
  Step 3: What are solutions?
  Step 4: What would happen if...?
  Step 5: Which one will I try?
- Problem-solve with **craft materials.**
- Ask **open-ended questions**: "How could we work together to solve this?", "What do you think will happen next?"

7-9 YEARS

- **Break down** problems into chunks
  - brainstorm together
  - ask open-ended questions
  - LISTEN
- Show **"The broken escalator"** video + have a discussion.

CREATIVE PROBLEM-SOLVING

Situation
Options
Disadvantages
Advantages
Solution

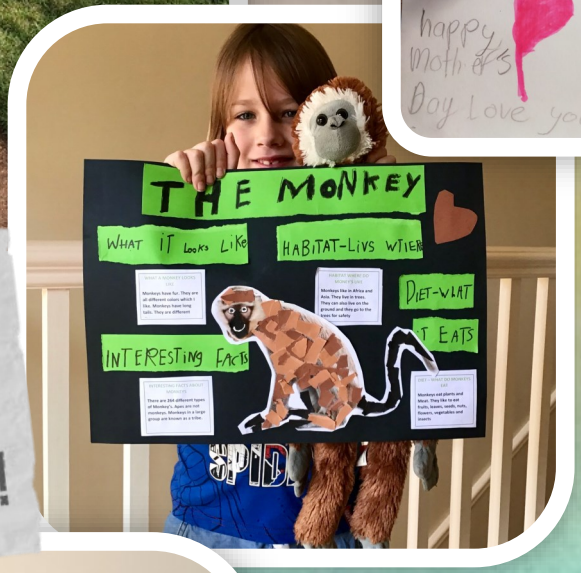
METHOD

9-11 YEARS

- Use **creative** problem-solving with **prompts** (create a jump ramp for cars, design your own game with rules).
- Make them **work** for it (ask HOW they can earn the money to get what they want).
- Encourage them to put it on **paper** (problem-solving graphic organizers).

12+ YEARS

- **Play chess** together. Players use critical thinking, creativity, analysis of the board, and more.
- Have them learn to **code**. It promotes creativity, logic, planning and persistence.
- Encourage to start a meaningful **project.**
- Apply the **SODAS** method. This method can be used for big or small problems.
- Encourage to **join** problem-solving **groups**:
  -Odyssey of the Mind,
  -Model U.N.,
  -Debate team,
  -Science Olympiad, and others!



"WORK HARD
BUT HAVE
FUN DOING IT!

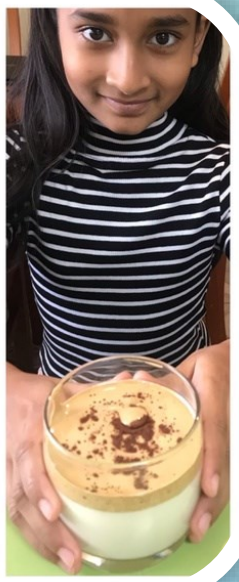
READY, SET, PREP!

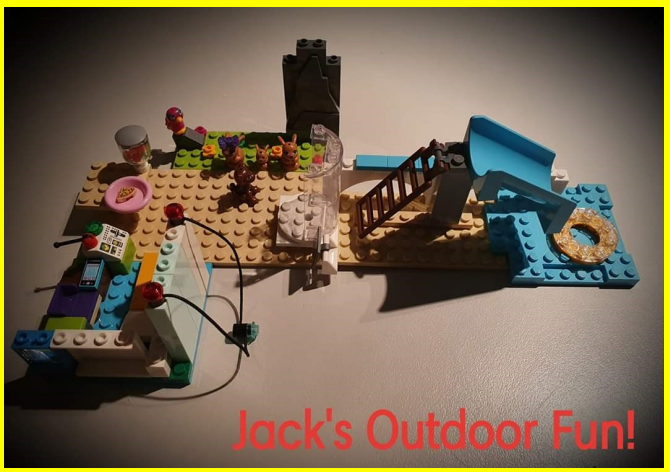
ENGLISH	P.E./MUSIC & SAUSAGE SIZZLE	MATHS
MONDAY 27TH JULY OR THURS 30TH JULY 9 – 10:30AM	WEDNESDAY 29TH JULY 4 – 5:30PM	TUESDAY 28TH JULY OR FRIDAY 31ST JULY 9 – 10:30AM

SWAN HILL PRIMARY SCHOOL 7142

BOOK YOUR PLACE NOW
50 321336

DALGONA COFFEE by THINAYA





Head to the SHPS Lego Masters Facebook Event Page to get a closer look at all the fantastic entries, as well as a video presentation of the winning design. Well done everyone!