

EMU EXPRESS

Marayong Heights Public School
Term 3, Week 3



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From the Executive Team

Welcome back

The July school holidays seem like a distant memory now, they were very different this year. However, we hope everyone had time to take a break and enjoy a little downtime relaxing with family. Cooking, cleaning and board games seem to have been consistent activities in many households.

Learning from home

It is a pleasure to see the number of students who are engaging in Learning from Home activities and either uploading their work to Seesaw or popping it in the school letterbox on a Friday. The teachers and staff are so proud of the effort students are showing with their learning. We hope to see more students participating in Zoom lessons as students who do participate appear to be really enjoying the Zoom sessions, interacting beautifully with their classmates.



Thank you to our parents and carers who have helped them to do this. Also, a huge thank you to our staff who have and continue to work endlessly to get the work out to their students, setting up and monitoring our Seesaw classrooms and engaging in zoom calls throughout the week. A challenge that was presented once again and all expectations have been exceeded.

Stay at home

The Premier's announcement this week (Learning from Home until at least 28 August) is undoubtedly going to increase the pressure for some families whilst we navigate this unpredictable situation. As a school we are working to do everything we possibly can to support students through the various challenges along this unique journey.

As you're all aware, Blacktown LGA is currently a 'stay at home' red zone hot spot. Therefore, only our teachers living in Blacktown can be on our school site. These teachers will provide supervision for those students who must come to school as they cannot be cared for at home. We only have a small handful of teachers who reside in Blacktown LGA. The current circumstances will impact on teachers having access to the paper learning that is being returned by families each week, marking will be delayed as a result. The teachers at school will continue to monitor their own classes online as best they can whilst providing supervision at school. However, these teachers will require help from our support teachers who will pop in and out of their Seesaw classes to help their students. ***I would like to stress again, please follow the rules by keeping your children at home unless you must leave your house to go to work.***

Paper copies of our learning grids

Our learning grids will continue to be ready for collection all day on Friday's, the collection tubs will be against the front gates on Geurie Street. Please ensure you are social distancing and wearing a mask when you pop out to collect them. From this week, parents will collect learning grids for a period of two weeks. This is to attempt to minimise the movement in the community.

Staying up to date and in touch

All information and updates are communicated through our school app (Sentral) and through Seesaw. Information is provided to Principals and schools simultaneously to the public, after the staff have discussed it to determine the impact on our school community, we will continue to endeavour to get information out to families as quickly as possible. We thank you for your patience and understanding with this. A way that the community can help with this, is to ensure you have joined our school on the Sentral Parent Portal app.

Throughout the Learning from Home phase, teachers may need to contact you. As you are aware, most of our teachers are working offsite and will call you from their private phones. Please be aware, 'private number' or 'no caller ID' will show.

Safety

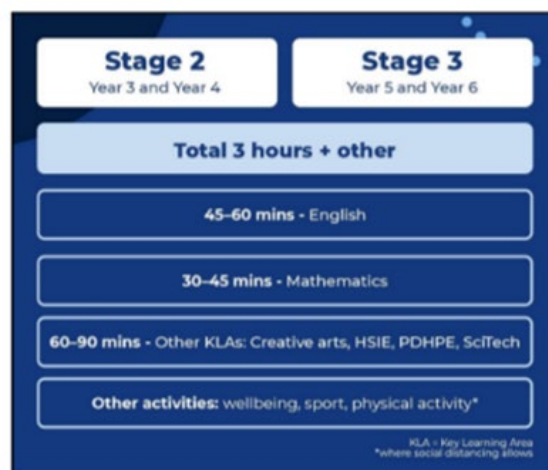
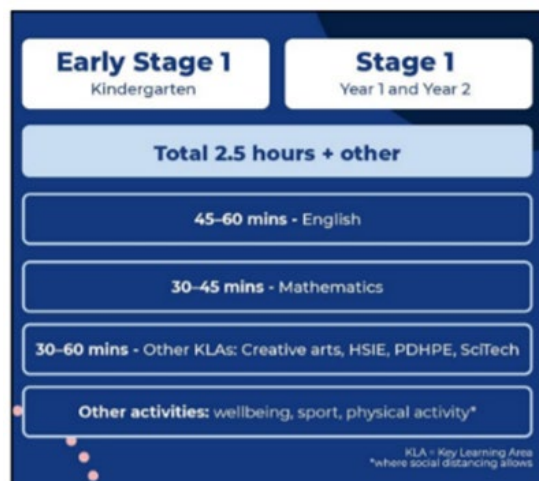
We thank you for following the COVID-19 guidelines of signing in using the QR codes and wearing masks if and when you have been granted permission to enter the school site. At this point in time, access will only be granted in an emergency situation.



Attendance

Student participation during Learning from Home Programs is closely monitored with the parents of non-participants contacted by our class teachers. Our current rates of online participation are outstanding and we hope to maintain this over the coming weeks. Once again, we thank parents and caregivers who are supporting their children with learning from home.

Below is the Department's guide to the number of hours children should be working at home. It may help clarify concerns.



Unwell?

A reminder for all families that students must not attend school if unwell, even with mild symptoms of COVID-19. Any person with any COVID-19 symptoms will be sent home and must not return to school until they have received a negative test result and are symptom-free. In circumstances where children have other medical reasons for recurrent symptoms, a letter from their GP is sufficient to negate the requirement for a negative test. Anyone who is unwell with COVID-19 symptoms must get tested immediately and self-isolate until a negative result is received.

Staff Changes

Mr Cristian Talos has joined our team at Marayong Heights, he will be teaching RFF (History) to Stage 2 and 3 from Wednesday to Friday. Mr Talos is replacing Mrs Jaworski who is going on leave soon to have a baby! We wish her and the Jaworski family all the very best of luck for the safe arrival of their new bub.

Mr and Mrs Vatalis welcomed a healthy little boy into their family on 14th July. Alexander and Mum are doing well.



Events

Unfortunately, we have had to cancel or postpone several events which were scheduled to occur this term. These include our Athletics Carnival, Education Week activities and planned excursions. Where possible, we are working hard to find alternate dates for these events to occur later in Term 3 or 4. Dates will be advertised as soon as we have confirmation from the Department of Education that large-scale events can again proceed safely. Sadly, we have needed to cancel our Stage 3 camp. This was done with a heavy heart, but the situation and restrictions leave us with no other option.

Smiling Mind

During this challenging time, it can be helpful to remember the excellent resources available to assist ourselves and our children in their wellbeing. Marayong Heights is a Smiling Mind school, and every class practice mindfulness using this website. Parents are encouraged to check out the

Smiling Mind-Thrive Inside website for some great resources to help them in these current circumstances. Smiling Mind is a not-for-profit web and app-based meditation program developed by psychologists and educators to help bring mindfulness into your life. The Thrive Inside initiative has been designed "to help you remain inspired, stay connected and foster good mental habits during the Coronavirus crisis. Thrive Inside is a special initiative to help you stay calm and healthy in the physical constraints of your home while remaining calm and healthy inside your Mind." The website is user-friendly, and there is helpful information for adults and mindfulness activities for children. There is also a free app available for download. <https://www.smilingmind.com.au/thrive-inside>

Elizabeth Richards

Thank you to Elizabeth Richards, our local school supply store and in particular Matt Brady, for their very kind and generous donation of 3 classroom whiteboards to our school. We have already found the perfect spot for all 3 of them. Thank you.



Stay home, stay safe, stay positive!

Kind Regards,

Mrs Jeremijczyk, Mrs Leotta, Mr Rodas and Mrs Unasa.



Positive Behaviour for Learning from home

At Marayong Heights, we want all students to be happy and successful while learning from home. We do this by providing students with activities in which they can connect, succeed and thrive while at home. Students at MHPS participate in Seesaw, Google Classroom and Zoom activities, they are required to follow online expectations and procedures. Below are some resources for students in kindergarten right through to Year 6 which will teach them the importance of Cyber Safety in a fun and interactive way.



K-6 Resource

Net Smartz Kids (Be safer online)



NetSmartz is NCMEC's online safety education program. It provides age-appropriate videos and activities to help teach children be safer online with the goal of helping children to become more aware of potential online risks and empowering them to help prevent victimization by making safer choices on- and offline.

<https://www.netsmartzkids.org/into-the-cloud/>

3-6 Resource

Digital Passport



Digital Passport by Common Sense Education is an award-winning suite of engaging games that address key issues facing kids in today's digital world.

<https://www.digitalpassport.org/>

Learning from home tips for parents and carers:

Here are some things you can do:



Dialogue with your children and discuss their weekly learning schedule and assigned tasks



Set weekly goals with your children, encourage them and celebrate their accomplishments



Establish a supportive learning environment at home and peer-to-peer support among siblings



Invite your children to share their ideas, challenge them by asking questions and respond to their proposals



As they study, engage your children by participating in their learning and encouraging their creativity



Engage your children in topics they are interested in to customize their learning



Allow breaks during learning hours and ensure time for play and fun activities



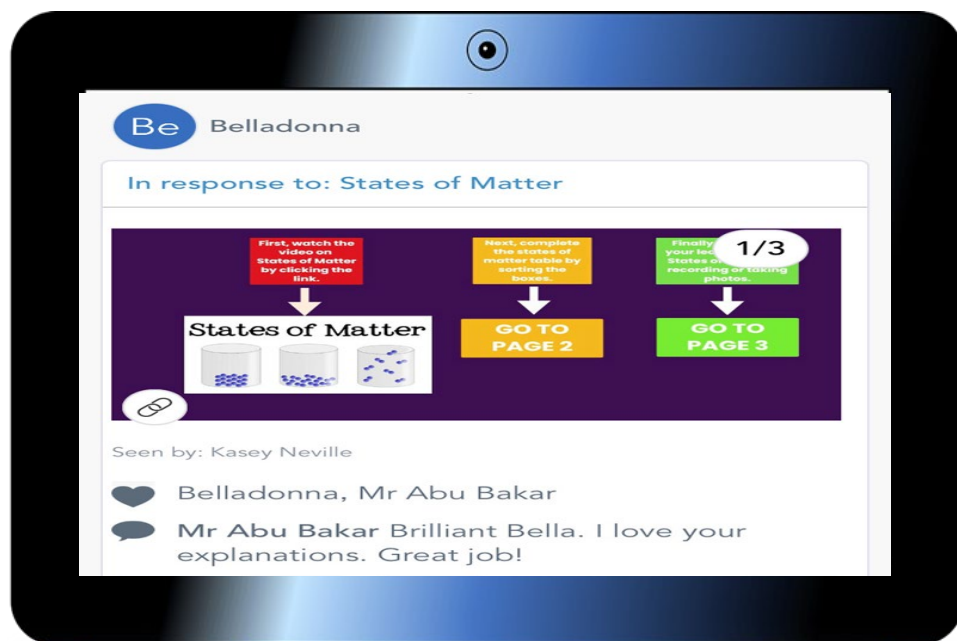
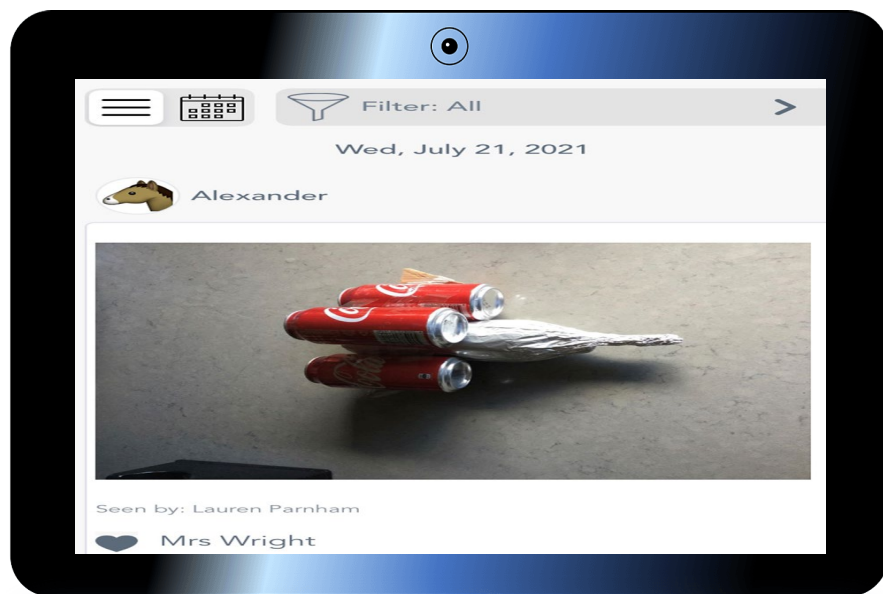
Address their learning challenges, support them in building on their strengths and assess their progression in a constructive way



Cater for their social and emotional needs

Creative Kids Corner

Learning this term has looked a lot different but we are still celebrating the amazing work students are doing from home! Keep up the fantastic work Marayong Heights!



Something Special

Who is Mr Talos?



How long have you been teaching?

- Since 2018 (3.5 years)

What are some of the schools that you have worked at?

- Marayong Public, Marayong South, Kings Langley, Riverbank, Castle Hill, Barnier, Hassall Grove, Riverstone, Halinda School, Bert Oldfield, Quakers Hill, Quakers Hill East.

What is your favourite colour?

- Black, though I keep getting told it's a hue, not a colour.

What is your favourite thing to do?

- Spend time with my Family.

What is your favourite food?

- Kebabs.

What is your favourite book / movie?

- Book: Extreme Ownership by Jocko Willink and Leif Babin.
- Movie: Drive, starring Ryan Gosling, directed by Nicolas Winding Refn.

What do you look forward to at MHPS?

- Being part of an amazing team that supports students learning for their immediate and coming future through the delivery of relevant lessons and modelling positive attitude and behaviour while working at the school I attended as a student.

Video Message from Mr Talos



Something Special

The current lockdown and restrictions have taken a great toll on all of us but we at Marayong Heights continue 'Ever Forward.' Click on the image below to access a special message from our Marayong Heights Staff to all our amazing families. We miss you more than you know and can not wait till we can all be together once again! But for now, continue looking after yourself, your loved ones and stay at home and continue participating on your Home Learning through Seesaw, Google Classroom and Zoom.

