

Term 4
Weeks 1 & 2
2021

FROM THE PRINCIPAL



Dear Parents and Caregivers

Welcome back to school. While our school holidays were still under 'lockdown' conditions, I hope you were able to be out and about in our LGA which we are so privileged to live in. With so many beautiful natural wonders to explore there is always something new to discover.

If you haven't already been viewing our **"Blackheath Babbles"** I encourage you to check these out on ClassDojo. Our school leadership team have been working hard at developing their public speaking and presentation skills through various interviews. They are really worth viewing! Thank you to the team of teachers who have worked behind the scenes on this project. Also, on ClassDojo you can find some great videos of "Music with Mrs Mac". Another great initiative from our very talented Mrs McIntosh.

Thank you for your understanding as we navigate our return to school plans. Yesterday a recorded information session was released on **SkoolBag, ClassDojo and the school website**. Accompanying this were two important pieces of written correspondence. Please watch the upload with your children and read the information. Please contact your child's class teacher in the first instance for further clarification. The Department's **"Advice for Families"** page: <https://education.nsw.gov.au/covid-19/advice-for-families> contains a wealth of information about the guidelines under which we return to school.

We are eagerly anticipating the return of all students over the coming weeks. As individuals we all react to change in our own ways. Please reassure your children that their teachers are so very keen to have everyone back and that they are here to help as we transition back to full time face-to-face learning.

Stay safe and take care.
Warm Regards, Kristin Hardge Principal



KINDERGARTEN TRANSITION

As you would be aware, the Covid-19 lockdown has impacted on our ability to present our Kindergarten Transition program for our students starting school in 2022. It is hoped that we will be able to operate a modified transition program towards the end of Term 4. Once definite plans are made we will be notifying these parents. In the meantime, we will be providing a number of virtual experiences and a comprehensive information package to help our future students become familiar with our wonderful school.

If you have a child starting school in 2022 please go to the school website to complete the online enrolment form:

<https://blackheath-p.schools.nsw.gov.au/about-our-school/enrolment.html>

If you have any questions regarding the enrolment process please do not hesitate to phone Rhonda at the office on 47878253.



KINDERGARTEN GARDEN RE-PLANTING

The Kindergarten garden re-vamp has continued during lockdown! Many thanks to our wonderful cleaner, Bronwen, and GA, David, for all of the amazing pruning, planting and landscaping work that they have been doing. Thanks also to Jerome B and Flynn B (1-2K) and Jerome's dad Phil for their help over the weekend. We planted around 50 tubestock plants which include natives and flowering exotics!

Jenny Lanyon



PRINCIPAL AWARDS

K-E Kingsley O & Abigail C

K-R Diana P

K-1H Alex J & Willow S

1-2G Carter B & Lacey A

1-2K Alisa C & Liam C

1-2NM Josie H & Lucinda H

1-2S Dusty S R & Michael M



3-4B Saxon D-C, Jarrah P & Robert D

3-4C Tainyth H-B, Eleanor A-G & Arabella S

3-4M Jemima D, Otto F & Oliver D

5-6C Jonah C & Oliver D

5-6D Ziggy B & Aneirin M B

5-6L Alton F & Dillon P-G

5-6T Erik A-G & Sophie A

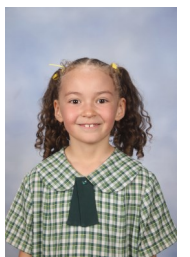
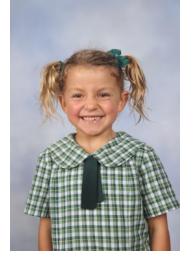
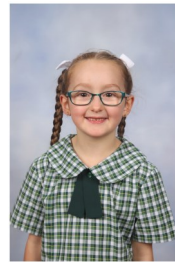
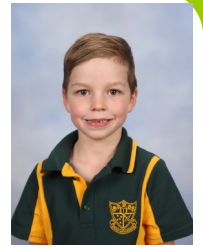


BLACKHEATH BABBLES

Our student leadership team has been working hard to bring you Blackheath Babbles, a talk show style program. If you haven't watched it yet, head to the school page in ClassDojo or Google Classroom if your child is in Years 3-6 to watch the first four episodes of this fabulous program. Many thanks to the parents who agreed to be interviewed and teachers involved in bringing this program to life, Mrs Lanyon, Mr Musgrave, Mrs Gillian Ms Harris, Miss MacFarlane, Mrs Tomiczek and Mr Yeong.

MERIT AWARDS

K-E Isaac C, Lucas F & Harry McD
 K-R Peytyn D & Zack L
 K-1H Sam F, Sylvie W & Charlotte C
 1-2G Oliver J, Marlon K, Zuko C & Cooper D
 1-2K Lilly L, Myles G & Beau G
 1-2NM Harriet M, Charley H & Pippa P
 1-2S Lily K, Mason H & Lucas G



Nessy Reading and Spelling

Our Nessy Reading and Spelling online program is a regular part of our Kindergarten and Stage 1 Learning From Home Program. Many of the children are putting in a lot of work on the program and I feel confident that this is going to have been of great benefit to them when we eventually all get back to school. Children who have done 60 or more minutes per week on Nessy will be receiving certificates each week.

We also have badges for those putting in the most time each week. Red, silver and gold badges are heading their way in the post! Once a child has achieved the giddy heights of a gold badge, they are encouraged to keep on working hard but they won't receive any more badges. That paves the way for other children to start collecting badges.

Below are recipients from Week 6, 7 and 8.

Ms Reeves – Enzo P (Red); Layla B (Red); Kingsley O (Silver and Gold); Naomi C (Red); Carlijah T (Red)
 Miss Harris – Daisy H (Gold); Zack L (Red); Argento S-R (Silver)
 Mrs Harris – Nour H (Silver and Gold); Alex J (Red); Charlotte C (Silver and Gold); Bella G (Red)
 Ms Shute – Lucas G (Red); Lucas M (Silver); Yousef H (Red and Silver); Jack I (Red); Hallie M (Silver)
 Mrs Nankervis/Mrs McManus – Isaac F (Red and Silver); Pippa P (Red); Genevieve H (Silver); Josie H (Gold); Aden H (Red);
 Mr Kelly – Spencer R (Silver and Gold); Lilly L (Red); Myles G (Red); Olive W (Red); Alisa C (Gold)
 Mrs Gillian – Kyan P (Gold); Zuko C (Silver and Gold); Lacey A (Silver and Gold); Joey W (Red)

Congratulations to all students for your commitment to learning to read.

Ms Bishop (AKA "The Nessy Lady")



Congratulations to all BPS students whose work was chosen for our Virtual Wonder Wall.

HSIE - Geography: What is a National Park?

- Part One Answers :
1. For children to play on equipment, people to have picnics and use the lake for water sports.
 2. Children of all ages, Adults. Both locals and tourists can enjoy this park.
 3. Usually the local council will look after it.
 4. Blackheath rocket park is similar, in that it has more than one area of equipment, picnic & bathroom amenities, and a small pond/reserve within the park.
 5. Information statues, toilet block, play equipment, picnic areas, warf.
 6. So large groups of people can enjoy all areas of the park together in nature.

Part 2 Answers :

1. Kids, adults and animals
2. I can see fish, kangaroo, turtle, koala, emu, dingo, lizard and platypus.
3. Buildings, tents and a canoe.

Heidi H



STAGE 2

Lucy W

The Earth's Surface

I found interesting to learn that the earth's crust is made up of cracked 12 tectonic plates and that the earth's crust is constantly moving and shifting around. And it is also cool to know that earth's surface is shaped from forces above the ground from the natural elements such as wind, rain and sun and from the movement from deep underground. Kaelan 3/4C

I think the coolest thing about the earth's surface is that every year Mount Everest gets six centimetres taller. Daliah 3/4C

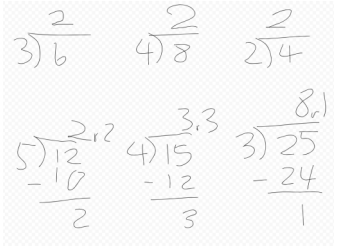
The coolest thing that I know about the earth's surface is that it has water in it and that means it can carry and allow life to live on it such as us and other animals and flowers. Thai 3/4C

The coolest thing I now know about the earth's surface is that the biggest rock in the world is in western Australia and it is called Burringurrah! Lucy 3/4C

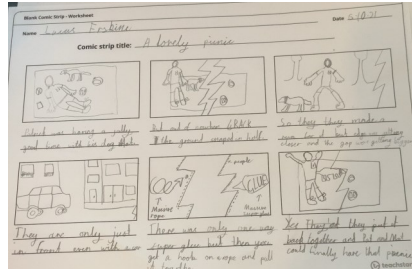
Sophia S



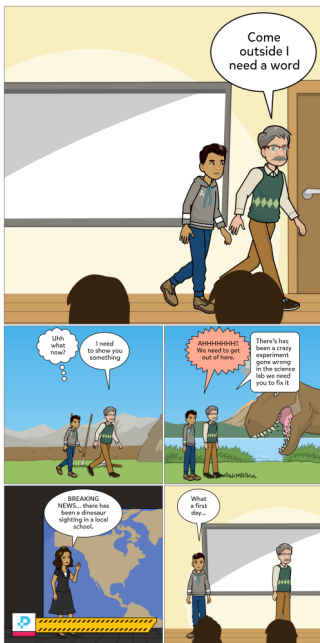
Maia B



Lucas E



Kamilla F



STAGE 3

Oskar W

Ruby B



Pascal R



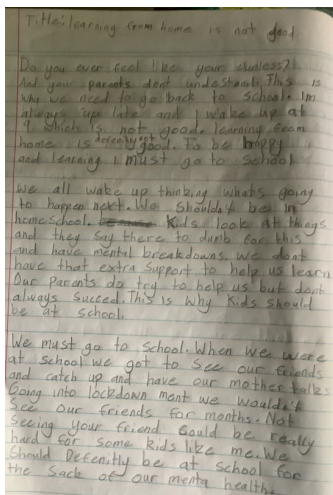
Guy L

Elliot E



Ruben A

Isabella M



Learning at home, not a chance!

By Arrow Cooper

As I stormed up the stairs stressed, angry, asking only one question. Why? Why now? Why me? Why? Why? Why? I yearned for the comfort of my closest friends. I yearned for laughter as I swung open my bedroom door. Ah, the memories. Why would you enjoy the monotony of learning at home? There is no structure, no schedule and oh the boredom!!! I am tired and confused. Give me my dream, the thing I long for most, interacting with the outside world! Because learning at home, not a chance.

Sydney has been in a cage of iron bars as we are glued to the floor of our own homes. How long does the government expect us to wait? I think I am on the brink of extinction! You must agree, think of being free! Living a normal life of harmony! Think of all the children! Friends and social life are everything to children! Friends are like family, and now being stripped of that honour and being manipulated into getting a vaccine! Learning from home has given us nothing but more free time to worry and fear the future and what is to come. Listen to me and agree that learning from home, not a chance!

My first argument is about mental health. Did you know that calls to Lifeline have increased in this pandemic by 40%! That is an indication of how many people feel they need a lifeline to assist them. Anxiety and foreboding has been on the rise. People who have struggled with anxiety before lockdown have now increased their worrying, and people who had no struggle regarding this are now starting to have issues with anxiety. This is not healthy.

With all this time at home more people have found themselves in an unsafe state. One of the sad truths about lockdown is that there have been more incidents regarding domestic violence. Kids are scared because they might have a mother, father, stepdad, stepmom, sibling or other who has anger issues and during this time are taking their anger out on the family.

School is not just about learning, this is why online learning is not so beneficial. It is about developing a curiosity to learn. To be amazed about the facts of our world, to be able to collaborate, to further develop healthy social interactions. It is also about developing and learning respect for your teacher, fellow peers, and for differing opinions. So my response to learning at home? Not a chance.

Imagine this: kids so overwhelmed with fear and anxiety they are afraid of making direct eye contact with people. They are stuck in their own little worlds of unknowing, drowning in a sea of the past. So much so, when they are confronted with the regular noses, mouths and teeth, they shudder and long for the familiar blue fabric and string used to cover these features. I know this sounds ridiculous and hardly believable, but these depressing things can happen if we don't take a stand and realise that these restrictions have become unreasonable.

As I come to the conclusion of this piece I confront you with one question and one question only. It is your job to concoct a reasonable answer based on the factual information I have provided for you. So I now challenge you, do you still think home schooling is so beneficial?

Arrow C

P&C NEWS

Welcome back Parents and Carers.

As Term 4 begins we are now assured of new opening dates for the resumption of in-person learning. Our Principal, Kristin Hardge will be notifying the school community of the public health measures the school is undertaking under the guidelines provided by the Department of Education.

Please take the time to read and understand the public health measures as you prepare your children for a return to school full-time if they have generally been at home during the past months, and even if your child has been attending school. It is important that we all understand the measures being carried out and the relative merits of opening up the school to in-person learning.

All updates to Covid public health measures at the school will be posted on Skoolbag, Class Dojo/Seesaw and the school website.

It is also important to educate your children as to the current public health measures and for what to expect as we move into this new stage of social existence.

For those parents hesitant to have their child attend school in-person (through concerns for health and safety, due to already present healthy conditions or just an abundance of caution) please know that I for one understand your anxiety and applaud your concern for your child. Unfortunately there is no provision from the Department of Education for support for your child once their cohort returns to in-person learning. There will be no learning from home resources after October 25, and it is my understanding that children not attending school without a valid doctor's certificate will be marked as absent.

As difficult as this time may be, the surest path forward is the path of understanding. Though knowledge and compassion we can understand our world and our place in it relative to it and each other.

Stay safe and be well,

Morgan Boehringer

WHOLESOME KIDS CAFÉ NEWS

The Wholesome Kids Café is pleased to announce it will be open as of Monday 25th October for orders. Details to follow.

Make a special reading spot



Share



Make your own



Inside or outside

BOOK NOOK CHALLENGE



DUE BY FRIDAY, 17TH SEPTEMBER



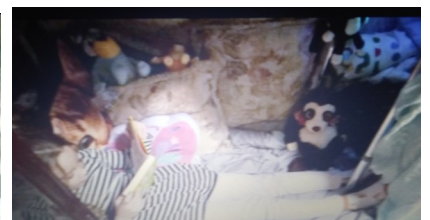
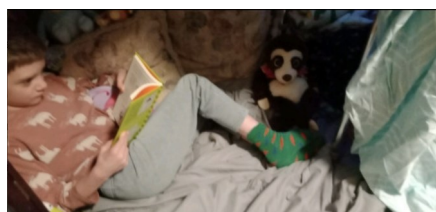
Upload your photos to ClassDojo.
Photos will be shared on school story on Dojo.



Thomas' reading nook made from two lounges Pushed together.



Lola's reading nook



RETURN TO SCHOOL

Got It!

Preparing to Return

Unsure how to prepare your child to return to school?

Step 1: Get information from your school

- Your child's school will be in touch to explain the various new procedures in place. If you have not received information or are unsure of anything, you should contact the school.



Step 2: Talk to your child about returning

- Talk to your child about the changes the school has let you know about and tell them the teachers will be there to help if they are unsure about anything.
- Reassure them with calm words and actions that going to school will be safe and fun.

Step 3: Talk to your child about their feelings

- Encourage your child to share their feelings and any concerns they have before and after returning to school.
- Reassure them that it is normal to have big and sometimes mixed feelings such as excitement or worry.
- Practice some deep triangle breathing together and let them know they can do it on their own at school to help with any big feelings there.

Triangle Breathing



NBMHLD Got It! August 2021

NSW Health
Newcastle Blue Mountains
Local Health District

Got It!

Re-establishing routines

Will your child and family need some adjustment to get back into school learning?

Getting your child and family into a regular routine in the weeks leading up to returning to school will help make the transition and change easier to manage.

The week before:

- Return to usual school day wake up, morning and bedtime routines.
- Ensure they are getting enough sleep.
- Practice having breakfast, lunch and snack times that coincide with typical school breaks.
- Create a calendar that counts down the days until their return.
- Practice getting ready to go to school e.g. finding their uniform and packing their bag.



The day before:

- Include your child in packing their school bag and getting their uniform ready.
- Talk with them about the plans for the next day including the morning routine, what to expect when they arrive at school and afternoon pick up plans.



The morning of:

- Allow extra time to get ready.
- Keep yourself calm to help your child remain calm.
- Repeat all the information you discussed with them the previous night about what their day will look like.



NBMHLD Got It! August 2021

NSW Health
Newcastle Blue Mountains
Local Health District

Got It!

Saying Goodbye at the Gate

Are you worried about how the first back to school drop off will go?

School drop offs might look different when school resumes, some children and parents might find saying goodbye difficult. We can prepare our children for this by:

Planning ahead:

- Talk about whatever details you already know – who will be where to drop and pick them up. Reassure them the teachers will help them if any changes are made.
- Create a quick goodbye 'ritual' for each child e.g. a secret handshake, special wave or triple kiss just for this occasion.
- Organise for a buddy to walk into school with them or for them to keep a special item that helps them feel "brave".



Practice, Practice, Practice!

- Practice small periods of separation prior to school starting e.g. hanging out the washing while your child stays inside or leaving them with a friend while you go to the shops.
- Practice your goodbye ritual so your child knows what to expect.



At the gate:

- Remain calm, confident and be consistent.
- Give your child your full attention.
- Say a proper goodbye (but keep it brief) and tell them when you'll be back e.g. "I'll be back later today after school". Do not sneak away when your child is distracted and don't linger.
- Perform your goodbye ritual once only.
- Reassure them that their teacher and school staff will be there to help.



NBMHLD Got It! August 2021

NSW Health
Newcastle Blue Mountains
Local Health District

How are Blue Mountains Families managing their childcare needs?

The reasons families may need childcare will vary including for: work, study, respite, occasional appointments, or unplanned events.

When life returns to some normalcy, how do you meet your needs?

Through support from family or friends? vacation care? afterschool care? early childhood services?

How well do the available options meet your need – think to the past or in the near future.

What could be different?

Let's talk!

Blue Mountains City Council is undertaking this local research to better understand parent/carers experience.

Local parents /carers are invited to share their experience through:

- An individual 20 minute phone or zoom interview with the project consultant - To book a time that suits you please log onto <https://insight-interviews.appointlet.com> OR
- An online focus group - Please register your interest for this option via email to kristy.delaney@insightaus.com with the subject line ZOOM CHILDCARE

Information will help inform Council's response and will be shared with existing services to see how we can be more effective in supporting families

No personal details will be used to identify any one.

For more information about the project please contact Patricia Darvall, BMCC Child & Family Community Development pdarvall@bmcc.nsw.gov.au or ph: 4780 5462

Group Activities Calendar TERM 4

Tuesdays until Dec 14
Primary Fitness
5-12yr olds
4:00-4:40pm
via Zoom
until covid restrictions ease
contact: sheree@thriveservices.org.au
Bookings are a must!

Tuesdays Oct 19 - Nov 9
Bringing up great kids
10am-12pm
via Zoom
Understanding your child's behavior
and how to be the best parent
contact: hannah@thriveservices.org.au
to book your spot!

Mondays Oct 11 - Nov 1
Money Minded
10-11am
via Zoom
Get a hand managing your finances
with our trained money coaches
contact
linda@thriveservices.org.au for more info
to book your place!

Wednesday Dec 15
Xmas Craft Activity
10-11am
More details coming soon. Follow us on
Facebook for all the updates
contact: Tracy@thriveservices.org.au
to book your spot!



Blue Mountains Family Support Service Inc.
Blue Mountains - 2 Station St. Katumba 2750
Lithgow - 261 Main St. Lithgow 2790
02 4752 1555 info@thriveservices.org.au
thriveservices.org.au
Facebook @thriveserviceslithgowbluemountains



TAI CHI WITH VIRGINIA

Free ZOOM classes

Connect with others and improve your form with single move instruction. It's a Tai Chi class like we've never had before. Don't miss out!

Starting Friday 17th October
10am until 10:30am

Registration Essential call Blue Mountains Women's Health and Resource Centre 024782 5133



YOGA IN A CHAIR WITH ROSE

Free ZOOM classes

Connect and unwind with Rose's Yoga in a chair from the comfort of your home.

Starting Friday 8th October
10am until 11am

Registration Essential call Blue Mountains Women's Health and Resource Centre 024782 5133



BRINGING UP GREAT KIDS

Reconnect with your kids after a difficult year

Bringing Up Great Kids is a reflective, mindful, respectful program that provides parents with an opportunity to reflect on their parenting journey.

Bringing Up Great Kids provides a friendly and safe environment for parents to learn from each other as they continue their parenting journey.

THE PROGRAM

- learn more about the origins of their own parenting style and how it can be more effective;
- learn more about brain development in children and its influence on their thoughts, feelings and behaviour;
- understand the meaning behind children's behaviours, and how to respond to children's underlying feelings and needs;

WHEN & WHERE

Join us every Tuesday from 19th Oct - 9 Nov on Zoom
10.00 - 12.00PM

email hannah@thriveservices.org.au to book your spot!

