



NEWSLETTER

Tamworth West Public School

Week 2 Term 2 2020

FROM THE
Principal



FROM THE
Deputies



Dear Parents and Carers

I would like to take this opportunity to thank you for your ongoing support. As already stated, this is an unprecedented event and we are all navigating our way through it the best we can. Our main aim at the moment is to ensure continuity of learning for students at home and at school, whilst maintaining a safe and healthy work environment for all.

As has been the case since this crisis began, we are providing ongoing supervision of learning for students who need to attend. For weeks 1 and 2 of this term parents have been encouraged to keep their children at home. Even so, we have now reached an attendance rate of 30% of our enrolment.

Throughout the staged return to school, which is due to commence next week, we have been encouraged to return 25% of our student enrolment on any given day. Considering we are already in excess of this number we are now in the situation where we could have 50% or more of our students return. It is important to note that while we love seeing our students parents and carers are advised that we will now not be able to meet the social distancing recommendations of only having 10 students in a classroom.

In order to staff the smaller groups and provide the safest model of learning for all, we are asking, where possible, for students to access their day of on-site learning and continue to learn from home for the rest of the week until further notice. We anticipate this will be for at least two weeks. We will continue to provide ongoing supervision of all students in attendance.

Maintaining the health and wellbeing of our staff, students and school community is of utmost importance. A phased approach will mean there are a smaller number of students at school each day, providing more space to spread out. It also helps to balance the varied needs of students and staff, their families, personal circumstances and workplaces. The flexibility of the approach means we can also respond quickly to any new spikes in the spread of COVID-19.

The Week 3 packages of work have been posted to families. In this package you will find information regarding your child's allocated 'House Day', the teacher and the classroom they will be in. There is a possibility that the allocated teacher and

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classroom may now change on any given day depending on the number of students in attendance. It is not compulsory for students to attend on their day, this is a parental decision. If students do attend please ensure they bring their work package with them to school.

Please remember that allocated days for weeks 3 and 4 are as follows:

Day	Students Attending
Monday	Students in FARRER
Tuesday	Students in MACARTHUR
Wednesday	Students in PARKES
Thursday	Students in WENTWORTH

Advice for school canteens

As students begin to return to school the Department of Education has advised that school canteens can open at the discretion of the Principal. To comply with these guidelines all other non – essential visitors at the school, which includes volunteers for the canteen, are still unable to attend. The school canteen will be open to take online orders only from Monday 11 May with measures in place to ensure distancing recommendations.

Information Regarding Work Packages

Students are asked to return all unmarked work packages on their allocated ‘House Day’ each week. Work packages for week 4 will be distributed to students on their ‘House Day’ during week 3 and so on. If your child will not be attending school, please make contact with your classroom teacher to organise the collection of the next package of work.



“Nice! Home school education has certainly changed since I was in school.”

Wellbeing



THE RESILIENCE PROJECT™ TRP @ Home

The Resilience Project is a program to support the wellbeing of students and their families. At Tamworth West PS we had planned to implement this program into our classrooms this year, however, due to recent circumstances the in class version was put on hold. **Now something exciting has happened!** The Resilience Project has launched [TRP @ Home](#) . This is a fabulous resource for students and their families to utilise during this unprecedented time. I encourage you to click the link, have a look around!

[TRP @ Home](#) Take Care and Stay Safe!

Gratitude

Paying attention to the things that we have right now, and not worrying about what we don't have. We practise this by noticing the positives that exist around us.

Empathy

Putting ourselves in the shoes of others to feel and see what they do. We practice this through being kind and compassionate towards other people.

Mindfulness

Our ability to be calm and present at any given moment. We practice this through slowing down and concentrating on one thing at a time. This could be our breathing, completing a colouring sheet or noticing the noises we can hear.

Emotional Literacy

Our ability to label our emotions as we experience them. Labelling our emotions helps us to manage our emotions (soften negative emotions and find positive emotions). We practice this by labelling our emotions as we experience different parts of our day.

P&C News

The P&C Committee would just like to wish all of the Mums, grandmothers and carers out there a very happy Mother's Day. Whilst COVID-19 has put a stop to our yearly Mother's Day stall, I am sure that you will all be very spoiled, and deservedly so.

When all of this ends, our committee will again be full of enthusiasm with our fundraising efforts.

Stay safe everyone.

Jacki Galvin
P&C President



Good for Kids good for life

STAYING ACTIVE AT HOME

Children should be getting at least **60 minutes** of physical activity that makes them 'huff and puff' across the day.

Staying active as a family will support your physical and mental health.

Try doing some of these activities together each day:

Backyard sports Walking
Dancing Tag
Hula hoops Gardening

FAMILY EXERCISES

Family boot camp Skipping
Aerobics

Walk the dog Hide and seek

Make a game from chores

NSW GOVERNMENT

Source: Office of Sport



HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Join The
Tamworth Regional
Youth Council

Are you...

- interested in being a leader in your community?
- aged between 15 and 18?
- living in the Tamworth region?

Tamworth Regional Council are looking for passionate people to join the **2020/2021 Youth Council**.

You'll get to meet new people, help shine a spotlight on the issues affecting young people in our community and learn some new skills.

Like what you see?

Register your interest at
www.tamworth.nsw.gov.au/youthcouncil,
or give us a call on (02) 6767 5555.



CLEANERS REQUIRED

Joss Facility Management are looking for cleaning staff to work at local Government sites across regional NSW.

PPE, Training and Uniforms provided.

Applicants need to provide a valid Working With Children Check upon application and successful applicants will be required to undertake a pre-employment medical prior to commencement.

Please contact Joss Facility Management via email on careers@jossgroup.com.au



Check us out on Facebook **Joss Cleaning**

or visit our webpage
www.jossgroup.com.au