



St Michael's Primary School

Newsletter

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Issue 6

Term 2 Week 4

Thursday 21 May 2020

From the Principal

Dear Parents

Welcome back!



The last nine weeks have been an amazing journey of learning and uncertainty. The good news this week that all children will be returning to school on Monday 25 May to full time face-to-face learning was a welcome announcement.

Once again we thank you for your support, hard work and positive communication with the teachers. Your words of gratitude were very much appreciated.

We all know that prolonged disruption to routine is unsettling for all children and adults. For those children who were anxious before COVID-19, this time away from school may have caused them to be more anxious. The following free webinar from the Children's Hospital at Randwick may help you to deal with your child's anxiety

<https://vimeo.com/416183077/213b267116>

Maintaining the health, wellness and safety of our entire community is of the utmost importance to us.

Please read below a summation of the return to school of all our students on Monday 25 May 2020.

Students

- All students are expected to return to face-to-face learning on Monday. Remote learning will cease and only face-to-face learning at school will be provided for all students.
- Small group intervention programs will recommence, e.g. Reading Recovery and EMU.
- Face-to-face Music and Physical Education programs on the children's rostered days will recommence.

Attendance/Roll marking

- The pre-COVID-19 usual procedures for roll marking will apply. Students are expected to attend school unless they are unwell.
- If parents believe that their child has a condition which means it is not safe for them to return to school, they will need to obtain a medical certificate.
- In the event of students having a medical certificate to not attend school due to a long term illness or underlying health condition (e.g. suppressed immune system or undergoing treatment like chemotherapy) we shall continue to be responsible for providing work for the student during the period that they are prevented from being at school.
- Students who are residing with a family member in one of the categories identified as being vulnerable, as per NSW Health Guidelines, should attend school unless a medical practitioner advises otherwise. The parent or carer should provide written confirmation from the treating health professional that the student is unable to attend school.
- If students are away from school because they are unwell, there is no expectation that they complete school work. It is important that unwell students rest. No work will be provided.
- Students who are not at school due to a parent decision or pre-existing medical condition of a family member will be supported with their learning, however this will not be remote learning that students currently have been experiencing. Class teachers will make contact with those families.

Social distancing

- There is no published requirement about student to student social distancing.
- Staff to parents/carers social distancing must be observed. It is essential that parents and carers follow these requirements to support the safety and wellbeing of all in our community. Parents and carers who are not observing social distancing and lingering will be asked to depart promptly.
- We ask that only one parent or family group be in the school foyer at any time and limit your stay in this area to essential business only. Please use the school email address or phone to arrange an appointment with your child's teacher or to change their going home arrangements.

... Continued overleaf

Drop off

From the Principal (continued)

- Please use the "Stop and Drop" in the mornings. If you are walking your child to the school entry, please leave them at the school gate.
- If you are walking your child to school, please refrain from lingering on the playground.
- Follow the usual protocols for communicating with your child's teacher by emailing or phoning the school to arrange an appointment with your child's teacher. Please refrain from visiting your child's classroom.

Pick up

- Please observe social distancing and leave the school grounds promptly.
- Consider using the "Slow & Go" procedure when collecting your child in the afternoon. "Slow & Go" number cards are available from the office.

Cleaning

- Daily clean of all surfaces and touch points by cleaners.
- Hand sanitisers in all spaces.

Hygiene

- We continue to promote personal hygiene for all our students.
 - * Washing of their hands frequently with soap and water.
 - * Using the hand sanitiser.
 - * Covering their nose and mouth when coughing or sneezing.
 - * Avoiding touching their face.

Water

- Students are encouraged to bring their own water bottle which can be filled during the day. However, bubblers can be used, if required. They will be cleaned according to COVID-19 cleaning and sanitation requirements as they are high touch surfaces.

Reports

- Student reports will look different this semester. As students have been learning at home for a significant time, we are developing a report which reflects each students learning in Religious Education, English and Mathematics as well as a brief statement on some of the other KLAs. Reports will be sent home before the end of term.
- There will also be an invitation to meet with your child's teacher for a conversation regarding their learning.

Congratulations and thank you for meeting all the challenges that COVID-19 placed on you and your child/children.

You have our uppermost thanks.

We look forward to reconnecting with our students and making learning a successful experience for all.

"We are all affecting the world every moment, whether we mean to or not. Our actions and states of mind affect all others, because we are all so deeply interconnected." (Ram Dass)

Of one thing I am certain - every human being reveals something of God . . . A spark of divine light shines from each one of us . . . Every human being has been taken up into the heart of God, conferring on them an infinite divinity. (Pope Francis)

Wishing you every blessing for the week ahead.

Danuta Maka



Enrolling now for Kindergarten 2021

Phone 9865 1600

Email: stmichaelsbhills@parra.catholic.edu.au



We invite New Families to contact us to discuss their child's enrolment for 2021.

Existing families with Kindergarten 2021 children will be offered a place once their Enrolment applications and supporting documents have been received and finalised.

Please contact the school office for further information.

Prayers

We pray for those in our community who may be unwell or suffering at the moment.



School Terms - 2020

Term 2 - Monday 27 April to Friday 3 July

Term 3 - Monday 20 July to Friday 25 September

Term 4 - Monday 12 October to Friday 18 December*

- Students finish Wednesday 16 December
- Staff Development Days Thursday 17 & Friday 18 December

Social Skill Tips for Parents

Week 4: Being positive

- People with a positive approach to life. Positive tracking: Looking for the good things is a way to succeed.

Week 5: Giving and receiving compliments

- Good mates look for the good things about others.

Weeks 6 & 7: Approaching and joining in and including others

- Go and join in – don't wait to be asked. (The do's and don'ts).
- Including others makes everyone feel good.

News from Year 5

This term in Year 5, we have been learning about the growth and survival of living things and how their adaptations over time suit their environment. After learning about Charles Darwin and his theory of evolution and natural selection, we conducted an experiment using a range of utensils to mimic a bird beak.

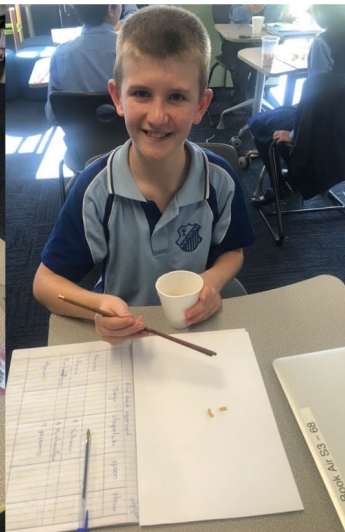
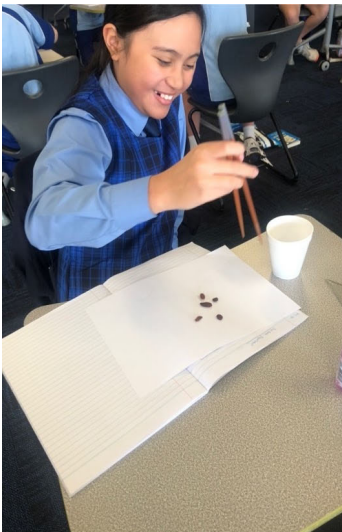


Bird Beak Experiment

Learning Intention: To identify and explain connections between animal adaptations and their environment.

Aim: To investigate how bird beaks are adapted to suit their environment.

Equipment: Chopsticks Spoon Marshmallows Pasta
Straw Popcorn Sultanas



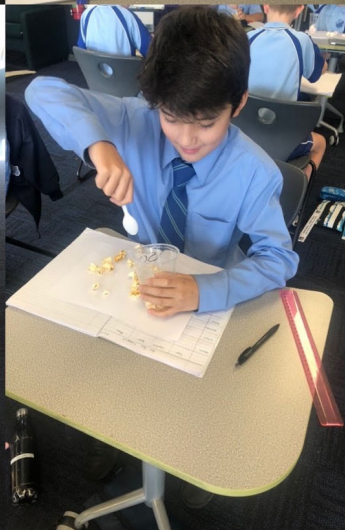
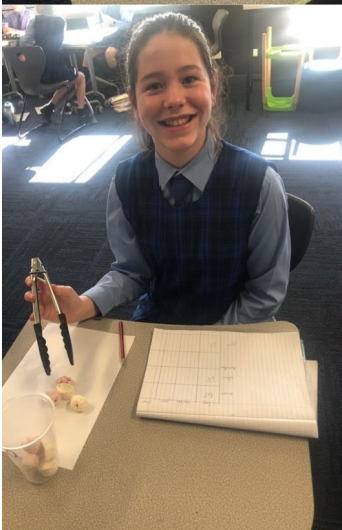
We then reflected on what beak worked best for what food and how the structure and shape of a bird's beak would impact how and what it would eat.

William (Year 5): If I was a bird I would choose the tongs for a beak, they were way easier to collect the food! It was really fun trying to pick up the food as if we had a beak.

Aidan (Year 5): I agree, either the tongs or the spoon would make the best beak design. That way the bird could scoop up the food, or use their talons to help them hunt.

Caleb (Year 5): From this experiment, I could see that the shape and structure of a bird beak affects what it can eat because it needs to suit the different shapes and sizes of the food they eat.

Charlotte (Year 5): I learned the size of the beak helps the bird eat larger items of food and the shape helps it to pick up different types of food.



IMPORTANT ALLERGY INFORMATION

At St Michael's we have a number of children with **life threatening allergies** (Anaphylaxis) to various forms of food, latex, dust, animals and insect stings.

Some children have allergies that are so severe that smells or touch could trigger a reaction.

In particular, we have a number of children who have severe allergies to nuts. While allergic reactions are common and most are not serious, for some people the reaction can be life-threatening. Anaphylaxis can occur within minutes of an exposure to a trigger.

We see prevention as a major part of providing a safe environment for these children. In order to support these children, we ask that you do not send in nuts or any foods containing nuts to the school with your children.

Common foods that trigger an allergic reaction are listed below and we ask you to be 'nut aware' and refrain from sending them to school and to seek suitable alternatives. The following list gives examples of such foods:

FOOD TYPE	EXAMPLES
Peanuts / peanut butter	Any kind of peanut or peanut butter
Tree nuts	Hazelnuts, almonds, cashews, pecans, walnuts, macadamia – any kind of nuts
Sesame seeds	
Nutella	Any brand
Biscuits containing or topped with nuts	Particularly chocolate biscuits
Cakes or slices containing nuts	
Snack packs containing nuts	Dried fruit + nut mixes
Chocolates containing nuts	Picnics, Snickers, Mars Bars (almond), Nut Breaks, Ferrero Rocher, Fruit and Nut, Praline based chocolates – Guylian, Marble Blocks
Chocolate lollies containing nuts	Peanut M&Ms
Marzipan and nougat	
Breakfast cereals containing nuts	Crunchy Nut or Honey Nut Cornflakes, Muesli, Nutri Grain, Just Right etc
Muesli Bars and Snack Bars containing nuts	
Yoghurt with nut mixer packs	
Confectionary items	Lolly Gobble Bliss Bombs, Rocky Road
"Health Food" confectionary bars containing nuts	Uncle Toby's yoghurt muesli bars
Foods containing satay	Thai, Malaysian, Indonesian meals

The Canteen does not sell any of these products.

In the case of a child bringing a nut product to school, teachers will bring the matter to the attention of parents.

There are many foods that DO NOT contain peanuts or nuts in their ingredients list, but the food package has the statement. "May contain traces of dairy, nut or seed". This food may be brought to school and consumed only by non-allergic children.

Due to safety and concerns, we discourage children from sharing food and drink. We would also appreciate parents speaking to their children regarding this matter. Your child's diet at home need not change.

Below is a list of foods that are safe for you to choose from. We're sure you can think of many others.

- Fruit and vegetables
- Dried fruits, Fruit snack packs
- Vegemite, jam, honey, cheese spreads
- Parker's Pretzels, Rice crackers
- Chips, Popcorn
- Plain biscuits – sweet or savoury – without nuts
- Chocolate biscuits – without nuts
- Plain Cornflakes, Rice Bubbles, Weetbix, etc – without nuts
- Fruit based muesli bars and snack bars – without nuts
- Yoghurt – without nuts mixes
- Lollies and confectionary items – marshmallow, spearmint leaves, jelly babies, snakes, raspberries, etc without nuts.



Basically we ask you not to send food to school with your child that contains a nut or nut product listed in ingredients.

We thank you for helping us to provide a safe environment for all children at St Michael's.



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