



# Wyoming Public School

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## Update for Week 7

Dear parents and caregivers,

We seem to have made our way through the Week 5 slump and from what I have seen are back in the groove of learning from home (in whatever form this may look like for your family).

In previous weeks I have shared some of the challenges (and moments of sheer disbelief) I have faced with my own boys. This week I am trying to focus on a few of the positives that I have also experienced.

I have met students' pets, laughed at jokes, listened to stories, and been amazed by science experiments during class zoom meetings. I have seen families enjoying afternoon walks or bike rides together and have had another family share photos of their son helping to landscape a garden. All of these have been lovely to be a part of and are a small reminder that while we are missing many things during lockdown there is also lots to enjoy.

Don't forget on those days that seem more "hard" than "enjoyable" there are several online resources available that may help you and your family such as

### *Smiling Mind App*

Meditation app for young people that uses mindfulness to boost calmness, contentment, and clarity. It is free to download on your apple or android device.

### *Kids Help Line*

Private and confidential 24/7 phone and online counselling service for young people, their family and friends (aged 5-25 years).

Phone: 1800 55 1800

Online chat 24/7 link: [kidshelpline WebChat Counselling](#)

### *Mental Health Line*

A mental health professional will answer your call about mental health concerns for you or someone you are concerned about including children, teens, adults and older people.

Phone 24/7: 1800 011 511

Link: [NSW Health Mental Health Line](#)

### *Emerging Minds*

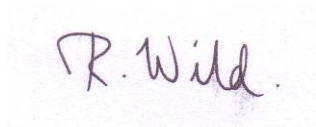
An online resource kit to help support children's mental health during a pandemic

<https://emergingminds.com.au/resources/toolkits/supporting-childrens-mental-health-during-a-pandemic/>

Our Monday pack exchange continues to work well - Class teachers have been impressed by the quality of work that has been returned and will give feedback to your child during the week.

Thank you for your ongoing efforts!

Take care,

A handwritten signature in purple ink that reads "R. Wild."

Rebecca Wild

19.08.21

