



Wyoming Public School

Maidens Brush Road
Wyoming 2250

Telephone: 4325 2181
Facsimile: 4323 6932
Wyoming-p.school@det.nsw.edu.au

Critical Reminders for Week 3

(18-22 October 2021)

Students in Years 2-6 Learning from Home

Work packages available from the hall on Monday 18 October or by download from the school website.

Students in Years 2-6 unable to learn from home due to parent work commitments

Students who the school has been notified will be attending are to go straight to the following classes on arrival to school.

- **Grade 2-3** (Room 4L) Mrs Lenton's room upstairs A Block.
- **Grade 4-6** (Room 4H) Mrs Horton's/Mrs Walker's room upstairs A Block.

Students in Kindergarten and Year 1

- On arrival to school students in Kindergarten and Year 1 go straight to their regular classroom. If possible, we ask that Kindergarten students enter the school using the Veronica Crescent pedestrian gate.
- Afternoon pick up time and locations are:

| <i>Veronica Crescent:</i> | <i>From Hall COLA (undercover area)</i> |
|---------------------------|---|
| 2.35pm - KO | 2.40 - 1L |
| 2.40pm - KM | 2.45 - 1R |
| 2.45pm - KL | |

- We ask that you abide by social distancing and wear a mask.

Please remember

- No child is permitted onsite prior to 8.30am
- There is no canteen
- Students will remain with their class peers for the duration of the school day.
- As part of the NSW Health-approved COVID-safe settings for school's masks are strongly recommended for primary students while indoors and outdoors (unless exercising or eating). If you would like for your child to wear a mask, we suggest that you discuss the correct manner to wear it during the day with them and that they bring a spare. If your child is wearing a re-usable mask, please have their name clearly written on it.



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A message from our Senior Psychologist, Education

Dear Parents and Carers,

Return to face-to-face school is upon us and with-it mixed emotions:

Any of these sound familiar: Relief, excitement, happiness, fear, concern, anxiety, worry, distress???

None, some or all of the above?

A colleague sent me this article on “reentry anxiety”- I think most of us have a little of this as may our kids....

[Anxiety After Covid: How to Cope with Re-entry Syndrome \(psychom.net\)](https://www.psychom.net/2020/05/20/anxiety-after-covid-how-to-cope-with-re-entry-syndrome/)

In short, it’s very normal to have a mix of emotions as we move into the next stage of this strange new world, we find ourselves in.

There are a lot of good resources dealing with Covid concerns, returning to school, and dealing with our “new normal”, in fact so many that sometimes it’s difficult to know where to start:

Although produced in the UK this is a good, short video on Returning to school and anxiety by Clinical psychologists from NIP (“**Nip in the Bud® was set up to encourage awareness about mental health disorders in young children.**”)

<https://nipinthebud.org/returning-to-school-after-the-lockdown/>

It’s an 8-minute video by a Clinical Psychologist looking at anxiety about return to school and it has some good tips for anxiety in general.

On the 2 pages following, you will find details about a parent presentation by Michael Grose on “Parenting Anxious Kids.” This may be a great place to start the discussion around coping mechanisms that you can support your child with.

A page of helpful hints has also been added to the notes section of each grade area of the school app. This may provide a starting point to discuss being ready to return to school with your child.

Above all, remember to plan not panic! Your children have been at school for a little or a long time, so they are going back to something they know with teachers who are well prepared, excited to be doing their job face to face and will have planned for a wide range of emotions/reactions. School routines and structure represent security and normality so



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we expect most will settle back in fairly easily. For those who have a little more difficulty adjusting, communicating with your child's teacher, modelling a calm, positive attitude and giving it a little time will help. Further supports are available if your child is experiencing longer term difficulties in adjusting back to school-ask the class teacher for a referral to school counsellors (China McInnes and myself).

We all look forward to seeing everyone back over the staggered return of the next two weeks!

Thanks

Julie Simington

Parenting Anxious Kids

Have you ever wondered how to best help your child when they were feeling anxious?

There is so much that parents can do to help kids recognise, manage, and minimise their anxiety.

In this presentation, parents will learn:

- The origins of anxiety and why we appear to be in the grip of an epidemic
- A new evidence-based management approach that's easy for parents to use with children
- Practical tools to teach kids to self-regulate their anxiety
- A parenting framework to help anxious kids develop resilience
- How to respond constructively to children's and teens' anxious moments
- When to seek professional help for your child or young person.

Date: Monday 18 October

Time: 7.00pm-8.30pm

To join click:

<https://professionalspeakersaustralia.zoom.us/j/91342378171?pwd=NjhxWHhTWlJjRGNGbmJ2Tko2L0M3dz09>

SPEAKER BRIEF

Michael Grose

Parenting expert, author, speaker

Michael Grose, founder and Managing Director of Parenting Ideas, is one of Australia's leading parenting educators and an award-winning speaker who has been informing and inspiring audiences in Australia, Asia, in the US and UK for more than 20 years.

A recognised media figure Michael has had parenting segments on The Project, The Today Show, Weekend Sunrise, 3AW, ABC radio and more. He has contributed to Huff Post, Kidspot and Mamma Mia, and is a former columnist with News Ltd and Fairfax newspapers.

Michael is a former primary school teacher with 15 years' experience. He holds a Master of Educational Studies from Monash University specialising in parenting education.

He is a bestselling author of 12 books for parents including Spoon-fed Generation, Thriving!, Anxious Kids and his latest re-release Why First Borns Rule the World and Later Borns Want to Change It.

Michael is the parent of three children who have all successfully flown the parenting nest.



