

# Bundoora Bulletin

*Excellence Respect Co-Operation  
Resilience Friendship*

## From the Principal...

I am not sure whether “Welcome to Term 2” is appropriate during these unusual and challenging times. While I’m sure this holiday break was not the typical “out and about” holidays that most of us are used to, I hope all of our students and families enjoyed their time together. In these uncommon and unfamiliar times, I hope families are supporting each other and are able to create “new and different” memories. Please see the information attached with information and strategies on how to handle behaviours, anxiety and other challenges during these times.

I am most grateful to our wonderful staff who worked diligently over the holiday break to ensure our online programs were ready to go for the start of Term 2. I would like to ask our students and parents/carers to be patient as we transition to this new way of learning and trust everyone will understand that this is a new experience for all of us. We have a few teachers who are working onsite during this time and, together with teachers working from home, are available to help our students with any questions they have through their relevant online programs (SeeSaw or Google classrooms).

It is wonderful to hear that most of our students were able to connect to the online programs over the holiday break and prepare themselves for remote learning. Most of our students have taken on this ‘challenge’ with enthusiasm and excitement. I am very proud of our students handling this change to learning so well, but I want to remind our students that this is really different and something that we’re certainly not used to—and had no real preparation for. It is important for everyone to not to put too much pressure on yourselves (or each other) and to do the best you can. If students are having trouble with the online program or any aspect of the work assigned to them, the best way to seek help is to contact your child’s teacher directly (either through Compass or through their online program—SeeSaw or Google Classrooms). Our teachers are readily available throughout the day to help students.

Many thanks to the Griffiths family for arranging laptops for our students to use at home.

Parents of students who take music lessons through **Metro Music** will be contacted shortly to arrange online lessons. Please look out for an email from Metro Music coming shortly.

We will continue to provide information as it is sent to us from Department of Education & Training. Thank you to the vast number of parents who have thanked us for the clear communication. Our aim is to keep our families updated with information as it comes to us to avoid any confusion or concerns.

Please take care of yourselves and each other during this time. Be sure to read the information attached regarding ways to seek help or assistance. Be patient with each other and support each other as best you can. We miss your faces and smiles!

Take care and stay safe!  
Lee Pollard

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Out of School Hours Care: 0499 003 108

[www.theircare.com.au](http://www.theircare.com.au)

Prep 2021 Enrolments are being accepted [via email here](#)

[Download Enrolment form here](#)

Virtual Tour coming soon



TO ALL ESSENTIAL WORKERS

THANK YOU!

tips + resources for parents teaching their kids from home



## COORDINATE WITH TEACHERS

Follow the learning plans, but have a chat with the teacher to learn what is expected of them and of you. Build a workflow that works for your child and your family. Eg, we are using a 15 & 30 mins min timer for tasks.



## ...BUT BE FLEXIBLE

Changes do happen. Even if you have lesson plans and study schedules, home school is a new scenario for many. Don't be too hard on yourself. Allow time to adjust.



## SET A SCHEDULE...

You may be following a lesson plan, but it's up to you and your child to set how you'll work with it. If you do have the flexibility, set up times for study and breaks at times that work with your child and family.



## LEAN IN TO YOUR CHILD'S NATURAL INTERESTS

If your child is really engaged and self-driven on certain topics, schedule these topics during times where you can take a mental break or focus on other work.

*We provide our students with the skills to become confident and capable global citizens.*



# How to motivate Your Children During Remote Learning Tips for Parents

As schools have closed due to COVID-19, the majority of children are learning remotely. Motivating your children during remote learning is central to their success. Motivation means ensuring they are interested, involved and confident in their learning. As a parent you have an important role to play by providing your children with encouragement and feedback

## Here are some things you can do:



**Dialogue with your children and discuss their weekly learning schedule and assigned tasks**



**Set weekly goals with your children, encourage them and celebrate their accomplishments**



**Establish a supportive learning environment at home and peer-to-peer support among siblings**



**Invite your children to share their ideas, challenge them by asking questions and respond to their proposals**



**As they study, engage your children by participating in their learning and encouraging their creativity**



**Engage your children in topics they are interested in to customize their learning**



**Allow breaks during learning hours and ensure time for play and fun activities**



**Address their learning challenges, support them in building on their strengths and assess their progression in a constructive way**



**Cater for their social and emotional needs**

## Being online at home: tips for parents/carers

### PRIVACY

When supporting your child's education at home, keep their privacy in mind, and help them establish and maintain good privacy practices.

Privacy is about protecting your child's identity. This may be their name, age, email, home address or password. It can also be more sensitive information, such as their health, wellbeing or family circumstances.

Read the Schools' Privacy Policy to understand how schools handle your child's information, and apply similar principles at home. You can request a copy of your school's privacy policy from your school.

[Here are some practical tips to help you and your child maintain good privacy practices:](#)

Ensure your child's **passwords** to any systems they access are secure. Do not have them written down near the computer or device or save them in a document that can be accessed by others.

If your child is using a shared computer or device at home (e.g. a household computer or tablet), ensure that they **log out of all school systems** at the end of each session or day.

Your child may sometimes need to share **sensitive information** with school staff—for example, about their health or wellbeing. Make sure they can do so without being disturbed, and any sensitive documents they create or share are stored somewhere secure, such as a password-protected folder.

Your school will advise what **collaboration platforms or applications** your child may be asked to use to support learning from home. This will include advice on how to set them up to ensure your child's safety and privacy. It is very important that you follow your school's guidance. This will help ensure that the strongest privacy protections are in place at home.

If your school is using **video conferencing**, ensure your child understands how the software works. If possible, your child should participate in videoconferencing in an open place within your home, rather than alone in a private space such as in their bedroom.

Be cautious about downloading **educational software** except what your school has recommended.

If software requires your child's personal information to be entered, make sure you read the company's privacy policy first to find out how that information is stored, and who it is shared with. If you're unsure, **check with your school**.

Be wary of companies and products that:

- don't have a privacy policy.
- ask for more detailed personal information than seems necessary in order to use their product.
- share user information with third parties for marketing purposes.
- store your child's information in countries whose privacy legislation is substantially different to Australia's.

### SAFETY

When using Department or school provided equipment, including dongles, devices and laptops, please ensure that these are used for educational purposes only, to help ensure your child's safety and security.

Protecting your child and supporting them to stay safe online is a priority for parents and carers. The [National eSafety Commissioner](#) has developed a range of resources to support parents and carers to ensure their child's safety and privacy online, including:

- [parent webinars](#),
- tips on [how to report cyberbullying](#) and
- [online safety kit for parents and carers](#).

# Parenting Support

Do you have a child under the age of 12 and need support with parenting?



Would you like to:

- Enjoy parenting more?
- Address concerns about your child's behaviour?
- Use positive parenting strategies to improve your child's behaviour?

Help is available through a **Family Support Worker** who will help you learn new skills to better manage your child's behaviour.

The **Family Support Worker** can assist families in dealing with:

- Tantrums
- Bedtime problems
- Mealtime difficulties
- Children not following instructions
- Aggression towards parents, siblings and others *or*
- Other areas of concern

## How to access the Family Support Worker

Referrals to the **Family Support Worker** can be made by contacting our Service Co-ordination team at healthAbility on **Ph 9430 9100** between 9am and 5pm Monday to Friday.



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[healthability.org.au](http://healthability.org.au)

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T (03) 9430 9100 F (03) 9431 0339 [healthability.org.au](http://healthability.org.au)

healthAbility is an operating division of Nillumbik Community Health Service Ltd. ABN 32 180 310 839

# Coronavirus (COVID-19): Managing Stress and Anxiety

## TIP SHEET

The outbreak of coronavirus (COVID-19) is impacting people in significant ways, and it's understandable that people are feeling heightened stress and anxiety.

It's important to take care of yourself by using strategies that help you to manage your stress levels and responses to the current state of uncertainty, change and social isolation.

### Signs of stress and anxiety

Stress and anxiety can result in a range of different physical and emotional reactions. Be aware of signs that might indicate that you're stressed or anxious, including:

- Being short-tempered or irritable
- Headaches
- An upset stomach
- Sleeping difficulties
- A lack of concentration
- Feeling run down
- Tension in your jaw, or shoulders or other parts of your body
- Fatigue or extreme tiredness
- Rumination or racing mind
- Feelings of worry, fear or unease
- Finding it difficult to relax and be calm.



### Stay updated, mindfully

In times of crisis, it's recommended that you monitor how much, and what news you're exposing yourself to, as well as when you're consuming it.

Set some boundaries around the amount of time you will dedicate to reading or watching the news, such as 30 minutes in the morning and 30 minutes in the evening. This can keep you updated with the latest information, but also put restrictions on your exposure, as consuming too much media can increase anxiety.

Avoid watching the news before sleep as this can interrupt your ability to fall asleep or sleep soundly.

It's also important that you ensure that you are getting your information from reliable sources, such as the Australian Government's health alerts or the World Health Organization.

### Keep your routine

During times of external instability and change, it's important to keep your routine the same, or as similar as possible to maintain structure in your day, which can be beneficial for your mental health. This includes when you wake up, eat, work, engage in leisurely activities, and sleep.

If you're working from home, set boundaries around the time you begin work, have breaks and finish your day. This can maintain your sense of structure and minimise your work spilling over to your personal life.

If you can, try to set up a dedicated place of work in your home to minimise noise and distractions. This can be particularly helpful if you're working from home when you have a partner, housemates, or children who are at home, which can bring its unique set of challenges.

If you're out of work, try to plan your day to maintain or rebuild a sense of purpose and structure. You can stick to your routine by scheduling your tasks for the day, such as cleaning and cooking, as well as leisure time. We also recommend staying informed about the government services that are available for people impacted by coronavirus, including financial supports.

**SECURITY**

Make sure you have anti-virus software installed on your computers or devices at home and this software is up to date.

Download and install any updates for other software on your computers or devices at home. These updates often include 'patches' that fix security vulnerabilities and other bugs.

When online, ensure that any links you or your child click on are genuine. 'Phishing' is when someone sends you a link that looks ok, but is actually sending you somewhere dangerous or inappropriate. These links may look like they come from your school, a software provider, the bank, the government or from apps your child uses. More tips can be found on the [ScamWatch website](#) or from the [eSafety Commissioner](#) website.

**COPYRIGHT**

Here are some practical tips to help you and your child maintain good copyright practices:

**Use existing free sources of content**

There are many free online streaming content services where students can access content without having to download or make a copy of it. Examples include ABC iView, ABC Education and YouTube Kids.

The Department of Education and Training has purchased a licence which provides all Victorian Government teachers and students with access to [ClickView](#), a platform that hosts thousands of educational video resources and learning activities. Your school can provide your child with a login to enable them to watch material hosted on ClickView at no cost.

**Link to content, rather than download it, where possible**

If your children need to access or share internet content, advise them to use links rather than a downloaded copy where possible.

If you don't have internet access at home or limited access, contact your school who may be able to provide you with copies of materials.

**Access school subscriptions from home**

The Department provides access to a range of software that schools can use to support teaching and learning, including [Webex](#), [ClickView](#), [Stile Education](#) (for students in years 7-10), [G Suite for Education](#), [Microsoft O365](#) and [Minecraft: Education Edition](#). Your school will advise you on what software your child will use to support their learning from home.

Students often already have access to school-provided subscriptions that are useful for supporting learning from home, for example Reading Eggs, Mathseeds and HOTmaths. Check what is already available from your school before signing up to anything new.

Download and install any updates for other software on your computers or devices at home. These updates often include 'patches' that fix security vulnerabilities and other bugs.

When online, ensure that any links you or your child click on are genuine. 'Phishing' is when someone sends you a link that looks ok, but is actually sending you somewhere dangerous or inappropriate. These links may look like they come from your school, a software provider, the bank, the government or from apps your child uses. More tips can be found on the [ScamWatch website](#) or from the [eSafety Commissioner](#) website.

## Stay connected

With increased social isolation, people are at greater risk of feeling lonely and isolated. Positive relationships are essential for our mental health and wellbeing, and it's important to spend time talking with friends and loved ones who will be able to provide you with connection and support.

While we are having to physically distance ourselves from others, we can maintain our relationships by using communication methods still available to us, such as the telephone, text messages, email and video conferencing. You can also spend quality time with people you live with.



## Stay active

Although, during this time we're spending more time at home, it's important to continue to exercise outdoors where possible, to benefit our mental health and keep us in touch with nature.

This could involve walking, jogging or cycling (while adhering to social distancing guidelines). It's recommended to exercise for at least 15 to 30 minutes, three days a week. If you're finding this hard, even just a 10-minute walk each day can have a positive impact on your mood and re-energise you. You could also exercise indoors by using online videos to work out, practise yoga or other types of activity.

## Practise self-care

Self-care involves looking after our physical, emotional and mental health. This means eating a healthy and balanced diet, with plenty of fresh fruit and vegetables, exercising regularly and getting restful and adequate sleep. It also includes making time to do the things you love, such as reading, writing, gardening, listening to music or spending time on a hobby.

## Rest and relaxation

Aim for seven to eight hours of sleep each night. It's important to practise sleep hygiene, particularly if you have trouble sleeping. Some useful resources on sleep are provided on the next page of this tip sheet.

Take regular work or study breaks during the day, especially in the current circumstances which may mean you're experiencing a heightened state of anxiety. Try to take 5 to 10 minute breaks each hour to switch off from screens or smart devices and do something calming and relaxing. Some relaxation exercises include meditation, mindfulness, yoga and progressive muscle relaxation.

There are less formal ways to relax, such as listening to music, going for a walk, having a gentle stretch or drinking a glass of water. There are a range of relaxation apps for smartphones that are available to download, which are listed over the page.



## Remember to keep things in perspective while in social isolation, and be kind to yourself.

During times of anxiety and stress, we're more likely to focus on the negatives and view things as worse than they really are.

Try to remind yourself that the current situation is temporary, and that by staying home, you are doing your bit in helping to slow the spread of the virus in your community.

Also remember that as a community, we are all in this together, and this new and unprecedented period might even have some benefits, such as enhanced relationships (albeit at a distance) with family, friends and neighbours.



## Useful resources

### Sleep

#### Beyond Blue - Sleeping well

<https://www.beyondblue.org.au/get-support/staying-well/sleeping-well>

#### headspace – Sleeping well for a healthy headspace

<https://headspace.org.au/young-people/sleeping-well-for-a-healthy-headspace>

### Relaxation apps

#### Smiling Mind

[www.smilingmind.com.au](http://www.smilingmind.com.au)

#### Breathe

<https://au.reachout.com/reachout-breath-app>



## Need support?

If you're feeling stressed, anxious or overwhelmed by the current situation and would like some support, our counsellors are here for you.

We're committed to supporting people throughout the coronavirus situation. We're continuing to deliver services via telephone, online and video-conferencing appointments, including through our online counselling service.

For more information or to talk to us about how we can support you:

- Visit [www.rav.org.au](http://www.rav.org.au)
- Call 1300 364 277

To learn about our typing-based online counselling service or to book an appointment, visit [onlinecounselling.rav.org.au](http://onlinecounselling.rav.org.au)

## About us

Relationships Australia Victoria (RAV) is a community-based, not-for-profit organisation with no religious affiliations. We have over 70 years' experience providing family and relationship support services across Melbourne and Victoria. Our vision is for positive, respectful, safe and fulfilling relationships for all Australians.

We provide counselling; family dispute resolution (mediation); family violence prevention, support and recovery services; relationship skills courses; mental health services; workplace services; and professional development and training, along with a diverse range of other services and programs.

Our services are for all members of the community, regardless of their religion, age, gender, sexual orientation, lifestyle choice, cultural background or economic circumstances. We are committed to ensuring that our services are relevant, inclusive and accessible.

20071

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