

# Bundoora Bulletin

*Excellence Respect Co-Operation  
Resilience Friendship*

Issue 9 - 10th June 2020

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## From the Principal...

As Frenchy said in  "All the gang's together" and that's exactly how our school community felt yesterday as we welcomed back our Year 3-6 students. It has been wonderful watching our students reunite with their friends and teachers. I'd like to express my gratitude to all of our parents and carers for the tremendous support they provided their children during remote, at home learning. I'd also like to congratulate our teaching staff and support staff for ensuring each and every student was provided with engaging learning programs and activities that kept students stimulated, challenged and engaged in their learning. It was definitely an unprecedented experience for all of us. Hopefully we can all enjoy the last few weeks of this term, re-settling back into 'normal' school life.

I would like to welcome two new students who started with us this week. Welcome to Adotey in Mr Shaw's class and Ollie in Ms Ridsdale's class. We hope you and your families feel welcome.

We are still receiving regular information from DET regarding school strategies and protocols as we continue to follow State and Government COVID-19 rules. We will continue to forward on any information directed to parents/carers as it comes in. At this stage, our entry/exit and drop off/pick up directions will remain until the end of term, ensuring parents/carers do not enter our school grounds unless permitted to or necessary. I'd like to thank our parents/carers for following our directions regarding drop off and pick up areas and times and appreciate everyone doing their best to keep us all safe.

Unfortunately, due to COVID-19, a number of pre-planned excursions and incursions were cancelled. Our teachers will work towards (hopefully) being able to provide excursion/incursion opportunities for our students during term 3 and 4, once we receive advice from DET that these activities can go ahead.

Likewise, we are awaiting advice from DET regarding Parent/Teacher/Student interviews. It is likely that we will be able to hold these 3-way conferences in Term 3 and will advise our community as soon as we are able to. Semester 1 Reports are being finalised and will be available for viewing/download via Compass in the last week of this term.

Our **Social Enterprise Café reopens next week**, selling hot chocolates, coffee and toasties. Orders can be placed online via Qkr! Orders for parents/carers can be ordered and delivered to cars when dropping off children. Unfortunately, our Social Enterprise Team have not been able to arrange events that would normally bring in funds to go towards our chosen charities, so this may be a small way our community can support those less fortunate.

Please remember to label your child's uniform, particularly jackets and jumpers. Children are prone to taking their jumper or jacket off and leaving it where they're playing or sitting. If items are labelled they can be quickly returned to the rightful owner.

I urge all of our parents and carers to continue to stay updated with information via Compass emails and alerts, and our Class Rep emails. It has come to our attention that some of our parents/carers are not reading the information that is sent out. Please take the time to read our communications.

Take care and stay safe!  
Lee Pollard

### Monday 15th June

Social Enterprise Café re-opens—Orders via Qkr! (delivered to your car!)

### Friday 26th June

Last day of Term

1.45pm finish

OSHC Available until 6.00pm

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

[Download Enrolment form here](#)

[Virtual Tour here](#)

Please note our Canteen is open each Wednesday, Thursday and Friday, with a limited menu. Online orders via Qkr! only (NO Cash accepted). No over the counter sales. Download the Qkr! App and search Bundoora Primary School.



Look out for  
each other!  
With distance!



**The Enterprise Café will  
be open for business from  
Monday 15<sup>th</sup> June.**

Coffees and Hot Chocolates are available for  
both students and parents.

Only \$3.50!

All orders must be placed on QQR.  
Parent orders will be delivered to you at the  
gate as you drop off your child.

Student orders must be collected from the  
café in the Palace.

**You must order by 8:15am!**

**Breakfast Club is open.**

Toast - Free

Cheese Toasty - \$2.00

Hot chocolate and toasty combo - \$5.00

All hygiene requirements will be strictly enforced.

# Returning to school anxiety free

by Michael Grose

Going back to school after the enforced COVID-19 break is a source of mixed emotions for many children and young people. Some students, who revel in face-to-face interactions, just can't wait to reconnect with friends and teachers. Others who have appreciated the break from constantly being emotionally switched on when at school may be reticent to return.

Regardless of how your child reacts there's bound to be a level of anxiety attached to returning to school after such a long break. The following strategies sourced from my book, *Anxious Kids*, will help your child make a smooth transition back to school.

## Park your expectations

School undoubtedly will be a different experience for students post COVID-19. It may require you to adjust your expectations, particularly academically, so patience is definitely required. Education is a long game, so if you are worried about your child missing the educational beat, recognise that this experience has been a blip on the educational curve. It's worth remembering that anxiety loves company. Park your expectations for a time, so your child won't pick up your anxieties.

## Understand that their anxiety is real

An anxious child desperately wants a parent to understand that they feel anxious and apprehensive. Even if you can't comprehend the impact that a return to school has on their state of mind and physiology, recognise that their anxiety is real. "Ah, I see you're worried that you won't know what to do when you go to school" is the type of response that an anxious child wants from a parent. Validating your child's feelings will help them feel safe and secure, putting them in a good position to make a return to school. "Mum/dad know that I'm feeling nervous" is very reassuring for a child.

## Prepare them

Worriers and anxious types in particular, like to know what's ahead. Prepare your child for a return by discussing the safety procedures the school will be implementing. Let young children know that an adult won't be accompanying them past the school gate. Ask your child what they are looking forward to and check in with how they are feeling about a return. Check in regularly with how they are feeling and correct any misconceptions.

## Focus on reconnection

Make reconnection the theme for your child's return to school. He or she will have to reconnect with friends, teachers and learning, which takes time. In all likelihood, your child's teachers will use many strategies to help your child connect with their friends, reflect on their time at home and move them back into full-time learning mode. Support these activities and reassure your child that they'll feel comfortable very soon with their school experience.

## Stay off the roundabout for a while

This period will mirror the start of the school year when your child had to adjust to new teachers, different classmates and a new year level. Adjusting to change takes a great deal of personal energy, so your child or young person may become tired, grumpy, even moody at home. Make allowances for these personal changes and make sure they have plenty of free time to unwind after school to relax and play.

## Take care of yourself

In recent months parents and teachers have been doing significant emotional labour. The learning and adjustment curves have been massive, with little time to relax and take a break. Consider your own emotional resources and make your wellbeing a priority, which will make it easier for you to stay calm if your child experiences difficulties.

The COVID-19 pandemic has thrown many difficulties, requiring us all to quickly adapt to new situations. Flexibility is a prime characteristic of resilient people, so if nothing else, getting through these times will make us all more resilient.

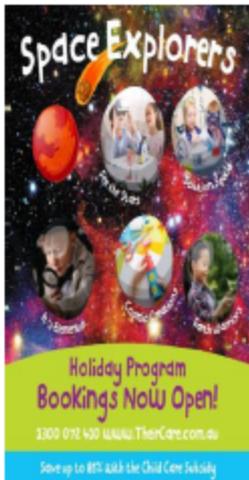
For more information visit <https://www.parentingideas.com.au/>

*you've got  
this*

Service Coordinator: Adam

Team: Michael, Bareaa, Jacc & Mikaela

## HOLIDAY BOOKINGS NOW OPEN!

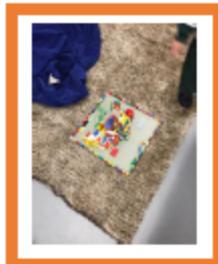


We are now taking bookings for our Space Explorer themed Holiday Program.

Book your children in now, we have lots of fun in-house incursions - Bubble Balls battles, Star Projectors, build a Mechanical hand, Space Virtual Reality, Tie Die, Costumes, Buzz wire construction and mini beasts. Book now, for these and more fun activities.

Due to the COVID -19 there will be no excursions.

Please see [www.theircare.com.au](http://www.theircare.com.au) for more



## REMINDERS TO FAMILIES

- Please remember to cancel bookings should you no longer require using the service using your booking portal or by calling 0499 003 108.
- Please pack your drink bottles!

As we are not using shared water facilities due to COVID-19 virus, please ensure each child brings their own drink bottles to use.



### What are we doing to prevent the transmission of Coronavirus?

- 
**Regular handwashing**  
 At least every 30 minutes and before & after eating using soap and running water and drying using paper towel or hand dryers.
- 
**Social Distancing**  
 Ensuring there is space in between children throughout the day, including using all indoor and outdoor spaces to reduce group sizes.
- 
**Regular Cleaning and Sanitising**  
 Including all high traffic areas such as door handles, benches, tables, sign in tablet and equipment.
- 
**Promoting Good Hygiene**  
 Facilitating discussions around good hygiene measures such as limited contact, not touching the face, sneezing into tissues / bent elbows and the importance of hand washing.
- 
**Staying at Home if Unwell**  
 Any staff member, child or family member who is unwell or have been directed to self-isolate will not be permitted to enter the service.
- 
**Staff Training**  
 All TheirCare staff are completing additional training around infection prevention & control processes.
- 
**Working with Regulatory Authorities**  
 TheirCare is in regular contact with different regulatory authorities including the Department of Education and experts to implement any recommended control measures such as limiting visitors to the service.

### A few words from the TheirCare Team

Hello everyone,

The Bundoora TheirCare team wishes to warmly welcome all year levels back to the service and hope everyone has remained healthy and safe during this COVID – 19 virus pandemic.

Please remember to continue follow the rules we have put in place to ensure health and safety for all in our community.

Over the last few weeks, the children have been having fun with the following weekly themes – Harry Potter, Pet Week, Lego Masters and Reconciliation week.