

Bundoora Bulletin

*Excellence Respect Co-Operation
Resilience Friendship*

Issue 12 - 12 August 2020

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From the Principal...

I hope by now that most of you will have found some sort of rhythm or routine in your days. I'm sure you'll agree that each day feels a bit like "Groundhog Day" with very little variation to everyday life. While we are all doing our best to keep up with remote learning, as well as parents who are working from home, I hope you are all trying to get outside during our sunny days, making sure you have a chance to go for walks around your neighbourhood and getting some important exercise. I encourage you all to have a look online for some interesting ways to keep you all entertained. Here are some ideas which you may find entertaining for you and your family. →→→→

Due to the further restrictions that were announced last week, we now have 10-15 students onsite each day, due to their parents' essential work situations. This means we have seven teaching staff onsite (which includes Education Support staff), supporting our onsite students, while the remainder of our staff work from home. The feedback that we have, so far, received has been positive, in that the software/communication programs are working well, and the workload for our students is appropriate, challenging, stimulating and engaging. Of course, particularly when working with digital technology, there may be connection issues, or a day here or there where remote learning will not happen for whatever personal circumstance that is going on in your home. I urge all of our parents/carers to contact their child's teacher if a situation like this occurs. We all understand that these situations arise, and we're all doing the best we can in this current environment. We certainly do not want any of our students or families feeling overwhelmed with remote learning. The first point of contact should be your child's teacher via email.

Finally, I would like to announce that Mr Callum Shaw, class teacher of 3/4S, has accepted a promotion as Regional Leading Teacher, effective from 28th August. Congratulations Callum!

Please, stay safe, take care of each other and seek help if you need it.

Take care and stay safe!
Lee Pollard

Year 6 Canberra Camp refund

Due to the cancellation of the Canberra camp all families are required to provide our office with their bank account details to be refunded, as per our Business Manager's previous email. Please provide your bank account details (BSB, Account Number and Account Name) to:

naomi.dipasquale@education.vic.gov.au

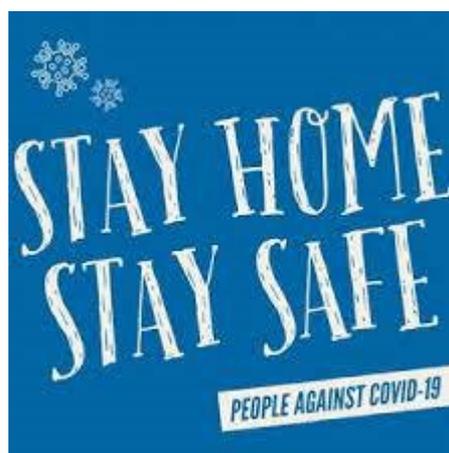
Some ideas to entertain you and your family during this lockdown:

- [Lockdown activities at home](#)
- [Lockdown ideas at home](#)
- [Victoria Zoos—Animals at home live](#)
- [African wildlife live](#)
- [Wildlife Sydney animal live stream](#)
- [Live Science](#)
- [Georgia Aquarium](#)
- [Kids Scholastic—how to draw](#)
- [Cosmic Kids Yoga](#)
- [Zumba kids \(YouTube\)](#)
- [Museum at home](#)

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

[Download Enrolment form here](#)

[Virtual Tour here](#)



Help kids to beat COVID induced anxiety—by Michael Grose

Since COVID has entered our lives I've had countless conversations with parents and enquiries from schools seeking presentations on how to support kids who with COVID induced anxiety.

It's wonderful to see how kids' mental health and wellbeing is being prioritised, and importantly, resourced. However these conversations show we still have some way to go as a community to fully grasp the nature of anxiety.

While the current situation we are all living through is extremely difficult, it does present an opportunity to develop sustained growth and vitality in anxious children and young people.

In [Anxious Kids](#), the book I co-authored with Dr. Jodi Richardson we wrote, "Anxiety doesn't have to be the shadow that clouds the days of children and young people. Understanding that anxiety is a well understood and manageable condition brings anxious kids such relief."

We wrote this pre-COVID and nothing since has caused me to change my mind. In fact, experiences of this COVID era have reinforced that the more we know about anxiety the less fearful we are and better equipped to move kids from anxiety to real resilience.

There is no cure for anxiety

Just as there's no cure for the common cold, and it would appear the coronavirus, there is also no cure for anxiety. We know that anxiety runs in families. Children are born with a predisposition for anxiety. There is every likelihood that an anxious child will have at least one parent who experiences anxiety, maybe not clinically, but one who is familiar with a churn in their stomach, the constant overthinking and the desire to over prepare when they face new or unfamiliar situations.

The impact of anxiety can be minimised

Anxiety may be a constant companion for many children but it's certainly not their best friend. Often, it's a demon with which they are locked in a long-running, laborious battle where simple activities such as attending school camp or doing at home learning become something they dread. Alternatively, they can avoid events or situations that make them anxious or bring them discomfort.

It's better to give an anxious child or young person tools such as mindfulness, checking in and deep breathing with which they can manage their anxiety, rather than allow them to miss out and be miserable, or tackle discomfort full on and be stressed out.

You can build anxiety resistance

While we can't necessarily tackle anxiety at its source and make the situations that overwhelm a child disappear, we can help them to develop a lifestyle that builds their resistance against the very worst of anxiety. Plenty of sleep, adequate diet, regular exercise and sufficient time in nature are some of the lifestyle factors that builds strength against the psychological ravages of anxiety.

You can help kids reduce their ongoing anxiety

While the world waits and prays that we'll come up with a coronavirus vaccine, we don't have to wait to help a child or young person with anxiety. A combination of being nurturing and firm (features of the authoritative parenting style) offers the best protection against ongoing anxiety. A child is best prepared to face difficulties when they have a confident, calm adult in their life who says, "I think you can do this," encouraging them to face their fears. This approach needs to be supported by an empathetic adult who understands the impact of anxiety and makes sure that kids feel safe and secure.

While parenting an anxious child or young person can feel overwhelming and difficult, I encourage you to think about it differently. We can't change what is happening right now, and we can't undo it. Help your anxious child to flourish in this COVID era by building their understanding of anxiety. Give them the tools to help them push anxiety into the background. Promote a lifestyle that will protect them from its affects by ensuring they experience nurturing, firm, brave and hopeful parenting. We hope coronavirus will one day disappear, but your child's ability to be impacted by difficult events will still be an issue unless you take some preventative action now. The good news is that there is so much you can do to help.

Online Mental Health Resources

[Kids Helpline](#)

[Parenting Anxious Kids online course](#)

[Smiling Mind app](#)

[eheadspace](#)



Raising Resilient Children

Children's emotional resilience is important to their long-term happiness, wellbeing and success in life. This session will introduce you to some key skills that will allow you to support your children to develop emotional resilience. We will explore topics like:

- Recognising feelings
- Expressing feelings appropriately
- Ways to manage stressful life events

FREE Booktopia voucher for every participant.

FREE for parents or carers of children aged birth-12 years.

We invite you to join us for 2 x 1 hour zoom presentations, including time for questions.

Tuesdays
September 8th & 15th
11am – 12pm
Online - Zoom

For bookings or more information please contact Kym on 9450 4700.



CORONAVIRUS (COVID-19) EXTREME HARDSHIP SUPPORT PROGRAM

the power of humanity



Emergency financial assistance for people living in Victoria

Who is this program for?

Applicants must meet all of the following:



live in Victoria



be unable to access Commonwealth income support (including JobKeeper and JobSeeker) *OR* the International Student Emergency Relief Fund



have zero or very limited income, savings or community support



be a temporary or provisional visa holder, or undocumented migrant

What support is being provided?

Limited cash payments to cover basic needs, such as food, bills and medicine. A single person may receive \$400. Families may receive more.

Red Cross can also provide information about other supports available to people living in Victoria on temporary visas.

For more information and to apply go to
redcross.org.au/vicrelief

If you have questions you can request a call back, including with an interpreter.

Helpful Resources and Tips

Structure your day, but try to be flexible, a wonderful trait to have or work on at the moment if you have not yet mastered it. One of the top tips from some parents who have home-schooled their children for years was to create some structure to the day. Take time for recess and lunch, and at 3pm have free time, hopefully away from a screen.

Try hands-on activities such as getting the children involved in cooking lunch for everyone., or prepare dinner together, use things around the house to help with learning such as Play-Doh, Pictionary and other board games or a craft, I know in our house we have been doing macrame.

Use gentle to moderate limits around social chatting online during the day, or at least till the curriculum work is out of the way. I know this one was a challenging one and tripped us up towards the end of home school last time, so we will be on it this time round.

It's good to get onto the bulk of the work in the morning when things are fresh. Don't give up, if you are having a bad day, start a fresh tomorrow. Be kind to yourself.

extra help.

The Victorian Government will offer extra funding to eligible kindergarten services in locked-down areas to let them offer free kinder to children during term three. Check to see eligibility.



food relief.

Where can I access food relief in my local area?

Large organisations such as FoodBank, SecondBite and Oz Harvest don't distribute food directly to people. Instead, these organisations distribute food to local community food relief agencies. Contact your local council or visit the Ask Lizzy website to help find out where you can access food relief services in your local area.

Ask Lizzy is helpful if you're looking for support and services, including meals, housing, healthcare, counselling, legal advice, addiction treatment and a whole lot more. It is free and anonymous, and if you're on the Telstra mobile network, you can access it even if you don't have credit.

be kind to yourself.

The Government has also partnered with organisations like the Melbourne Football Club and Smiling Mind to produce resources for students.

<https://www.smilingmind.com.au/the-mindfulness-curriculum>



Other resources available include video or phone counselling for secondary school students.

get creative.

Some advice from play therapist Cat Sewell: Sit back, don't take over. For example, rather than inviting children to use old boxes to make a rocket, give them an idea or prompt and let them come up with their own plan. Ask open-ended questions, such as: 'What we could do with this, I wonder?', 'What this could be?', 'I like what you've done there. Tell me about it?'

Also use open-ended materials to create with. Cardboard boxes, fabric and recycling can be used in many different ways. Set up an obstacle course. Make a fort or build a cubby house. Remember it's OK to let kids play on their own as you supervise in the background.



Image from Kidspot. Check out for more ideas.