

## Term 2, Week 3 Wrap

Friday 1 May 2020



Fairfield  
Primary School

### Remote Learning

#### Thank You Parents!

In last week's wrap-up, I acknowledged how well students and teachers have adapted to remote learning. This week, I want to mention you – the parents and families.

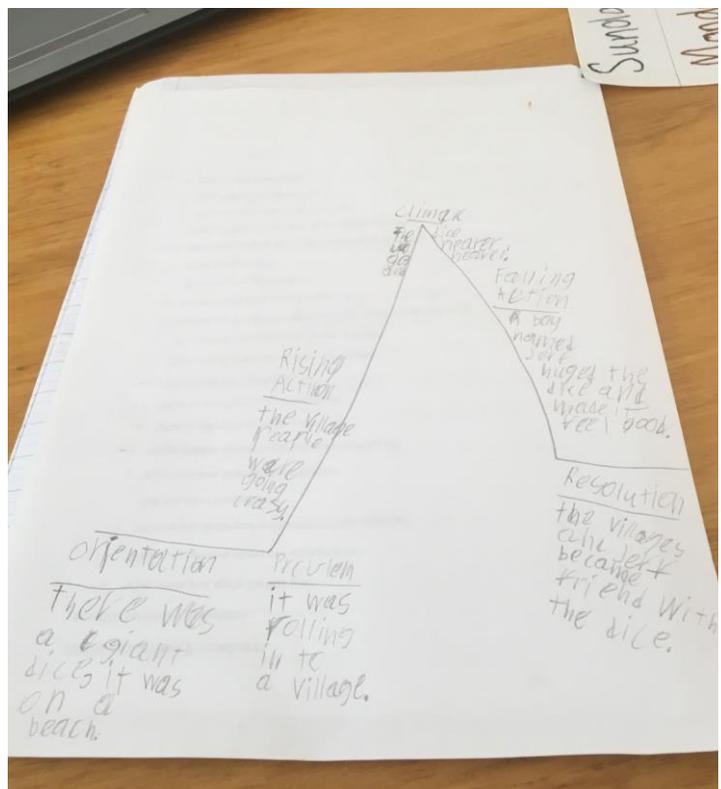
It is a big ask for parents to find time and equip themselves to support their children with remote learning with such short notice. You have done a remarkable job of making this work as best you can. This preparation has included making space in the house, adjusting your own schedules, preparing meals, carrying out daily household chores, overcoming technical issues – and this is before we have even mentioned the learning! Parents are assisting students with planning out their days, reading through activities, helping to access material and upload work, and much more besides.

As a school we are appreciative of what you do and encourage you to pace this in a way that suits you. There is an ample amount of work to access in each classroom. Rather than working through each activity every day, feel free to choose from the options available – teachers understand the reality of the situation and that families are doing their best.

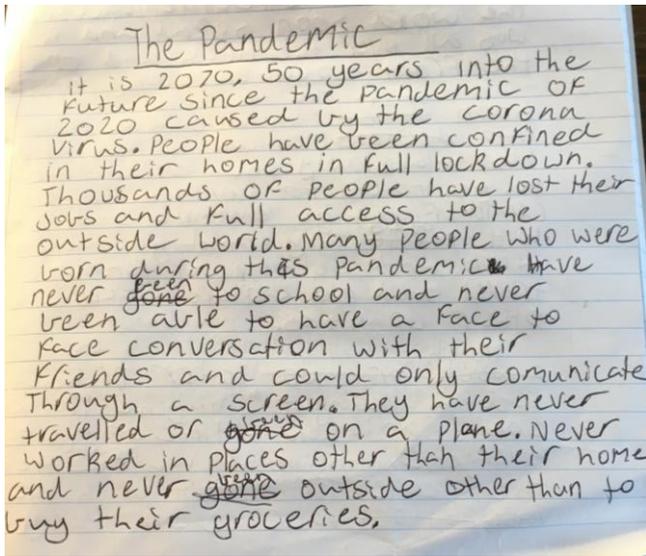
We are all constantly learning, and the success that we have experienced is due to your commitment in supporting your children. There are things that we are still working to improve, so I thank you for your understanding and appreciation, even during times of frustration.



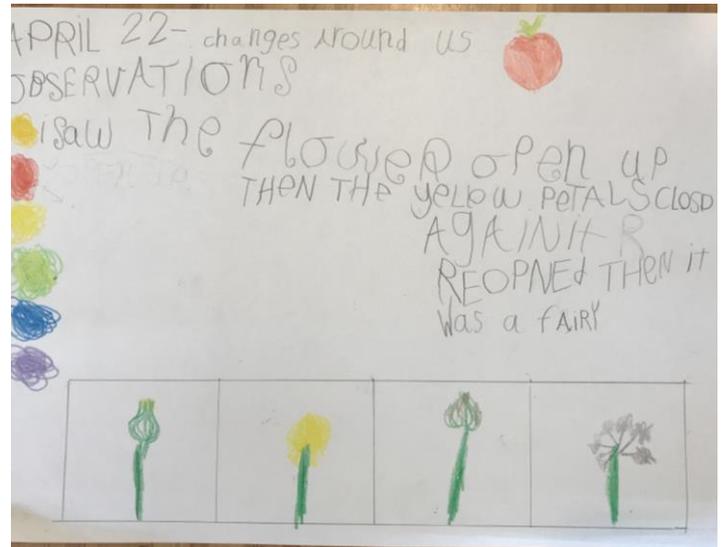
Patterns – Amarlie, Foundation B



Using a 'story mountain' to plan writing – Alex K, 3C



Writing 'the Pandemic' – Pia T, 6A



Science: Looking for changes – Weston W, 1/2E

Previous communications have included tips and advice to support families. This week, we have taken it a step further, and below are **some tips from our teachers** which we will share over the next few weeks:

**Cathy  
 Foundation**

*Remember that the purpose for the online learning platform is to keep students connected with their school community.*

We know that some parents have found it challenging to help their child to engage with learning activities, especially while juggling multiple age levels and their own work. When parents have contacted us to say, "My child is just refusing everything", we have asked them to take the 'control' out of the task itself, and together with the child, move the control back into the day.

At the start of the day think about the main subjects – reading, writing, and maths – and ask the child to choose two. Then ask, "Which one will you do before lunch? Which one after lunch?" This technique has been successful for many of the families who have contacted us.

**Sophie  
 Year 1/2**

*My tip for parents is to have lots of breaks between activities.*

1/2G love watching [Little Lunch](#)! The episodes are really short and funny with heaps of learning too.

**Nicole  
 Year 1/2**

*These are extraordinary times, do what you can and don't feel guilty.*

Your child is not going to lose their intelligence over this period.

**Stephanie  
 Year 3**

*Have your child make their own bed each morning.*

This way they have already achieved something for the day even before they turn on their device.

<p><b>Chiara</b> <b>Year 4</b></p>	<p><i>Take it slow, you are all doing a brilliant job!</i></p> <p>If you need a little brain break during the day to stretch and get some fresh air, please take it.</p>
<p><b>Aaron</b> <b>Year 5</b></p>	<p><i>Video conferencing is a skill and takes practise – from technological issues to feeling comfortable as a participant in sharing your ideas. We’ve got time to ‘get it right’.</i></p> <p>Here’s some tips for videoconferencing; place laptops on steady surfaces so the camera gets the best picture, this helps with sound too. Try and sit still so everyone can see each other clearly. Remember to log into meetings using your student account – we get confused when it looks as if your Dad is trying to join the meeting.</p> <p>Feeling shy? Try preparing a question/comment before the meeting.</p>
<p><b>Daniel</b> <b>Year 6</b></p>	<p><i>Celebrate the successes!</i></p> <p>Share the success with your child when they get to the end of a week or day.</p>
<p><b>Olivia</b> <b>Performing Arts</b></p>	<p><i>I do not have any advice on how to cope with balancing home-life, work-life and now your child’s school life. I just have reassurance that it is mighty hard and on some days almost impossible. There are also days where you are not sure if you have done enough. It is on such days that you have to remember that education is beyond letters and numbers there are so many lessons the children have learnt simply by being with you.</i></p>
<p><b>Emily</b> <b>French</b></p>	<p><i>As a specialist teacher, I am in the privileged position of being able to teach all FPS children. I have been so heartened by the sense of joy and curiosity that our students are still bringing to their learning, albeit from afar! Please know that whatever you and your child/ren are able to do right now is all we could possibly ask for.</i></p> <p><i>Wishing you well and hoping to see you all soon.</i></p>

## Video Conferencing

There was lots of excitement in the ‘classrooms’ this week, as we held our first class meetings. It was great to read the students’ comments, expressing how much they enjoyed this. Staff also explained that it was great to see everyone and commented on how well the students managed these sessions. Moving forward, these meetings will be held twice weekly, and staff will also be meeting individually with all students during the next two weeks. Keep an eye in your child’s *Classroom Stream* for details.

## Take Friday Off!

We think that everyone deserves a day off, so next Friday there will be no tasks uploaded. Students may ‘choose their own adventure’ and work on any tasks that want to catch up on, alternatively students (and families) can take the day off from any activities. Please note that, any conferences scheduled for this day, will still go ahead.

## Keeping In Touch

Many families have arranged for their children to keep in touch with friends by setting up video meetings. If we can assist you in getting in touch with other families so that you can contact them, [please email the office](#) and we will be happy to help.

## Thanks!

Many thanks once again for your ongoing support of the children, school and each other. Take care, be safe and enjoy your weekend!

~ Paul Wallace, Principal

## Wellbeing Ideas

### 75 Easy and Fun Calm Down Strategies for Kids

1. Slow down your breathing.
2. Get comfort from a warm compress.
3. Stretch.
4. Write a letter.
5. Breathe in a favorite scent.
6. Drink a glass of water.
7. Get wrapped up tight in a blanket like a burrito.
8. Run/walk around the outside of the house a few times.
9. Draw/color what your feelings would look like.
10. Squeeze something.
11. Do animal walks (bear, crab, frog jumps etc)
12. 'Yell your anger' into a pillow/blanket/sleeve.
13. Watch an animal.
14. Climb.
15. Cuddle up with a cozy blanket.
16. Do a handstand.
17. Try a short guided meditation for kids.
18. Play with water.
19. Listen to music.
20. Jump.
21. Visualize a 'happy place'.
22. Play/cuddle with a pet.
23. Do a downward-facing dog yoga pose.
24. 5-4-3-2-1 Challenge (5 senses check-in).
25. Go outdoors.
26. Give yourself a hand massage.
27. Slow down your breathing with an expandable ball.
28. Squeeze a stuffed animal.
29. Identify your emotions.
30. Touch or hold something from nature.
31. Do wall push-ups.
32. Do a sensory play activity.
33. Ask for a hug.
34. Count your heartbeats.
35. Push your palms together, hold, then release and repeat.
36. Put on noise-canceling headphones for quiet.
37. Turn off the lights.
38. Tell a grown-up what you need.
39. Get a back scratch.
40. Take a warm bath.
41. Read a book about emotions.
42. Make your own fidget.
43. Rock back and forth.
44. Do a 'brain dump' in a journal.
45. Rip up or crumple a piece of paper.
46. Name 5 favorite things.
47. Chew gum or a chewy.
48. Rock yourself like a baby.
49. Cover up with a weighted blanket.
50. Color or read on your stomach.
51. Go to the park.
52. Watch a bubble timer or bubble stick.
53. Find a cozy space to crawl into.
54. Do 15 squats.
55. Squeeze your fists as tight as you can.
56. Count backward from 50.
57. Remind yourself it's ok to be angry/upset/hurt etc.
58. No, seriously. Go outside!
59. Go for a bike ride.
60. Try a yoga video on Youtube.
61. Try an exercise video on Youtube.
62. Learn about your brain and why it's hard to control your emotions sometimes (hand model of the brain).
63. Close your eyes and tune out the world.
64. Give yourself a tight squeeze.
65. Sit with your feelings for a few minutes and allow yourself to experience them.
66. Call a friend.
67. Pray.
68. Eat a crunchy snack.
69. Knit or crochet.
70. Repeat positive affirmations.
71. Look at a magazine.
72. Make a pillow trail and crawl over it.
73. Recite the alphabet backward.
74. Make a fort to hide in.
75. Remind yourself emotions are like waves, they come and they go.

## Upcoming Dates and Reminders

**School Photos** are ready for collection

- School photos have arrived and are available for collection across next week from the Old Hall, between 9am – 3:30pm.

**Book Club** orders close on **Friday 8 May**.

- Access the [Book Club Magazine](#)
- Submit Orders via [Scholastic Loop](#) (as you would normally)
- There is an option to have books delivered to your home address, instead of the school

**Year 6 – 7 Applications** due to the FPS office by **Friday 29 May**

- See your Compass News Feed for submission details, the parent information pack and the application form
- The [application form](#) can be downloaded and completed electronically.

**Foundation 2021 Enrolments** due **Friday 26 June**. This is the last day of term two.

- If you have siblings ready to commence Foundation next year, please complete the [Student Enrolment Form](#) and submit it to the school office.

Due to remote learning, we are not sending out Home Learning Statements this term.