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## Principal's News

Tuesday 4 January 2020

Welcome back to school for 2020! It is certainly not the normal return to school for any of us and our thoughts and best wishes go out to our whole community at this time who have been affected by these continuing bushfires.

The Department of Education has been tireless in their efforts towards the end of the school holidays to ensure our school would be ready to open day one last week and I would like to thank all involved for their efforts. Likewise, we would all like to thank the community members who looked out for our school on New Year's Eve and beyond when we were impacted by the fires.

The Department have been very supportive of our school and students in response to our experiences and have placed School Counsellor, Mr Tony Palise, into our school to work with our students during this time. If you would like to discuss anything around your child's wellbeing with him, please contact our school.

We also have some information about supporting your children through this time in the Scoop this week. Please take the time to look over it and do not hesitate to contact us if you have any questions or needs.

### Staff and Classes

It is fantastic to see all the students have settled into their classes and are already producing some fantastic learning. Thank you to staff for their efforts in settling the students so quickly and getting the year off to such a great start.

There have been a couple of changes of rooms and stages for some teachers this year. Our Assistant Principals will be coordinating activities across their stages. Please see them if you have any questions about a class in their stage. Mrs Frost is Stage 1 AP (Kinder to Year 2), Mr Watts will be leading the Stage 2 team (Years 3 and 4) and Mrs Morgan will be leading the Stage 3 team (Years 5 and 6). Mrs Smith is currently on maternity leave and her Year 1 class will be taken by Mrs Kassi Lozi until she returns later in the year.

The following is a full list of classes and staff for 2020. The name of each class group will reflect the year level followed by an identifying letter of each teacher's name, eg Mrs Frost's Year 2 class will be 2F.

### Classes:

- Kindergarten: Mrs Dunn - KD
- Kindergarten: Mrs West - KW
- Year 1: Miss Davidson- 1D
- Year 1: Mrs Lozi – 1L (replacing Mrs Smith while on Maternity Leave)
- Year 2: Mrs Elliott – 1/2E
- Year 2: Mrs Frost - 2F (Assistant Principal)
- Year 2/3: Mrs Enright- 2/3C

- Year 3: Mrs Mrs Bourke – 3B
- Year 4: Miss Mulcahy- 4M
- Year 4: Mr Watts – 4W (Assistant Principal)
- Year 4/5: Mr Hicks – 4/5H
- Year 5/6: - Mrs Morgan - 5M (Assistant Principal)
- Year 5/6: Mr Enright- 5/6E
- Year 6: Mrs Dunne – 6D

#### **Support Positions:**

- Mrs Cameron and Mr Hounsell: iCentre Coordinators
- Mrs Fairweather and Mrs Dickson: Specialist programs across the whole of K-6
- Mrs Jones: Learning Support Coordinator
- Mr West- Specialist programs
- Ms Vicki Digby : School Counsellor

#### **Office staff:**

Mrs Mealy –School Administrative Manager

Mrs Osborn- School Administrative Officer

Mrs McRae- School Administrative Officer

#### **SLSO:**

Ms Lisa Absolon

Mrs Melinda Tuan

Ms Sharon Hanks

Mrs Deb Cooper

Mr Tim McDonald

Mrs Sophie Apps

Ms Michelle Minehan

Ms Deb Nash

Mrs Pauline Pay

Mrs Sarah Bruhl

#### **Mindful Classrooms**

We will again be participating in our Mindfulness program across all classes in term 1. The targeted lessons will be supported with follow-up activities and weekly practices for each grade. Mrs Bourke and Mrs Dunn will be leading these lessons across the school which will commence in week 4.

Mindfulness has a significant impact on the student’s wellbeing and learning and we at Broulee Public School recognise this important skill.

#### **Notes**

In the coming days and weeks you may get many notes sent home with your child. These notes will also be posted on the school app and pushed out to parents. If you don't have the school app I would urge you to download it as it will save you a great deal of time looking in the bottom of school bags for missing information. If you're not sure how to download the app, please don't hesitate to contact the school and we will happily assist you.

#### **Travel to and from school**

It is important that we ensure the safety of all our children coming to school and going home. The start of the year is always a great time to revisit with your children the safest route to and from school if they are walking or riding. Please ensure your children have all the appropriate safety equipment if riding (a helmet) and accompany them if they are not old enough to ride by themselves. We have a duty of care for your children and for their safety, we cannot let children ride home without a helmet. If your child catches a bus, please talk to them about being safe while waiting for, leaving and being on the bus.

#### **Updating contacts**

Please ensure your contact details are up to date with our office. In the case of an emergency, if we need to ring you it is important we have the most up to date phone numbers. A note has gone home with the eldest in the family today for those who need to update any details. Please return it to the office as soon as possible if your details have changed.

## Bushfire Support Resources

There are a number of resources available to help support your children and yourselves through the impact of the bushfires. We have compiled a few here that might be of help. Many of these organisations also have websites that offer some great information.

Kids Helpline 1800 551 800 (available 24/7) <https://kidshelpline.com.au/>  
Parentline 1300 130 052 (available M-F 9am-9pm; Sat/Sun 4-9pm) <http://www.parentline.org.au/>  
Lifeline: 13 11 14 (available 24/7) <https://www.lifeline.org.au/>  
Beyond Blue: 1300 22 4636 (available 24/7) <https://www.beyondblue.org.au/>  
Beyou: <https://beyou.edu.au/>  
Headspace: <https://headspace.org.au/>

This Thursday's assembly at 1:40 pm will be led by the School Captains. All families are welcome to attend.

Matthew Rose  
Principal

## Upcoming events:

- Thu 6 Feb - P&C Fete Meeting - 3pm - iCentre
- Thu 13 Feb - School Swimming Carnival
- Thu 13 Feb - P&C Meeting - 7pm - Tomakin Sports & Social Club

## Welcome Kindergarten 2020!

It was wonderful to welcome our new Kindergarten families in the past week. The Best Start interviews gave the teachers a chance to get to know the children on a more personal basis. We have been very impressed with how comfortable the children have felt with transitioning to school in their new environment. As you will see in the slideshow, they have had a very busy few days!

Please note that the slideshow is only accessible through the following link and is not a public link - <https://youtu.be/xmcOgWsVmnk>

## Scripture/Ethics/Non-Scripture

Scripture/Ethics/Non-Scripture groups will begin in Week 4. Children will be in the groups they were in last year unless we receive a written request signed by a parent by Friday 7 February.

## School Swimming Carnival

The school swimming carnival will be held on Thursday 13 February at the Batemans Bay Swimming Pool. We encourage everyone who can swim 50m to come along, earn some points for their house and have a great day!

Permission notes have gone home this week. If you are able to help on the day setting up and packing up shelters or time keeping please leave your name at the office.



## P&C News

Welcome back everyone to 2020 - our first P&C Meeting will be on 13 February at 7pm at the Tomakin Sports & Social Club. Everyone welcome.

There will also be a P&C Fete Meeting this Thursday 6 February at 3pm in the iCentre. Children welcome.

## Helping children who have been affected by bushfires

Many children have been affected directly by recent bushfires, either having lost their homes and properties, or through being evacuated. Other children have experienced the fires indirectly, through hearing about them, or knowing someone who has been affected. These can be distressing experiences for children.



### Information for parents and caregivers

#### Impact of trauma on children

People cope with trauma in different ways and there is no one 'standard' pattern of reaction to the stress of traumatic experiences. Children are not always able to express complex feelings in the same direct way that adults do and therefore do not often show the same reactions to stress as adults. It is therefore very important to look out for changes in children's behaviour that suggest they are unsettled or distressed.

Reactions to the trauma of the bushfires may result in changes to children's normal behaviour such as:

- Changes in their play, drawing, dreams or spontaneous conversations
- Regressive behaviour – children behaving younger than they normally do
- Nightmares
- Anxiety about sleeping alone
- Trouble getting to sleep
- Irritability or anger
- Tantrums
- Fussy eating
- Withdrawing
- Wanting to stay close to a parent
- Problems concentrating at school

Children are usually very resilient and for most children these reactions will gradually reduce over time with the support of families.

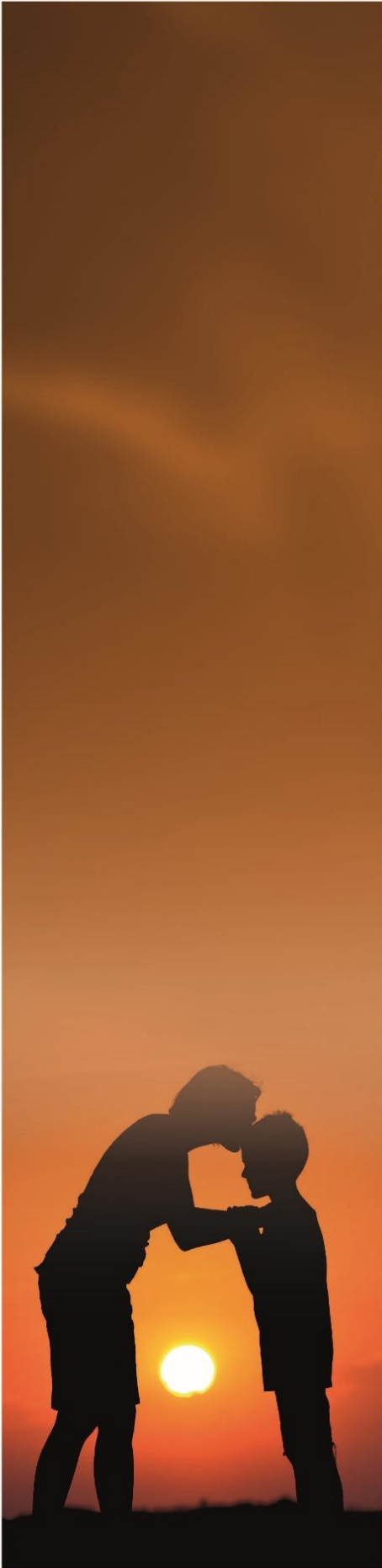
#### How you can help your children recover

After a traumatic event, **children need comfort, reassurance and support, and to know that they are safe and are being looked after.** Try to spend more time with your children and provide them with plenty of affection through cuddles and hugs. Sometimes children can better express their feelings through play than through words, so make time to play with them. Let them be more dependent on you for a while and try to re-establish daily routines, for example routines around mealtimes, bedtimes or returning to school where possible.

**Find out what your children know** in case they have mistaken ideas or facts about the bushfires, and correct any misconceptions. Keep your responses appropriate to the age of your child and also appropriate to the child's level of understanding and emotional maturity. Young children often need reassurance more than facts.

**Listen to your children's concerns.** Listen closely to what they are asking or saying, and think about whether they are looking for factual information, or if the questions are expressing anxiety about the bushfires. Try to keep your own feelings to yourself when talking about their feelings. Let them know that you understand how they feel.

**Monitor how much your children are being exposed to media stories of the bushfires.** Children can become retraumatized by watching repeated images on the television and it is best to try to shield them from the media.



**Be aware of how you talk.** Adults need to be conscious of the presence of children when discussing the bushfires. It is a good idea not to let children overhear adult conversations about worrying things if they cannot join in at their own age or stage of development.

And most importantly, **look after yourself** as it is likely that you have also experienced the bushfire trauma. When parents are feeling cared for themselves they are better able to respond to the needs of their children.

### Seeking further help

While most children will bounce back after a trauma, some children may show prolonged distress and could benefit from professional assistance. Children who are more at risk of developing more lasting problems are those who have lost family and friends, those who have been seriously injured or witnessed horrific scenes, and those who have developed problems in response to past traumas.

Warning signs of more significant and lasting distress in children include:









- Continual and aggressive emotional outbursts
- Serious problems at school
- Preoccupation with the bushfires
- Intense anxiety or emotional difficulties

A qualified mental health professional such as a psychologist can help such children and their parents or caregivers to understand and deal with the thoughts, feelings and behaviours associated with the trauma of the bushfires. Speak to your GP about a referral to a psychologist or phone the APS Find a Psychologist service on **1800 333 497**. Alternatively, you can locate a psychologist in your area by visiting the APS Find a Psychologist website – [www.findapsychologist.org.au](http://www.findapsychologist.org.au).

For more information about the APS disaster recovery resources please visit [psychology.org.au/topics/disasters/](http://psychology.org.au/topics/disasters/)

## SCHOOL ZONE offences – as a 1 January 2020

To avoid receiving a fine when you are dropping of or picking up children from school please observe the road rules associated with signs around schools. These are a guide only and are subject to change without notice

	<p><b>SPEEDING OFFENCES</b></p> <p>There has been an increase to the monetary fines applicable to Speeding Offences in School Zones</p>	<p><b>Maximum Penalty</b>  <b>\$3895</b>  <b>+ 7 Demerit Points</b></p>
	<p><b>DOUBLE PARKING</b></p> <p>You are not permitted to stop or park your vehicle alongside another vehicle that is already parked parallel to the kerb</p>	<p><b>Penalty</b>  <b>\$344</b>  <b>+ 2 Demerit Points</b></p>
	<p><b>CHILDREN'S CROSSING</b></p> <p>Not stop at children's crossing- pedestrian on crossing</p>	<p><b>Penalty</b>  <b>\$572</b>  <b>+ 4 Demerit Points</b></p>
	<p><b>NO PARKING</b></p> <p>You may stop for no more than 2 minutes, but only when engaged in picking up or dropping off passengers and you must stay within 3 metres of your vehicle. Otherwise no stopping is permitted.</p>	<p><b>Penalty</b>  <b>\$191</b>  <b>+ 2 Demerit Points</b></p>
	<p><b>NO STOPPING</b></p> <p>Under no circumstances are you allowed to stop here (unless there is a medical or other emergency)</p>	<p><b>Penalty</b>  <b>\$344</b>  <b>+ 2 Demerit Points</b></p>
	<p><b>BUS ZONE</b></p> <p>You are not allowed to stop your vehicle unless you are driving a bus</p>	<p><b>Penalty</b>  <b>\$344</b>  <b>+2 Demerit Points</b></p>
	<p><b>U TURNS</b></p> <p>Make a U-Turn without giving way to pedestrian or vehicle in a School Zone</p>	<p><b>Penalty</b>  <b>\$457</b>  <b>+ 4 Demerit Points</b></p>
	<p><b>MOBILE PHONE USE</b></p> <p>You must not drive while using a hand-held mobile phone in a school zone</p>	<p><b>Penalty</b>  <b>\$457</b>  <b>+ 5 Demerit Points</b></p>

For information about Australian Road Rules call 13 22 13 or visit [www.rms.nsw.gov.au](http://www.rms.nsw.gov.au)

This information was provided by Eurobodalla Shire Council Road Safety Officer. 16 January 2020

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