

Principal's Report

Dear Parents & Guardians,

Dismissing of Students each day

- All students will be required to wash their hands before being dismissed from school
- Students will be dismissed at the end of the day in staged processes and will be supervised to exit the school area safely
- 3.00pm the following year levels will be dismissed. Kindy, Pre-Primary, Year 1 and Year 4
- 3.05pm Years 2, 5 and 6 will be dismissed
- We ask that all students quickly and safely leave the school grounds

Self-Quarantine vs. Self-Isolation

With families in our community in self-isolation we will be providing ongoing support for all families educationally and socio-emotionally over the coming weeks.

There is a great deal of confusion around what self-isolation/self-quarantine and isolation actually mean. However, the following videos provides a good explanation. **Note: They are not for children to watch.**

Dr Norman Swan explains coronavirus terminology

Dr Norman Swan explains new terms that have entered the language with coronavirus, like social distancing, herd immunity and flattening the curve. He also explains the difference between isolation and quarantine.

<https://www.abc.net.au/news/2020-03-17/australia-doctors-coronavirus-letter-pleading-government-action/12062368>

<https://www.facebook.com/abcnews.au/videos/2582280068760442/>

I would like to thank our School Psychologist Graham Goodall-Smith for his work in putting the following together as a supporting guide for our community.

Supporting Child Wellbeing During Self-Isolation

- Parents are often the closest and best resource for children to seek help from
- Open communication with children is key to identifying any physical and/or psychological issues, and to comfort children in prolonged isolation
- Parents are often important role models in demonstrating healthy behaviours for children
- Monitor your child's behaviour and mood
- Have direct conversations with children about issues to alleviate anxiety and avoid panic
- If it becomes necessary to self-isolate, this can be an opportunity to enhance the interaction and relationship between parents and kids, involve kids in more family activities, and help them become more self-sufficient, strengthening family bonds and psychological resilience

- Find a goal: something to pursue that is value-adding whilst in self-isolation. Set up routines. Do some work, aim to read a certain amount, make your house beautiful, do more family activities. Help your children set some goals of their own
- Find coping and stress management techniques that work for you and your children (e.g. gratitude journaling, meditation, or mindfulness techniques such as progressive muscle relaxation and deep breathing)
- Ensure ongoing communication with family and friends
- Establish clear routines, including:
 1. Physical activity
 2. Screen time
 3. Sleep
 4. Balanced diet
 5. Family time and alone time
 6. Contact with external friends/family

Planning for the school to continue remotely

Our priority is to provide some normality for students and families by providing them with some learning activities whilst at home. I have reached out and formed a relationship with a school on the east coast who are now closed to students. They have been a fabulous support in fast tracking our preparation.

Our preparation now includes;

1. Site closed to students but not to staff, which is what the school is working toward
2. If and when we are given the directive that the school site is to be completely closed, our staff are prepared and able to continue to provide support remotely.

Tomorrow afternoon you will receive a comprehensive email outlining how we will be presently supporting the children and families. The email will give you the How, What and the When.

Please note these are ongoing reminders.

We recommend any unessential travel be reviewed and postponed to another time.

Here are 6 areas we would like you to familiarise yourselves with

1. The procedure for collection of your child if the school needs to close
2. How study will continue remotely
3. How we will communicate during these times
4. What parents can do to help control the spread of the virus
5. Important links for further information

What parents can do to help control the spread of the virus

- For precautionary reasons, keep your children home if unwell
- As mentioned in recent correspondence, Freshwater Bay PS has already put in place general hygiene reminders, as per below, for students
- We ask that if your Child is walking or riding to school they take hand sanitiser with them or wash their hands on arrival at the School
- Please have a conversation with your children about the hygiene practices below, especially no sharing of drink bottles

Steps the school is taking to minimise the impact of COVID-19

Speaking to all students about the need for additional hygiene practices;

- Thorough washing of hands
- Covering mouth when coughing or sneezing
- Avoiding touching their face
- No sharing of drink bottles or food
- Signs on all toilet doors to remind students about handwashing and instructions for thorough hand washing displayed in all bathrooms
- Continued provision of hand soap in all toilet blocks
- Additional cleaning of surfaces throughout the School
- No shaking of hands
- All visitors are required to sign in at the Front Office

6. Important links for further information

<https://www1.health.gov.au/internet/main/publishing.nsf/Content/ohp-covid-19-countries.htm>

<https://www.homeaffairs.gov.au/news-media/current-alerts/novel-coronavirus>

<https://www.smartraveller.gov.au/>

Department of Education

<https://www.dese.gov.au/news/coronavirus-covid-19>

Department of Health

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

Kind regards

Simon

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