

# In Touch Newsletter

Friday, 22 May 2020, Issue 7

*Mission: We will provide learning opportunities in supportive and collaborative learning environments.*

*Vision: Students will realise their full potential, contributing to our school, our community and our world.*



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## CALENDAR

### MON, 25 MAY

Curriculum Day – No school or Remote Learning for students

### TUE, 26 MAY

Foundation to Year 2 students only return to school - starting at 8:50am and finishing at 3:20pm

### TUE, 9 JUNE

Year 3 to 6 students return to school - starting at 9:00am and finishing at 3:30pm

## Principal's Report

Amanda Williams

### Return to Face to Face Teaching

It has been a very busy and exciting week as we get ready for a return to face to face teaching at FPS for students in Foundation to Year 2. DET has tight guidelines around how schools are to operate going forward and the FPS Leadership and Consultative Committee have integrated these guidelines and the DET COVID-19 Policy to ensure we work towards keeping our children, staff and families as safe as possible. Like other schools we are implementing a staggered start and finish to ensure that parents/carers can practice safe distancing. Please read our Information Handbook (see pages 4-6) to see how we are implementing a safe learning environment for FPS families.

The Premier announced that next **Monday 25th of May is a Curriculum Day** to enable staff to plan for the return of students. No students will be at school on this day and our FPS Remote Learning program will not be operating. Camp Australia will be open.

### Key dates for the staged return are:

- **Monday 25th June May-Curriculum day**- No students at school or doing FPS Remote Learning program
- **Tuesday 26th May- Foundation-Year 2 students return to school.** Students in Year 3-6 will continue with the FPS Remote Learning program until Friday 5th June.
- **Tuesday 9th June-Year 3-6 students return to school**

Once a year level has returned to school, all students are expected to attend school as normal. This means that it will be "parental choice" to keep your child/ren home after their year level has returned to face to face teaching. FPS will not be offering our Remote Learning program after these dates. This does not apply to children who have a health plan and pre-existing medical conditions. Families with medical concerns should contact the Principal to discuss an appropriate plan. This approach is being taken by all government schools in Victoria.

### Return to school process:

To reduce the number of adults in our school grounds during pick up and drop off and to ensure that social distancing is in place at all times, we ask all parents to please adhere to and respect the following guidelines and processes...

1. Parents and carers are to limit their time spent in the FPS school grounds and are not to enter classrooms and teaching spaces. All communication with staff and our office must be done by phone or email.
2. **8.50am school commences for Foundation – Year 2.** Students are to enter their classroom at this time and will not be lining up as usual. Parents/carers are NOT permitted in any learning spaces.
3. Parents/carers are to leave the FPS grounds immediately and NOT to stand around in the school grounds or near classrooms.
4. **Foundation –Year 2 will finish school at 3.20pm.** Parents and carers are to leave the school grounds immediately after picking up their child (unless they have a child in Y3-6)
5. **Year 3-6 will commence school at 9.00am** and will line up with distancing. All classes will stagger their entry into learning spaces and rooms to ensure limited traffic and congestion.

>>>>>Next.

**6. Year 3-6 students will finish at 3.30pm.**

There are now strict restrictions in place for access to FPS. Only staff and students will be onsite and all programs such as classroom helpers, excursions/incursions, assembly, school tours and camps have been temporarily suspended. We request that parents only enter the school grounds when essential to do so and to contact the school by phone instead. The office area will be limited to three people only and with a one entry and exit in place. **Parents are NOT to drop off items to their child during the day or enter the school grounds. We ask that parents/carers do not to linger or congregate while picking up or dropping off their child and observe appropriate physical distancing.**

**FPS Enrolments 2021**

FPS is now open for enrolments for Foundation 2021. As we are unable to take school tours due to COVID-19 restrictions, we have created a virtual tour. Please see our website <https://www.flemingtonps.vic.edu.au/> to see our virtual school tour. FPS is also holding weekly information sessions via Webex on a Wednesday morning 9-10am for interested families.

**Education week**

We have received an incredible response to our Education Week movie and writing stimulus. Some very creative stories have been written by both students and families. If you have not done so yet, please have a look at our short film and write your response. <https://www.flemingtonps.vic.edu.au/articles/206> What did Mr David write on that piece of paper? A huge thank you to Mr David who edited all the clips and along with our Assistant Principal Laura, coordinated this whole school event- it was a lot of fun!

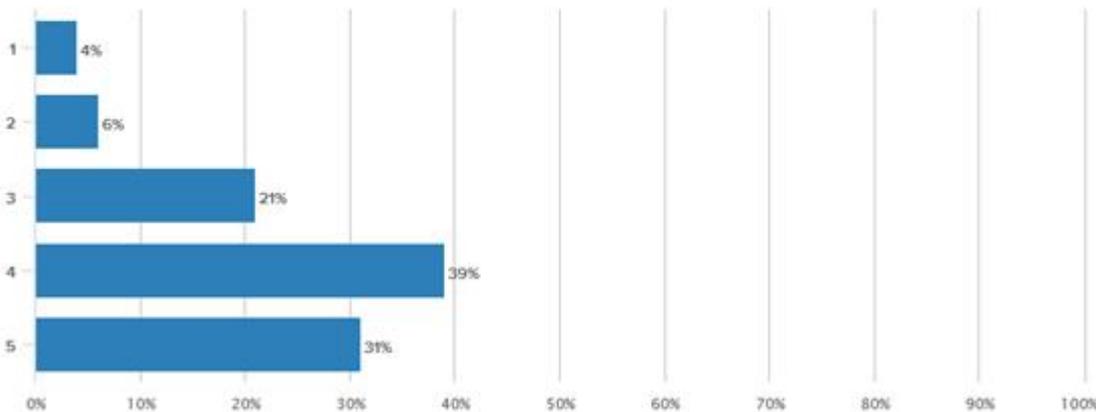
**Remote Learning Survey**

A very big thank you to all of our families who completed the FPS Remote Learning survey. Please find some of the results below...

6. The teacher provides instructions to help your child complete their daily lessons. How clear and easy to follow are these instructions for you and your child? Please rate your response from 1 - 5 where 1 is Poor and 5 is Very Good

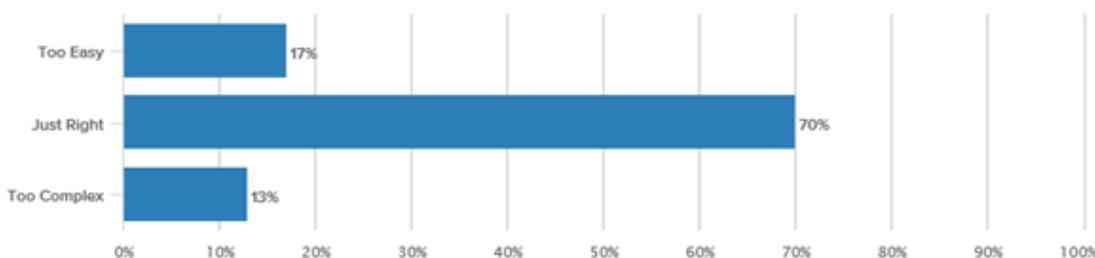


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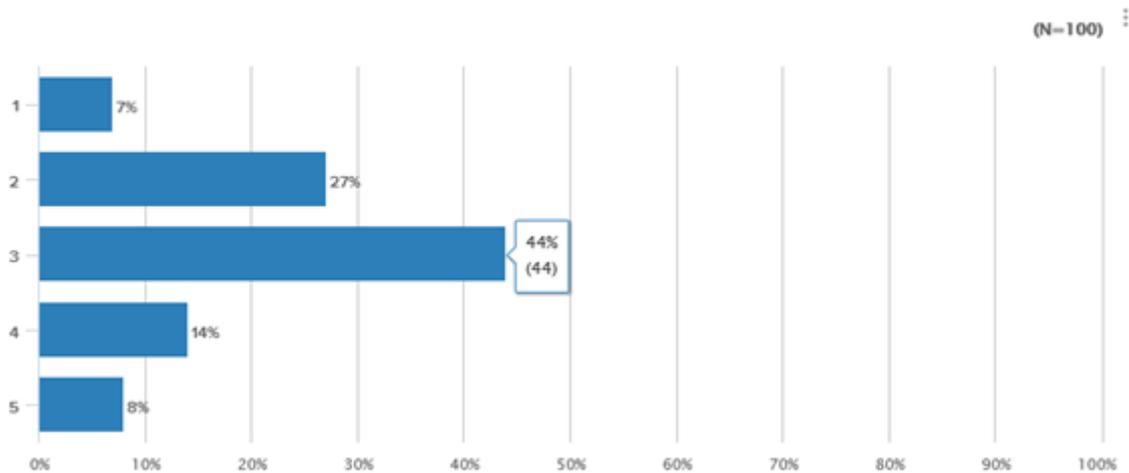


11. Thinking about difficulty level, how appropriate is the complexity of work your child is being set? Please rate your response from 'Too easy' - my child is not being stretched, to 'Too complex' - we are having difficulty completing the work

(N=109)



16. Have you noticed a change in the emotional well-being of your child during remote learning? Please rate your response where 1 is Significant negative impact, and 5 is Significant positive impact



On our Curriculum Day staff will be using the survey to refine and improve the Remote Learning program for students in years 3-6. Our work as a school will concentrate efforts on...

- Providing FPS families with strategies in Literacy and Numeracy to support their child/ren
- Supporting parents with a pedagogical understanding around Numeracy and Literacy
- Wellbeing program for all students to support students upon their return

#### Wellbeing needs of students returning,

FPS has been working with our school Psychologist and Wellbeing Learning Specialist Agata Gervasi to implement a Wellbeing program to support students with their return to face to face teaching. Agata Gervasi will lead the staged response to returning to face to face wellbeing components with a multilayered response to the wellbeing needs of all students.

This involves...

- All students participating in daily wellbeing activities e.g. circle time
- Collaborative teams planning for individual/small group conferences based on identified needs
- Targeted support coordinated by Wellbeing Lead
- Wellbeing monitored via inclusion of targeted wellbeing activities
- Continued monitoring by Wellbeing Lead and Student Support Service Officers

Parents and carers who have concerns regarding their child's wellbeing should contact the school and speak with their child's teacher.

I have included an article by Psychologist Andrew Fuller (see pages 8-9). I hope that this will support families to prepare their children for a return to face to face.

Thank you to all parents for their very positive comments for our teachers and the FPS Remote Learning program and for those who had some sharp observations, we will use these to build and improve upon our practice.

Happy Eid to all our families celebrating Eid and I look forward to seeing some of families next week, albeit briefly and at a distance!



*Information Handbook for Parents/Carers  
Return to Face to Face Teaching at  
Flemington Primary school*



Dear Parents and carers,

On behalf of the FPS staff and myself, we would like to express our gratitude for your continued support and encouragement throughout the last few months. This has been a very challenging time for everyone and especially our FPS families. Well done to everyone for their efforts in balancing the many demands that were placed upon us all.

Following the advice from the Victorian Chief Health Officer, the Victorian Government has advised that schools can begin a phased return to on-site schooling.

Please find outlined how FPS will implement the return to school arrangements. All of our policies and processes are based on the guidelines provided by the Department of Education and Training. Please read this carefully and follow our procedures as we work together to keep our children, staff and families safe.

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Once a year level has returned to school, all students are expected to attend school as normal. This means that it will be parental choice to keep your child/ren home after their year level has returned to face to face teaching. FPS will not be offering our Remote Learning program after these dates. This does not apply to children who have a health plan and pre existing medical conditions. Families with medical concerns for their children should contact the Principal to discuss an appropriate plan. This approach is being taken by all government schools in Victoria.

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5. **Year 3-6 will commence school at 9.00am** and will line up with spacing until their teacher collects them. All classes will stagger their entry into leaning spaces and rooms to ensure limited traffic and congestion.
6. **Year 3-6 students will finish at 3.30pm**.

**These processes will be closely monitored and if parents/carers start to congregate in groups then alternative arrangements will have to be made. Social distancing of adults is key to keep our FPS families safe during this time!**

#### Visitors on school grounds

There are now strict restrictions in place for access to FPS. Only staff and students will be onsite and all programs such as classroom helpers, excursions/incursions, assembly, school tours and camps have been temporarily suspended. We request that parents only enter the school grounds when essential to do so and to contact the school by phone instead. The office area will be limited to three people only and with a one entry and exit in place. Parents are NOT to drop off items to their child during the day or enter the school grounds. We ask that parents/carers do not to linger or congregate while picking up or dropping off their child and observe appropriate physical distancing.

#### Unwell staff and students

If any students or staff member is unwell they are NOT to attend school and remain home. If a child becomes unwell during the day, parents will be contacted and an immediate pick up is required. FPS is now equipped with protective resources and processes inclusive of a space for any students/staff who exhibit COVID-19 symptoms. Staff/students are not to return to school until their symptoms are gone.

#### Sanitising/hand washing

Every classroom has sanitiser and hand washing materials and this will be used under the direction of the teacher. Students will be washing/sanitising at the start of the day, before/after eating, after playtimes, beginning and end of Specialist classes.

### Sharing Resources/Equipment

Students will be using their own equipment such as pencils. When using communal resources in the classroom or with Specialist teachers, students will wash/sanitise their hands before/after use.

Students are to bring their own water bottle. FPS drink taps will not be used.

Playgrounds will remain open to students and will be cleaned/sanitised regularly. Students will wash/sanitise before going out to play and after playtimes.

Take home reading materials will still be available for children to select and take home. Parents are asked to wipe covers before returning resources to school and for children and parents/carers to wash their hands before and after use.

### Cleaning/Sanitising

FPS now has extra cleaning/sanitising in place during the day where high touch areas receive additional cleaning/sanitising.

### Wellbeing

We understand that some students may feel anxious about returning to school. All of these feelings are very normal and all staff will be monitoring very closely our students. All teachers will be implementing targeted wellbeing activities to support students as they return. Our FPS Wellbeing Learning Specialist Agata Gervasi will coordinate this program. Any parents/carers who are concerned about their child/ren should contact Agata Gervasi.

The following DET pages contain some frequently answered questions that may also be of assistance.

[https://www.education.vic.gov.au/parents/Pages/stagedreturn\\_overview.aspx](https://www.education.vic.gov.au/parents/Pages/stagedreturn_overview.aspx)

<https://www.education.vic.gov.au/parents/Pages/Physical-distancing,-health-and-hygiene.aspx>

In addition, FPS has a Remote Learning tab on our website <https://www.flemingtonps.vic.edu.au/page/158/FPS-Remote-Learning>

On Monday 25<sup>th</sup> May, the FPS School Council will be ratifying our new COVID-19 Policy. This will be released on Tuesday 26<sup>th</sup> May.

Thank you for your ongoing support and FPS staff and I are excited to welcome back your children to FPS.

Warm regards



Amanda Williams  
Principal Flemington Primary School

**Be Ready to Learn** **Be Respectful** **Be Safe** **Be Kind**

## Office News

*Office Hours, 8.30am – 4.00pm Monday to Friday*

### **No Cash Payments**

Please be advised that the office will not be accepting cash payments (with the exception of second hand uniform) until further notice. All payments will need to be made by Eftpos or via BPay.

Please contact the office if you require your BPay details.

Also, a reminder that social distancing still applies and the office area will be limited to three people only. Please either email or phone in for any information required.

Thank you

## Pupil of the Week

*Week begin 11 May 2020*

Grade	Student	Grade	Student	Grade	Student	Grade	Student
<i>Foundation A</i>	Edward B	<i>Foundation B</i>	Sarah E	<i>Foundation C</i>	Zoe B	<i>Specialist PE</i>	Hannah H
<i>1A</i>	Neika N	<i>1B</i>	Fiona C	<i>1C</i>	Safah O		
<i>2A</i>	Xavier M	<i>2B</i>	Maddy B	<i>2C</i>			
<i>3/4A</i>	Elodie M	<i>3/4B</i>	Emma G	<i>3/4C</i>	Abdullahi J	<i>3/4D</i>	Hamish M
<i>5/6A</i>	Josephine M	<i>5/6B</i>	Marie K	<i>5/6C</i>	Adelle M	<i>5/6D</i>	Dante D

## Pupil of the Week

*Week begin 18 May 2020*

Grade	Student	Grade	Student	Grade	Student	Grade	Student
<i>Foundation A</i>	Harriet P	<i>Foundation B</i>		<i>Foundation C</i>	Oliver G	<i>Specialist Chinese</i>	Casel K
<i>1A</i>	Louis T	<i>1B</i>	Jacob M	<i>1C</i>	Pranav T		
<i>2A</i>	Milla P	<i>2B</i>	Sarah H	<i>2C</i>			
<i>3/4A</i>	Lucas W	<i>3/4B</i>	Lucas C	<i>3/4C</i>	Isabel B	<i>3/4D</i>	Wellington A
<i>5/6A</i>	Oliver A	<i>5/6B</i>	Miles G	<i>5/6C</i>	Felix F-R	<i>5/6D</i>	Sonny P

## OSHC Program

Camp Australia manages the Before & After School Care program. All bookings, absences and payments need to be made through the Camp Australia website.

**Do not leave messages on the school answering machine.**

<b>Customer Service</b>	8.00am - 6.00pm Monday to Friday	1300 105 343
<b>Website</b>	<a href="http://www.campastralia.com.au">www.campastralia.com.au</a>	

## [Article by Psychologist Andrew Fuller](#)

Things for a smooth transition back to school-based learning

It's a return to the classroom like no other. How can we help students make a successful transition? Leading clinical psychologist Andrew Fuller outlines his seven priorities to help their journey.

[Features](#) 17/05/20 10 Min read

Trial, Turbulence, Transition and Transformation –this is the cycle of change we have all been going through.

### **Trial**

We have all been through an incredible alteration of lifestyles. This has brought with it increased stress and times of exhaustion. While these feelings may lessen in the coming months, they will still occur, though hopefully less frequently.

### **Turbulence**

I have outlined in recent papers the cycle of feelings that most people go through during these times:

– [Fear and Bewilderment](#)

– [Anger](#)

– [Are we there yet?](#)

These phases of reaction may repeat several times before we are through these times.

### **Transition**

As if we haven't had enough jolts and changes already, now we all need to adapt back into in-school learning. Let's talk about how to make that transition as smooth and as successful as possible. (I look forward to writing about the opportunities for transformation soon).

### **Priority Number One – The sleep cycle**

Sleep changes are a common affect of the recent times. Dreams change, schedules shift.

It is time to re-establish a more usual sleep cycle.

If you have ever experienced jet lag after travelling across time zones, you may know that it will take at least one day for each hour of time difference. For example, Melbourne is nine hours ahead of London so as a general rule of thumb you can expect nine days before you feel fully in the local time zone. Depending on how out of whack your sleep has been, try to give yourself the time to re-adjust your sleep cycle before returning to school.

What sets our sleep cycle most powerfully is 'first light, first bite'. Get up at the time you would need to on a typical school day and eat breakfast soon afterwards. If you can, go for a walk outside or at least sit near a window.

Getting your sleep cycle back into sync with the school and work day improves learning and mental health.

### **Priority Number Two – Can't wait to see you**

One of the main things that helps us all to transition back is knowing there is someone there who is wanting to see us. We all look forward to catching up with good people and having some fun. Reaching out and making contact with school friends and specific teachers sets this up.

### **Priority Number Three – Safe and certain**

We are all in the care of one another. There needs to be a clear understanding that we intend to keep everyone safe and well and have planned as much as we can, for this outcome.

This means we need to have a plan if someone feels unwell either physically or by feeling scared or apprehensive.

These are the times when communities need to draw together to support everyone. Consider developing a list of FAQ's (frequently asked questions) and making the answers accessible to everyone.

In these times, ambiguity is our enemy and will increase anxiety. Clarity is our friend.

**Priority Number Four – Restart the year**

We are not looking at a resumption of the year. Most of us have had quite enough of 2020 already. What we are looking for is a whole fresh start. During the turbulence, priorities and lives have been re-structured. Social connections have changed.

The orientation we need to do now is to form new connections, and to renew our attitude towards learning and success.

Limbering up for learning will involve rekindling friendships, warming up our curiosity and stretching our imaginations. We will all need a few practice runs before we feel we can safely regain our full stride.

**Priority Number Five – Plan for success**

Given that the shape of the year has changed more than any of us expected, we need to plan for success. A way to do this is to assess each young person's learning strengths at [My Learning Strengths](#). The full report can be used to establish a personalised learning plan for the next six months.

For senior students the risk is feeling that the year has got away from them and they feel they cannot succeed. Clearly this is not true. Firstly, they have all experienced the same setbacks. Secondly, there is plenty of time to catch up and succeed. Clear systems and plans will outdo slogging themselves into a frenzy or giving up.

**Priority Number Six – Less really is more**

It is understandable that some people will feel in a rush to make up for the time and opportunities missed in the early part of the year. Cramming in as much as possible to make up for lost time is a compelling idea. It is also a certainty that if we do this, it won't work.

Given the upheaval of past months, rushing too much or putting too much in place too early is a recipe for exhaustion, disenchantment and disengagement. While we are back in business, easy does it. Taking our time now to slowly rebuild a sense of success will pay off. Take it slow and make it fun! We have all had more misery than we need this year.

**Priority Number Seven – Review**

About five weeks after the resumption of school-based learning, we need to schedule time to review the process of re-integration. This needs to be an individual check-in of the pluses and the minuses of the experiences, what people feel has worked well (as well as what hasn't) and a re-assessment of what we think is going to help in the future.

The results of this review will enable us to shift to the next phase of the year: transformation.

[©Andrew Fuller](#)

About Andrew Fuller

*Andrew is a clinical psychologist specialising in the wellbeing of young people and their families.*

*He is the author of [START](#) (School Transition and Resilience Training).*

*Stay in touch with Andrew on [Facebook](#), on [LinkedIn](#), through [his website](#) and on the [My Learning Strengths website](#)*

*More than 11,000 students have discovered their learning strengths over the past year.*

*Andrew's most recent books are:*

*[Your Best Life At Any Age](#) and [Unlocking your Child's Genius](#).*