



BENDIGO PRIMARY SCHOOL

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Wednesday 25 th March 2020

Changing school arrangements:

Thank you to all our families, Parents and Carers for their support this week, especially in response to the short notice around moving the end of term one holidays forward.

I must congratulate our amazing BVPS teachers for their support, sheer hard work and commitment to prepare our students to understand the changing environment and be given optional learning materials (if needed) to take home last Monday.

Teachers have been working hard since, to prepare optional learning activities if needed (for flexible and remote learning) and testing email communication with families.

Please check for this communication and confirm that you have received it! It will be our primary source of contact as needed after the holidays. It will be essential that you check your emails daily please!

The future plans are for school to re- commence for Term 2 on Wednesday 15th April. It may be, for some students, in a different format. I will communicate via email to all school families, as soon as it is confirmed by DET. Again, please watch your email and our school FB page for updates.

In the interim, please try to spend some time together in the sun and fresh air, stay well and look after each other, family and friends.

I have attached a copy of the notes that went home in hard copy with students on Monday. Students at school on Monday, also took home packs of pencils etc to use if needed. If you have not yet collected your child's, it is still at school.

I will keep the weekly newsletter going (will email it out on a Wednesday as per normal) and would love to receive some news about families that may be working remotely please!

Upon our return, if working remotely , teachers will be available between 8:30am and 3 pm daily via email. All BVSPS staff email contact are at the end of the FAQs document—**we want to keep in contact with our families please!**

Please remember : we are all part of this 'thing', it is living history. None of us have experienced anything like this before. There are lost of 'unknowns' and we are learning as we go too. What children and young people need right now is to feel comforted and loved. Just as we as adults are trying to process things quickly, so too are our children. If we can leave with one thing, it is this: your own and your child's mental health and physical well being is more important than anything!

'It is what it is, but it will become what we make of it'

Mandy Costello

Principal

Be Your Best !



WAYS2WELLNESS@HOME2GETHER

A helpful guide to staying 'WELL' with so much more family time together than

usual!

The coronavirus (COVID-19) pandemic is without precedent in living memory, and it is taking us into the most challenging of times – as individuals, in our communities and as a society.

With our families possibly placed in home isolation in an attempt to curb the pandemic spread of COVID-19, there are a number of considerations to be made by all family members to stay physically, mentally, socially, emotionally and spiritually well.

This document provides a starting guide of helpful things to encourage a positive home environment. It is based on the recommended '5 Ways to Wellbeing', proven to help in feeling happier.

Physical Wellbeing

Be Active Step outside for a walk, run or cycle. Play a game. Garden. Dance. Exercising makes you feel good!

Be Hygienic Regular respiratory hygiene practises, before/after eating, toileting, touching face & cleaning work surfaces.

Build Immunity Build your natural immunity by eating a balanced diet, exercising and sleeping well.

Social Distancing Physically keep a social distance of 1.5m between yourself and others as much as possible.

Mental Wellbeing

Keep Learning. Keep up with your studies and work as much as possible. Keep in touch with teachers/classmates/friends and employers/work colleagues/friends as has been suggested by school/work-place. Don't stress about not achieving the same 'school/work' environment, just do the best you can at what works.

Keep it fun and exciting. Learning new things will make you more confident as well as it being fun.

Routines Develop workable daily routines and reward your 'work/study' time with some recreation time.

Recreation/Hobby/Project time. Plan a new project or start a new hobby. Do something you enjoy! For example- *Reading (use e-books if needed), music (listen, dance, play an instrument) cooking, photography, craft (knit, crochet, woodwork, mechanics) a new skill like how to jump start a car, change a tyre, online learning, games, podcasts, upskill in IT to connect with others eg- skype, webex, WhatsApp, write a letter, clean/re-decorate rooms, create a photo album, movies, plant a vegetable or flower garden, paint, build a cubby, fence. The list is endless!*

Fact/Fiction Separate news and social media fact from fiction. It is easy to get caught up in the hype of 'apparently this...' causing over-reactionary type responses, rather than wise responses to 'evidence and fact'.

Managing Financial stress- Mutual exchange Discuss general family finances in a practical way without causing unnecessary anxiety. With potentially less income for the family, make alternative arrangements for things such as pocket money. Perhaps form a household mutual exchange arrangement for jobs and agree on non-monetary type payment. Eg- unpack/repack the dishwasher = 30mins computer time.

Manage Social Media- While this is such a fantastic forum for social connection, especially at this time, be mindful of general misuse including bullying, too much use, and inappropriate use. Discuss rules for positive, timed, appropriate use as a family.

Social Wellbeing

Connect with the people around you, but not face-to-face! (family, friends, colleagues, neighbours) Building these connections will support and enrich you everyday.

Social Distancing/Social honouring Being respectful and mindful of others in 'social distancing', however make the effort to keep in touch often, by phone, social media, email, letter, chat (over fence).

Kindness. Do something nice for someone else. Say thank you. Smile. Volunteer to do something helpful. Look out, as well as in. Your happiness, linked with someone else, creates connections with the people around you.

Emotional Wellbeing

Practise Gratefulness Be grateful we live where we do with lots of space, fresh air and access to most necessities of life. Practise appreciating the little and big things in your day. Acknowledge what went well.

Emotional control Be patient, resourceful, resilient and hopeful. Work out ways to manage anger, frustration, disappointment, anxiety, sadness, or stress. Advice, tips and strategies are available online or over the phone.

Spiritual Wellbeing

Take Notice Be curious and take notice of your surroundings. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you

Mindfulness Savour the moment. Spend time each day focusing/appreciating the present without worrying about the past or the future. Reflect, pray, meditate or do whatever helps you achieve a sense of calm. Everyone has some sort of belief system, so invest some time into thinking about this in a positive manner.

