



# Port Lincoln Primary School Newsletter

Term 1 Week 8

Friday March 20, 2020

## Dates to Remember

### Week 11

**Thursday April 9th**

Last day of school early  
dismissal 2.20pm

**Friday April 10th**

Good Friday Public Holiday

### School Holidays

Thursday April 9  
to Tuesday April 28

### Term 2 Week 1

**Pupil Free Day**

Monday April 27

***Please note  
all  
assemblies,  
camps  
excursions &  
events  
cancelled for  
the time being***

## From the Principal

Welcome to Week 8. What challenging and changing times we live in. The rising rate of COVID-19 cases in Australia and South Australia is bringing with it many challenges for schools and families. I can assure you that we are doing everything we can to ensure the health and wellbeing of all the students and staff.

Having received advice from the Department for Education and SA Health, I have made the decision to cancel all camps, excursions and whole school events such as the Open Morning, the Community Yarn and Dusty Feet Mob performance for the remainder of the term. Assemblies and Year Level meetings will also not occur until at least the end of the term. Students who are in year levels who were due to host an assembly will still receive Principal and Incentive Awards but they will be presented to them in their classes.

The teachers have been provided with fact sheets from SA Health on strategies to help prevent the spread of COVID-19 as well as other common illnesses and will be teaching and reinforcing with the students good hygiene habits such as hand washing, cough and sneeze etiquette. These fact sheets will also be posted on our Facebook Page.

We will also be cleaning the school buses, student desks and shared equipment on a regular basis. The school and Education Department are making preparations in case schools are closed for a period of time. We will be using the Seesaw online communication portal as the main method of providing learning to the students if the school is shut down. If your class currently has a Seesaw account please sign up, if your class doesn't currently have an account information will be coming home on Monday telling you how to sign up.

It is the Schools and Education Departments position that teachers are not required to take on any extra planning for families that choose to self-isolate their children. If families are keeping their kids home with genuine health issues, we will do what we normally would and that is to provide the current work that is being planned for in class.

**What can you do?** Talk to your children about the importance of regular handwashing, trying to not touch their mouth, nose or eyes, avoiding physical contact through hugging, wrestling, high fiving each other. Limit social contact outside of school and keep your child home from school if they are unwell. Ring ahead to the Doctor if you think you or your child has COVID-19, don't just present at the clinic.

There is good information on SA Health Government website on speaking to your kids about anxiety and hygiene. [www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)



**School polo tops have arrived!!**  
For those that have ordered size 8 and 10's we have them put aside for you in the front office.



Many thanks to the Eyre Peninsula Community Foundation who gave us vouchers that support our school.

*Pictured with Acting Wellbeing leader Karen McFarlane is Gary Downey from the foundation.*



## PLPS has a special visitor



### Eggstra! Eggstra! Read all about it!

A mysterious egg arrived at the Tunarama Parade. After a rigorous examination of the mysterious egg, the team of 'eggsperts' has agreed that the egg is indeed a reading egg and for it to grow and hatch, we must read, sing and rhyme to the egg! What do you think could be inside? BUT the egg must not be touched by anyone as we do not want to scare what is inside. As the egg is read to, it will slowly grow.



## Paint Port Lincoln REaD Egg-citing!!

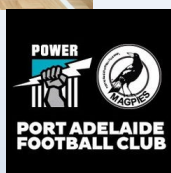
### What is Paint Port Lincoln REaD?

Paint Port Lincoln REaD is a children's program that encourages everyone in the community to;

- read
- talk
- sing

with children from birth, so that they will be ready for reading and writing at school.

The first five years of life are important for your child's brain development. From birth, every time you talk, sing and read with your child, new brain connections are formed and strengthened. These daily activities lay the foundation for language development, reading and good self-esteem.



### PORT POWER PLAYER VISIT

Port Power came to visit us on March 5th. Players Cam Sutcliffe and Dylan Williams chatted to the whole school about healthy eating and being active. The students asked some great questions like...  
How did Port Adelaide get its name?  
What injuries have these players had?  
What sports did they like to play when they were young?  
What inspired them to play football?  
Who were their football heroes and who is the best player in their team?  
Had they ever played against Eddie Betts?  
Thanks for visiting us and inspiring some future football boys and girls!





## Congratulations to the Year 6 award winners at our last assembly



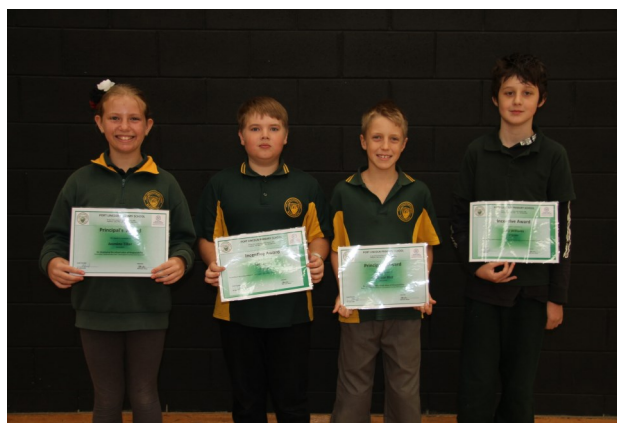
*Class 6 Hannan—Max, Isabella & Bella (absent Tahlia)*



*Class 6 Lindner —Brayden, Jack & Saxon (absent Jessica)*



*Class 6 Williams —Maky, Kiara, Ruby, Sky & Claudia*



*Class 6 Dufek —Jasmine, Seth, Will & Kael*



### Tips for coping with coronavirus anxiety

As the number of coronavirus cases rise across Australia, the level of anxiety within the community is increasing.

Feelings of worry and unease can be expected following a stressful event, such as the recent declaration of a global pandemic, however, it is important that we learn to manage our stress before it turns to more severe anxiety and panic.

This information sheet outlines some useful strategies which can help both adults and children cope with the stress or anxiety experienced as a result of the coronavirus outbreak.

#### Learn the facts

Constant media coverage about the coronavirus can keep us in a heightened state of anxiety. Try to limit related media exposure and instead seek out factual information from reliable sources such as the Australian Government's [health alert](#) or other trusted organisations such as the [World Health Organization](#).

#### Keep things in perspective

When we are stressed, it is easy to see things as worse than they really are. Rather than imagining the worst-case scenario and worrying about it, ask yourself:

- *Am I getting ahead of myself, assuming something bad will happen when I really don't know the outcome?* Remind yourself that the actual number of confirmed cases of coronavirus in Australia is extremely low.
- *Am I overestimating how bad the consequences will be?* Remember, illness due to coronavirus infection is usually mild and most people recover without needing specialised treatment.
- *Am I underestimating my ability to cope?* Sometimes thinking about how you would cope, even if the worst were to happen, can help you put things into perspective.

#### Take reasonable precautions

Being proactive by following basic hygiene principles can keep your anxiety at bay. The World Health Organization recommends a number of protective measures against the coronavirus, including to:

- wash your hands frequently
- avoid touching your eyes, nose and mouth
- stay at home if you begin to feel unwell until you fully recover
- seek medical care early if you have a fever, cough or experience breathing difficulties.



#### Practise self-care

To help encourage a positive frame of mind, it is important to look after yourself. Everybody practises self-care differently with some examples including:

- maintaining good social connections and communicating openly with family and friends
- making time for activities and hobbies you enjoy
- keeping up a healthy lifestyle by eating a balanced diet, exercising regularly, getting quality sleep and avoiding the use of alcohol, tobacco and other drugs to cope with stress
- practising relaxation, meditation and mindfulness to give your body a chance to settle and readjust to a calm state.

#### Tips for talking with children about the coronavirus

Children will inevitably pick up on the concerns and anxiety of others, whether this be through listening and observing what is happening at home or at school. It is important that they can speak to you about their own concerns.

#### Answer their questions

Do not be afraid to talk about the coronavirus with children. Given the extensive media coverage and the increasing number of people wearing face masks in public, it is not surprising that some children are already aware of the virus.

Providing opportunities to answer their questions in an honest and age-appropriate way can help reduce any anxiety they may be experiencing. You can do this by:

- speaking to them about coronavirus in a calm manner
- asking them what they already know about the virus so you can clarify any misunderstandings they may have
- letting them know that it is normal to experience some anxiety when new and stressful situations arise
- giving them a sense of control by explaining what they can do to stay safe (e.g., wash their hands regularly, stay away from people who are coughing or sneezing)
- not overwhelming them with unnecessary information (e.g., death rates) as this can increase their anxiety
- reassure them that coronavirus is less common and severe in children compared to adults
- allowing regular contact (e.g., by phone) with people they may worry about, such as grandparents, to reassure them that they are okay.

#### Talk about how they are feeling

Explain to your child that it is normal to feel worried about getting sick. Listen to your child's concerns and reassure them that you are there to help them with whatever may arise in the future.

It is important to model calmness when discussing the coronavirus with children and not alarm them with any concerns you may have about it. Children will look to you for cues on how to manage their own worries so it is important to stay calm and manage your own anxieties before bringing up the subject with them and answering their questions.

#### Limit media exposure

It is important to monitor children's exposure to media reports about the coronavirus as frequent exposure can increase their level of fear and anxiety. Try to be with your child when they are watching, listening or reading the news so you are able to address any questions or concerns they may have.



#### Seek additional support when needed

If you feel that the stress or anxiety you or your child experience as a result of the coronavirus is impacting on everyday life, a psychologist may be able to help.

Psychologists are highly trained and qualified professionals, skilled in providing effective interventions for a range of mental health concerns, including stress. A psychologist can help you manage your stress and anxiety using techniques based on the best available research.

If you are referred to a psychologist by your GP, you might be eligible for a Medicare rebate. You may also be eligible to receive psychology services via telehealth so that you do not need to travel to see a psychologist. Ask your psychologist or GP for details.

There are number of ways to access a psychologist. You can:

- use the Australia-wide Find a Psychologist™ service. Go to [findapsychologist.com.au](#) or call 1800 333 497
- ask your GP or another health professional to refer you.

#### More information

**Australian Government Department of Health**  
The Department of Health has developed a collection of resources for the general public, health professionals and industry about coronavirus (COVID-19), including translated resources. [https://bit.ly/39Q0wH8](#)

**Centers for Disease Control and Prevention**

The Centers for Disease Control and Prevention provides reliable information about the coronavirus such as its symptoms, steps you can take to protect yourself, and what to do if you are affected. [https://bit.ly/39Q0wH8](#)

**World Health Organization**

The World Health Organization provides information and guidance regarding the current outbreak of coronavirus disease. [https://bit.ly/39Q0wH8](#)

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# Good health starts with clean hands



## PREVENTING THE SPREAD OF INFECTION

Common illnesses such as colds, flu and tummy bugs can be spread in different ways. Washing your hands, wiping things down that you use, and covering your coughs and sneezes will help keep you and your community healthy. If you get sick you should stay home until you are better, to stop the spread of the illness to others and to assist in your recovery.



## WASH YOUR HANDS OFTEN.

Washing your hands well with soap and running water and drying them with a clean towel or paper towel, if available, is one of the best ways to stop the spread of germs.

- Wash your hands often, especially after going to the toilet or changing nappies.
- Try not to touch your eyes, nose and mouth, or food until you have washed your hands.
- You should wash your hands:

### before:

- preparing food or drinks
- eating any food
- feeding the baby

### after:

- going to the toilet
- changing nappies
- coughing
- sneezing
- blowing your nose
- caring for someone who is sick
- playing sport
- touching or playing with any animals

- Wash your hands any time your hands are not clean.



## WIPE SURFACES CLEAN.

- Keep the area clean where food is prepared and eaten.

By wiping things over with a clean cloth and soapy water, or cleaning agent (if available), you remove most germs. Wipe over things that are shared by others, such as sports equipment, toys and games. The cleaning cloths should be either put in the rubbish bin or washed properly and dried for reuse.



## COVER COUGHS AND SNEEZES.

- Don't use your hands to cover a cough or sneeze, use a tissue, or your arm.
- Put the used tissue straight into the rubbish bin and then wash your hands.
- If you do cough or sneeze into your hands, wash them as soon as possible, before touching anything else.
- Always turn away from other people when you cough or sneeze.



## WASH, WIPE, COVER... don't infect another!

A joint initiative of SA Health, South Australian Aboriginal Health Partnership and the Aboriginal Health Council SA.

For more detailed information visit:

[www.sahealth.sa.gov.au/washwipecover](http://www.sahealth.sa.gov.au/washwipecover)



Government of South Australia  
SA Health