

Miranda North Public School Newsletter

Week 2 Term 3



Welcome back to term 3. It is great to be so quickly engaged in the classrooms. We have been hosting a visitor from Finland who is looking at our education system and what we do to enhance student learning and engagement. In the first week he joined us for the staff development day with Burraneer Bay and Kirrawee Public Schools all working on programs that highlight 'What Works Best'. He joined an executive meeting with the Director, Educational Leadership highlighting the School Improvement Plan, the programs that are ongoing in the school and the future directions. He has visited many of the classrooms here. The children have been very engaged asking lots of questions and learning about school and life on the other side of the world. The NAIDOC celebrations was another special event that helped provide a valuable experience for his visit to New South Wales schools. We wish Vesa all the best for the remainder of his time in Australia our staff and students have enjoyed having him visit.



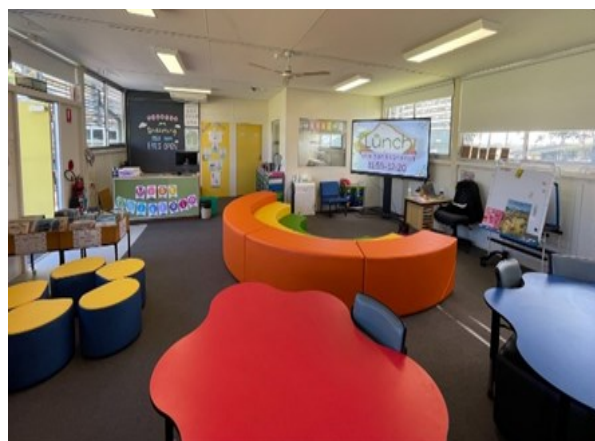
School improvements

If you have been past the school over the holiday period you will have seen a variety of workers onsite. This is going to be a busy and complicated term as we manoeuvre the school around the work. Next week 1C will need to move from their room while they remove and relay the path at their door.

Weather impacted on how much was able to be done through the holidays and we will now see the playground asphalt areas worked on during the school days. We have also seen the covered walkways commence at the new library.

Library

During the holidays the move to the new library was made with all the books and some furniture being transitioned. Lessons will now be held there although there is still more to be done to complete the library, it is already looking like it will be a wonderful hub for learning.



Education Week/Bookweek/Book Character Parade

This year we are combining the events. The school will hold an Open Day on Wednesday 17 August where all families are invited to school. Open classrooms and performances from our Dance groups and Band will be a feature of the morning before the students prepare for their Book Character parade. We will be inviting the local preschools to join in the parade. There will be a Scholastic book fair where students and families can buy a book or donate a book to the new library. We are looking forward to a wonderful open day!



Department of Education COVID Update

NSW DOE COVID Information - <https://education.nsw.gov.au/covid-19/advice-for-families>

COVID 19 is present in our school students and staff. Our absences in school is recognition that everyone is very conscious of the need to remain home and isolate.

In Term 3 2022, your child's school will operate with a number of COVID-smart measures that have been developed with NSW Health to minimise transmission and keep schools open.

These key measures include:

- strongly encouraging mask-wearing indoors for all students and staff
- rapid antigen testing (RAT) of students and staff who have COVID-19 symptoms or are identified as household/close contacts
- strongly recommending staff and students keep with their vaccinations
- maximising natural ventilation
- requiring mask wearing for staff working with students who are at greater risk of serious illness should they contract COVID-19 in schools for specific purpose (SSPs), support units and some mainstream classrooms.
- encouraging regular hand washing
- boosting enhanced day cleaning of schools
- assessing risk and applying appropriate safeguards across activities and events
- learning remotely where face-to-face learning is not possible.

Masks

Last updated 9:30 am 27 July 2022

Masks are an effective way of minimising the transmission of respiratory diseases.

In response to NSW Health advice and the current COVID-19 situation in the state, the Minister for Education and Early Learning has **strongly encouraged** mask-wearing indoors for all school-based staff and for all students, particularly during the first 4 weeks of Term 3.

A 4-week mask-wearing 'blitz' will help to reduce the risk of transmission events in our schools and keep our schools operational to support our students' learning.

Additionally, mask wearing when indoors is mandatory for staff and high school students returning to school as household/close contacts for 5 school days and recommended for primary school students returning to school as household/close contacts for 5 school days. Where students or staff are unable to wear a mask, they will be supported to learn or work remotely.

In certain circumstances NSW Health and the Department of Education may advise that certain COVID-smart measures be temporarily reintroduced at your school. Your principal will work with Health and the department and provide further details of any changes to COVID-smart measures at your school when required.

Upcoming events

28/5	OC Testing
3/8	Musica Viva Performance
4/8	Jeans for Genes Day
4/8	Band performance at Laugh & Learn Kindergarten
9/8	St George Dance Eisteddford
11/8	Zone Athletics
17/8	School Open Day/ Book Fair and Parade/ Performances
20/8	P & C Trivia Night
24/8	Kindergarten Tour
25/8	Zone Athletics
31/8	Kindergarten Tour

Naidoc Week

Last week Miranda North staff and students celebrated NAIDOC Week. We enjoyed activities in our classes that explored indigenous culture and on Friday we were all captivated by the performance by the Walangari Karntawarra group and their Diramu Aboriginal Dance and Didgeridoo performance. Students participated in dances and sang songs from both Aboriginal and the Torres Strait Islander cultures.





Grow Your Mind @MNPS

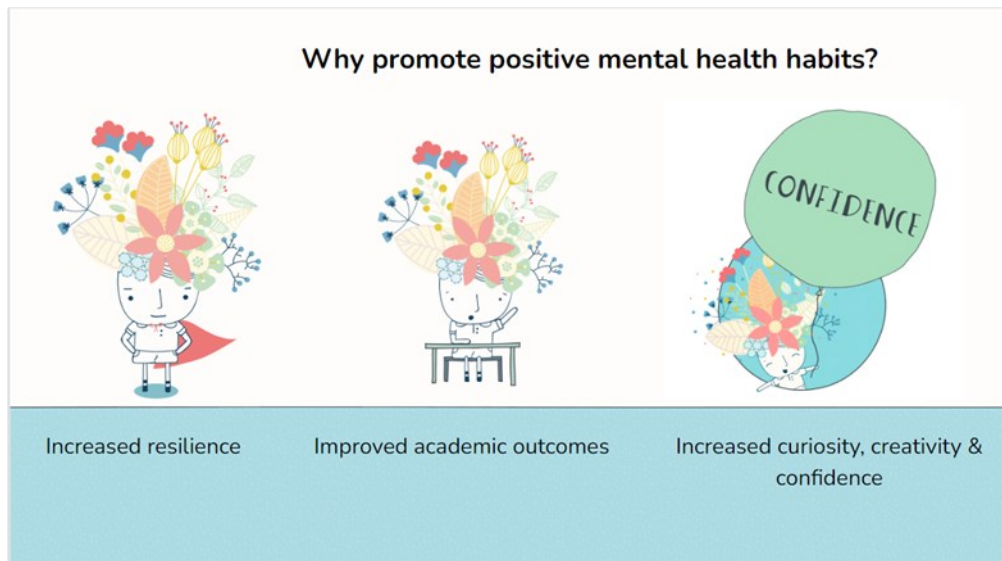
This term we are introducing Grow Your Mind for K-6 students at Miranda North Public School. We all have mental health. Grow Your Mind is a program designed to teach children how to look after their mental health. One of the key factors that help protect against mental illness is the building of wellbeing skills in children.

Grow Your Mind is not a happiness or self-esteem program instead it is:

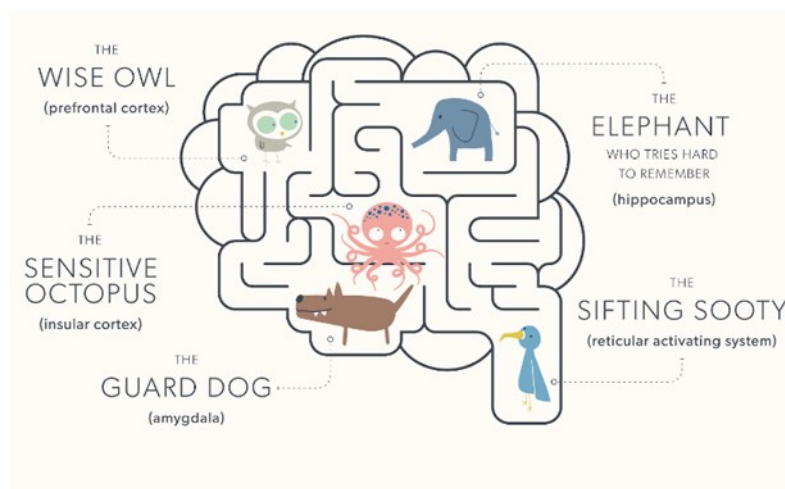


Grow Your Mind is based on four key pillars:

- Neuroscience
- Positive Psychology
- Public Health
- Social and Emotional Learning



This week we have been learning about Neuroscience and some important parts in our brain. These parts are represented by animals to engage students and easily explain how our brain works in different situations.



The wise owl (prefrontal cortex) helps us to make wise decisions.

The elephant (hippocampus) helps us to remember things.

The sifting sooty (RAS) helps us to focus.

The sensitive octopus (insular cortex) allows us to have empathy for others.

The guard dog (amygdala) helps to keep us safe but sometimes he gets big and bossy and overreacts and then it is very hard to listen to the other animals or parts in our brain.

This week we have learnt some breathing practices to calm our guard dog when he gets big and overreacts such as anchor breathing and finger breathing.

It would be wonderful to discuss this with your child at home.

Kindest regards,

Jennie Lawson

Assistant Principal