

Fremantle Primary School



Dates to Remember

Monday 30 March - School Development Day

Thursday 9 April - Last day of Term 1

Friday 10 April - Good Friday

Tuesday 28 April - First day of Term 2

20 March 2020

Issue 4

- *Principal's message*
- *Assembly News*
- *Message from our Board Chair*
- *Connect information*

Update from the Principal

Dear families,

What a week! I hope this message finds you well and in contact with family. I really appreciate the calm and discretion that families have responded with to the COVID-19 situation. This calm we see in the students. And as they are the reason we're here, this feeling helps maintain a mentally healthy space for us all. I have spoken with many of you regarding wellbeing and school attendance, and I see that every family situation is different and some are really difficult. Yet still in this tough time, our students seem to be doing OK. As more changes happen, all beyond our control, we at school will strive to keep things that way. Thank you, families, for supporting our efforts to maintain social distancing and good hygiene by ensuring that if your child is sick in any way, that they stay home. This is a normal practice and it can take a toll on families, so please know that it helps enormously in maintaining the safety on campus.

As you know, I act upon and distribute regular updates from the Departments of Education and Health and will continue to do so. I want to say that I also deeply respect the decisions of all families about whether your children do, or do not, come to school, because all of us are in different situations and have different needs right now. We support you, and information in today's COVID update and Laura's message on page 5, will give you more info on learning at home can look like.

Finally, a word on our Values. I wanted to thank the parents involved in the quick Food Bank initiative today, because **now is the time to reach out as a community and help one another**. While we can't tell how long this situation will last at this time, I know that if we all make efforts to help and foster hope and purpose, we can get through this. In this newsletter, we have templates of 'Thinking of You' card that can be printed off (we'll have copies here for students) and that we can send to a local aged-care home on their behalf to remind our community that we Fremantle Primary School and we care.

Keep well everyone, and Go Freo (School Community)!

Mr T

**Please download the
Connect Now app on
your phone.**

**All Newsletters will
be published via
Connect**

**Please contact the
office if you have not
received your log in
details for Connect**



Assembly News-Thursday 12 March 2020

Congratulations to the following students who received merit awards at an assembly

Room 1: Michael B and Alexis T

Room 2: George G and Amy G

Room 11: Kaia S and Sierra S

Room 12: Mathis M and Matilda O

Room 14: Gabriella B, Daniel H and Ziggy S

Room 5: Melody H and George N

Room 6: Maya A and Bibak D

Room 7: Sarah G and Pearl P

Room 8: Audrey C and Max J

Room 9: Annie G, Zephyr H and Arlo K



Pupil Free Day

Dear Families,

Wanslea OSHC will be providing care on Monday 30th of March for the Pupil Free day. We will be open from 7am – 6pm.

If you require care please send an email to fremantle@wanslea.asn.au to book in.

All bookings must be made by Friday 20th of March.

Canteen News:

**Happy Lunch Box will be serving Thursday & Friday
Semester 1 2020.**

Look out for New menu in Skoolbag.

**See Happy Lunch Box Facebook Page
&
www.quickcliq.com.au for updates.**

Department of Education Info about COVID-19 (Previously distributed on Connect)

While the situation regarding the COVID-19 continues to evolve, the Department of Education sector has established plans and a team to support principals and schools. It is important that as a school community we apply common sense, factual information and a practical approach to COVID – 19.

If a WA school has to close due to a confirmed case, it will be on advice from the WA Health Department's Chief Health Officer. The Chief Health Officer will, if there has been a positive COVID-19 test result in our school, close our school temporarily while assessment and tracing of exposure is conducted. A thorough school clean will then be carried out to make the school safe for the return of students and staff.

In this situation the principal will receive direct advice and support regarding the closure process and communication materials from the Department of Education's Coronavirus support team.

Upon the school being notified, all families will be immediately contacted and provided with the relevant information. This contact may be during the school day, or before or after school. It is therefore important that we have up-to-date contact details for your children, please notify the front office if these have changed.

Parents will also be advised of the extent to which class work can be completed at home during this temporary closure and provided with the details of how this will work.

While it is acknowledged that this may be a stressful time for the community, parents are reminded that schools open and close all of the time and that the reason for any school closure will be to ensure the safety of all students and staff.

How to minimise the spread of COVID-19

- Frequently washing your hands for at least 20 seconds with soap and water, or using an alcohol based hand gel
- Refraining from touching mouth and nose
- If coughing or sneezing, covering your nose and mouth with a paper tissue or flexed elbow
- Dispose of the tissue immediately after use and perform hand hygiene
- Avoiding close contact with anyone if you, or they, have a cold or flu-like symptoms (maintain a distance of at least 1 metre).

Who cannot attend school – advice as at 16 March 2020

The Prime Minister has introduced measures placed on international arrivals into Australia. This means a mandatory 14 day self-isolation requirement will be placed on all international arrivals into Australia.

Students or staff who have been tested for COVID-19 should follow the advice of the WA Department of Health and stay away from school whilst awaiting results.

Students or staff also need to self-quarantine if they have been informed by public health authorities that they have been in close contact with a confirmed case of coronavirus. They must isolate themselves for 14 days after the date of last contact with the confirmed case.

COVID-19 symptoms

People with COVID-19 may experience:

- fever;
- flu-like symptoms such as coughing, sore throat and fatigue; or
- shortness of breath.

For the latest health information and health related enquiries please visit [WA Department of Health](https://www.health.wa.gov.au/) or access the helpline 1800 020 080.

COVID-19 testing

The WA Chief Health Officer, Dr Andrew Robertson, has advised people should not go to be tested for COVID-19 to either COVID Clinics or GPs unless they are currently experiencing symptoms and meet the testing criteria.

To be eligible for testing people must:

- be currently experiencing symptoms such as fever, cough or sore throat AND have
- returned from overseas travel in the last 14 days
- OR be currently experiencing symptoms, and be a contact of a confirmed case
- OR be currently experiencing symptoms and believe they have been in close contact with a person infected with COVID-19.

Year 6 Parent Information Evening 

Wednesday 1 April 2020
6:00 - 7:00pm
College Performing Arts Centre

POSTPONED until further notice

All parents/carers of children who are currently in Year 6 are invited to attend an information session which will cover:

- Enrolment process to the college in 2021
- What Fremantle College can offer your child
- Transition activities in place for Term 4 2020
- How your child will be supported in a secondary setting

Please book by Friday 27 March via the below link:
<https://fremantlecollege.wa.edu.au/year-6-parent-information-evening/>

www.fremantlecollege.wa.edu.au P: (08) 9338 8900



Play Minecraft?

Did you know that there's a Java Edition Server operated by WA Libraries and it's available for free to you?

Visit www.librarycraft.net for more information, and how to join. There are monthly competitions and mini-games to explore!

Letter from the Board Chair, Laura Pengelly

Dear Freo families

I recently read a letter that I thought had a lot of important themes for us here at Fremantle. I have adapted to fit our context, forgive me if you come across a similar letter online over the coming days... In these ever changing times where families around the world including here in Freo are entering self-isolation and schools around the world are closing - though not yet here in WA - you may well be starting to wonder what will be provided to cater for your children's ongoing education and learning should our own Freo Primary School have to close. You might be thinking about planning a minute by minute schedule for home learning. You perhaps are thinking you will need to create hours of learning, online activities, think up wild experiments, insist on daily writing journals, spelling practice, maths tasks and book reports. Perhaps you think you need to limit technology until everything is done, or perhaps you're frantically trying to work out how you can access enough devices for your kids to learn online whilst you balance your new working-from-home life. So, here are some things to consider...

Children are feeling these changes and the uncertainty. They are hearing everything that is going on around them and they feel the tension and anxiety in the adults around them. Just as this is something extreme and unknown for all of us, they too have never experienced anything like this before. For many, the idea of having no school for a 4 weeks or so rather than the usual two week Easter holiday sounds awesome - they are probably picturing a fun time like the long summer break, not the reality of being trapped at home and not seeing their friends.

Over the coming weeks, you may see an increase in behavior issues with your kids. Whether it's anxiety, or anger, or protest that they can't do things normally - it very likely may happen. There may be more meltdowns, tantrums, and oppositional behavior in the coming weeks. This is normal and to be expected under these circumstances. They will be finding it very difficult to deal with the changes, the new expectations on them.

What our children need right now is to feel comforted and loved. To feel like it's all going to be ok. So, that might mean tearing up your perfect schedule and simply showering your kids in a bit more love. This is a time for connection. Instead of worrying about running a home-school perhaps...

- Play outside and go on walks in big wide open spaces - choose parkland, bushland, and quite beaches not playgrounds!
- Draw hopscotch in chalk on a pavement by your house, throw tennis balls into buckets, have jumping races in pillow cases.
- Read to each other. Listen to podcasts together.
- Watch astronauts in space reading stories aloud on YouTube.
- Play lego.
- Bake cakes and paint pictures.
- Draw.

- Play board games and watch funny movies.
- Perhaps if it's not too tricky, do a science experiment together or find virtual field trips of the zoo or museums around the world.
- Sing together. Make up songs.
- Make up jokes. Share the jokes on the Freo Parents FB page!
- Make a family book of memories or things you are thankful each day.
- Snuggle under warm blankets and do nothing.
- Write letters to send to older relatives in isolation
- Write letters or cards and send them to residents isolated in nursing homes or care homes so they don't feel forgotten.
- Send letters and emails to friends.
- Learn to juggle.
- Build indoor cubbies.
- Laugh. Lots.

Please, don't worry about them regressing in school. Every single child is in this boat and they all will be ok. When they are back in the classroom, our teachers will meet them where they are - our Freo teachers are good at this!

But please don't worry if your kids don't want to do math. It's not worth it. Please don't get upset if the schedule you hoped for doesn't work out. Please don't mandate 2 hours of learning time if they are resisting it. This could be a difficult time and looking after your own and children's mental health is so much more important. If you can't do most of the things listed above because you need to work from home, don't worry, do the things that are easy for your children to do happily on their own with minimal support. And take breaks with them. And take breaks without them. Your mental health and your children's mental health will be far more important at the end of this time than their academic skills. How they feel during this time of self-isolations and school closures will stay with them long, long after the memory of what they did during this time is gone.

Please keep that in mind, every single day.

Lots of love to our whole big lovely FPS community xxx

Laura Pengelly

Board Chair

Fremantle Primary School



Frequently asked questions:

Will I be notified when a new notice has been published?

Yes. Each time a new notice is published by school staff, an email is automatically sent to your designated email account. The message is included in the email, however if you wish to access the images or files that are attached or add a comment (if the teacher has encouraged you to respond), you will be required to log onto Connect. Alternatively, you may download the free Connect Now app from Google Play or the Apple app store to receive the notifications on your phone.

- What if I don't really use email?

The Connect Now app enables parents to use their login details and stream all of the notices and discussions to their personal mobile device. The app is free and can be downloaded from the Google Play Store or the Apple App Store.

- Can I reply to messages?

The teacher will sometimes invite you to respond to messages. When this happens a Comment button will be visible under the Connect Notice. You can respond either by logging into Connect or through the Connect Now app.

- Who else sees the class notices?

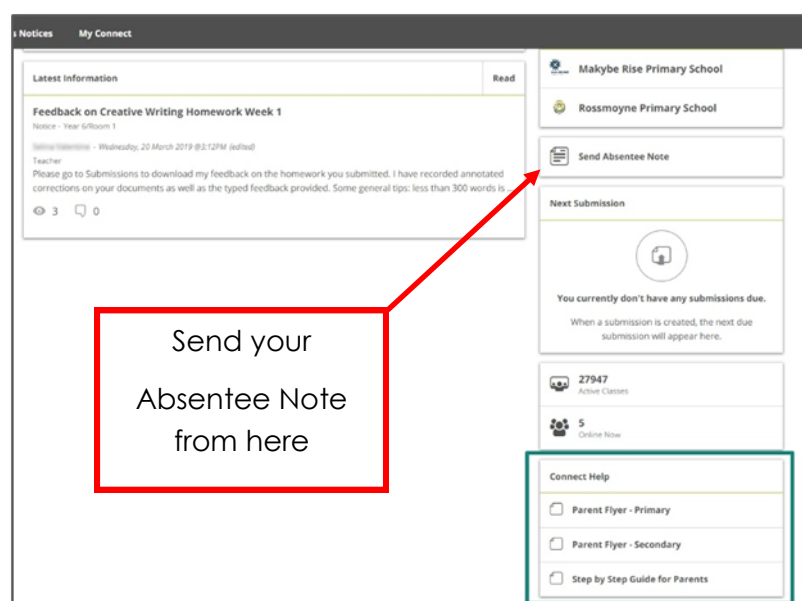
Only students and parents attached to a teacher's class are able to access and read class notices.

- What if I forget my login details?

You are able to set verification questions to reset your own password or if you prefer contact the school if you forget your login details.

- Where can I get more information?

Additional information is available as flyers at the bottom of on the Connect landing page under the heading Connect Help.





www.thelittleladybird.com/cards

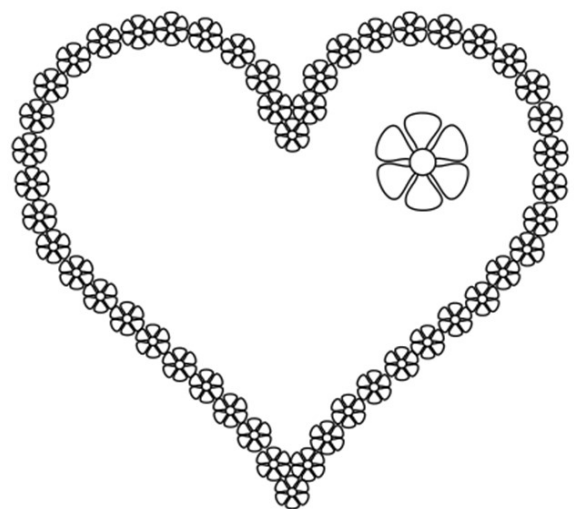
The Little Ladybird

*Lots
of
Hugs*



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Thinking of You...