

## From the Principal's Desk

### ASSEMBLY

It was wonderful to see you all at our first online assembly. Thank you so much for staying while we ironed out the microphone issues. Our school leaders and contributors were amazing! We look forward to seeing you all again on Wednesday morning at 9.15am in school uniform!

### TERM 3 REMOTE LEARNING

We have three weeks left of term 3. You have all been amazing – staff, parents and students! What everyone is achieving is remarkable in these challenging times. We will not know what is happening in regards to returning to school in term 4 until it is announced by Dan Andrews. We all hear it at the same time. I know we are all united in wanting school to return as soon as possible. It's great the weather is improving and the COVID numbers are going down. Our hearts go out to all families and friends who have lost loved ones.

### CONGRATULATIONS

Congratulations to Zoe K from 5/6B, who has received 2nd place for Year 5 students in the VILTA (Victorian Indonesian Language Teachers Association) Indonesian Independence Day Poster Competition. We are really proud of you Zoe!

Also congratulations to Josh J and Josh S who starred on Sunrise on two separate Wednesday. You both were so enthusiastic and would have brought joy to the many viewers that were watching. Well done!

### FLOURISHING FAMILIES

The fourth session is happening this week on Thursday at 7.30pm. In session #4 we will be exploring how we **build high quality connections** within families, friendships and in the workplace. It is the R in PERMAH - Relationships which sit at the heart of personal and collective wellbeing.

Register NOW for Session #4 by clicking on the following link:

<https://www.eventbrite.com/e/flourishing-families-bayswater-schools-tickets-111319288990> The Zoom session will go until 9pm. I highly recommend these family sessions. Everyone is welcome to attend, it does not matter if you have not attended the previous sessions.

Attached in our Link have been agencies that are supporting families during COVID. It's great that they are available and are free if you wish to use them.

**Cathy Jones**  
Principal

## Calendar

Monday 31st August 2020  
Volume 30 Number 12

### SEPTEMBER

**Wednesday 2<sup>nd</sup>**

Online Assembly  
BNPS Whole School Assembly

Wednesday, Sep 2, 2020 9:15 am  
Meeting number: 165 580 1834  
Password: BNPS2020  
<https://eduvic.webex.com/eduvic/j.php?MTID=mda53e9b4441d7a1ecfb7810918b981eb>

**Friday 18th**

Last day of Term 3  
2.30pm Dismissal

### OCTOBER

**Monday 5th**

First day of Term 4

Don't Forget  
Hats On in  
Term 4!

Please submit your 2021  
Prep Enrolments now!

### Our Vision

Bayswater North Primary School seeks to give every one of its students the opportunity to learn to their highest potential, capitalising on their personal qualities and unique talents whilst supporting and nurturing them in a stimulating and caring educational environment.

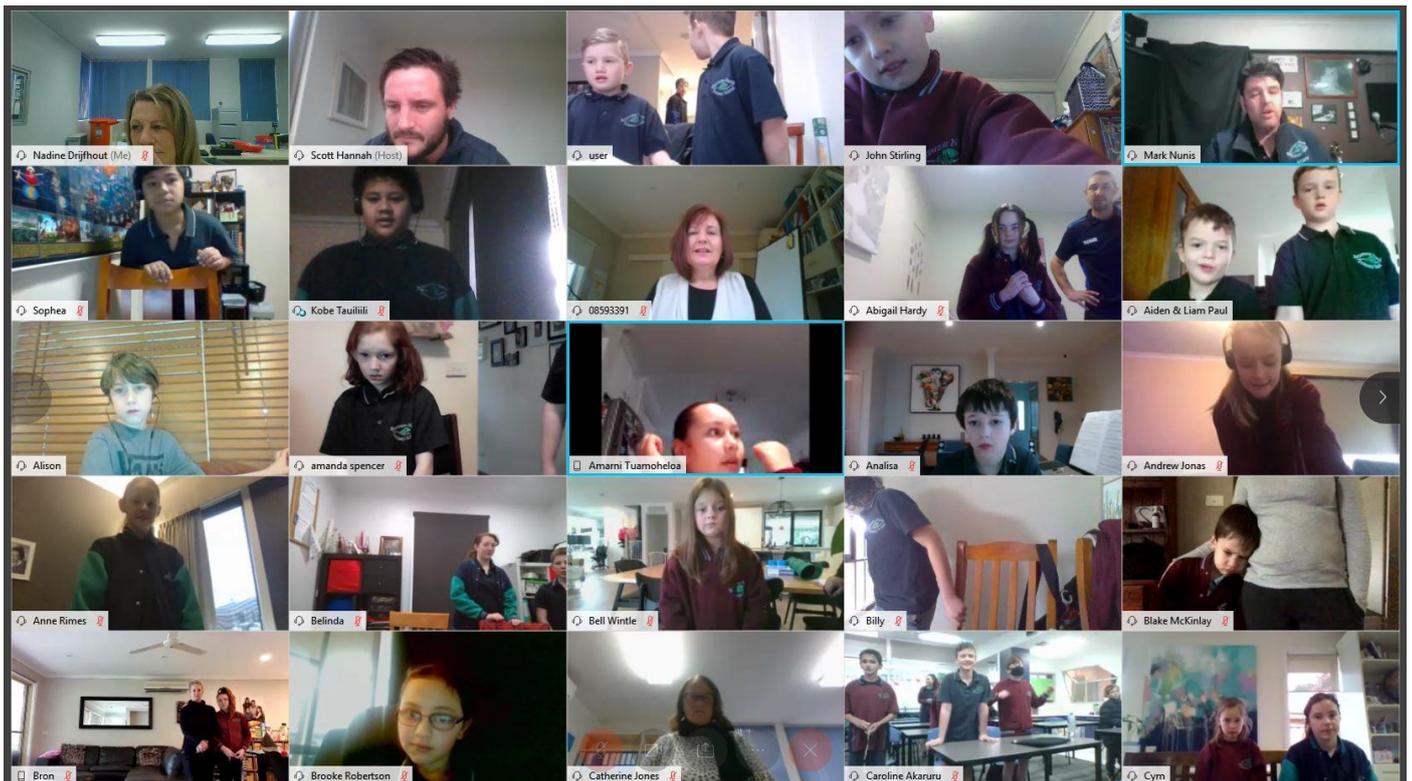
## LOTE News

**Congratulations** to Zoe K from 5/6B, who has received 2nd place for Year 5 students in the VILTA (Victorian Indonesian Language Teachers Association) Indonesian Independence Day Poster Competition. Ibu Spica Tutuhatunewa, the Consul General from the Indonesian Consulate General Melbourne, selected the winners and Zoe's poster will be displayed at the Indonesian Consulate for the month. She will receive a certificate and voucher from VILTA as well. Sensasi Zoe!"



## Online Assembly

Mr Nunis and Mr Hannah coordinated a tremendous Webex Assembly on Wednesday 19<sup>th</sup> August! A big thank you to our talented musicians, presenters and special guest author, Patrick Guest. It was lovely to see so many faces from our school community coming together for this inaugural event. Thank you to all the families who sent in pics of their children working from home.



## Josh J's Sunrise Adventure

The day I found out I was going to be on channel 7's Sunrise program was one of the best days of my life! I was soooooo excited I just couldn't believe it!!!

I only found out the day before and I was told I had to create a background. I chose to draw our BNPS frog logo, the Sunrise logo and I also had to design a template of my name.

The morning I was on Sunrise I had to get up very early and get ready by brushing my teeth, styling my hair and logging onto zoom to join the meeting. Sean (the producer) was really nice and talked us through what we had to do during the morning, checked our audio and he and Sam kept us entertained during the breaks. And for those who have asked – I wasn't nervous at all just super excited!!!

While I was on the meeting I had to be unmuted and very silent unless "Mr Mac" [Sam Mac our teacher while on sunrise] said my name. I got to sing the song "The Horses" as my show and tell item and I had lots of fun doing that. At the end of the morning I got chosen to give Sam Mac his rating as our teacher for which I gave him an 11/10 as he was really funny and I had so much fun!

I really appreciated my school friends commenting afterwards about how well I did and saying I was "famous" that made me feel really special!

It was the best day of my life and I hope I get to do it again one day!



## Community News

### NOW taking enrolments for 2021

3yo Monday 9am-2pm

4yr old Kinder Tue-Wed-Thur 0830am-1:30pm

<https://www.mika.org.au/kinders//bayswater-north-kindergarten>

Bayswater North Kindergarten

17 Wonthulong Drive,

Bayswater North VIC, Australia

9720 8872

Email: [bayswater.north.kin@kindergarten.vic.gov.au](mailto:bayswater.north.kin@kindergarten.vic.gov.au)

Facebook Page: Bayswater North Kindergarten



**ARRABRI COMMUNITY HOUSE**

### Term 4 Online Courses

Term 4 Classes begin in October. Classes available weekdays, morning, afternoon or evening.

Classes will be delivered via Zoom. Don't know how to use Zoom? Don't worry - we can help!

Telephone 9720 0877 for more information or to book

Changing career, upskilling for your current job or for personal enjoyment, Arrabri has plenty to offer. Courses include MS Office Skills, MS Excel Level 1 & 2, Xero Bookkeeping, BYOD (get more from your iPad, smart phone or tablet), Professional Creative Writing and more. Courses start from just \$61.60

## Free Help Video Calls with Zoom

Open a new online world with Zoom meetings. Join Classes, Social Groups, Information Sessions & more.

Telephone 9720 0877

**ARRABRI COMMUNITY HOUSE**

### Online Cuppa & Chat Group

Tuesdays at 10:30am  
Everybody Welcome

For more information telephone 9720 0877 or visit our website [www.arrabri.org](http://www.arrabri.org)

**ARRABRI COMMUNITY HOUSE**

## Free NBN Information Session

Tuesday 8 September  
10:00 to 11:30 am  
via Zoom

Telephone 9720 0877 for meeting details

DR *jodi* RICHARDSON  
presents **ANXIOUS KIDS**  
Moving from anxiety to resilience

ONLINE EVENT

For parents, carers and educators

**\$15**  
early-bird price  
BOOKINGS ESSENTIAL

**Tuesday**  
8<sup>th</sup> September  
7:00pm - 8:30pm

**It's easy to feel overwhelmed when your child suffers from anxiety, but there are many things you can do help.**

In this seminar Dr Jodi Richardson will share her experience and talk about:

- How to recognise anxiety
- How to know when anxiety is becoming a problem
- How to calm an anxious brain
- The contagious nature of anxiety
- How to respond to a highly anxious child
- Practical thinking skills to manage worries
- Developing resilience in anxious kids
- Essential tools for parents and children to manage anxiety and more

Co-author of bestselling book *Anxious Kids*, Dr Jodi Richardson is a mental health and wellbeing author, speaker, educator and mum of two. She's dedicated to helping parents and teachers understand anxiety in their children and students, how it makes them feel (and why), and how to respond in ways that empower anxious kids with the insights and skills they need to thrive.

**BOOK HERE**

For more information, please contact Marg: [hello@drjodirichardson.com.au](mailto:hello@drjodirichardson.com.au)  
[www.drjodirichardson.com.au](http://www.drjodirichardson.com.au)

### Parenting during Covid-19 Self-Care

Mental health has been impacted with the covid-19 pandemic. Helplines Beyond Blue, Headspace and Kids Helpline have all experienced an increase in calls. Monash University conducted a mental health survey in April 2020, their results indicate a widespread change in usual psychological state with about a quarter of the whole population experiencing mild to moderate symptoms of depression (26.5%) or anxiety (24.5%)

Mental Health has become a priority for all Australians during this pandemic and we need to learn ways to assess our own mental health. FREE Online Programs

While waiting for your telehealth appointment with a GP or psychologist, please consider using the following self-care tips and resources. For over 16 years and adults, mood gym is an online free resource that guides you through self-help activities to manage and prevent anxiety.

[https://moodgym.com.au/?gclid=Cj0KCQjwg8n5BRCdARIsALxKb94lBJGS981E\\_UbVISMvJJDGyPbF1OCKFJWDqDqfinHznU9QWAoyOdoaAmv1EALw\\_wcB](https://moodgym.com.au/?gclid=Cj0KCQjwg8n5BRCdARIsALxKb94lBJGS981E_UbVISMvJJDGyPbF1OCKFJWDqDqfinHznU9QWAoyOdoaAmv1EALw_wcB)

If you are suffering from social anxiety the Australian Government funds a free program ecouch. This is for people 16 years and older. This site offers modules on developing social skills and changing your thinking about social situations.

<https://ecouch.com.au/>

For families needing extra help whilst supporting a young person waiting for mental health supports. The Brave Program is an Australian program offering free online cognitive behavioural therapy program, individuals complete 1 session per week over 10 weeks. Parents can also register and learn about their child's anxiety and learn tips to support them. This program supports primary and secondary aged children.

<https://www.brave-online.com/>

St Vincent's Hospital in NSW has developed a free program for over 18's. They also have other low fee programs.

<https://thiswayup.org.au/how-we-can-help/courses/coping-with-stress/>

The above programs do not replace the need for professional help, however they can provide valuable support, and tips to manage mental health during these times, whilst waiting for professional help.