

# Appin Park News

20th August 2020

LEARNING  
FOR LIVING  
I SHOW RESPECT  
I AM RESPONSIBLE  
I CARE

**Learning Packs can be collected in the Multipurpose Room  
on Monday between 9.15am & 10.30am**

Hi Everyone,

As we bring week 6 to close, I hope that you are all well and managing in what continues to be an unusual time.

It has been wonderful to see many of our students joining their class WebEx meetings this week. While it hasn't been without a few teething problems, the feedback has been very positive. We hope to continue these as weekly meetings at this stage as a way of sharing class information and celebrating some of the good things coming out of remote and flexible learning.

Congratulations to Mr Grant and wife Caitlyn in the arrival of their daughter Sadie Lea.

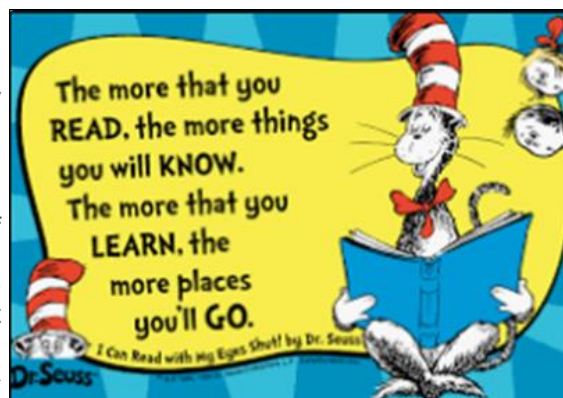
We can announce that Rachelle Gambold will become the classroom teacher in 1/2S when Miss Selwood goes on leave at the end of week 8. Rachelle has been undertaking relief teaching work with us on a regular basis this year and we are sure will be an asset to our junior teaching team. Miss Selwood will be working closely with Miss Gambold over the next couple of weeks to bring her up to date with class information and the process of putting together our learning packs.

As discussed in previous newsletters, during remote learning we remind families to be kind to themselves. Motivation may be low for some students so here are some suggestions to try at home:

- ◆ Mix up the schedule (it is only a suggestion)
- ◆ Have a dress up or pyjama day
- ◆ Complete all your work in a different colour each day for the week
- ◆ Take regular breaks
- ◆ Build an indoor cubby and set up school for your toys or pets
- ◆ Learn a new trick and post to Dojo
- ◆ If none of that helps call a family holiday at home for the day and give everyone a rest

**If you do anything today...read, read and read some more!**

As a staff team we cannot emphasise enough the importance of continuing to practise reading every day whether at school or home. We strongly encourage you to find some time in the day to read to your children, listen to your children read or provide them with a quiet place to read to themselves. It is pleasing to hear that even during the learning from home period our students are continuing to work towards their reading goals.



*Fiona Carson - Principal*

***Chocolate money can be returned when collecting learning packs on Monday.***



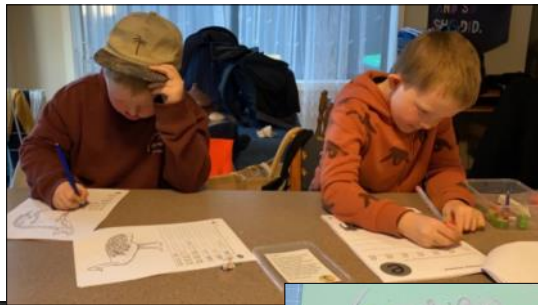
## **Enrolments for 2021 Foundation students now being taken**

*Please contact the office on 5722 1326  
or visit our website for more information  
Watch our virtual tour!*

<https://www.facebook.com/appinparkps/>  
<http://www.appinparkps.vic.edu.au/>  
[appin.park.ps@education.vic.gov.au](mailto:appin.park.ps@education.vic.gov.au)



# This Week at Appin Park!



## Dr Michael Carr-Gregg Webinar

Dr Michael Carr-Gregg is one of Australia's highest profile psychologists, author of 14 books, broadcaster and a specialist in corporate mental health, families, parenting, children, adolescents and the use of technology for mental health.



On **Tuesday 25 August**, the Department of Education and Training is presenting a free webinar for parents and carers by renowned child psychologist Dr Michael Carr-Gregg, on building family resilience during coronavirus (COVID-19).

Parents and carers play a vital role in helping children feel safe through uncertain times. Dr Carr-Gregg's webinar is aptly named **Managing the Coronacoaster** – Tips for building resilient families in the coronavirus era.

In this webinar, Dr Carr-Gregg provides tools and strategies for parents and carers to help manage the lockdown and remote learning. Topics include:

- your supportive role
- setting the emotional tone
- focusing on what you can control
- how to deal with disappointment
- further resources and where to get help.

### Webinar details

- **When:** Tuesday 25 August
- **Time:** 7:30pm
- **Duration:** 45-minute presentation followed by 15-minute questions and answers session
- **Format:** online via Webex
- **Cost:** free

To register and for more information visit the [Managing the Coronacoaster – Tips for building resilient families in the coronavirus era eventbrite page](#)