



# The Croppatopic

Croppa Creek Public School

*Play the Game*

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**TERM 2 WEEK 5 2020**

## Return to School

It has been wonderful having our students back full time this week. It is a little different getting students back halfway through the term. We are reintroducing learning routines or implementing adjustments based on what has and hasn't worked so well with Learning at home. In particular, for the Year 3 -6 students, we will continue to use Google Classroom as the main method for disseminating work to our older students, which works to encourage academic independence in all our students, while ensuring that those that need immediate and medium-term assistance will continue to get that in the classroom. Students will be able to submit their completed work through the Classroom interface as well, building up a portfolio of their learning. Feedback is managed through the interface as well, ensuring students get the direction and guidance in their learning that will drive their growth forward.

## Reporting and Assessment

School reports will look a little different this semester. Currently we are investigating how they will look, as the grading scale has been removed from reports for this term only. We are consulting with our neighbouring small schools as well as more broadly with schools from across the state. While we have until term 3, week 6 to distribute reports, it is anticipated that they will be ready before then, either late this term or early next term at the very latest. More information on this will follow.

We will be looking at assessments in the next week or so to assess where students are at post the learning at home period.

While weekly and ongoing excursions, such as weekly sport or our STEM program with Gravesend PS can't happen at the moment due to the current restrictions in place, we are still looking ahead to Market Day later in the year. Whether this event occurs as planned is obviously still very much up in the air, regardless we will be embarking on the design and manufacture of products in semester 2 at some level.

Regards  
Michael Sky  
Principal

## CROPPA CREEK P.S. CALENDAR

### Term 2, Week 5

**Mon 25 May – all students able to return to school**

### Term 2, Week 8

**Mon 15 June – Issue 4 Book Club orders due**

### Term 2, Week 10

**Fri 3 July – end of Term 2**

**We will continue to inform our families and community once events and activities begin again in our school.**

**Thank you everyone for your understanding and patience.**

## BOOK CLUB ISSUE 4 IS Running!

TAKE A LOOK

[scholastic.com.au/book-club/book-club-parents](http://scholastic.com.au/book-club/book-club-parents)

**45 titles @ \$5 or UNDER**

**BOOK CLUB CATALOGUES ARE BACK!**

**SCHOLASTIC**

## Good for Kids good for life

### EASY HEALTHY LUNCH IDEAS

Learning from home can be a great time to try out some new lunch ideas. You could try:

- Chicken and vegetable rice paper rolls
- Pasta salad
- Zucchini slice
- Corn fritters
- Vegetable fried rice



Get the kids involved to help cook, or make these as part of dinner one night and portion out lunches for the week.

They are all easy to pack in the lunchbox too.

All recipes available at: <http://goodforkids.nsw.gov.au/primary-schools/swap-it/recipes/>



HNELHD-Goodforkids@health.nsw.gov.au  
<http://www.goodforkids.nsw.gov.au/>

## Good for Kids good for life

### GET ACTIVE + MAP A TREASURE HUNT



- One person hides some treasure in the yard or around the home (e.g. a coin, small toy, sticker etc.) and then draws a map for the other person to find the treasure.
- Take turns hiding the treasure and drawing a map.
- Optional extra: Work out north, south, east and west



Source: Northern Sydney Local Health District



HNELHD-GoodForKids@health.nsw.gov.au  
<http://www.goodforkids.nsw.gov.au/>



## COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

<b>1</b> Make a plan to help you keep calm and stay in contact	<b>2</b> Enjoy washing your hands. Remember all they do for you!	<b>3</b> Write down ten things you feel grateful for in life and why	<b>4</b> Stay hydrated, eat healthy food and boost your immune system	<b>5</b> Get active. Even if you're stuck indoors, move & stretch	<b>6</b> Contact a neighbour or friend and offer to help them	<b>7</b> Share what you are feeling and be willing to ask for help
<b>8</b> Take five minutes to sit still and breathe. Repeat regularly	<b>9</b> Call a loved one to catch up and really listen to them	<b>10</b> Get good sleep. No screens before bed or when waking up	<b>11</b> Notice five things that are beautiful in the world around you	<b>12</b> Immerse yourself in a new book, TV show or podcast	<b>13</b> Respond positively to everyone you interact with	<b>14</b> Play a game that you enjoyed when you were younger
<b>15</b> Make some progress on a project that matters to you	<b>16</b> Rediscover your favourite music that really lifts your spirits	<b>17</b> Learn something new or do something creative	<b>18</b> Find a fun way to do an extra 15 minutes of physical activity	<b>19</b> Do three acts of kindness to help others, however small	<b>20</b> Make time for self-care. Do something kind for yourself	<b>21</b> Send a letter or message to someone you can't be with
<b>22</b> Find positive stories in the news and share these with others	<b>23</b> Have a tech-free day. Stop scrolling and turn off the news	<b>24</b> Put your worries into perspective and try to let them go	<b>25</b> Look for the good in others and notice their strengths	<b>26</b> Take a small step towards an important goal	<b>27</b> Thank three people you're grateful to and tell them why	<b>28</b> Make a plan to meet up with others again later in the year
<b>29</b> Connect with nature. Breathe and notice life continuing	<b>30</b> Remember that all feelings and situations pass in time	<p><b>“ Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances ” ~ Viktor Frankl</b></p>				



### ACTION FOR HAPPINESS



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)

# Community Announcements

### COVID-19 Resources for Parents

**WEBSITES**

- raisingchildren.net.au** <https://raisingchildren.net.au>  
Provides free, reliable, up-to-date and independent information to help families grow and thrive together. Contains information on COVID-19 and how to help your family cope.
- eSafety Commissioner** [www.esafety.gov.au](http://www.esafety.gov.au)  
Information on how to stay safe online during the COVID-19 pandemic
- ParentLine** [www.parentline.org.au](http://www.parentline.org.au) 1300 130 052  
Provides telephone counselling, information and referral service for parents and carers of children ages 0 to 18 who live in New South Wales
- family referral service** [www.familyreferralservice.com.au](http://www.familyreferralservice.com.au) 1800 066 757  
Brings together families, support services and community resources so that our children and young people are safe and well
- Beyond Blue** <https://coronavirus.beyondblue.org.au> 1800 512 358  
Information, advice and strategies to help you manage your wellbeing and mental health during the COVID-19 pandemic
- emerging minds** <https://emergingminds.com.au>  
Resources for parents and carers to best support their children and reduce worry and distress during the COVID-19 pandemic

**ARTICLES**  
(Click on title to view article)

- Coronavirus (COVID-19) and children in Australia
- Communicating with your child about COVID-19
- Physical distancing and family wellbeing
- Home schooling & keeping kids busy during COVID-19
- Helping your children get along during quarantine
- What to Say to Your Child about the Coronavirus
- Staying Sane When School is Closed
- Working From Home with Kids

**Official Coronavirus Information**

**NSW COVID-19 Website**  
[www.nsw.gov.au/covid-19](http://www.nsw.gov.au/covid-19)

**Australian Government's National Coronavirus Helpline**  
1800 020 080 (24 hours, 7 days a week)

**Useful Contacts**

**Domestic Violence Line** 1800 65 64 63  
**Mental Health Line** 1800 011 511  
**Lifeline** 13 11 14  
**Mensline** 1300 78 99 78

In an emergency, please call 000 or go to a hospital emergency department

More information contact School Link  
Phone 02 8877 5228  
<http://www.nshd.health.nsw.gov.au/CHILD/Pages/CMIS.aspx>

### A BETTER START PROGRAM INITIATIVE

## YOUR CHILD'S NDIS PLAN



**You are invited to a free info session on how to implement your child's NDIS Plan**

Designed for parents and guardians of children 0-12 years with disability or developmental delay who are looking for support with starting or using their child's existing NDIS plan more effectively.

Session topics include:

- Understanding your child's NDIS plan
- How to make changes to the plan
- Plan management
- Self-management tips
- NDIS plan reviews
- Early childhood Intervention best practice
- Finding and choosing service providers
- Latest NDIS updates on COVID-19

If you would like to attend but cannot, please let us know. This will help us to plan future sessions.

**EVENT INFORMATION:**  
We are running a number of sessions contact us to register

Date: Wednesday 3 June 2020  
Time: 4:30pm-6:00pm

Date: Friday 5 June 2020  
Time: 11:00am-12:30pm

Date: Tuesday 9 June 2020  
Time: 11:00am-12:30pm

Date: Thursday 11 June 2020  
Time: 4:30pm-6:00pm

HOW: Online via a Zoom Meeting  
COST: Free  
RSVP Call: 02 9280 4744 or  
Email: [betterstart@carersnsw.org.au](mailto:betterstart@carersnsw.org.au)

**SUPPORTS ALL CARERS - AN AUSTRALIA THAT VALUES AND SUPPORTS ALL CARERS - AN AUSTRALIA THAT**

[www.carersnsw.org.au](http://www.carersnsw.org.au) contact@carersnsw.org.au CARER LINE 1800 242 636 PO Box 785 North Sydney NSW 2059

## JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Decide to look for what's good, even on the difficult days	2 Re-frame a worry and try to find a positive way to respond	3 Think of 3 things you're grateful for and write them down	4 Show your appreciation to those who are helping others	5 Smile and be friendly, even while you're social distancing	6 Notice the upsides during the lockdown, however small	7 Find a joyful way of being physically active (indoors or out)
8 Write a letter to thank someone for what they did	9 Find the joy in music today: sing, play, dance or listen	10 Take a photo of something that brings you joy and share it	11 Say positive things in your conversations with others today	12 Make a plan with friends to do something fun together	13 Appreciate the joy of nature and the beauty in the world around	14 Do three things to bring joy to other people today
15 Rediscover a fun childhood activity that you can enjoy today	16 Ask a loved one what they feel grateful for at the moment	17 Be kind to you. Treat yourself the way you would treat a friend	18 Send a positive note to a friend who needs encouragement	19 Create a list of favourite memories you feel grateful for	20 Make time to do something playful today, just for the fun of it	21 Enjoy trying a new recipe or cooking your favourite food
22 Share a happy memory with someone who means a lot to you	23 Look for something to be thankful for where you least expect it	24 Thank a friend for the joy they bring into your life	25 Eat food that makes you feel good and really savour it	26 See the upside in a difficult situation you learnt from	27 Watch something funny and enjoy how it feels to laugh	28 Create a playlist of your favourite songs and enjoy them
29 Take time to do something that makes you happy today	30 Make a list of the joys in your life (and keep adding to them)	 <b>"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle</b>				



Education  
Public

### ACTION FOR HAPPINESS



30 actions to look after ourselves and each other as we face this global crisis together

[www.actionforhappiness.org](http://www.actionforhappiness.org)  
Keep Calm · Stay Wise · Be Kind