

The Slate

Hi Everyone

Well, I have certainly hit the ground running. Firstly, I would like to thank Louise for running the ship so well whilst I was on leave. She did an amazing job – thrown into the deep end with the pandemic and on-line learning. I wonder if she still wants to be a Principal?

Secondly, I would like to thank the staff and the amazing work they did to support both Louise and the kids. I know they deserved a well earned holiday – even if they couldn't go anywhere.

Thirdly, I would like to thank the kids, you parents and the wider school community for the resilience you all have shown in these troubled times. Hopefully we are back to normal with no further lockdowns.

At this stage we are planning our normal end of year activities with the view that COVID restrictions will be eased.

Swimming - Our four sessions are on Wednesdays – beginning 10th November.. A number of families have swimming money paid from last year. Further details will be sent home shortly

Christmas Concert and Graduation – save the date for Tuesday 14 December

WAVES End of Year Swimming – Wednesday 15 December

Curriculum Day – Friday 17 December

Transition Days 2022 Foundation and Grade 6 to Year 7 – tba

School Photos – 4 November

Masks

Mansfield Zoo

ART Awards

Hats

Thanks Maree Morris

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FOR YOUR DIARIES

Term Dates 2021

Term 1: 27 Jan – 1 Apr
Term 2: 19 Apr – 25 Jun
Term 3: 12 Jul – 17 Sep
Term 4: 4 Oct – 17 Dec

School Council Meeting

Tuesday 12 October @
5.30pm

Curriculum Day

Monday 1 November
Friday 17 December

Melbourne Cup Holiday

Tuesday 2 November

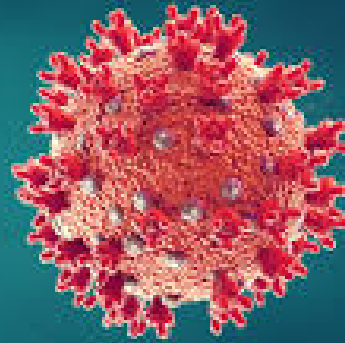


Enrolments for 2022 are open and we already have a handful of Foundation students enrolled which is very exciting!

Unfortunately, school tours are unable to be conducted on-site at this time, but we are keen to answer questions and tell you all about our great little school.

We are beginning to forecast our enrolment for the next year to make tentative plans for 2022, so if you know of anyone that is thinking of enrolling, please tell them to give us a call 😊

COVID Supports



There are a number of supports available to families and the public in general. We have compiled some that we are aware of below.

- Melbourne University are presenting a free online panel discussion titled: Tips to help families cope during Lockdowns, on August 30, 8pm to 9pm.

This webinar is for parents and carers and their families, and professionals working with families who are keen to learn more about how to handle mental health challenges, wellbeing and motivation in these challenging times. There will be a chance for audience questions at the end of the discussion. The panel includes a range of adolescent and community health experts and parents.

See more at: [Events / Tips to help families cope during lockdowns \(unimelb.edu.au\)](https://www.unimelb.edu.au/events/tips-to-help-families-cope-during-lockdowns)

Mental health services and supports available during COVID-19

- **HeadtoHelp** is for Victorians of all ages who want to take the first steps towards finding the mental health and wellbeing support that's best for them.
- **Life in Mind** has established a [webpage](#) with a list of mental health resources dedicated to mental health supports during COVID-19.
- The **Federal Government** maintains the [Head to Health website](#) which was developed by people with lived experience, and contains updated info on COVID-19 while acting as a portal for digital mental health resources.
- [Targeted information and mental health supports for specific groups](#)
- The **Department of Health** has specific [information for people with disabilities](#) and a **COVID-19 Disability Information Hotline** is also available on **1800 643 787**.
- The **National LGBTI Health Alliance** has a [central resource](#) for diverse *LGBTI* community members.
- **Eating Disorders Victoria** has [information](#) for people effected by *eating disorders* in relation to COVID-19.
- **Emerging Minds** has [resources](#) to assist *parents and carers* to have healthy conversations with children about COVID-19.
- **SBS** has COVID-19 health and mental health information in [languages other than English](#).
- **ReachOut** have a [webpage](#) with mental health resources for *young people*.
- [Tips and advice to support better mental health during COVID-19](#)
- The **Australian Psychological Society** has an [information sheet](#) on how to cope with anxiety at this time.
- The **Black Dog Institute** has a range of [resources](#) for anxiety, stress and wellbeing related to COVID-19.
- **Beyond Blue** has put together these [tips](#) to look after your mental health during the outbreak.
- **RUOK?** has [tips](#) about looking out for family members or friends who are struggling.
- **Phoenix Australia** has [tips](#) for caring for yourself and your family.
- The **National Mental Health Commission** is inviting everyone to join in the national conversation with the hashtag [#InThisTogether](#) – share practical tips online to support the mental health and wellbeing of Australians during COVID-19.

October/November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12 School Council Girl Guides	13 Breakfast Club	14 Library	15	16
17	18	19 Girl Guides	20 Breakfast Club	21 ART	22	23
24	25	26 Girl Guides	27 Breakfast Club	28 Library	29	30
31	1 Curriculum Day	2 CUP DAY	3 Breakfast Club	4 ART School Photos	5	6
7	8	9 Girl Guides	10 Breakfast Club Swimming	11 Library	12	13
14	15	16 Girl Guides	17 Breakfast Club Swimming	18 ART	19	20
21	22	23 Girl Guides	24 Breakfast Club Swimming	25 Library	26	27

