

Are you taking breaks throughout the day?

It's very important that we take breaks throughout the day whilst we are learning and working from home so that our homes don't become a place of stress.

Make sure your children (and yourselves) are taking breaks for exercise and wellness. Remember to switch those screens off and enjoy the sun when and while we can.

Hargraves Public School



3 September 2021

Return to School Advice

Last week the Premier announced that stay-at-home orders for Regional NSW have been extended until Friday 10 September 2021 and that a staged return to school would happen from October 25th. However, if stay-at-home orders are lifted in regional NSW before the end of Term 3, schools in those areas can expect to return to face-to-face teaching and learning at Level 3. This means that all staff and students will be expected to be at school with visitors and activities limited.

We will keep you informed as more news becomes available but at this stage, we are still under stay at home orders. Once again can I say a very big thank you to all parents for your efforts to ensure learning continues for our students. We appreciate your support. Well done to the children for the quality work we are receiving. We miss you all and can't wait to see you.

Science with Miss Lawson

Despite being at home Miss Lawson's class have continued their exploration of changing materials in Science. This week the children made lava lamps using oil, water, food colouring and an aspirin.

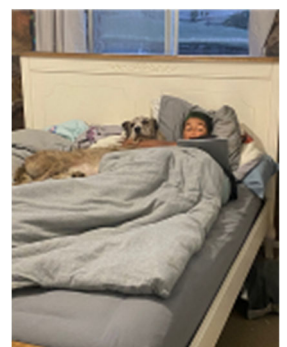
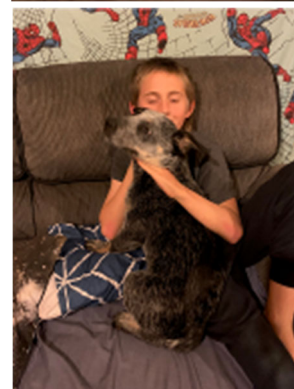
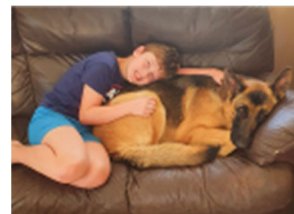


Thank you ..

To parents who have sent in photos of their children working from home.

The photos have been combined to create a number of videos which have been posted on our Facebook page.

This week the children and staff were asked to send in a photo of themselves with their pet. We received some wonderful pet pics. Here is a selection of a few.



ZOOM FOR PARENTS



Help your child find a quiet space in your house. Ensure they are seated and have access to materials and school supplies.



Help your child get calm, focused, and ready by turning off, moving, or putting away distractions (Eg. TV, music, toys, pets). Ask your child to use the restroom.



Help your child log on 2-3 minutes before the meeting time. Test your speakers and microphone.



Stay nearby in case your child needs help. If there are technical difficulties, help your child exit the meeting and try logging back in.

ZOOM DOs



Arrive on time



Find a quiet spot



Have an adult nearby in case you need help



Stay seated



Listen carefully



Raise your hand



Follow directions



Turn your camera on



Stay muted until it's your turn to speak

ZOOM RULES



Move around or walk away



Invite a sibling



TV, toys, or pets



Shout or scream



Play games



Use the chat inappropriately



Eat or drink



Turn your video or microphone on and off, on and off



Take photos or video

Zoom Guide for Parents

As you would be aware, our teachers are using Zoom to help keep students connected. See these helpful images which includes a guide for parents, as well as some dos and don'ts for the students.

Please discuss these with your child to help make the Zoom experience successful for everyone involved.



Above: Ruby's wonderfully creative Scarecrow and right, her Fireworks science experiment



Madison's Mum and Dad were so impressed with her independent work habits that they rewarded her with a special certificate

NSW Department of Education

Remote learning guidelines for students and parents



Stay connected



Workspace

Work in a quiet area, at a desk or table and try to limit distractions.



Focus

During calls with your teacher, stay focused on the call. Avoid reading chats or looking at other tabs.



Your normal routine

Eat breakfast, brush your teeth and get dressed in the morning.



Ask questions

If you don't understand something, ask your teacher or classmates online.



Use classroom language

Talking to your teachers and in class is different from how you speak to your friends online. Use proper grammar and avoid excessive emojis.



Take breaks

Take breaks away from screen. Move around and try not to sit all day.



education.nsw.gov.au

