



PRINCIPAL'S REPORT

Our April newsletter contains information about the engaging programs and activities that continue to define the positive learning culture at Alexandria Park Community School. My thoughts are with our students, parents and carers, community supporters and staff during these challenging times of social distancing and new ways of delivering teaching and learning. I especially feel for our students K – 12 who are missing daily contact with their friends at school, in their neighbourhoods, and at other community activities that have, for now, been cancelled. I know too, that many of us have family and friends interstate and in countries across the world that we are worried about and whom we miss. The school continues to be an important agent for on-going support for our community during these times. Please contact us at school by phone (96981967) or by email ([alexparkcs—c.school@det.nsw.edu.au](mailto:alexparkcs-c.school@det.nsw.edu.au)) if you need any help, advice or support.

The Lifeline website has tips, strategies and support for us all.

<https://www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

APCS remains open

All NSW public schools are open. However, since 23 March 2020 parents and carers are strongly encouraged to keep their children home if possible. This decision has been made as part of the Government's ongoing approach to social distancing in response to the COVID-19 pandemic.

Thank you parents and carers who have been able to keep their children at home.

With fewer students at school, there has been a greater capacity to increase social distancing measures and allow students more space.

Advice, at this time, from the Department of Education, is that social distancing measures may be expected to continue into term 2. This means that on-line learning at home could continue into term 2. A definite decision about learning in term 2 will be communicated to all before the start of the term.

Communication from the school to the community

Our main form of communication remains SMS text message. SMS text messaging allows us to be able to contact the largest number of our families. Please make sure that the school has your correct mobile number. Often the message will also send a link to our school's website. Please continue to check the latest news on our school website. <https://alexparkcs-c.schools.nsw.gov.au/>

Camp Australia

The Camp Australia Autumn School Holiday program is now open for bookings for students in K-6. Please see the link on our website for the planned holiday program. [https://alexparkcs-c.schools.nsw.gov.au/events/2020/4/camp_australia_autumn_holiday_club.14 - 24 april.html](https://alexparkcs-c.schools.nsw.gov.au/events/2020/4/camp_australia_autumn_holiday_club.14_-_24_april.html)

On-line learning

APCS has moved to a single method of teaching and learning for the rest of this term - whether in the classroom or at home. This method is called 'online learning'. It refers to the ways learning is delivered to students who are learning remotely. This means at home or in an alternate location. Resource materials have been and are continuously being developed. There is a combination of online learning and written materials that can be distributed to students and parents. Paper copies (written materials) of units of work K – 12 can be collected from the administration offices at school or posted out on request.

The department has set up an online hub [learning from home](#) where students, teachers and parents can access learning materials. Schools have been preparing packages of work for several days to ensure access to online learning, through a range of technology platforms.

Online learning at home or at school under teacher supervision will continue until the end of Term 1. A decision about whether schools will return to normal operations after the holidays will be taken in line with the latest advice from Government and we will keep the community informed.

The department has also provided [advice to parents and carers](#) to assist with children learning from home. This guidance will help parents understand their responsibilities as well as their child's, provide support for establishing routines, explain how to set up learning environments and support their child's wellbeing.

ySafe Online Learning Induction & Parent Portal

As a school community, it is important that we work in partnership with parents and carers to ensure students feel supported and continue to be engaged in learning.

We are appreciative of the concerns that many parents have expressed about how to support their child's safety and learning at home. We share the same priority in ensuring that all students have a safe online learning environment to work within, and parents are equipped with the resources they need to accomplish this. Therefore, we have partnered leading cyber safety experts to provide vital and practical information to our parents via the Online Learning Induction.

Our students from Years 2 to 12 are in the process of completing their version of the Online Learning Induction. In the parent version, the four video modules cover:

- Setting up devices to be safe for children and teenagers
- Tips for managing class schedules at home
- Supporting kids' wellbeing and promoting healthy screen habits
- Where to access help if eSafety issues occur

The induction videos are accessible online via the ySafe Parents Portal. This is an exclusive portal available to our school, where there is an abundance of information on cyber safety at home, including step-by-step instructions for setting up devices, and reporting tools for managing issues such as cyberbullying.

The link to the Parent Portal (which hosts the induction videos) is:

<http://www.ysafeparentsportal.com.au/>

Insights App

To help parents stay up-to-date on current cyber safety risks, all parents within the school community will receive free access to the Family Zone Insights app as part of this induction. In partnership with Family Zone, this app allows ySafe's experts to send parents direct updates when their child has accessed something risky online, allowing ease of monitoring and current information on cyber safety issues. Access to the app is on an opt-in basis, with instructions for activating Insights available on the portal.

Flexible Workplace Arrangements for staff at APCS

At APCS we have put flexible workplace arrangements in place for our staff. This allows our staff to work from home, further supporting social distancing measures in our school and community. Teachers and support staff have the capacity at home to continue with the important work of schools in preparing lessons, marking student work and providing feedback, programming, meetings, professional learning and communicating with parents and other such tasks.

The Canteen

Our wonderful school canteen has had to close during this time and students will need to be provided with a packed lunch from home.

NAPLAN

All NAPLAN testing has been cancelled for 2020.

Will my child fall behind if I keep them at home?

Advice first published at 6:35pm on 23 March 2020

HSC 2020

At its meeting on 24 March, the NSW Education Standards Authority (NESA) Board confirmed that the Higher School Certificate (HSC) is going ahead in 2020.

Following the meeting, Chair of the NESA Board Professor Peter Shergold said he had three important messages for HSC students:

1. We know you are worried. While we recognise we are facing an unprecedented situation, we want to assure you that you will be able to get a HSC certificate this year, and that the certificate will facilitate access to university, further education and employment, as it has for students over the past 50 years.
2. Keep learning, do your assessments as advised by your school, make progress on your major projects where you can and, most importantly, look after yourself, whether you are at school or at home. Reach out to family, friends and your teachers if you need to.
3. If you get sick, your school and NESA have provisions to ensure you are not disadvantaged.

At APCS our Head Teachers have worked with their teams to review and revise the 2020 HSC assessment schedules to make the adjustments necessary to accommodate online learning and social distancing measures. Formal assessment tasks have been undertaken in the past weeks successfully. Well done teachers and Year 12 students.

We are still waiting on advice from NESA around work placements for VET students, Music students working on music performance piece and students completing projects and major works in Visual Arts, Design and Technology and Aboriginal Studies.

For up to date advice about the 2020 HSC visit the [NESA COVID-19 advice page](#)

Hygiene practices

Schools have been sent resources to assist teachers to talk about COVID-19 and explain good hygiene practices. This includes reminding students to:

- wash their hands frequently with soap and water before and after eating and after going to the toilet
- cover their nose and mouth when they cough or sneeze
- avoid touching their faces
- limit physical contact when greeting people
- limit physical contact in the playground.

APCS has provisions of soap and hygiene supplies, such as hand sanitiser. New hand sanitiser dispensers have been installed in the corridors throughout the school near entrances to classrooms, staffrooms and the administration offices. Additional cleaning has commenced.

Cancellation of events, extra-curricular programs, volunteer and partner programs

Events like assemblies, excursions, school camps and inter-school sports and arts events have been cancelled. So too have volunteer programs, breakfast club, Parent teacher meetings, before and after school programs, Directions in music, Chess club etc.

What will happen if there is a suspected case in a school?

The school will immediately contact the department's Incident Report & Support Line and relevant protocols, as advised by the Ministry of Health, will be followed. The department has an established process to support contact tracing by NSW Health and will advise the school community where there is an impact on a school.

What will happen if there is a confirmed case in a school?

NSW Health will trace any close contacts of the infected person. This may require closing the school while the contact tracing process is done. NSW Health will advise students and staff when they can return to school or if they are required to self-isolate for 14 days. The school will keep you informed during this time.

The school may need to close for a short period of time while it is appropriately cleaned.

General information for parents

You can help your child by remaining calm and reassuring them. Listen to your child and answer their questions as honestly as possible and correct any misunderstandings. This will help them feel informed and understand what is happening.

Stay up to date with the facts from reliable sources so you can keep conversations calm, considered, and constructive. Provide information in words that are appropriate to the age of your child.

Children can be distressed by hearing repeated stories so monitor how much your child is being exposed to television and social media and encourage them to talk to you about what they are seeing and hearing.

Contact the school if you are concerned about your child's wellbeing to discuss the most appropriate support.

You can also:

- call the National Coronavirus Health Information line (1800 020 080)
- go to the [NSW Health COVID-19 website](#)^{External link} for the latest information and advice
- talk to your local GP or Community Health Centre.

Additional support services include:

- the school counselling service
- Kids Helpline - 1800 55 1800 - [kidshelpline.com.au](#)^{External link}
- Headspace - 1800 650 890 - [headspace.org.au](#)^{External link}
- Parent Helpline - 1300 1300 52
- Beyond Blue - 1300 22 4636
- Lifeline - 13 11 14.

Redevelopment update

The rebuild continues to progress and reports are that time frames will be met. Builders Richard Crooks have introduced social distancing and enhanced hygiene practices into their procedures. The weekly meetings that we have with Schools Infrastructure, project managers Savilles, and managers of Richard Crooks are all moving online to ensure regular communication between the school and the redevelopment teams.

Recently the Primary and Secondary executive teams were able to tour the site. It was exciting. It is so big. There is so much outdoor playground and assembly space in phase 1.

Early in Term 2 the school will be initiating an 'Alexandria Park Community School – On the Move' information letter to report to the community the progress being made towards occupancy of phase 1 of the redevelopment from day 1 term 4, 12 October 2020. We will also be sending a letter to all parents and carers notifying them of the change to the school development days (pupil free day) scheduled from the start of term 3 to the start of term 4. This was approved by the P & C in the meeting on 2 March 2020.



The High School executive team take a tour of the site. So very, very exciting



NEW STAFF INFORMATION

Name: Richard Johns

TSO (Technical Support Officer) role at Alex Park

TSO support of teaching, learning and student achievement

SCHOOL CALENDAR

Date	What's Happening
9 th April	Last day of Term 1
10 th April-26 th April	School Holidays
27 th April	Staff Development Day – no students at school
28 th April	First day of Term 2

PRIMARY NEWS

DEPUTY PRINCIPAL REPORT

It's hard to believe I am working from home typing this report. I don't think anyone could have predicted the change we have seen in our community and school's over the past few weeks. As I type I remind myself that this will not be forever and one day in coming months things will be back to how we are used to in terms of teaching and learning. That said, I would like to acknowledge the outstanding work of our teachers across K-6 and support staff to make the transition to 'learning from home' and also to provide packs of work for students who do not have internet and/or computer/ipad access. Working with our staff over the past few weeks has reminded me why **teaching** is the **best profession in the world**.

Staff are always kind, caring and flexible and willing to do whatever it takes to meet the learning needs of the students they teach. We have worked tirelessly to set up online classrooms using google suite as our platform. This has allowed for teachers to be able to engage with our students and plan lessons for students to work on at home. As you can imagine due to the short implementation time this has been challenging at times and we are working together to continue to reflect and communicate so we can refine and develop the systems we need to keep students engaged in school and their learning.

We are working together to make the learning as engaging and accessible as it can be in these circumstances, we would love to see everyone log on and check in with their teacher each day or complete some work from their home learning pack. We also appreciate the adjustments our families have made during this time. The support of our

community is always second to none and we thank you for listening to the advice of our government and keeping students at home if you are able to. This has allowed teachers and students to be able to work and learn in a safe environment.

We have been able to practice social distancing at school. It is important to also remember that 'no student will be turned away from our school'. Schools are a safe place for everyone and we would like to support anyone who needs their child to be at school each day. In times like these it of great importance that we remember to focus on our well-being and the well-being of our families. Please remember to take one day at a time.

In regards to your child's learning, we teachers, support staff and our executive team are here to support you through this process. A learning day at home looks very different to a learning day at school and you need to do whatever works best for your family. Remembering that it is always important to read every day, develop maths skills and also exercise.

Enjoy some time outside each day (sitting in your backyard or balcony when the sun is shining), walking around the block or through a park. I have included some resource sheets released from the Department to support students during this time. I hope they are of some use to you. As we head into the two week break please remember to look after yourselves. I look forward to continuing to work with our families next term and also to see the creativity in our teachers as we work to maintain engagement in learning for your children. Please stay safe and take care.

Debra Lade
Deputy Principal

Mindfulness activities

Concept: Mindfulness for emotional wellbeing

Mindfulness is about focusing attention on the present, rather than focusing on the future.

Research shows that mindfulness:

- Increases self-awareness, social awareness, and self-confidence
- Increases emotional self-regulation
- Reduces the severity of depression, anxiety and ADHD
- Builds resilience.



Your backyard or balcony can become a place for you to practice quiet reflection and focus your thoughts.

Try some of the following activities:

- **Gardening:** plant herbs or do some weeding. Think about the texture of the soil and each plant you touch.
- **Sun meditation:** Close your eyes and think about the warmth of the sun and the feeling of the sun's rays on your skin. Allow the warmth to spread to your muscles, joints and bones. Think about the journey the light and heat have made to come and warm you. Think about the glowing energy of the sun.
- **Eat something mindfully.** Before you start, look at what you're eating. Think about its shape and colours. What does it smell like? Chew it slowly, thinking about how it feels in your mouth and what it tastes like. What does your chewing sound like? When you swallow the food, can you feel it moving down into your stomach?
- **Mindful breathing:** Close your eyes and think about your breathing. Breathe in through your mouth and out of your nose. Can you feel the air coming into your mouth? Can you feel it coming out of your nose? What does it feel like? Can you feel the rise and fall of your chest or stomach? If you can't feel anything, place your hand on your stomach and notice how your hand gently rises and falls with your breath. Remind yourself that trees release the oxygen we inhale and absorb the carbon dioxide we exhale. As we breathe, we are borrowing air before returning it to nature.
- **Blowing Bubbles:** Notice their shapes, textures and colours.
- **Colouring:** Colour something. Focus on the colours and designs.
- **Listening to Music:** Focus on the sound of just one instrument – the drums is a great one to start with.
- **Squeeze Muscles:** Starting at your toes, pick one muscle and squeeze it tight. Count to five. Release, and notice how your body changes. Repeat exercise moving up your body.

Weekly wellbeing challenge for students

Each box is worth 50 points – Your aim is to complete 150 points from at least 3 columns per day

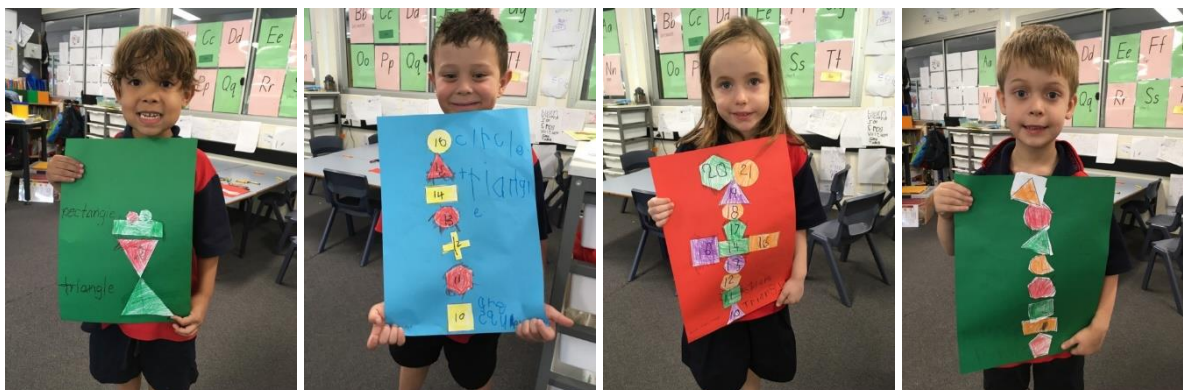
Physical wellbeing	Emotional wellbeing	Social wellbeing	Cognitive wellbeing	Spiritual wellbeing
Design and complete a body weight circuit (of at least 10 activities) to participate in at home *Bonus 10 points if you get your family to do it with you*	Turn off all devices for at least 5 hours (after school!)	Call, Skype or FaceTime a friend and talk about anything BUT Covid-19	Complete a mindfulness guided meditation. You can access these on Smiling Mind.	Participate in a yoga, Pilates or meditation session. There are some available on YouTube or you create your own.
Complete 30 minutes of incidental physical activity (everyday activities like vacuuming, putting clothes on the line or taking the bins out)	Participate in a self-care activity e.g. going to bed early, painting, deep breathing, watching the sunset or having a bath.	Do something for a family member e.g. cook a meal, tidy part of the house, offer to mow the lawn/ get the washing off the line/ wash your pet)	Learn a new skill such as juggling, cooking, breakdancing, knitting or playing recorder	Spend at least 30 minutes outside connecting with nature
Participate in a virtual workout for at least 30 minutes. Some examples are Just Dance, Wii sports and YouTube fitness videos.	Complete a journal activity for the day or compile a list of things you are grateful for	Connect with someone who you have not spoken with in more than 1 month via google hangout or FaceTime	Complete a log book of your moods over the next week	Go on a nature walk, plant some seeds, listen to some birdsong or do some weeding...
Take your pet, teddy bear or sibling for a walk	Watch your favourite show/movie; then write down how it made you feel	Play a board game with your family members	Read a book/listen to a podcast or listen to your favourite artist	Think about someone you admire - what values do you share?
Create your own game to play with your family members. Be creative with your objects e.g. wrap up some socks to make a ball.	Tidy your room / desk	Write a thank you note to someone and post it/email it	Complete a jigsaw puzzle, sudoku or crossword puzzle	Write a weekly list of affirmations(e.g. I am capable of making it through this storm)

education.nsw.gov.au



EARLY STAGE 1(KINDERGARTEN) NEWS

This term Kindergarten have been learning about the ways maths is used in real life. We found numbers and shapes in hopscotch games and then we designed our own hopscotch courts using everything we know about counting, shapes and patterns. Can you see some clever repeating patterns and tricky shapes in our designs?



In their Learning at Home activities, Kindergarten have been working hard on writing, maths, reading and even Mr Whipp's music lessons. We are so proud of all our independent learners at home!



STAGE 1 (YEAR 1&2) NEWS

Stage One learning programs have continued and teachers have worked tirelessly to create some normalcy for those children learning remotely.

On the Google Classroom children can find web links and Google Slides related to the topics they would be learning in the classroom. There are also hard copies of learning packs in the front office for collection.

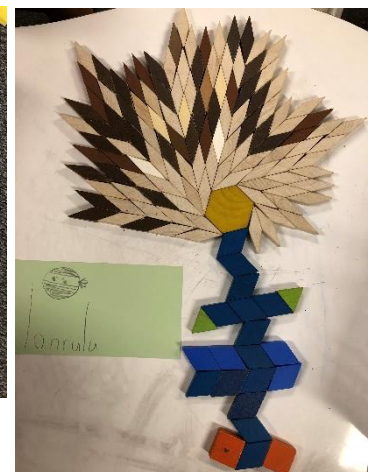
At this stage, children cannot post or comment on the stream in Google Classroom, but we will be looking to make the home learning experience more interactive in future.

Stage 1 teachers would like to take this opportunity to thank all the parents for their patience and flexibility during this transition.

In Stage 1 students have also been thinking about mascots. We looked at the Tokyo Olympic mascots Miraitowa and Someity, who are meant to be embodiments of both Japanese culture and the spirit of the Olympic and Paralympic games.

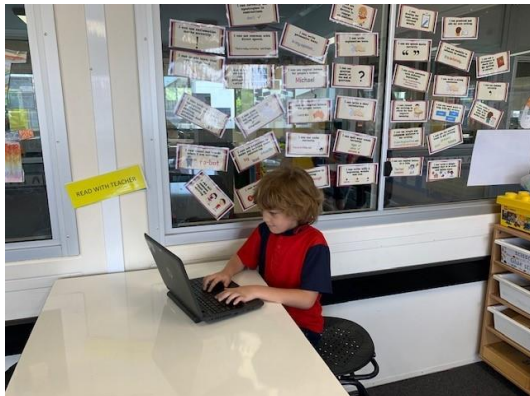
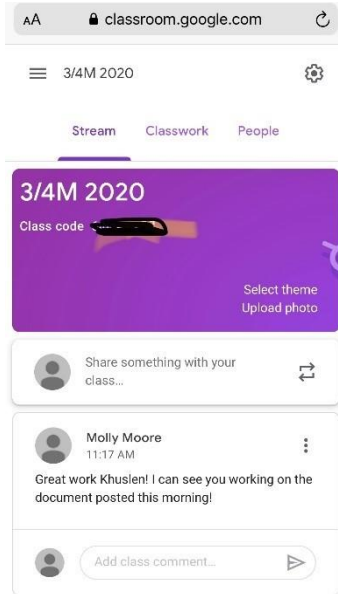
This led us to think about our very own Alex Park mascot and ask: Should it be human or an animal? What special qualities would it have? What are our values? Then the children created their own mascots using pattern blocks and were very happy with their designs.

Here are some examples of our mascots:



STAGE 2 (YEAR 3&4) NEWS

Stage Two students have been continuing their learning throughout all the changes to our timetables and attendance. They are connected to our Google classrooms, and are submitting work that is edited by their teachers each lesson. Our students can be commended for their resilience and dedication to their learning. At school we are washing our hands before and after each break and following the social distancing expectations with a smile. The Stage Two teaching team are developing our skills and learning new ways to deliver our programs to the students, wherever they may be.

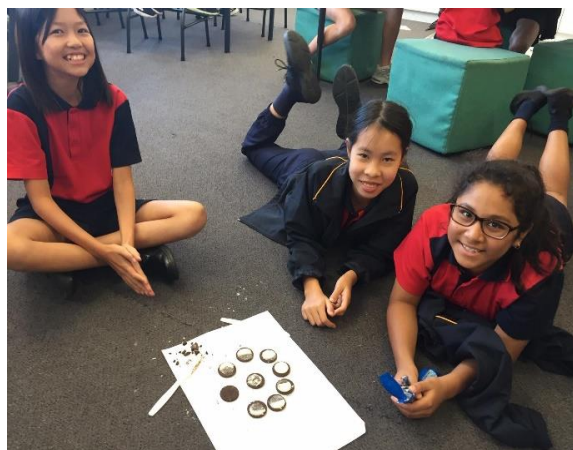
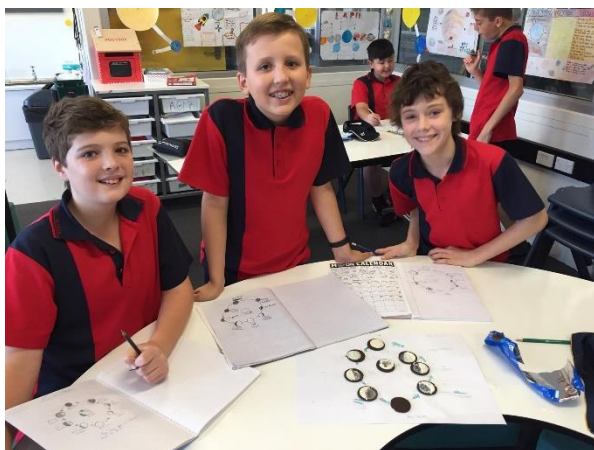


STAGE 3 (YEAR 5&6) NEWS

SCIENCE

Stage 3's science unit, To Mars and Beyond, has seen us learning about our solar system.

We've been using different models to help our understanding, including making an orrery of our solar system, and mapping the lunar phases using Oreos!



Students from 60 with their Oreo lunar phases

We've undertaken a research task to investigate current developments in astronomy, space and planetary science. Much of this has involved looking at Mars and the International Space Station to learn about the observations and data gathering happening there.

As part of this project, we've been learning how to undertake good quality research, including using search engines efficiently and referencing sources.

ART

We've taken Sidney Nolan's Ned Kelly series and reimagined it in a modern context. The result is an interesting juxtaposition between the old and new.



5/6S – Work from At Home – 20-day Lego and Building Challenge

Some of the challenges were to design a new pirate ship for Capt. Hook, build the tallest tower and origami projects. Some fantastic work submitted by Otto D, Ashley M, Marlow L, Aaron R.





PRIMARY MUSIC NEWS – from Mr Whipp

Mr Whipp has been excitedly making online learning experiences for the students at APCS and hopes you enjoy them! Please help to make these resources better by offering suggestions and ways to make them more exciting and engaging at home. Leave a comment on your Google Classroom and start making music at home!

Our band provider Directions in Music has announced a new online learning platform called DIM:Connect. This platform enables all band members to continue their learning in an online environment with their teachers and even jam with each other over video!

If you are a current member of the band program you can head to directionsinmusic.com.au to find out more or call the office on 96622211.

This is a great opportunity to continue learning your instrument in a fun way from the comfort of your own home.



HIGH SCHOOL NEWS

DEPUTY PRINCIPAL REPORT

Firstly, I would like to thank all the staff at Alex Park for their incredible work over the past two weeks in preparing work for the students online as well as the packages that are being sent home to students. Thank you to all the parents, carers and students for being so patient, understanding and enthusiastic about our new method of learning. The students have adapted really well to learning at home. If there are any students who have a device and are unable to access their Google Classroom or if you require a paper package of work and have not received one, please email the school at alexparkcs-c.school@det.nsw.edu.au

Learning from Home

Year 11 and 12 students will continue to work according to their current school timetable. Teachers will notify them when they will have a class conference call. All students in Years 7 to 10 are required to complete the classwork and assessment tasks the teachers have set for them. If you are having any issues please contact your teacher.

HSC Advice - News from NESA

The latest advice from NESA is that the 2020 HSC is going ahead. Their advice to students is to:

- Keep learning, do your assessments, make progress on your major projects.
- Look after yourself, whether you are at school or at home.
- Reach out to family, friends and your teachers if you need to.
- Go to www.uac.edu.au/index.php/uac-covid-19-updates for information about entering university in 2021.

University applications for 2021 will open on Wednesday 1 April as scheduled. Year 12 students will be emailed their UAC PIN on 1 April. Further advice regarding special arrangements for Year 12 students will be made available in the coming weeks and months as we work with universities, NESA and other stakeholders to ensure that no student is disadvantaged in relation to university entry in 2021. You can read our “High School Continuity of Learning Plan” here: https://alexparkcs-c.schools.nsw.gov.au/content/dam/doe/sws/schools/a/alexparkcs-c/permission-notes/communication/Continuity_of_Learning_Plan_-_Parents_and_Students.pdf

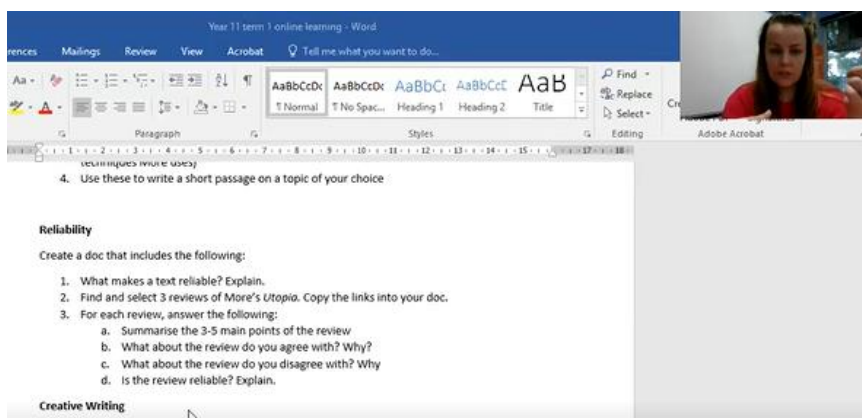
ENGLISH/Languages Other Than English/Creative and Performing Arts

The English team has been busily converting units to an online platform. In the process we have had fun, along with our students, in learning new technologies. Interestingly years 10 and 11 extension have been studying dystopias and 12 extension are studying reimagined worlds.

After reading Jonathan Swift’s essay ‘A Modest Proposal’ Year 11 advanced are in the process of writing a satirical essay on a contemporary social issue. Thus far what they have identified includes coronavirus, homelessness and the objectification of women. It will be interesting to read their essays next term - already Mr Sharp and Ms Ryan are looking forward to marking them.

11 EXTENSION

Year 11 have started their Extension English journey by exploring Thomas More’s *Utopia*. They have shown great enthusiasm in the course so far. A few highlights were the class working together to create their own Utopia (which sadly turned into a dystopia by the end of two lessons) and a class debate on whether More’s vision of Utopia would succeed in our own society. As we are transitioning to online learning we are exploring a variety of digital platforms, including Ms Sanders posting videos



utilising screen sharing to explain the classwork. Next term we will begin to study dystopias, including *Brave New World* - there should be some interesting online discussions coming from this!

ART

So far it has been an exciting term in Visual Arts. Year 7 have been honing their Drawing and observational skills, and Year 8 are currently working on self-portraits (now from home!).

Year 9 have been learning the tricky process of monoprinting, and Year 10 are working on completing a photographic body of work that has involved many lessons touring the school and finding new ways of looking at shadows, play equipment, leaves and raindrops. Meanwhile, Year 11 have been investigating unusual ways of representing the concept of time through clay sculpture and drawing, and Year 12 are getting the ball rolling on their HSC bodies of work.

Unfortunately, much of the wonderful work students have been developing in class will have to sit safely in their classrooms waiting for them to return. Over the next few months, we will be exploring ways to make it possible for our young people to continue developing their skills and practices at home and online. We're all bound to learn some interesting and unusual things during Term 2!



HUMAN SOCIETY IN ITS ENVIRONMENT (HSIE)

Aboriginal Studies Learning From Home

Year 12 Aboriginal Studies have started exploring using video conferencing to maximise their learning from home. On Thursday 26th March, they had their first conference. Students submitted a response to an assigned HSC question on google classroom the day before and we used our time online to annotate these in real time.

Response 2

Systematic racism impacts the social justice of Aboriginal peoples greatly as the systems of which exist are designed to be unfair to Aboriginal people, so therefore social justice can not be achieved. Systematic racism refers to how racism occurs on a societal basis, that often society displays a race better than another without realising. This idea of systematic racism is something which negatively affects aboriginal people as the systems of which occur often display non indigenous people as superior. This is shown through how much more difficult it is for an Aboriginal person to be employed compared to a non-indigenous person. This then leads to an Aboriginal person to gain a low socio-economic status (SES). Poor employment or no employment then leads to lack of Economic Independence, which then can lead to difficulties in finding or gaining housing, which could potentially lead to involvement in the criminal justice system, of which already Aboriginal people are over-represented. This cycle displays how realistically, social justice cannot be achieved as the racism is engraved within the systems which are in place. Therefore this displays how systematic racism negatively impacts the social justice of Aboriginal peoples.

Maeve Thoms..., 26/3/20 12:21 PM
Comment [7]: Succinct response start

Maeve Thoms..., 26/3/20 12:22 PM
Comment [8]: Clear and simple definitions

Maeve Thoms..., 26/3/20 12:22 PM
Comment [9]: Judgment

Maeve Thomson 27/3/20 9:10 AM
Comment [10]: Aboriginal – use correct terminology

Maeve Thomson 27/3/20 9:10 AM
Comment [11]: Summary of SJ cycle – not enough specifics on one or two specific areas

Maeve Thoms..., 26/3/20 12:24 PM
Comment [12]: Fantastic summary sentence

This allowed Ms Thomson, as the teacher, to offer guidance about content, structure and language while the students were able to ask questions about each response, receive feedback on their specific work and gain a greater understanding of how to effectively apply their knowledge into their written work.

MATHEMATICS

Students had a good start to the year, however, despite the change in circumstances the mathematics faculty at APCS is continuing to work towards deepening students' knowledge and understanding of mathematics both as a reasoning and as a creative activity. This knowledge and understanding aids the recognition and communication of patterns in life and the development of problem-solving strategies. This involves the use of practical activities and emphasis on the applicability of mathematics to real world situations. The students are encouraged to develop their ability in approaching and contributing to team work as well as the development of skills in logical thinking and reasoning. The faculty also aims that students in developing their skills have a realisation that these skills are not only applicable across the curriculum but to life in general.

Maths faculty members are used to using technology in their classrooms and the various resources available online. They are currently working to adapt these to their Google Classrooms uploading videos worksheets and quizzes. For students who do not have connection to the internet a paper copy of the work is being sent home.

As difficult as the current situation is for society it does give plenty of data for senior mathematics students when they will later be examining exponential graphs, logistic equations and probability density functions and will help them understand the importance of the mathematical modelling being used by leaders in reaching their decisions.



SCIENCE & TAS (TECHNOLOGY AND APPLIED STUDIES) NEWS

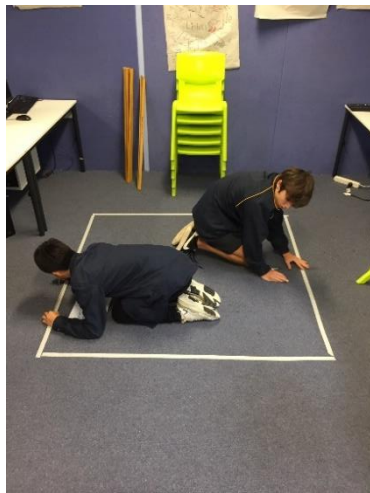
Year 7 are currently learning about cells; the photo adjacent is a practical demonstration showing just how strong cells are.

TECHNOLOGY and APPLIED STUDIES – TAS

Year 9 and 10 IST

Year 9 are just finishing off their major project and assessment for term 1. They have all successfully disassembled a computer and a laptop and learnt all about what makes a computer work. We are now working on our online tutorials to learn how to code a website. When the students have completed the online lessons, they will be coding their very own websites from scratch!!!!

Year 10 have just finished their robotics unit and have turned in their major portfolio of work. They have been creating code, of their own choosing, for the school Sphero robots. They are now moving onto their next unit of study, Game Development. The school has funded a trial with online tutorials for students to learn how to build new worlds, create spawning points, input vehicles and create basic artificial intelligences. Check out a YouTube

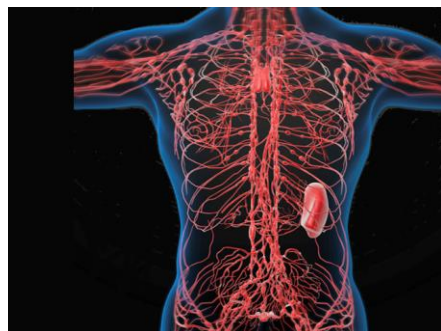


clip here https://youtu.be/UqUM12_G2sl

YEAR 11 CHEMISTRY

If you add 100ml of water with 100ml of alcohol will the amount of liquid now be 200ml? Ask your child if they know the answer. They should because they have just finished their first chemistry module “Properties and Structure of Matter”. We have now started Module 2: Quantitative Chemistry. The online platform “education Perfect” has given us free access to their wonderful, student driven, online resources. Mr. Bashir is in contact and checking student work daily and it’s great to see everyone making the most of their time at home.

An Innovative, Creative and Amazing day had by Alexandria Park Students at the University of Sydney – In Celebration with “NSW WOMEN’S WEEK”.



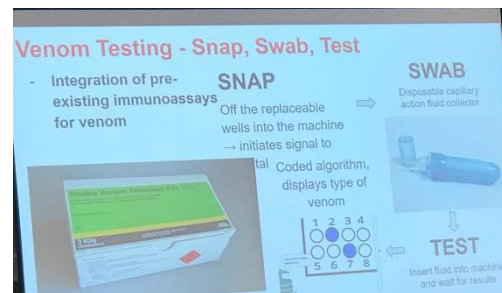
BIOLOGY/SCIENCE

BIO CHALLENGE 2020

EXCURSION University of Sydney

On the 2nd of March 2020, women students in Year 11 and 12,

from Alexandria Park were cordially invited to participate in a Bioengineering challenge at the University of Sydney. The conference was all about Bioengineering and Technology and having more women being part of the research and workforce.. Prof. Hala Zreiqat the director and founder of the Bio Challenge- emphasised the leaps and bounds of working in an industry such as STEM (Science, Technology, Engineering and Maths).



Wonderful speakers such as Professors, Doctors and Chancellor's Spoke about their Journeys using Stem.

Fiona Wood a plastic and reconstructive surgeon spoke about her invention of Spray on Skin for Burns Victims,

Prof. Ben Eggleton, Director of nano technology, is currently working on killing bad cancer cells so their good cancer cells in their bodies do not become affected. This is being tested on young children with leukemia.

Academics at the University of Sydney collaborate each year with high school students to design biologically inspired solutions for emerging issues in medicine, energy and the environment. The Year 11 and 12 students worked with different schools and were inspired by projects that were presented by various public and private high schools. One school presented a venom testing kit that they created which is in the process of approval by the TGA- (Therapeutic Goods Association). The school has also been approached by a major pharmaceutical company about their invention.

YEAR 7 CAMP

Camp news article - how much we loved camp!

Camp was great. We did all sorts of activities such as the leap of faith, the super drop, the rope course, canoeing, bubble soccer and so much more. The instructors were nice, the food was good and the boys and girls were split up. We had breaks after every 2 hours to have a rest. Outside the food hall there was a snow cone machine that you were allowed to have as many refills from as you can.



Game night

Game night was fun because there were multiple games. You had to stand up with a glass of water on your head, you had to move a cup from one table to another with a balloon, bottle flipping, you had to flip an object with your nose and you flicked a ping pong ball while walking past it.

A fun game

Commando is a game that involves everyone, teachers and students. The teachers are the criminals and they are armed with water guns and the students are trying to stop them. You had to be in a group of 5, there are 7 hostages and the aim of the game is to stop the teachers and set the hostages free. The camp instructors gave us bottle caps that you had to hold, they told us that they were our lives and if you got shot by a water gun you had to walk back to the base and tell a joke if they laughed you got another life and started to play the game again. That continued to happen till the instructors said the game was over. We were nowhere near beating the teachers so they won.

How can camp be even better next time

Now camp was great and it was a lot of fun, but there are a few things that would have made it even better. I think one of the main things that would have made it better was if we got more time. Like, we had half a day to get there and we had half a day to get back. If we had more time then we could have done more activities and therefore had more fun. The other main thing is the cabins. I'm just going to say it, the cabins sucked. I think we would have all liked it way better if we got cleaner and better cabins. Also, it would have been better to have our cabins near the campsite.



The food

The food at camp tasted good and was frozen food. They had butter chicken, spaghetti bolognese, garlic bread, roast chicken, mac and cheese and boiled veggies. We had all our meals off our campsite where we did all our activities.
By Jacob, Devon, Allysa in year 7



FOOD TECHNOLOGY AND HOSPITALITY YEAR 7 TECHNOLOGY MANDATORY-FOOD

Year sevens have been working their project "Cooking Healthy Meals using Herbs". So far, they have cooked various egg dishes using Australian bush spices. Vegetarian pizza and chicken burgers were also flavoured by bush spices and herbs. Students have done a practice formative assessment in which they used an unhealthy lemon myrtle and orange muffin and created a healthy version but keeping the lemon myrtle flavour.



From home they are working on their summative assessment task. Students need to research an unhealthy recipe and create a healthy alternative. They have been working very well through Google Classroom and sending each part of the task for Ms. Mishra to go through. They will be cooking their new recipe with the guidance of their caregivers and posting photos or videos on Google classroom.

YEAR 8 TECHNOLOGY MANDATORY- TEXTILES

Year 8s are working on designing an article using woven fabrics for themselves or for a loved one. They have done various research tasks about Indigenous weaving and commercial weaving as well methods of design application in commercial and domestic situations by different cultures. Students have done practice weaving using different coloured paper.

From home they are working on developing their designs which they will then be applying on to their articles using stencilling.



YEAR 9 FOOD TECHNOLOGY

Year 9s are continuing to work on the unit about food in Australia. They have been preparing a variety of dishes using bush and introduced herbs and spices. Recently they had the help of Mr Mc Ewan to prepare Johnny cakes. Some very happy memories of years gone by when his dad used to prepare Johnny for NAIDOC celebrations were shared. The students, Ms Povey and Ms Mishra are very grateful to Mr McEwan for teaching us all the finer details of making this recipe.

At home students are working on finishing the written and practical activities for this unit of work as well as other associated tests and activities posted on Google Classroom. Students are to post photos or videos of the recipes they are making for their care givers for this unit of work.

Soon the in-class written work for their next units will be posted.

YEAR 11 DESIGN AND TECHNOLOGY

Year 11s are working on their first minor project – “An educational soft toy for a 0-5-year-old child”. They have finished reading and working through the research and theoretical information to help them with the writing of their folio for this project. Students had started developing their designs for their soft toys. Some students have done practice stencilling to work out ways of transferring the patterns onto their products.

At home they are working on their folios and finalising their design development for their products.

YEAR 11 HOSPITALITY

Year 11s have been working on the following units of work this term: [SITXFSA001 Use hygienic practices for food safety](#) , [SITXWHS001 Participate in safe work practices](#), [SITHCCC003 Prepare and present sandwiches](#).

Recently they also participated with the year 12 hospitality class in an incursion in which Erica from William Angliss Institute of Hospitality demonstrated the preparation of various types of non-Alcoholic beverages. Students had the opportunity to prepare the beverages themselves. We are very grateful to Angliss Institute of Hospitality for this free industrial opportunity that was given to our students.

At home students are working through their written and if possible, some of the practical assessment tasks.

Students are to post photos or videos of the practicals they do at home. This a good opportunity to practice some of their skills at home and help out with the food preparation.

Soon the in-class written work for their next units will be posted.



YEAR 12 HOSPITALITY

Year 12s have been working on the following units of work last and this term: **SITXCCS003** – Interact with customers, **SITHFAB005** – Prepare and serve espresso coffee, **SITHFAB007** – Serve food and beverage, **SITHIND003** – Use hospitality skills effectively.

Many of the students have been practising making a variety of coffees and hot chocolates as well as serving them to customers at school.

At home they are working on the written part of their assessment task along with hopefully preparing and serving meals to the families to improve their skills.

Soon the in-class written work for their next units will be posted.

PERSONAL DEVELOPMENT HEALTH AND PHYSICAL EDUCATION (PDHPE)

Opens Knockout Girls and Boys Basketball 2020

Another exciting new year of basketball!

The Boys and Girls Knockout Basketball Competition has commenced at Alexandria Park Community School with both teams successfully winning both the first and second round of the competition.

The girls team winning 64-13 against Jannali High School and the boys team winning 38-33 also against Jannali High School.

We are very much looking forward to hopefully getting back into the competition when school resumes as normal. Go team!!!!!!



SOROPTOMIST AWARD

Soroptimist International is a global volunteer movement that strives for the advancement of the status of women, high ethical standards, human rights for all, Equality, development and peace and the advancement of international understanding, goodwill and peace.

This year Jessica Broome was awarded the Soroptimist International Scholarship. Her improvement in her engagement in her education has been extremely impressive. Jessica is passionate about healthcare and plans to become a nurse. She has already completed work experience for nursing and is currently enrolled in a school-based traineeship for nursing. For her efforts, Soroptimist have awarded Jessica \$800, which she has put towards buying a new laptop for school. Congratulations Jessica!



HIGH SCHOOL MUSIC NEWS

Wash your hands!

Song Reference: Frère Jaques

Wet your hands
Wet your hands
Put on soap
Put on soap
Scrub between your fingers
Scrub between your fingers
Rinse off soap
Rinse off soap
Dry your hands
Dry your hands
Are they clean?
Are they clean?
Don't forget to wash your hands
Don't forget to wash your hands
Everyday
Everyday

NATALIE LEE

YEAR 7 MUSIC

Students in Year 7 Music have been working to help our youngest APCS students to remember to wash their hands thoroughly. They have re-written the lyrics of popular children's songs and created posters to be placed in the school bathrooms.

The songs last for about 20 seconds-the recommended time for effective hand washing!

scrub those hands
all around, all around

in between your fingers
up and down, up and down

make sure you wash for 20 seconds
though

because you don't want spread
those germs no, no, no!

so wash often and use your head,
head, head

so you don't cause the spread,
spread, spread

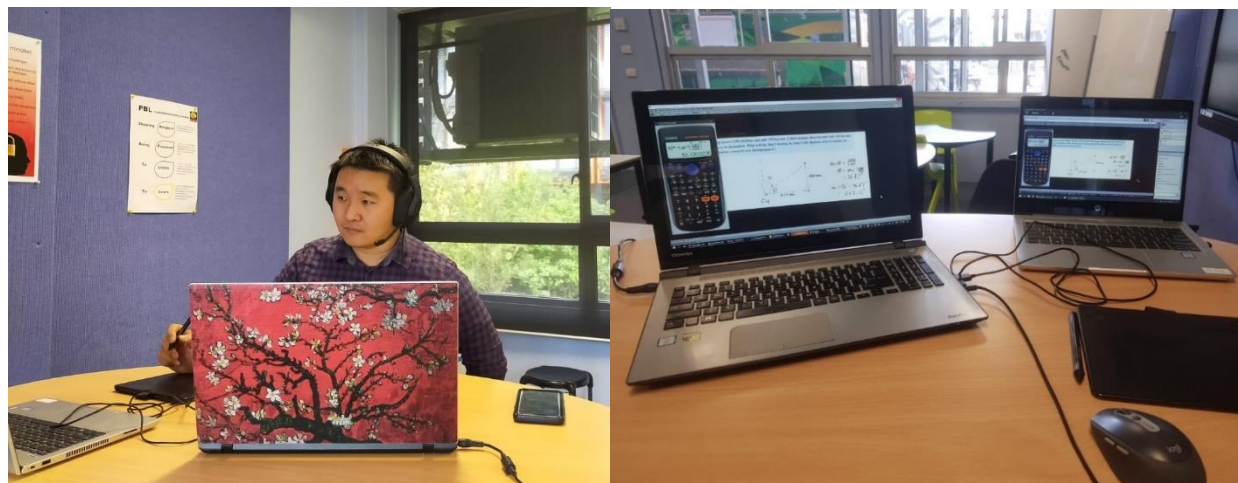
to the tune of
heads shoulder
knees and toes

TECHNOLOGY UPDATE

Although the government did not require teachers to teach live lessons online, teachers in Alexandria Park Community School stepped out of their comfort zone and adapted to running virtual classrooms through web conference platforms. Ms Thomson and Mr Sharp enjoyed using Zoom and urged Ms Hawkins to purchase

licenses, Ms Arya had her entire HSIE faculty trained to use Google Hangouts Meet, Mr. Liang on the other hand tried to convince other teachers to use Adobe Connect.

Before life in Alexandria Park Community School, Mr. Liang worked for a pilot distant education program called Xsel Virtual Selective High School which transitioned into the current Aurora College. Online teaching brought him a lot of nostalgia. He pulled out his headset, Wacom digitiser pen & tablet, two laptops setup and created his Adobe Connect virtual classroom for his students to pop in for their dose of schooling. One laptop for monitoring the video stream and chatroom while the other is for screen sharing. With his setup, students can converse with the teacher through voice chat if they have a headset or texting in the chatroom while Mr Liang delivers his Maths lesson, writing and drawing on Microsoft OneNote just like a normal classroom. He disabled his webcam because he thinks it's a distraction, Ms Thomson would certainly not agree to that for various reasons.



NEWS FROM THE LIBRARY

1. APCS families please be notified that REACH Science test has been postponed until Term 3 (July 20 -24, 2020). REACH English, Writing & Mathematics tests are still anticipated as per scheduled dates (June 15-19; July 27-31; August 3-7) in Terms 2-3 until further notice. We will keep you informed as situation evolves with COVID-19.
2. 2020 PRC booklist is on the link below:

<https://online.det.nsw.edu.au/prc/home.html>

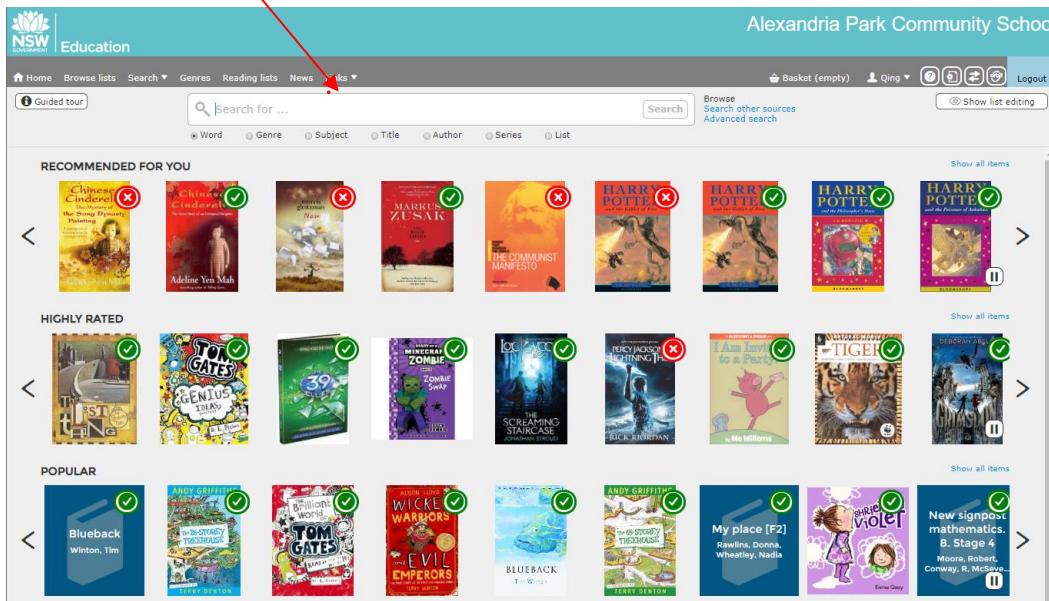


Now is a good time for checking out some book titles online since students are all doing online learning at home. You may like to purchase a few books from online suppliers or simply enjoy a YouTube trailer by clicking on book images below.

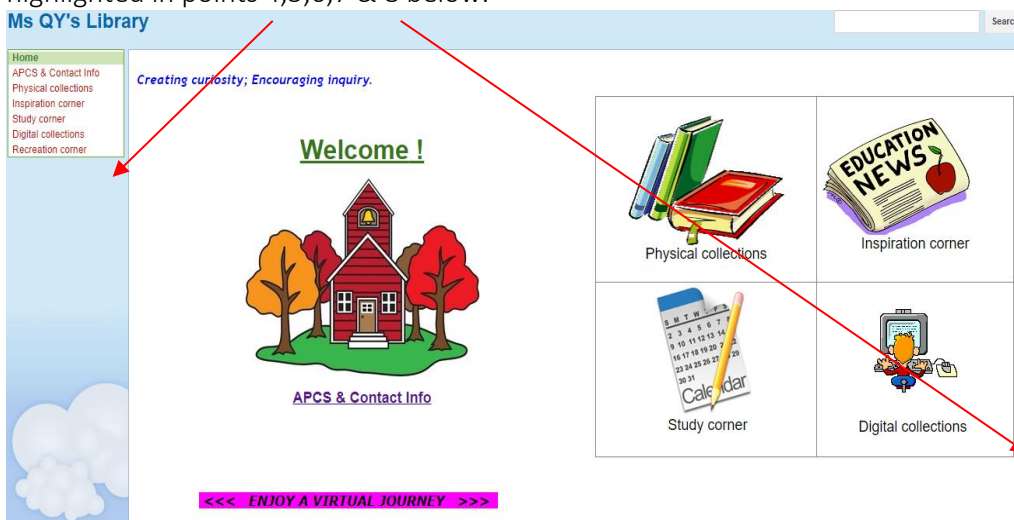




- APCS students can access the library website via DoE student portal at home. You can see an image of the APCS library catalogue screen below. Although we currently cannot physically borrow a book from our school library, we can access our Virtual Library by clicking on the “NEWS” tab on the catalogue screen.



Once in NEWS screen, you will see a link under the title “Ms QY’s Library”. Below is an image of APCS virtual library home screen. There are lots of online learning materials in the virtual library. Ms Young & APCS library teachers will post scaffolded notes in your teachers’ Google Classrooms throughout the school year to guide you through relevant tasks. You can also self-explore/navigate on the screen below by clicking on tabs & images. Some activities are highlighted in points 4,5,6,7 & 8 below.



- Online newspaper & magazines

Kids News = <https://www.heraldsun.com.au/kids-news>

COSMOS = <https://cosmosmagazine.com/>

SMH = https://smh.digitaleditions.com.au/corporate/request_link1.php

- Subject quizzes & games: <https://www.softschools.com/quizzes/>

6. Free digital books: <http://en.childrenslibrary.org/>
7. Music bands & many more: <https://syo.com.au/>
8. State library of NSW: <https://www.sl.nsw.gov.au/about-library/your-state-library>
9. APCS library subscribes to “Study Skills Handbook” online and facilitates its program through Yr7-12 classes. Units within the handbook help develop information literacy in our students who will become lifelong learners & information users. Students can access the website via APCS library catalogue screen at home using the log in details below.

High School Study Skills

Prepare yourself to better manage time and study for exams.

VISIT www.studyskillshandbook.com.au

By working through the units on this website, you will gain skills and discover new techniques for effective learning. APCS study skills handbook helps you improve academic results, hence enabling you to achieve your personal best at school and beyond.

Click on the picture to log in !

To access the handbook, go to www.studyskillshandbook.com.au and use our school's login:

USERNAME: **alexandriapark** PASSWORD: **11success**

10. You can email Ms Young (APCS teacher-librarian) [via apcslibrary@gmail.com](mailto:apcslibrary@gmail.com) on any online learning matters. She & her team of library teachers will do their best in assisting your online learning experiences.

WELLBEING

The wellbeing of our students at APCS has always been a priority and the COVID-19 crisis makes it even more imperative that we stay connected to our students and their families. With this in mind, we are working tirelessly to ensure students' learning continues via online resources or hard copy packs of classwork.

As families adapt to working from home and the ever-increasing isolation rules, it is most important that we monitor the mental and physical wellbeing of those dear to us. Being confined to the house doesn't have to be a stifling experience.

If your child is learning from home with you, try to maintain a similar routine to that of a normal school day.

Continue to expect about 5 hours of learning for your child. It would be best to start the learning at around 9:00am, ensure they have a table or desk to work on and the room is clear of distractions.

Do they have access to a computer with WIFI? No problem, they can find their classwork in Google Classroom and students should all have their codes. If not, please contact the school immediately for a list of all classroom codes relevant to your child.

If students cannot access their work online then packages will be sent via post to each child who has nominated this. These packages are to be returned to school via the enclosed prepaid envelope every two weeks and another package will be sent out.

- Expect students to work on a couple of topics/subjects within the first two hours of their study day then let them rest and refuel with a nutritious snack.
- Another two-hour session in front of their books/computer can realistically be expected before they can have a lengthy break with a nutritious lunch.
- Finally, an hour more of study and their school day at home is finished.

This is a guide only and each household will settle into its own routine. Perhaps your household works better differently. It doesn't matter how you juggle your household timetable, so long as you have a routine in place and balance it with care for your body and mental wellbeing through exercise, nutritious food and relaxation techniques.

There are many resources available online that can help you and your family cope with stress and anxiety that may increase over these months, The Black Dog Institute and Beyond Blue <https://www.blackdoginstitute.org.au> <https://www.beyondblue.org.au> have loads of advice and strategies if you are feeling overwhelmed.

We have been working to develop a process for keeping track of students and their schoolwork that will involve phone calls home if we are concerned about a student's engagement with learning. Attendance will be monitored through the submission of classwork, fortnightly if hardcopies are being used, weekly if the learning is occurring online via google classroom.

Our Learning & Support team are working closely, (but not too closely), with teachers to make adjustments for students with learning needs, these include but are not limited to providing video/audio recordings where possible; giving students multiple modes of demonstrating learning and assessment, e.g. drawing or audio recording and breaking down tasks into smaller chunks to complete one step at a time.

An important message about our response to COVID-19

The health and safety of our staff and students is of the utmost importance to our school.

We have implemented a range of measures to help keep our school healthy and reduce the spread of infection and illness. Some simple measures we ask that you adopt include:



Before entering our school

If you have been unwell, with symptoms such as a high temperature, cough, sore throat, and/or shortness of breath, please don't visit our school. Please contact our office to speak to one of our staff.

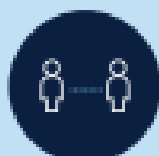
9698 1967

Ph:



Increase hygiene practices

We request that all staff, students and visitors follow increased personal hygiene practices through regular and thorough hand washing and coughing or sneezing into your elbow or tissue, and disposing of tissues.



Maintaining a healthy distance

For the health and wellbeing of our staff and students, please stand at least **1.5 metres** apart while waiting in our office. Our visitors are encouraged to wait outside for their turn to speak with our office staff. We are also applying social distancing requirements across all areas of the school as is reasonable and practical.



Support for our staff

We appreciate your patience and support while we work together to minimise the impact of COVID 19 in our community.

We know this is a difficult time and we are doing all we can to support our staff and students.

Search Inside the Department for up-to-date information and resources.

Information on income support for Coronavirus



centrelink

Have you ever received income support?

You may already have a Centrelink Customer Reference Number (CRN). This may be from when you got student or family payments or even from when your parents received benefits for you. CRNs don't change. You have a number for life. If you previously had a CRN, you can use that number now to go online to make a claim.

Please take the time to look for this number. It will help you claim quickly. Your CRN may be listed on old bank statements, letters or documents from your educational institution.



I've never received income support or can't find my CRN

There are three things you need to do as a priority.

my.Gov.au

1. Create a myGov account at my.gov.au – it's quick and easy to do. You'll need an email address, mobile phone number and to answer some basic questions. Once you've created your account, link it to a government service, like Medicare or the Australian Taxation Office. Once you do this, you'll get a prompt to register your intention to claim a Centrelink payment.
2. Register your intention to claim a Centrelink payment. This simple process will let you give basic details so we can contact you later to help you with your claim. It's important you complete this process and give correct details. This process also enables us to backdate your payment if your claim is successful.
3. You'll need a CRN. The easiest way to do this is to wait until we contact you after you've registered your intention to claim a payment. You can also contact **132 850** and answer some simple questions about your identity to get your CRN. You'll need to have details of your passport, driver licence or birth certificate.

Once you've completed these steps and set up your Centrelink online account, you can start your claim for an income support payment. You'll need some supporting documents (including your CRN). We're updating the online claim to reflect new Government policy and legislation that aims to support Australians affected by Coronavirus. This will take time.

Due to a large number of claims, it will take time for us to contact you. Remember, your payment will be backdated if you registered your intention to claim a payment.

You may choose to do your full claim through myGov using your Centrelink online account without registering your **intention to claim**. To do this you'll need to know your CRN.

Accessing Services Australia

In line with the current advice from the Australian Government Chief Medical Officer, there's a reduction in the number of people in service centres to maintain social distancing practices for the health and safety of customers and staff. If you choose to come to a service centre it's likely you'll experience a delay. If you're waiting in a queue you must practice social distancing.

Our job seeker line **132 850** has extended hours of operation from 8am to 8pm local time on weekdays and 9am to 5pm local time on weekends.



Australian Government
Services Australia

servicesaustralia.gov.au

Information on income support payments for people already getting a payment



centrelink

You don't need to do anything

If you already get a Centrelink payment, you don't need to contact us to get additional payments. This includes the two lump sum \$750 Economic Support Payments to support households and the \$550 additional Coronavirus Supplement. This will happen as part of your usual payment. You can't nominate a particular day to get your payment.

Economic Support Payments

FIRST LUMP SUM PAYMENT

We'll pay you \$750 from 31 March 2020 if you're getting an eligible payment on any day between 12 March to 13 April 2020.

To be eligible for the first payment, you must be residing in Australia and getting one of the following payments, or hold one of the following concession cards, at any time from 12 March 2020 to 13 April 2020:

- Age Pension
- Disability Support Pension
- Carer Payment
- Parenting Payment
- Wife Pension
- Widow B Pension
- ABSTUDY (Living Allowance)
- Austudy
- Bereavement Allowance
- Newstart Allowance
- JobSeeker Payment
- Youth Allowance
- Partner Allowance
- Sickness Allowance
- Special Benefit
- Widow Allowance
- Family Tax Benefit Part A
- Family Tax Benefit Part B
- Double Orphan Pension
- Carer Allowance

- Pensioner Concession Card (PCC) holders
- Commonwealth Seniors Health Card holders
- Veteran Service Pension
- Veteran Income Support Supplement
- Veteran Compensation payments, including lump sum payments
- War Widow(er) Pension
- Veteran Payment
- DVA PCC holders
- DVA Education Scheme recipients
- Disability Pensioners at the temporary special rate
- DVA Income support pensioners at \$0 rate
- Veteran Gold Card holders
- Farm Household Allowance

If you're a Commonwealth Seniors Health Care Card holder, you'll need to make sure we have your bank account details. You can update your bank account details through myGov using your Centrelink online account.



Australian Government
Services Australia

servicesaustralia.gov.au

SECOND LUMP SUM PAYMENT

We'll pay the second \$750 Economic Support Payment from 13 July 2020.

If you're not eligible for the Coronavirus Supplement, you may get a second \$750 Economic Support Payment. To be eligible for the second payment, you must be residing in Australia and on 10 July 2020 you're getting one of the payments or holding one of the concession cards that were eligible for the first payment.

Eligibility for the second payment is the same as the first. However, if you're getting an income support payment and the Coronavirus Supplement, you won't be eligible for the second Economic Support Payment (see Coronavirus Supplement eligible income support payments below).

Coronavirus Supplement

From 27 April 2020, you'll be paid a temporary fortnightly \$550 Coronavirus Supplement if you're already getting an eligible payment.

You'll automatically get the \$550 supplement each fortnight on top of your normal payment rate if you're getting one of these payments:

- JobSeeker Payment
- Youth Allowance
- Parenting Payment
- Farm Household Allowance
- Special Benefit
- AUSTUDY
- ABSTUDY (living allowance)

UPDATE ON CHESS COACHING

Chess coaching will be ceasing until the end of the term, due to the increased risk of COVID-19. For the last 3 weeks of term, the classes will be delivered online. Sydney Academy of Chess will email details to all parents of students in the class.

Please contact Sydney Academy of Chess on (02) 9745 1170 or email enrol@sydneyacademyofchess.com.au if you are interested in more details.

P&C UPDATE

In keeping with social distancing guidelines, the P&C will host a Zoom catch-up on Monday 6th April at 6:30PM. Please check the P&C Facebook page for details of the link:

<https://www.facebook.com/groups/apcspandc/>