



Newsletter

Aim High to Achieve

Term 3 Week 2

Tuesday 20th July 2021

Principal - Mr T Jeff

16-30 Florabella St, Warrimoo 2774

Rel Infants Assistant Principal - Ms S O'Connor

Phone 4753 6182

Primary Assistant Principal - Mrs E Harris

P&C Meeting - Via Zoom - Thursday 5th August
7:30pm - 8:30pm

School Administration Manager - Mrs J Mazenauer

<http://www.warrimoo-p.schools.nsw.edu.au>

Email: Warrimoo-p.school@det.nsw.edu.au

What's on at Warrimoo

TERM 3

JULY

Week 2

Thursday 22nd School Assembly - 5-6H - **POSTPONED**

Week 3

Monday 26th Author visit - Primary- **POSTPONED**

Tuesday 27th Author Visit - Infants- **POSTPONED**

Tuesday 27th Stage 3 depart for Camp - **POSTPONED**

Thursday 29th Stage 3 return from Camp- **POSTPONED**

AUGUST

Week 4

Monday 2nd Book Fair begins- **POSTPONED**

Wednesday 4th Book Fair concludes- **POSTPONED**

Grandparents Day/Book Fair Parade-
POSTPONED

Thursday 5th P&C Meeting - Via Zoom - 7:30pm-8:30pm

Week 5

Wednesday 11th Year 6 Blaxland High Transition # 1
12:30pm - 2pm- **POSTPONED**

Week 6

Monday 16th ICAS - English commences
Selected Year 3-6 - **POSTPONED**

Wednesday 18th Year 6 Blaxland High Transition # 2
12:30pm - 2pm- **POSTPONED**

Friday 20th ICAS - English - Last Day
Selected Year 3-6- **POSTPONED**

Week 7

Wednesday 25th Year 6 Blaxland High Transition # 3
12:30pm - 2pm- **POSTPONED**

NOTES DISTRIBUTED

Notes can be accessed via this link below

<https://warrimoo-p.schools.nsw.gov.au/notes.html>



**UNIFORM
SHOP AND
SCHOOL BANKING
CLOSED UNTIL
FURTHER NOTICE**



**2022 Kindergarten
enrolments are now
being taken**

Please see enrolment form in
newsletter



Principal's Report

Dear Parents Caregivers,

Term 3 has now officially commenced, even though the current situation has not eased and that students are working remotely. I truly do hope that you had a relaxing and enjoyable school holiday period and that you and your loved ones are happy and well.

Remote Learning

I would like to sincerely thank the entire school community for your support of the school and your children. I realise that we are currently dealing with many challenges and that remote learning is not ideal.

Over the weekend the NSW Government further tightened restrictions across Greater Sydney. While a great deal of these lockdown restrictions are in South Western Sydney there are implications for us in the Blue Mountains. Please see the below message which was released from the Department of Education over the weekend.

"Parents must keep children - of all ages, across primary and secondary schooling and early child-care - home if they can. Students will be supported to learn from home. Schools and early childhood education and care services, including Out Of School Hours Care services are open for any child that needs it. Thank you for your support."

Additionally, I have been communicated that all schools are strongly urged to reduce the staff numbers to the absolute minimum needed to meet the immediate needs of the school. Therefore, I echo the message from the Department of Education and request that where possible that all children remain at home. Warrimoo Public School will remain open for those who essentially need it.

School Bus Service

Blue Mountains Transit have emailed the school and advised that they are **not impacted** by the restrictions that have put in place for the Sydney Bus Operations (metro area).

The buses for Blue Mountains Transit will continue to operate as normal.

If there any changes to this notification, Blue Mountains Transit will notify the school accordingly.

Changes to the Calendar

Please note that there is a need to postpone many items that were scheduled for the beginning of the term. As the remote learning phase is still unfolding I do not have an answer to when regular calendar events can be rescheduled. Thank you for your understanding.

Access to the Street Library

I have temporarily removed the books from the street library outside the front of the school to avoid the sharing of books and members of the community coming in contact with one another. Once we return to normal operations I will once more replace these books.

3/4P Semester 1 Reports

It was announced in Term 2, that the 3/4P Semester 1 reports would be forwarded home at the conclusion of Week 2 Term 3. Please note that due to the impacts of remote learning we will be mailing them out later this week. Please keep a watchful eye on the mail early next week.

Absences

While students are currently encouraged to remain at home, wherever possible, class rolls are continuing to be maintained and completed. Please notify the school if your child is unwell and not engaging in remote learning so they can be recorded as sick. Please note that the school is required to record unjustified absences against any student if they have not engaged in the remote learning on any given day.

2022 School Enrolments

Kindergarten enrolments and all other enrolments for 2022 are currently being taken. In order for us to prepare our classes and ensure that equitable class numbers are maintained it is essential that we have all the information needed leading into 2022 as early as possible. If you know of someone who is enrolling at Warrimoo Public School and has not yet done so, could you please pass on our school details? Additionally, if you have children in Kindergarten to Year 5 and are planning on moving at the end of the year, that information is important also.

I wish you a very happy and enjoyable fortnight ahead.

My kindest regards,

Mr Tony Jeff
Principal

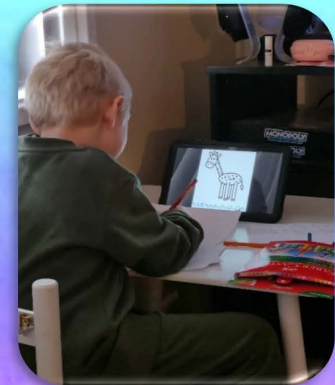
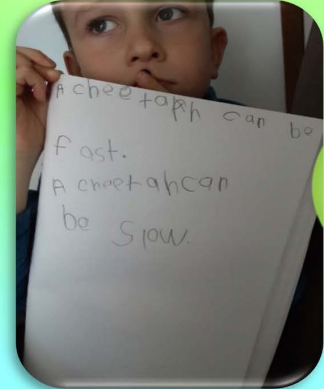


KO Class News

K-O Remote Learning News

Kindergarten have started this term demonstrating amazing resilience and motivation. It is their first time remote learning and they are smashing their Seesaw activities.

Each day there is an opportunity for K-O students to share their news from home. We had an amazing Zoom session yesterday - connecting with our friends and enjoying some dancing and singing together.



Working hard



KO Class News



Sharing news



Exercise time



Kindergarten 2022



Well it's that time again! If you have a child or know of a child who will turn 5 on or before 31st July 2022, they are eligible to start school in 2022.

We need to know these numbers early so that we have correct staff and accommodation. Please fill in the form below (or give it to a friend or neighbour to complete if they have a child eligible to start school in 2022) and return it to school as early as possible.

Thank you for your support

Office Staff



Attention: Office Staff

(Please return to the school office)

Kindergarten Enrolments 2022

Male Female

Child's Name (in full): _____

Date of Birth: _____

Address: _____

Home Telephone Number: _____ Mobile Number: _____

Email: _____

Siblings at School (if applicable): _____ Class: _____

Siblings Date of Birth: _____

I would like any correspondence addressed to:

Miss / Ms / Mrs / Mr / Mr & Mrs (please circle): _____

Postal Address: _____



From the Yoga Room



Once again we are dunked into uncharted territory. I hope you are all sailing relatively smoothly and navigating our newest unfolding Covid Saga with inner strength and ease.

Of course our face to face classes at school have been discontinued for the time being and hence, we are again looking to zoom.....let me know if you are interested and we can chat more or check us out www.changingtidesyoga.com.au email Carly@changingtidesyoga.com.au

Stay well, strong and optimistic (for optimism is medicine itself). If you struggle with this try rejoicing in the simple pleasures we have to

hand, going back to basics if you must -

clean water is a good place to start for many do not have this luxury or try being thankful for we live in such a magnificent and unique part of the world.

(Last term many of our classes practiced being in the eye of the hurricane with chaos swirling around us.....we can all do a real-life version now!)

If your mental health check-ins suggest that you're struggling, it's important to take active steps to right the balance. Exercise can help as can doing something you love, and staying connected to others via phone, texts, etc. Always seek help if need be for this is not an easy time! (131114 Lifeline)

In the Spirit of staying balanced in trying times, here is my favourite simple and quick body relaxing Meditation that is super effective at calming the body in just 7 breaths and can be practiced anywhere, and almost at any time. I hope you find it useful as I have!

QUICK BODY RELAXING MEDITATION

(Remember to take comfortable slow and deep breaths)

Keeping the breath relaxed, breathe through the body over seven breaths.....

Starting at the scalp, each time you breath out, move down one region.

Silently count on each out-breath from seven to one as follows:

Breath in....

Exhaling 7 - scalp and forehead (feel and soften into the scalp and smooth the forehead of any little lines (or big ones!))

Breath in....

Exhaling 6 - the face (soften mentally every facial tissue! Allow the tongue to rest soft and broad in the mouth just behind the front teeth!) Notice the jaw and soften same!

Breath in....

Exhaling 5- Neck and shoulders, arms and hands. (Scan through throat, neck, shoulders, arms, hands and fingers and soften/relax)

Breath in....

From the Yoga Room

Exhaling 4 - the chest (Soften deep into the chest try to feel the heart muscle beating gently deep within the chest)

Breath in

Exhaling 3 - the solar plexus (Soften through the solar plexus area)

Breath in

Exhaling 2 - the belly (Soften through the belly area)

Breath in.....

Exhaling 1 - the hips, pelvis, legs and feet.

Try to imagine "breathing through" the body as you scan. If you focus on both the breath and a certain muscle group at the same time, it seems like you are "breathing through those muscles. Of course, the breath doesn't really go through your jaw or your hips or your ankles. It just feels that way. (This may take a while to get the hang of!)

SUMMARY: Sigh three or four times

Return to natural breathing pattern and inhale.....

7 Exhale with awareness on scalp and forehead... (Inhale)

6 Exhale softening into the face and jaw ... (Inhale)

5 Exhale into the neck, shoulders, arms and hands... (Inhale)

4 Exhale softening the chest ... (Inhale)

3 Exhale softening into the solar plexus area... (Inhale)

2 Exhale and release into the belly area ...(Inhale)

1 Exhale and bring awareness into the hips, pelvis, legs and feet.

REPEAT AS YOU WISH OR CONTINUE TO FOCUS ON THE BREATH.

REMEMBER - When the going gets tough.....

the Tough breathe deeper and grow stronger!

much warmth,

Carly

Changing Tides Yoga