



# NEWSLETTER WEDNESDAY 1<sup>ST</sup> SEPTEMBER, 2021



## TERM 3 WEEK 8



From all the staff and students at G.S. Kidd School we would like to wish all our Dads, Step Dads, Grandads, Pops and Uncles a very Happy Father's Day. Even though this year's Father's Day will be a different one being in lockdown we hope you all enjoy your special day, and most importantly stay safe and well.

Please enjoy our Father's Day feature on pages 4-9. Thank you to the families who sent in a special message to share.

## *Keeping Safe and Happy during Lockdown*

Please see some activities for students in this week's newsletter and also a variety of resources you may find helpful during these current times.

This week we present an article by Harmini Hocking from the Kangaroo Room.



## Harmini

My name is Harmini Hocking and I am in the Kangaroo Room. I love horses. I can name lots of the parts of a horse. My favourite book is "Black Beauty".

By Harmini Hocking



# HAPPY BIRTHDAY



Max will celebrate his 15<sup>th</sup> birthday on Saturday.  
We all hope you have an awesome day Max!

## REMINDERS

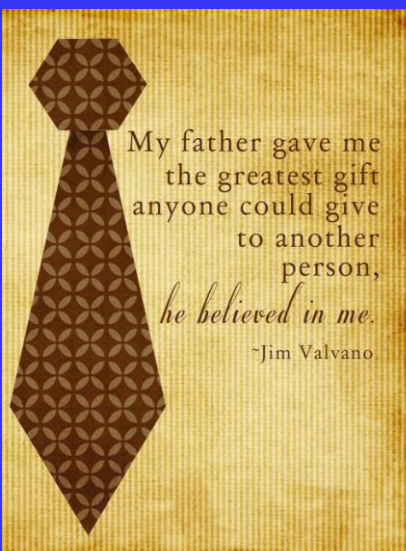
### POSTPONED

Australian  
Dental Health  
NSW

### School Excursion



Let's keep our  
community safe  
from COVID-19



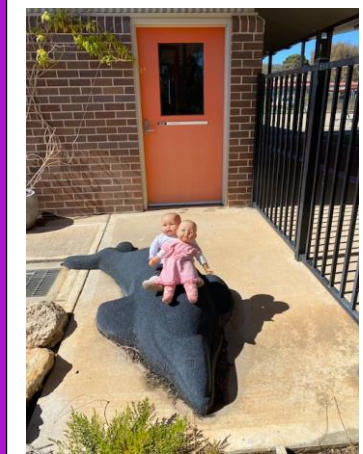
DADS  
ARE MOST ORDINARY MEN  
TURNED BY LOVE  
INTO HEROES. ADVENTURERS.  
STORY-TELLERS.  
AND LIFE LONG FRIENDS



# Margaret and Alex



Margaret and Alex, who have quickly become the school mascots have been very busy during lockdown having lots of fun together at school. Check out the photos, they have even been getting up to a bit of mischief at school too.





# My Dad

## My Dad

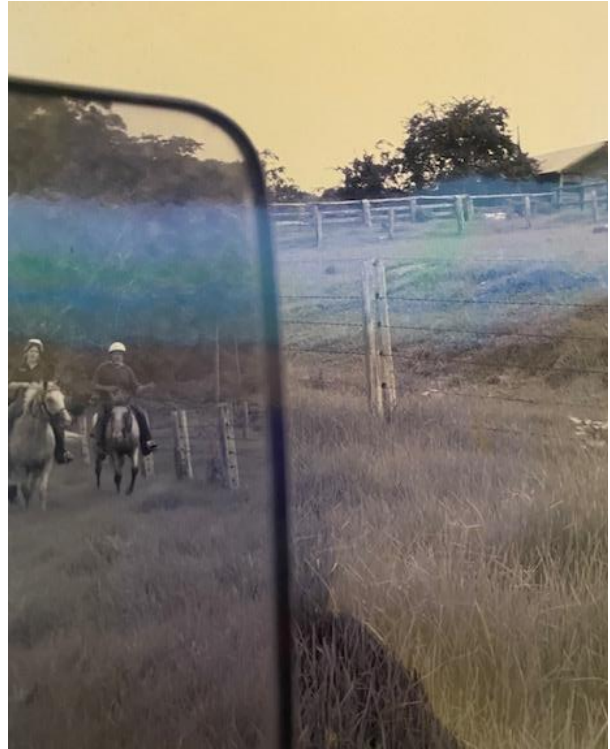
My dad is a remarkable man who has taught me many things such as farm skills (including fencing and animal care), how to ride a horse, drive a tractor, boat and, of course, a car as well as camping and fishing skills. He instilled in me a love of the outdoors and of being on or near the water; he encouraged me to explore the world and to continually learn from these experiences.

Most of all my Dad has taught me compassion and empathy while supporting me to strive for my goals and believe in my ability to achieve these goals.

Happy Father's Dad xx



*Bec Maybury Principal*



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## My Dad

My dad is like a mountain  
Strong and almost 10 feet tall  
He lifts me up and carries me  
He makes sure that I do not fall

My dad is full of love and patience  
But most of all he helps me  
He holds my hand for walking  
He supports and tightly holds me

If I could tell my dad one thing  
It would be to say I love him  
One day I will say these words  
And run to be embraced by him

*Hugo Young*

# My Dad

## My Dad

Here is me and Dad when I was a baby. I was born in 2006.

Happy Father's Day Dad xo

*Charlotte Gander*



I love  
you dad



## My Dad

I love spending time with my Dad and our dog Rocket.

Happy Father's Day Dad x

*Angus Hare*



## My Dad

This is me with my Corey. He is Alexander's Dad, Alexander is my new baby brother. Corey plays the PS4 with me sometimes and helps me. He takes me camping and fishing. He is a good step Dad and I love him. Corey is a good friend and is nice to everyone.

*Angus Jansen*

My  
Step Dad  
Rocks



# My Dad

## My Dad

My dad is special to me because he made me some earrings and he takes me for a bike ride.

Happy Father's Day Dad xx

*Ava Mizzi*



## My Dad

I love to call my Dad Willis. I say to him "What you talkin' about Willis?". It's off the TV show Diff'rent Strokes. I started calling Dad Willis when he used to always ask me what had I been doing for the day. I love my Dad.

Happy Father's Day Willis xo

*Rebekah Thomson*

**"What You Talkin' About Willis?"**





# *My Dad*

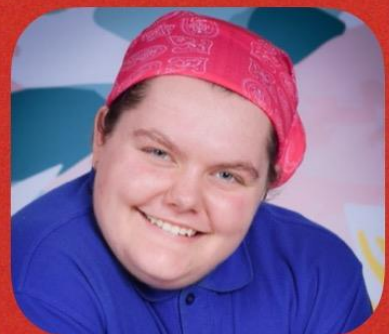
## *A Father Just Like You*

*I just want to let you know  
You mean the world to me  
Only a heart as dear as yours  
Would give so unselfishly*

*The many things you've done  
All the times that you were there  
Help me know deep down inside  
How much you really care*

*Even though I might not say  
I appreciate all you do  
Richly blessed is how I feel  
Having a father just like you*













## My Web of Support

### Task:

- In each box below, write the names of people who support you to feel healthy, happy and safe.





## Who Supports Me?

### Task:

- **Step ONE:** *Identify and draw 3 different people that support you at home or at school in the boxes below.*
- **Step TWO:** *on the lines record some of your ideas about how these people support you and take care of you.*

NAME: \_\_\_\_\_



NAME: \_\_\_\_\_

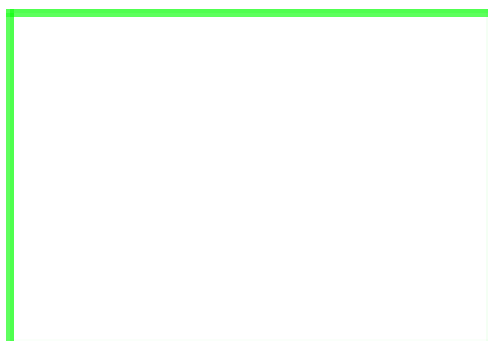
Supports me and takes care of me by \_\_\_\_\_

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NAME: \_\_\_\_\_



NAME: \_\_\_\_\_

Supports me and takes care of me by \_\_\_\_\_

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NAME: \_\_\_\_\_



NAME: \_\_\_\_\_

Supports me and takes care of me by \_\_\_\_\_

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# WEBSITES

## COPING WITH COVID



### **Coronavirus mental wellbeing support service**

[https://coronavirus.beyondblue.org.au/?utm\\_campaign=hp\\_banner](https://coronavirus.beyondblue.org.au/?utm_campaign=hp_banner)

### **Mental health and wellbeing during the COVID-19 outbreak:**

<https://www.lifeline.org.au/get-help/information-and-support/covid-19/>

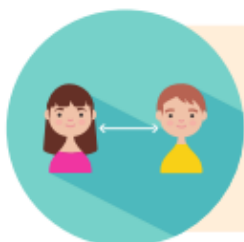


### **Coping during COVID-19**

<https://au.reachout.com/collections/coping-during-coronavirus>

### **Supporting you through the COVID-19 Pandemic**

<https://thiswayup.org.au/covid-19/>



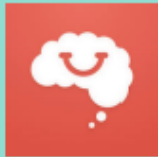
### **Covid-19 and Mental Health:**

<https://www.healthdirect.gov.au/covid-19-and-mental-health#information>



# PHONE APPS

## COPING WITH COVID



### **Smiling Mind APP**

A daily mindfulness and meditation guide at your fingertips

### **Shine: Self-Care and Meditation APP**

Build more skills to care for your mental health.



### **MindShift CBT - Anxiety Relief APP**

Manage your anxiety, relax & be mindful

**Happify: for Stress and Worry APP**  
Overcome negative thoughts, stress and life's challenges

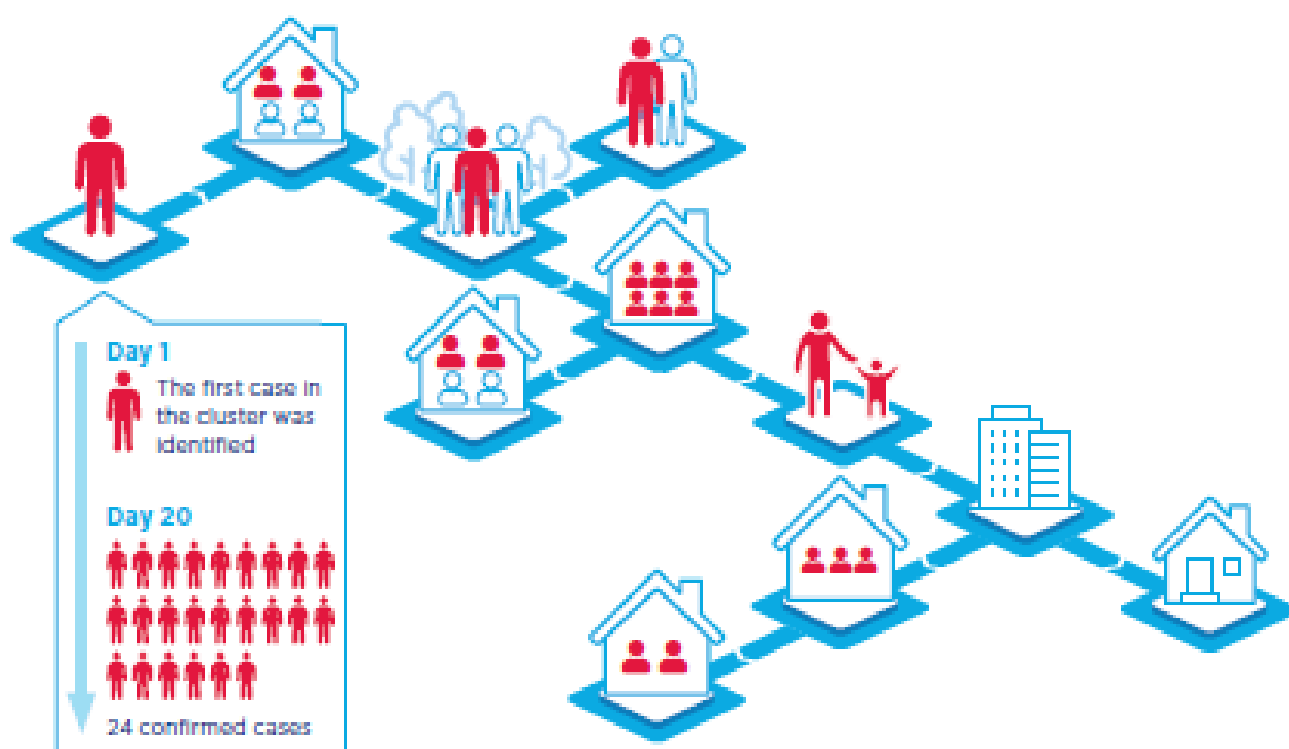


### **Moodfit**

Fitness for your mental health

## WHY ONE COVID-19 CASE MATTERS

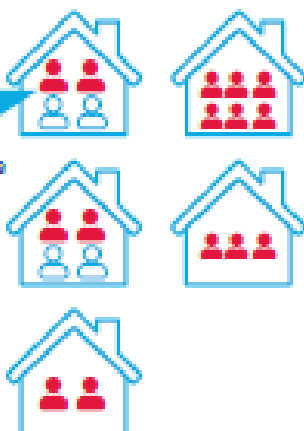
COVID-19 spreads among family and friends



### Households:



Index case



More than  
**650** close contacts



### Close contact locations:

- Homes
- Childcare facility
- Cultural venues
- Hospitality venues
- Group disability home
- Public hospital
- Outpatient clinic
- Park
- Retail shop



# Thank You

*Education is a shared commitment between dedicated staff,  
wonderful students and enthusiastic parents.*

*In order to maximise the success of students, families and staff aim to  
work together.*

Through these challenging times the teamwork between G.S. Kidd School and our amazing families is highly evident.

We would like to thank all our wonderful parents and carers for your ongoing support, commitment, dedication and hard work as your child continues to learn from home. As we all continue to navigate through uncertain times it is reassuring to know we are all in this together and together we will all get through this.

Please know the dedicated staff at G.S. Kidd School are here for you and we greatly appreciate all that you are doing to guide and support your child through our time of learning from home.

*Alone we can do so little.  
Together we can do so much.*

*Helen Keller*

*"Family Is The First School For Young Children And Parents Are Powerful Models"*

*Alice Sterling Honig*



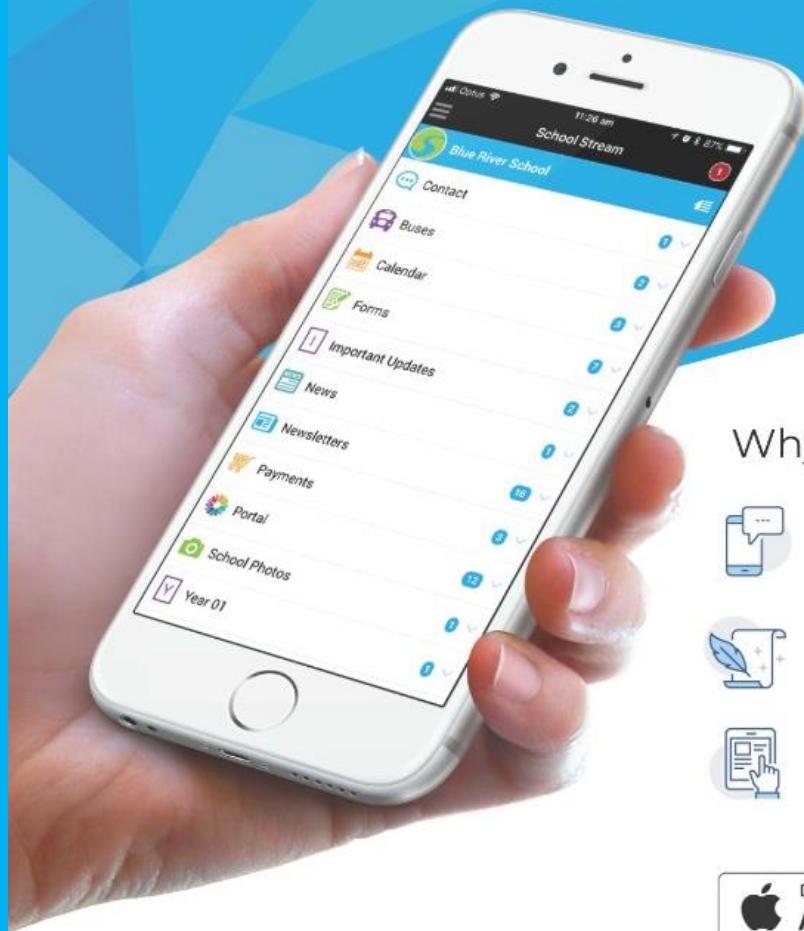
*Please Enjoy Some Mindfulness Colouring*





We encourage all families to take the time to have a look at the Schoolstream App and please download. We are moving towards this being our first port of call for communication from school to you. Messages are instant and you will be kept up to date with the latest news as it happens.

# Download our school app for free!



Never miss important school information again!

Important alerts, events, canteen, newsletters, class information, sports updates, school news, absentee & excursions notes and more! You can even pay for school photos, uniforms or fees if your school takes advantage of our payments feature. Finally, everything you need in one place. Managing school life has never been easier.

## Why download the app?



Receive instant notifications for important news.



Easily register absentees and excursions.



Keep up to date with events and set reminders.



## Download instructions:

1. Go to the App Store and download "School Stream" to your phone.
2. Open the app and type the school's name into the search bar to load the
3. Make sure you agree to Push Notifications when prompted.

## Here Are Just A Few Reviews From Schools Already Using Schoolstream

- School Stream allows us to communicate directly with parents in seconds and this immediate communication is essential in today's world.
- Immediate notification. Convenient for important communication
- Less paper used – better for the environment.
- Fewer missed notes – better communication for school families.

Our whole school Assembly takes place every Monday. During this time we present our weekly PBL awards and Sports awards. For all regular updates, highlights and photos please follow us on Facebook or download the School Stream app.

### SCHOOL CONTACT DETAILS:

**Address:** 37 Lincoln St, Gunnedah NSW 2380.  
P.O Box 316, Gunnedah NSW 2380.

**Telephone:** 6741 5200.

**Fax:** 6742 4120.

**Email:** [gskiddmem-s.school@det.nsw.edu.au](mailto:gskiddmem-s.school@det.nsw.edu.au)

**Website:** [gskiddmem-s.school.gov.au](http://gskiddmem-s.school.gov.au)



KEEPING  
**you**  
**safe**

## QR Codes for Schools

The Service NSW COVID safe check-in is required for visitors to the school, complimenting existing school visitor sign-in processes, including the external visitors to the school site form.

Visitors signing in at the front desk should self-serve using the COVID safe check-in tool as displayed in the poster. Schools should adapt the COVID safe check-in within their existing process for visitors to their school.

Parents and carers who are only dropping off and picking up students **do need** to check in using the Service NSW QR code.



**Please use hand sanitiser**

[education.nsw.gov.au](http://education.nsw.gov.au)

My father used to say that it's never too late to do anything you wanted to do. And he said, 'You never know what you can accomplish until you try.'

*Thought  
For  
The Day*

## Positive Behaviour For Learning

