



PEATS RIDGE PUBLIC SCHOOL

NEWSLETTER

Respectful - Responsible - Connected

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Week 9

Term One

Monday 23 March 2020

IMPORTANT DATES FOR YOUR CALENDAR

DATE	EVENT	WHO	ADDITIONAL INFORMATION
Tuesday 24 March	Kids in the Kitchen	Students	CANCELLED UNTIL FURTHER NOTICE
All Week	Breakfast Club	Parents/ Students	Will only be provided if students request it.

This week's news from the Principal

Dear Students, Families and Friends,

Week 9 has started with a very sombre mood. I am very mindful of the impact that Covid-19 is having on everyone in society and hope that everyone is abiding by the safety guidelines created by the Health Department and other government agencies. I have attached some fact sheets from the Department of Health for you to look at.

Attendance at school

As stated by the Premier, schools remain open for now. Attendance at school is important for learning and while we are open we will be providing class-based learning activities like normal. However, the government is encouraging parents to keep their children home unless work commitments make it impossible for you to stay home and supervise them.

It is also essential that you keep your children home if they have any cold or flu like symptoms. This will help stop the spread of germs.

If you decide to keep your children home to maintain social distancing and protect family members, the absence will be recorded in a different way to normal. This is because we can provide learning options for your children to complete at home so they are technically still attending school. You must let us know that they are home due to the pandemic, so we can record it correctly. This also means that when everything returns to normal in the future, your child's attendance record will not be affected.

Learning at home

Mrs Davis and myself are organising a range of learning options and activities for your child to complete while away from school. If you have devices and reliable wi-fi at home there will be a range of online options for students to engage with. Your child will bring home a sheet that has all of the online subscriptions that the school has signed up for. You will also be able to contact us between 9am and 3pm if you have questions about any of the programs or content.

If your family doesn't have access to a computer or reliable internet then we will provide some booklets for your children to complete so they still have learning options for home. We will also possibly organise times for students to come back to school so we can check on their learning and adjust the work being provided.

In the future we may look at other flexible, technology-based ways to maintain contact with students and check their progress with the work set for them.

Schools remaining open

On Monday the premier of NSW and the Minister for Education stated that schools would be remaining open. They both encouraged parents to keep their children home.

NSW Premier Gladys Berejiklian says schools in the state will remain open, but has encouraged parents to keep their children at home to contain the spread of coronavirus. Ms Berejiklian said the decision to keep schools open would ensure parents with limited childcare options could continue working.

As I stated above, we will be providing access to learning at home through either online learning or work books. It is up to you to make the best decision for your family about whether your child attends school during the pandemic. Please let us know if your children will be staying home so we can record it the right way in our system.

When school and everything else returns to normal, absences due to the virus will not affect your child's general attendance record.

Please stay safe, sanitised and positive about the future.

Robynne Scott

Principal

Class News

This week's value

I will never give up.



Lovely patterned artwork

Special Harmony Day artwork



Social distancing during play time

P&C News

Bunnings BBQ

Sadly, our Bunnings BBQ set down for last Saturday was cancelled, but Bunnings have donated a gift card to the P&C which will be very useful for purchases around the school.

COVID-19: IDENTIFYING THE SYMPTOMS

SYMPTOMS	COVID-19	COLD	FLU
	Symptoms range from mild to severe	Gradual onset of symptoms	Abrupt onset of symptoms
Fever 	Common	Rare	Common
Cough 	Common	Common	Common
Sore Throat 	Sometimes	Common	Common
Shortness of Breath 	Sometimes	No	No
Fatigue 	Sometimes	Sometimes	Common
Aches & Pains 	Sometimes	No	Common
Headaches 	Sometimes	Common	Common
Runny or Stuffy Nose 	Sometimes	Common	Sometimes
Diarrhea 	Rare	No	Sometimes, especially for children
Sneezing 	No	Common	No

Adapted from material produced by WHO, Centers for Disease Control and Prevention.



TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.

For more information about **Coronavirus (COVID-19)** visit [health.gov.au](https://www.health.gov.au)



Australian Government

Practise simple hygiene by washing hands regularly



1 Wet hands



2 Apply soap



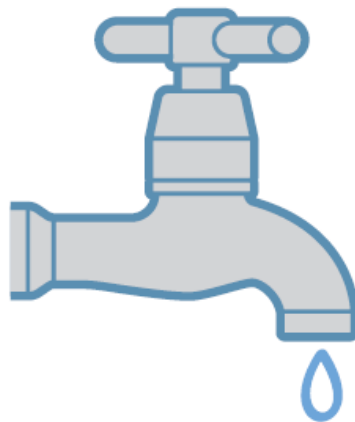
3 Lather & scrub



4 Rinse hands



5 Turn off tap



6 Dry hands



Spend 20 seconds washing your hands.

COVID-19 (NOVEL CORONAVIRUS) FIND THE FACTS



What is the COVID-19 virus?

COVID-19 is a newly discovered virus that can cause lung infection. The situation is evolving rapidly with cases of COVID-19 reported in a number of countries including Australia.

Can I catch it?

Most people catch COVID-19 from close contact with someone who has it. Contaminated droplets are spread by coughing or sneezing. Contact with contaminated hands, surfaces or objects can also spread the virus.

How long does COVID-19 last on surfaces?

Studies suggest that coronaviruses (including preliminary information on the COVID-19 virus) may persist on surfaces for a few hours or up to several days. This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment).

If you think a surface may be infected, clean it with a common household disinfectant to kill the virus and protect yourself and others. Clean your hands with an alcohol-based hand rub or wash them with soap and water. Avoid touching your eyes, mouth, or nose.

How can I reduce my risk?

The best way to protect yourself and your family from COVID-19 is the same way you would protect yourself from catching flu or other respiratory illness:

- wash your hands for at least 20 seconds with soap and water, or use an alcohol-based sanitiser with at least 60% alcohol.

- cover your sneeze or cough with your flexed elbow or a tissue.
- avoid close contact with people with cold or flu-like symptoms.
- avoid touching your eyes, nose and mouth.
- stay home if you are sick.

Face masks are not recommended for the general population.

How is it diagnosed?

Infection with COVID-19 is usually diagnosed by testing swabs from the throat or fluid from the lungs. COVID-19/Flu clinics are being established within all Local Health Districts across NSW to assess and diagnose patients with possible COVID-19 infections and other respiratory illness such as influenza as we approach the winter season.

What are the symptoms?

Symptoms include fever, cough, runny nose sore throat or shortness of breath.

I have symptoms. What should I do?

If you develop a fever, cough, sore throat or shortness of breath within 14 days of travel to a country at risk of COVID-19, seek immediate medical attention. Call:

- your doctor or
- your local Emergency Department or
- healthdirect on 1800 022 222

When seeking medical care wear a surgical mask (if available) otherwise ask for one immediately when you arrive.

Do I need to isolate myself if I have returned from a country at risk of COVID-19?

If you have travelled to or transited through a country of high-risk of COVID-19 in the last 14 days, you must isolate yourself from others for 14 days from the day you left. You should watch out for symptoms.

If you have travelled to or transited through a country of moderate-risk of COVID-19 in the last 14 days, you should self-monitor for symptoms, practice social distancing when outside the workplace, and immediately isolate yourself for 14 days if you become unwell.

When seeking medical care wear a surgical mask (if available) otherwise ask for one immediately when you arrive.

Information on countries at risk of COVID-19 can be found at: www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert

What if I come into contact with a person with COVID-19?

Public Health Units are identifying and contacting people who have been in close contact with confirmed cases of COVID-19, in accordance with National Guidelines.

Those people will be monitored and managed to prevent any further spread of the infection, should they be found to also have COVID-19 infection.

Information for people who have been exposed can be found at: www.health.nsw.gov.au/Infectious/factsheets/Pages/novel-coronavirus-close-contact.aspx and www.health.nsw.gov.au/Infectious/factsheets/Pages/novel-coronavirus-casual-contact.aspx

Where can I find more information?

- National Coronavirus Health Information Line: **1800 020 080**
- Healthdirect helpline: **1800 022 222**
- Translating and Interpreting Service (TIS National): **131 450** or www.tisnational.gov.au
- NSW Health website: www.health.nsw.gov.au/coronavirus and www.health.nsw.gov.au/Infectious/alerts/Pages/coronavirus-faqs.aspx
- Australian Government Department of Health website: www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert
- Smart Traveller: www.smarttraveller.gov.au



Protect yourself from viruses



Clean your hands with soap and water, or hand sanitiser.



Cover your nose and mouth when you cough or sneeze.



Avoid close contact with anyone with cold or flu-like symptoms.



Stay home if you are sick.



Find the facts

health.nsw.gov.au/coronavirus