



# Muirfield Matters

Issue 4 2020

Term 2 Week 3

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## From the Principal - Ms Reeves

### Welcome back!

It was a very different start to term. The playground was quiet; the cockatoos were missing their lunch supplies; and gone were our usual markers of Term 2.



Obviously we did not have an assembly for Anzac Day and were unable to send student leaders to local commemorations as they were not held. I hope you were able to light up the dawn on your driveway!

The tradition of strong and valued partnerships within our school community has never been more prominent than during the past 6 weeks with the move to remote learning. Congratulations to our students for their resilience in embracing the online learning platforms.

Thank you to our parents and caregivers for the support provided to both children and staff. Thank you to our staff, both teaching and support, for their work in ensuring our students have remained engaged with learning at Muirfield High School. It has been a team effort, which was always going to ensure its success.

As we move to the staged return of students, we are also reflecting on what we have learnt through the use of online learning platforms. Foremost has been the need for face-to-face teaching, so that teachers can gauge what students understand, can explain concepts in different ways, and can adapt the content in response to student needs.

But there is much that can be learnt from the online learning model that teachers can use as students return to the classroom, including giving students greater self-direction and control of the pace of their learning. We have all learnt from the experiences of remote learning.

It is heartening to hear from parents who have engaged positively with their children's learning. One parent wrote in a recent email, "We have learnt a lot about the online programs and how to create a home system that works, and even though at some stage things will go back to a normal school set up, we will carry the things we have learnt from you and your staff with us which will help with ongoing online work, assignments and homework which will play a key role in the development of our children."

Thank you for the kind words.

## New staff

We welcome two permanent members of the teaching staff from Term 2.

Mr Zreika has joined the Mathematics faculty. It is particularly challenging to start teaching a class that you have not met, but I am sure our students will welcome their new teacher.

Mr Hofman, who started the year as a temporary teacher, was successful in gaining the permanent position in the HSIE faculty.



Mr Zreika



Mr Hofman

## Staged Return of students

Parents have received details of the staged return, including expectations of student behaviour to ensure health and safety of all students and staff.

Students will be expected to:

- **Stay home when unwell.** If symptoms present themselves whilst at school, parents/caregivers will be contacted immediately to collect their child from Sick Bay in the front office.

- Assist in keeping classroom desks and school equipment clean as directed by teachers.
- Engage in regular handwashing especially during breaks, before eating and before returning to class.
- Not share food or drinks. Bring a water bottle and refill it at the bubblers, but do not drink from the bubblers.
- Practise physical distancing wherever possible. This will be maintained in the classroom for students in Years 7 – 11 with the 'split class' policy which divides larger classes into two rooms. All efforts to maximise distancing will occur for Year 12 where applicable.
- Bring their own stationery such as pens, calculators, rulers etc. Sharing will not be permitted between students nor will supplementary equipment be provided by staff.
- Cough or sneeze into their elbows if necessary to avoid spreading infection. Avoid touching face. All students are reminded to bring their own EPIPENS and asthma prevention medication where applicable.
- Use soap, sanitisers, wipes and other health items in a responsible manner. Students are welcome to bring their own sanitiser for personal use.

Students who do not adhere to these health and safety requirements will be reminded of our expectations and school discipline procedures will be implemented.

### **Lateness**

Students who are late to school should follow the usual process and report to the front office. There should only be two people in waiting room of the front office at one time. Students are requested to observe social distancing rules and form a queue outside, waiting their turn.

## School Uniform – cold weather is on us!

As cold mornings are upon us, many students seek to rug up. There are a number of school uniform items to keep students warm: green jumper, black fleece jacket, Year 12 jersey. If students are still cold, they can wear a plain white long-sleeved T-shirt under the school shirt.

We ask for parents' support in reminding their children to wear correct uniform items and not tracksuit pants and hoodies. We have clear rules with high expectations.

Uniform help create a sense of belonging to our school. While no one would say wearing uniform on its own improves learning, in the main, students who repeatedly wear non-uniform clothing, tend to be less engaged in learning and also breach other school expectations. Conversely, students who wear the uniform show themselves to be in the frame of mind where they are focused on their work.

## Mental Wellbeing

The Student Wellbeing Team run regular seminars and workshops focused on social and emotional development for all students. These have obviously not been able to proceed.



Now, more than ever, as a community, we need to work together to support the mental wellbeing of our young people, and also be aware of the impact of COVID on our own mental health.

We have supports at school for students. There are many staff that parents can contact to ask for support for their child: the Year Advisor, Deputy Principal, School Counsellor, Learning and Support teacher, EALD teacher, Head Teacher Senior Studies.

On page 6 & 7 of this newsletter you will find a list of services to support children, young people and their families during COVID 19.



# Join the Bite Back Mental Fitness Challenge

You may also want to encourage your child to join in Bite Back, a six week program to help improve mental fitness, increase happiness and reduce stress. I have completed the first two weeks – on gratitude and mindfulness. The sessions are quick and easy to complete.

Register at <https://www.biteback.org.au/>

\* HAPPINESS \*  
can be found even  
\* in the \* \* \*  
darkest \*  
of times, if one only  
remembers  
\* to turn on the \*  
Light \*  
- Albus Dumbledore

Start by doing what's  
necessary, then do  
what's possible; and  
suddenly you are  
doing the impossible.

SAINT FRANCIS OF ASSISI



When you are kind to others,  
it not only changes you,  
it changes the world.

HAROLD KUSHNER

I believe  
compassion to be  
one of the few things  
we can practice that  
will bring immediate  
and long-term  
happiness to our  
lives.

- Dalai Lama -

Services to support children, young people and their families during COVID 19



[www.beyou.edu.au](http://www.beyou.edu.au)

Educator self-care is important for supporting children and young people during the coronavirus outbreak. This website provides practical strategies for educators and schools.



[www.beyondblue.org.au](http://www.beyondblue.org.au)

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.



[www.emergingminds.com.au](http://www.emergingminds.com.au)

Resources for supporting children during the Coronavirus (COVID-19) outbreak including video on how to talk with children about the virus.



[www.headspace.org.au](http://www.headspace.org.au)

Headspace online includes information for young people affected by stress related to Novel Coronavirus (COVID-19) including tips to maintain mental health and wellbeing.



[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.



[www.parentline.org.au](http://www.parentline.org.au)

Whether you are worried about limits on screen time, keeping track of your child's learning from home or keeping siblings from fighting, Parentline counsellors are available every day.



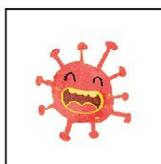
[www.reachout.com](http://www.reachout.com)

ReachOut is Australia's leading online mental health organisation for young people and their parents. The website contains information on coping during coronavirus.



[www.twenty10.org.au](http://www.twenty10.org.au)

Twenty10 is committed to continuing our services supporting LGBTIQ+ young people in New South Wales, their families and our communities at this most challenging time.



[www.mindheart.co/descargables](http://www.mindheart.co/descargables)

Short (online) book to support and reassure our children, regarding the COVID-19.





## Peaceful Kids Program

'Peaceful Kids' is a Mindfulness and Positive Psychology based program to lessen anxiety, stress and increase resilience in children in years K – 12. The program gives children the skills, practice and support to utilise coping strategies that lessen the symptoms of anxiety and stress as well as help regulate their emotions. The program also involves parental involvement and commitment to supporting the strategies at home.

### Aims of the Program

- » To minimise the symptoms of anxiety and stress
- » To build emotional resilience
- » To empower children to self-manage their anxiety



### Program Structure

- » 8 Week Program
- » Sessions are approximately 1 hours each week
- » Small Group Setting (4 – 6 children)
- » Facilitated in NSW Schools and/or on Wesley Mission property
- » Sessions include mindfulness strategies and meditations, effective coping strategies and positive psychology exercises.



Register with Rebecca 0434 074 359 or [Rebecca.hearn@wesleymission.org.au](mailto:Rebecca.hearn@wesleymission.org.au)



Facilitated by Wesley Family Support





Thursday, 7 May 2020

To our school community,

**Re school bus services delivered by State Transit during COVID-19**

Transport for NSW (TfNSW) is working closely with the Department of Education to ensure school students across the state get back to the classroom safely.

At State Transit we are proudly playing our role in making the return to face-to-face learning happen. This is one of the ways our people and our buses are continuing to support the community during the Coronavirus outbreak.

Parents and carers should make travel choices that suit their individual needs and circumstances but please know we are here to support them.

TfNSW continues to provide full public transport services across all modes during COVID-19 to enable essential travel, which includes State Transit's buses.

Cleaning across the entire transport network has been ramped up to protect our customers and our people. State Transit's entire bus fleet is sanitised every day, with a focus on high-touch areas like handrails, stop buttons and Opal readers.

We continue to promote and encourage social distancing, however this may not be possible at all times on buses carrying school students as we will not allow school children to be left at bus stops.

Please encourage students travelling with us to tap on and tap off with their Opal card, which helps us better understand travel patterns and service capacity.

We will continue to work with schools and monitor school services over the coming weeks.

The safety of your students and our bus drivers is my top priority. If you have any concerns during this time please contact your local State Transit depot.

Kind regards,

A handwritten signature in black ink, appearing to read 'Daniela Fontana'.

Daniela Fontana  
**Executive Director Customer Operations**  
**State Transit Authority**



**UPDATE**

Special rules are now in place for 2020 to support student participation from home.

### **Reading environment:**

You can now include books that you read collaboratively as a class, in person or online with your teacher or at home with your parent/carers.

### **Adjustments:**

- ◆ You can now read 10 personal choice books (an increase from 5). In a PRC series, you can choose 5 standard choice books and 5 as bonus choice books for 2020.
- ◆ Students who complete the Challenge in 2020 will be able to count this towards cumulative awards.
- ◆ If you do not participate in the 2020 Challenge, you will not be disadvantaged in receiving cumulative awards.
- ◆ The Challenge will include Year 10 students in 2021 to allow students the opportunity to meet the gold and platinum certificate and Challenge requirements.

**Remember the Challenge closes on  
Friday August 28.**

## **P&C & Uniform Shop News**

### **P&C News**

Due to the current health restrictions, all P&C meetings are cancelled until further notice. If you would like to contact the P&C, please email us on [muirfield.p.and.c@gmail.com](mailto:muirfield.p.and.c@gmail.com).

Charmaine Hetem  
P&C President

### **School Uniform Shop**

The Uniform Shop is open to students on Mondays, at Lunch time.

Orders and payments can be made online through the Qrk ordering platform.

If you have questions for the Uniform Shop, they can be reached via their email: [mhs.pnc.uniform@gmail.com](mailto:mhs.pnc.uniform@gmail.com).

Thank you for your understanding and continued support.  
Muirfield High School Uniform Shop Committee



## Muirfield High School Uniform Shop

### All uniform items now available on Qkr!

Qkr! (pronounced 'quicker') is an easy to use app that makes ordering and paying for your school uniforms quick, simple and secure.

### Getting Started is Easy

#### Step 1 Download Qkr!

Download the Qkr! app to your phone or tablet device (App Store or Play Store)

#### Step 2 Register

Follow the prompts and select Australia

Set up your name and a password.

Add your credit card details.

Find Muirfield High School

Add the names of your children.

#### Step 3 Start shopping

Choose the next Monday delivery.

Select the items you want, add to Cart, then Checkout when you are finished.

You can view and print a receipt (or email it) if required.

#### Step 4 Collect purchase

Students pick up their uniform items during Monday lunchtime opening 12:30 – 1:30pm.

(Orders to be placed by Sunday midnight for Monday pick up)

#### What if I don't have a smart phone?

You can use Qkr! online. Go to <https://qkr.mastercard.com/for-everyone-australia/> and select "Use Qkr! Online" You will need to register and you will then be able to order uniforms online.

#### Questions about using Qkr!?

If you require further information or have any concerns, please email Muirfield P&C Assoc. Uniform Shop Committee on [mhs.pnc.uniform@gmail.com](mailto:mhs.pnc.uniform@gmail.com).

**\*\*Please note that Uniform Shop orders CANNOT be made via the 'Muirfield High School' website payment system.**



**Muirfield High School P&C Association  
Uniform Shop Price List/Order Form Term 1 2020**

28/10/2019

	Size	No.	Price	Total
Junior Boys Shirt			\$32	
Senior Boys Shirt			\$32	
Unisex Cargo Shorts			\$38	
Boys Tailored Long Pants			\$50	
Junior Girls Blouse			\$32	
Senior Girls Blouse			\$32	
Pleated Black Skirt			\$38	
Girls Black Pants			\$30	
Green Jumper			\$45	
Green Zip Jacket (limited sizes while stocks last)			\$30	
Black Fleece Jacket by <b>preorder only</b>			\$65	
Unisex Sport Shirt			\$33	
Unisex (Straight Leg) Sports Shorts			\$30	
Unisex (Regular Leg) Sports Shorts			\$30	
Tracksuit Jacket			\$45	
Tracksuit Pants			\$30	
Senior Ties			\$25	
Apron			\$15	
Scarf			\$8	

Total Amount Owing \$ \_\_\_\_\_

**Payment can be made by Cash, Cheque or Visa/ MasterCard**

Please make cheques payable to Muirfield High School Uniform Shop

WHY NOT USE OUR ONLINE  
ORDERING VIA

Uniform shop hours : Monday 12.30 pm to 1.30 pm  
1st Monday night of the month 5.30 pm to 7 pm  
 (except where the 1st Monday falls during school & public holidays)



SEE REVERSE

<b>CREDIT CARD PAYMENT</b>		Visa <input type="checkbox"/> Mastercard <input type="checkbox"/>
Card No.	<input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> CCV <input type="text"/>
Expiry Date:	<input type="text"/> / <input type="text"/>	Amount \$ <input type="text"/>
Cardholder's Name:	<input type="text"/>	
Cardholder's Signature:	<input type="text"/>	



# 2020

## School Holidays & Terms

- School Holidays
- Public Holidays
- School Development Days

January							February							March							April								
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S		
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May							June							July							August												
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September							October							November							December													
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28	29	30					26	27	28	29	30	31																						