



East Adelaide School

Learning for Life



Government of South Australia
Department for Education

Term 1 Week 9

Friday 27 March 2019

End of Term 1 - Friday 3 April - 3.10pm Dismissal

Schools have been allocated four Pupil Free Days in week 11 to continue their work on remote / distance education for students, in readiness for further disruptions to teaching and learning at the start of term 2. Please ensure that you can either care for children at home or book now for a place in OSHC. We will keep families updated with further information regarding schooling for term 2 as it is received. At this stage schools will be open on Monday 27 April for term 2.



From our Principal

Dear parents and caregivers

I am taking this opportunity to thank you for the overwhelming support we have received throughout these challenging times. We have been showered with messages of support, recognition and appreciation. We have received lots of chocolates to keep us going and above all we know that we are truly valued by you.

In this newsletter you will see that whilst student attendance continues to decline, we have happy, safe and well cared for kids who bring us lots of joy. We are all learning to keep safe physical distances from each other, practising the correct methods of coughing and sneezing, and our hands, learning environments and tools have never been cleaner! Enjoy the pictures!

We don't know what tomorrow will bring but stay healthy and safe.

Vicki Stravinski



Principal and Deputy Principal for the Day

Meet Oscar and Lucy from room 16 who will be acting in the role of key leadership staff on Monday 30 March. Oscar is Principal for the day and Lucy the Deputy. They have held their first leadership meeting developing a plan for Monday.



Address: 57-59 Second Avenue, St Peters SA 5069 Phone: 8362 1622

Absentee Line: 8362 4164 or SMS 0409 965 052 Email: dl.1036.info@schools.sa.edu.au

East Adelaide School Website: www.eas.sa.edu.au Department for Education Website: <http://www.education.sa.gov.au>

Staying Connected With Our Children

Now is the time to stay close to our children.

They need to feel us beside them so they don't feel as worried as they are.

We need to be honest with them and let them know that good people from around the world are working very hard to keep them safe and healthy.

Our children will believe us, we love them deeply.

Be Honest

COVID 19 is a sickness like a cold. Some people will get it. Maybe someone in our family might get sick. We are all a little bit scared. Being scared is a sign that we are concentrating on being safe. There are really good people like doctors who know what to do. They are helping to figure it out.

Validate Their Feelings

I know I might look worried sometimes. Mums or dads get worried too, just like children. I know it can make you feel scared. But I am ok.
It is ok to be feeling scared, or worried, or whatever you are feeling right now. You can share that with me whenever you need to.

Acknowledge Day to Day Disruptions

Even if school and your after school activities stop for a while, they will start up again. How about we think about some ways of doing versions of these things together at home if we need to?

Remind Them

I love you, and that is one thing that will never change.

Here are some ways that parents and carers can share connection, comfort and care with their children right now.

Look to History

There have been sicknesses like this before. And they have stopped. Clever people from around the world have worked them out together. The scientists are doing this right now with this one.

Remain Available

You can talk with me whenever you need to. I will answer any questions you have. If I don't know the answers, I will find out and then I will tell you.

Have fun

Share some time with your children that is just for them, and let them lead the play.

Let's do some things that you like to do.

Create some quiet time

Find a regular time where you can just be still with children. Stroke their hair. Watch a favourite show on TV. Listen to music together. Let them decide if they want to talk. Be present with them. Enjoy it.



Uniform Shop - Temporary Closure

The Uniform Shop at East Adelaide School will be closed until further notice. Please call UMS on 0431 771 156 or visit <https://umspl.com.au/pages/east-adelaide-school> for all your uniform needs.

From Our Pastoral Support Worker

A lovely friend was recently reflecting on her experience of the cancellation of her children's sport, dance, music lessons, choir etc and she was very thankful for the opportunities it was providing for increased family time and the chance to just Breathe. In, hold and out. She realised that in the craziness of life she, and her children, had forgotten to Breathe and Relax. In, hold and out. We are living in a unique moment where each day brings new challenges asking with new possibilities to reframe our experiences and find creative ways of connecting. Most of us now have time to make those phone calls, to ride bikes, go for bushwalks, cook, learn an instrument, check up on those who are vulnerable - there are so many activities that are still possible. Most importantly though there is the opportunity to reset our lives and Breathe. In, hold and out. We are all in this together, sharing the load. There in lies the strength of our school community. You are not breathing alone.

Kate Argue

Parents & Friends Easter Raffle

The P&F Committee are holding an Easter Raffle this year. We are asking each class to contribute an Easter Basket as a raffle prize. Could each child please donate an item for their class Easter basket, this could be an Easter egg, or packet of little eggs or something else Easter related.

Please bring your donation by **Monday 30 March** to your child's class and place it in the bag provided.

Raffle tickets have been sent home with students. Tickets cost \$2 each. Please return tickets to the front office by **3pm, Monday 30 March**. The raffle will be drawn on Tuesday 31 March. Winners will be notified via phone.

Thank you for your support!

The P&F Committee



WE'RE GOING ON A BEAR HUNT!

Can you help us?

Can you help us by displaying your bears for everyone to find? It's not hard work!

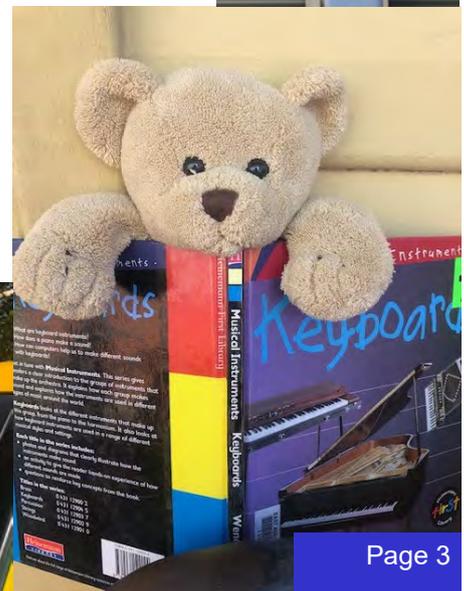
Every morning, please place a teddy bear in a window, at the gate or even in a bush for the children to see on their way to school.

You would really be helping us out by bringing some laughter and joy to the community!

From the East Adelaide School students.



Thank you!





Thank you to our school community. This week, when staff arrived at school, we were met with some very uplifting messages from the school community. Messages of support were written in chalk on the ground around the front office and school canteen. Thank you for your support and understanding during these times of uncertainty.

