



Narrabundah Early Childhood School

Learn • Develop • Nurture

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Week 4, Term 1, 2022

Principal's Message

COVID

Thank you for your support as we work through COVID notifications. We understand it is an anxious time for families. It is important that you read each notification and the ACT Health recommendations that are outlined in the email/letter. We try to send the notifications between 2.40pm and 3.30pm on weekdays, however sometimes on the weekend they are sent at different times.

We continue to implement COVID safe strategies in line with ACT Health recommendations. All staff are vaccinated and wear masks, children and staff use increased hygiene measures, we minimise the mixing of the preschool cohort and the K-2 cohort and only essential visitors are permitted onsite. At NECS children in our Communities@Work groups, 3-year-old Butterflies, Green Grass Parrots, Kangaroos, Red Grass Parrots and Koori Butterflies are not yet eligible for the COVID vaccination and children in K-2 are only partially vaccinated at this stage. It is very important that if your child has any signs of illness that they remain at home, even the mildest of symptoms must not be ignored.

Below are the common signs and symptoms associated with COVID.

People with a confirmed case of COVID-19 have reported a wide range of symptoms which can range from mild to severe.

About 3 in 4 people who develop COVID-19 will do so in the first 7 days after they are exposed. However, about 1 in 4 people still develop COVID-19 between day 7 and 14.

Common symptoms of COVID-19	Other symptoms of COVID-19
<ul style="list-style-type: none">• fever or chills• cough• sore throat• shortness of breath or difficulty breathing• new loss of smell or taste• runny or blocked nose	<ul style="list-style-type: none">• muscle pain• joint pain• diarrhoea• nausea• headache• vomiting• loss of appetite• fatigue• unexplained chest pain• conjunctivitis (eye infection)

Note: Numerous COVID-19 symptoms are also experienced as part of seasonal allergies, such as cough, shortness of breath or difficulty breathing, fatigue, headache, sore throat, congestion or a runny nose.

If your child receives a negative result on a Rapid Antigen Test (RAT) your child must continue to stay at home until they are well. You should continue to monitor closely for symptoms of COVID-19. If anyone in your home has symptoms of COVID-19, no matter how mild, get them tested immediately at one of the ACT COVID-19 testing sites. Details of testing sites can be found on the [COVID-19 website](#).

Annual Action Plan

All ACT Public Schools have five-year School Improvement Plans. These strategic plans result from a process called School Review. The NECS School Improvement Plan 2018-2022 ends this year and the school is scheduled to undertake the School Review process by an external panel in term two this year. The panel will review the progress of the school against the current School Improvement Plan 2018-2022 and make recommendations for priorities in the new School Improvement plan.

The School Improvement Plan is translated into a yearly action plan. In 2022 the NECS Annual Action Plan is as follows:

<i>What are we working on in 2022?</i>	<i>Action</i>	<i>Measure</i>	<i>What is the impact on student learning?</i>
Improved wellbeing for each child	Students develop a sense of agency in their learning and learn the language to describe their learning habits.	Every student in K-2 will be able to identify learning and self-regulation habits to support their development.	Improved positive behaviours for learning across the school.
<i>Why?</i>			Safe and supported school culture and learning environment.
To succeed in life children, need a healthy sense of self, to know how to self-regulate and a healthy mindset. Improved wellbeing leads to improved academic outcomes.			Students will develop skills and habits to attend to learning which will maximise learning.
			Students will develop the language to reflect on their own learning.
			Students will be able to interact and learn with peers successfully.
<i>What are we working on in 2022?</i>	Implement evidence based pedagogical practices to meet student need within mathematics.	Every student in K-2 will be able to group, partition and rearrange collections to facilitate more efficient counting.	Students will have a deeper understanding of number and place value.
Maximise the growth in learning for all children			Improved ability to compare numbers.
<i>Why?</i>			Improved ability to solve simple addition and subtraction problems using a range of efficient strategies.
We want children to maximise learning			

opportunities and growth during their time at school.			Improved mathematical outcomes for students.
			Students will hear consistent language at home and at school. (Families will have the opportunity to learn key strategies educators use at school to better support their child at home.)

If you have any questions regarding the 2022 Annual Action Plan, please do not hesitate to contact myself, Robyn Kiddy (Deputy Principal) or Donna Seal (Community Coordinator).

Student Wellbeing

Focusing on social and emotional skills in young children builds empathy, kindness and responsible decision making while enhancing peer relationships. Social Emotional Learning (SEL) is always a core focus of our work at NECS, both through Positive Behaviours for Learning (PBL) and through our explicit SEL teaching. However, we must remember that young children sometimes make poor choices, they sometimes hurt each other's feelings and they sometimes experience big emotions. Our job is to help the injured/upset child to feel calm and safe and to help teach the child who has made the poor choice how to make a better, safer choice next time. Teaching replacement behaviours takes time. Educators at NECS work together and implement a range of strategies to achieve better outcomes for all children.

In Semester 1 2022 NECS staff are working with health professionals from the ACT Child and Adolescent Mental Health Service (CAMHS) Childhood Early Intervention Program to help progress our work in this area.

Below is the Student Wellbeing at NECS document that provides more information about how we teach positive behaviours, promote safety and work through problems when they arise. If you have any questions please speak to myself, Robyn Kiddy or Donna Seal. I have also attached an article from the Raising Children Network on 'Why children fight'.

https://necs.schoolzineplus.com/_file/media/1817/student_wellbeing_at_necs.pdf
<https://raisingchildren.net.au/school-age/behaviour/friends-siblings/why-children-fight>

Warm Regards

Julie

Kangaroo Classroom

It has been wonderful to meet another group of children ready to begin their education at Narrabundah Early Childhood School. It is always exciting to start school or continue on to a higher class. It has been wonderful to see the enthusiasm and enjoyment the children bring to the environment and the calm and positive attitude the children have displayed towards their learning.

We have been learning lots about the wonderful preschool environment while making heaps of new friends. Friendships are developing quickly as the children take advantage of the many play opportunities at preschool.

We hope to see you all throughout the year and wish you and your family every success for the year ahead.



Green Grass Parrot Classroom

Welcome to the wonderful world of the Green Grass Parrots. All the children have settled into the daily routines of preschool at NECS. One of the routines that we are establishing is getting the children to unpack their bags and place their hats into the green bucket. Routines such as this helps to develop organisational skills and responsibility for their belongings.

Literacy plays an important role developing imagination and letter identification. Each morning the children read books and draw pictures on the white boards as they settle into preschool and prepare for the day's learning. We generally then head outside to the yard to enjoy outside play.

All the children are enjoying the free play sessions and are forming friendships during inside and outside time. Art and craft experiences in the middle and afternoon sessions stimulate their senses and encourage conversations between peers in the class. Dolls, babies and prams, cars and blocks and puzzles add to the excitement of learning. Music, songs, and big books help to develop their vocabulary and imagination and often creates chatter and a sense of excitement, that shows us they are keen to learn new things.

Both Kris and I consider ourselves to be fortunate educators, as we have such a delightful and eager bunch of little people in the Green Grass Parrots.



Kindergarten Health Check forms

Dear Kindy families,

If you have not returned your Kindy Health Check form for your kindy child could you please return them ASAP as the health team will be collecting them from the School in the first week of March.

https://necs.schoolzineplus.com/_file/media/1830/kindergarten_health_check_flyer_2022_v4_printfa_pg2.pdf

Walking School Bus

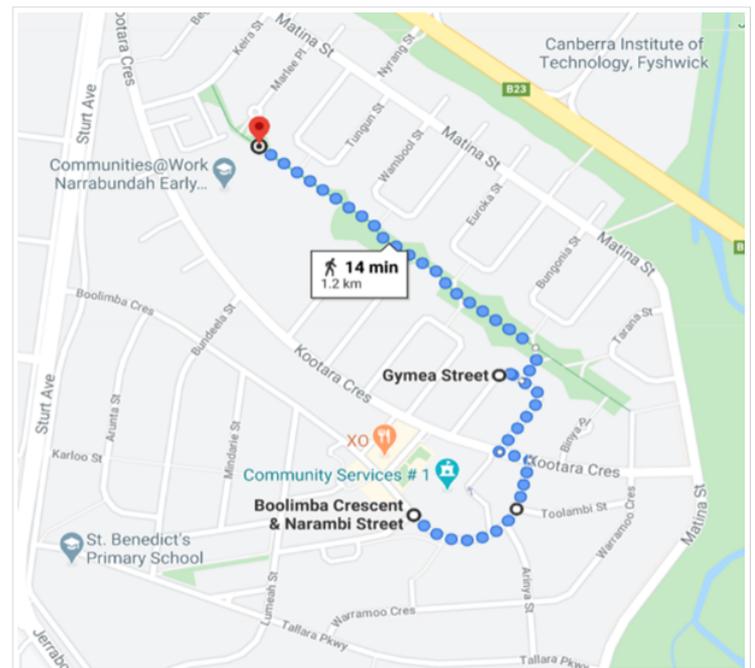
Expression of Interest

Narrabundah Early Childhood School (NECS) is offering students kindergarten to Year 2 living along Route No. 1 (below) the opportunity to join the Walking School Bus (WSB) in 2022. Pre-schoolers are welcome to join the WSB but require a parent to walk with them to school. Parents and carers are more than welcome to join the WSB.

The WSB is a safe and fun way for children to get physical activity as they travel to school in the morning with adult supervision. Depending on the need, the "bus" will walk along Route No. 1 (below) Monday to Friday mornings during school term with two or more adults leading it, picking children up at designated stops along the route and walking them to school.

If you are interested in your child joining the Walking School Bus please contact Donna Seal, Community Coordinator, via email: donna.seal@ed.act.edu.au phone: 6142 3823 mobile: 0480 266 493.

Route 1



PBL awards



Communities at Work - Wombat Room

Over the past few weeks, the children in the Wombat's room have been engaged in various learning experiences that are focused on promoting their fine motor skills, creativity, imagination, hand-eye coordination, numeracy and literacy skills. These experiences included dramatic play doctors, catching ducks using fishing rods, singing "five little ducks" in Spanish, lunar new year crafts, soft foam puzzles, sidewalk painting as well as physical experiences such as obstacle courses, steppingstones, parachute play. We have also been focusing on growing our appreciation for the outdoor environment of the service by watering plants and learning to sweep sand back into the sandpit. Our children have been engaging in social interactions and developing their skills in cooperation and building relationships with one another, they have been working together when engaging in intentional teaching experiences with some wonderful friendships forming. We have welcomed new children into our space and they have been settling in wonderfully, tackling their new environment with confidence and ease.

Week 3 PBL recipients

RESPECT	INCLUSION	SAFETY	EXCELLENCE
Frida	Cruz	Harley	Savreen
Isaiah	Duke	Eva	Rhys
Nakita		Conan	Bianca
Naomi		Lucas	Jonah
Walter			Kingston
			Manaia
			Luca
			Angus
			Henry



Key messages from ACT Health

Rapid Antigen Tests (RAT)

- If your child tests positive with a Rapid Antigen Test (RAT):
 - o they should isolate for 7 days and follow the guidance on the COVID-19 website, and
 - o register their positive RAT result with ACT Health using the online form, and
 - o tell your child's school if your child was at school during the time they may have been infectious.

- Registering a RAT result using the online form means ACT Health can contact you and provide further information and support if required.
- If your child has tested negative with a RAT but has ongoing COVID-19 symptoms, they should have a PCR test. If the PCR test is positive, they should follow the guidance for people with COVID-19. If the PCR test is negative, they may return to school when they are well.

https://necs.schoolzineplus.com/_file/media/1816/20220215_sb_w3a6_boost_your_protection_16_17yr_old.png

Household (high risk) contacts

- If your child is in quarantine because someone in your household has COVID-19, they cannot attend school during the quarantine time period. They are required to quarantine as a household (high risk) contact.

Week 4 PBL recipients

RESPECT	INCLUSION	SAFETY	EXCELLENCE
Abigail	Aaliyah	Jonah	Florence
Curtis	Yindi	Mia	Ashton
Hamza	Gursaanhjh	Amelie	Frida
Madison	Robbie	Luca	Nicholas
	Henry	Isaiah	Oumou
	Olivia		Teddy
			Eva
			Jonah

- As a household (high risk) contact, it's important that your child stays in quarantine for the full 7 days, even if they have returned an initial negative COVID-19 test during this time.
- Once your child has completed their quarantine period, they can return to school, if they:
 - o do not have any symptoms of COVID-19, and
 - o have had a negative exit quarantine test.

Information about children and COVID-19 is available on the ACT COVID-19 website.

COVID-19 vaccines

COVID-19 vaccinations for children aged 5 to 11 years of age

- Children aged 5 to 11 can now receive a COVID-19 vaccine. Children will get 2 paediatric doses of the Pfizer vaccine, 8 weeks apart.
- Walk in appointments are currently available the AIS COVID-19 vaccination clinic. The AIS Arena COVID-19 vaccine clinic is open every day from 8am and 8.30pm (last walk-ins at 7.30pm).
- If you'd like to make an appointment, please call the vaccine booking line on (02) 5124 7700, between 7am to 7pm, daily (online bookings using MyDHR are unavailable for children's COVID-19 vaccinations).
- If you'd like to book your child in for their COVID-19 vaccination at a GP or pharmacy, use the Vaccine Clinic Finder: <https://covidvaccine.healthdirect.gov.au/booking/>
- If you are unsure about vaccinating your child, speak to your GP or another trusted health care professional to make an informed decision about their health.
- More information and resources about COVID-19 vaccinations for children can be found at: www.covid19.act.gov.au/vaccinechildren Boosters
- Boosters are recommended for everyone aged 16 and over who received their second dose more than three months ago.
- A booster dose will give even more protection from severe illness with COVID-19.
- Appointments are readily available at ACT Government COVID-19 vaccination clinics by calling 5124 7700 or going online and using MyDHR.
- You can also get your booster from your local GP or pharmacy using the Vaccine Clinic Finder.

People aged 16 to 17 years of age



People aged 16 to 17 years of age, who have had their second dose of a COVID-19 vaccine three months ago, can now book to get their booster. A booster dose will give even more protection against falling seriously ill from COVID-19. Bookings are available at:

ACT Government COVID-19 vaccination clinics (AIS Arena, Canberra Airport or Access and Sensory clinics) by calling the ACT COVID-19 vaccination booking line on 02 5124 7700, 7:00 am to 7:00 pm daily, or go online to [MyDHR](#), participating GPs or pharmacies using the [vaccine clinic finder](#).

There are lots of bookings available, so there's no reason to wait! Booster doses are recommended for people who have had COVID-19 in the past. The vaccination can be given any time after recovery from COVID and release from isolation. Talk to a GP or health care provider after you have recovered from COVID-19 for advice on the best timing for vaccination. For more information go to [COVID-19 vaccine booster doses and third doses](#).

Communities at Work - Manager Update

Thank you to all our families for continuing to support the Narrabundah educator team while we are all finding a new normal during this year. The commitment to best outcomes for our families and children remains strong and although we may not be seeing you in our rooms at this time, your feedback, and interactions on Storypark, via email, on the phone and in person are keeping the educators inspired each day. Molly Hulands our Platypus Room Early Childhood Teacher has now moved into the role of Assistant Manager and Educational Leader. Molly's teaching experience will bring a new and exciting aspect to the planned curriculums and learning outcomes. In my absence Molly will be able to assist all families with enquiries when needed.

Should you need to contact the rooms directly throughout the day when your child is in attendance the numbers are:

Koalas: 61420034

Wombats: 61420031

Kind Regards,

Michelle

Authorised by Craig Jordan, Executive Group Manager, Territory and Business Services, Transport Canberra and City Services Directorate

Time to get back into your local library



Join us for the return of our most popular programs and see what's new. Browse what's on and book now at: <http://bit.ly/WhatsOnAtTheLibrary>

Returning kids programs:

- Story Time (3-5 years) and Giggle & Wiggle (0-2 years)
– Now every week including school holidays and weekends
- Story Dogs | 18 Feb-8 Apr
– Dashi returns with 2 new dogs, Ginny and Dude, to help reluctant readers build their confidence with reading
- Nourishing Little Minds | 1-23 Mar
– Make exploration of healthy food fun for kids through song, stories and giggles

What's new:

- Sensory Story Time for families living with autism and sensory challenges | Fortnightly Fridays from 18 Feb
- Join a book group style chat about non-fiction topics at Round the Table | First Tuesday of the month
- Digital support for seniors with COTA ACT (Council on the Ageing) | Thursdays
- Employment advice for people living with a disability | From February
- Look Who's Talking workshops for parents | from February
- Using and accessing first readers at the library | from February
- Studio tours of Woden's new podcasting and recording studios | Mondays-Saturdays

All programs are FREE. Bookings are required.

Not a library member? It's free and easy to [join online](#) or visit [any branch](#) and talk to our friendly staff.

Be You



Be You is a national initiative for educators, aimed at promoting and protecting positive mental health in children and young people. Be You provides educators with knowledge, resources and strategies for helping children and young people achieve their best possible mental health.

Narrabundah Early Childhood School is committed to a whole-school approach to promote mental health and wellbeing. Over the next few terms, educators will engage with the 'Family Partnership' domain of the Be You Professional Learning. This term the Be You, 'Partner' module focuses on partnering with families to support positive mental health outcomes for children.

At NECS we recognise that families are children's first educators and partnering with families plays a vital role in supporting children's education and wellbeing.

Families can learn more about the Be You initiative and access resources, such as [Fact Sheets](#) and visit the [Beyond Blue's Healthy Families](#) website. If you have any question regarding the Be You initiative please don't hesitate to contact our Community Coordinator, Donna Seal, email: donna.seal@ed.act.edu.au phone: 61423823 or mobile: 0480 266 493.

The [Be You Families](#), [Be You Early Learning](#), [Be You Primary](#) and [Be You Secondary](#) Facebook pages offer great links to information and resources for all families and educators.



Sun Safety

All children at NECS must wear a hat when they play outside. Please ensure your child brings a hat, labelled with their name, to school every day.

NO HAT? PLAY IN THE SHADE

Hats are vital for protection in the sun.
Physical activity every day is important for good health.
www.GenerationSunSmart.com

 Cancer Council
 SUNSMART
 Let's Move!