



GLENVALE NEWS

The Newsletter of Glenvale School

Term 4 Week 7 Nov 19th 2021



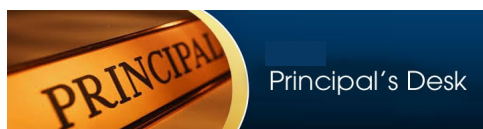
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Principal's Desk

Dear Glenvale Community

It has been great to see our students enjoying their time at school over the past few weeks as COVID restrictions have eased. I have enjoyed getting to meet more students and see the excellent work that students are doing across both campuses. Last week I was asked to continue in the role of Acting Principal for Term 1, 2022 which I was very happy to accept. I'm looking forward to meeting more members of the Glenvale Community as restrictions ease further and our school events can resume safely.

Thank you to all of the parents and carers who have already completed the 2021 Tell Them From Me survey. I would encourage all parents and carers who haven't participated, to follow the link below. The feedback is very much valued and will assist our school with planning, and in adjusting policies and procedures. The survey will close on Friday 26 November.

<http://nsw.tellthemfromme.com/dm7nv>

As the year draws to a close we are planning end of year activities. Unfortunately, due to the current restrictions, our Presentation Day is going to be a pre-recorded event which will be shared with families. We have also moved our School Captain announcement and ceremony to the beginning of next year, in the hope that we can have a more significant celebration. Further details about these events will be communicated in the near future.

Warm regards

Peter

Student attendance at school — Department of Education



All students are expected to be at school unless they are unwell. Do not attend school if unwell, even with mild symptoms. Get tested for COVID-19 and follow NSW Health directions.

If you have any COVID-19 symptoms you will be sent home and must not return to school unless you have either:

- o isolated for 10 days, when no medical certificate is available
- o a negative COVID-19 test result and are symptom free.
- In circumstances where a student has other medical reasons for recurrent symptoms, a letter from your GP is sufficient to negate the requirement for a negative test.

Thank You!

NSW Department of Education

Term 4 roadmap

From 8 November

All schools will operate on updated Level 3 settings for the rest of Term 4.

- School sports allowed
- Inter-school sports allowed outside of school hours
- Assemblies and presentations allowed outdoors on-site
- Excursions allowed outdoors
- Dancing and some music classes allowed
- Fully vaccinated visitors allowed on site to support curriculum delivery, wellbeing programs and school operations
- Community use allowed (including P&C meetings)

From Term 1 2022

We can look forward to more freedoms as schools return in 2022.

Keeping us all safe

A **combination of layered safety measures** allow us to prioritise student and staff wellness while we keep schools open.

Stay home if unwell

- Do not attend or participate if unwell, even with mild symptoms.



Vaccinations required

- All adults must be fully vaccinated.



Always check in

- All staff and visitors must check in when attending a school site or gathering.



Wear masks indoors

- Masks are required indoors for all staff, visitors and students in Year 7 or above, and strongly recommended indoors for primary students.
- You can take your mask off when eating or exercising.



Physically distance

- Maintain 1.5 metres physical distancing wherever practicable.



Maximise ventilation

- Activities and events should be held outdoors where practicable.
- Indoor spaces will be well ventilated and as large as possible for the number of attendees.



Stick to your cohorts

- Avoid mingling with other groups when moving around the school.



For the latest information, refer to education.nsw.gov.au/covid-19.



Important dates

Please return permission notes and information regarding students ASAP.

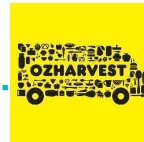
Year 7 vaccinations—Tuesday 23rd November

Last student day Term 4—Thursday 16th December 2021

First student day in 2022—Tuesday 1st February 2022



We would like to thank Oz Harvest for generously providing weekly food hampers that support our Glenvale families



Voluntary School Contributions



Voluntary Contribution

Every public school asks for a small contribution towards the many costs associated with education programs.

At Glenvale, we ask that parents contribute \$35 per child each year. This has not changed for many years and is very small in comparison to other schools, even though our costs can be much higher.

Please consider sending in the \$35 as soon as you are able to do so; a payment can be made via our webpage www.glenvale-.schools.nsw.edu.au. Go to the 'Make a Payment' tab and follow the links.

Many thanks to those who have already done so.

All donations to the school over \$2 are tax deductible as Glenvale is registered with the Australian Tax Office as a deductible gift.

Narara Room 2 making elephant toothpaste in Science



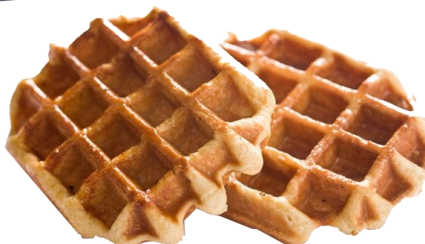
SCIENCE
RULES



And having fun cooking



Yum!



Feeling masks made by The Entrance North Room 2



This week activities in the learning Hub





Playground Awards



What a star you are!



Week 5

Narara

- Room 1: Riley A.
- Room 2: Kyle A.
- Room 3: Saphira F.
- Room 4: Reggie-Lee B.
- Room 5: Hamish G.
- Room 6: Brock B.
- Room 8: Baylee N.
- Room 9: Skye M.
- Room 10: Ollie M.
- Room 11: Ella P.
- Room 12: Ilija D.
- Room 13: Jack R.
- Room 14: Nicholas C.
- Room 15: Rylan A.
- Room 16: Oliver T.
- Room 17: Justyn S.

Week 5

North Entrance

- Room 1: Tyler R.
- Room 2: Sophie M.
- Room 3: Joel R.
- Room 4: Lucas E.
- Room 5: Bryce T.
- Room 6: Riley N.
- Room 7: James L.
- Room 9: Anthony B.

Week 6

Narara

- Room 1: Preston B.
- Room 2: Kobie C.
- Room 3: —
- Room 4: Leo P.
- Room 5: Sebastian K.
- Room 6: Bailey W.
- Room 8: —
- Room 9: Ruby H.
- Room 10: Beau M.
- Room 11: Ella P.
- Room 12: Tristan K.
- Room 13: Brodie M.
- Room 14: Declan M.
- Room 15: Harry M.
- Room 16: Esther E.
- Room 17: Justyn S.

Week 6

North Entrance

- Room 1: Lachlan P.
- Room 2: Lachlan K.
- Room 3: Tyler A.
- Room 4: Mason R.
- Room 5: Summer M.
- Room 6: Layla M.
- Room 7: Lucas B.
- Room 9: Ryan F.



Week 7

Narara

- Room 1: Preston B.
- Room 2: Yasmin R.
- Room 3: Leilani V.
- Room 4: —
- Room 5: Nathan F.
- Room 6: —
- Room 8: Zen N.
- Room 9: Caitlin L.
- Room 10: Ted V.
- Room 11: Tyrone M.
- Room 12: Andrew N.
- Room 13: Zac P.
- Room 14: Nick C.
- Room 15: James C.
- Room 16: Sophie J.
- Room 17: Harry F.

Week 7

North Entrance

- Room 1:
- Room 2:
- Room 3:
- Room 4:
- Room 5:
- Room 6:
- Room 7:
- Room 9:

Awards for week 7 will be printed in the next newsletter

Playground Award



NSW Health specialised intellectual disability health teams

The NSW Health specialised Intellectual Disability Health Teams are being expanded across the state.

What do the Intellectual Disability Health Teams provide?

For eligible clients with a GP referral

- A multidisciplinary health assessment
- A Health Care Plan with recommendations
- Referrals to health and other services as needed

To be eligible

To be eligible for this clinical service a child, adolescent or adult with intellectual disability will have:

- complex health conditions, and
- a current unresolved health problem, and health care needs that cannot be met by usual care.

After seeing the team you can ask your GP about a follow up appointment to talk about the recommendations in the Health Care Plan and the results of any tests.

The team does not provide routine reviews or ongoing care and will refer to health and other services as needed.

For people with an intellectual disability, their carers and family

The team can also:

- provide information on health services and contacts
- contact the GP or other health service to provide information, resources and advice.

Where are they located?

The teams are based in the Sydney, Hunter New England, South Western Sydney, Northern Sydney, Western NSW, and South Eastern Sydney Local Health Districts.

Each team will provide an outreach service to another local health district/s across NSW.



Contact Details

Please contact the team for further information::

Name: **Specialised Intellectual Disability Health Team**

Phone: **02 49246067**

Fax: **02 49246233**

Email: **HNELHD-IntellectualDisabilityTeam@health.nsw.gov.au**

Where carers can find support



Pam, carer to her son.

Do you look after a family member or friend with disability, a medical condition, mental illness or who is frail due to age?

Do your caring responsibilities affect your wellbeing or your ability to work, study or socialise?

If you answered yes to any of these questions, Carer Gateway can help you.

What is Carer Gateway?

Carer Gateway provides in-person, phone and online services and support to Australia's 2.65 million unpaid carers.

By calling **1800 422 737** Monday to Friday between 8am and 5pm, you can talk to a Carer Gateway service provider who will help you access services and support.

The dedicated Carer Gateway website (carergateway.gov.au) connects you with online support and information.

Services available through Carer Gateway include:



Coaching

Reflect on how your caring role impacts your life and learn new ways to manage stress and improve your wellbeing.

- **Self-guided coaching** – undertake online interactive courses.



Counselling

If you're feeling stressed, anxious, sad or frustrated, a professional counsellor can talk with you about your worries and offer help.

- **In-person** – speak one-on-one with a professional counsellor in your local area.
- **Phone counselling** – speak with a counsellor over the phone in the comfort of your own home.



Respite care

- **Emergency respite** – get assistance in looking after the person you care for if an unplanned event stops you from being able to provide care. For example if you are ill or injured.
- **Planned respite** – plan for regular breaks to rest and recharge while respite services look after the person you care for.



Connect with other carers

Meet with people in similar caring situations and share your stories, knowledge and experience.

- **In-person** – meet local carers, share advice and learn from each other in a safe space.
- **Online forum** – join the online forum and be part of a supportive community with other carers.



Online skills courses

Learn new skills in caring for someone and your own wellbeing, including dealing with stress and legal issues.

'It's very rewarding to be able to care for someone you love, but the biggest challenge is balancing time to care for yourself.'

Doug, carer to his daughter.



Financial support

Get financial support to assist you in your caring role.

Financial support packages:

- one-off practical support in the form of equipment or an item to assist you in your caring role.
- a range of ongoing practical supports, such as planned respite or transport, provided over a twelve-month period.

How do I contact Carer Gateway?

Carer Gateway offers a national website at www.carergateway.gov.au

or you can phone **1800 422 737**

Monday to Friday between 8am and 5pm.



An Australian Government Initiative



Carers NSW is the dedicated Carer Gateway Service Provider for Hunter New England, the Central Coast and the North Coast of NSW.

carergateway.gov.au

Connecting carers  to support services

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NEW
G
S



LASERCRAFT
AUSTRALIA

Is starting a
NEW
Community Access
Program

Information session for parents, students and careers



Supporting Individuals with Disabilities on the NSW Central Coast to
access Community, Social and Recreational activities

- ◆ Arts and Craft
- ◆ Sports and Recreation
- ◆ Community Access
- ◆ Photography
- ◆ Cooking
- ◆ Gardening

Come to our **OPEN DAYS**

Friday the 26th November

Wednesday 1st December

9:30 - 2pm



RSVP

admin@lasercraft.com.au or

call 02 4323 1373

