NARARA / THE ENTRANCE NORTH / VALLEY VIEW

GLENVALE NEWS

The Newsletter of Glenvale School

Term 3 Week 2 July 23rd 2021

INSIDE THIS ISSUE:

Principal's Message..1 School infrastructure

Resources for families

during remote learning.....5-9

Election Coy jobs....10

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Principal's Desk

Dear Glenvale Community,

Firstly I would like to thank all of our students, staff, parents, carers and members of the wider Glenvale community for adapting so quickly to the changes we have had to make over the last few weeks due to COVID-19. The current situation is incredibly stressful for everyone in our community and I appreciate the sacrifices you are all making to stay safe. At a time like this it is really important to look after each other and I encourage anyone in our school community who is struggling to reach out for help. We will get through this together.

I would also like to thank everyone in the Glenvale community for the warm welcome that I have received as Relieving Principal. I am thrilled to work with the Glenvale School staff. I can already see they are dynamic, positive, knowledgeable and deeply committed to the learning needs of the students. I'm looking forward to when restrictions are eased and our school operations can return to a more normal state, where I will be able to get to know all of the students, parents and carers.

I would like to acknowledge and thank Matt Johnson for his time as Glenvale School Principal. It is exciting to see many of the projects that Matt has led coming to completion. I look forward to working with the staff and community on new projects and improving the experiences and opportunities for our students.

On a positive note, I'm very excited to let you all know that the playground and COLA at the North Entrance campus is finished. When restrictions have eased, it will be wonderful to celebrate the completion of this project with our school community. At the Narara campus the new WiFi has been installed and is operational. This will be a fantastic resource for our staff and students. The library has also been cleared, ready for the new furniture and equipment.

Once again, I would encourage everyone to look after each other and stay safe. Please don't hesitate to reach out if you need to and I very much look forward to the time when our school community can be together onsite again.

Regards Peter.

Glenvale School Works notification

20 July 2021

Update on maintenance work at Glenvale School

Further to our previous notification dated 11 June 2021, the program of maintenance work to improve the facilities for students at Glenvale School and provide the best learning environment at the North Entrance Campus is complete.

Work included:

- refurbishment of Block G, widening of doorways and upgrades to toilets and showers)
- refurbishment of Block O (the library)
- relocation of a timber building from another school to provide new facilities including two classrooms, four offices, a staff room, kitchen, toilet, shower and change areas.
- a new covered outdoor learning area (COLA), shade structure and improvements to pavement and landscaping, including external breakout areas.

Separate to the maintenance program, the school has also submitted two additional School Funded applications for additional works, which includes the refurbishment of classrooms, including data upgrade, wall linings and cabinetry and the internal refurbishment of Block K. This is currently being planned with the school principal.

Working with contaminated soils

Further to our works notification dated 26 May 2021, during planned maintenance work at Glenvale School asbestos containing material was found in the central playground area. Work to remediate this area during the school holidays was delayed due to the planning approval pathway. Due to the contaminated soils and the proximity to the coast, the work requires a development application to be submitted through Central Coast Council.

This process is underway, and we are planning to undertake remediation works during the October school holidays, pending approvals. The section of the playground that returned the positive findings will stay cordoned off and out of bounds to students and staff until remediation is finished.

The work will involve encapsulating the affected area with artificial turf to allow students to regularly use more of the playground. The area will be remediated in accordance with the Department of Education's Asbestos Management Plan and SafeWork NSW regulations. All work will be completed by licensed and accredited asbestos contractors and monitored by occupational hygienists in strict accordance with all applicable legislation, regulations, policies and guidelines.

Testing will be completed to ensure the area has been fully remediated. The school will receive a clearance certificate before the area is open to students and staff. We will keep you informed if further material is found which requires removal.

For more information contact:

School Infrastructure NSW Email: schoolinfrastructure@det.nsw.edu.au Phone: 1300 482 651 www.schoolinfrastructure.nsw.gov.au



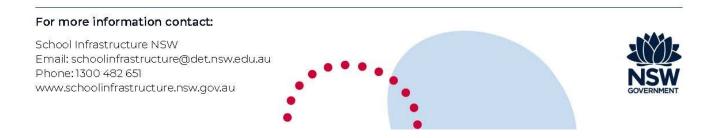
| NSW Department of Education – School Infrastructure

The health, safety, and well-being of the school and the local community is our highest priority. Please be assured that the removal of this material will not pose a risk to the local community.

Thank you for your continued understanding during this important work. We will continue to keep you updated on the remediation works. We welcome any enquiries regarding work at Glenvale School.



Images: The new COLA and equipment





Resources for Families During Remote Learning



If you or your child needs to talk to someone...

Name	Name About		Online	
Kids Help Line	For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.	1800 55 800 24/7	Webchat 24/7 <u>https://kidshelpline.com</u> . au/get-help/webchat- counselling	
Lifeline Crisis Support. Suicide Prevention.	For all ages – 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.	CALL: 13 11 14 24/7 TEXT: 0477 131114 6:00PM - Midnight	Crisis Support Chat 7:00PM – Midnight https://www.lifeline.org. au/get-help/online-services /crisis-chat	
Youth Beyond Blue Beyond Blue	information and support to 13 help everyone in Australia		Chat Online 3:00PM - Midnight https://www.youthbeyond blue.com/	
	SANE Australia supports people living with complex mental health issues and the people that care about them	1800 187 263 10:00AM – 10:00PM	Webchat 10:00 AM – 10:00 PM https://www.sane.org/about- sane	
Headspace headspace	eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.	N/A	Group Chat 24/7 1 on 1 Chat 9AM - 1AM https://headspace.org.au/eh eadspace/	

2			
1800RESPECT 1800RESPECT	Confidential information, counselling and support service, open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse	1800 737 732 24/7 Interpreter: 13 14 50	Online Chat 24/7 https://chat.1800respect.org .au/#/welcome
Carers NSW	Carer Line offer emotional support, referrals and distribute carer specific resources and information to carers and community members	1800 242 636 9AM – 5PM Monday - Friday	http://www.carersnsw.org.a u/how-we- help/support/carer-line/
Mental Health Line Mental Health Line 1800 011 511 P	A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people	1800 011 511 24/7	https://www.health.nsw.gov. au/mentalhealth/Pages/Men tal-Health-Line.aspx
NSW GOVERNMENT	Child Protection Helpline	13 21 11	https://reporter.childstory.ns w.gov.au/s/mrg

For our ATSI Families....

Name	About	Phone	Online	
Yerrin	A culturally safe and appropriate environment for Aboriginal and Torres Strait Islander people to access health care.	02 4351 1040	https://yerin.org.au	
Bungree	ngree Community based 02 4350 organisation that provides a wide range of services to Aboriginal and Torres Strait Islander people.		https://bungree.org.au	

If you are looking for an app to support you or your child...

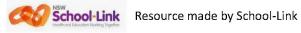
Name	About	Online
Smiling Mind	Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.	Free App Store Google Play
WellMind	WellMind is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing	Free App Store Google Play
ReachOut Breathe	ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone	Free App Store
ReachOut Worry Time	ReachOut WorryTime interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7	Free App Store
Clear Fear	The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away. Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.	Free App Store Google Play

If you are looking for online support or additional information...

Service	About	Online	
Black Dog Institute	Primary areas of mental health research and treatment include: depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, workplace mental health, adolescents and young people, suicide prevention, e-mental health, and positive psychology and wellbeing.	https://www.blackdoginstitute. org.au/	
The BRAVE Program	BRAVE-ONLINE is an evidence-based cognitive behavioural therapy (CBT) available online to help children (8-12) and teenagers (13-17) cope with anxiety	https://www.braveonline.com/	
Smiling Mind	Online and app-based program to improve wellbeing of young people through mindfulness meditation.	https://www.smilingmind.com au/	
Raising Children	Free, reliable, up-to-date and independent information to help families grow and thrive together. Funded by the Australian Government, reviewed by experts and non-commercial. Newborns – teens	https://raisingchildren.net.au	
	A directory of ASD supports from the Department of Education	https://education.nsw.gov.au/t eaching-and-learning/disability- learning-and- support/resources/support- organisations/austism	

If you would like COVID19 resources and support for children...

Name	About	Online
Emerging Minds Emerging Minds.	Resources to help parents and carers to best support their children and reduce worry and distress.	https://emergingminds.com.a u/resources/supporting- children-during-the- coronavirus-covid-19- outbreak/
TALI TALI	Happier Kids Kit- a resource for kids at home during the COVID19 pandemic	<u>https://hello.talihealth.com/ha</u> ppier-kids-kit
Mind Heart Mind Heart	A short book to support and reassure children, regarding the COVID-19.	https://www.mindheart.co/des cargables
The Department of Education	Resources for parents to support student wellbeing while being confined to home for an extended period due to COVID	https://education.nsw.gov.au/ early-childhood- education/information-for- parents-and-carers/learning- from-home/wellbeing
All Play Learn	Resources and information to support families with the challenges associated with the COVID pandemic.	<u>https://allplaylearn.org.au/cov id-support/families/child- wellbeing/</u>
By Jade lettle numma's CREATIONS	An online social story by Kate McCulley-Watson and Jade Amalos for children who are experiencing fear and anxiety due to COVID- 19/coronavirus.	https://byjade.com.au/shop/d ontwalkyourcatandotheradvic eforaworriedkid?fbclid=lwAR 07DmA3oFnH7U_GJEwyVVv UbHuYVT0avN0jG09hl0lwQ HvN9PhLNDgwHao





Food and Meal Assistance

Monday	Tuesday	Wednesday	Thursday	Friday
Youth Brekky Club Kincumber Neighbourhood Centre 7:30am - 8am 4363 1044	Food Hampers Green Point Community Centre Drop in, subject to availability. 9am - 4pm 4367 7591	Youth Brekky Club Kincumber Neighbourhood Centre 7:30am - 8am 4363 1044	Food Hampers Green Point Community Centre Drop in, subject to availability. 9am - 4pm 4367 7591	Youth Brekky Club Kincumber Neighbourhood Centre 7:30am - 8am 4363 1044
EAPA Vouchers Vinnies Gosford 9am – 3pm 4322 5861	EAPA Vouchers Vinnies Gosford 9am – 3pm 4322 5861	EAPA Vouchers Vinnies Gosford 9am – 3pm 4322 5861	EAPA Vouchers Vinnies Gosford 9am – 3pm 4322 5861	EAPA Vouchers Vinnies Gosford 9am – 3pm 4322 5861
EAPA Vouchers Vinnies Woy Woy 9:15am – 2pm 4344 3261 Food Hampers	EAPA Vouchers Vinnies Woy Woy 9:15am – 2pm 4344 3261	EAPA Vouchers Vinnies Woy Woy 9:15am – 2pm 4344 3261 Food Hampers	EAPA Vouchers Vinnies Woy Woy 9:15am – 2pm 4344 3261	EAPA Vouchers Vinnies Woy Woy 9:15am – 2pm 4344 3261 Food Hampers
Green Point Community Centre Drop in, subject to availability. 9am - 4pm 4367 7591	Food Hampers Salvation Army, Erina 9:30am - 2:30pm Referral only. 1300 371 288	Green Point Community Centre Drop in, subject to availability. 9am - 4pm 4367 7591	Essential Food Cards Vinnies, Gosford 9am - 3pm 4322 5861	Green Point Community Centre Drop in, subject to availability. 9am - 4pm 4367 7591
Essential Food Cards Vinnies, Gosford 9am - 3pm 4322 5861	Food Hampers Vinnies, Gosford 9am - 3pm 4322 5861	Essential Food Cards Vinnies, Gosford 9am - 3pm 4322 5861	Fresh Produce and Food Hampers Mary Mac's Place Woy Woy 9am - 2pm 4341 0584	Essential Food Cards Vinnies, Gosford 9am - 3pm 4322 5861
Fresh Produce and Food Hampers Mary Mac's Place Woy Woy 9am - 2pm 4341 0584	Essential Food Cards Vinnies, Gosford 9am - 3pm 4322 5861	Food Hampers Vinnies, Gosford 9am - 3pm 4322 5861	Food Hampers Vinnies, Gosford 9am - 3pm 4322 5861	Food Hampers Vinnies, Gosford 9am - 3pm 4322 5861
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Essential Food Cards Vinnies, Woy Woy 9:15am - 2:00pm 4344 3261	Food Hampers Vinnies, Woy Woy, 9:15am - 2:00pm 4344 3261	Essential Food Cards Vinnies, Woy Woy 9:15am - 2:00pm 4344 32611	Food Hampers Vinnies, Woy Woy, 9:15am - 2:00pm 4344 3261	Food Hampers Vinnies, Woy Woy, 9:15am - 2:00pm 4344 3261
Food Hampers Vinnies, Woy Woy, 9:15am - 2:00pm 4344 3261	Essential Food Cards Vinnies, Woy Woy 9:15am - 2:00pm 4344 3261	Food Hampers Vinnies, Woy Woy, 9:15am - 2:00pm 4344 3261	Food Hampers Salvation Army, Erina 9:30am - 2:30pm Referral only. 1300 371 288	Pantry Club Hope Church, Umina Beach 10am - 1pm Membership required. 4344 2509
Food Parcels Samaritans, Wyoming 10am - 1:30pm Drop in, subject to availability. 4329 3052	Second Bite Grocery Items Green Point Community Centre 2pm - 3pm Gold coin donation, bring a bag to fill. 4367 7591	Food Hampers Salvation Army, Erina 9:30am - 2:30pm Referral only. 1300 371 288	Food Parcels Liberty Life House Gosford Drop in. 10am - 2pm 4321 0305	Electricity and Telstra Vouchers Samaritans Wyoming 10am – 1:30pm Drop in 4329 3052
Electricity and Telstra Vouchers Samaritans Wyoming 10am – 1:30pm Drop in 4329 3052	Food Parcels Liberty Life House Gosford Drop in. 10am - 2pm 4321 0305	Discounted Grocery Items Foodcare Global Care Resource Centre, Wyoming 10am - 2pm 0431 623 436	Discounted Grocery Items Foodcare Global Care Resource Centre, Wyoming 10am - 2pm 0431 623 436	Food Parcels Liberty Life House Gosford Drop in. 10am - 2pm 4321 0305
Subsidised Lunch 50+ Leisure and Learning Centre Terrigal People over 50 Meals from \$3 Orders by 11am 4384 5152	Free Lunch Coast Shelter Community Centre 11am - 1pm 4346 1263	Food Parcels Liberty Life House, Gosford Drop in. 10am - 2pm 4321 0305	EAPA Vouchers Kincumber Neighbourhood Centre 10am – 2pm 4363 1044	Food Parcels Samaritans, Wyoming 10am - 1:30pm Drop in, subject to availability. 4329 3052
Free Lunch Coast Shelter Community Centre 11am - 1pm 4346 1263	Subsidised Lunch 50+ Leisure and Learning Centre Terrigal People over 50 Meals from \$3 Orders by 11am 4384 5152	Second Bite Program Kincumber Neighbourhood Centre, 10:30am - 12:30pm 4363 1044	Free Lunch Coast Shelter Community Centre 11am - 1pm 4346 1263	Free Lunch Coast Shelter Community Centre 11am - 1pm 4346 1263
Free Meal Mary Mac's Place, Woy Woy 11am - 1pm 4341 0584	Subsidised Lunch 50+ Leisure and Learning Centre Gosford People over 50 Meals from \$3 Orders by 11am 4304 7065	Free Lunch Coast Shelter Community Centre 11am - 1pm 4346 1263	Subsidised Lunch 50+ Leisure and Learning Centre Terrigal People over 50 Meals from \$3 Orders by 11am 4384 5152	Subsidised Lunch 50+ Leisure and Learning Centre Terrigal People over 50 Meals from \$3 Orders by 11am 4384 5152
EAPA Vouchers Coast Shelter Community Centre 11.30am - 1pm 4346 1263	Free Meal Mary Mac's Place, Woy Woy 11am - 1pm 4341 0584	Subsidised Lunch 50+ Leisure and Learning Centre Terrigal People over 50 Meals from \$3 Orders by 11am 4384 5152	Free Meal Mary Mac's Place, Woy Woy 11am - 1pm 4341 0584	Subsidised Lunch 50+ Leisure and Learning Centre Gosford People over 50 Meals from \$3 Orders by 11am 4304 7065
Food Hampers Coast Shelter Community Centre 11.30am - 1pm 4346 1263	Subsidised Lunch 50+ Leisure and Learning Centre Ettalong People over 50 Meals from \$3 Orders by 11am 4304 7222	Free Meal Mary Mac's Place, Woy Woy 11am - 1pm 4341 0584	Subsidised Lunch 50+ Leisure and Learning Centre Gosford People over 50 Meals from \$3 Orders by 11am 4304 7065	Free Meal Mary Mac's Place, Woy Woy 11am - 1pm 4341 0584
Free Dinner Coast Shelter Community Centre 6:30pm - 7:30pm 4346 1263	EAPA Vouchers Coast Shelter Community Centre 11.30am - 1pm 4346 1263	Subsidised Lunch 50+ Leisure and Learning Centre Gosford People over 50 Meals from \$3 Orders by 11am 4304 7065	Subsidised Lunch 50+ Leisure and Learning Centre Ettalong People over 50 Meals from \$3 Orders by 11am 4304 7222	Subsidised Lunch 50+ Leisure and Learning Centre Ettalong People over 50 Meals from \$3 Orders by 11am 4304 7222
	Food Hampers Coast Shelter Community Centre 11.30am - 1pm 4346 1263	Subsidised Lunch 50+ Leisure and Learning Centre Ettalong People over 50 Meals from \$3 Orders by 11am 4304 7222	EAPA Vouchers Coast Shelter Community Centre 11.30am - 1pm 4346 1263	EAPA Vouchers Coast Shelter Community Centre 11.30am - 1pm 4346 1263
	Free Dinner Coast Shelter Community Centre 6:30pm - 7:30pm 4346 1263	EAPA Vouchers Coast Shelter Community Centre 11.30am - 1pm 4346 1263	Food Hampers Coast Shelter Community Centre 11.30am - 1pm 4346 1263	Food Hampers Coast Shelter Community Centre 11.30am - 1pm 4346 1263
		Food Hampers Coast Shelter Community Centre 11.30am - 1pm 4346 1263	Free Dinner Coast Shelter Community Centre 6:30pm - 7:30pm 4346 1263	Free Dinner Coast Shelter Community Centre 6:30pm - 7:30pm 4346 1263
		Free Dinner Coast Shelter Community	Saturday	Sunday
		Centre 6:30pm - 7:30pm 4346 1263	Free Lunch Coast Shelter Community Centre	Free Breakfast Coast Shelter Community Centre
			11am - 1pm 4346 1263	9am - 10am 4346 1263
Кеу			Free Dinner Coast Shelter Community Centre 6pm - 7pm 4346 1263	Free Lunch Uniting Church Gosford 12pm 4325 3695
Meals	Hampers	Vouchers		Free Dinner Coast Shelter Community Centre 6pm - 7pm
Youth	Grocery Items	Over 50		4346 1263

A referendum for the Central Coast Council will be held on Saturday 4 September 2021.

The Australian Election Company is seeking to employ temporary staff to work on voting day in polling places and at the office before and after voting day. No prior experience is necessary.

If you are interested, please complete the attached Application for Employment, or contact the Central Coast Council Referendum office for an application form.

centralcoast.admin@austelect.com or 0435 390 106.



