



NEWS

Phone: 02 6995 1108

Email: Ivanhoe-c.school@det.nsw.edu.au

Caring, Confident and Respectful Learners

Dear Parents, Carers and Community,

Some clarification around Learning From Home and what the Department requires. Minimum standards of attendance are required in terms of engagement with learning activities provided by the school while students are learning from home. In relation to students who are required to learn from home and **are not meeting participation requirements** set by the school according to their age, stage and the relevant program of work being taught, the department's response is that these **are classed as unjustified absences**.

Students failing to attend school by not completing allocated work during COVID learning from home are subject to the Departments usual non-attendance and truancy procedures. For Primary students this includes completing a mix of online, phone and hard copy work. High School students are required to attend lessons or complete work according to the timetable set by Mr Kuki.

Mr Edwards
Principal

For parents and caregivers: Tips to assist children with stress and worry

Children cope best with worries when they are reassured, informed, see challenging tasks as achievable and understand that success usually involves continued effort.

Help resolve worries through supportive talking

Take worries and fears seriously. Short conversations with your child about their worries can often dissipate concerns. Listen to your child's concerns, name them and validate the feeling. For example, '*It sounds like you might be nervous about sleeping over at Sally's. That makes sense, doing new things can sometimes be a bit scary*'. Supportive talking helps your child to feel understood, increases their emotional vocabulary, and normalises the experience. Only after talking about the feeling, when your child feels calmer, should you move into problem solving mode.

Have regular chats while doing things together to give your child opportunities to raise any worries. Regular discussions can help to prevent excessive, escalating or ongoing worry.

Try to eat meals regularly as a family/household; sharing thoughts and feelings about a range of topics. Turn off TVs, and other devices including phones (adults too). This may mean no answering texts or phone calls during family meal times.

Use side-by-side communication when walking or travelling by car. It can be less confronting to talk when you are not directly looking at one another. Vehicles can be good places to do this, as you are both strapped in and no one can walk away!

Do chores together, such as washing dishes, walking the dog, folding clothes, raking leaves, painting. These are all opportunities for a child to raise issues.

Build support around children. From an early age, children are often connected with extended family and other trusted adults. Although peer support is usually readily available, guidance from mature adults can often provide more accurate and realistic advice.

Be aware of what you say. Anxious communication such as, 'Be careful crossing the road' can make you and the child feel panicky. Instead, be assertive, specifying the behaviour you wish to see. For example, 'Remember, stop and look both ways before crossing the road'. This can take some practice.

Be the parent/caregiver. Avoid turning to your child for their emotional support or friendship. If your child sees you stressed, reassure them that you are sorting things out.

For parents and caregivers:

Tips to reduce your stress and worry

Around two-thirds of Australian parents and caregivers report feeling stressed often or all the time. Raising children and adolescents is hard work. It follows then that even the most resilient parent will sometimes feel overwhelmed, and react to situations in ways they are not proud of.

If you are regularly stressed and react by crying, yelling, demanding attention, or giving up, your children are likely to do the same. This is because your children watch how you cope with everything from small everyday hassles to major stressful events. They learn from you and will often copy your behaviour.

While it is difficult to stay in control all the time, the better you are at actively using strategies that help you to manage your emotions and stay calm, the more likely the children around you will be able to regulate their responses to worries or stressful situations. Regulating your emotions can also help prevent daily stressors from becoming overwhelming.

Become aware of your feelings

Regularly stop for a moment and pay attention to how you feel. This is the first step to regulating your emotions. Are you feeling worried, frustrated, excited, or perhaps just a bit annoyed? Becoming more attuned to your emotions and your feelings means you are less likely to overreact, and lose your cool. When we feel very emotional (e.g. very angry, stressed, or scared) we can become overwhelmed. Saying, 'I'm feeling really annoyed' or 'I'm just a bit stressed,' helps you understand what's happening, and regain a sense of control. You may like to try some of the following ideas:

Set an alarm on your phone to go off three times a day. Stop each time and pay attention to how you are feeling.

Use the Mood Meter app to assist you to identify and track how you are feeling, gain tips to change how you feel, and enhance the way you manage things.
<https://moodmeterapp.com/>

If you yell, or are about to yell at your child or find yourself losing control, stop, take a breath, think about how you are feeling, and then use a calm speaking voice.

If you often feel overwhelmed, stressed or anxious talk to someone about how you feel, such as a partner, close friend, relative or someone you respect at school. Alternatively, you can seek professional assistance from your doctor who can rule out any health issues that may cause you to feel this way. If necessary, you can be referred to a psychologist or other mental health practitioner.

Remember to be kind to yourself, you're doing the best you can in a situation you have limited control over.

*Expressions of Interest
General Assistant and Farm Hand
Ivanhoe Central School*

Expressions of interest are open to anyone interested in a casual position as the General Assistant and Farm Hand at Ivanhoe Central School with an immediate start date.

About the Role

The position entails 26.6 hours per week (2 hours of which are to be worked on weekends). You will perform a range of tasks relating to the routine of maintenance and upkeep of the school & its grounds. The role includes assistance with the setup and removal of furniture and equipment for school activities and events. You will identify and report maintenance and safety issues. You will receive, store and distribute supplies and monitor equipment and report faults. You will assist with: crop production and disposal; machinery operation; maintenance of machinery, tools and equipment; care and supervision of poultry and some livestock; receipt and storage of supplies; and general farm maintenance.

How to Apply

If you are interested in this role, please apply in writing to Mr. Greg Edwards, including a cover letter (max 1 page) and resume (max 1 page) which clearly details how your capabilities, knowledge and experience can contribute effectively to the success of this role. It is a requirement that you include the name and contact details of two referees.

*A WORKING WITH CHILDREN CHECK IS REQUIRED FOR THIS ROLE AT THE
APPLICANT'S EXPENSE*

Applications are due by the 10th September, no later than 4pm.

What's been happening this week at ICS?



Pizza-licious!!

Last week, Ms Alison & Mrs Edwards sent home pizza-wheel cooking packs for our students to cook while they are learning from home. Look at how clever our students are...These all look delicious. This week, the students will be making choc-chip muffins. We can't wait to see how they turn out!



Ducklings & Chickens *FOR SALE!*

Chickens – (Isa Brown x Rhode & Rhode x Orpington & Leghorn)

\$5 for day old to 2 weeks

\$20 for 15 week old

Ducklings – (Muscovy)

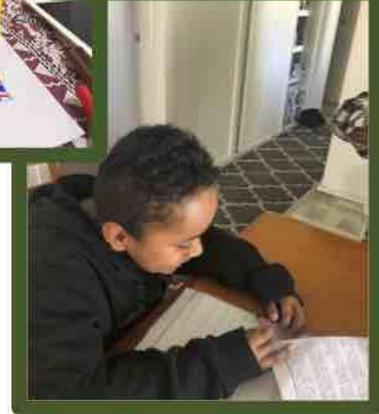
\$10 for 1-3 weeks

\$20 for older

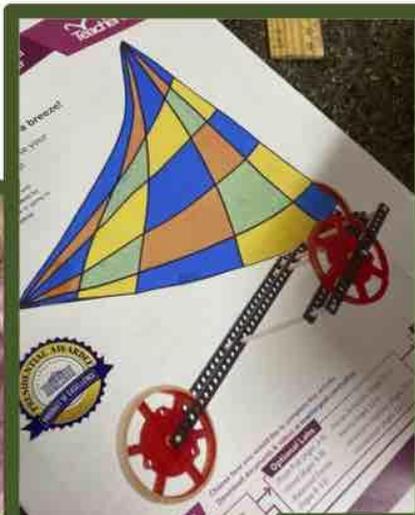


Plenty of fresh fruit & veg available at our 'no contact' shop! Honesty box provided.





Aisake & Jonathan are doing an excellent job at their at-home studies. Aisake has drawn the Fijian flag for his sail car project. He has also been enjoying reading to Mrs Howard over the phone each morning. Both the boys are working through their pack each week with virtual help from their teachers.



Cea-Anna has been working on her sail car project. Excellent work Cea-Anna !!

COMMUNITY ITEMS

ITEMS FOR PUBLICATION

Items for publication in the school newsletter need to be submitted to the school (via email or in person) by 4pm Thursday, prior to publication. This will ensure items are included in the next newsletter.

Phone - 02 6995 1108 Email - ivanhoe-c.school@det.nsw.edu.au

Due to large numbers of community advertisements coming into the school to be added to the newsletter, the cost is escalating. We would like to continue to produce large and colourful copies but to make this possible we will need to charge a fee for each advertisement.

\$20 a month or \$5 per ad as a one off.

Community Notices are accepted in good faith and at the discretion of the Principal.

IVANHOE

FOOD & FREIGHT SUPPLIES



CAFE

PH: 0476 915 099

STRICTLY PHONE ORDERS TO
LOCALS AND PEOPLE WORKING
IN TOWN ONLY

*Cheese cake & relish available
this week!*



FREIGHT

PH: 0438 951 191

PLEASE CALL JOSH ON ABOVE
NUMBER FOR ANY INQUIRIES



FAR WEST LOCAL HEALTH DISTRICT

Media Release



Sunday, 29 August 2021

Far West LHD COVID-19 update

The Far West Local Health District (FWLHD) reported two cases of COVID-19 to 8pm last night, bringing the total cases in Far West LHD up to 8pm last night to 70.

Both of today's new cases are in Wilcannia.

All of these cases are in isolation and are being contacted regularly by public health staff for health and welfare checks. Follow up investigations and contact tracing is continuing.

Anyone in the community with COVID-19 who is isolating at home needs to call for an ambulance if they experience a deterioration in symptoms, including breathlessness and dizziness. Other symptoms are fever, cough, sore throat, runny nose, loss of taste or smell, fatigue, acute blocked nose (congestion), muscle pain, joint pain, headache, diarrhoea, nausea/vomiting, loss of appetite, unexplained chest pain and conjunctivitis.

FWLHD is calling on anyone who has been in Wilcannia in recent days to get tested regardless of whether or not they have symptoms.

All Far West residents must limit their movements in the community at this time. Anyone in FWLHD who is currently experiencing, or has recently experienced, even mild cold-like symptoms is asked to come forward immediately for testing.

The public are advised of venues of concern associated with confirmed cases of COVID-19.

Anyone who attended any of the following venues listed on the specified dates and times (all CST) are **casual contacts (unless they have been contacted by NSW Health as close contacts)** and must get tested and isolate until a negative test result is received.

- **Pepes Milk Bar Broken Hill**, 142 Patton Street on Sunday, 22 August 2021 – 11:55am to 12:55pm.
- **Coles Broken Hill** on Sunday, 15 August – 10.25am to 10.50am; Friday, 20 August – 10.25am to 11.25am.
- **Ivanhoe Petrol Station** on Monday, 16 August – 12.40pm to 12.55pm.
- **Woolworths Broken Hill** on Thursday, 19 August – 11.30am to 1pm; Wednesday, 18 August – 2pm to 4pm; Saturday, 14 August – 11.35am to 11.50am.
- **Axel's Pet Supplies**, 229 Oxide Street on Friday, 20 August – 9.45am to 9.55am.
- **Broken Hill Gourmet Meat**, Corner Gossan and Blende Streets on Friday, 20 August – 11.45am to 11.55am.
- **Good Price Pharmacy Warehouse**, 4-5 Village Shopping Centre on Friday, 20 August – 9.30am to 9.40am.
- **Liquorland, Broken Hill** on Friday, 20 August – 10.25am to 11.25am.
- **Wilcannia Roadhouse Grahams Motel** on Saturday, 14 August – 9am to 9.10am.

For a full list of locations, including close and casual contact venues, public transport routes or changes to previously reported venues, visit <https://www.nsw.gov.au/covid-19/nsw-covid-19-case-locations>

The FWLHD has increased testing capacity in the District, including in Wilcannia and Broken Hill. Door to door vaccinating in Wilcannia is going well.

A COVID-19 testing clinic is operating at Wilcannia Oval (entry from Myer Street) from 9am to 4pm daily.

A pop-up COVID-19 testing clinic is operating at the Alma Oval in Broken Hill, from 8am to 4pm this week. The Alma Oval clinic can accommodate drive through tests.

A COVID-19 drive through testing clinic is operating at Memorial Oval in Broken Hill from 8am to 5pm, seven days a week. Everyone is asked to enter via Williams Street and exit via Warnock Street (left turn only).

There are more than 460 COVID-19 testing locations across NSW, many of which are open seven days a week.

To find your nearest clinic visit: <https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/clinics> or contact your GP.

FAR WEST LOCAL HEALTH DISTRICT Media

Tel. 08 8080 1402 A/Hours. 0411 119 592 Fax. 08 8087 2997 Web. www.fwlhd.health.nsw.gov.au

healthdirect AUSTRALIA – providing expert health advice 24 hours a day to NSW residents – Tel. 1800 022 222



CENTRAL DARLING SHIRE COUNCIL

ON BEHALF OF THE LOCAL EMERGENCY MANAGEMENT COMMITTEE

MEDIA STATEMENT 30th August, 2021

The Local Emergency Management Committee, comprising State agencies, NGOs, and Central Darling Shire Council meet daily to ensure services to COVID affected areas are coordinated and able to meet immediate needs.

ACTIVATION

The Far West Local Health District was alerted to the possibility of a COVID positive person being in Wilcannia on Friday, 13 August. A pop up COVID testing clinic opened on Saturday, 14 August giving all residents easy access to a testing facility.

At the same time, the Local Emergency Management Committee first met, revising all plans relating to a potential COVID outbreak. The Committee continues to meet on a daily basis.

The NSW Government accepted the Federal Government offer of Australian Defence Force assistance for areas including western and far western NSW on Friday 20 August. The Australian Medical Assistance Team (AUSMAT) which is attached to the Australian Defence Force was deployed and on the ground in Wilcannia on Wednesday 24 August to conduct welfare checks and in-home vaccination services. They will return to Wilcannia following deployment duties in other areas of western NSW.

HEALTH

Far West Local Health District (FWLHD) has set up a Community Response Team to support COVID positive patients in the community. Wilcannia Multi-purpose Service is equipped with a transportable ventilator to safeguard patients who may require this whilst being transferred to Broken Hill Hospital or to another tertiary hospital for more intensive care.

HOUSING SUPPORT

NSW Health are working with the community and the partner agencies to develop Community Supported Accommodation to house individuals or families who may require safe alternative accommodation choices for isolation for both COVID positive individuals and those who were deemed close contacts.

A Development Application for medium term accommodation which will address ongoing housing shortages in Wilcannia has been approved by the Department of Planning through advocacy from Central Darling Shire Council. The Aboriginal Housing Office is coordinating this medium term accommodation which also requires the services of trades professionals for electricity, water and sewage connection.

COMMUNITY RADIO

Wilcannia Community Radio will recommence broadcasting on Monday, 30 August between 9am and 7pm.

EMERGENCY FOOD SUPPLY

Emergency supplies, provided by the NSW State Government, were delivered to all households in Wilcannia and continue to be distributed to families under isolation. Delivery of these items has been undertaken by a group of community volunteers, supported by NSW Police and the Australian Defence Force. Far West Local Health District continues to support families in critical need with food, including some hot meal delivery.

Residents through Central Darling Shire, including Wilcannia, are advised that local stores are able to supply groceries. Those residents unaffected by isolation directions are reminded that one person per household can shop and access other essential services, masks must be worn at all times and check in at each site visited in mandatory.

TESTING

Testing sites are operating as usual; seven days a week in Wilcannia, Menindee and Ivanhoe, with White Cliffs testing site operational on Mondays, Tuesdays, Thursdays and Fridays. Residents throughout the Shire are also able to access testing from their local health service out of these hours. Please phone the health service prior to attending to ensure staff are aware they will be conducting a COVID test.

Residents who are subject to isolation orders need to be tested on Day 5 and Day 12 of their isolation. These residents can call the Wilcannia Health Service and health workers from the Far West Local Health District will take these tests in home.

Testing is free and residents are able to access further testing if they feel symptoms such as runny nose, dry cough or sore or scratchy throat.

VACCINATION

Vaccination clinics are run by the Royal Flying Doctor Services. The RFDS will continue this service throughout the Shire with dates and times to be published.

The Wilcannia Vaccination Clinic will open this week at the Wilcannia Town Hall on Thursday between 11am and 4pm and Friday between 10am and 1pm.

FATIGUE MANAGEMENT

Front line staff, community volunteers and other workers will suffer fatigue and it is essential that this is managed for both physical and mental health.

The ongoing support of workers and volunteers cannot be underestimated and it is this joint effort working with true community spirit that has ensured a coordinated response was activated within days of concerns first being raised.

It is unfortunate that an item published on the weekend has sought to diminish the coordinated efforts of our community, through Federal, State and Local Government actions supported by a dedicated and selfless group of community members who have volunteered their time, and put themselves at the front line, to support our community through some of its darkest days.

This unsourced opinion piece was from a publication that should pride itself on its support of the whole of the Far West. LEMC member agencies are disappointed that the publication took no time to find facts. Our media has a responsibility to inform its community and hold government to account. However, our member agencies also have a responsibility to their communities to ensure they are safe, comfortable, protected and supported. Our Indigenous communities have the right to be consulted on the appropriateness of actions that will affect them, their families and their physical and mental health. This has been undertaken in less than 10 days and the cultural sensitivities and needs of our community are being balanced with health and welfare needs.

LEMC member agencies have and will always respond to community needs during this time. To suggest otherwise can only be seen as an attempt to scandalise the hard working front line staff who are caring for our community.

End

AUTHORISED: GREG HILL, General Manager, Central Darling Shire Council