



THE UPDATE

A school that values Community, Confidence, Ambition and Respect.

Next week's dates

Monday:

- Remote and Flexible Learning
- 6:30pm School Council (Virtual meeting)

Tuesday:

- Remote and Flexible Learning

Wednesday:

- Remote and Flexible Learning

Thursday:

- Remote and Flexible Learning

Friday:

- TBC

Upcoming dates

TBC

*See last page for more dates

Phone: 9437 1917

Address: 1570 Main Road, Research, Victoria, 3095

Email: research.ps@education.vic.gov.au

Website: www.researchps.vic.edu.au

Compass: <https://researchps-vic.compass.education/>

Social: www.facebook.com/researchps

Principal's Passage

Mr Patrick Walsh

Lock Down

At the time of sending, greater Melbourne remains in lockdown until at least Thursday 10th June at 11:59pm.

We would like to thank you all for reading the Compass updates that I have been sending, and responding to requests as soon as possible. I have had to refuse some parent requests for onsite supervision as their current situation did not meet the criteria set out by the Department of Education and Training (DET), and the state government. As a government school, we must follow the directions given to us by our employer — DET.

I watch for the number of cases each day, and I normally try and watch the first 5-10 minutes of the daily press conference. This is so I can try and get a sense for myself what is going on. Unfortunately, the media (social, mainstream, alternative) will view the information through their own lens—as no doubt I do too.

We are very proud of the way our teachers and students have picked up where they left off last year—muscle memory is a wonderful thing! We also really appreciate what you are doing with your children at home—we know that it is not easy. As a parent, I know that most days my children are compliant, happy and willing to be involved. However, there are some days when they just need a late start and a little more time to get moving. If your children are having 'one of those days', leave their work until later in the day. Chances are you are working from home so it is important that you are focused on keeping food on the table and a roof over your heads.

If on the off chance things continue, it is very important that you respond to any requests for onsite supervision as soon as possible.

I will continue to provide you with pertinent updates as they come to hand.



Research Primary School — The Update

Community, Confidence, Ambition and Respect.

Principal's Passage (continued)

Parent and Student Wellbeing

I would like to share a few resources that are available for parents and carers.

Headspace—Tips for parents

<https://www.youtube.com/watch?v=Fw3LzWe-93U>

Coronavirus for Parents and Guardians

<https://www.coronavirus.vic.gov.au/parents-carers-and-guardians>

Learning from home resources

<https://www.coronavirus.vic.gov.au/learning-home-information-parents>

Mental Health advice from DHHS. Includes 'Conversations with children and young people

<https://www.dhhs.vic.gov.au/mental-health-resources-coronavirus-covid-19>

Lifeline Australia 13 11 14

A crisis support service offering short term support at any time for people who are having difficulty coping or staying safe.

www.lifeline.org.au

Mindspot

A free telephone and online service for people with stress, worry, anxiety, low mood or depression. It provides online assessment and treatment for anxiety and depression and can help you find local services. Call 1800 61 44 34 (8am - 8pm, Monday - Friday; 8am-6pm, Saturday).

<https://mindspot.org.au/>

BRAVE-Online

[BRAVE](https://brave4you.psy.uq.edu.au/child-program) is an online program developed by a team of researchers from the University of Queensland that helps children and young people overcome anxiety. The program was developed based on 12 years of strong empirical research, and features cognitive-behavioural therapy (CBT) techniques. BRAVE features 10 sessions where young people learn the skills through animations, quizzes, puzzles, and interactive games to deal with fearful or worrying situations.

<https://brave4you.psy.uq.edu.au/child-program>

Kind regards,

Patrick



Research Primary School — The Update

Community, Confidence, Ambition and Respect.

Upcoming dates: **(Covid restrictions permitting)*

June	
Monday 7 th	School Council (Virtual meeting)
Friday 11 th	Interschool sport v St Thomas AWAY (TBC)
Monday 14 th	Queen's Birthday
Friday 18 th	Interschool sport v Eltham North PS HOME
Friday 25 th	Term 2 finishes at 2:30pm
July	
Monday 12 th	Term 3 begins
August	
Wednesday 4 th	3/4 Balance Gym starts (weekly for 5 weeks)
Thursday 5 th	1/2 Balance Gym starts (weekly for 5 weeks)
Thursday 5 th	District Athletics Day
Wednesday 11 th	Book Fair begins
Thursday 19 th	Research Primary School 132nd Birthday
September	
Wednesday 1st	Father's Day Stall
Thursday 9 th	Parent Teacher Interviews (this is an alteration to the school day, where the students attend their interview only)
Friday 17 th	Term 3 finishes at 2:30pm
October	
Monday 4 th	Term 4 begins
Wednesday 20 th – Friday 22 nd	Years 3 – 6 Camp @ Campaspe Downs, Kyneton
November	
Monday 1 st	Curriculum Day – no students at school
Tuesday 2 nd	Melbourne Cup
December	
Friday 17 th	Term 4 ends 1:30pm

January 2022	
Friday 28th	Teachers first day Book Bags to be collected (TBC)
Monday 31st	Students first day
March	
Monday 14th	Labor Day—no school
April	
Friday 8th	Last day of Term 1. 2:30pm finish
Monday 25th	ANZAC Day—no school
Tuesday 26th	First day of Term 2