Dear Parents and Caregivers,

It is hard to believe how much our lives have changed in the two weeks since writing my article for the Week 8 Chat. Even the content of the Chat has changed, which you will notice as you look through it today. Nevertheless, there are a number of things that I would like to reflect upon as we finish off Term 1:

Holidays
As usual, our end of Term 1 holidays are three weeks in duration, with our last day of school being this Friday 3rd April, and the first day of Term 2 being Monday 27th April. As well as the schools being closed as normal during holidays, during this time there will be no offsite learning provided for students. With regards to teaching and learning, while it is likely that Term 2 will begin in a similar way to how Term 1 has ended, we will start providing details in the week beginning Monday April 20th.

With the many challenges being faced by families at this time, including trying to juggle offsite learning with working from home and other responsibilities, can I encourage you to put aside thoughts of teaching and learning over the holidays and try and enjoy your time together as families and make the most of the opportunity to spend quality time together.

Offsite Learning
I cannot thank staff and families enough for the way in which they have joined together to achieve what has been a very successful transition to offsite learning in such a short amount of time. I would also like to thank people for their generous, positive feedback on the school’s response to the COVID-19 situation and share some of the photos that we have received this week, showing how well our families have adapted to offsite learning:

For we do not have a high priest who is unable to empathise with our weaknesses, but we have one who has been tempted in every way, just as we are - yet he did not sin.

Hebrews 4:15
Easter

The high priest referred to in the Bible verse at the top of my article is Jesus, who was both fully human and fully God, which is both difficult to understand and one of the mysteries of the Christian faith. Although this verse talks specifically about Jesus being tempted to sin but not sinning, the fact that He was fully man and fully God means that He also experienced and understood a range of human emotions.

On the night before Jesus was crucified, the Bible records the following in Matthew 26: 36 to 38:

Then Jesus went with his disciples to a place called Gethsemane, and he said to them, “Sit here while I go over there and pray.” He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.”

Jesus knew that he would soon be arrested and crucified and, although he would willingly offer Himself as a sacrifice to pay the price of the sins of God’s people, that didn’t stop him from being sorrowful, troubled and overwhelmed at the thought of what was to come. It is a comfort to me to know that Jesus understands what it is like to experience difficult human emotions, such as the ones that many of us are feeling now at this time of great change and uncertainty. What Jesus did in response to feeling the way he did (praying to His Heavenly Father), also provides us with a great example of what we can do during difficult times.

Humble yourselves, therefore, under God’s mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because He cares for you.
1 Peter 5: 6-7

Easter is also time to reflect on the hope that we have in Jesus, who died and was resurrected from the dead. What an amazing gift, that through the suffering of the cross, Jesus paid the debt for our sins, and through His resurrection He gave us life.

Mental Health and Wellbeing Tips and Strategies

The following tips and strategies have been taken from the Lifeline website:


The outbreak of the coronavirus COVID-19 has impacted people in varying ways on an international scale. It is understandable that during times like this, people may be feeling afraid, worried, anxious and overwhelmed by the constantly changing alerts and media coverage regarding the spread of the virus.
While it is important to stay informed, the following are some mental health and wellbeing tips and strategies to continue looking after ourselves and each other during these difficult times.

**Manage your exposure to media coverage** as this can increase feelings of fear and anxiety. Be mindful of sources of information and ensure you are accessing good quality and accurate information. We have provided some links below.

**Follow a “calm yet cautious” approach** – do your best to remain calm and be mindful not to contribute to the widespread panic that can hinder efforts to positively manage the outbreak. Ensure you are following directives issued by the government, medical advice and observe good hygiene habits.

**Show compassion and kindness to one another** – these times of fear, isolation (both physical and social) and uncertainty are when it is most important that we strengthen our sense of community by connecting with and supporting each other. Remind ourselves that we can manage this much better together in solidarity, and that COVID-19 doesn’t discriminate – it can affect anyone regardless of age, gender, nationality or ethnicity.

**Actively manage your wellbeing** by maintaining routines where possible, connect with family and friends (even if not in person), staying physically active, eating nutritious foods and seeking additional support by contacting Lifeline or further professional support as required.

**Strategies to cope with social distancing, self-isolation or quarantine**

Going into a period of social distancing, self-isolation or quarantine may feel daunting or overwhelming, and can contribute to feelings of helplessness and fear. In addition to the above, we encourage the following:

- **Perspective** – try to see this time as unique and different, not necessarily bad, even if it something you didn’t necessarily choose
- **Connection** – think of creative ways to stay connected with others, including social media, email and phone
- Be generous to others – giving to others in times of need not only helps the recipient, it enhances your wellbeing too. Is there a way to help others around you?
- **Stay connected with your values.** Don’t let fear or anxiety drive your interactions with others. We are all in this together!
- **Daily routine** – create a routine that prioritises things you enjoy and even things you have been meaning to do but haven’t had enough time. Read that book, watch that show, take up that new hobby.
- **Try to see this as a new and unusual period that might even have some benefits.** Limit your exposure to news and media. Perhaps choose specific times of day when you will get updates, and ensure they are from reputable and reliable sources.

**Staying connected through the COVID-19 crisis**

Research after the SARS pandemic in Hong Kong in 2008, provides evidence of the significance
of connection through epidemics. It found that residents in Hong Kong experienced increased social connectedness, which offset the negative mental health impacts of the pandemic. As connection is so important during this time, here are some tips on staying connected to others during this time. Remember – we are all in this together.

- If there is someone you think may struggle through social isolation, it is important to reach out to them and let them know you care:
  - Call them to check on their welfare
  - Send an email
  - Leave a note under their door
  - Don’t underestimate the power you have to offer hope to another person.

- We encourage people to get creative with how they interact, here are some ways to stay connected if self-isolating:
  - Set up a gratitude tree – where every member posts a message or sends a text to other members to share something they are grateful for.
  - Find a buddy, or group of, to set daily challenges with. These could include a healthy habit, a mindful practice, a creative pursuit. Be sure to encourage and check in daily to stay motivated.
  - Set dates and times to watch the same TV shows/movies with someone and message each other your thoughts along the way... kind of like Goggle Box but you're not sharing the couch!
  - If your local community has one, join its social media group! This will keep you up to date with what’s going on directly around you. It may also include ways you can perhaps reach out and connect with someone less fortunate than you and ways to assist them.

Stay safe and I hope you can enjoy the holidays with your precious children. We look forward to working with you again in Term 2.

Best wishes and warm regards,

Chad Kentwell
Principal

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**Library Update**

The accessioning of resources into the new system is almost complete, so student borrowing can commence once the library is organised and ready. Teachers will let their students know when borrowing commences.

We will share the system with the Carinya Tamworth library, which will provide our students with a wider range of resources.
For Uniform Shop information contact:
Mrs Katie Cook - Uniform Shop Manager     Ph 6762 0970
Email orders/enquiries to: cookk@carinya.nsw.edu.au

To expedite the delivery of orders, please email your order before Monday so the orders can be filled and brought over from Tamworth. It is preferable that credit card details are completed on the order form to streamline the processing of orders.


Winter uniform is now available for purchase. Please check your child’s uniform requirements and order items in preparation for Terms 2 and 3.

Please note the following changes to the April School Holidays Opening Hours

Gunnedah Uniform Shop Opening Hours in the April School Holidays
Monday 20th April
- appointments only between 10:00 am and 4:00 pm

Tamworth Uniform Shop Opening Hours in the April School Holidays
Tuesday 21st and Thursday 23rd April
- appointments only between 9:00 am and 4:00 pm
Friday 24th April
- appointments only between 9:00 am and 4:00 pm

To book an appointment in Gunnedah or Tamworth, please contact:
- Gunnedah Reception on 6742 2766 before the end of term;
- Tamworth Reception on 6762 0970 or;
- The Uniform Shop during opening hours on 6762 0970.
Term 1 2020 Calendar

April
1st - 9th    Youth Week (cancelled)
2nd         Puckapunyal (cancelled)
3rd         Term 1 concludes
10th        Good Friday
13th        Easter Monday
17th - 19th Gunnedah Show (cancelled)
25th        ANZAC Day March and Ceremony (cancelled)
27th        Term 2 commences

May
6th         THACCCSA Secondary Soccer Gala Day (cancelled)
7th         Middle School Parent / Teacher Interviews
8th         Years 2 to 8 Cross Country (cancelled)
13th / 14th Gumnuts and Prep Parent / Teacher Interviews
27th        Gunnedah Eisteddfod Music (cancelled)
28th        Junior School Parent / Teacher Interviews
29th        CSSA Primary and Secondary State Cross Country (cancelled)

June
1st - 4th   Gunnedah Eisteddfod Speech and Drama (cancelled)
2nd         THACCCSA Secondary Netball Gala Day
3rd         NNSW Primary Schools Netball Cup
8th         Queen’s Birthday Public Holiday
15th / 17th School Photos
17th        Evening Eisteddfod Concert (cancelled)
19th        Athletics Carnival
24th        NNSW Secondary Schools Netball Cup
26th        Term 2 concludes

Term Dates 2020

Term 1
28th January - 3rd April

Term 2
27th April - 26th June

Term 3
20th July - 25th September

Term 4
12th October - 8th December

Introducing our new Chaplain

My name is Melanie Cappellin and I am Carinya Christian School’s new Chaplain. I work in this capacity on Thursdays and Fridays and my role as the Chaplain is to focus on, encourage and promote wellbeing within our school community, including the children, staff and families within our school. If you require an ear to listen, referral to outside services, guidance or prayer, I welcome and encourage you to come and see me or even send me an email to make time to catch up for a casual, friendly, safe space to talk. My email address is: cappellinm@carinya.nsw.edu.au

I will be located in the Jarrah 1 Meeting Room in the Middle School on Thursdays and in the Learning Support Room on Fridays, which is located in the hall kitchen area. During the school’s recess and lunch breaks I am out and about in the playgrounds getting to know your children better and building safe relationships to enable them to feel happier, comfortable and safe at school. My future goal is to implement programs, organise community groups and support the children, staff and families within our school community.
1 Day Autism Workshop for Parents and Carers

Join other local families to learn more about autism and ways to strengthen the home-school partnership

Learn about:
- Autism: characteristics, impacts and strategies
- Understanding behaviour
- Working together with your school

Location:
Scone Motor Inn
55 Kelly Street
Scone NSW 2337
Morning tea and a light lunch provided

NSW
Tuesday 26 May, 2020
9.30am - 2.30pm
Registrations open 13 March 2020

Interpreters available

To register, visit
positivepartnerships.com.au

For help, call:
1300 881 971

The Positive Partnerships initiative is funded by the Australian Government Department of Education and Training through the Helping Children with Autism package and is delivered by Autism Spectrum Australia. The views expressed in this publication do not necessarily represent the views of the Australian Government or the Department of Education and Training.
Homework Club

What, When and Where
On Mondays and Wednesdays between 3 and 4pm, we run a Homework Club for Year 3 to 8 students in the Year 4 classroom. There is no cost for Homework Club.

Supervision
Homework Club is supervised by Carinya teachers. At the end of the school day, students who have been registered to attend Homework Club on any given day are to assemble at the tables and chairs under the olive tree in the Junior School playground and wait for the supervising teacher.

Students who are booked to attend the Gundhi After School Club on Mondays and Wednesdays will be taken there by the supervising teacher at the end of Homework Club (ie 4pm).

Registration
To enable us to supervise student attendance accurately, students must be registered for each session by a parent or caregiver. Blanket registrations (eg this week, this month, this term) are unable to be accepted.

Parents can register by:
emailing gunnedah@carinya.nsw.edu.au
or
phoning Reception on 6742 2766

When registering, you will need to provide us with details about who will be picking your child/ren up or how they will be getting home if they are not being picked up.

Registrations for each session of the Homework Club must be received by 2pm.

What to Bring
Students must bring enough school work to keep them occupied for the whole time they are in Homework Club.
Students are also welcome to bring afternoon tea with them to eat before they begin their homework.

Please contact Mr Kentwell if you have any questions about Homework Club.
**Gundhi** is a Gamilaroi word meaning *house* and the **Gundhi After School Club** aims to provide a safe, home-like environment for students in Kindergarten to Year 8.

**Gundhi** will cater for a maximum of 25 children each afternoon with bookings strictly required on a per term basis.

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**DAYS & TIME**

Monday - Friday, from 3:00 - 5:15pm during term

**COST**

As an after school club, bookings into **Gundhi** will incur an additional charge based upon the number of days each term. This charge will assist in staffing and resourcing the club activities. *The charge per term cannot be prorated and is therefore the same regardless of when the booking is made during the term or the length of the term.*

<table>
<thead>
<tr>
<th>Number of Days Per Week</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charge Per Child Per Term</td>
<td>$80</td>
<td>$150</td>
<td>$220</td>
<td>$290</td>
<td>$360</td>
</tr>
</tbody>
</table>

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**AFTERNOON TEA**

Parents/carers must provide afternoon tea for their child(ren). Students will eat together between 3:00 and 3:30pm.

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**ABSENCES**

The school must be notified of any absence as is the normal practice for school attendance.
ACTIVITIES
Supervised games and activities will be provided for children in addition to opportunities for children to complete homework, independent study or quiet reading.

Movies and console games will not be offered as an activity in Gundhi.

PICK UP
Children can be picked up any time between 3:00 and 5:15pm. For Gundhi to operate effectively it is essential that parents pick up their children by 5:15pm. Gundhi bookings may be withdrawn if children are not picked up prior to this time. A sign out procedure will be in place upon pick up.

OTHER SPORTS TRAINING OR CLUB ACTIVITIES AT CARINYA
Upon finishing other activities, students must return to Gundhi for sign out and pick up.

BOOKINGS
Bookings are to be made at the start of each term on a per term basis for as many afternoons required each week. For instance, a family may choose to book their two children into Gundhi for Mondays and Wednesdays each week of the term.

Bookings are to be made via the Tamworth Accounts Office in person or by phone and payment in full must be received at the time of booking.

Places are limited and positions will be given on a “first in” basis. Bookings are not assumed to continue from term to term so parents are advised to book for each term of the year as required.

NO INCIDENTAL BOOKINGS, VARIATIONS* OR REFUNDS
*additional days may be added if available, however, reductions in the number of days per week are not able to be made.

We hope that Gundhi provides parents with continuity of care for their children. Please contact the school if you require any further information.

Carinya Tamworth 6762 0970 | Carinya Gunnedah 6742 2766
www.carinya.nsw.edu.au