



Cromer Courier

CROMER CAMPUS NEWSLETTER

Respect • Responsibility • Success



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wellbeing@nbsccromer



FROM THE PRINCIPAL

Term 3 2021

The end of Term 3 has been a busy one for our school and others throughout the state. We're happy to say that together we made it through what has been a constantly changing and sometimes difficult Term. We could not have done it without the commitment from all of our families who supported learning from home, and from our fantastic teaching and school staff. I want to thank you all for your efforts to continue to keep our school community safe – I know everyone has faced different challenges at different times through the Term.



By **JUSTIN HONG**
Principal
NBSC Cromer
Campus

I hope everyone enjoys a break over the holidays and is looking forward to the COVID-safe return to school sites that we are planning for in Term 4. Please read through the following updates before the start of the school holidays and don't hesitate to reach out for support or with any questions.

From the PDHPE Faculty

Do-Anywhere Toning Circuit

- 1 MINUTE: Squats**
- rest 12 seconds –
- 1 MINUTE: Lunges**
- rest 12 seconds –
- 1 MINUTE: Push-ups**
- rest 12 seconds –
- 1 MINUTE: Bridge**
- rest 12 seconds –
- 1 MINUTE: Plank**
- rest 12 seconds –

Repeat 6-minute circuit 3 times
for a total of 18 minutes.

IN THIS ISSUE

WELLBEING DAYS September 2021

EXERCISE AND FITNESS challenges for students and families from PDHPE faculty - 'switch off' for a short time and get active! Pages 1, 4, 14 and 19.

SUPPORT YOUR LOCAL BUSINESSES Page 20

GUIDE TO WELLBEING & MENTAL HEALTH RESOURCES from NSW Dept of Education Page 22

Return to School Roadmap for Term 4

Schools in LGAs that are no longer operating under stay-at-home rules will move to [Level 3 operations](#) and a full return of all students with reduced mingling and on-site activities. Masks will be required on site for all staff and students Year 7 and above, indoors and outdoors.

In Term 4, where stay-at-home rules are still in place but high community vaccination and low transmission conditions are met, students will return to school in a staggered approach for prioritised cohorts, with no mingling or on-site activities.

Order of return under staggered approach where we remain under stay-at-home rules

Students will return to face-to-face learning with NSW Health-approved COVID-safe [Level 3 plus](#) settings on school sites in the following order:

From 25 October 2021: Kindergarten and Year 1

From 1 November 2021: Years 2, 6 and 11

From 8 November 2021: Years 3, 4, 5, 7, 8, 9 and 10.

The return to school roadmap is subject to change depending on new information expected through the Public Health Order and additional advice from NSW Health. You can stay up to date with the most recent advice on our [Advice for families page](#).

HSC

Congratulations to our HSC and Year 12 students! You've nearly made it to the end of a unique and very tough year. Your resilience and work ethic through this time are to be admired.

The official last day for Year 12 is this Friday 17 September 2021, however students will be supported up until their exams. Mr Taylor is hosting a Zoom meeting with Year 12 students on Friday 17/9/2021 at 9:30am to outline Term 4 support and arrangements for Year 12.

HSC exams will proceed for all students from 9 November 2021 in a COVID-safe way, in line with NSW Health advice.

Vaccinations for Students Aged 12 Years and Over

Young people aged 12 years and over are now also eligible to receive the COVID-19 vaccination. You can [book in your children for Pfizer now](#), or Moderna from Monday 20 September.

Vaccination appointments are available at more than 3,000 locations across NSW, including GPs and pharmacies. More appointments will become available as supply increases, so keep checking for new appointments in coming weeks.

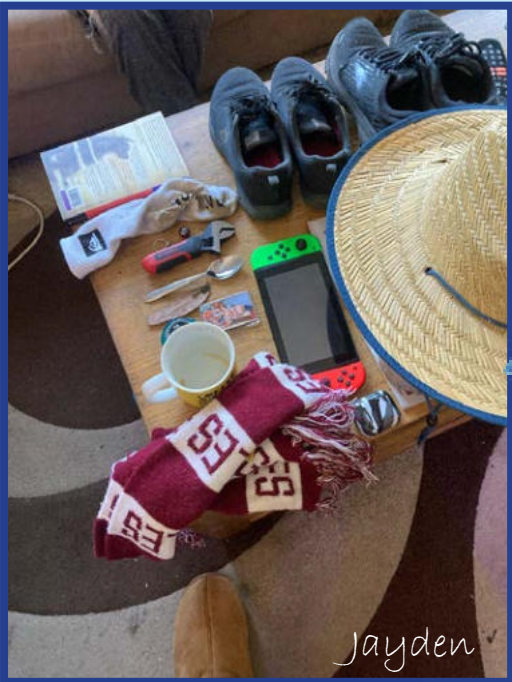
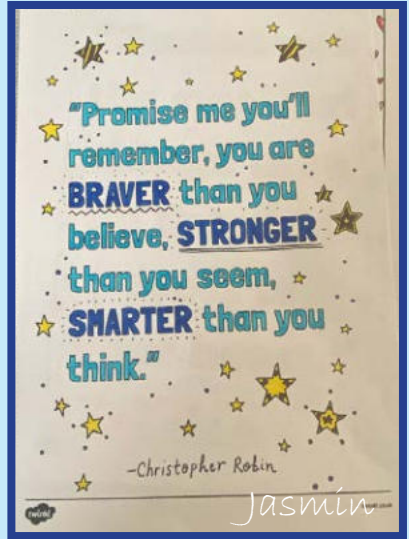
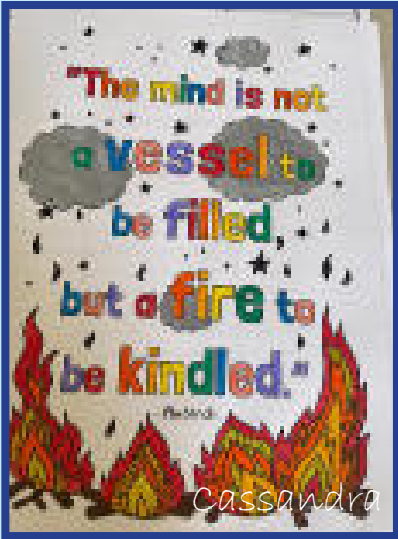
Learning from Home

For families who are continuing to learn from home, [the learning from home page](#) has a wide range of curriculum-based activities to further support your child's learning, if needed.

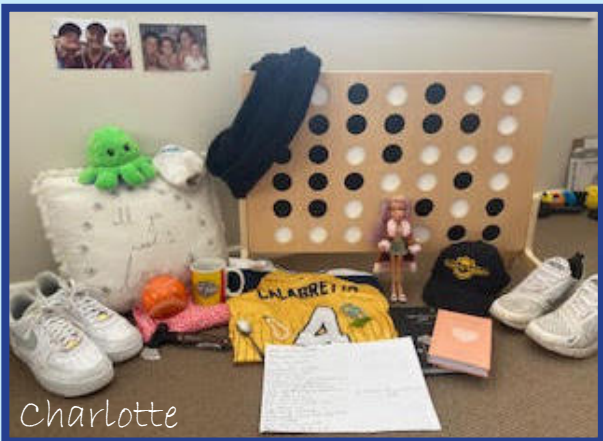
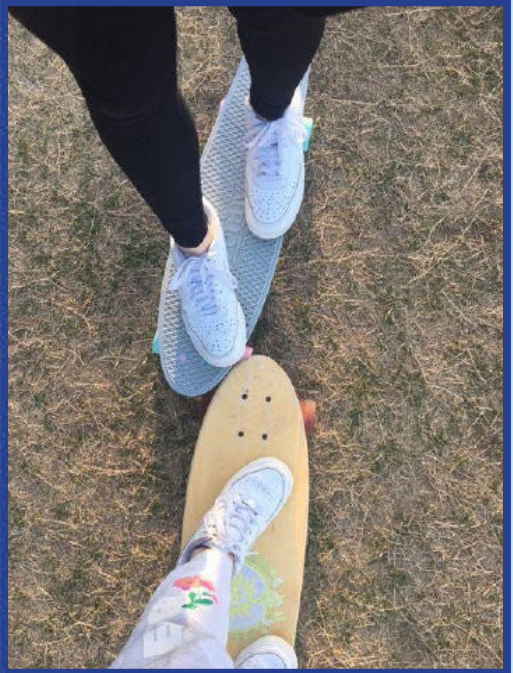
Thank you again for your understanding and support. We hope you and your family enjoy a safe and very well-deserved break over the holidays. Please take some time over the break to check out our [wellbeing resources for students and families](#) (see page 22). You'll find useful tools for mental health and Term 4 preparation. Please do not hesitate to reach out if we can do anything to help you and your children to prepare for Term 4 or if you have any concerns about the return to school. I will be in touch again soon with further information and any updates for you and your children.

Justin Hong
Principal

wellbeing@nbsccromer



tennis
walking
running
writing
family swimming
surfing painting
pet friends wellbeing
sunrise painting
walking drawing
puzzles
sunrise
writing





From the PDHPE Faculty

7-MINUTE **HIIT** WORKOUT

Do each exercise at **high intensity** for 30 seconds followed by a 10-second rest if needed. Repeat entire circuit up to three times.

JUMPING JACKS

WALL SIT

PUSH-UPS

CRUNCHES

CHAIR STEP-UPS

SQUATS

TRICEPS DIPS

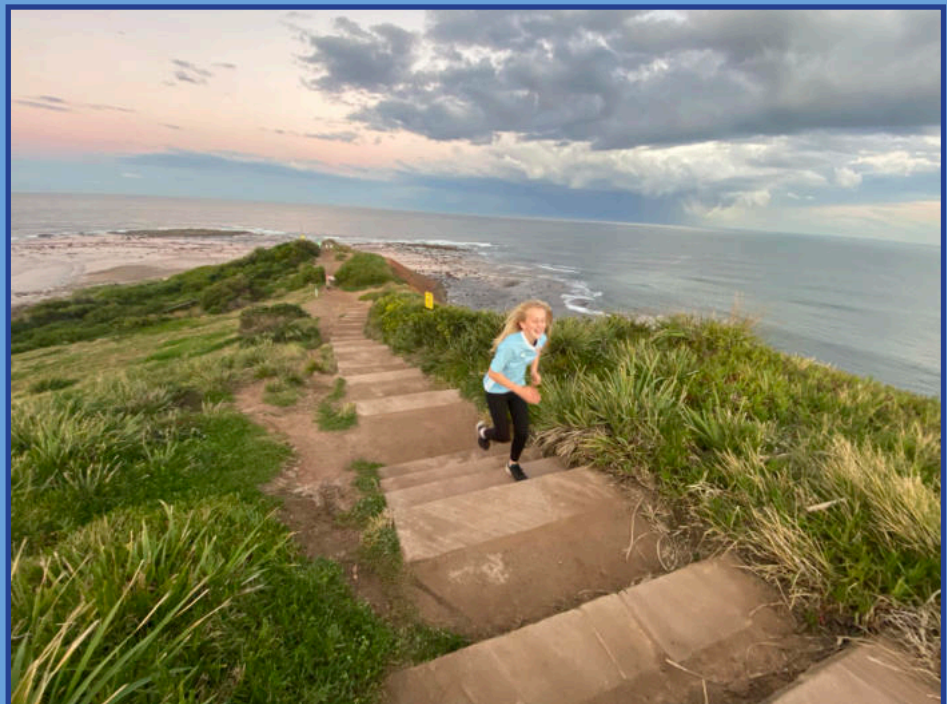
PLANK

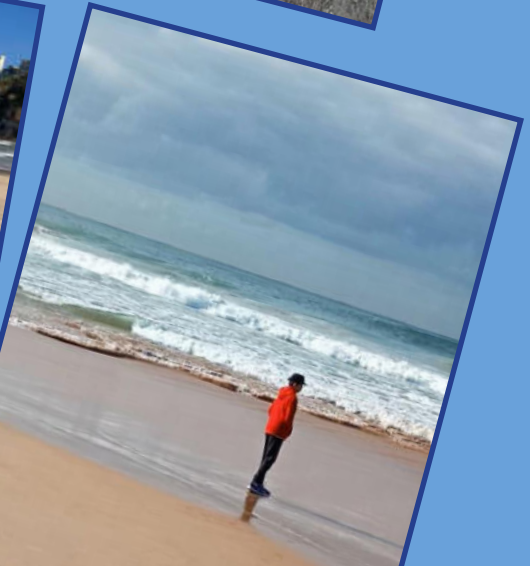
HIGH KNEES/RUNNING IN PLACE

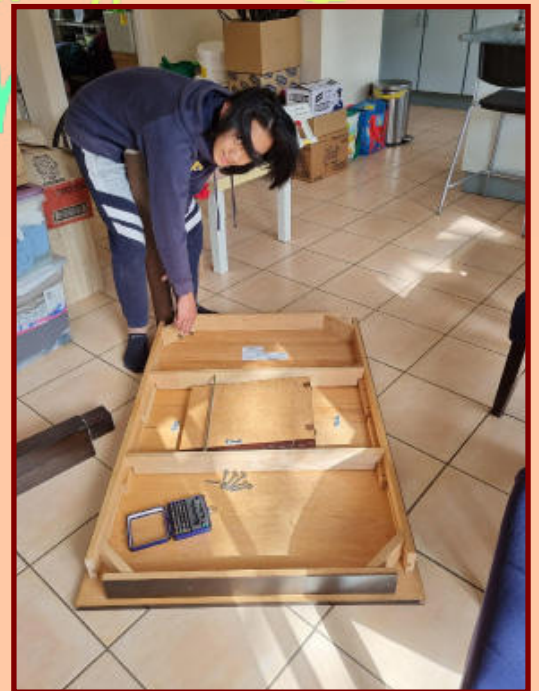
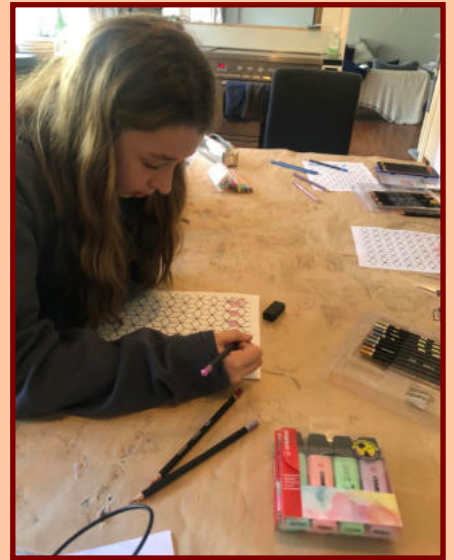
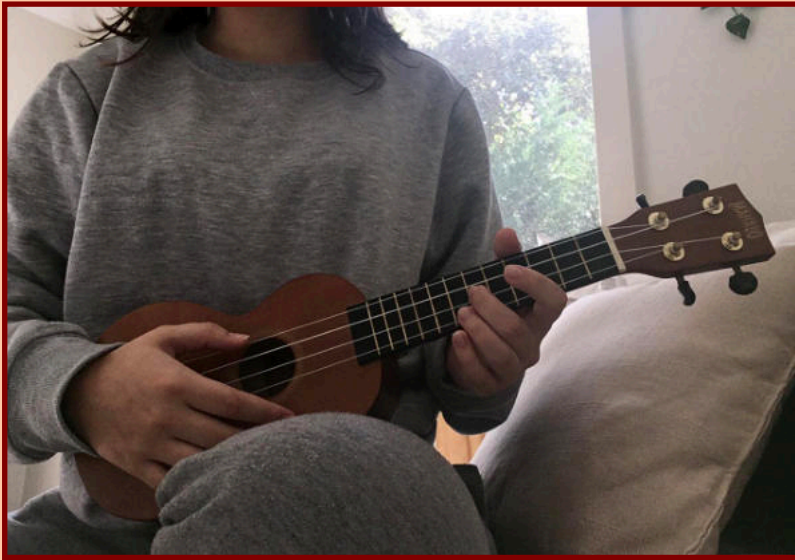
LUNGES

PUSH-UP ROTATIONS

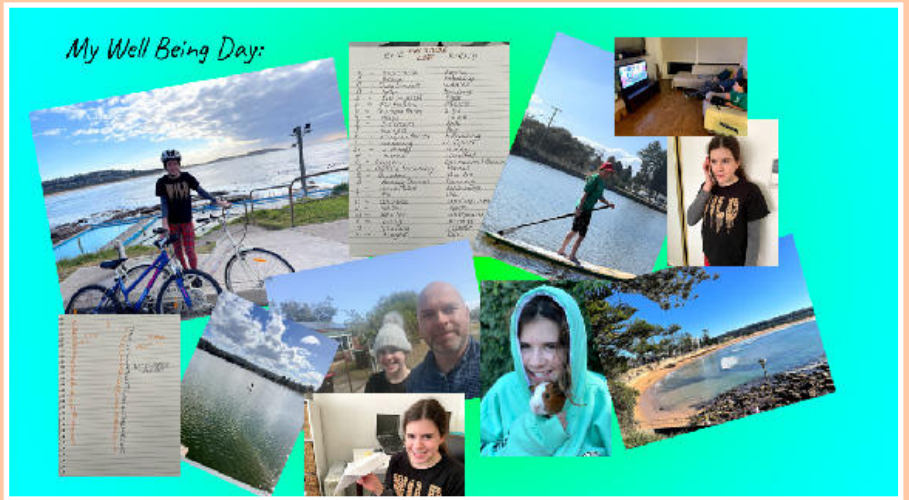
SIDE PLANK







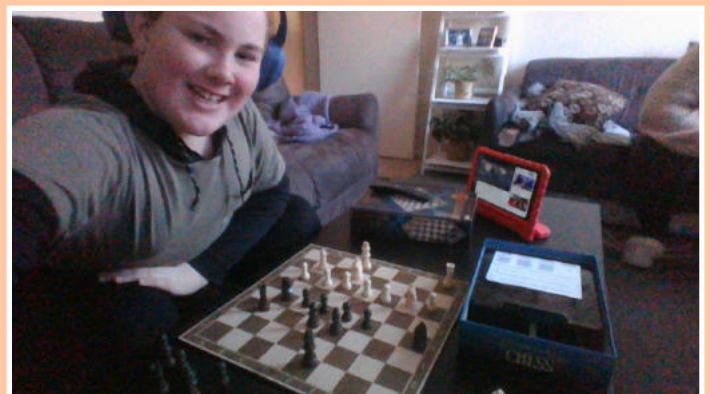
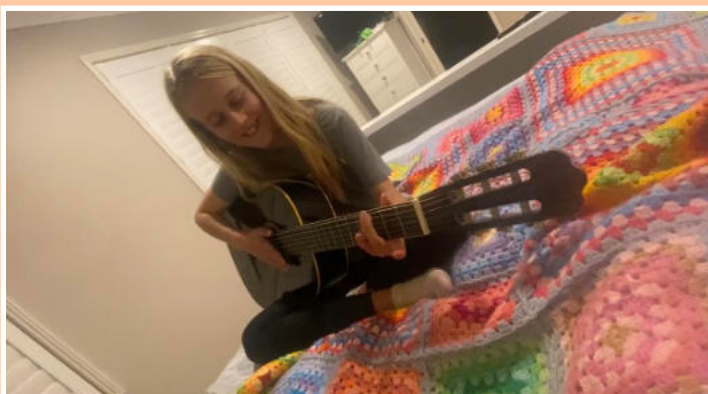
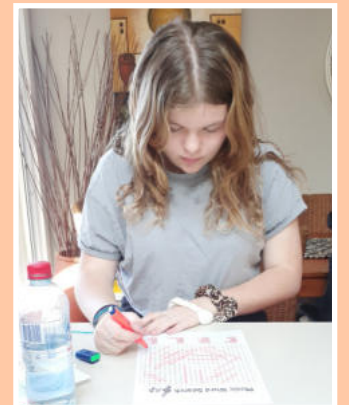
wellbeing
walking
drawing
sunset
family
surfing
reading
painting
puzzles
writing
sleeping
running
walking



wellbeing talk
 sunrise draw
 friends family
 pets reading
 journaling
 walking



journaling
 walking
 reading
 drawing
 listening to music
 spending time with family
 spending time with friends
 spending time with nature
 spending time with hobbies
 spending time with relaxation
 spending time with meditation
 spending time with journaling
 spending time with gratitude
 spending time with self-care
 spending time with positivity
 spending time with kindness
 spending time with love
 spending time with hope
 spending time with faith
 spending time with peace
 spending time with joy
 spending time with happiness
 spending time with contentment
 spending time with fulfillment
 spending time with meaning
 spending time with purpose
 spending time with passion
 spending time with dedication
 spending time with commitment
 spending time with perseverance
 spending time with resilience
 spending time with strength
 spending time with courage
 spending time with confidence
 spending time with self-esteem
 spending time with self-love
 spending time with self-respect
 spending time with self-worth
 spending time with self-compassion
 spending time with self-acceptance
 spending time with self-awareness
 spending time with self-reflection
 spending time with self-examination
 spending time with self-improvement
 spending time with self-empowerment
 spending time with self-motivation
 spending time with self-discipline
 spending time with self-control
 spending time with self-mastery
 spending time with self-actualization



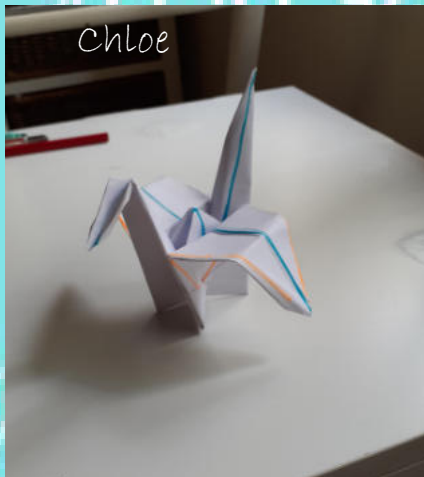


Armand

wellbeing
Paper
origami
essence
writing
mindfulness



Mae



Chloe



Caroline



Jillian



Mia

writing
mindfulness
our
be
drawing
colouring
writing
origami
writing
planes



Annabel



Melissa



Lochie



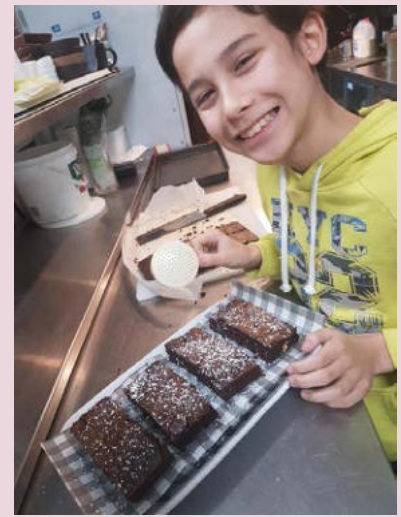
Willow



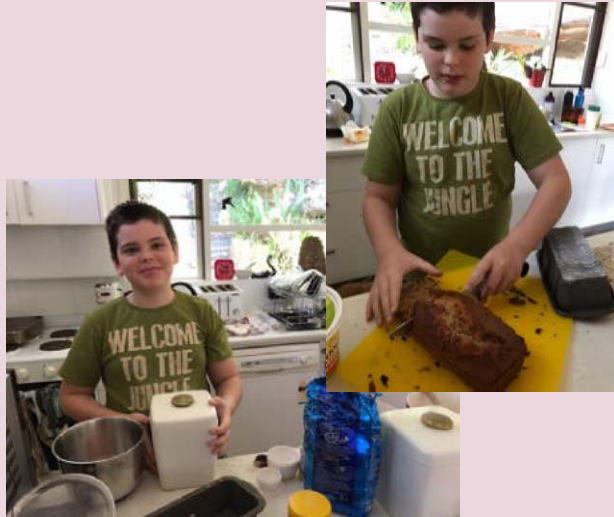
Natalie



Harrison



brownies
 cooking
 dinner
 friends
 chocolate
 cake
 pizza
 lunch
 baking
 birthdays
 family
 biscuits
 breakfast
 riceball





brownies
cooking
dinner
friends
chocolate
cake
pizza
lunch
birthdays
family
riceballs
biscuit
breakfast



Lillianna



Made breakfast and a coffee



Madison

Kristina



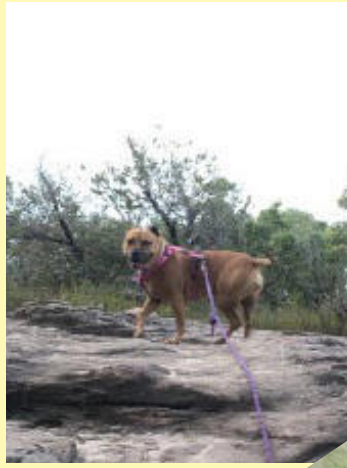
Emelia R



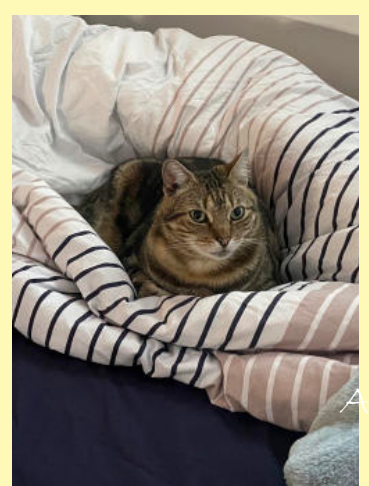
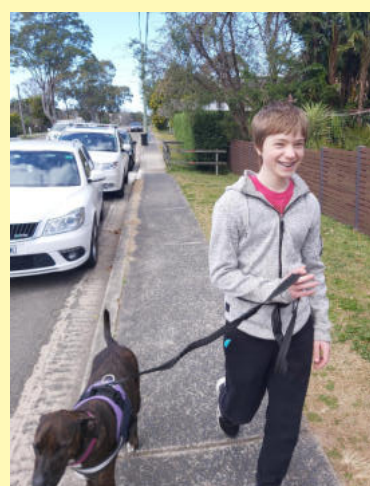
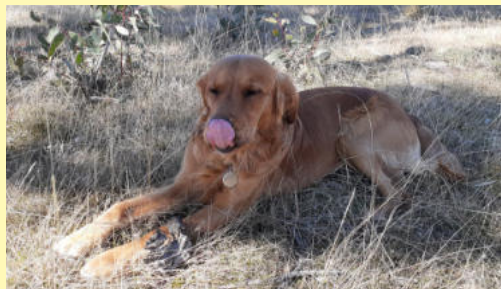
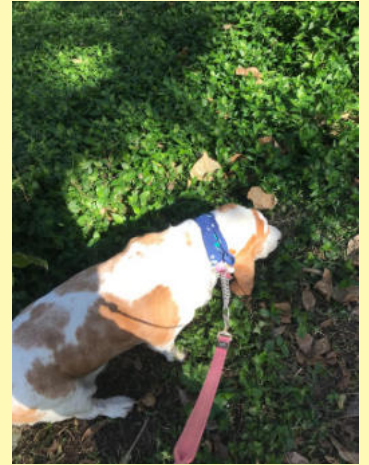
Natalie

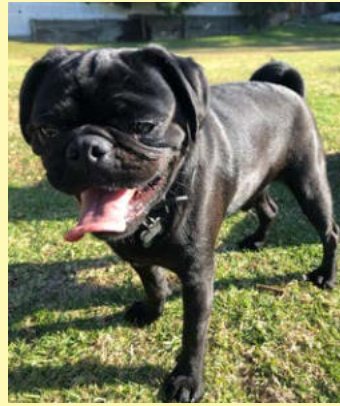
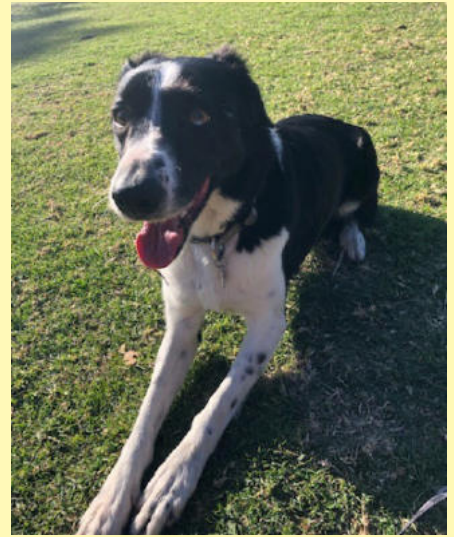
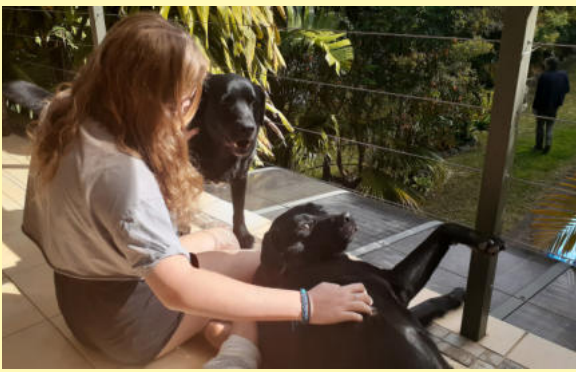


Miliana

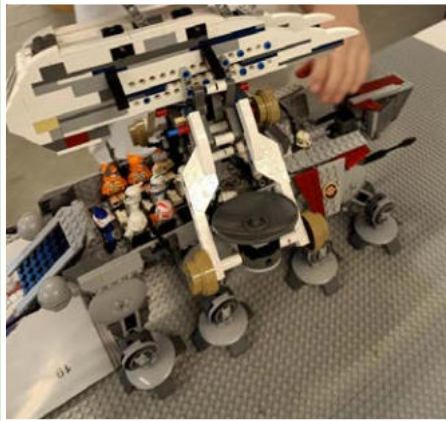


Pets

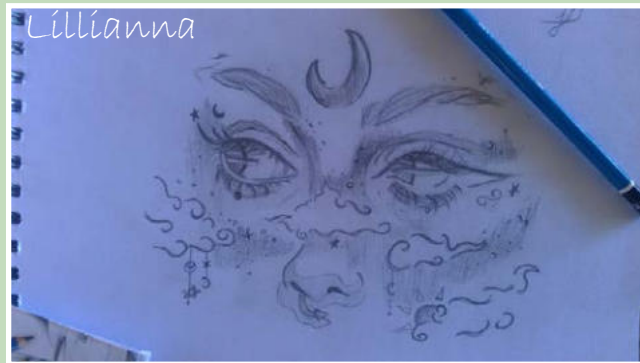




label



Aiden



Lillianna



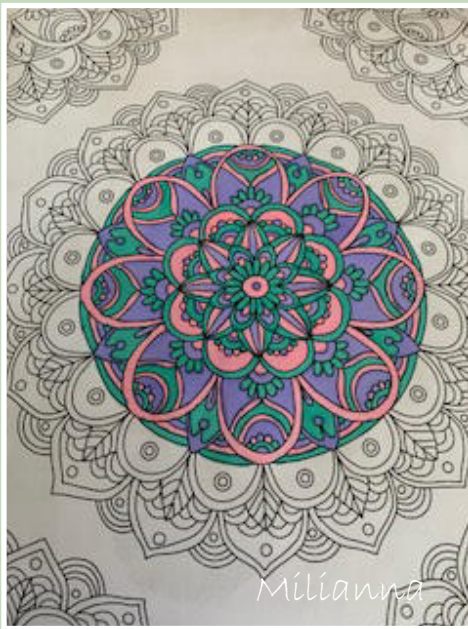
Emilia

PASS Sport challenge for students

From the PDHPE Faculty

Each box is worth 50 points – Your aim is to complete 150 points per day (across 3 columns)

Indoor Physical Activity	Training/Exercise	Social Activity	Cognitive Activity	Outdoor Physical activity
Jogging lightly in one spot for 10min.	Push-ups 10 reps	Call a friend you haven't spoken to this year	Teach a family member something you have been learning about from PE	Walk around the block with a pet or family member... twice!
Spend 10 minutes doing mindful meditation (e.g. Smiling Mind).	Star jacks-Push Ups-sprint runs 10 reps each	Take a break from social media for the day – only have conversations with people you can actually see!	Read about a topic of sport interest that you have been meaning to explore but never got around to	Take a hike up a steep cliff around your street
Do 30 minutes of stretching or yoga	Push-Up-Sit Ups-Plank 30sec each	Think about a recent problem with a friend/family member that you can forgive and forget	Writing a physical goal for next term and how you can work towards achieving it.	Choose a training exercise and add a sprint to it outside.
Choose a dance routine and practice it for 10min	Use an set of stairs and repeatedly go up and down the stairs – 5min	Start a list of all the things you look forward to doing when you can see friends again	Learn to say 'hello' in 10 languages. See if you can remember them all 2 days later. <i>Bonus points for pronunciation</i>	Choose either fishing, cycling, kayaking, surfing or running to complete.
Learn to juggle 3 items using 2 hands. Do not use eggs when practicing.	Do a push-up, bring your legs back in, and explode into a jump.	Write a list of qualities you admire about a family member and give it to them	Have a brain break! Can you click the fingers on your right whilst winking with your left eye? And your left hand/right eye?	Plan out your day. What's one thing you want to achieve today?



Milianna








Cassandra



Nicole



Wellbeing Challenge Matrix..... remember to post photos / examples of what you have done to be in the prize draw

PHYSICAL 	EMOTIONAL 	SOCIAL 	COGNITIVE 	SPIRITUAL 
Take your pet for a walk around the block or in the park	Spend time today doing something you love e.g. to draw a picture, listen to music,	Call a family relative and talk to them on the phone e.g. grandparent, aunty, uncle	Complete a puzzle, jigsaw, crossword, sudoku	Go outside and take a photo of 5 things of nature e.g. a flower, a view.
Wash the family car	Watch something with a family member that really makes you laugh	Meet a friend and go for a walk together	Make up a quiz / trivia quiz for your family to do	Complete the scavenger hunt in the wellbeing classroom
Bake something for your family to share	Make a list of the 5 things you are most looking forward to after Lockdown	Make a card for someone to let them know how much you care about them	Complete the Quiz in the Wellbeing Classroom	Find some magazines, cut out pictures you like and make a collage of the things that make you feel happy.
Learn to juggle three items with two hands	Create a collage using the colours of the rainbow	Meet a friend and go for a bike ride / skateboard ride	Think of the name of an animal for every letter of the alphabet e.g. A = ant, B=bug etc	Complete 3 Mindfulness activities from the Classroom
Do an activity you enjoy e.g. go for a surf, ride your skateboard	Write a note of appreciation to someone e.g. a family member, a teacher	Play a board game with your family	Learn to say "hello" in three languages	Do some Mindful Colouring: find pictures in the Classroom



tennis
walking
running
writing
family swimming
surfing painting
pegs friends wellbeing
sunrise walking painting
drawing
puzzles
sunrise
writing



Davica



Henry

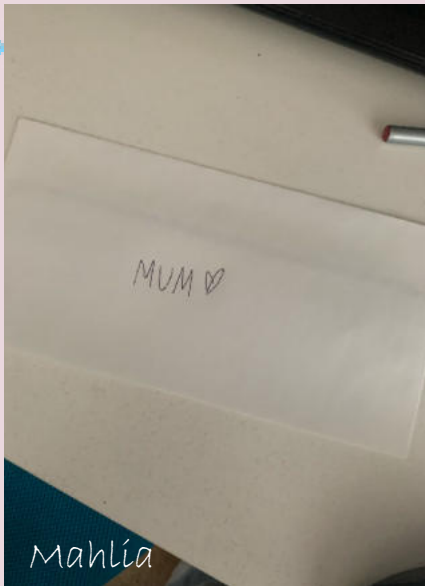


Jessica

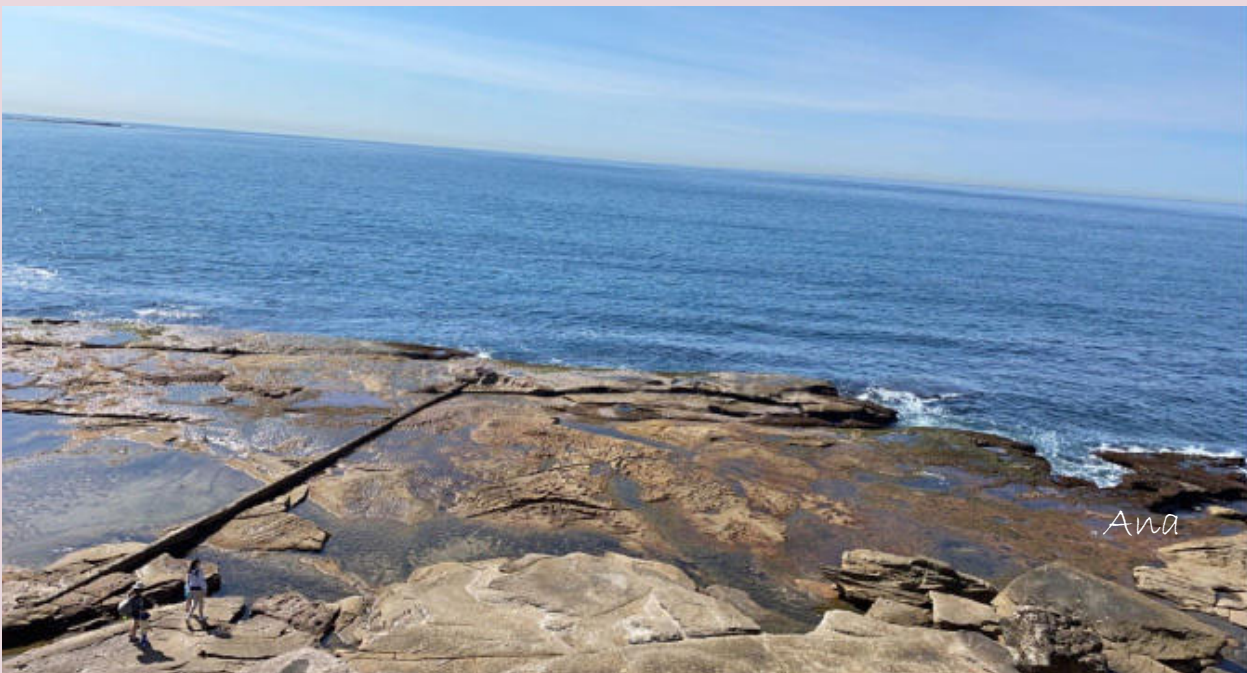
sunset
 talking
 reading
 friends
 sleeping
 tennis
 wellbeing
 reading
 sleeping
 family
 drawing
 pets
 swimming
 puzzles
 running
 surfing
 sunset



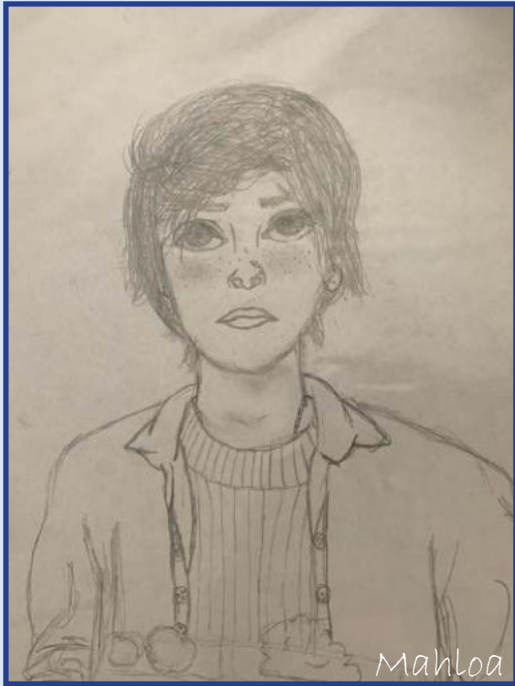
Benjamin



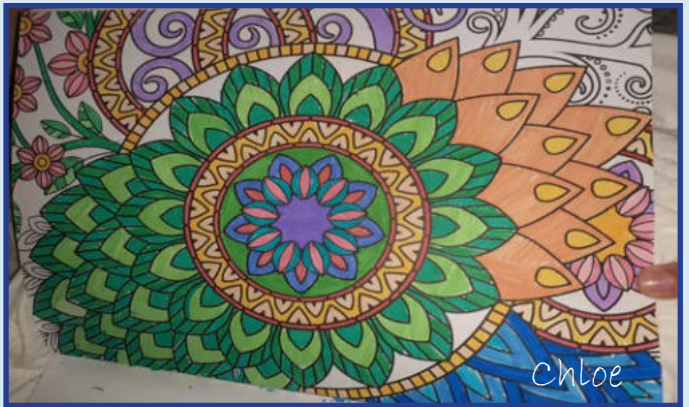
Mahlia



Ana



Mahloa



Chloe



Candice





Putiputi



Mahlia








Emily



From the PDHPE Faculty
CREATE YOUR OWN INDOOR SPORT!

THE LAST DIGIT OF YOUR PHONE NUMBER IS WHAT YOU USE:

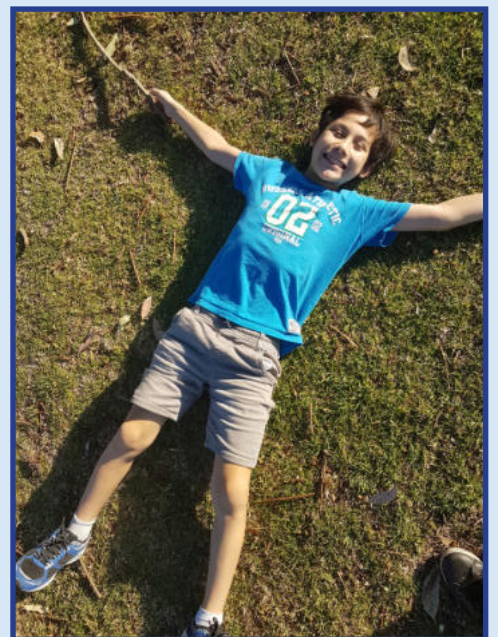
0-1. TENNIS BALL	2-3. SOCKS.	4-5. PAPER BALL	6-7. SOFA CUSHION	8-9. BALLOON
				

THE FIRST LETTER OF YOUR NAME IS THE AIM OF THE GAME:

A-E. THROW 3-POINTERS INTO A BUCKET.	F-J. KEEP IT OFF THE FLOOR.	K-O. PICK A FLOOR TARGET AND GET CURLING!	P-T. SCORE A GOAL BETWEEN THE TABLE LEGS.	U-Z. GRAB SOME FRYING PANS, PLAY TENNIS!
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YOUR MONTH OF BIRTH IS HOW YOU PLAY:

JAN-MAR. CHALLENGE FRIENDS ON VIDEO CHAT.	APR-MAY. FROM THE SOFA ONLY, NO STANDING UP.	JUN-JUL. SOLO, TRY TO BEAT YOUR HIGH SCORE.	AUG-SEP. USING ONLY YOUR WEAKER HAND.	OCT-DEC. PLAY WITH A BLINDFOLD ON!
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Ensign Engraving

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Facebook: [ensign4a](#)

Website: [ensignengraving.com.au](#)

Address: 4A Howard Ave Dee Why 2099

Phone: 0412 614 970

venla

[resell + relove]

Minna & Satu own **VENLA resell+relove**, a new concept rent-a-rack **second-hand fashion** store with a Nordic twist. They opened their first store in Mosman in January 2021, and second one was scheduled to open in July in Bondi. Due to lockdown, they were unable to open, but have just recently started selling second-hand items online. Support sustainability and reduce fashion waste!



Instagram: <https://www.instagram.com/venla.resell.rellove/>

Facebook: <https://www.facebook.com/venla.resell.rellove>

Website: [venla.com.au](#)

Webshop: [shop.venla.com.au](#)

MOSMAN

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BONDI

153 Oxford St, BONDI JUNCTION NSW 2022

m

0468 856 556

e

hello@venla.com.au

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[venla.com.au](#)

shop

[shop.venla.com.au](#)



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Mark Hill 0433 236 286

Heidi Hill 0413 589 919

Quick guide to mental health & wellbeing resources

Resources for everyone

Urgent help

A list of free and confidential services that operate 24 hours a day, 7 days a week, and are available to support, listen and help you out when you need.

Wellbeing services

A page of links to reputable organisations available to provide mental health support, as well as resources, information and a selection of wellbeing apps – for everyone.

Resources for students

Mental health and wellbeing hub - students

Provides students with links to mental health resources including a range of evidence informed and reputable organisations which provide support for young people who are having a tricky time or managing stressful situations, including:

- How can I look after myself?
- How can I help a friend?
- Where can I go for help and ideas?
- Other ways to get support.

Stay Healthy HSC

Stay healthy, stay active and keep connected during the HSC with resources brought to you by the department and our partner ReachOut. Includes 24 items searchable by category including:

- Study tips and tricks
- Physical health & wellbeing
- Exam time
- Life after HSC

Care and connect – students aged 12-18

How to look after yourself during COVID-19; get help when you are feeling really down; develop new coping strategies or if you are just feeling lonely. includes:

- Support yourself
- Support a friend

Care and connect – students aged 8-12

What you can do if you notice changes in yourself. Includes advice, ideas and links to evidence based resources for children who need to talk to someone, who are having scary or sad thoughts, who are upset, angry or sad – or who simply feel lonely. including:

- Support yourself
- Support your friend

Wellbeing advice for senior students

Strategies to manage your worries, re-focus your thinking and look after yourself.

Wellbeing information for all students

Strategies for when things feel uncertain and unpredictable – for all students.

Anti-bullying - students

Support for students who have seen or have been involved in bullying. Includes:

- I'm being bullied
- I've seen someone bullied
- I've been called a bully
- Staying safe online

Wellbeing at home

Activities and exercises you can build into the day to support your wellbeing – and learning. Includes a link to the Office of the Advocate for Children and Young People (ACYP) [Digital lunchbreak](#) website full of online resources and activities to do at home in your lunchbreak

Wellbeing and offline activities

Stacks of great ideas of things to do including:

- 15-minute [GetActive@Home](#) activities for kids from Kindergarten to Year 6.
- Over 350 [Arts Unit](#) creative activities for students from Preschool to Year 12.

People at school you can talk to

- Year Adviser
- [Student Support Officer](#)
- [School Counsellor / Psychologist](#)
- Wellbeing Nurse
- [School Chaplain](#)
- Classroom teacher
- Head Teacher, Wellbeing

Quick guide to mental health & wellbeing resources

Resources for parents and carers

[Learning from home – Parents and carers](#)

Includes resources [Talking to children about COVID-19](#) (PDF), [Learning environment checklist](#) (PDF) and [Remote learning guidelines](#) (PDF)

[Wellbeing during COVID-19](#)

Resources to support young children's wellbeing while being confined to home for an extended period due to COVID. Includes links to external resources on explaining COVID-19 and tips for coping.

[Mental health and wellbeing hub – parents and carers](#)

Provides parents and carers with links to mental health resources including a range of evidence informed and reputable organisations which provide support including:

- Help my child
- Look after myself
- Learn more
- Other ways to get support

[Care and connect – parents and carers](#)

Useful tools for parents and carers to support themselves and their children, including:

- Support myself
 - How to talk to child during tough times + links to talking to toddlers, primary school aged children and teenagers.
 - Tips to have a conversation with your child about mental health concerns.
 - Help your child manage anxiety.

[Tips to support your kids going through the HSC](#)

Ideas for helping your child with the confidence, support and stability they need to cope with their final exams. Part of the [Stay Healthy HSC](#) Hub.

[Parents and carers Wellbeing hub](#)

Large collection of advice, ideas, resources and information on a wide range of topics for parents and carers of children and young people from Kindergarten to HSC students. Incorporates content from our [Wellbeing and teenagers](#) section and advice about [Cyberbullying and teenagers](#). Sort by ages and categories including:

- Bullying
- Mental health
- Behaviour
- Health and safety
- School events
- Technology (including screen time and cyber-safety)

[Wellbeing and offline activities for your child](#)

Links to Parents and carers: ['essentials' toolkit](#), [GetActive@Home](#) videos for primary students, [Arts Unit](#) creative activities, [offline activities](#) and a link to the [Digital lunch break](#).

[Anti-bullying – parents and carers](#)

What you can do if your child has been bullied, seen bullying, or if they may have been involved in bullying. Includes [Staying safe online](#) (incorporating social media and gaming) and [Coping skills, resilience and teenagers](#).

[Drug education – Resources for parents and carers](#)

Contains links to external websites that provide accurate, evidence-based information and guidance for parents and carers who want to talk with their children about drugs.

[Live Life Well @ School – Resources](#)

Links to support teaching and learning about healthy eating and physical activity.

2 September 2021

