

# Highlights



6 April 2020

Term 1, Week 11

LAST DAY OF  
TERM 1

—  
WEDNESDAY  
8 APRIL

## Principal's Report

Since our last edition, the landscape of schooling has evolved considerably. As we move forward, we will be continuing to provide teaching and learning that gives our students a sense of normalcy in their daily routines. Many teachers have been using a range of platforms to engage with students and our attendance and engagement data is very strong. We understand the students' need for social connections and we are looking for ways that we can do this in an online environment. We appreciate all of your support in the community in assisting us to maintain things as close to business as usual.

It is always nice to be able to summarise the great things that have happened over the past weeks and I am pleased to be able to continue this tradition even if it is in a remote environment. I would like to begin by acknowledging Lachlan W in year 7 who has shown amazing community spirit in donating several laptops he has refurbished to the school community to help those less fortunate. Lachlan has a long history of volunteering and community service and he has been featured in the local paper previously for his volunteering. It is great to see public spiritedness continue to thrive in our school.

While students are at home school improvements continue to be made with the renovations in the future-focused learning space in A Block almost complete. We are also pursuing the creation of two more spaces such as these in the Science

block and I am sure students will enjoy the new spaces on their return to school. We also continue to schedule much needed maintenance around the school and are beginning a schedule of painting in the coming weeks to freshen our classroom environments.

Last week, I was pleased to send out a great many letters to parents of students who have been engaged across the term, at school and online. We have had a strong increase of positive entries in our system and this demonstrates yet again the continuing focus on learning our students, teachers and school community place at the heart of what they do.

I wish everyone the best of health and wellbeing for the holiday break ahead.

**Belinda Conway**

## INTERIM REPORTS

Interim Reports will be available on the Sentral Parent Portal at the end of this week. A reminder that parents should have registered for the Parent Portal for Sentral to access reports. Please ensure your email is current. All new parents were emailed instructions on how to set up their parent portal at the start of the year.

FIRST DAY  
OF TERM 2

—  
TUESDAY 28  
APRIL

# International Women's Day 2020

Thanks to our Girls Group and the support of our amazing school community, International Women's Day at SSC Leichhardt was a resounding success this year.

In weeks 6 and 7 of Term 1, we were fortunate enough to have both Verity Firth and Eva Cox speak at our school assemblies. Verity is currently the Executive Director for Social Justice at UTS and a former politician, and Eva is a renowned feminist, writer, sociologist, social commentator and activist. Both women delivered highly engaging and inspirational speeches, drawing on their own personal and professional experiences and speaking to the 2020 theme "Each for Equal". We thank them warmly for their valuable time and effort.



We held our IWD celebrations on Friday March 6<sup>th</sup>, kicking off the day with an early morning yoga session for staff, students and families, led by the amazing and multi-talented Ms Alex Boerma, Drama teacher at SSC Leichhardt. Ms Boerma also led a small mentoring circle with some of our year 10 girls which received loads of positive feedback and which we will endeavour to do more of in the future.



Finally, we had a special IWD morning tea in the iCentre for the Girls Group and female staff. Huge thanks to Belinda Conway and Vickie in the office for putting on such an amazing spread, and to our fabulous library ladies who kindly hosted and set up an awesome display for the occasion.



I would like to especially thank the Girls Group for all their enthusiasm, hard work and positive attitude this term. They are fantastic role models and a great representation of the values we hold dear at SSC Leichhardt. We meet every Monday at lunchtime and are always keen for new members so feel free to join us! Of course, like everything else, we have had to take it online for the time being, but are still managing to connect and work on projects through Edmodo so if you are interested, please send me an email through the school email.

Alison Galloway (Girls Advisor)



# Support Report – Social Inc

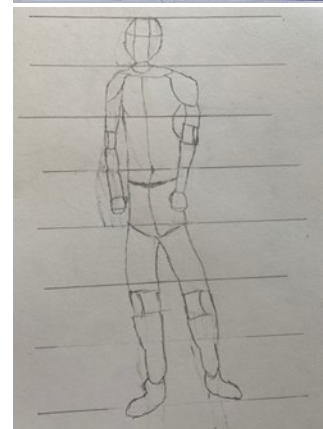
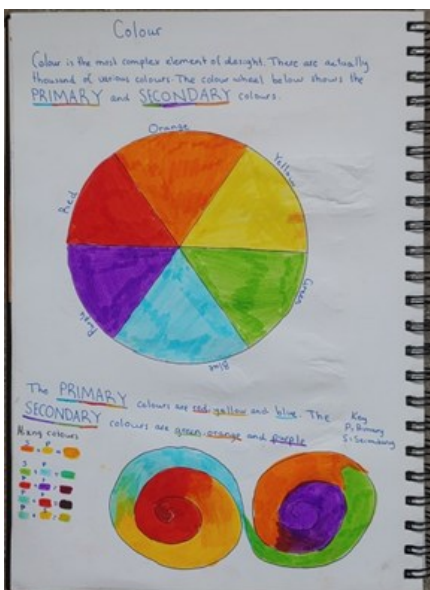
Social Inc. has sprung back into action this term! Each Friday students are invited to mingle with support unit students for lunchtime conversation and games galore! We've had three successful sessions packed with positive interactions. We've even had a performance by the Support Unit's very own Michael Jackson impersonator, Tristan Johnson-Doolan. Unfortunately, our need for social distancing has seen an early end to our social club, but we hope to bring it back as soon as things return to normal.

Fernanda Valdes-Chepe  
(Support Unit Teacher)



## Visual Arts

Students have been sending a range of drawings and digitally creating artworks since the COVID-19 virus struck. Here are some examples of the work that has been sent:



Thank you for your continued effort.  
Stay tuned for more artwork.

THE SSCL WELLBEING TEAM PRESENTS THE

# WELLBEING WRAP

THE MINDFULNESS  
EDITION



## WE LOVE -



### What is mindfulness?

Mindfulness is paying attention to the present moment with openness, curiosity and without judgement.



**See Page 3 for  
more tips on  
mindfulness**

## OUR TOP HEALTHY HABIT

Mindfulness is key. Sometimes it's better to slow things down and practice deep breathing. Effective workers slow down and reflect to make the best decisions and actions - they slow down to speed up.

**- Mr. Harris  
(Year 7 Advisor)**

## DOWNLOAD THIS APP

**ReachOut Breathe** helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate



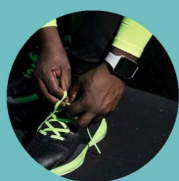
**ReachOut Breathe**



# MINDFULNESS TIPS

BY SMILING MINDS

## 7 HEALTHY BRAIN BREAKS:



### MOVE

- Physical movement is a great way of releasing the excess energy
- Take yourself for a walk or run outside; do some stretching, yoga or some other form of mindful movement



### BREATHE

- Stop what you're doing, take three long, slow deep breaths.
- Try a 4-2-6 rhythm – e.g. breathe for 4 counts, hold your breath for 2 counts, and breathe out for 6 counts.



### GROUND

- Cuddle your pet
- Smell and/or diffuse a relaxing essential oil
- Do one of the short guided grounding exercises from the smiling mind app



### SLEEP

- Sleep is so important for our mental and physical wellbeing
- Consider creating a pre-sleep routine by turning off news and screens at least an hour before going to bed.



### CONNECT

- Staying connected to others is more important than ever as we are wired to connect and seek comfort and care from others.
- Try using video conferencing technology so that you can see each other, as we communicate best when we can see each other's body language and facial expressions.



### CONTRIBUTE

- Contributing to the wellbeing of others helps shift our attention from ourselves onto what we can do for them.



### HEALTHY HABITS

- Mindfulness can help us create healthy habits to keep us and others as safe and healthy as possible. For example, washing your hands mindfully and taking care not to touch your face.

**Reference:** <https://blog.smilingmind.com.au/how-mindfulness-can-help-during-coronavirus>

# LOCAL COVID-19 INFORMATION

## Local Free Meals

These organisations will offer free takeaway meals for those experiencing homelessness or at the risk of:

- Exodus Foundation (take-away only)  
180 Liverpool Road Ashfield, 2131  
Tel: 8752 4600  
8am – 4pm Monday to Friday  
8am – 3pm - weekends
- Newtown Mission Jordan's Café (take-away only)  
280A King Street, Newtown  
Tuesday, Wednesday and Friday (1 – 3 pm) and Thursday (6 – 7 pm)
- Saint Constantine & Helen Greek Orthodox Church (take-away)  
378 King Street, Newtown  
Tel: 9519 7868  
Lunches 12pm – 2pm
- Lentil As Anything (pay what you can afford, take-away delivery)  
391 King Street, Newtown  
Tel: 8283 5580  
<https://www.lentilasanything.com/order-online-links?fbclid=IwAR3DNaVzvhTKNii-M4jtxf9ngRN96d-iI8dFo38uDnh65zbNIBYYH1wmDPo>
- Wayside Chapel  
29 Hughes Street, Kings Cross  
Café area remains open:  
Monday to Saturday 9:30am-9:30pm  
Sunday 10am-9:30pm  
Tel: 9581 9100

## Coronavirus screening clinics

Coronavirus (COVID-19) screening clinics are also in operation at several hospitals across the region:

- Royal Prince Alfred Hospital 8.00 am - 10.00 pm daily
- Concord Hospital, 8.00 am - 6.00 pm daily - across road from ED in Sports Institute Building
- Canterbury Hospital, 8.00 am - 10.00 pm daily - access via the After Hours GP entrance
- St Vincent's Hospital 10.30am - 6.00pm daily. Enter via main hospital entrance and follow the green line to the Flu Assessment Clinic. (\*All non-emergency presentations for testing of children should go to Sydney Children's Hospital or Royal Prince Alfred Hospital)
- Sydney Eye Hospital Emergency Department, 8 Macquarie St, Sydney, is now offering testing.
- Prince of Wales Hospital 10.00am - 8.00pm daily - access via Building 14B Avoca St, Randwick
- Redfern Health Centre, 103 – 105 Redfern St 9.00am – 4.00pm Monday - Saturday
- St George Hospital 8.00am - 6.00pm daily - Gray Street Kogarah