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Relieving Principal's Message

Hello RRHC community.

I would like to acknowledge the amazing job you are all doing with online and remote learning as we shift to a new way of undertaking teaching and learning activities. I know it is challenging and at times confusing. It is important that you are not too hard on yourselves in these initial stages of doing things differently. We are aware of many extenuating circumstances that will mean some students may not complete every task set. That is ok, we are looking to support all students and acknowledge some learning may look a little different at this point in time. Yesterday Murat Dizdar, Deputy Secretary DoE and Mark Scott, Secretary DoE delivered a livestream for all Principals. In this address it was made clear that we will be undertaking online and remote learning for the duration of Term 2 at this stage.

Year 11 and 12 students will have been provided activities and tasks to ensure their continuity of learning. They are encouraged to connect with their teachers regularly through their Google classrooms and via email to ensure they understand what is required of them, and so as to receive feedback on the work they are undertaking. Some formal assessment tasks have been rescheduled, and some tasks have been changed to suit the new teaching and learning platforms. It is important students proactively seek advice when needed. NESA are providing regular updates and these updates can be found via this link

<https://www.educationstandards.nsw.edu.au/wps/portal/nesa/home>

We are asking that students in Years 7–10 engage with the learning activities provided by their teachers. Engaging for these students can look very different for every young person. Some young people will follow a very similar timetable at home as to what they would usually undertake at school, some students will complete blocks of learning activities as they have jobs at home or in paid work to undertake too, others will be scheduling their work around sharing devices or space with siblings also learning from home. We are looking for students to maintain their learning albeit differently.

All Years 7-10 students currently have enough work to see them to the end of term, and in many cases into Term 2. We implore you to be gentle with yourselves and your students as we move toward the holiday break. If your child completes all of their set work or needs to undertake some of their learning differently you could have them undertake some of the suggestions provided by our Head Teacher Learning and Support Ellie Stinson.

Read a book! Paint a picture. Play a board game, learn to shuffle cards like a pro. Bake a cake. Arrange a bunch of flowers from out of your garden. Phone a Senior citizen. Make your bed in the morning. Hang out the washing! Make something with the scraps of wood you find under the house. Test the batteries on your smoke detectors. Clean your room! Learn how to make your stock standard family dinners, take a photo once you are done, we will Vivo you! Service your bike. Download a mindfulness app and use it! Prove it – take a screen shot and we will Vivo you too. Learn how to play that instrument that is in the back of the cupboard. Make your own bucket drum and drum away to a song. Write a poem or a song about how you are feeling, share it. Give your little brother a haircut and try and make it good. Write a list of all the things you took for granted and will try not to take for granted once this is over. Write a list of all the things you are grateful for now, in spite of all of this.

We are sure you can think of some other activities too. The Department of Education have a new public-facing [COVID-19 page](#) which includes FAQs, information about learning from home, and updates on non-operational schools.

Please look after yourselves and your families.

Belinda Marr, Relieving Principal

A note from the School Counsellor

Families and students can continue to access Counsellor support by phoning the school or emailing and requesting an appointment. A time suitable to both parties will be confirmed by phone or email. Until other arrangements are possible, contact will be via a phone call from the Counsellor to home at the appointment time. Those students who were currently seeing the Counsellor will be contacted directly via home phone, where appropriate, for a chat/well being check.

Liz Bethell

School Counsellor

VIVO while Learning Remotely

At The Rivers Secondary College - Richmond River High Campus we use VIVO points to reward students for completing classwork, engaging in class activities, attending excursions and sporting events and so much more.

As most events are now cancelled and most students are working remotely we have allocated points for students collecting work packets, checking in online with their teachers and submitting classwork.

Teachers have been asked to continue allocating VIVO points and students will still receive Bronze (150 VIVO), Silver (450 VIVO) and Gold (900 VIVO) Awards as they earn them. Ms Hinchey will email you a copy of your award and your printed certificate will be waiting for you on return to normal classes at school.

The VIVO Shop is currently closed as we cannot get prizes to students but it will reopen later in the year to allow students to spend the points they have earned. If you placed an order before the shop closed it is safe and you will receive it when we return to normal classes.

If you need help with your VIVO login, please send Ms Hinchey an email at

justine.hinchey@det.nsw.edu.au

Ms Justin Hinchey

VIVO Coordinator

Study Skills Handbook Newsletter Tip for April

Please login and check the latest resource available on the site: Guide to Remote Home Learning. Here you will find tips from setting up your space at home for learning, to templates for daily checklists and strategies for maintaining focus at home. This guide is being updated on a daily basis and is a great resource for students and parents. There is a lot of information out there about working from home, but it is often not tailored specifically to the needs of secondary students. You will also find links to lots of online learning resources as well as resources for stress management, such as this great video from Human Connections:

<https://humanconnections.com.au/blog/dealing-with-the-stress-and-anxiety-of-coronavirus/>

Our school login details : RRHC / 88success or go to **www.studyskillshandbook.com.au**

Student and Parent Portal

The Student and Parent Portal provides parents and students access to information including school newsletters, student timetables, notices, calendar, calendars of assessment schedules, attendance, school reports etc. Parents can submit explanations for absences (if submitted within 14 days of absence), make requests for amendments to family details/medical information and view student plans such as individual education plans. Students can log on using their school username and password.

Parents can still register and access the portal. **<https://web2.richmondri-h.schools.nsw.edu.au/portal/login>**

Important Phone Numbers and Support Services

School Counselling Service - at school

Kids HELPLINE - 1800 551 800 -

kidshelpline.com.au

Lismore HEADSPACE - 6625 0200 - 1800 650 890 -
headspace.org.au

Mental Health Line - 1800 011 511

Beyond Blue - 1300 789 978

Parent Helpline - 1300 1300 52

Lifeline - 131 114

You can also :

- call the **National Coronavirus Health Information line - 1800 020 080**
- go to the **NSW Health COVID-19 website external link for the latest information and advice**
- Talk to your **local GP or Community Health Centre**

Important Education Websites

RRHC Facebook - <https://www.facebook.com/richmondriverhigh>

Student online portal -

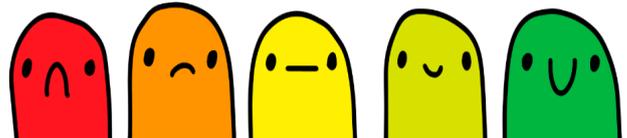
web2.richmondri-h.schools.nsw.edu.au/portal/login

Online Study Skills Handbook -

RRHC / 88success www.studyskillshandbook.com.au

This is tough,
but so am I.

#saysomethingkind



From the Community Liaison Officer (CLO)

What's Working?

My work this week has been to phone families to see how they are getting on with their young person's learning from home. Overwhelmingly parents and carers are doing the best they can with what they have in these new and ever changing days. Families recognise the enormous job of schools in getting online learning to work for all while they work conscientiously to ensure their children are keeping up as best they can. Congratulations to you for your work in working with your school. This is a partnership at its best. Our children are fortunate to be surrounded by such support. It is working. Take a deep breath and pat yourselves on the back as parents, carers and school staff work together for the best for our students, your children. Thank you.

Anne Bowden

Community Liaison Officer

School Stream App

RRHC uses the School Stream app to communicate with our community. Assessments, newsletters and other important information can be viewed there. Link to download the app -

<https://www.schoolstream.com.au/download/>



School Updates App

Introducing the NSW Department of Education School Updates app

Opt-in to receive notifications when public schools have temporarily ceased operations due to adverse weather, bushfires or other emergencies. Find out more and download the app now.

<https://education.nsw.gov.au/public-schools/practical-help-for-parents-and-carers/nsw-school-updates-app>

Cyber Safety Notice

Houseparty



From:

Kirra Pendergast

CEO - Safe on Social Media Pty Ltd

I have been inundated with requests for information about an app called "**Houseparty**" over the last few days. During this period of home-schooling and isolation teens and tweens are connecting through social media more than ever!! It is imperative that we stay vigilant about cyber safety and duty of care.

Mid 2019 Houseparty was acquired by Epic Games (yes, the developers of Fortnite).

It is a group video chat app that has some good and some nasty sides to consider.

Over the last few years, its popularity waned, but recently on Twitter, there have been tweets like this: "Everyone is back on Houseparty" "Make Houseparty great again!" "Who's down to get Houseparty again and get this social distancing lit?"

This morning I had a virtual coffee with some friends on Houseparty. It did seem to ease the isolation I have been feeling during this time of COVID19. That connection made me feel much better when it was shared, even if just on a screen.

So here are some of the things that immediately caught my attention that need to be carefully considered by parents before they allow their child to use Houseparty.

1. The age recommendation is 13yrs. This is, so the app complies with the US Children's Online Privacy and Protection Act (COPPA). It is in place to prohibit the collection and use of information of children under the age of 13yrs for the purposes of sales and marketing. There is no age verification at all.
2. It is free to use so your child's image, recordings, any other information used to interact with the app can be data harvested for the purposes of sales and marketing. Remember, if something is free to use, you are the product.
3. During the signup process, the app asks you to enable location..... don't. Like on most apps it will track your movements 24/7 down to within 5m in most cases. We don't want people knowing our exact address now, do we?
4. The app offers up "friend suggestions" based on showing you friends of friends that you may want to connect to. Huge red flag! It also allows people to send friend requests and, for this reason, has been referred to as a "pedophile party." You must drum into your child not to connect with people that they don't know and check who they are connected too regularly if they are younger.
5. Teens who are not invited to a group chat (maximum eight people) may feel left out, and exclusion bullying is rife.

So is gossip.

So is sending notes.

So is sending explicit (sexting) images.

So is the assumption that the video chats are private.

So is the potential for overuse.

So is the risk of connecting with complete strangers. Need I go on?

For more information on cyber safety, and apps (including over 50 videos) please let your parent community that they can subscribe to: can subscribe to:

www.safeonsocialtoolkit.com

If they use the access code "GETSAFE" they will receive a 20% discount making the subscription just \$77 per year.



ACTIVE COPING CALENDAR: APRIL 2020



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

1 Make a plan to help you keep calm and stay in contact

2 Enjoy washing your hands. Remember all they do for you!

3 Write down ten things you feel grateful for in life and why

4 Stay hydrated, eat healthy food and boost your immune system

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

8 Take five minutes to sit still and breathe. Repeat regularly

9 Call a loved one to catch up and really listen to them

10 Get good sleep. No screens before bed or when waking up

11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

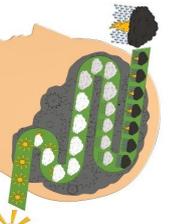
26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time



ACTION FOR HAPPINESS



www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind