



## Ironbark Ridge PS

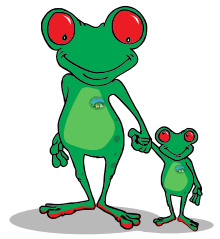
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*Nurturing personal growth through inspired learning...*



# Newsletter 2020

**Term 2    Week 1    Friday 1<sup>st</sup> May 2020**  
***Be Safe, Be Responsible, Be Respectful***

## DATES FOR THE DIARY

29<sup>th</sup> April to 8<sup>th</sup> May - Learning from Home to continue  
12<sup>th</sup> May – Students in Casuarina House come to School  
14<sup>th</sup> May - Students in Wattle House come to School

### MAY

11<sup>th</sup> – Students in Bluegum House come to school  
13<sup>th</sup> – Students in Waratah House come to School

*\*\* Subscribe to our 'Ironbark Ridge – Events' Google calendar (see the app or the school website)*

## PRINCIPAL'S REPORT

Welcome back (virtually ☺) to Ironbark Ridge for Term 2!

### Positives out of the negative... a mindset

With unexpected, new happenings comes an increased level of concentration and attention. Our eyes widen and our mind is brought into focus on our surroundings. This is a natural and unconscious human reaction. As a Successful Learner we can make this behaviour a habit... called *Observing* and represented by the magnifying glass in Ridgy's backpack.

In this state of heightened awareness we can become anxious, but with the right mindset (and over time, Habit) we can stop ourselves and turn the emotion into curiosity – a far more positive option.

The current pandemic has thrown a constant stream of new and unexpected changes to our routines and lifestyle, so it's no wonder we're all feeling so tired and emotional! With a mindset that allows anxiety to be in control we are more likely to see the negatives and threats, bemoaning what we have lost or what is now harder, or what else could possibly go wrong as well. However if we can be more curious about possibilities and opportunities we will find amazing growth and positive change occurring in our lives and our community. I have observed a large number of our learners taking control of their own learning, building responsible routines at home, and developing advanced communication skills through both written and spoken language. At Ironbark Ridge we have high expectations of our learners, but they continue to surprise and excite our teachers with what they are truly capable of. Well done to them, but also congratulations to you all at home supporting their learning journey at the moment.

### Return2Ironbark – Phase 1

From Monday 11<sup>th</sup> May we are inviting all students to return to school to learn in real, physical classrooms for one day each per week! The weekly schedule of attendance has been organised to ensure a reduced number of students and staff on site, allowing us to maintain our school as a Safe Zone and to implement some simple physical distancing measures, with about 10-15 students only per classroom. Parents and Carers are requested to remain off school grounds, picking up and dropping off at the front gate, or even remaining within the car and using the drop-off/pickup No Parking Zone at the front of the school. This is 'Phase 1' of the NSW schools plan.



## PHASE 0

Schools are open for families who need it.

- Families are encouraged to keep their children at home wherever possible, with no student to be turned away.
- Students who attend school are supervised only, not in their regular classes.
- No excursions or inter-school activities.
- Continued enhanced cleaning and hygiene supply arrangements.

## You must continue to

- Keep your child/children at home if possible.
- Support your child/children to continue learning at home.
- Communicate with your school via email and phone wherever possible.
- Follow the health advice and keep your child/children at home if they are unwell.

## PHASE 1

Students at school at least one day per week.

- Schools have discretion for establishing which group attends on which day, with a preference to group siblings/families together.
- Families who need to send their child to school every day may continue to do so and no child will be turned away.
- Classes are split across different spaces and break times can be staggered.
- No excursions or inter-school activities.
- Continued enhanced cleaning and hygiene supply arrangements.

## You can now

- Send your child/children to school one day a week.
- You are encouraged to keep your child at home for the rest of the week wherever possible.
- Check with your school to see which day of the week your child/children should attend.
- Use the school canteen and uniform shop where appropriate hygiene measures are in place.

## You must continue to

- Follow your school's advice regarding changes to drop off and pick up, including staying in your car when dropping off and picking up your child/children if safe to do so.
- Maintain social distancing by avoiding gathering outside of school gates.
- Make sure your child/children have access to lunch and snacks, noting some canteens may not be operating at this stage.
- Support your child/children to continue learning at home on remote learning days.
- Communicate with your school via email and phone wherever possible.
- Follow the health advice and keep your child/children at home if they are unwell.

## PHASE 2

Students at school at least two days per week.

- Schools have discretion for establishing which group attends on which days, with a preference to group siblings/families together.
- Families who need to send their child to school every day may continue to do so and no child will be turned away.
- Classes are split across different spaces and break times can be staggered.
- No excursions or inter-school activities.
- Continued enhanced cleaning and hygiene supply arrangements.

## You can now

- Send your child/children to school two days a week.
- You are encouraged to keep your child at home for the rest of the week wherever possible.
- Check with your school to see which two days of the week your child/children should attend.
- Use the school canteen and uniform shop where appropriate hygiene measures are in place.

## You must continue to

- Follow your school's advice regarding changes to drop off and pick up, including staying in your car when dropping off and picking up your child/children if safe to do so.
- Maintain social distancing by avoiding gathering outside of school gates.
- Make sure your child/children have access to lunch and snacks, noting some canteens may not be operating at this stage.
- Support your child/children to continue learning at home on remote learning days.
- Communicate with your school via email and phone wherever possible.
- Follow the health advice and keep your child/children at home if they are unwell.

## PHASE 3

Students at school five days per week, with social distancing measures.

- Students with increased health risks may continue to learn at home to suit their individual needs.
- Students remain in the same classroom for the day, break times can be staggered to reduce mixing between class groups.
- No excursions or inter-school activities.
- Continued enhanced cleaning and hygiene supply arrangements.

## You can now

- Send your child/children to school every day.
- Access community services run on school sites, where they are not restricted by Public Health Orders.
- Use the school canteen and uniform shop where appropriate hygiene measures are in place.
- Walk your child/children into and out of school while maintaining social distancing.

## You must continue to

- Follow your school's advice regarding changes to drop off and pick up, including staying in your car when dropping off and picking up your child/children if safe to do so.
- Maintain social distancing by avoiding gathering outside of school gates.
- Make sure your child/children have access to lunch and snacks, noting some canteens may not be operating at this stage.
- Support your child/children to continue to learn at home if they are required to learn remotely.
- Communicate with your school via email and phone wherever possible.
- Follow the health advice and keep your child/children at home if they are unwell.

## PHASE 4

Students at school five days per week, with full school activities.

- Normal school breaks and entry/exit processes will resume.
- Infection control procedures will continue on a school by school basis.
- Communication to staff, students and families regarding NSW Health advice will continue.
- Continued communication to the Early Childhood Education sector regarding NSW Health Advice.

## You can now

- Send your child/children to school every day.
- Participate in school excursions and inter-school activities.
- Use playground equipment at schools.
- Drop your child/children off at school as you would normally do.
- Participate in school based activities such as volunteering in classes and assemblies.
- Use services that usually operate at your school like canteens and other community run activities.

## At all times

- Schools are safe places for students, teachers and staff.
- All students engage with a single unit of work.
- Keep up-to-date with your school's communications to make sure you receive important messages about timetable changes.
- Any identified cases of COVID-19 will continue to be managed in line with health advice, including temporary school closures where necessary.

## Learning from home

Practical resources and guides to support students are available at the department's [Learning from home hub](#).

## A managed return to school

Guidelines for families



The days for Ironbark Ridge students to attend are:

- Monday – **Bluegum** house (starting 11<sup>th</sup> May)
- Tuesday – **Casuarina** house (commencing 12<sup>th</sup> May)
- Wednesday – **Waratah** house (from 13<sup>th</sup> May)
- Thursday – **Wattle** house (beginning 14<sup>th</sup> May)
- Friday – only students who cannot be supported to access Learning From Home on this day. Staff will be working on collaborative planning and delivery of the next week's work for their students, as well as continuing to monitor their online learning platforms and provide feedback and support to their students. Not all staff will be working on site, further reducing the numbers of people entering the Safe Zone.

Students have (coincidentally) already been holding weekly meetings throughout Term 1 in their *Houses*, discussing House Spirit and developing connections with other students in their *House*, especially their Student Leaders. The Sentral Parent Portal lists your child's *House* under their Student Details tab where their Class and Teacher are also noted. If you are still unsure about which House your child is allocated to, please contact the school Admin Office via email or phone.

Our school is enjoying enhanced cleaning to ensure it remains a Safe Zone for our students and staff.

We appreciate your support with this initial step forward towards a full return to school. NSW Health and Dept of Education (DoE) advice to us will be based on the community data that follows the slightly relaxed social isolation measures already commencing this evening, as well as the school return in a week. We are all, obviously, hoping that a rapid move to full school attendance can be achieved, but this relies on us all practicing the social distancing measures still being requested by our community leaders and even downloading the COVIDSafe app our Australian Government has developed. Working together will get us there 😊

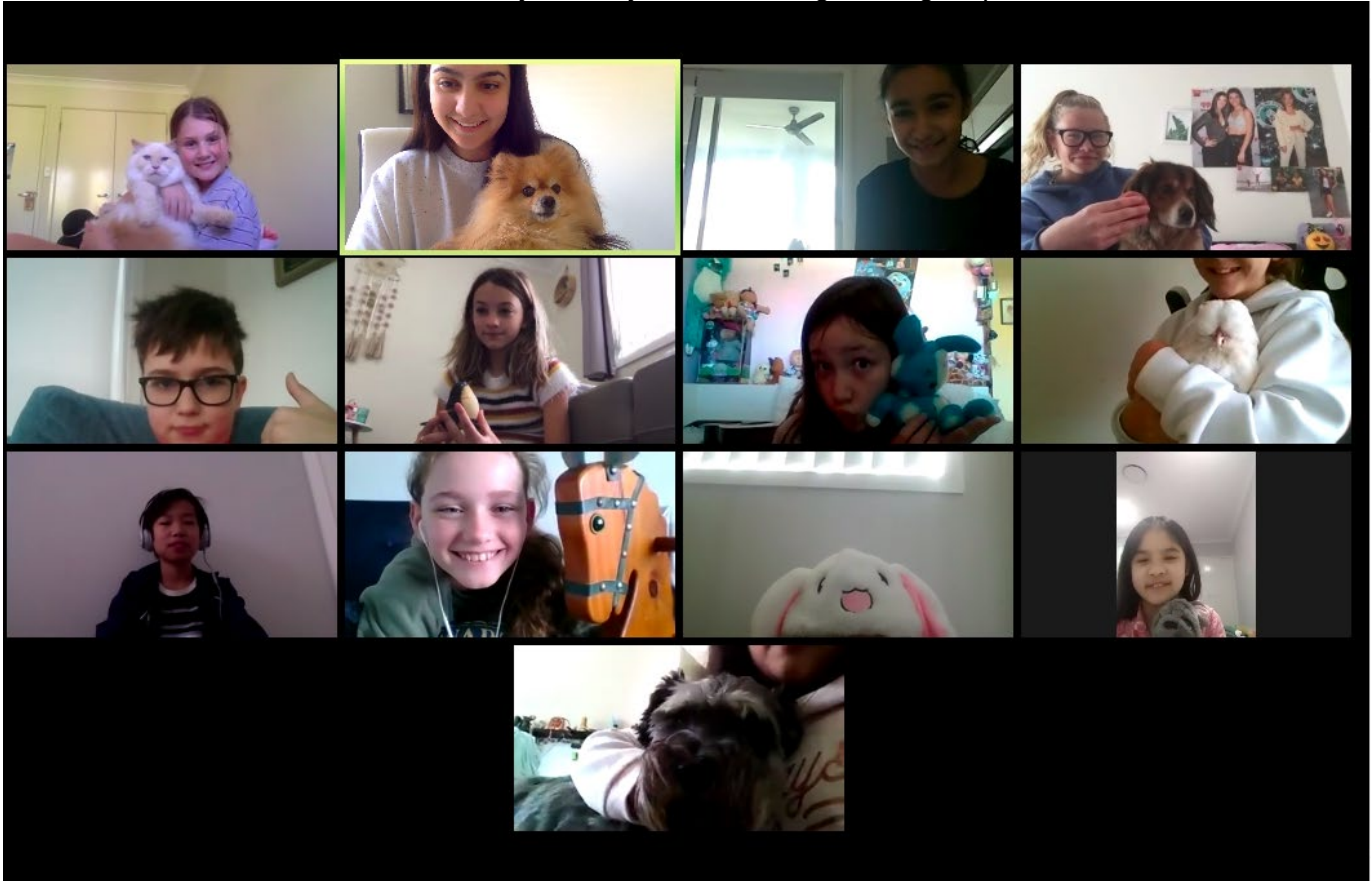
### Canteen Re-opening – The Ridgy-Didge Kids' Fridge

The Ridgy-Didge Kids' Fridge will be re-opening for business on Monday 11<sup>th</sup> May with the return of our students. Orders can only be made through the online FlexiSchools payment system as usual. Counter sales at both Recess and Lunch will be available for cash, also as per normal. Doris is extremely excited to get back to her role as Canteen Manager, although at this stage we are asking volunteers to wait until later in the term to enter our *Safe Zone* school site.

## Zoom-ing

Many of our classes have settled into a fun routine of meeting each morning through the video-call app Zoom, or the meeting function in MS Teams. I've certainly enjoyed the chance to pop up in a few screens and say Hi to our students 😊. This tool is allowing our teachers to welcome their class and explain upcoming learning tasks. At times the teacher is able to demonstrate skills and techniques, watch students and provide them with specific feedback, and even conduct activities such as Reading groups! It also lets students see their classmates live despite their physical isolation at home. This peer connection is vital to our positive and supportive classrooms, so it has been wonderful to see it re-established through this technology.

When Ms Chaouk's class, 6C, met today... many of them brought along a special friend!



As usual, our teachers are constantly raising the bar and looking for ways to grow and develop their use of teaching tools and technology to increase their impact on student learning. Discussions now centre on the integration of both Learning From Home with in-class face-to-face learning to ensure efficient and effective operations. As we try to deliver both forms of learning it will be difficult to manage... but Ironbarkers are more than up to the challenge!

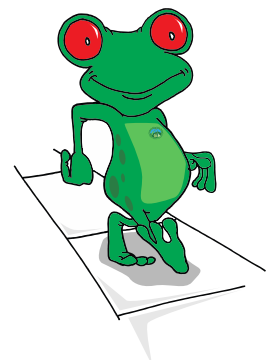
## Easter Raffle and Bunny visit!

Some things are worth waiting for, so once students return to their classrooms there just might be a special delivery from the Easter Bunny waiting for them. Our Ironbark Ridge P&C support the friendly bunny each year and despite the isolation they were cunningly still able to arrange a covert meeting with said Rabbit and its support staff... ensuring that safe, clean goods could be delivered 😊

The winners of the Canteen Easter Raffle will also be delivered to the three winners in Week 3 too!

Yours in anticipation of a busy, bustling Ironbark Ridge school again,

Nick Thomson  
Principal



# DEPUTY PRINCIPALS' REPORT

## Easter Holiday

Although our Easter holiday was very different this year, we hope everyone had time to take a break and enjoy a little downtime relaxing with family. Cooking, cleaning and board games seem to have been consistent activities in many households.

## Staff Changes

This term, we say farewell to Mrs Turner, who will be leaving us to get ready for their new arrival in a few weeks. Our sincerest thanks for her outstanding contribution to the teaching and learning at our school. We wish Mrs Turner and her family all the best, and we look forward to seeing photos of your beautiful new baby. A big welcome back to Mr Brent and a big thank you to Miss Davis, who looked after his class while he was away.

## Term 2

Our stage teams have worked intensely during the holidays and into the first week of school to plan the learning for the term ahead. To support the continuity of education of our students and increase face-to-face teaching in NSW, a staged return to school model will be rolled out across Term 2. A staged approach supports school communities to balance the needs of students, staff, their families, personal circumstances and workplaces during the pandemic. It is a very different way to start the term, but we are all looking forward to seeing our students return to school initially for just one day a week during Phase 1, beginning on the 11<sup>th</sup> May.

During Week 1, students and staff were quickly engaged in their online learning. It was lovely to catch up with classes and see all the work being presented. To say we are proud of our teachers and students is an understatement.

## ANZAC Day Service

Ironbark Ridge held our first virtual school **ANZAC Commemoration** this year. Thank you to Mrs Jones, her team of teacher helpers and our student leaders for their leadership of this important event. We were so proud of all the students who displayed outstanding respect to honour all our servicemen and women. You can still view the event by going to our Facebook page or click the link below.

[IRPS 2020 ANZAC Day Service](#)

## Wellbeing

At Ironbark Ridge Public School wellbeing is at the core of what we do and we work hard to ensure that students are individually known, valued and cared for. We have included an information sheet that may support mental health while at home.

## Opportunity Classes

The placement process for opportunity class entry in 2021, including the Opportunity Class Placement Test, will be delayed until later in the year. As a result, applications will not open on 28th April 2020, as previously advised and published. This delay is in response to the current situation. The opportunity class placement will still go ahead in 2020; however, the process for that, including the timeline, will look a little different this year. The department intends to ensure Year 5 students are placed in opportunity classes in 2021 with minimal disruption to schools and families. Revised dates for applications, tests and process changes (including any changes to school assessment scores) will be announced as soon as they are confirmed. The department web pages will be updated shortly to reflect this message.

## Winter Uniform Changeover

We officially move into our winter uniform on **Monday 11th May**. However, we would ask that the weather forecast is taken into consideration when dressing your child on the days they are at school. Remember also that our new culottes are part of both the summer and winter uniform so can continue to be worn all year! We encourage all students to take pride in their school. One way of displaying this is to wear the school uniform.

Have a great weekend,  
Kerrie Pho and Kerry De Jager

**Deputy Principals**



# Ironbark Ridge Public School

## Parent Planner Term 2 2020

\*\* Note: All dates on this planner are subject to change at the discretion of the school. **Updated 1.5.20**

| Week           | Monday   | Tuesday  | Wednesday   | Thursday  | Friday                                   | Sat/Sun |
|----------------|--|--|---|---|--|---------|
| 1<br>April/May | 27<br>STAFF DEVELOPMENT DAY                                  | 28<br>STAFF DEVELOPMENT DAY                                    | 29<br>Students unable to learn from home  | 30<br>Students unable to learn from home                    | 1<br>Students unable to learn from home  | 2/3     |
| 2<br>May       | 4<br>Students unable to learn from home                      | 5<br>Students unable to learn from home                        | 6<br>Students unable to learn from home   | 7<br>Students unable to learn from home                     | 8<br>Students unable to learn from home  | 9/10    |
| 3<br>May       | 11<br><b>BLUEGUM</b><br>& Students unable to learn from home | 12<br><b>CASUARINA</b><br>& Students unable to learn from home | 13<br><b>WARATAH</b><br>& Students unable to learn from home                        | 14<br><b>WATTLE</b><br>& Students unable to learn from home | 15<br>Students unable to learn from home | 16/17   |
| 4<br>May       | 18<br><b>BLUEGUM</b><br>& Students unable to learn from home | 19<br><b>CASUARINA</b><br>& Students unable to learn from home | 20<br><b>WARATAH</b><br>& Students unable to learn from home<br><br>7pm P&C Meeting | 21<br><b>WATTLE</b><br>& Students unable to learn from home | 22<br>Students unable to learn from home | 23/24   |



# IRONBARK RIDGE PUBLIC SCHOOL

## PHASED RETURN TO SCHOOL PLAN

PHASE 0 – Weeks 1 & 2 - Commencing Wednesday 29<sup>th</sup> April

Children of parents who are not able to learn remotely may attend school.

All other families are strongly encouraged to keep their children at home and to continue *Learning From Home* following the learning plans.

Students who attend school during this time will be supervised whilst they complete the online learning tasks.

Supervision of remote learning will continue to be conducted by your child's classroom teacher.

PHASE 1- From Week 3 – Commencing Monday 11<sup>th</sup> May

Children of parents who are not able to learn remotely may attend school.

Students are to attend school on the one day per week they are allocated, and continue to learn from home for the other four days.

The *Learning From Home* program will be maintained during this phase.

### MONDAY

All students in **BLUEGUM** House  
+ Students not able to learn remotely

### TUESDAY

All students in **CASUARINA** House  
+ Students not able to learn remotely

### WEDNESDAY

All students in **WARATAH** House  
+ Students not able to learn remotely

### THURSDAY

All students in **WATTLE** House  
+ Students not able to learn remotely

### FRIDAY

All students learning from home.  
+ Students not able to learn remotely  
may attend school.



# ADMINISTRATION

A reminder to parents and caregivers that we require absence notifications for all students working remotely from home to ensure a duty of care. Even though your child/children are signing in each day to do the online work, the Administration office does not have access to their online student activity.

We are currently asking for absence explanations up to and including Friday 8 May. The best way to send in an absence notification is via the Sentral Parent Portal. You can select Working from Home – Supervised or Supporting Our Teachers as the absence reason. This will stop you receiving a daily automatic email from the school asking for an absence to be explained.

As I'm sure you can understand Government directives are changing on a regular basis in regard to students returning to school and we all thank you for your patience and support during these times.

We hope everyone is well and look forward to welcoming students back one day a week from Week 3.

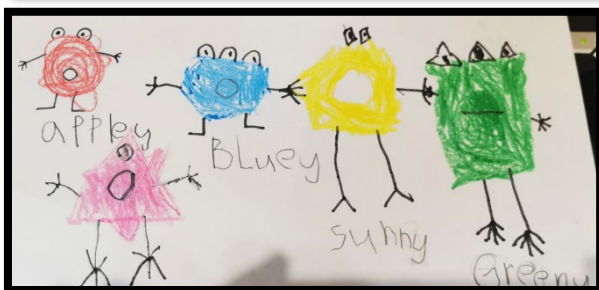
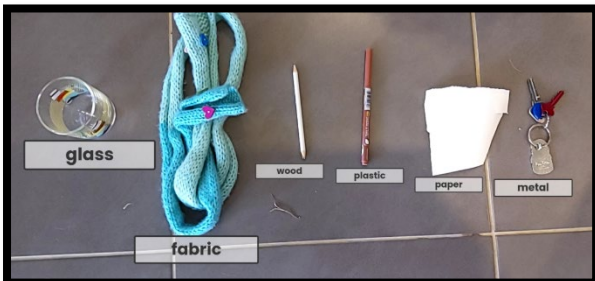
## The Admin Team

# KINDY CAPERS

Welcome back to Term 2!

We hope your holidays were filled with fun activities like bike riding, cooking, reading and lots of time with your family!

Our Kindergarten students are constantly amazing their teachers with all the fantastic Seesaw learning they are participating in. The teachers are loving seeing the students in videos, hearing their reading skills developing as they read out loud to us, watching them count, order and add numbers and using household items to be creative. This week, students were on a material hunt for Science and delighted us with their scribble monsters in Art. Here are a few pictures from Seesaw of these activities.



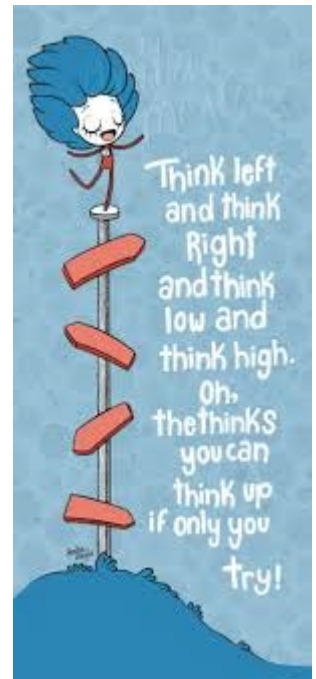
This term, Kindergarten students will be encouraged to be writing sentences about stories read to them by using their knowledge of sounds and the letters that represent them. Students have so far only been explicitly taught single sounds and are not expected to know what sounds letter combinations make.

For example – if your child wants to write the word park – encourage them to stretch out the sounds they hear and write the ones they know the letters for. Your child might know the /p/ sound at the beginning and the /k/ sound at the end. They might hear the /ar/ sound in the middle but they would not necessarily know that the /ar/ sound is made with those 2 letters. Some examples of how your child might write the word park are;

- p k                      - p c                      - p r k

These are all absolutely acceptable at this stage of your child's writing development. We always encourage the students to have a growth mindset, to be a "risk taker" and to try their best.

Throughout the term, our Seesaw platform for learning will continue and from Week 3, students will be back for 1 day a week for some face to face teaching, as per the school plan. **The teachers are all very much looking forward to seeing our Kindergarten students.**



## ES1 Teachers

### STAGE 1 SNIPPETS

Welcome back Stage 1. We all hope that you have had a lovely holiday following the transition to online learning at the end of Term 1. All Stage 1 teachers are looking forward to seeing the return of some students to the classroom, in the not too distant future. For the time being online learning will continue and your teachers have been busy organising work and its delivery using Seesaw. Don't forget to post any work that is completed so teachers can comment.

Week 3 will see students make a return to the classroom. If you are in Blue Gum you will be attending school on Monday. Casurina will make their way to school on Tuesday. Waratah we will see you on Wednesday and lucky last will Wattle on Thursday. Friday sees all students at home engaged in online learning. Please remember if you cannot participate in online learning at home you are most welcome to learn at school.

Covid-19 has forced upon us many new hygiene practices, in particular, hand washing and the sanitisation of the equipment we are using as well as social distancing. We will continue to ask students wash their hands before entering the learning areas, to continue to wash their hands after visiting the bathroom and before eating, as well as asking that students air dry their hands. Students will be wiping down any technology and equipment they have used before putting it away.

As you know the way children are dropped off and picked up sees some significant changes to our usual practice. Students will make their way into school by themselves and wait in their designated areas to be collected by the classroom teacher. At the end of the day Stage 1 students will begin exiting the school with any older sibling as 2.40 at the front gate. The top and side gates will not be accessible for students to use either entering or exiting the school.

Stage 1 students should use their return to school as an opportunity to change their home readers. Teachers will make available their libraries so children can refresh their readers.

We all look forward to the return of students to Ironbark Ridge. It's just not the same without you. Your voices, laughter and eagerness to learn are missed.

## Stage 1 Teachers

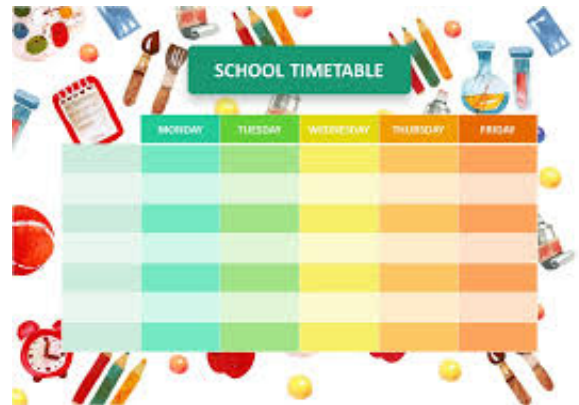


## STAGE 2 SNIPPETS



A warm welcome back to all of our families from the Stage 2 teachers! We hope you had an opportunity during the break to rest and that your children spent some quality time away from their online devices. We thank you for supporting your children during this new, exciting and at times overwhelming, online learning experience. We still have a bit to go, but there does appear to be light at the end of the tunnel!

Week 2 will operate the same as it did in Week 1, with children learning from home where possible. We have listened to your feedback last term and now all tasks will be released early each morning. When students experience difficulties receiving or submitting work they should contact their teacher using the appropriate channel or during class meeting times.



Learning in Week 2 will be much the same as in Week 1, with children using the Teams platform. The children will meet online with their teacher and classmates each morning to check in and outline the work that has been set for that day. They are also asked to check in via the Attendance channel each morning as they start their school day. The whole day's work will now be available each morning so that families can organise their day as it suits them best.



A balanced approach to learning at home is strongly encouraged. Regular breaks are encouraged. Whilst it is important that students engage in their learning, it is not essential that they complete all assigned tasks every day nor that they complete them between 9 and 3 and no child should feel pressured to do so. Please do what suits your child and your family's routine. Have a safe and happy weekend!

*The Stage 2 Team*

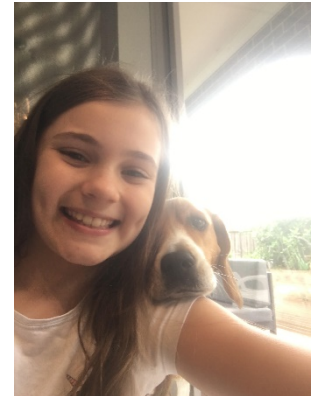
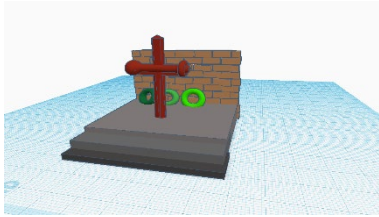
# STAGE 3 SNIPPETS

## Welcome back to Term 2

With continued change daily, we want to thank the families of our Stage 3 students for the support and guidance you gave your children last term and will continue to give this term. We know that for us, as teachers, it has been both an enlightening and difficult time – many new things learned is a positive, but not having our kids in our classrooms has been quite sad for us as we miss them. Hopefully things return to normal sooner rather than later but at this point it is imperative that we follow government guidelines. Week 1 and 2 will continue the same as last term with students at home doing online learning. If students are unable to be schooled at home then they will be coming to school and still participating in online learning but monitored here at school.

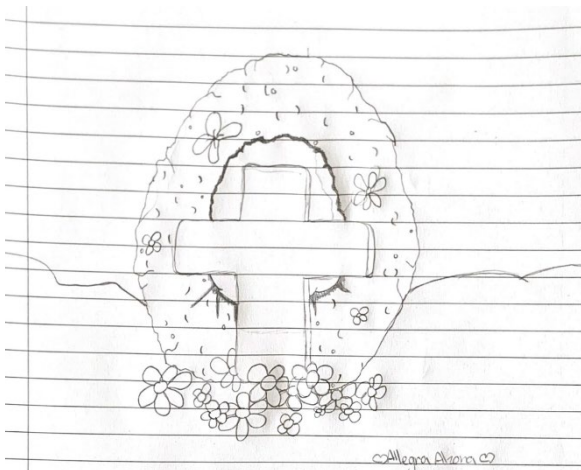
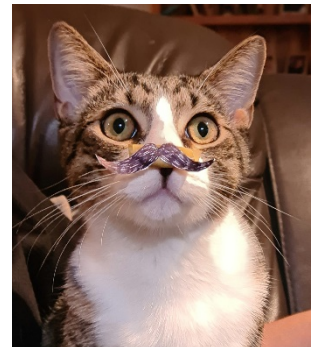


There are two main platforms Stage 3 students will be using to access and turn in learning activities: Google Classroom and Zoom. Students will Zoom Video Conference every morning with their teacher – we are expecting students to start to return to normal routines and be ready to participate in their class Zoom meeting from 9am. Most teachers, where possible, will be Zooming with their students to finish off every day as well.

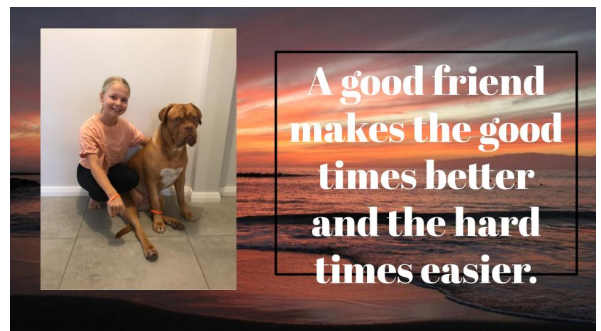


If your child is finding Online Learning difficult please contact your classroom teacher as they are more than willing to support Stage 3 students in being active participants. In addition, if you do not have the technology needed to fully participate in Online Learning please contact the school office.

An update on Year 6 shirts – due to Corona Virus concerns there were changes to suppliers for Year 6 shirts and with students not being at school the follow up of students both paying for and handing in notes was complicated. Due to this Year 6 shirts will not arrive until later on this term. Please make sure you are up to date with all school communication methods because things do change regularly. As we receive updates, we will pass them on to our fantastic community.



Thank you from the Stage 3 Teachers



## Stage 3 Team



There will be no borrowing of books from the Library until further notice. This is a directive from the Department of Education. Books may be returned to the Library at any time.

Please place any books that you are returning in the basket on the Returns desk in the Library.

The Premiers Reading Challenge is still underway. There have been a few changes to help students to complete the challenge this year. Students on all challenge levels are able to read 10 choice book – an increase from 5. Please go to the PRC website for more information.

<https://online.det.nsw.edu.au/prc/home.html>

Don't forget that e-books are available via the Hills Shire Library. Follow the link below.

<https://thehills.spydus.com/cgi-bin/spydus.exe/MSGTRN/wPAC/JOIN>

Many thanks,

Mrs Paton, Mrs Weekley and Mrs Bryce

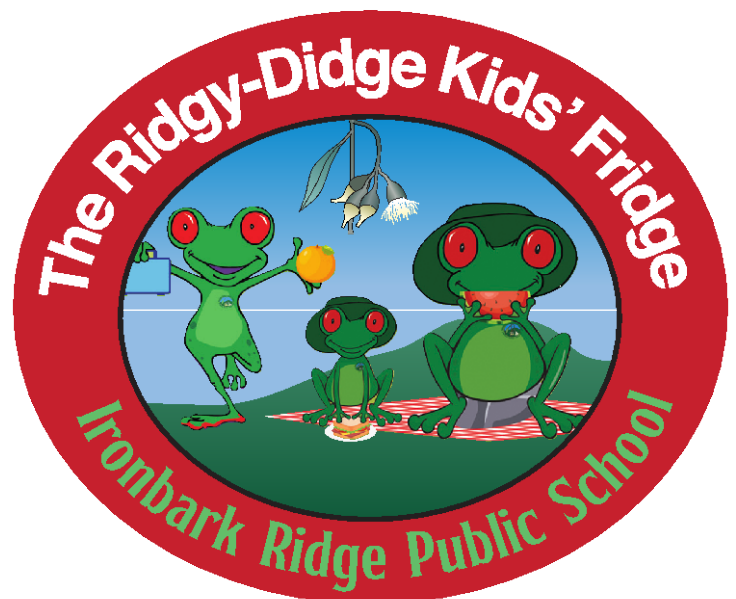
## Library Teachers

## CANTEEN

The Ridgy Didge Kids' Fridge will re-open from Monday 11<sup>th</sup> May for both online lunch orders and Recess and Lunchtime counter sale of snacks. As students will be attending one day per week in their *Houses*, it would be fun to have a lunch order on that day to celebrate! FlexiSchools will be re-opened to customers next week 😊

Volunteer helpers are asked to wait until further notice (probably at least Term 3) to offer support so we can reduce people inside our school Safe Zone.

**Doris Cull**  
**Canteen Manager**



Check out our new logo!  
Thanks for the amazing design, Mell!



# School Travel Advice

For trip planning visit [www.transportnsw.info](http://www.transportnsw.info) or call 131 500.

For current Hillsbus school and route services visit [www.cdcbus.com.au](http://www.cdcbus.com.au) or call 02 8889 7000.

Conditions of Carriage: Students must have a valid Opal card and must tap on and off every trip. Further details about the SSTS are available at: [www.transportnsw.info](http://www.transportnsw.info)

Key: L> Bus turns left; R> Bus turns right

## IRONBARK RIDGE PS

Bell Times

Effective 04/05/2020

Morning: 09:00

Afternoon: 15:00

### MORNING BUSES

| Route | Time  | Bus Route   |
|-------|-------|---|
| 2025  | 07:40 | <b>EX CNR WINDSOR RD &amp; SAMANTHA RILEY DR</b> via Samantha Riley Dr, R>Macquarie, L>Windsor Rd, R>Windsor, L>Merriville, Conrad, R>Keirle to Fyfe Rd, turnaround return Keirle, L>Conrad, Merriville, L>Windsor Rd, R>Mile End (08:01), L>Adelphi, R>Clower, L>Mile End, R>Withers, L>Bentley, R>Wellgate, L>Withers to school |
| 633   | 07:58 | <b>EX CASTLE HILL INTERCHANGE STAND C</b> via Route 633 to Rouse Hill HS bus bay  |
| 601   | 08:11 | <b>EX HILLS SHOWGROUND STATION</b> via Route 601 to Rouse Hill HS bus bay   |
| 605   | 08:20 | <b>EX CELIA RD AFTER ROSS PL</b> via Celia, Stringer, L>Barry, R>Withers to Rouse Hill HS bus bay   |
| 633   | 08:20 | <b>EX TWAY OPPO ROUSE HILL STATION</b> via Route 633 to Withers Rd  |

### AFTERNOON BUSES

| Route | Time  | Bus Route  |
|-------|-------|--|
| 2600  | 15:05 | <b>TO ROUSE HILL &amp; BOX HILL</b> via L>Withers, L>Mile End, R>Clower, L>Adelphi, R>Mile End, R>Windsor, R>Nelson, L>Nelson, Old Pitt Town, R>Fontana, L>Bunyarra, L>Valletta, L>Old Pitt Town, R>Terry, L>Alan to opposite No. 7 Alan St  |
| 2557  | 15:24 | <b>TO CASTLE HILL</b> via Ironbark Ridge, R>Withers, R>Mungerie, The Parkway, R>Brampton, L>Sam Riley, R>James Mileham, L>Marella, R>Green to Green Rd after Rosebery Rd   |
| 2599  | 15:25 | <b>TO ROUSE HILL &amp; KELLYVILLE RIDGE</b> via Ironbark Ridge, L>Withers, R>Bentley, R>Wellgate, R>Withers, R>Milford, L>Mile End Rd, R>Clower, L>Adelphi Rd R>Abedour, L>Windsor Rd, R>Merriville, Conrad, R>Keirle, R>Fyfe to Braemont Dr, turnaround, return Fyfe, L>Keirle, R>Conrad, L>Stanhope Parkway to Sunnyholt Rd  |
| 3599  | 15:30 | <b>TO ROUSE HILL STATION &amp; KELLYVILLE RIDGE</b> via L>Withers, R>Bentley, R>Wellgate, R>Withers, L>Mile End, R>Clower, L>Adelphi, R>Mile End, L>Windsor, L>Commercial, R>Caddies, R>Rouse Hill Dr, L>Tway to Rouse Hill Station then continue T-way, R>Merriville, Conrad, R>Keirle, R>Fyfe to Braemont Dr turnaround return Fyfe L>Keirle, R>Conrad, L>Stanhope Parkway to Sunnyholt Rd |

# Supporting Mental Health & Wellbeing in a Changing World

Access the following services in an emergency or if you need to report an incident.

## In An Emergency

**Phone:** 000

**About:** Is someone seriously injured or in need of urgent medical help? Is your life or property being threatened? Have you just witnessed a serious accident or crime?

**Link:** [Australian Government Triple zero \(000\)](#)

## Department of Communities and Justice



**Phone:** 13 21 11

**About:** Reporting a child at risk. Provides information on child abuse and neglect

**Link:** [NSW Communities & Justice Need help now?](#)

## Do you or your child need support with mental health?

You may find the following resources helpful.

### Kids Help Line



**Phone:** 1800 55 1800

**Age Group:** 5 to 25 years

**About:** A private and confidential 24/7 phone and online counselling service

**Link:** [kidshelpline WebChat Counselling](#)

**Chat Online:** 24/7

## Youth Beyond Blue



**Phone:** 1300 22 4636

**Age Group:** All ages

**About:** 24/7 information and support to help everyone in Australia achieve their best possible mental health, wherever they live.

**Link:** [Welcome to Youth BeyondBlue](#)

**Chat Online:** 3PM – Midnight

## 1800RESPECT



**Phone:** 1800 737 732

**Age Group:** All ages

**Interpreter:** 13 14 50

**About:** A confidential information, counselling and support service for people impacted by sexual assault, domestic or family violence and abuse.

**Link:** [1800RESPECT Online Chat](#)

**Chat Online:** 24/7

## headspace



**Phone:** N/A

**Age Group:** 12 to 25 years

**About:** A 24/7 online and telephone support and counselling service for young people, their families and friends.

**Link:** [Welcome to eheadspace](#)

**Chat Online:** Group chat 24/7, 1-on-1 chat 9AM - 1AM 7 days.

## Life Line



**Phone:** 13 11 14

**Age Group:** All ages

**Text:** 0477 131114

**About:** A 24/7 crisis support and suicide prevention service.

**Link:** [Lifeline Crisis support chat](#)

**Chat Online:** 7PM - Midnight      **Text:** 6PM – Midnight

## QLife



**Phone:** 1800 184 527

**Age Group:** All ages

**About:** An anonymous and free LGBTI peer support and referral service for people wanting to talk about sexuality, identity, gender, bodies, feelings or relationships.

**Link:** [Qlife Webchat](#)

**Chat Online:** 3PM - Midnight      **Phone:** 3PM - Midnight

## Sane



**Phone:** 1800 187 263

**Age Group:** All ages

**About:** Supporting people living with complex mental health issues and the people that care about them.

**Link:** [Sane Australia Phone, Online Counselling & Peer Support](#)

**Chat Online:** 10AM to 10PM      **Phone:** 10AM to 10PM

## Suicide Call Back Service



**Phone:** 1300 659 467

**Age Group:** All ages

**About:** A 24/7 nationwide online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide.

**Link:** [Suicide Call Back Service Online Counselling](#)

**Chat Online & Video:** 24/7

## Carers NSW



**Phone:** 1800 242 636

**Age Group:** All ages

**About:** Carers Line offers emotional support, referrals and distributes carer specific resources and information to carers and community members.

**Link:** [Carers NSW Australia Carer line](#)

**Phone:** 9AM to 5PM Monday to Friday

## Mental Health Line



**Phone:** 1800 011 511

**Age Group:** All ages

**About:** A mental health professional will answer your call about mental health concerns for you or someone you are concerned about including children, teens, adults and older people.

**Link:** [NSW Health Mental Health Line](#)

**Phone:** 24/7



If you are seeking additional information.



## Black Dog Institute

**About:** Primary areas of mental health research and treatment include: depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, workplace mental health, adolescents and young people, suicide prevention, e-mental health, and positive psychology and wellbeing.

**Link:** [Black Dog Institute home page](#)

## Reach Out



**About:** Our mission is to deliver innovative e-mental health services that enable young people to take control of their mental health and wellbeing.

**Link:** [Reachout.com home page](#)

## The Brave Program



**About:** BRAVE-ONLINE is an evidence-based cognitive behavioural therapy (CBT) available online to help children (8-12) and teenagers (13-17) cope with anxiety.

**Link:** [BRAVE-Online home page](#)

## Smiling Minds

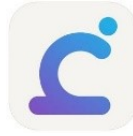


**About:** Online and app-based program to improve wellbeing of young people through mindfulness meditation.

**Link:** [Smiling Mind home page](#)

# If you are looking for an app to support you or your child...

## Calm Harm



**About:** Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.

**Cost:** Free **Available:** App Store & Google Play

## Clear Fear



**About:** The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away. Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.

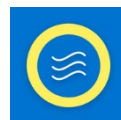
**Cost:** Free **Available:** App Store & Google Play



## ReachOut Worry Time

**About:** ReachOut Worry Time interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7

**Cost:** Free **Available:** App Store



## ReachOut Breathe

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

**Cost:** Free **Available:** App Store



## Smiling Mind

**About:** Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.

**Cost:** Free    **Available:** App Store & Google Play

**DUE TO CURRENT EVENTS OUR P&C  
2020 MOTHER'S DAY STALL  
HAS BEEN POSTPONED**

We're hoping to combine our  
Mother's and Father's Day Stalls in  
to one "Parent's Day" Stall later in  
the year, so that Mum's and kids  
don't miss out!

**WE WISH YOU AND  
YOUR FAMILY A HAPPY  
AND SAFE**

*Mother's Day*

# **P&C UNIFORM SHOP NEWS**

## **THE UNIFORM SHOP WILL ONLY BE ACCEPTING ONLINE ORDERS UNTIL FURTHER NOTICE**

For online sales go to:

<https://ironbark-ridge-public-school-pc-association.square.site/>

- Payments are by VISA / Mastercard / Amex only
- Choose "Shipping" if you wish to have your order sent to **KTOOSH** and include your child full name
- If you would like to pick up your order from the School Office during opening hours choose "**PICK UP**" and we will contact you when it is available for pick up.
- "**Note to Sender**" please ensure that you put your child's **FULL NAME & CLASS** in this box for **ALL** orders
- All receipts will now be sent electronically by text or email. You will need to provide this detail at time of purchase. If you choose not to then refunds/returns will be unavailable to you.
- You have 90 days from date of purchase to refund/return. You will have to show your receipt and goods must be in an as sold condition. At this stage we **CANNOT** accept refunds/returns until the Uniform Shop is open so please choose carefully. Any questions please email us.
- We no longer accept Union Pay credit cards

\*\* You can also check online what is currently in stock\*\*

If you have any questions, please contact us on [uniforms@irpspc.com](mailto:uniforms@irpspc.com).

We thank you for your understanding and support during these uncertain times 😊

# We continue to serve.

Public Speaking, Creative Writing, Drama classes are ONLINE in light of COVID-19. reduced fee \$125

**Timings** After school

view schedules and register  
[www.talentclubaus.com.au/classes](http://www.talentclubaus.com.au/classes)

contactus @talentclubaus.com.au  
queries call Jayne 0451507606

