

BLAYNEY HIGH SCHOOL

Quality education opportunities in a caring environment



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Blayney High Bulletin— Issue 6 Term 1 - Week 11

9 April 2020

End of Term 1

There is no doubt that the Remote Learning procedures that have been enforced on us over the past few weeks have put a strain on students and staff alike.

I am proud of the response of our staff and student body in this time as we have all learned this new normal together.

The next two weeks will be important to stop and re-charge ourselves before entering a new phase of Remote Learning in Term 2. Please make sure you all stop and take the time to be safe, stay at home and relax as much as possible.

Lastly, make sure you stay connected with people and activities that make you happy. While these may necessarily look a little different than normal it will be vital for our wellbeing.

Term 2 – Remote Learning

Remote Learning looks like continuing deep into Term 2 at the very least. We have more structured plans in place to support those learning online as well as those completing written work packages.

We ask that those who are able to work online continue to do so. It is a huge task to arrange hard copies of all the work for those who need this. We will continue to provide these work packages but it will be extremely helpful if we limit these packages to those students who need them due to a lack of online connectivity.

We will be contacting families who require these packages to arrange weekly delivery and pickup to save you having to come into the school. Students working online will be able to continue to submit their work through Google Classroom.

Some Zoom sessions will be run each week to facilitate learning and maintain connection. Teachers will advise when these will be held in advance. Zoom sessions will not be run to deliver lesson content as this will only widen the disadvantage between those working online and on paper. These sessions will be run to allow students to communicate with their teacher on the work that is already provided.

All students should have their teachers direct email addresses as these were posted home.

Students will not be required to upload work in every subject every day. It will be expected that over the course of the week there will be some evidence of engagement and learning shown in each subject. It will be up to the students how they manage their day. Some may prefer to concentrate on one or two subjects per day, others may do a little of each every day using their timetable as a guide. We will be leaving this up to individual students and families to decide.

What will be checked is that each week students have engaged in the work to the best of their ability. Extension work will be provided for those students who are looking to extend themselves.



Year 11 and 12

Decisions on Year 11 and HSC credentials are decided by NESAs. Meetings are held regularly with updates announced on the NESAs website as soon as they are made. We are then making this information available on our Facebook page as soon as it comes to hand.

In the meantime, the school has decided to postpone all assessments in Years 11 and 12 until the situation becomes clearer regarding the return to true face-to-face delivery. When it is appropriate to make an informed and sound decision, revised assessment schedules will be issued.

Until then, courses will continue to be delivered. At the time of writing the HSC external exams are still on and Year 11 students need to be ready for their HSC courses to begin in Term 4.

Assessment has been postponed, learning has not.

Communication

Communicating all changes and updates in a timely fashion has been a challenge these past few weeks. With the speed of change a mail out is not effective as information is out of date by the time it arrives.

Updates will be posted to our Facebook page and this is the fastest way we can reach you for those on Facebook.

SchoolStream messages will also be sent out as soon as information comes to hand.

I have been emailing students directly when there is important information, particularly regarding assessment, but also with advice on managing workload, stress and time. I urge students to check their Department email regularly – this is the only way we can get a consistent message to everyone.

Please make sure you have a good break this Easter and term break.

Stay at home, be safe and stay connected

Whooping Cough

A member of our school community has tested positive for Whooping Cough (Pertussis). We have been advised by NSW Public Health that the risk to students and staff is negligible as the person was not contagious in the period they were attending school before symptoms began to develop. They did not attend school once any symptoms began to show. Additional to the assessed reduced risk of infection is the high immunisation rates of high school students and the fact that the period in question coincided with the period of increased social distancing that was implemented to manage Covid-19 risk.

However, we are providing this notification as a duty of care and to maximise the safety of our school community. If your child was at school between Monday 23rd March to Monday 30th March there is a chance they may have come in contact with diagnosed person. Please be vigilant of any symptoms that may arise and seek medical advice if necessary.

The Department of Health Fact Sheet on Whooping Cough is included at the end of this edition of the School Bulletin.

Kind regards
John Browett
Principal

Upcoming Events

HSC Assessment Calendar 2019-20

Term 1, 2020

April 6 English tasks are due

**All other Assessment tasks in all courses
postponed.**

**A revised assessment schedule will be
distributed in Term 2**

Whooping cough affects people of all ages. It can be especially serious for babies. Vaccination reduces the risk of infection and severe disease.

Whooping Cough (Pertussis)

Last updated: 3 June 2019

What is whooping cough?

Whooping cough can be a life threatening infection in babies. Whooping cough in babies can lead to apnoea (pauses in normal breathing), pneumonia, feeding problems and weight loss, seizures, brain damage and, in some cases, death. Older children and adults can get whooping cough too and pass it on to babies.

What are the symptoms?

- Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough.
- The cough gets worse and severe bouts of uncontrollable coughing can develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a "whooping" sound. The cough can last for many weeks and can be worse at night.
- Some newborns may not cough at all but they can stop breathing and turn blue. Some babies have difficulties feeding and can choke or gag.
- Older children and adults may just have a cough that lasts for many weeks. They may not have the whoop.

How is it spread?

- Whooping cough is spread when an infectious person coughs bacteria into the air which can be inhaled by people nearby. If they are not treated early, people with whooping cough are infectious in the first three weeks of their illness.
- Whooping cough spreads easily through families, childcare centres and at school.

Who is at risk?

- Anyone can get whooping cough. People living in the same household as someone with whooping cough are especially at risk.
- Immunisation reduces the risk of infection but immunity fades over time. You can still get whooping cough even if you've been immunised.

How is it prevented?

Whooping cough vaccines provide good protection from infection but immunity fades which means that boosters are needed.

Immunisation for babies

- Babies need to be immunised at 2 months, 4 months, 6 months and 18 months. The first dose can be given as early as 6 weeks of age.
- Getting your baby vaccinated on time gives them some protection when they are most at risk of severe illness.

- If your baby's vaccines are overdue, see your GP now to catch up.

Immunisation for older children

- A whooping cough booster is needed at 4 years of age.
- Check if your child has been vaccinated. Look at their Blue Book, speak to your GP or ring the Australian Immunisation Register on 1800 653 809.
- A second whooping cough booster is given in high school through the NSW School –based Vaccination Program.

Immunisation for adults

Free vaccine is provided through GPs and hospital antenatal clinics for pregnant women during **each** pregnancy

- The whooping cough vaccine is usually given to pregnant women at 28 weeks of each pregnancy, but can be given at any time between 20 and 32 weeks
- for women identified as being at high risk of early delivery, the vaccine should be given as early as possible (from 20 weeks)
- if not received during pregnancy, the vaccine should be administered as soon as possible after birth

A booster for adults is recommended for:

- other adult household members, grandparents and carers of infants under 12 months of age.
- adults working with young children, especially health care and child care workers.

If you are a close contact of someone with whooping cough:

- If you have been exposed to someone with whooping cough early in their illness while they are infectious, watch out for symptoms and see your doctor if you get a new cough.
- Some babies and some pregnant women need antibiotics to prevent whooping cough infection if they have had significant contact with an infectious person.

How is it diagnosed?

Your doctor may ask about your symptoms and whether you've had any contact with whooping cough. If your doctor thinks you have whooping cough, a swab from the back of the nose or throat can confirm the diagnosis.

How is it treated?

- Some babies may need treatment in hospital or in intensive care.
- Antibiotics are used to treat whooping cough in the early stages and can help prevent spreading whooping cough to others. People who are not treated early with the right antibiotics can spread the infection in the first 3 weeks of their illness. After 5 days of antibiotics, you are normally no longer infectious.
- The cough often continues for many weeks, despite antibiotics.

What is the public health response?

Doctors and laboratories must confidentially notify cases of pertussis to the local public health unit. Public health unit staff can advise on the best way to stop further spread.

Infectious children are restricted from going to pre-school and school. Unimmunised contacts may be excluded from child care unless they take the special antibiotics.

Identify - Protect – Prevent

[NSW Health whooping cough campaign:](http://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/default.aspx)

<http://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/default.aspx>

For further information please call your local public health unit on 1300 066 055 or visit the New South Wales Health website www.health.nsw.gov.au

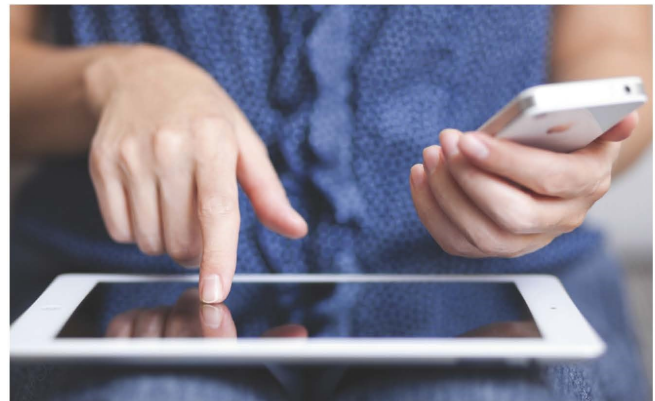
Managing Your Mental Health Online During COVID-19

COVID-19 has brought rapid changes to our daily life, together with uncertainty and dramatic news headlines.

Some people may be feeling worried or depressed at the moment, especially if they already have some mental health problems.

There are many services that can help without leaving home. During this crisis, Australians can use Medicare to talk to health practitioners about mental health.

There are also other ways to get help on a phone, computer or tablet. These include crisis and counselling services, and mental health treatments that have been converted into web programs or apps. Some services link users to a practitioner who acts as a coach or guide and tracks their progress as they use a web program. Others—“self-guided” ones—are for people who prefer to work on their own. Most of these programs and services are free. We have listed them below.



A great thing about these services is that most are available over extended hours. Crisis services, programs and apps can be used at any time. And they are not just for people with mental health diagnoses—they are for anyone who is facing some problems.

A good place to start looking is:

Head to Health

The Australian Government's digital mental health gateway

Head to Health

Head to Health is the Australian Government's searchable portal that brings together information, apps, online programs, online forums, and phone services from Australia's most trusted mental health organisations. Whether you're searching for mental health information for yourself or someone else, or just wanting tips on how to maintain your self-care and wellbeing, Head to Health is the place to start.

Free assessment and treatment that is supported by psychologists is at:

MindSpot

Australia's free national online mental health clinic



MindSpot is the Australian Government's free online mental health clinic for Australian adults who are experiencing difficulties with anxiety, stress, depression and low mood. MindSpot provides assessment and treatment courses, or they can help you find local services that can help.

Ph: 1800 61 44 34

Some other services are on the next page.

*DISCLAIMER

The information provided throughout is intended for information purposes only. Whilst many of the services and resources listed are government funded, individuals should independently investigate, evaluate and verify the content and credentials of any service or resource before choosing to use it. The services listed in this guide are not exhaustive and represent primarily Australian products.

Crisis Support - Phone and online counselling



Lifeline

24/7 phone counselling, and online crisis support chat available each evening.



Suicide Call Back Service 1300 659 467
National 24/7 professional telephone & online counselling for anyone affected by suicide.



Beyond Blue Support Service 1300 22 4636
Telephone (24/7), online and email counselling.



1800RESPECT 1800 737 732
24/7 phone & online counselling for people seeking for domestic violence situations.



MensLine Australia 1300 78 99 78
Advice, therapy and support for men with families and relationship concerns.



QLife 1800 184 527
Online chat or phone counselling for lesbian, gay, bisexual, transgender and intersex (LGBTI) people.



Griefline 1300 845 745
Phone and online counselling for individuals and families experiencing loss and grief.

Apps



MoodMission

A free app designed to help individuals overcome low moods and anxiety by discovering new coping strategies.



Snapshot

A free app for Australian adults to check and monitor their mental health and wellbeing status.



MindGauge

A free app that allows users to easily and quickly track their mental health, mood, and lifestyle.



BeyondNow

An app and online tool that helps users create a safety plan for when experiencing suicidal thoughts.



ReachOut Breathe App

A free app (IOS only) to help reduce the physical symptoms of anxiety by slowing down breathing and heart rate.



Smiling Mind

A website and app teaching mindfulness meditation to young people and adults.

Aboriginal and Torres Strait Islanders



MindSpot - 'Indigenous Wellbeing'

A course for Aboriginal and Torres Strait Islander adults to learn to manage symptoms of depression and anxiety.



iBobbly

Wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians.



Older Adults

MindSpot - 'Wellbeing Plus'

An online program for stress, worry, anxiety and depression in adults aged 60 and above.



Be Connected - e-Safety Commissioner

Tools and resources to increase the confidence, skills and online safety of older Australians when they use the internet.

Self-Guided Programs



MoodGYM

A free, interactive program based on Cognitive-Behavioural Therapy (CBT) and Interpersonal Therapy (IPT) to help prevent and manage symptoms of depression and anxiety.



MyCompass

A free, online interactive self-help CBT service for people with mild to moderate depression, anxiety and stress. It's also appropriate for people who simply want to build good mental health.



THIS WAY UP

A range of self-paced online CBT courses (free during COVID-19 crisis). Helping you learn practical skills to improve how you feel. Can be self-help or guided by your own clinician.



Mental Health Online

Free online programs for a range of issues, with self-guided or therapist support options.



e-Couch

A free, self-help program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief.



Centre for Clinical Interventions

Free downloadable self-help workbooks and modules for a range of mental health and wellbeing issues.

Moderated Forums



Beyond Blue Online Forums

Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.



Sane Australia

Moderated forums providing peer-to-peer support.

Young People



Kids Helpline

1800 55 1800
24/7 phone and online counselling for youth (5-25yrs).



Niggle

A free app for youth designed as a self-help toolkit for all things related to mental, social and emotional wellbeing.



eheadspace

Internet chat, email or phone support for young people (12-25yrs) with a range of issues.



ReachOut

Practical tools, support and moderated forums to help youth get through everything from everyday issues to tough times.



The Check-in

An app to help young people take the fear out of having a conversation with a friend who might be struggling.



The BRAVE Program

Prevention, intervention, and treatment of anxiety in young people.






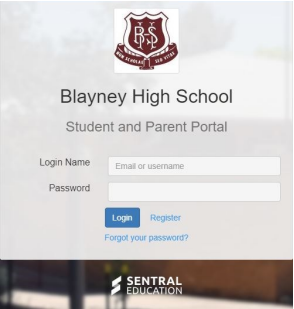





BITE BACK

Free online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people.

ACON	'Coronavirus Information for LGBTIQ Communities and People Living With HIV'
Act-Belong-Commit	'Keeping mentally healthy when isolated or spending a lot of time at home'
Australian Psychological Society	'Tips for coping with coronavirus anxiety'
Australian Psychological Society	'Maintaining your mental health during social isolation'
Beyond Blue	'Looking after your mental health during the coronavirus outbreak'
Beyond Blue Online Chat Forum	Forum Discussion Topic: 'Coping during the Coronavirus outbreak'
Black Dog Institute	'10 tips for managing anxiety during COVID-19'
Black Dog Institute	'Coronavirus: Reassuring your child about the unknown'
Black Dog Institute	'Mental Health Ramifications of COVID-19: The Australian context'
The BRAVE Program	'Beating stress and worries about coronavirus (COVID-19)'
Butterfly Foundation	'COVID-19: Tips & Advice for people with an eating disorder'
Department of Defence	'Defence response to COVID-19'
Emerging Minds	'Supporting children during the Coronavirus (COVID-19) outbreak'
Emerging Minds	'Helping children cope with stress during the Coronavirus (COVID-19) outbreak'
eSafety Commissioner	'Social distancing without the isolation: Helping older Australians connect online'
Head to Health	'COVID-19 Support'
Headspace	'How to cope with stress related to Novel Coronavirus (COVID-19)'
healthdirect	'Coronavirus (COVID-19)'
Kids Helpline	'Are you worried about novel coronavirus (COVID-19)?'
Lifeline	'Mental health and wellbeing during the Coronavirus COVID-19 outbreak'
Life in Mind	'Coronavirus (COVID-19) mental health support'
Mental Health Commission of NSW	'Mental health and the coronavirus'
Mental Health Online	'A Practical Guide to Video Mental Health Consultation'
MindSpot	'Coronavirus (COVID-19)'
MindSpot	'10 psychological tips for coping with infectious diseases'
NACCHO	'Coronavirus (COVID-19) updates and information'
Open Arms	'COVID19 – calming and coping'
PANDA	'Supports to help expecting and new parents anxious about coronavirus'
PANDA	'Managing emotional wellbeing for expecting and new parents affected by natural disasters, global crises or concerns for the future'
People with Disability Australia	'Information About COVID-19 Or Coronavirus'

Phoenix Australia	'Coronavirus (COVID-19) mental health resources'
Phoenix Australia	'Coronavirus (COVID-19): Tips for Self-care and Families'
Phoenix Australia	'Caring for patients' mental health during coronavirus (COVID-19)'
Pregnancy, Birth and Baby	'Coronavirus (COVID-19) and pregnancy'
Quitline	'FAQs – Coronavirus (COVID-19) and Smoking'
Raisingchildren.net.au	'Coronavirus (COVID-19) and children in Australia'
ReachOut	'Coping during coronavirus (COVID-19)'
ReachOut	'10 ways to take care of yourself during coronavirus'
ReachOut	'How to deal with uncertainty during coronavirus'
R U OK	'Staying connected is more important than ever'
Smiling Mind	'How mindfulness can help during Coronavirus'
Smiling Mind	'Supporting yourself and each other through Coronavirus'
This Way Up	'Coping with Anxiety During the COVID-19 Outbreak'
Unicef Australia	'How to talk to your children about coronavirus (COVID-19): Eight tips to help comfort and protect children.'
World Health Organisation	'Mental Health and Psychosocial Considerations During COVID-19 Outbreak'

Stay connected with Blayney High by using the following links.

	<p>Visit our Facebook page to see what activities our students have been involved in.</p>	<p>https://www.facebook.com/BlayneyHS/</p> 
	<p>Visit our School Website for all your school information.</p>	<p>https://blayney-h.schools.nsw.gov.au/</p>
	<p>Blayney High School offers its students and parents access to a Secure Portal which allows you to monitor your students progress at school.</p> <p>If you have not received your login details yet, please contact Blayney High School on 63682100 to arrange this.</p>	<p>Go to the Sentral Parent Portal at</p> <p>https://blayneyhs.sentral.com.au/portal2</p> 
	<p>The School Stream App can be downloaded to your mobile device.</p> <p>With the School Stream App you will be able to receive real time information from Blayney High School directly to your mobile device.</p>	<p>For how to download School Stream, go to</p> <p>http://www.schoolstream.com.au/communication-tools-for-schools/</p> 
	<p>Students can borrow and read eBooks from our library anywhere, anytime, on multiple devices.using the Blayney High School ebook lending facility at</p> <p>https://blayneyhs.wheelers.co/</p> <p>Students in Year 7-12 may loan up to 2 ebooks at the one time. The borrowing period for almost all resources is 3 weeks.</p>	<p>If you have a mobile device, you can download the ePlatform App from</p> <p>https://blayneyhs.wheelers.co/help/apps/eplatform-app</p>  <p>or simply read your ebook in your web browser on your device</p>