



TERM 4 2021
RETURN TO SCHOOL
STUDENT Q&A
HANDBOOK

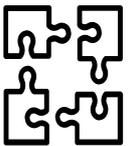
What will this look like?

As we return to school on Monday 25 October, our COVID-safe return to school plan includes numerous practices to support the health and wellbeing of students and staff. These practices include home rooms, staggering of recess and lunch breaks mask wearing, ventilation in classrooms and continued good hygiene and cleaning.

What happens when I arrive at school each morning?

Each year groups will **enter and leave each day** through an allocated school gate:

- Year 7 & 8 – School Hall entrance gate
- Year 9 & 10 – Main school gate
- Year 11, IEC & Support Unit students – Miller Park school gate (western side of school)
- Year 12 students – School Hall entrance gate



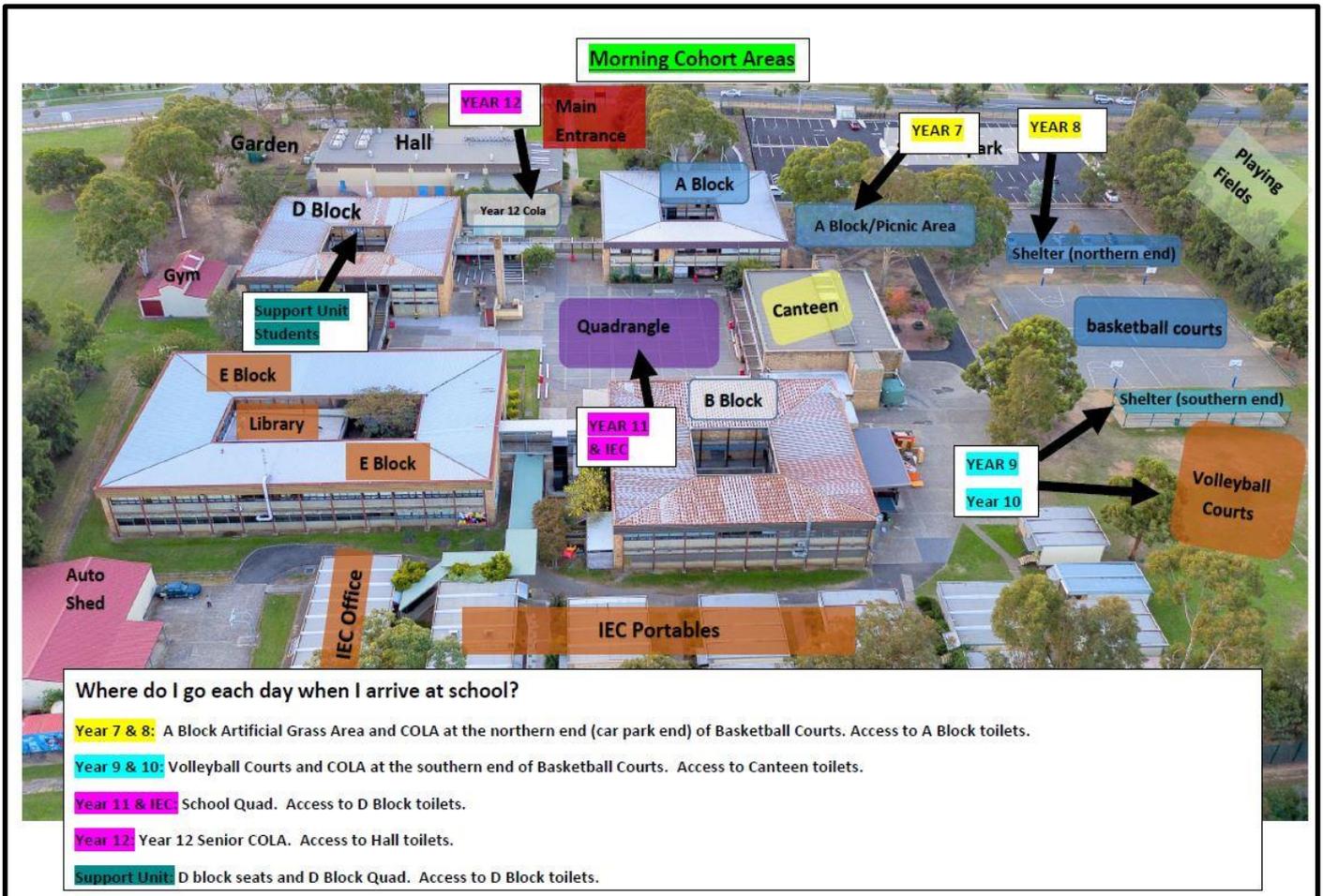
Report to your **designated area** until the Period 1 bell rings and then move directly to your home room.

- Year 7 & 8 - A Block Artificial Grass Area and COLA at the northern end (car park end) of Basketball Courts. Toilet access, A Block
- Year 9 & 10 - Volleyball Courts and COLA at the southern end of Basketball Courts. Toilet access, Canteen
- Year 11 & IEC - School Quad. Toilet access, D Block
- Support Unit - D block seats and D Block Quad. Toilet access, D Block
- Year 12 - Senior COLA. Toilet access, Hall.

What I need to do in my designated area when I arrive at school each morning?

- Stay in your designated year group area
- Access to main school office – **student kiosk only**
- No access to teachers in staff rooms
- No school canteen counter service
- Library closed
- No sharing of sporting equipment
- Ball games are not allowed.





What do I need to bring?

Please make certain you bring your school laptop (charged), books and pens. Students can also bring their own hand sanitiser if they wish.



Should I wear my uniform?

Yes. Full school uniform is to be worn each day.



Drop-off and Pick-up of students?

- The DoE advice remains that there should be no visitors to school sites, unless they are essential to ensure the safety of students, staff and parents.

Are the buses running?

- Normal bus timetables apply
- Masks are mandatory on public transport. This applies to students aged 13 years and over when travelling to and from school by public transport or by chartered or private transport services.



What will my home room timetable look like?

To minimise opportunities for transmission of COVID-19 and to enable effective contact tracing and containment of COVID-19, students in Year 7-11 will be in home rooms.

You will follow your timetable and only go to the room you have been allocated.

Practical Lessons: Students may participate in practical lessons, including electives. This will be a faculty and teacher-based decision.

Year 11 students will be participating in practical lessons, including VET and subjects involving major projects/works. Teachers will determine if there is a need to swap theory and practical lessons within a timetabled lesson.



Advice regarding cleaning of practical equipment will be provided by the teachers of each subject area.

What will recess and lunchtime look like?

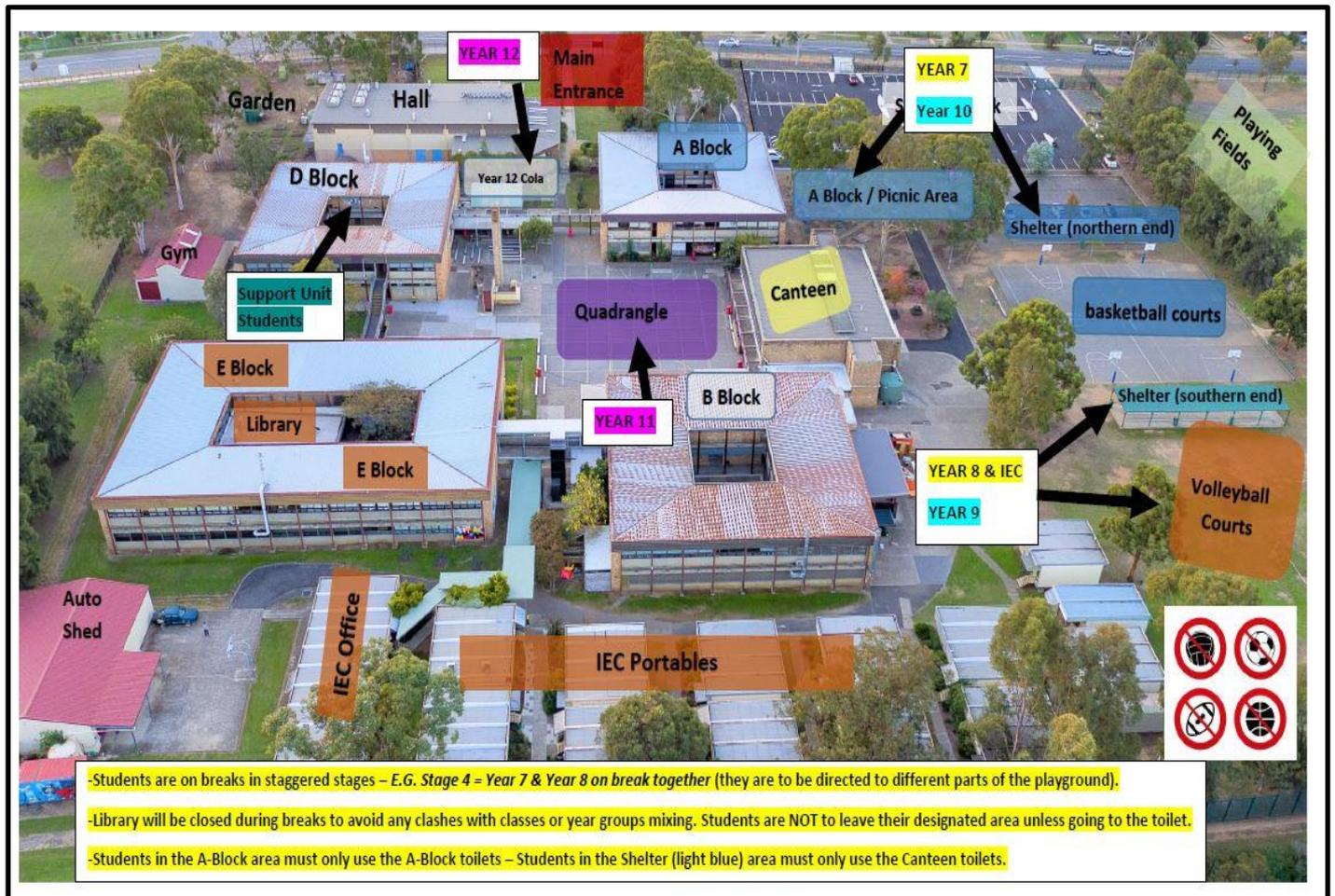
Staggered breaks for each year groups.

Year Group	Cohort Area	Toilet Access
Year 7	A Block Artificial Grass Area and COLA at the northern end (car park end) of Basketball Courts.	A Block
Year 8	Volleyball Courts and COLA at the southern end of Basketball Courts.	Canteen
Year 9	Volleyball Courts and COLA at the southern end of Basketball Courts.	Canteen
Year 10	A Block Artificial Grass Area and COLA at the northern end (car park end) of the Basketball Courts.	A Block
Year 11	Main School Quad.	D Block
Support Unit	D block seats and D Block Quad.	D Block
IEC	Volleyball Courts and COLA at the southern end of Basketball Courts.	Canteen

Note:

- Do not share drinks or food
- School bubblers will **NOT** be operational
- Water bottles can be refilled at the **water fountains** located in A Block and E Block and **water filling stations** at the front of the canteen and in D Block at **recess and lunch times ONLY**
- No sharing of sporting equipment
- Ball games are not allowed.





Accessing toilets during scheduled classes?

- Students are expected to access toilets during recess/lunch break times
- Students will **NOT** be allowed to access toilets 15 minutes after a break or 15 minutes prior to a break, except in emergencies.
- Cohort toilets are to be used. For example, Year 7 - A Block toilets.

At school do I have to wear a face mask?

- **All students in Year 7 and above are required to wear a mask or face covering indoors**
- It is mandatory for staff and students to carry a mask at all times
- The current Public Health Order also includes reasons why someone may not be wearing a mask or face covering, for example skin conditions, intellectual disability, autism or trauma
- Masks maybe removed when eating or drinking or engaging in strenuous physical exercise.



Will the canteen be open?

- **No counter services available**
- Breakfast club will not be operational
- On-line orders only using the **QUICKCLIQ canteen service website link** (for further information refer to the school's website, Facebook, and School Stream)
- Both recess and lunch orders need to be registered by **8.00am on each day**
- Orders will be delivered to home rooms by assigned **Block Monitors**
- **Food can be brought from home.**

The revised on-line food menu includes, sandwiches, wraps, burgers, fruit salad, a variety of juices, bottled water, milk and daily hot meals including Chicken Tikka, Beef Lasagne, Spaghetti, Potato and Chickpea Curry, Creamy Chicken Spinach Pasta and Bombay Chicken Biryani.

Will the Library be open?

- The library **will not be open** for students in Year 7-11 during recess and lunch
- Year 11 students will have access to the library during their study periods.



Will I be able to take my medication at school?

Students who have completed the necessary paperwork will still be able to take their required medication at school. Our First Aid Officer will be present 5 days per week.

Will I be able to go on a School Excursions?

During Term 4 many school-based activities will remain on hold until NSW Health advise otherwise. These include 6/7 transition, whole school assemblies, annual presentation days and graduations, performing arts and sports events.

Can I attend school if I am unwell?

NO. If you have COVID-19 symptoms, you cannot not attend school. You will need a negative COVID-19 test before you return to school or isolate for 10 days when no test result or medical certificate is available.



If you come to school and are unwell, your parents, carers or emergency contacts will be called to collect you. If you are unwell during the school day, you will not be able to remain in the school clinic. Your parents will be expected to collect you from school if you are unwell.

Do I need to attend school?

ALL students should be at school unless:

- You have a **medical certificate** which states that you are unable to attend school due to an on-going medical condition
- You are currently **unwell.**



Do I have to be vaccinated to attend school?

NO. It is not mandatory for students to be vaccinated to attend school. However, NSW Health are urging all students aged 12 and older to get vaccinated with either the Pfizer or Moderna COVID-19 vaccine. Your parents and carers should discuss options for vaccination with your family GP.



COVID safe Hygiene practices at school?

School students **DO NOT** need to follow physical distancing guidelines, but need follow good hygiene practices including:

- Engage in **regular hand washing**, especially before eating
- Coughing or sneezing into your elbow, or a tissue which should be discarded immediately
- Use **hand sanitising** facilities provided in the classroom and other health items in a responsible manner – ideally students should bring their **own** hand sanitiser
- Assist in keeping **classroom desks** and **school equipment clean**, as directed by the teacher
- Avoid the sharing food or drinks.



Please Note: All school activities and operations will be in line with Australian Health Protection Principal Committee (AHPPC) and NSW Health guidelines, as applicable.

What is happening with assessments?

- Assessment tasks scheduled in Term 4 will go ahead as planned (refer to Year 7-10 and Year 12 2022 Assessment Procedures and Policy)
- Following NESA guidelines, students will be provided with adequate written notice of any changes in assessment tasks or scheduling.



2021-22 HSC Minimum Standards Testing

- Minimum Standards Testing will continue to occur and coordinated by our Learning and Support Teachers (LaST).

VET Mandatory Work Placement

- 2021-22 HSC students are required to undertake NESA mandated VET work placements.

What is happening - COVID Communication?

Parents and students will be notified if a decision is made to close the school due to a confirmed case of COVID-19. During this time, we will continue to provide learning from home activities, and we will advise when the school returns to face-to-face learning.



Wellbeing and support for students?

With our return to face-to face learning comes added complications and new things to consider, first and foremost the added fact that many students may feel anxious, worried, and upset due to the lack of freedom they have had, and the disruption to normal routines.

Returning to school is not going to be easy. The How to Wear Masks and the Helpful Hints for Returning to High School offers some practical thoughts of support (refer to appendix).

We will of course be offering additional Wellbeing Support for students to provide for a smooth transition to face - to - face learning. However, to ensure the safety of staff and students, our wellbeing processes have been modified.

Students will still have the opportunity to self-refer and book a counselling time with one of our Wellbeing Support Staff including the School Counsellor, Year Adviser, Student Support Officer, Chaplain and Head Teacher Wellbeing. Self-referral forms will be in home rooms and need to be placed in the locked referral form box located in each block.

The self-referral forms will be collected daily, and a Wellbeing Staff member then allocate to each student, based on needs.

To ensure the safety of students and staff, all students will be collected by a Wellbeing Staff member from their classrooms at the time of their appointment. Staff will not allow students to move around the school to seek out Wellbeing Support staff. Students will return to their classroom accompanied by a Wellbeing Staff member.

If a student is distressed and needs support urgently, the classroom teacher should contact the main school office and a member of the Wellbeing Support staff will collect the student from the classroom.

Closing Comment

Finally, while we are looking forward to working with students and their families over the coming term, health measures and restrictions concerning COVID-19 are still evolving.

My great hope is that as we come back together, we will have an even more vibrant spirit and stronger character given the circumstances to which we were forced to adapt. Hopefully these circumstances have made us more resilient and better focused in preparing for rewarding lives as engaged citizens in a complex and dynamic society.

As the situation is fluid, we will keep our students and families up to date on the latest advice from NSW Health and the NSW Department of Education.

Dr Ken Edge
(Principal)



APPENDIX

How to wear a mask



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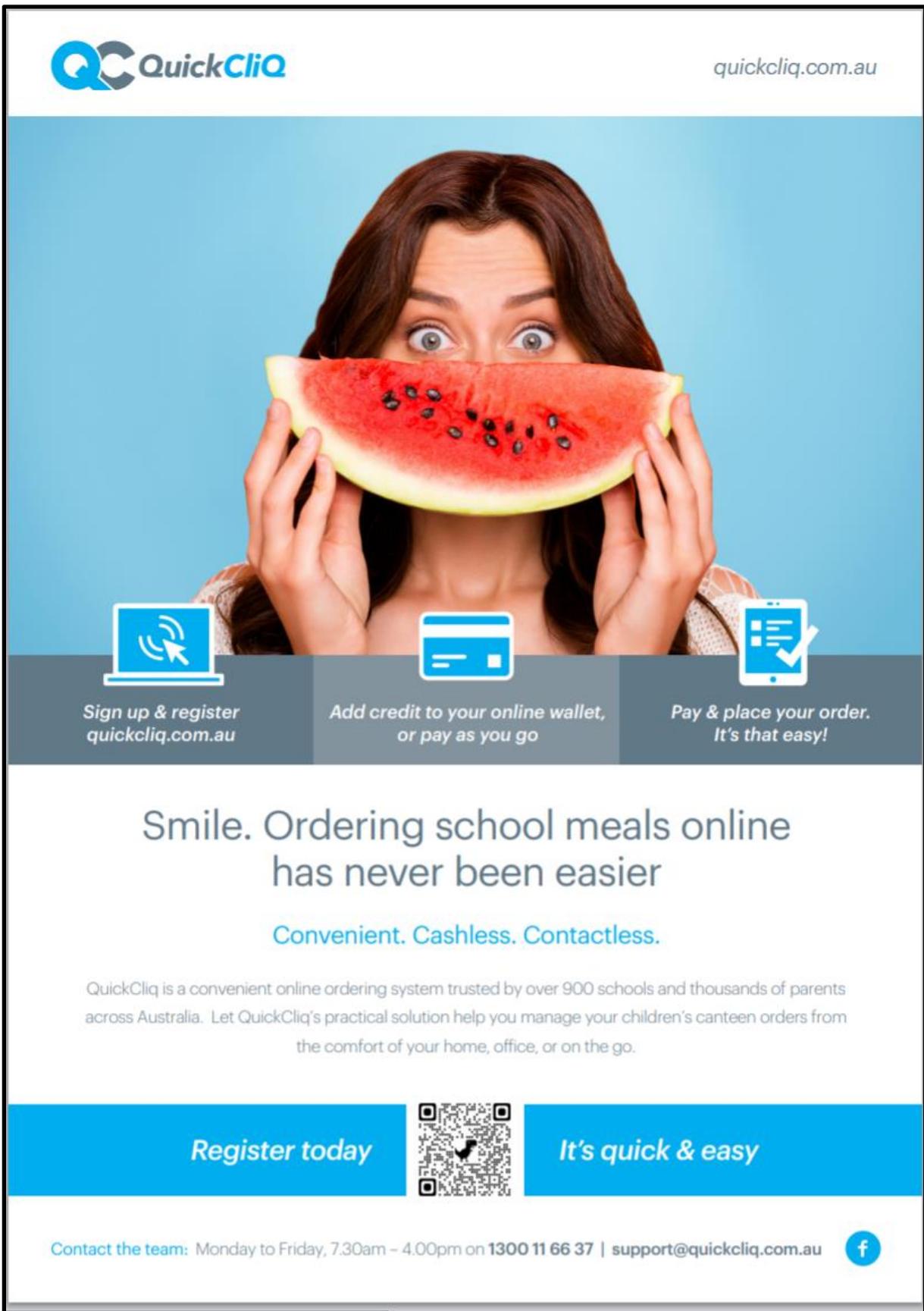
1 Ensure the mask covers your nose and mouth and fits snugly under your chin, over the bridge of your nose and against the sides of your face
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2 Make sure the ear loops are firmly in place
- 

3 Fold the metal strip in the mask around your nose so it stays in place
- 

4 Try not to touch your face while wearing your mask

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 - ADD CREDIT to your online wallet before ordering or pay as you go using a credit or debit card.
 - Select MEAL ORDER & you're good to go.

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Water 600ml	\$2:50
Water 750ml	\$4:00
Apple popper 250ml	\$2:50
Orange popper 250ml	\$2:50
Apple black currant 250ml	\$2:50
Orange juice 350 ml	\$3:50
Apple Juice 350ml	\$3:50
Up & Go chocolate	\$2:50
Up & Go strawberry	\$2:50

SANDWICHES	
Egg and lettuce	\$3:50
Salad	\$4:00
Cheese and tomato	\$3:50
Turkey cranberry cheese	\$4:50
Beef pickles tomato	\$4:50

BURGERS	
Classic beef	\$5:50
Grilled chicken	\$5:50
Crunchy chicken	\$5:50
Spicy fish	\$5:50
Italian beef	\$5:50

SALADS Regular \$5:50 Large \$6:50	
Greek	
Chicken caesar	
Tuna pasta	

WRAPS Single \$4 Doubles \$6.50	
Chilli Chicken	
Salad	
Spicy beef taco	
Chicken Caesar	
Herb Chicken	

FOCACCIA MELTS \$5.50	
Grilled Chicken, Avocado & Cheese	
Grilled Chicken Pesto, Spinach & Cheese	
Cheese & Tomato	

SNACKS	
Apple, banana or orange	\$1.20
Fruit Salad	\$4.50
Canteen made banana bread	\$4.50
Canteen made blueberry muffins	\$3.50

HOT MEALS \$6.00 each	
MONDAY	Chicken tikka with rice or Beef Lasagna
TUESDAY	Spaghetti bolognaise or Chicken Tikka with Rice
WEDNESDAY	Potato & chickpeas curry with rice or Spaghetti Bolognaise
THURSDAY	Creamy chicken spinach pasta or Beef lasagna
FRIDAY	Bombay chicken biryani
Beef pie	\$4:50
Sausage roll	\$4:00
Air fried wedges	\$4:50
Air fried spicy chicken strips	\$2 each or 3 for \$5



HELPFUL TIPS FOR RETURNING TO HIGH SCHOOL

COVID 19 has required everyone to make changes: how we live, how we socialise, how we learn.

Everyone has a story about learning from home and while there are similarities, your story is unique.

Whatever your experience, it's normal to feel a wide range of emotions that may change from week to week. In returning to school, it's important to think about what will help you prepare for your return, manage any worries you might have and re-focus your thinking.

Your feelings are important. If you need to, there are lots of people you can talk to.



BE KIND TO YOURSELF

- Go easy on yourself – give yourself the same supportive advice that you'd give to a good friend.
- Life has been different and it may take time to adjust. Be realistic in your thinking about how long it might take.
- Talk with your teachers about your work and call out your current strengths and any challenges. They are there to help you.
- Contact a friend before the first day back and arrange a time and place to meet.
- Try and focus on the things you can control like trying your best with your school work and see change as an opportunity to learn and grow. Some things are out of our control and worrying can be tiring.
- Talk with your family and friends to help prepare yourself for returning to school.

GETTING READY

- Get organised before the day. You may have had a growth spurt while away – so check your uniform and shoes still fit.
- Check your timetable to know what lessons you'll be having - if in doubt ask your teacher or classmate
- Pack your bag the day before with everything you need.
- Be sure to have a mask and hand sanitiser. Your school will also have some supplies if needed.



SAFETY

- Know the rules around wearing masks at school and while travelling. If you need more information, look at your school's website and Facebook page, or contact a teacher or year adviser.
- Remember COVID safe practices are for the safety of everyone in the school community so follow all instructions on physical distancing and hand washing.
- If you feel unsafe, or are worried about safety, talk to a trusted adult in the school.



NSW Department of Education

KEEP CONNECTED

- Challenging times can be easier to get through together, so stay connected and be there for each other.
- Go easy on each other and be patient. By being calm those around you will also relax.
- Look out for your friends and classmates. If you think someone is having a tough time, it's a good idea to reach out and offer support. **ReachOut** has some helpful tips on how to start the conversation.



FEELINGS

- You may experience a range of emotions about returning to school: worried, excited, nervous, angry, happy or any emotion in between. Take your time to reconnect with teachers and other students and settle back into the school routine.
- Think of a time when a challenge made you feel nervous or worried. Remember the strategies you used to manage those emotions and reflect on how you moved through that situation.
- It can be tough, but try to focus on the good things no matter how small they may seem. It's important to seek out the positives to help build your confidence, and focus on your strengths.



DON'T FORGET YOUR PHYSICAL HEALTH

- Food is fuel for your brain and body. Eating a healthy balance of food throughout the day and drinking water helps improve your mood and concentration, and boosts your energy levels and supports general health. And it all starts with breakfast!
- Stay active. Returning to school may make you physically and mentally tired for a while. Spend some time doing something physical at the end of the day to boost your mood.
- Sleep is essential. Give your brain a rest so it can recharge. Get into the routine of sleeping 8-10 hours so you can wake up in the morning refreshed and ready to learn. Uninterrupted sleep is best, so put your phone on silent or even better, in another room.



MORE HANDY TIPS

If you do feel overwhelmed there are lots of things you can do:

- Take some deep breaths, walk away to another area or talk about it with your mates.
- Use an app like **Smiling Mind** to practise mindful meditations to help you relax. **Reachout.com** has heaps of other apps you can check out!
- Speak with your support network: family, teachers, Year Adviser, school counsellor or student support officer.
- Contact a helpline by phone or online.
- Kids Helpline (**Kidshelpline.com.au** or 1800 55 1800) or **headspace** (1800650 890) are two places you can contact. They are free of charge.
- Your local doctor is also someone you can talk to.

You will find more ideas on how to look after yourself and your friends on the Department of Education's student mental health and wellbeing pages.



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