

# HRCS Happenings



Term 3, Week 9

10 September 2021

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## Principal's Message

Dear Families and Friends

It is hard to believe that we are only a week away from the holidays. We know that the past several weeks have been extremely difficult and we would like to sincerely thank everyone for their ongoing support. Everyone is doing an amazing job during these complex times and we hope that all our wonderful community can find a little time for self-care.

**Further Level 4 Restrictions:** Yesterday the Deputy Premier announced that stay at home rules would continue for schools in our local government area. The stay-at-home rules have been extended for Bathurst, Bega, Blayney, Bogan, Bourke, Brewarrina, Broken Hill, Cabonne, Central Coast, Central Darling, Cessnock, Dubbo, Dungog, Eurobodalla, Forbes, Gilgandra, Goulburn, Mulwarre, Kiama, Lake Macquarie, Lithgow, Maitland, Mid-Coast, Mid-Western, Muswellbrook, Narrabri, Narramine, Newcastle, Orange, Parkes, Port Stephens, Queanbeyan-Palerang, Shellharbour, Shoalhaven, Singleton, Snowy Monaro, Upper Hunter, Walgett and Wingecarribee LGAs in regional NSW. This order replaces any existing orders in Regional NSW.

These ongoing Level 4 Orders mean that Hunter River Community School will be open and operating with a rostered skeleton staff. We want to thank all the families who are supporting our community by keeping their children at home, learning from home, to minimise movement in the community. As always, our school will be open with minimal supervision to support those students who cannot be educated from home, for example if their parent or carer is an essential worker. All students and families will be supported with learning from home materials and resources provided by their teacher.

If your child does need to come to school, they should bring their learning pack to and from school, as all students onsite are doing the same learning as those at home. Teachers are rostered on to supervise the mixed group of students to complete this work. The Assisted School Travel Program (ASTP) will remain available for students who access the service and continue to attend school on site. All staff and students must adhere to COVID-safe practices in line with NSW Health advice.

Once again, we would like to acknowledge the outstanding effort of our community. We are here to support you wherever necessary. Please remember to stay connected and reach out if you require assistance. We certainly miss all the smiling faces of our lovely young people and look forward to seeing everyone as soon as permitted.

**Drop off and Pick Up:** Thank you to everyone who has assisted to make our pickup and drop off transitions as contactless as possible. To ensure that we are adhering to health orders and our COVID plan, it is essential that everyone who enters the school signs in using the QR codes. Even if you are just quickly dropping off or picking up, it is essential that you check in to register your attendance at our school.

It is also extremely important that physical distancing is maintained during these times. There are distance dots in the transport area to indicate where families and carers should wait and we strongly urge everyone to keep their physical distance from others.

In line with the health orders, everyone who enters the school MUST wear an appropriately fitted mask, unless they have a medical exemption.

Please don't forget to notify the school if a student is presenting for a COVID test.

## Dates For Diaries 2021

<b>Friday 17 September</b> Pirate Day
<b>Friday 17 September</b> End of Term 3
<b>Tuesday 5 October</b> Staff & Students Return for Term 4
<b>Thursday 28 October</b> Halloween Disco
<b>Friday 3 December</b> Year 12 Formal
<b>Wednesday 8 December</b> Presentation Day K-6 @10am 7-12 @12.30pm
<b>Thursday 16 December</b> Last Day for 2021 Students
<b>Friday 17 December</b> Staff Development Day



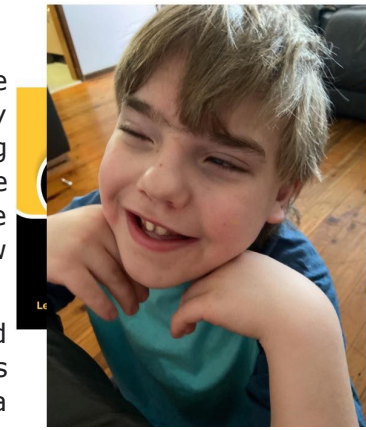
**R U OK day:** This week on Thursday 9 September, we joined in the national day of action dedicated to reminding everyone that every day is the day to ask, "Are you OK?" and support those struggling with life's ups and downs. The aim of R U OK? Day is to engage Australians to connect with people in the community they may have concerns about, encouraging them to seek further help and to follow up to ensure support is being provided.

In recognition of this important day on our calendar, staff and students embraced a "No technology" challenge. The aim of this activity was to encourage everyone to think about wellbeing, take a walk in the fresh air and enjoy making connections with others.

The message of this great initiative is clear, Ask R U OK? Listen, Encourage action and check in. This is especially important in these difficult and complex times.

I would like to thank Tash B and Shelly (Room 11), for all their efforts in coordinating our "R U OK" activities.

I hope that everyone enjoys the last week of term and finds the opportunity to enjoy the lovely weather. **Kind Regards - Tracey**



### TIPS TO ENCOURAGE PEOPLE TO LOOK AFTER THEMSELVES

Talk to somebody



Make time for self-care



Set boundaries



really  
Are they OK?  
Ask them  
today

**Wellbeing Quote:** "Divide each difficulty into as many parts as is feasible and necessary to resolve it and watch the whole transform" - Rene Descartes



### Support is available

If your life is in danger or you're concerned for your own or someone else's safety please call 000.

If you're finding life tough or need some extra support, it can help to talk about how you're feeling with someone you trust.

You and your loved ones can find support by contacting your local doctor or one of these crisis lines:

**Lifeline (24/7)**  
13 11 14  
lifeline.org.au

**Suicide Call Back Service (24/7)**  
1300 659 467  
suicidecallbackservice.org.au

**Beyond Blue (24/7)**  
1300 224 636  
beyondblue.org.au

**Kids Helpline (24/7, for youth 5-25)**  
1800 55 1800  
kidshelpline.com.au

**MensLine (24/7)**  
1300 78 99 78  
mensline.org.au

**1800RESPECT (24/7)**  
1800 737 732  
1800respect.org.au

**QLife (3pm-midnight)**  
Anonymous, free LGBTI support  
1800 184 527  
qlife.org.au

**Griefline (6am-midnight)**  
1300 845 745  
griefline.org.au

really  
Are they OK?

Ask them  
today

Learn what to say at [ruok.org.au](http://ruok.org.au)

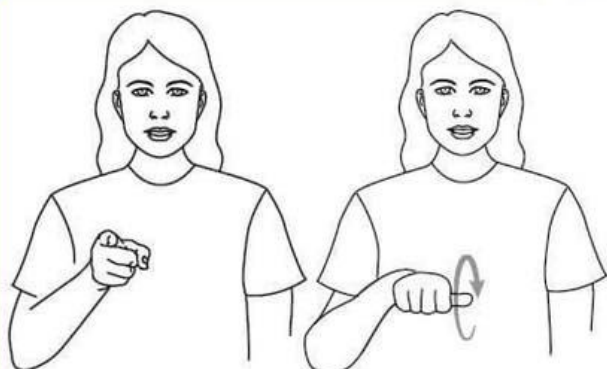
View our directory of national helplines and services at [ruok.org.au/findhelp](http://ruok.org.au/findhelp)

**R U OK? DAY**  
9 September 2021



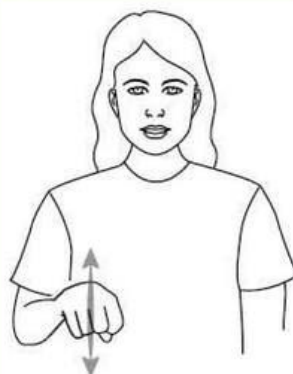
# Are you okay?

We make time to ask  
**RUOK?**

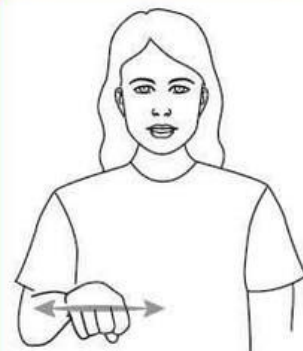


**Are you**

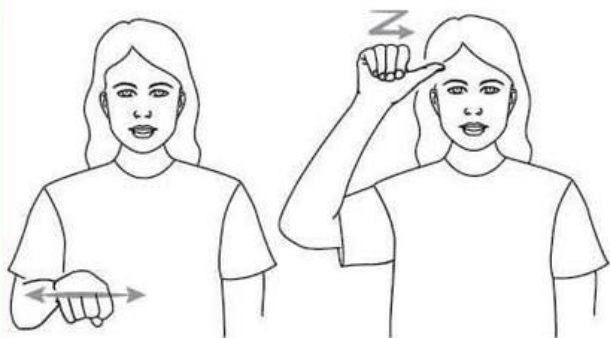
**okay?**



**Yes**



**No**

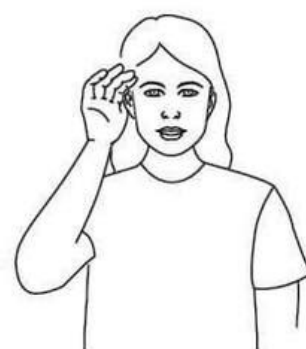


**Don't**

**know**



**I'm**



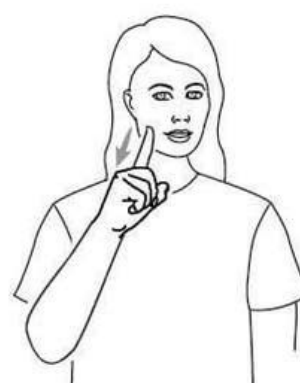
**listening**



**Do you**



**want**



**to talk?**

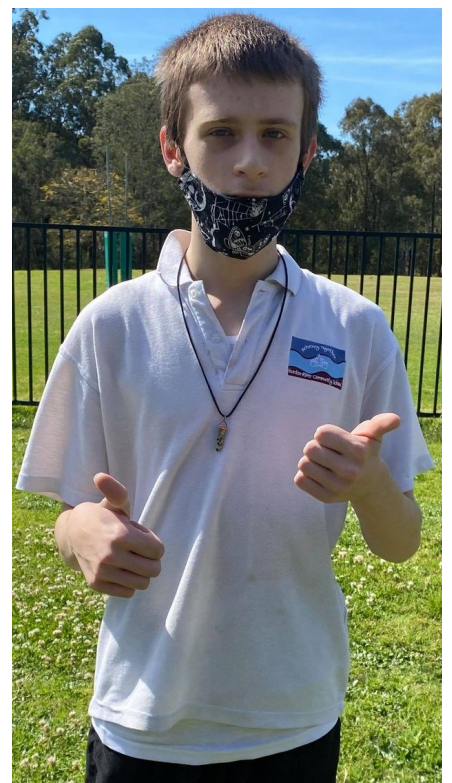
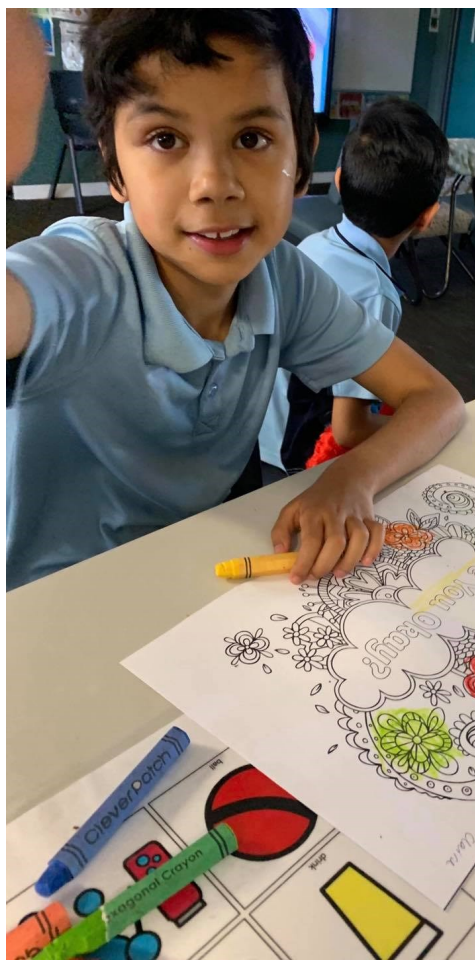
**A conversation can change a life.**

**Worried someone might be suicidal? Contact Lifeline for crisis support on 13 11 14. If life is in danger, call 000.**



**Key Word Sign™  
Australia**

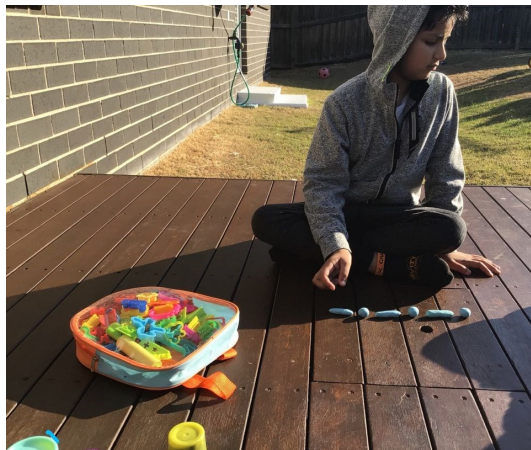
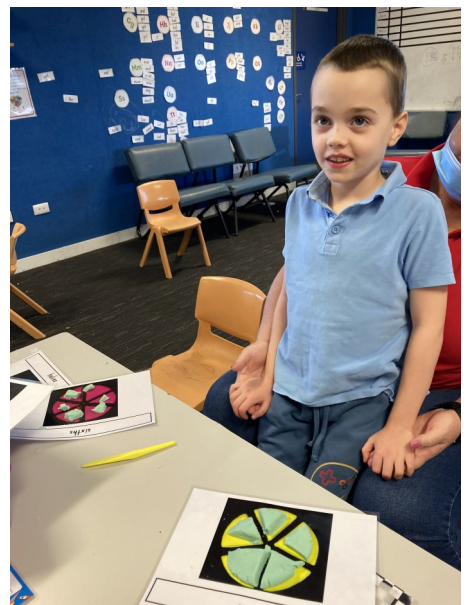
# R U Ok Day



## Hyena & Mandrill Rooms

Students in Room 9 and 10 have found a new love for play dough challenges. These photos are a combination of learning from school in Week 4, and learning from home. We are so proud of all the efforts by our fabulous students. Miss Carly and Miss Tash





# 'HOPE in a SUITcase'

Because  
EVERY child  
matters!

"Hope In a Suitcase Australia" aims to ensure all children in Australia entering foster care or out of home care receive a suitcase filled with new belonging's, something to call their own. To send them a message that they are important and cared for by our community. To encourage self-care by providing a Toothbrush, hairbrush, and clean underwear, even sanitary items for the older girls. A pair of Pyjamas or a change of clothes. A teddy to cuddle. A journal or colouring in book and pencils to encourage creativity and provide a distraction away from their turmoil"

Hunter River Community School is organising a collection to donate to "Hope in a suitcase" All donations can be dropped off at the school office.

## Donation Suggestions

**\*No Sharp or dangerous items**

**\*No Aerosols**

**\*No Food Items**

**\*ALL ITEMS MUST BE NEW**

### **BIRTH TO 1 YR OLD CHILDREN**

- NAPPIES & BABY WIPES
- BOTTLES & DUMMIES
- CLOTHING ITEMS: BODYSUITS, SINGLETs, PYJAMAS, SOCKS
- SOMETHING TO CUDDLE
- BIBS
- TOWEL & FACE WASHERS
- BIBS
- BLANKET AND WRAPS
- STORY BOOK
- TOY
- NIGHT LIGHT

### **2-3 YEAR OLD CHILDREN**

- PULL UPS & UNDERWEAR
- PYJAMAS, SINGLETs & SOCKS
- OTHER CLOTHING ITEMS
- TOOTHBRUSH & INFANT TOOTH PASTE
- SOMETHING TO CUDDLE
- HAIRBRUSH & HAIR ACCESSORIES
- SMALL TOY
- DRINK BOTTLE
- COLOURING BOOKS/CRAYONS
- STORY BOOK
- KIDS BODY WASH OR SOAP
- TOWEL & FACE WASHER
- NIGHT LIGHT

### **4-6 YEAR OLD CHILDREN**

- PULL UPS AND UNDERWEAR
- PYJAMAS, SINGLETs & SOCKS
- OTHER CLOTHING ITEMS
- JNR TOOTH PASTE/TOOTHBRUSH
- HAIRBRUSH & ACCESSORIES
- KIDS BODY WASH/BUBBLE BATH
- SOMETHING TO CUDDLE
- TOYS (e.g. play dough/puzzles/cars)
- COLOURING IN BOOKS/PENCILS
- STORY BOOK
- NIGHT LIGHT

### **6-8 YEAR OLD CHILDREN**

- UNDERWEAR/SINGLETs/socks
- CLOTHING AND PYJAMAS
- TOOTHBRUSH/TOOTH PASTE
- KIDS BATH WASH/BUBBLE BATH
- TOILETRY BAG
- HAIRBRUSH & ACCESSORIES
- SOMETHING TO CUDDLE
- TOYS (e.g. craft/cars/dolls/balls)
- COLOURING IN/ACTIVITY BOOKS, PENS, PENCILS, TEXTAS
- PENCILCASE
- STORY BOOK
- NIGHT LIGHT

### **10-12 YEAR OLD CHILDREN**

- UNDERWEAR, SINGLETs & SOCKS
- CLOTHING & PYJAMAS
- TOOTH PASTE/TOOTHBRUSH
- HAIRBRUSH & ACCESSORIES
- BODY WASH/soap
- SOMETHING TO CUDDLE
- ACTIVITIES (e.g. balls/craft/UNO)
- COLOURING/ACTIVITY BOOKS
- PENCILS, PENS, TEXTAS, PENCILCASE, JOURNAL
- READING BOOK
- DRINK BOTTLE
- NIGHT LIGHT

### **TEENAGERS 13-18YRS**

- UNDERWEAR/socks
- CLOTHING AND PYJAMAS
- TOOTHBRUSH/TOOTH PASTE
- BODY WASH/soap/SHAMPOO
- ROLL ON DEODORANT
- SANITARY ITEMS
- TOILETRY BAG
- HAIRBRUSH & ACCESSORIES
- JOURNAL/PENS/PENCILS
- MANDELA COLOURING BOOKS/FIND-A-WORD/CROSSWORD
- NOVEL/INTERESTING FACTS/QUOTE BOOK
- PUZZLES/CHALLENGE TOYS
- DRINK BOTTLE





# Try the Warthog Rooms Beautiful Sugar Body Scrubs



Choose From

Lemon & Brown Sugar Body Scrub  
OR

Lavender Sugar Scrub



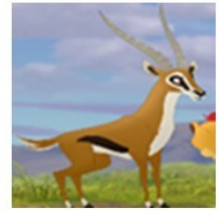
<b>NAME:</b>	<b>\$6.00 each</b>		
Lemon & Brown Sugar Body Scrub - \$6			
Lavender Sugar Scrub - \$6			
	Total \$:		
Payments can be made Cash/Cheque or P.O.P.	Paid \$_____	<input type="checkbox"/> Cash/Cheque	<input type="checkbox"/> P.O.P.



# PRIDE Program

## Gazelle Room

### Clay Ornaments & Garden Sticks



#### Room 4 clay price list

Herb garden stick set \$8
Vegetable garden stick set \$8
Don't let anyone dull your sparkle ornament \$3
Be kind ornament \$3
You are my sunshine ornament \$3
Personalised order \$6
Shape, Gold paint and message for side A/B.

#### Personalised orders

Personalised orders can be made for birthdays, anniversaries, Christmas, new babies, graduation etc.

#### Written message

Side A:

Side B:

#### Shape options (select one):

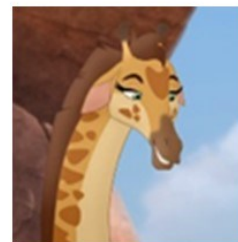
- Flower
- Heart
- Wedding cake
- Baby bottle
- Ribbon stream
- Ring
- Graduation cap
- Pacifier
- Circle

Gold paint: yes/no

NAME:	Clay Ornaments Price List Above	Personalised Orders	Quantity	Total
Payments can be made Cash/Cheque or P.O.P.	Paid \$_____	<input type="checkbox"/> Cash/Cheque	<input type="checkbox"/> P.O.P.	



## PRIDE Program Giraffe Room Beautiful Hand Made Cards



Indigenous Cards (Proudly painted by some of our amazing Indigenous Students)



\$2.50 each



\$2 each or  
3 for \$5



### Order Form

NAME:	\$3.00 each	Quantity	Total
Indigenous Cards	\$2.50 each		
Assorted Collection of Cards	\$2.00 each or 3 for \$5.00		
	Total \$:		
Payments can be made Cash/Cheque or P.O.P.	Paid \$_____	<input type="checkbox"/> Cash/Cheque	<input type="checkbox"/> P.O.P.



## PRIDE Program Meerkat Room

**Homemade, Tasty, Delicious  
treats for your favourite pouch!**



**Ingredients:** Rolled  
oats, eggs, plain flour.  
Treats keep approx. at  
room temperature  
1 week, refrigerated  
2 weeks & froze for  
6 months

- ♦ **5 dog biscuits for \$2**
- ♦ **Get your orders in now!**
- ♦ **Monthly standing orders accepted- let us know**

### Order Form

NAME:	\$2.00 (5 Biscuits)	Quantity	Total
Dog Treats	\$2.00 (5 Biscuits)		
Monthly Standing Orders			
Payments can be made Cash/Cheque or P.O.P.	Paid \$_____	<input type="checkbox"/> Cash/Cheque	<input type="checkbox"/> P.O.P.



## PRIDE Program Toucan Room Tie Dyed Bags



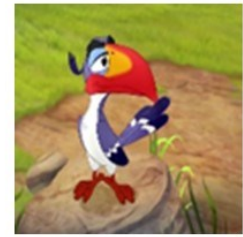
**\$8.00  
per bag**

### Order Form

NAME:	\$8.00 each	Quantity	Total
Tie Dyed Bags	\$8.00 each		
	Total \$:		
Payments can be made Cash/Cheque or P.O.P.	Paid \$ _____	<input type="checkbox"/> Cash/Cheque	<input type="checkbox"/> P.O.P.



# Hornbill Room Gluten Free Chocolate Fudge



Ingredients: Chocolate,  
Sweetened condensed milk and butter  
Price: \$3

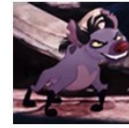
NAME:	\$3.00 each	Quantity	Total
	Total \$:		
Payments can be made Cash/Cheque or P.O.P.	Paid \$_____	<input type="checkbox"/> Cash/Cheque	<input type="checkbox"/> P.O.P.



# PRIDE Program

## Mandrill & Hyena Room

### Key Rings & Lanyards



NAME:	Lanyards \$10	Key Rings \$8	Quantity	Total
Payments can be made Cash/Cheque or P.O.P.	Paid \$ _____	<input type="checkbox"/> Cash/Cheque	<input type="checkbox"/> P.O.P.	



# Jane McGrath Keyring order form.

**All profits will be going  
to the  
Jane McGrath Foundation.**



NAME:	Keyring/Quantity \$8
Jane McGrath Fundraiser Keyring	
	Total \$

Payments can be made Cash/  
Cheque or P.O.P.

☐ Cash/Cheque

☐ P.O.P.