



# CATTAI PUBLIC SCHOOL

## PELICAN POST

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Term 1 Week 10 — 1 April 2021

### PRINCIPAL'S REPORT

#### Flooding

The school was very lucky with the recent flooding. Although the flood waters did indeed completely submerge both of our back fences the rain stopped just in time to avoid any real damage. The pump that we first thought was broken just needed the electrical switch to be flicked back on and the water that got into the basement appears to be more from water running off our gutters rather than the flood waters getting up to that level. Nothing that some airing out couldn't fix. Although our school was one of the lucky ones, we know that many of the people in our community have not been so lucky. If you were not so fortunate, I have copied a link below to a government website that people affected by the floods can put in a claim.



<https://www.servicesaustralia.gov.au/individuals/services/centrelink/new-south-wales-floods-march-2021-australian-government-disaster-recovery-payment/how-claim>

I also recently had a document shared with me created by the Australian Psychological Society that has information about how to help children affected by the floods recover. It is such great advice that I have shared with staff to support our students when they returned to school this week. I wanted to share it with you all as well. See below.

#### **"How you can help children recover**

After a traumatic event, **children need comfort, reassurance and support, and to know that they are safe and are being looked after.** Try to spend more time with your children and provide them with plenty of affection through cuddles and hugs.

Sometimes children can better express their feelings through play than through words, so make time to play with them. Let them be more dependent on you for a while and try to re-establish daily routines, for

example routines around mealtimes, bedtimes or returning to school where possible.

**Find out what your children know** in case they have mistaken ideas or facts about the floods, and correct any misconceptions. Keep your responses appropriate to the age of your child and appropriate to the child's level of understanding and emotional maturity. Young children often need reassurance more than facts.

**Listen to your children's concerns.** Listen closely to what they are asking or saying, and think about whether they are looking for factual information, or if the questions are expressing anxiety about the floods. Try to keep your own feelings to yourself when talking about their feelings. Let them know that you understand how they feel and that their reactions are normal and that they are safe.

**Monitor how much your children are being exposed to media stories of the floods.** Children can become re-traumatised by watching repeated images on the television and it is best to try to shield them from the media.

**Be aware of how you talk.** Adults need to be conscious of the presence of children when discussing the floods. It is a good idea not to let children overhear adult conversations about worrying things if they cannot join in at their own age or stage of development.

And most importantly, **look after yourself** as it is likely that you have also been distressed by the experience of the floods. When parents are feeling cared for themselves they are better able to respond to the needs of their children."

If you would like to a copy of the full article or if you need support in any way let us know.

Take care

Robert Hawkes  
Principal  
Cattai Public School

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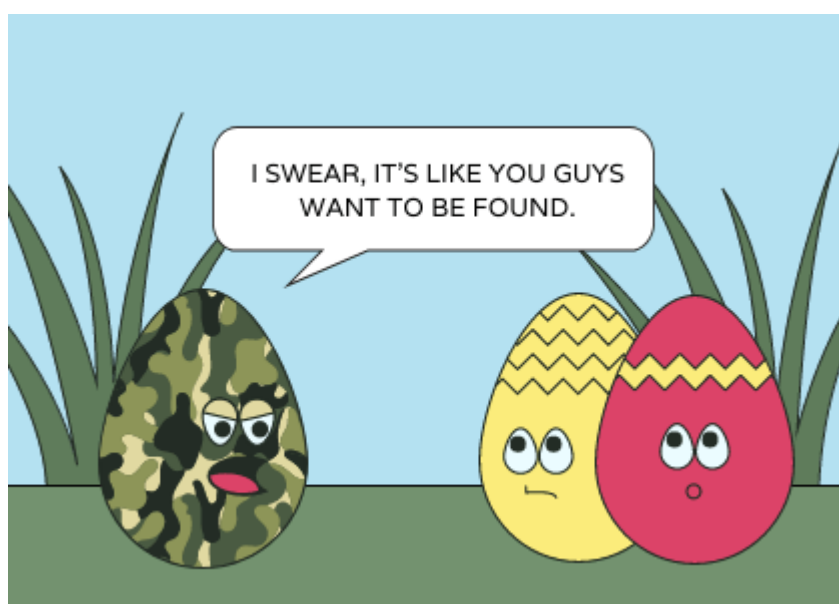
## TERM 1 CALENDAR

### TERM 2 CALENDAR

Wk	Monday	Tuesday	Wednesday	Thursday	Friday
<b>W1</b> <b>Apr</b>	19 Staff Development Day	20	21 Fun Run	22	23
<b>W2</b> <b>Apr</b>	26 ANZAC Day Ceremony	27	28 Superhero Day	29 P&C	30 Small Schools Cross Country
<b>W3</b> <b>May</b>	3 Mothers Day Craft	4	5 Cupcake Day LWL—ELC	6	7
<b>W4</b> <b>May</b>	10 LWL—South Maroota	11 NAPLAN	12 NAPLAN	13 NAPLAN	14 NAPLAN Zone Cross Country
<b>W5</b> <b>May</b>	17	18	19 LWL—Maraylya	20 Hawkesbury Leadership Camp	21 Hawkesbury Leadership Camp
<b>W6</b> <b>May</b>	24	25 School Photos	26 Parent info night— Maths LWL—Oakville	27 P&C	28
<b>W7</b> <b>May/ Jun</b>	31	1	2 Cupcake Day LWL—Milestones	3	4 Term 2 Excursion
<b>W8</b> <b>Jun</b>	7	8	9	10 MMVWaC Connecting to Country	11 Athletics Carnival
<b>W9</b> <b>Jun</b>	14 Queens Birthday	15 Enrichment Program	16 Enrichment Program Parent info night— Spelling	17 Enrichment Program	18 Enrichment Program  Parent Assembly (C3)
<b>W10</b> <b>Jun</b>	21 Enrichment Program	22 Enrichment Program	23 Enrichment Program	24 Enrichment Program	25 Enrichment Program

	Monday	Tuesday	Wednesday	Thursday	Friday
During Class	Fitness: Skipping	Scripture Library School Banking No Trash Tuesday	H.S.I.E		Fitness: Skipping Buddies C1 & C3 Sport: Athletics
At Lunch	BMX	SRC Meetings Odd Weeks Library Even Weeks	"Cattai Croppers" Gardening Club	Dance	Board Games

### "Quote of the Fortnight"



*Happy Easter from all the staff at Cattai PS*



### Library 2021



"I like reading books in the library and listening to a story being read to us." Chloe M

"My favourite part of library is when Mrs Maurer reads to us." Ally

"I like borrowing books." Zac



C2 and C3 made origami rabbits in library this week.

For Sweethearts Day in library we wrote about all the things that make our hearts happy.

"I liked making the hearts and sharing information about the things that make us happy." Elsie L



C1 made some cute Easter bunnies in library this week.





# CATTAI PUBLIC SCHOOL

## P&C ASSOCIATION NEWSLETTER

Issue 4 - 1st April 2021

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## IMPORTANT DATES / REMINDERS

**Cake Day:** Wednesday 5th May — Carven, Donald, Miller & Kinsela

**Next P&C:** Our next P&C meeting will be the **AGM** on 29th April — 7:00pm in the office.

**Hot Lunches:** Due to the cancellation of the last parent assembly, we will rollover the orders for the last hot lunches to next term's parent assembly.