

# GCP mini newsletter



01

## Real superheroes stay home.

Staying home when sick helps you and those around you.



Stay well this winter



## NSW Health and respiratory illnesses...

The NSW Department of Health has emailed preschools and child care centres in NSW to advise of a spike in the number of RSV (respiratory syncytial virus,) COVID 19 and influenza cases among children. We would like to share some of the available information with you.

02

Influenza's around. A free flu shot helps protect your child.



## Influenza info for families

Influenza can cause serious illness in children aged 5 and under, and particularly those under 2 years. Children under 5 years are most likely to spread influenza and suffer complications. More information [HERE](#)

03



## Stopping the Spread of childhood infections

Everyone in the family should maintain an up to date vaccination schedule. Please remember to provide preschool or child care with a copy of your child's current vaccination certificates. Keep unwell children at home. More information [HERE](#)

04

# RSV

What to look out for in your child



Find out more information about RSV [Here](#)

## Our **calendar** for term three.

Please note R2 parent teacher meetings will be held in term 4. We are currently finalising details for an excursion for B3, R3 and G3 and we will advise ASAP. Lots to look forward to this term!

Parent and Website Version @ 17/7/23

★☆☆GCP Term three Calendar 2023☆☆☆								
		Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
1	July	17 <sup>th</sup> <b>STEAM workshop Foundation</b> 11.30AM R3 & G3	18 StEPS vision screening	1 StEPS vision screening	20 StEPS vision screening 5.00PM EGM	21 StEPS vision screening	22	23
		24	25	26	27 <b>STEAM workshop Foundation</b> 11.30AM B3 and Y3 1.30 R2	28	29	30
3		31	1 <sup>st</sup>	2	3	4	5	6
4	August	7 Macquarie Uni students visiting	8	9	10	11	12	13
		14 <b>STEAM workshop Explorer</b> 11.30AM R3 & G3	15	16	17	18	19	20
6		21 Macquarie Uni students visiting <b>Book week</b> – theme Read, Grow, Inspire	22 Book week	23 Book week	24 Book week <b>STEAM workshop Explorer</b> 11.30AM B3 & Y3 1.30 R2	25 Book week	26	27 Family Picnic 12.30-3.30
7		28 B2 Parent Teacher catch ups	29 Y2 Parent Teacher Catch ups	30	31	1 <sup>st</sup> G2 Parent Teacher Catch Up	2	3
8	Sept	4 Macquarie Uni students visiting. <b>STEAM Workshop Creativity</b> 11.30AM R3 & G3	5 Wild flower garden excursion Y2 and B2	6	7	8 G2, R2, Y3 Sydney Zoo excursion	9	10
		11	12	13	14	15 G2 Young Scientists 10.30	16	17
/		18	19 Y2 and B2 Young Scientists 10.30	20	21 <b>STEAM workshop Creativity</b> 11.30AM B3 & Y3 1.30 R2 <b>LAST DAY OF TERM</b>	22 <b>Staff Development Day (No children)</b>	23	24
School Holidays		25	26	27	28	29	30	1 <sup>st</sup> OCT
		2	3	4	5	6	7	8

*This term's self care and mental health reflection is based on FORTITUDE. 1. Try saying this affirmation each day: "I am stronger than I give myself credit for". 2. Make a list of the times when fortitude or resilience has got you through something. Turn to this list any time you need a reminder of how resilient you are! 3. We often think that to be truly strong we need to face everything alone. This is not true! Reaching out for help is often the bravest course of action. This term – think about who your "go to" people are when you need support. Arrange to have a catch up with them – this could be nurturing for both of you. [ Drawn from Jess Sharp 2023 Every Day Matters Diary]*



## REMINDER

Gordon Community Preschool's EGM to be held via **zoom** Thursday 20th July at 5.00PM. The meeting is a formality to officially vote in our Board of Management.

## Helpful Information

[Parent Line NSW](#) - Parent Line is a free telephone counselling and support service for parents and carers with children aged 0 to 18 who live in NSW.

Call 1300 1300 52

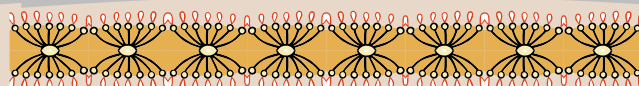
[Domestic, Sexual Family Violence help line](#) - 1800 656463

A free call with interpreters available.

The NSW Domestic Violence Line provides counselling and referrals to women experiencing domestic and family violence.

Assistance for Dads/ Men available through [Mensline Australia](#)  
Ph 1300 7899 78 Online and telephone counselling - help available for a range of situations.

Felicity's podcast recommendation for parents (or anyone!) - "The Imperfects" - particularly series five episode 22 with psychologist James van Cuylenburg - "[Love your wonky bricks.](#)" A range of issues discussed which will be of interest to parents - but also deals more broadly with the human experience.



That's all for this mini edition of our preschool newsletter -

*The Gordonews.* Kind Regards

Felicity Barclay