

Friday 15 October 2021



Canley Vale High School

What you need to know about our return to school in Term 4

We're excited about our return to face-to-face learning and welcoming students and staff back onsite where we know the best learning happens. This is a short summary of what our parents and students can expect.



Key dates for our staged return

While we know there is excitement about the return to school it's important that we stick to the staged return to give us time to be ready to welcome back students onsite. Students will return to face-to-face learning in the following order

- from 18 October – Year 12 (for those students requiring student support)
- from 25 October – all remaining year groups. Years 7, 8, 9, 10 and 11.

Students are expected to attend school unless they are unwell or have even the mildest of COVID-19 symptoms.

Please note: Return to school for Year 12 students is not compulsory. Year 12 Study/Wellbeing Bubbles may continue in the library and outside the school hall in the allocated senior area.



Our school's COVID-safe operations

Our COVID-safe return to school plan is NSW Health approved and includes numerous effective practices to support the health and wellbeing of our students and staff. These practices include vaccinations, mask wearing, reduced mingling of student groups and staff, ventilation in classrooms and continued good hygiene and cleaning.



Keeping student groups together

As we return to school students will be kept in their cohorts to minimise opportunities for transmission of COVID-19 and to enable effective contact tracing and containment. This means minimising interaction between students on school grounds and keeping cohorts together where possible.

Please see the tables below the staggered start times, finish times with staggered break times. During break times, cohorts will be allocated specific playground areas.

Years 7, 9 & 11

Start school	8:45am
Finish school	2:35pm (Monday) and 3:10pm (Tuesday to Friday)
Recess	10:05am to 10:40am
Lunch	12:45pm to 1:20pm

Years 8 & 10 (Year 12 Optional)

Start school	8:50am
Finish school	2:40pm (Monday) and 3:15pm (Tuesday to Friday)
Recess	10:45am to 11:20am
Lunch	1:25pm to 2:00pm



Mask wearing for students and staff

Masks are required to be worn indoors by all school staff and students in Year 7 and above.

It is an expectation that all students will attend school with their own mask. It is strongly advised that students have spare masks in their school bag in the event that a mask becomes unusable. In emergency situations, the school will have spare masks for students if required.

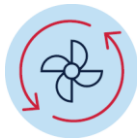
If students refuse to wear a mask whilst at school or fail to follow a direction regarding mask use, parents or carers will be contacted to collect their child.



Vaccinations

All staff required on site supporting the return to school will need to be fully vaccinated from 18 October. Then from 8 November all staff, contractors, volunteers and students on student placement on a school site will need to be fully vaccinated, including Outside of School Hours Care staff.

Vaccinations are not mandatory for students. However, it is encouraged that all young people aged 12 years and over get vaccinated. Please speak with your health care professional for further advice and support.



Ventilation

Having open or well-ventilated spaces reduces the risk of transmission of COVID-19 because infectious particles are more quickly diffused in the open air. The department will continue to work with NSW Health to provide us with advice and guidance on maintaining good ventilation in our school and we will make use of our outdoor spaces wherever practical.



School activities

During Term 4 many school-based activities will remain on hold until NSW Health advise otherwise. This includes large celebrations like assemblies, presentation days and graduations, arts and sports events.

All students must be wearing full school uniform on their return to face-to-face learning.

SPORT and PDHPE Lessons

School sport and PDHPE lessons will continue during regular timetabled periods following guidelines and recommendations. Students will be required to wear their sport uniform to school on the days they have SPORT or PDHPE but must ensure they bring their leather enclosed shoes with them for their practical subjects such as Science and Industrial Arts.

YONDR Pouches

All mobile phones must be placed in a YONDR pouch whilst on school site as per the school's YONDR pouch policy.

End of year Presentation Day and Graduation celebrations may need to be hosted virtually. More information and details will be provided on these events soon.



Canteen

School canteen will operate from 25 October 2021 adhering to a COVID safety plan and social distancing guidelines.



Parents and Carers on site

Parents and carers are to remain outside of school grounds and adhere to mask-wearing requirements. Should you need to contact the school, please call 9728 7071 during school hours.



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 let you know when we can return to face-to-face learning.

In the event that the school has a confirmed case of COVID-19 and we move to online learning, the school community will be notified via our Sentral Parent Portal, email, social media channels and on the school website.

Parents and carers are encouraged to register for the Sentral Parent Portal, join the school's social media platforms and familiarise themselves with the school website. If you require assistance with registering for the Sentral Parent Portal, please contact the school on 9728 7071.

Sentral Parent Portal – <https://canleyvalehs.sentral.com.au/portal2/#!/login>

School Website - <https://canleyvale-h.schools.nsw.gov.au/>

Facebook – <https://www.facebook.com/CanleyValeHS>

Instagram – <https://www.instagram.com/canleyvalehighschool/>

Twitter – <https://twitter.com/CanleyValeHS>

The Department of Education also have a School Safety App which can be downloaded from your mobile device app store. To learn more about this app [here](#).



Orientation and transition to school

Onsite orientations and transition programs are not currently allowed in person on school sites until we are advised differently by NSW Health. We'll share more information in the coming weeks about our school's virtual orientation and transition program.

Details will be provided on the date and schedule for Year 7, 2022 Orientation Day soon.



HSC student revision and support

Teachers of HSC subjects will be available for revision and support during their usual timetabled HSC classes. Students may continue revising within their study bubble groups in the senior area and the school library but should not mingle with other groups.

Year 12 Students must present to the School Administration Office and register their arrival using the QR code located in the foyer.



HSC exams

We are putting in place and preparing COVID-safe arrangements for exams to minimise mixing between students. These plans include appropriate spacing for students and that exams are conducted in well-ventilated rooms and spaces, mask wearing for students and staff onsite. We are also organising alternative venues in the event we need to relocate the exams.

HSC written exams commence on 9 November 2021. Details on exams and COVID-19 guidelines can be found on the [NESA Website](#).

Our school's HSC plan is being finalised and will be published soon.



Reminder for all families

Parents and carers are to remain outside of the school grounds and adhere to mask-wearing requirements.

Personal hygiene

All students, staff and essential visitors should:

- wash their hands regularly and/or use hand sanitiser throughout the day
- cover a cough or sneeze with their elbow
- dispose of tissues and other personal use items immediately into the bin
- avoid physical contact in greetings, such as shaking hands or hugging
- stay home if feeling unwell with COVID-19 symptoms and get tested.

In addition, students and staff are expected to sanitise their hands, desks and school equipment at the beginning and end of all lessons.

Is there an option to learn from home?

It is an expectation that all students will return to school from the dates indicated on page 1, unless they are unwell or have COVID-19 symptoms. Any person with COVID-19 symptoms will be sent home and must not return to school unless:

- they have isolated for 10 days, when no medical certificate is available
- they have a negative COVID-19 test result and are symptom free.

In circumstances where children have other medical reasons for recurrent symptoms, a letter from their GP is sufficient to negate the requirement for a negative test.

Anyone who is unwell with COVID-19 symptoms is strongly encouraged to get tested and self-isolate until a negative result is received. Find your local [testing clinics](#).

From 25 October, all lessons will be delivering face to face learning. For students with exceptional medical or other circumstances, parents and carers need to contact the school and speak to the School Principal or Deputy Principal. In these rare circumstances, work packages will be prepared and sent home. Support whilst learning from home will occur in a limited way.

Supporting children returning to face-to-face learning


Helpful tips for parents and carers to support their children as they prepare to return to school are available in multiple languages on the following web link:

<https://education.nsw.gov.au/public-schools/going-to-a-public-school/translated-documents/supporting-children-return-to-face-to-face-learning>

On behalf of the staff at Canley Vale High School, I would like to thank all our students, parents and carers for their support during this time. I would also like to acknowledge the role that parents and carers have played during these challenging times to ensure that our students have had an opportunity to engage and continue their educational journey whilst learning from home.

We look forward to having everyone back at school soon.

Kind regards,



Ms D Santucci
Principal

Canley Vale High School

Revised Timetable from Monday 25 October 2021

Monday to Friday – Years 7, 9 and 11

PERIOD	BELL TIMES
Roll Call + 1	8:45am – 9:25am
2	9:25am – 10:05am
Recess	10:05am – 10:40am
3	10:45am – 11:20am
4	11:25am – 12:00pm
5	12:05pm – 12:40pm
Lunch	12:45pm – 1:20pm
6	1:25pm – 2:00pm
7 (Monday finish time 2:35pm)	2:05pm – 2:35pm
8 (Tuesday to Friday finish time 3:10pm)	2:45pm – 3:10pm

* Roll call will be within Period 1 (PXP roll marking)

PLAYGROUND AREAS	
Year 7 / Quad (uncovered)	Year 7
Basketball Courts / Shade Sails	Year 9
E & F Block	Year 11

Monday to Friday – Years 8 and 10 (Year 12 Optional)

PERIOD	BELL TIMES
Roll Call + 1	8:50am – 9:25am
2	9:25am – 10:05am
3	10:05am – 10:40am
Recess	10:45am – 11:20am
4	11:25am – 12:00pm
5	12:05pm – 12:40pm
6	12:45pm – 1:20pm
Lunch	1:25pm – 2:00pm
7 (Monday finish time 2:40pm)	2:05pm – 2:40pm
8 (Tuesday to Friday finish time 3:15pm)	2:40pm – 3:15pm

* Roll call will be within Period 1 (PXP roll marking)

PLAYGROUND AREAS	
Year 7 / Quad (uncovered)	Year 8
Basketball Courts / Shade Sails	Year 10
Outside Hall	Year 12

COVID-safe operations for schools

Students return to face-to-face learning in staged cohorts. COVID-safe operations are maintained through high rates of staff and student vaccination, safe rostering and physical distancing.


Department Preschools, Kindergarten & Year 1

18
October

All other years

25
October

From 18 October, students sitting their HSC exams will be able to access their schools full-time for revision and study sessions.



Students should be at school from the date indicated for their year group unless they are unwell.

Drop-offs and pick-ups



Drop-offs and pick-ups will be by staggered groups and all entrances and exits will be used to start and finish school days.

Please follow the physical distancing rules, avoid gathering outside gates, remain off school grounds and wear a mask. (some exceptions made for vulnerable students.)

Try to stay in the car. This does not apply to (OOSHC). Sign-in procedures are required.



Ventilation

Open or well-ventilated spaces reduce the risk of transmission of COVID-19 because infectious particles are more quickly diffused in the open air than in spaces with less ventilation. Outdoor settings will be used where practicable.

Vaccination



All adults on school sites must be fully vaccinated against COVID-19, including employees, contractors, volunteers and essential visitors. Students aged 12 or above are now eligible for a COVID-19 vaccination. Parents and carers can book in a Pfizer or Moderna vaccine now.



Masks

Masks will be required for all staff and all students in Year 7 and above while they are indoors and outdoors on school sites unless eating or exercising. Masks are strongly recommended for primary students both indoors and outdoors unless eating or exercising. Students should bring their own masks where possible, but schools will have back-up supplies just in case. Masks are also required for all travel on public transport for children 13 years and older.

Visitors



Only essential visitors are allowed on school sites. All visitors are required to wear a mask and sign-in using the Service NSW QR code when entering the school.



Hand hygiene & cleaning

Students will be reminded to wash their hands often. Sanitisers, soaps, paper towels and other essential items will be readily available for students. Enhanced cleaning will continue on our school site.

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.



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](#).

