



07/09/2021

Learning from Home Update - Week 9

Dear Parents/Carers

Parent Forum

Last Wednesday afternoon the Assistant Principals and I had the pleasure of hosting a parent forum webinar. We will look into hosting another online parent forum next term. For those parents that were unable to attend, here is a [video](#) of the main highlights of the presentation.

As I am so proud of the efforts and commitment of the CWPS students, I am also very proud of all staff and their continued dedication and innovation to accommodate the needs of students and families. This is a really tough time for all of us, juggling work and families, yet our ongoing objective is to reflect and evaluate each week to support all the students in our care.

Our staff are always listening and continuously acting on the community's feedback. You will see from the video that we have improved and will continue to improve our practices to ensure the students' wellbeing and learning needs are catered for. We are all lifelong learners and we reflect daily on what works best in this home learning environment.

Student Wellbeing and Feel Good Friday

As from my previous communications, student wellbeing is at the forefront of our planning. In addition to the wellbeing lessons on the learning plans each week, Ms G's weekly wellbeing e-newsletters and the Concord West Learning Hub wellbeing page, from this week we are launching *Feel Good Friday*. Based on feedback from our families and in an effort to reduce screen time for all, we have introduced *Feel Good Friday*. From 12pm each Friday, students will have this time off screen. The primary focus is to support the wellbeing of all.

A matrix of offline activities will be provided to students through Google Classroom and in your child's learning plans. Students can select as many or as few activities from the matrix to complete during the afternoon. They will not need to share any of the activities completed with teachers during the day. Each activity has been given a points value and the students' challenge is to reach (or exceed) 100 points by the end of the day.

Please click [here](#) for more wellbeing tips on our Concord West Learning Hub. Attached to this letter are more helpful tips and reminders while we are learning from home.

Please reach out to your child's teacher for any additional support if you need it.

Yours Sincerely
M. Cidem

Links and attachments:

Video: Highlights from parent forum:

https://www.canva.com/design/DAEo6v4e6XU/6dGxZIA9S6_ygM2giNq99g/watch?utm_content=DAEo6v4e6XU&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink

Link: Wellbeing tips on CWPS Learning Hub: <https://sites.google.com/education.nsw.gov.au/cwps/wellbeing>

Attachment 1: The importance of sleep

Attachment 2: Visual schedule