



PHASE 1:
MANAGED RETURN TO SCHOOL
QUESTION & ANSWER

PHASE 1: MANAGED RETURN TO SCHOOL

From Monday, Week 3, Term 2 (11th May, 2020) students of Nowra High School will begin returning to school gradually 1 day per week for Years 7-10, and 2 days per week for Years 11 & 12, as part of the Premier's announcement and the NSW Department of Education's "Managed Return to School" Guidelines (see Appendix 1).

What will this look like?

Normal school start, finish and bell times will apply – 9:06am to 3:20pm. Students will be separated into classes of 10 and allocated to a room for the day. Students will continue to follow the *One Unit of Work* online learning policy as per Department of Education Guidelines, however, they will be facilitated face-to-face by an allocated teacher. If students can bring their online learning device on their allocated day, it would be appreciated, if not we will do our best to ensure students in attendance have access to a computer/laptop. Some students may have their current teacher in their class, but with timetabling restrictions and physical distancing protocols, this cannot be guaranteed.

The Phase 1 Student Schedule of Attendance is as follows:

- Monday - Year 7 + Year 12 + P4 - ASD
- Tuesday - Year 8 + Year 12 + P3 - ED
- Wednesday - Year 9 + Year 11 + P5 - MC
- Thursday - Year 10 + Year 11 + P1 - IM Senior
- Friday - Year 12 HSC Major Projects + P2 - IM Junior

DAILY ATTENDANCE BY YEAR GROUP FROM WEEK 3 TERM 2					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STAGE 4 & 5	Year 7	Year 8	Year 9	Year 10	
STAGE 6	Year 12	Year 12	Year 11	Year 11	HSC Practical Projects
SUPPORT UNIT	P4 (ASD)	P3 (ED)	P5 (MC)	P1 (IMSNR)	P2 (IMJNR)

Diagram 1: Nowra HS Phase 1 Model

My child is in the Support Unit, what days do they attend?

Your classroom teacher will be in touch to confirm the days as listed above.

What will my lessons look like?

When you attend, you will complete the same unit of work which has been prepared for online learning at home. Teachers will not be creating separate units of work for face to face delivery, as mentioned above.

Classes will be divided into separate rooms depending on the number of students who attend and the size of the room. This is based on a 4sqm per student ratio – typically

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10 per classroom. Classes might have up to three teachers, so you may not see your regular classroom teacher. Rolls will be marked during all periods and at the beginning of the day at roll call.

Students in Years 7-10 will not be participating in any practical lessons.

Students in Year 11 and Year 12 will be participating in practical lessons timetabled in specialist classrooms, with their regular teacher.

What do I need to bring?

If you have a device, please make sure you bring your device and its charger. If you do not have a device, please contact the school to arrange for a laptop loan. Students are also encouraged to bring their own bottled water for refilling. The Canteen will be operating on a limited menu and we encourage you to pre-order online.

Are the buses running?

Yes, buses are running. Students need to practice physical distancing where possible on buses. Students will be required to physical distance when lining up and moving to the buses at the end of the day.

Do I need to attend roll call?

Yes! Roll call will be held in the MPH – Multi-purpose Hall and the Canteen Area, with students practicing physical distancing. Roll call will be used to work out how many students in each class are present. After rolls are marked, you will be directed to your classroom for the day.

Can seniors leave after their last period?

Seniors who study 12 Units will be on a 6 Period Day for both days, otherwise Flexible Attendance for students on less units will apply. There will also be some flexibility on Fridays for Year 12 HSC Major Works, at the direction of their regular classroom teacher.

Should I wear my uniform?

Yes. Full school uniform is required. The Lowes uniform shop is still open. It is starting to get colder, so be prepared.

Will the canteen be open?

Yes, however, we are not sure how many students will attend, so we will operate on a limited menu. It is encouraged to order your lunch online.

Will I be able to take my medication at school?

Students who have completed the necessary paperwork will still be able to take their required medication at school. Our First Aid Officer will be present 5 days per week.

How will I know what rooms to go to?

At the start of the day Juniors will be allocated to a room and Seniors will be provided with a Timetable for Phase 1. Where possible, we are keeping students in the same rooms.

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What's happening with assessment tasks?

At this stage, all Year 7-10 assessment tasks have been delegated to the professional direction of your regular classroom teacher. All Stage 6 students will be given updated assessment schedules from their regular classroom teacher.

I haven't completed my HSC Minimum Standards Testing.

Ms Fuz will be continuing to coordinate this program at school on your allocated days, so don't worry she will be in touch. Or, you can find her in the Library!

What will lunchtime and recess look like?

Limited playground areas will be available. Students will be required to physical distance and will receive reminders over the PA.

As mentioned earlier, the canteen will be open on a limited menu and for online ordering. Students will be required to follow social distancing markings on the ground in the canteen areas.

Students will not be able to use the bubblers.

Can I attend if I am unwell?

No. If you are unwell, stay home. If you come to school and are unwell, your parents, carers and emergency contacts will be called to collect you.

What happens if my family decide it is best for me to stay home?

That's fine. As long as you are engaging in online work and providing evidence of learning at the direction of your teacher and/or completing physical work packages, you will be marked as Flexible Attendance (not Absent).

Contact the front office to let us know.

When will school return to normal?

We're not sure how long Phase 1 will continue for, but we will let you know as soon as we know. We are forward planning in preparation for the next phase or to be moved back into Phase 0. See Appendix 1 for each phase and see Appendix 2 for Student Wellbeing initiatives from the Department of Education, for keeping a healthy mindset moving forward.

Appendix 1 – NSW DoE Managed Return to School

NSW Department of Education

At all times

- Schools are safe places for students, teachers and staff.
- All students engage with a single unit of work.
- Keep up-to-date with your school's communications to make sure you receive important messages about timetable changes.
- Any identified cases of COVID-19 will continue to be managed in line with health advice, including temporary school closures where necessary.

Learning from home

Practical resources and guides to support students are available at the department's [Learning from home hub](#).

PHASE 0	PHASE 1	PHASE 2	PHASE 3	PHASE 4
Schools are open for families who need it.	Students at school at least one day per week.	Students at school at least two days per week.	Students at school five days per week, with social distancing measures.	Students at school five days per week, with full school activities.
<ul style="list-style-type: none"> Families are encouraged to keep their children at home wherever possible, with no student to be turned away. Students who attend school are supervised only, not in their regular classes. No excursions or inter-school activities. Continued enhanced cleaning and hygiene supply arrangements. 	<ul style="list-style-type: none"> Schools have discretion for establishing which group attends on which day, with a preference to group siblings/families together. Families who need to send their child to school every day may continue to do so and no child will be turned away. Classes are split across different spaces and break times can be staggered. No excursions or inter-school activities. Continued enhanced cleaning and hygiene supply arrangements. 	<ul style="list-style-type: none"> Schools have discretion for establishing which group attends on which days, with a preference to group siblings/families together. Families who need to send their child to school every day may continue to do so and no child will be turned away. Classes are split across different spaces and break times can be staggered. No excursions or inter-school activities. Continued enhanced cleaning and hygiene supply arrangements. 	<ul style="list-style-type: none"> Students with increased health risks may continue to learn at home to suit their individual needs. Students remain in the same classroom for the day, break times can be staggered to reduce mixing between class groups. No excursions or inter-school activities. Continued enhanced cleaning and hygiene supply arrangements. 	<ul style="list-style-type: none"> Normal school breaks and entry/exit processes will resume. Infection control procedures will continue on a school by school basis. Communication to staff, students and families regarding NSW Health advice will continue. Continued communication to the Early Childhood Education sector regarding NSW Health Advice.
	You can now	You can now	You can now	You can now
	<ul style="list-style-type: none"> Send your child/children to school one day a week. You are encouraged to keep you child at home for the rest of the week wherever possible. Check with your school to see which day of the week your child/children should attend. Use the school canteen and uniform shop where appropriate hygiene measures are in place. 	<ul style="list-style-type: none"> Send your child/children to school two days a week. You are encouraged to keep you child at home for the rest of the week wherever possible. Check with your school to see which two days of the week your child/children should attend. Use the school canteen and uniform shop where appropriate hygiene measures are in place. 	<ul style="list-style-type: none"> Send your child/children to school every day. Access community services run on school sites, where they are not restricted by Public Health Orders. Use the school canteen and uniform shop where appropriate hygiene measures are in place. Walk your child/children into and out of school while maintaining social distancing. 	<ul style="list-style-type: none"> Send your child/children to school every day. Participate in school excursions and inter-school activities. Use playground equipment at schools. Drop your child/children off at school as you would normally do. Participate in school based activities such as volunteering in classes and assemblies. Use services that usually operate at your school like canteens and other community run activities.
You must continue to	You must continue to	You must continue to	You must continue to	
<ul style="list-style-type: none"> Keep your child/children at home if possible. Support your child/children to continue learning at home. Communicate with your school via email and phone wherever possible. Follow the health advice and keep your child/children at home if they are unwell. 	<ul style="list-style-type: none"> Follow your school's advice regarding changes to drop off and pick up, including staying in your car when dropping off and picking up your child/children if safe to do so. Maintain social distancing by avoiding gathering outside of school gates. Make sure your child/children have access to lunch and snacks, noting some canteens may not be operating at this stage. Support your child/children to continue learning at home on remote learning days. Communicate with your school via email and phone wherever possible. Follow the health advice and keep your child/children at home if they are unwell. 	<ul style="list-style-type: none"> Follow your school's advice regarding changes to drop off and pick up, including staying in your car when dropping off and picking up your child/children if safe to do so. Maintain social distancing by avoiding gathering outside of school gates. Make sure your child/children have access to lunch and snacks, noting some canteens may not be operating at this stage. Support your child/children to continue learning at home on remote learning days. Communicate with your school via email and phone wherever possible. Follow the health advice and keep your child/children at home if they are unwell. 	<ul style="list-style-type: none"> Follow your school's advice regarding changes to drop off and pick up, including staying in your car when dropping off and picking up your child/children if safe to do so. Maintain social distancing by avoiding gathering outside of school gates. Make sure your child/children have access to lunch and snacks, noting some canteens may not be operating at this stage. Support your child/children to continue to learn at home if they are required to learn remotely. Communicate with your school via email and phone wherever possible. Follow the health advice and keep your child/children at home if they are unwell. 	

A managed return to school

Guidelines for families



Weekly wellbeing challenge for students

Each box is worth 50 points – Your aim is to complete 150 points from at least 3 columns per day

Physical wellbeing	Emotional wellbeing	Social wellbeing	Cognitive wellbeing	Spiritual wellbeing
Design and complete a body weight circuit (of at least 10 activities) to participate in at home *Bonus 10 points if you get your family to do it with you*	Turn off all devices for at least 5 hours (after school!)	Call, Skype or FaceTime a friend and talk about anything BUT Covid-19	Complete a mindfulness guided meditation. You can access these on Smiling Mind.	Participate in a yoga, Pilates or meditation session. There are some available on YouTube or you create your own.
Complete 30 minutes of incidental physical activity (everyday activities like vacuuming, putting clothes on the line or taking the bins out)	Participate in a self-care activity e.g. going to bed early, painting, deep breathing, watching the sunset or having a bath.	Do something for a family member e.g. cook a meal, tidy part of the house, offer to mow the lawn/ get the washing off the line/ wash your pet)	Learn a new skill such as juggling, cooking, breakdancing, knitting or playing recorder	Spend at least 30 minutes outside connecting with nature
Participate in a virtual workout for at least 30 minutes. Some examples are Just Dance, Wii sports and YouTube fitness videos.	Complete a journal activity for the day or compile a list of things you are grateful for	Connect with someone who you have not spoken with in more than 1 month via google hangout or FaceTime	Complete a log book of your moods over the next week	Go on a nature walk, plant some seeds, listen to some birdsong or do some weeding...
Take your pet, teddy bear or sibling for a walk	Watch your favourite show/movie; then write down how it made you feel	Play a board game with your family members	Read a book/listen to a podcast or listen to your favourite artist	Think about someone you admire - what values do you share?
Create your own game to play with your family members. Be creative with your objects e.g. wrap up some socks to make a ball.	Tidy your room / desk	Write a thank you note to someone and post it/email it	Complete a jigsaw puzzle, Sudoku or crossword puzzle	Write a weekly list of affirmations(e.g. I am capable of making it through this storm)