

Throwing some colour out there and adding some brightness to what may seem like bleak days at times. Thanks to our little crew of students from essential workers for your rainbow! #rainbowtrail





It seems so much happens over a period of a fortnight, with the challenges we are all experiencing. It is important that we focus on what we can control and get through this significant part of history. During these unprecedented times we need to see opportunity and positives because our frame of mind is very important. We will look back on this and applaud those who did the right thing and be angry and disappointed at those that didn't.

On that note we are all in this together and must role model and expect our children, to follow these new rules.

A letter was sent out to principals on Monday of this week that outlined the direction that the Director General and the Department of Education are taking during this pandemic. We have since sent out a letter to parents which is in this Wongarete.

## Term 2 at Wongan Hills DHS

I commend the staff at our school who have been working hard to make sure we can provide the best possible solutions for students who are Learning from Home, for what seems the duration of term 2. We need to cater for the range of our students ages so there is not, a one size fits all. In this Wongarete our Associate Principal Karen Marshall has outlined what is being used for Kindergarten to Year 6 and our Deputy Principal Lesa Simpson has outlined what is being used for years 7 to 12. We are aware that some families will require hardcopies of the work and we will be communicating how this will occur.

There are families across the state that are having issues accessing the internet and devices to work fully on line. Some of the platforms that we will be using will involve the same access you would use for Facebook, Twitter or Instagram.

## Important Tips for Talking with Children about COVID-19

*The following information is taken from our Coronavirus Plan.*

Children will inevitably pick up on the concerns and anxiety of others, whether this be through listening and observing what is happening at school or at home. It is important they can speak to you about their own concerns. Do not dramatise and only provide the facts. Hearsay and opinion can be biased. The last thing you need is stressed kids to add to your anxiety.

### [Answer their questions](#)

Do not be afraid to talk about the coronavirus with children. Given the extensive media coverage, as well as access to social media, it is not surprising that most children are aware. Providing opportunities to answer their questions in an honest and age-appropriate way can reduce any anxiety they may be experiencing. You can do this by;

- Speaking to them about Coronavirus in a calm way
- Asking them what they already know so you can clarify any misunderstandings they may have
- Letting them know that it is normal to experience some anxiety when new and stressful situations arise
- Give them a sense of control by explaining what they can do to stay safe eg washing hands, staying away from unwell people, social distancing etc.
- Do not overwhelm them with unnecessary information eg death rates
- Allowing regular contact eg by phone, Zoom, Skype, FaceTime etc to people they worry about eg Grandparents to reassure them that they are okay



## Talk about how they are feeling

Explain to your child that it is normal to feel worried about getting sick. Listen to your child's concerns and reassure them that you are there to help them with whatever may arise. It is important to model calmness when discussing the Coronavirus with children and not alarm them with any concerns you may have. Children will look to you for cues on how to manage their own worries so it is important to stay calm and manage your own anxieties.

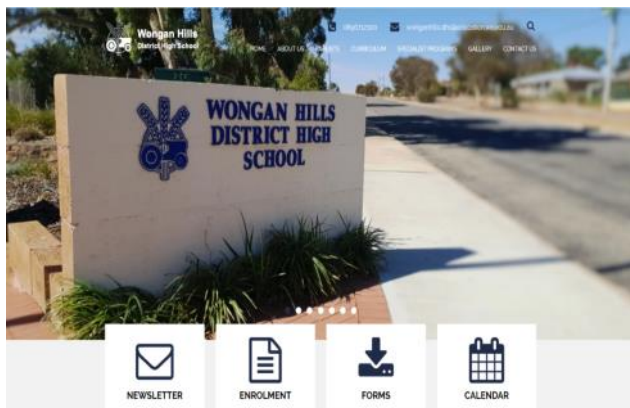
## Limit media exposure

It is important to monitor children's exposure to media reports. Frequent exposure can increase their level of fear or anxiety. Try to be with your child when they are watching, listening to or reading any news so you can address their concerns and questions promptly.

## Wongan Hills DHS Website

The school's website will be an important resource for all parents to access resources. Please take the time to look at the important information that will be added regularly. The website also displays the Wongan Hills Facebook page feed for those parents who do not have Facebook.

[www.wonganhillsdhs.wa.edu.au/](http://www.wonganhillsdhs.wa.edu.au/)



## Capital Works Program at Wongan Hills DHS

With the focus on how we can get through this pandemic I thought it might be nice to let everyone know about the capital works that are going on in the school. The toilet upgrades are to be finished this week, so both sets of toilets now look fantastic. The library is currently being upgraded and it already looks so different with new carpet going in today. Over the holidays we will have the cabinetry replaced in 7 rooms, floorcoverings replaced in 4 rooms and painting in 5 rooms. It will definitely be a different place when we get back to normal, whenever that is.

## Progress Reports Notice from Lesa Simpson

There were issues and I apologise for this. **For the Pre Primary and Room 1 reports;** simply put, I removed a column from the reports regarding academic progress. This was purely because for reports to be valid, we need ample time for students to demonstrate abilities and give the shortened term, the validity was not there. When the column was removed, it made a blank column and moved one of the columns across. **For the Year 4 and 5 students,** the signatory appeared wrong. All reports have now been reissued.

Please note that these Progress Reports are just a quick indicator for parents as to how their child was performing in regards to attitude, behaviour and effort at the start of this school year.

If an interview was requested by the teacher, please contact them via email to arrange for a phone interview.

If you have not updated your email address and did not receive your child's report, please can you contact me, [Lesa.simpson@education.wa.edu.au](mailto:Lesa.simpson@education.wa.edu.au) or call me on the school number 96712300. Thank you.





Dear Parents/Caregivers,

Today it has been announced that education for Term 2 will continue in much the same way we are currently operating. Thank you for your patience in waiting for this information. The content of this letter is taken as a directive from Lisa Rodgers the Director General for Education and applies to all public schools in Western Australia in response to the current global pandemic.

This will mean that in Term 2 students will be provided their education via online teaching and learning, through hard copy packages and face to face for the children of essential service workers (as per this week).

In Term 2 parents are encouraged to keep their children at home. Those who need to send their children to school to maintain employment, children of essential workers and those who require schools to support them overcome particular vulnerabilities, however, may choose to send their children.

To ensure that all students' needs are met, staff will be present on school site. A full learning program for K-12 is currently being developed that will enable students to work from home, whether that is online, electronically (e.g. email), a combination of both or hard copy work packages.

At this stage Primary students will be using Seesaw as their online learning platform and High School will be using a combination of Connect with WebEx for direct lessons and email communications. A detailed information package for parents is currently being compiled.

All parents will receive an SMS to reply to which platform (online or hard copy) that they envisage they will be using for Term 2 to help us in preparation for Day 1 of Term 2.

This is going to be a massive learning curve for our students, our teachers and for parents. Parents are not expected to take the place of teachers, however there may be further opportunities for you to become active partners in your children's learning.

In all of our discussions and planning that we are doing, the health and well-being of our students remains a priority.

We hope you and your families are all staying safe, physically and mentally, and can enjoy Easter and the holidays by being innovative under the current situation. We have really enjoyed seeing students engage in our Facebook Challenges and embracing new ways of learning.

Yours sincerely,

Bruce Nind

Principal



## LEARNING FROM HOME PROGRAM - PRIMARY

*The primary school will be using Seesaw as the main online learning platform for Term 2.*

*It would be appreciated if you could familiarise your children with this site over the holidays so they are ready to go Week 1 of term 2.*



*More detailed information about each platform and log ins will be available via email or hardcopy. These will be sent out to parents via email on Thursday 9th April. If you would like a hard copy of the parent information booklet and your child's log in please read on for more information.*





## LEARNING FROM HOME PROGRAM - PRIMARY



All primary school parents are invited to collect their child's log in information and stationary from the school on:

**Thursday**  
**9th April**  
**11 am—2pm**  
**Front Office**

**Saturday**  
**11th April**  
**9am—11am**  
**Front Office**

**We will ensure that social distancing occurs by asking people to enter the front office one family group at a time.**

**Enquiries to Karen**  
**0409385901 or 96712300**



# LEARNING FROM HOME PROGRAM - SECONDARY



*Firstly, can I just say how much we are missing all of our wonderful students. Thank you to those parents who have sent us messages of thanks and support in this time; yes, it has been frantic and difficult and those messages mean a lot. Whilst we will continue to miss the presence of our students next term, we totally understand why this is necessary and why keeping students at home is in everyone's best interest and safety until this pandemic is over.*

**Next term the Director General, Lisa Rodgers has made it clear that we are working under a "Learning from Home" system.**

## What does this mean for Secondary Students at Wongan Hills District High School?

Our primary Learning Platform will be Connect. Connect is an integrated online environment developed by the Department of Education WA. All of our students can access Connect already with their network login (school email address and password) and it is not difficult. All the students work will be stored here and they can access and then submit work from here too.

## Year 7 - 10

### CONNECT

**If your child can access Facebook, Instagram, TikTok etc** –they can access Connect! Connect can be accessed through the Connect website [connect.education.wa.edu.au](https://connect.education.wa.edu.au) on any internet-enabled device (laptop, computer, phone, tablet etc) there is a 'Connect Now' application –available on the App Store or Google Play store that will alert students of new notices.

We will also provide 1 interactive lesson per day for students to be with their teacher and peers in an online "classroom". There will be a timetable sent out with these times as well as suggested working times for all other subjects. This will be through WebEx. A Webex session is an online meeting that allows you to virtually meet with other people, without leaving your home.

WebEx can be viewed on phones and iPads as well as on your laptops etc so we are hoping that most students will have a device to enable them to tune into these lessons.

Teachers have been very busy preparing work and uploading it into Connect. This means students may have received many emails saying that they have been added to classes. However, these classes are currently locked until learning starts next term.

We hope to have as many students as possible online, however we will be providing a hard copies of work to students who need it. We will also have the need to distribute a hard copies of certain work to students for D&T and Home Ec as an example.

A more detailed information pack will be issued to ALL Year 7-10 parents soon.

Please know that however Learning at Home looks for your child, our plan is to support their learning as best as possible.

## Year 11 and 12

All Year 11 and 12 students will continue as they have done for the past few weeks; working from home through Moodle and SIDE. Please make sure you communicate any issues or concerns with Miss Dedman or Mrs Simpson here or through your SIDE teachers.




Miss Q's 30 Day Building Challenge has been a hit with our students. It is wonderful to see the students getting involved and giving the challenges a go. We love seeing them being shared online or with Miss Q via email.



## Miss Q's 30 day Building Challenge

Students can use Lego or any other household items available.  
Colour the boxes that you complete.

Please email photos of your creations to [tegan.quartermaine@education.wa.edu.au](mailto:tegan.quartermaine@education.wa.edu.au) so they can be shared and appreciated!

Miss Q's 30 day Building Challenge						
Students can use Lego or any other household items available. Colour the boxes that you complete. Please email photos of your creations to <a href="mailto:tegan.quartermaine@education.wa.edu.au">tegan.quartermaine@education.wa.edu.au</a> so they can be shared and appreciated!						
<b>DAY 1</b> Build your name. Take a selfie with it.	<b>DAY 2</b> Build a tree. Go outside and draw a tree to give you ideas.	<b>DAY 3</b> Build a boat that floats. How many coins can it hold before it sinks?	<b>DAY 4</b> Build a model of your home. Draw a map of what it looks like inside.	<b>DAY 5</b> Build a cake. Write an imaginary recipe for it.	<b>DAY 6</b> Build a pencil holder. Test how many pencils it can hold.	<b>DAY 7</b> Build a drinking cup. Does it hold water?
<b>DAY 8</b> Build an aeroplane. Draw a map of the route it will be flying.	<b>DAY 9</b> Build a tall tower. Measure how tall it is?	<b>DAY 10</b> Build a scary monster. Write a story about it.	<b>DAY 11</b> Build a vehicle. Create a poster you could use to sell it.	<b>DAY 12</b> Build a space ship. What planets would you visit?	<b>DAY 13</b> Build something using exactly 20 blocks. Photograph it.	<b>DAY 14</b> Build a robot. Explain what the robot can do to a family member.
<b>DAY 15</b> Build a swimming pool for Lego figures. Have a pretend pool party.	<b>DAY 16</b> Build a pizza. Write a list of pizza toppings.	<b>DAY 17</b> Build a garden. Go for a walk to get ideas.	<b>DAY 18</b> Build a catapult. How far can it launch a paper ball?	<b>DAY 19</b> Build a dream house. Cut out pictures of houses from newspapers and magazines to inspire you.	<b>DAY 20</b> Build a marble run. Make a video of a family member using it.	<b>DAY 21</b> Build a parachute for a mini figure. Test if it works.
<b>DAY 22</b> Build a simple machine. Make a video to show what it can do.	<b>DAY 23</b> Build 2 cars and have a race. Make prize for the winner.	<b>DAY 24</b> Build an animal. Write 5 facts about your animal.	<b>DAY 25</b> Build a dinosaur Take a selfie with it.	<b>DAY 26</b> Build a pirate ship Draw or paint a picture of your ship at sea.	<b>DAY 27</b> Build a game. Play it with a family member.	<b>DAY 28</b> Build a zip line for a Lego figure Video your Lego figure using it.
<b>DAY 29</b> Build a rainbow. Draw, paint or collage a picture of your rainbow.	<b>DAY 30</b> Build something with your eyes closed. Take a selfie with it.					





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**WA Country Health Service**

## CHICKEN POX INFORMATION

Chicken pox often circulates in communities in Autumn and this could be happening in the Wheatbelt.

Chicken pox is a viral disease that starts with cold-like symptoms: e.g. a runny nose, mild fever, and feeling unwell. A rash with red, itchy raised lumps then appears and can extend to all parts of the body. The lumps dry to become blister-like in appearance. Chicken pox is contagious from about 1-2 days before the rash appears and until the blisters have dried, usually 4-5 days. The usual time between contact with the virus and development of the illness is about 14-16 days, although sometimes it can be longer.

Chicken pox is spread through coughing, sneezing and direct contact with the fluid in the blisters of the rash. Any child with chicken pox should be excluded from school or day care until the blisters have formed crusts.

Chicken pox is a vaccine-preventable disease: if your child has not been vaccinated at 18 months of age, please contact your local GP or child/school health nurse. Any child/parent/staff member with symptoms should see their doctor as soon as possible. Further questions and information can be directed to and obtained from the Wheatbelt Public Health Nurse on 9690 1720.

Wheatbelt Public Health Unit

19<sup>th</sup> March 2020

Wheatbelt Public Health Unit  
Letters: PO Box 690, NORTHAM WA 6401  
Tel: (08) 9690 1720 Fax: (08) 9690 1335  
ABN 28 680 145 816  
[www.wacountry.health.wa.gov.au](http://www.wacountry.health.wa.gov.au)

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## Chickenpox (varicella)

### What is chickenpox?

Chickenpox (varicella) is a viral disease caused by the varicella zoster virus.

Most children who get chickenpox have a mild illness, but some can become quite ill. Usually adults who get chickenpox have a more severe illness.

It is rare to have chickenpox more than once, as infection gives life-long immunity.

Once you have had chickenpox the virus lies dormant (inactive) in the nerves of the spinal cord and can reactivate later in life, this is known as [shingles](#).

You cannot catch shingles from another person. People who are not immune to chicken pox and become exposed to someone with shingles will catch chickenpox.

### How do you get chickenpox?

You usually get chickenpox by breathing in the varicella virus that has been coughed or sneezed into the air by an infectious person.

Although rare, you can also get chickenpox from direct contact with the shingles rash (touching the fluid in the blisters) of an infected person.

### How contagious is chickenpox?

Chickenpox is highly contagious. If you have chickenpox you will be contagious (able to spread the virus) from up to 2 days before the red spots appear and until around 5 days after all scabs or crusts are dry.

You will stop being contagious when there are no new blisters or moist crusts forming on your body.

If you have chickenpox, over 90 per cent of your close contacts (such as family and friends) will also get the virus if they have not previously been infected with chickenpox or have not been immunised against chickenpox.

### Who is most at risk?

Chickenpox can be a fatal illness for people who have immune problems, for example those with a chronic medical condition such as [HIV/AIDS](#) or those undergoing treatment for severe [asthma](#) or [cancer](#).

All of these people need to be seen by a doctor urgently – within 3 days – if they come into contact with the virus. There is a vaccine and immunoglobulin which may be used to protect them from the severe effects of chickenpox. However the treatment must be given soon after coming in contact with an infected person.

### Chickenpox in pregnant women and newborn babies

Ideally, women planning pregnancy should get their immunity checked to see if they have had the disease in the past and are now protected.

If you are pregnant and get chickenpox during the first half of your pregnancy, there is a risk of malformations in the baby.

If you develop chickenpox 5 days before you are due to deliver, or up until 2 days after the birth, there is 30 per cent risk that your baby could develop a severe, life-threatening infection.

If you are pregnant, it is important that you see your doctor if you have come into contact with the chickenpox virus and you are not sure whether you have previously had the infection.





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If you have been exposed, and you have not already had chickenpox, you may be given an antiviral treatment or Zoster Immunoglobulin, if needed. This will give you temporary protection against the chickenpox.

This treatment may also be used for some other high risk people.

## Signs and symptoms

Symptoms of chickenpox usually take between 10 and 21 days (14 to 16 days on average) to show after exposure to an infected person.

Chickenpox usually starts with cold-like symptoms such as a runny nose and mild fever, which is followed by the appearance of a red spotty rash and generally feeling unwell.

The rash usually starts as red spots (vesicular) appearing over the body in small crops (including in your hair). Some children and adults will get spots all over their body including in the mouth and in the genital area. Spots do not appear on the palms of the hands or the soles of the feet.

The spots start as red, itchy raised lumps, and then dry up to form scabs, which can look like blisters. If the top comes off the scab, a watery fluid seeps out. This fluid is infectious to other people if touched.

The scabs can take 5 days or longer to fall off, depending on when they appear after infection.

The spots often come in waves for several days so there will be new spots, blisters and crusting sores on the skin at the same time.

The spots are very itchy, and if you scratch them you can cause a bacterial infection. An infected spot is more likely to leave a scar.

However, expecting children not to scratch is usually too much to ask of them.

The virus usually lasts around 7 to 10 days.

## Complications

- Adults usually have a more severe illness. A few adults get pneumonia and in some cases they may die from this complication. This is rare and only happens to about 3 in 100,000 healthy people.
- Chickenpox can be a fatal illness for people who have immune problems.
- Rarely, some people can become infected for a second time if they initially had a mild infection.

## How do I know I have chickenpox?

If you suspect you or your child has chickenpox see your doctor for a diagnosis.

**Caution:** when making your doctor's appointment, tell the staff that you may be infectious. You will need to wait in a separate area from others, especially young children.

## Notifiable disease

Chickenpox and shingles are nationally notifiable diseases.

This means doctors, hospitals and laboratories must inform the Department of Health of your diagnosis. Notification is confidential.

Department of Health staff may talk to you or your doctor to find out how the infection occurred, to identify other people at risk of infection, to let you know about [immunisation](#) and to tell you if you need to stay away from work, school or other group gatherings.





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## Treatment of chickenpox

People who have severe health conditions that affect their immune system or pregnant women may be able to get some antiviral medications, such as acyclovir. Speak to your doctor if this applies to you.

## While you have the infection

- Drink plenty of fluids.
- Take paracetamol for fever and pain.
- Use soothing lotions, such as calamine lotion, or special oils that reduce the itching.
- Add sodium bicarbonate or oatmeal to a bath to soothe the itching.
- Take antihistamine medications to help with the itching.
- If you have blisters in your mouth, don't eat foods with a lot of acid or salt. Soothing mouth washes are also available.

## Reye's syndrome

Never give aspirin to a child under 16 who has chickenpox – it increases the risk of a serious illness called Reye's Syndrome.

Reye's Syndrome can follow a viral infection such as chickenpox, flu or an upper respiratory infection. The syndrome causes brain damage and can be life threatening.

## Is there a vaccine for chickenpox?

Yes, [chickenpox is a vaccine preventable disease](#).

The Measles, Mumps, Rubella, Varicella (MMRV) vaccine is a combination vaccine that helps protect children against 4 common illnesses –

[measles](#), [mumps](#), [rubella](#) and varicella (chickenpox)

Vaccination is recommended for children from the age of 18 months. Vaccination is available under the [Immunise Australia Program \(external site\)](#).

## Where to get help

- See your doctor.
- See your local community child health nurse.
- Visit a [GP after hours](#).
- Ring Healthdirect Australia on 1800 022 222.
- Phone the Immunise Australia Hotline on 1800 671 811.
- **Ngala Helpline**
  - Phone: 9368 9368
  - Outside metro area – Free call 1800 111 546 (free from land line only).

## Remember

- Chickenpox is a highly contagious viral infection.
- Chickenpox can cause serious health complications, especially in people with chronic diseases and weak immune systems.
- There is a vaccine to protect you against getting chickenpox.



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## Acknowledgements

### Public Health

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## See also

- [Shingles](#)
- [Childhood immunisation schedule](#)
- [Chickenpox \(varicella\) vaccine](#)

## Related sites

- [Healthdirect Australia \(external site\)](#)

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