



RESPECT . RESPONSIBILITY . PARTICIPATION

# PARKWAY

OUR NEWS ROUNDUP **TERM 1 WEEK 11** 6 APR 2020

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**PRINCIPAL'S MESSAGE**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" - Viktor Frankl</p>						
1. Sit down. Face it you're not getting more & stretch.	2. Contact a neighbour or friend and offer to help them.	3. Show what you are feeling and be willing to ask for help.	4. Make time to relax to do what you love to do.	5. Take time to think about the things that matter to you.	6. Get some exercise to catch up and stay fit.	7. Take time to think about the things that matter to you.
8. Listen to a podcast or audiobook.	9. Read a book or listen to a podcast.	10. Play a game that you enjoy when you are younger.	11. Make some progress on a project that matters to you.	12. Help someone who is struggling.	13. Have a quick tidy up and make your space feel better.	14. Put your phone away and do something creative.
15. Do three acts of kindness to help others.	16. Make time to do something good for yourself.	17. Send a letter or message to someone you can't be with.	18. Use positive words to the news and share them with others.	19. Have a quick tidy up and make your space feel better.	20. Put your phone away and do something creative.	21. Look for the good in others and notice their strengths.
22. Take a small step towards an important goal.	23. Think about a goal you are proud of and how to achieve it.	24. Take a break from work and do something fun.	25. Connect with a friend, teacher and notice the connection.	26. Remember that all feelings and situations pass in time.	27. Take a break from work and do something fun.	28. Remember that all feelings and situations pass in time.

**ACTION FOR HAPPINESS**

**ACTIVE COPING CALENDAR**



**HIGHER SCHOOL CERTIFICATE**



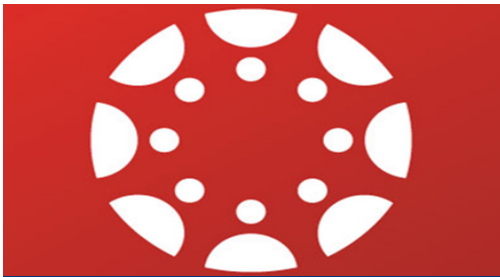
**LEARNING FROM HOME**



**STUDENT SUPPORT**



**FAMILY SUPPORT**



**CANVAS**



**SENTRAL**



**MINECRAFT EDUCATION EDITION**

**CAREERS**  **NEWCASTLE HIGH SCHOOL**

**CAREERS INFORMATION**

**NHS National Online Safety**  
#WakeupWednesday

## 10 TOP TIPS REMOTE LEARNING FOR PARENTS

Remote learning can be a great way to continue learning outside the classroom, particularly in difficult circumstances. For parents and carers, the idea of remote learning can be challenging and there can be a number of factors that need to be considered, especially around ensuring their children feel comfortable and are similar with the whole concept. That's why we've created this guide to help you and your child get the most out of their remote learning experience.

- 1) Take an active interest in your child's learning.
- 2) Monitor your child's communication and online activity.
- 3) Establish a daily schedule and routine.
- 4) Encourage screen breaks away from devices.

**REMOTE LEARNING TIPS**



**NHS INSTAGRAM**

