



# Berrigan Public School 'The Bell Ringer'



Wednesday 5th August 2020

Principal: Dorothy Dore

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## Bike Safety



### Helmets and Safety Gear

In peer groups yesterday the leaders lead an outstanding session on bike safety. The students learnt the importance of wearing a bike helmet and that it is a requirement by law. Below is information from the NSW Road safety website for your information.

#### **Protect your head**

Bicycle riders are required by law to wear an approved helmet securely fitted and fastened. In NSW there are no exemptions from wearing an approved bicycle helmet.

Research shows that helmets reduce head injuries by up to **74 per cent** in crashes with motor vehicles. A bicycle helmet that is not correctly fitted and fastened does not provide enough protection in a crash.

#### **Helmet standard**

Approved bicycle helmets have stickers or labels certifying that they meet the Australian and New Zealand standard (AS/NZS 2063) and have passed stringent safety tests. Helmets manufactured after 31 March 2011 must have an identifying mark from a body accredited or approved by the Joint Accreditation System of Australia and New Zealand (JAS-ANZ) certifying compliance with the above standard. Go to

#### **Correct helmet fit**

Always wear a helmet when you ride and make sure you fit the helmet correctly. The helmet should fit comfortably and securely when the straps are fastened. The straps should not be twisted, nor cover the ears. When done up correctly, the straps should provide a snug fit over the ears and under the chin. Choose a bright coloured helmet so other road users can see you. Is your helmet properly adjusted? <https://roadsafety.transport.nsw.gov.au/stayingsafe/bicycle-riders/helmets-gear.html>

#### **Lights and reflectors**

If you ride at night or in hazardous weather conditions, you must display all of the following:

- A steady or flashing white light on the front of the bike that is visible for at least 200 metres
- A steady or flashing red light on the rear of the bike that is visible for at least 200 metres
- A red reflector on the rear of the bike that is visible for at least 50 metres when illuminated by a vehicle's headlight on low beam.

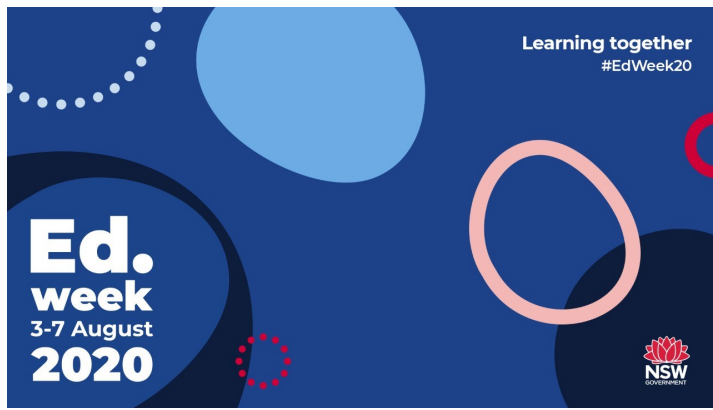
#### **Horns and bells**

Your bike must be fitted with a working horn or bell to help sound a warning to other cyclists or pedestrians.

#### **Brakes**

Your bike must be fitted with at least one working brake.

# Principals Report



## Education Week 2020—Learning Together

Our 2020 education journey has been one of ‘learning together’

- You, with your children through the ‘learning from home’ experience
- Us, as a staff, co-constructing a new way of educational delivery and
- Us, as an entire school community working together to keep everyone safe

We know the virus is out there but we are on high alert ensuring we put strict practices and routines in place to keep it out there!

The border restrictions continue to cause a degree of concern for everyone, a further tightening of restrictions come into place from 11:59pm tonight. We can’t fully understand what this will mean for us just yet!

We can have allied health back in our school now so speech and occupational therapy can recommence as soon as possible which will be very beneficial for students who require these services. However that is all that can recommence at this stage.

Basically, no non-essential visitors can come into the school and we are encouraged to keep parents off site as well.

Bluearth sessions and scripture remain on hold until further notice.

## 2020 School Production

I made a very big ‘knot in the stomach’ call early this week to not proceed with this years school performance.

Helen Dickie was very understanding of my decision and I was very proud of the students in Years 4-6 for the manner in which they took the news.

Yes there was stunned silence an odd teary eye and audible “aaahhhs” but over all the students handled the disappointment very well.

2020 is certainly a different year and one that continues to test our resilience. It would not have been a good idea to begin the process in the current climate.

## School Merit Awards

Class teachers hand out Merit Awards to deserving students each Friday.

The school merit award procedure has changed due to the current climate. Once your child receives 6 merit awards have them bring them to the front office for recording. A Principals Award Ceremony will be held in Term 4 on a day to be announced.

Keep those merit awards rolling in.

## Seasons for Growth

Continuing on from Term 1, Jono our school chaplain will start the Season for Growth sessions.

This is a 7 session program that uses the natural seasons of the year to illustrate how we undergo changes in our lives. Especially in the areas of grief, loss and in this year particularly, change is an important theme.



**Dorothy Dore**  
**Principal**

*\* wash your hands \*cover your cough \*stay home if you are unwell*