

FROM THE PRESIDENT

I do hope that you and your families are all safe and well as we manage our new 'normal', both in our personal and professional lives.

My last newsletter began reflecting on the then, recent PTC Annual Awards evening – what a different time we find ourselves in today.

I encourage all member associations to submit nominations for the PTC NSW 2020 awards. Recognise your colleagues and the selfless contribution they make as volunteers to the students and parents of New South Wales. All presentations for 2020 will be awarded under the auspices of the *Institute for Educational Leadership in Australia (IELA)* an adjunct of PTC NSW announced in 2019. Criteria for the 2020 awards are available on the PTC NSW website '[Awards](#)' section.



The 2020 Awards Presentation is scheduled for Wednesday 17 February 2021 commencing at 6:00 for 6:30pm. You should have already received a save the date for your diaries. More details will be available shortly – do not miss out!

Images of the wonderful 2020 evening are available on the PTC NSW website. I encourage all member associations to attach a [link](#) from your respective websites to the images allowing all your association members to experience the evening.



As you all know Shreela Pradhan recently left PTC NSW after 10 years of dedicated service to begin a new chapter in her life.

It is my pleasure to introduce to you our new PTC Manager Malynda Price. Malynda impressed at interview and has begun to settle into her new role. Having worked extensively within associations across management, operations, membership and communication, Malynda brings a wealth of experience. Malynda is excited about working with PTC NSW and our member associations to ensure continued value and ongoing engagement with members.

Malynda thrives on working with people to create a culture of success and establishing high value relationships with all stakeholders.

Malynda looks forward to meeting with members and working with them to achieve their association goals.

PTC NSW continues to advocate for our member Associations. PTC NSW CEO David Browne and I recently met via *Zoom* with NESA CEO, Paul Martin. We discussed a range of topics including the NSW Curriculum Review, Parliamentary inquiry into Review of the NSW School Curriculum, Australian Curriculum Review, Review of NESA's professional development (PD) courses and accreditation procedures, Board and Curriculum Committees – composition and future, NESA stakeholder meetings and, PTC – NESA collaboration on future projects. [A message from NESA CEO](#)

PTC NSW is coordinating an online session with NESA CEO, Paul Martin for all member associations. You should have received an email requesting questions your association would like NESA to respond to. PTC NSW will collate the questions and NESA will provide the answers via a live *Zoom* session. The date of the session is 8 September from 6.00pm.

Recently all member associations were emailed the opportunity to contribute to the NSW Legislative Council Inquiry into the review of the NSW Curriculum. Thank you to all members who made a submission. The PTC NSW submission is due to the inquiry by 30 August 2020.

Auburn Education and Services Centre

PTC NSW was recently registered as a NSW COVID-19 safe place. We have a **COVID-19 Safety Plan** in place. We have sufficient hand sanitiser and surface wipes as well as signage should associations wish to host small face-to-face sessions. We can also assist with broadcasting live sessions from Auburn via *Zoom*. Information on availability, participant capacities of spaces and catering options is available via Reception – admin@ptc.nsw.edu.au.

HALT Network

Our fledgling HALT Network NSW team held a *Zoom* meeting last term to discuss their preparations of a constitution and a response to the NSW Education Standards Authority request for feedback on the HALT. The HALT steering committee welcomed the opportunity to provide consultation for the NESA Draft Highly Accomplished and Lead Teacher Accreditation Policy. The HALT Network response is available on the PTC NSW website.

The HALT Network are due to meet early September to begin establishing their constitution.

Member Benefits

During these unusual times PTC NSW member associations have been working with PTC and the secretariat across a range of projects including journals, developing webinars, hosting *Zoom* meeting as well as information sessions with NESA inspectors. Several members are planning the hosting of online conferences this semester, supported by PTC NSW. Hosting these types of events has ensured member associations are not only utilising the PTC capacities, ensuring all of their members are informed and connected with their respective association. PTC NSW has recently added a web hosting service providing a reasonable hosting costing and transference cost.

Details are available from Malynda Price – manager@ptc.nsw.edu.au

Semester Two Professional Learning

All member associations are invited to provide information on any events being run in Semester 2. PTC NSW will continue to advertise your events on the PTC website and across our social media platforms. A reminder that PTC NSW can provide access to the PL platform *OpenLearning*. Member associations can use this platform to host webinars and/or courses which may provide an income stream and can provide some individual association member support. Contact Malynda Price – manager@ptc.nsw.edu.au for all details.

Wellbeing – a top priority!

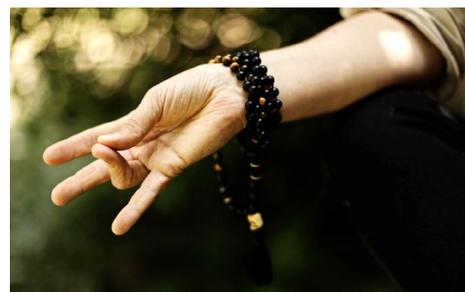
We are continually reading on social media, radio and mainstream news of the importance of looking after our wellbeing. This is even more important during our current varied situations of work and personal lives.

Some simple tips include:

Stay active!

Go for regular walks, attend your gym, do yoga or Pilates sessions.

Stop and take ten. Taking 10 minutes or so to practise mindfulness can help produce a sense of calmness.



Talk to someone other than yourself!

Even if an in-person meet-up is not possible, try to stay in touch with your friends via text, Messenger, WhatsApp, FaceTime, or phone call. Ask them how they're feeling and share your own experience if you feel safe to do so.

Cook

Good nutrition is always important, but during stressful times there's nothing better than a tasty, healthy homemade meal – especially if you made it yourself.

News break

Between the news and social media, we're all feeling saturated by coronavirus updates right now. It's important to stay informed, but try to limit your media intake to a couple of times a day and use trusted news sources.



Music, music, music!

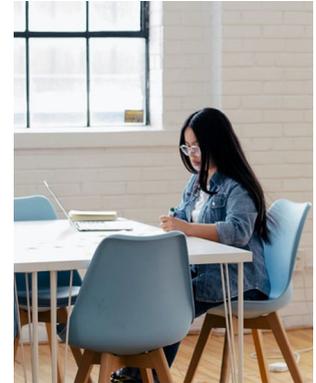
Music can make us feel so much better. Hop on Spotify and make a playlist with your fave songs. You could make a group playlist and ask your friends to add five of their favourite songs as well.

Declutter

If you're suddenly spending a lot more time at home, it can help to have an environment that feels good to you. Instead of getting all Marie Kondo and trying to overhaul your whole space in a day, try decluttering for five minutes a day.

Distraction

Distraction can be a good thing. Watch something that you find uplifting and allow yourself to zone out from what's going on in the world. YouTube is a great option too.



Learn something new!

Have you wanted to get into drawing or learning a musical instrument? Now's a great time to make a start. If you want to learn a new language, Duolingo is an awesome free language learning program you can access from your computer or phone. YouTube has great free online tutorials for pretty much everything.

PTC has an excellent set of wellness modules online via our **OpenLearning** portal that may also be of support for member associations and your members. They take you through a series of wellness and mindfulness techniques designed to support our inner selves and help centre us.

Our best wishes and good luck to all those in various stages of lockdown. To those in the frontline, at the chalk-face...stay safe and well!

Regards,

Dr Denis Mootz

President, Professional Teachers' Council NSW

