



NEWSLETTER

18 February 2022

MESSAGE FROM LIZ



Dear parents and carers,

'Getting to Know You' interviews are starting as of next Monday. Bookings close at midnight tonight (Friday 18 Feb) so you still have time! Supporting your child's school education works so much better when there is open communication between parents and teachers, so I urge you to take advantage of this opportunity. Remember the interviews are for you to share information about your child that will assist the teacher. We received a phone call from a parent yesterday asking if preschool parents were able to make appointments with specialist teachers. Yes you can! We are P-6 school, and the speciality programs we offer run through the school, so your preschooler is as important to the specialist teachers as any other child. Just a note though – specialist teachers are conducting their 'Getting to Know You' interviews in the central courtyard at the primary site; they will not be at the preschool. I'm really looking forward to seeing you next week, but please remember not to arrive so early that you find yourself in corridors outside classrooms and not being socially distanced from other parents.

Through a few channels this week, I've had some parents inquire about how classrooms are set up at Majura, so I thought some general information for you all might be helpful. We currently have three models, all working well. There are single classes with one teacher managing the learning and teaching by themselves, single classes who come together regularly (usually with the class on the other side of the join glass sliding doors) for some lessons or learning experiences, and we have double classes with two teachers (or three) sharing the responsibility for two roll groups of students. Teachers have autonomy over what model they want to use, and this might change from year to year depending on the needs of both the students and the teacher. All models have strengths, and some models work better for some children at various points in their education. If you are interested in knowing more about the current model your child is in, please make time to talk to your teacher/s. Don't try to add this to the Getting to Know You interview though – you don't have very long!

Thank you for whatever you are doing at home to take care of the health and safety of your family. We have had 4 positive COVID notifications in 3 weeks which, considering we have 814 students enrolled at the moment, is pretty amazing. We hope to keep that number at 4 obviously, so at a school level, we will be staying with cohorting, remote assemblies, scheduled appointments only and asking parents to stay off school grounds for term 1. We will send you notification letters about any positive cases between 3:00pm- 5:00pm, so please check your emails from us at that time. Hopefully as a community we will see some light at the end of the term that things might change. I live in hope!

Have a wonderful weekend,
Warm regards,
Liz

SPOTLIGHT ON LEARNING

YEAR 5 NEWS

Year 5 has settled beautifully into the new school year. There has been a big focus on creating positive learning environments where students feel confident, safe and happy. We have been looking at ways to develop a growth mindset in all students which will assist them to improve their skills in a variety of areas, leading to growth both academically and socially.

In the first few weeks Year 5 participated in a variety of team building activities designed to develop and build cooperation, communication, problem solving skills and creativity. The students had a lot of fun participating and developing strategies to help them successfully complete all of the challenges. These activities provided a great avenue for students to express themselves, learn in a variety of ways and get to know their classmates. What an amazing way to start our year!



COVID-19 VACCINATIONS

It's their turn!

Now a new school year has started, it's important we all take steps to protect our children and communities from COVID-19.

One of the best ways to do this is to vaccinate your children against COVID-19.

They'll need two doses of the vaccine to be fully protected, 8 weeks apart.

Find out more at covid19.act.gov.au/vaccinechildren

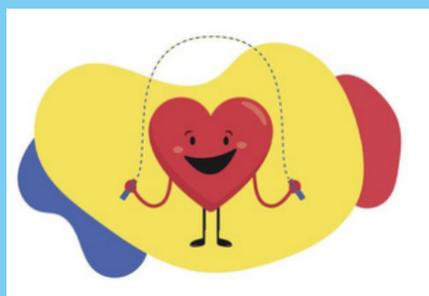


SCHOOL PHOTOS

PHOTO DAY: Wednesday 2 March 2022

PRESCHOOL: Wednesday 2 & Thursday 3 March 2022

Order forms will be given to students in week 4.



JUMP ROPE
for **HEART**

40
Years of
skipping

Jump Rope for Heart kicks off this term!

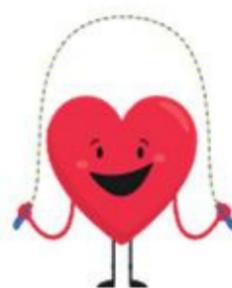
Jump Rope for Heart is a fantastic physical activity and fundraising program that has been run by the Heart Foundation for over 36 years. It's a great way for your child to keep fit and learn new skills, but it also helps raise funds for vital heart research and education programs.

Since Jump Rope for Heart started in 1983, schools like ours have raised more than \$104 million for the Heart Foundation's lifesaving work.

It's important you [register your child online](https://www.jumprope.org.au/parents), so they can receive the full benefits of the program and participate in online fundraising, simply follow the link below to get started.

Students will be skipping throughout the term in PE lessons, break times (skipping club) and at home if you have a skipping rope handy, during this time you can share their online fundraising page with family and friends to help raise money for this great cause. We will hold our school Jump Off Day on Thursday 14th April, this will mark the end of the program and is a chance for everyone to come together to skip and show off their newly learned skills.

Thank you for supporting the Jump Rope for Heart program!



WELLBEING

Ways to incorporate more mindfulness in 2022

At the start of a new school year, and acknowledging all the challenges that families are facing, here are some simple ways to achieve more mindfulness for you and your family.

1. Purposefully create time for calm in your children's lives.

When children feel safe and loved they will have good levels of serotonin, which is a mood stabiliser chemical. Good food, fun times with family, and being acknowledged and encouraged by you as the parent, will help create serotonin. Cancelling some of our scheduled events may also allow for more calm.

2. Mindfully avoid rushing

Stressed parents who rush everywhere are a source of stress and anxiety in children. Always plan to leave 20 mins before you need to so you won't be under so much pressure. You could also try using visual reminders (for younger children), lists and rosters (for older children) to help organise children with things like brushing their teeth, remembering to feed the dog or packing their school bag.

3. Find time to meditate and breathe

There are many breathing techniques that help restore the calmness response in our bodies. A good and simple one is taking three sighs — and pausing after the third one. Or take three deep breaths with the outward breath being longer than the inward breath, count to five and do it again. This is a simple technique that you can teach children and adolescents.

4. Create mindful routines for sleep

Sleep is an important activity which helps us function with greater effectiveness and emotional stability. Promote positive bedtime routines by having consistent times and routines which do not involve technology. Playing a bedtime meditation may help your child to fall off to sleep more easily and soundly.

5. Slow everything down to role model mindfulness to children

Take time to walk slower, talk slower and be more present to things around you in your day-to-day life. Role model mindfulness to your children by removing a few unnecessary activities from your day as well as possibly theirs, depending on the number of activities they have.

6. Be comfortable with the quiet comfortable moments

Families that provide times for the family 'to be' rather than constantly 'do' are encouraging children to enjoy their own quiet company and supportive structures which will help them lower their stress levels.

7. Soothe children more to foster mindfulness

When your children are young, focus on soothing them through low soothing sounds and safe touch. When children are older, regularly remind children that they are loved, safe and that accidents and mistakes are normal parts of everyday life.

8. Spend time in nature to encourage mindfulness

Spending time in the outdoors has countless benefits for the whole family. Try to spend some quality time on a walk, bike ride or swim. You could spend time in the backyard, visit a park or go on a picnic.

Taken from an article by Maggie Dent who is an author, educator, parenting and resilience specialist. The article in full can be found at: <https://blog.smilingmind.com.au/teaching-mindfulness-to-children>



COMMUNITY NEWS

A MESSAGE FROM THE CANTEEN

Staff required:

The canteen has two positions for a Friday between 9-12.30pm.

Must have WWVP card and be vaccinated.

This would be ideal for a parent as it's school hours. If interested please contact debbie@healthy-kids.com.au

Debbie Tobin

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OZ CODE ACADEMY

Majura Primary Term 1 2022 Coding & Robotics Program After School Classes



Classes Running Now !
Free trial classes after school in the library

Every Monday
3.15 - 4.30 pm
for years 1- 6

Benefits of Coding for Kids:

- Teaches computational skills
- Prepares your child for the digital age
- Helps kids learn problem-solving skills
- Equips kids with critical future skills
- Facilitates creativity
- Brings career opportunities

➔ - Sibling discount of \$ 20 per family
- Introduce a friend and receive \$30 discount

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RESPECT, EXCELLENCE AND
RESPONSIBILITY

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