



# NEWSLETTER

4 March 2022

## MESSAGE FROM LIZ



Dear parents and carers,

Wow! We are right in the middle of term 1! How did we get here so quickly?

As you will be aware, we continue to have some positive COVID cases - we've had 13 cases this week - but we are also noticing that student numbers are down in many classes which indicates to us that you are trying to do the right thing.

However, with the easing of restrictions in the general Canberra community, it's an easy time for you to become blasé about managing COVID. In schools, on the other hand, no restrictions have been eased. Staff and visitors are still required to wear masks inside and must check in on the Check In Canberra App. We are still cohorting with staggered starts and breaks, our staff can't come together as a whole group, and parents can only be onsite for scheduled appointments or to pick up their children. Some of the health advice may be confusing so here's what The Education Directorate expects at school.

- 1.If your child is unwell or is displaying any COVID symptoms, they must stay at home. Symptoms include sore throat, cough, fever, shortness of breath, headache, loss of taste or smell and aches and pains.
2. Even if your child has had a negative RAT/PCR test, they must stay home if they are unwell or have COVID symptoms. This is primarily to protect the health of students and staff present at school whose immune symptoms might be more vulnerable.
3. If your child has a medical reason for recurrent symptoms, a letter from the GP is sufficient evidence for your child to attend school.

There have also been parent queries about the notification letters I'm sending home. Directions provided to me by the Education Directorate about notifying the community specify that I identify spaces at school i.e. corridors, preschool, transportables or the cohort affected (P, K-2 and 3-6). I will not be identifying the exact classroom and certainly not the student/staff identities of positive cases. In the case where I list exact classes, that is because the year level has been split across corridors (we could not place all year 1, 2 or 4 classes together in one area).

On a more light-hearted note, out of the 115 students who have registered to fundraise for Jump Rope for Heart, 60 students have managed to raise \$7600. This amazing effort has placed us as the number one fundraising school in Australia! I think we're all enjoying seeing kids of all ages out in the playground honing their skipping skills.

Have a wonderful weekend,  
Warm regards,  
Liz

# KITCHEN GARDEN

## MAJURA KITCHEN GARDEN VOLUNTEERS



The last few weeks has seen lots of activity in the **Majura Kitchen Garden**. We made four new vegetable growing beds for the students to learn about growing Winter veggies, and had a **big clean out** of the sheds and pot storage area.

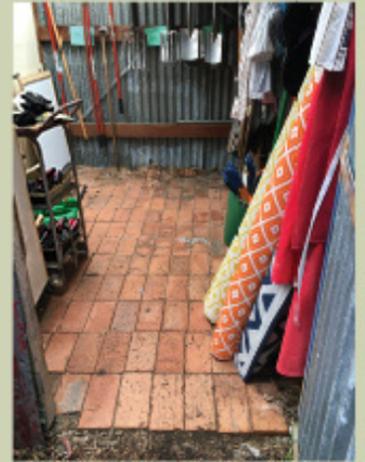
We are now seeking parent volunteers to re-lay the pavers in the main garden teaching area (approx 40m<sup>2</sup>) as well as the student's tool shed (approx 6m<sup>2</sup>).

The task involves pulling up the existing pavers for re-use, laying new base then re-laying the pavers. It would need to be in school holidays or on a weekend.

If you are intertested in helping please contact Philippa Lawrence  
philippa.lawrence@ed.act.edu.au



Garden teaching area (approx 40m<sup>2</sup>)



Student tool shed (approx 6m<sup>2</sup>)

## WELL BEING

### Yoga and it's wellbeing benefits for kids

With our recent wet weather, and the need to be indoors as a result, yoga poses can offer students a myriad of benefits. Including:

- 1.Yoga helps children manage their anxiety. The breathing exercises and relaxation techniques can help children better manage their stress.
- 2.Yoga improves children's ability to manage their emotions. Students learn how to be more peaceful and in control of their emotions.
- 3.Yoga boosts children's self-esteem. Students may feel better about themselves as a learner if they can improve their balance and flexibility.
- 4.Yoga increases children's body awareness and mindfulness. Children can learn in a new way the full range of movements their body is able to make.
- 5.Yoga enhances children's concentration and memory. In the process of doing yoga, students' focus and memory of the various manoeuvres is required and developed.
- 6.Yoga develops children's strength and flexibility. Working through different Yoga poses helps children to develop physical skills which will then limit their likelihood of injuries.
- 7.Yoga teaches discipline and reduces impulsivity. Because Yoga poses require concentration and practice of manoeuvres to improve, it also encourages students to have greater discipline.

Taken from the following article:

<https://azearlychildhood.org/resources/articles/7-benefits-of-yoga-for-young-kids/>

Here is a link to some Yoga poses you may like to try at home; these Yoga poses represent different natural and manmade Australian landforms:

<https://www.kidsyogastories.com/australia-for-kids-yoga/>



## It's their turn!

It might not be an easy choice to get your children vaccinated against COVID-19.

If you're unsure about vaccinating your child, speak to a GP or another trusted health care professional to make an informed decision about their health.

When you're ready, bookings are available at:

- ACT Government COVID-19 vaccination clinics. Call (02) 5124 7700, between 7am to 7pm, daily
- Participating GPs or pharmacies. Use the online Vaccine Clinic Finder: <https://covid-vaccine.healthdirect.gov.au/booking/>

Find out more at [covid19.act.gov.au/vaccinechildren](https://covid19.act.gov.au/vaccinechildren)



## MASKS IN SCHOOLS

Mask rules remain in schools

The mask rules for ACT schools and early childhood settings have not changed. Face masks must continue to be worn by staff and visitors in all indoor spaces at school and early childhood education and care settings.

The wearing of masks for primary school students is at the discretion of the student and their parents/carers but is not recommended for children in ECECs, or preschool to year 2.

The measures we have in place, including mask-wearing, are helping to limit the impact of COVID-19 and ensure continuity of learning for our students.



# COMMUNITY NEWS



## Securing The Good Life with Inclusive Education

### A free self-directed online workshop

This workshop will explore the essential elements of a genuine inclusive education as you learn at your own pace over 12 weeks.

- What is inclusive education? Many people find it is not exactly what they understand it to be
- What does 40+ years of research into inclusive education tell us?
- What does good inclusion support look like
- Individual Learning Plans (ILPs)
- Building and maintaining collaborative partnerships with school staff
- The importance of friendships and social connections
- Student and family stories on their inclusive education experience

#### Who

This event is for family members of current and future school students with disability only.

#### When

- The workshop begins on Monday, 7 March
- Registrants will have access to the topics for 12 weeks
- Registration is now open

#### Cost

This is a free workshop

#### To learn more and register go to

<https://imaginemore.org.au/events/inclusive-ed-online>

#### For more information contact Anne:

[anne@imaginemore.org.au](mailto:anne@imaginemore.org.au)

Funded by the Australian Government Department of Social Services.

Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

**Free Event  
for family  
members only**

## INCLUSIVE EDUCATION PEER SUPPORT GROUP

Imagine More is seeking expressions of interest from families to join an Inclusive Education Peer Support Group. Led by Imagine More, the support group aims to bring families together who would like to pursue, or are already pursuing, an inclusive education. Opportunities will include hearing from guest speakers who will share their expertise on strategies to support inclusion, with discussion and reflection on the previous guest speaker's topic at alternate meetings.

Expect in-depth discussions and opportunities to share thoughts and stories. Family members with firsthand experience facing the obstacles to inclusion for their children will be invited to these discussion meetings. The support group plans to meet on the first Thursday of each month, from March to December 2022. For more information and the expression of interest form, go to <https://imaginemore.org.au/what-we-do/peer-support-groups/inclusive-education-2021/>

# P&C NEWS

The P&C AGM was held on the 16th February. It was amazing to have over forty attendees come along to the meeting. Throughout the year P&C meetings are held in weeks three and seven of each term. The meetings are open to all parents and carers within our school community. We would love to be seeing these sorts of numbers, and more, throughout the year. It's a great way to stay in touch with what's happening in the school community, meet people and perhaps get involved in as a volunteer.

I'd like to include a huge THANK YOU to a few of people who've stepped back from official roles this year. Bronwyn McKenzie who has looked after our uniform shop for the last two years. Bronwyn's work in streamlining and modernising the school uniform shop has been absolutely awesome. Hilary Giason, who has been our fundraising coordinator for the past two years. Hilary took a broom and big stick to our fund raising activities leaving us with systems and a structure we will benefit from for years to come. Dawn Hallet, now teaching at Majura J, stepping down as Lisa's assistant treasurer and the outgoing pre-school subcommittee of Penny Edwards, Steph Roberts and Andrea Salter. Thank you all so much.

We are still looking for a pre-school fundraising coordinator and ACT P&C Early Childhood Representative. If you think you might be interested please reach out for a chat.

Last week Liz, Penny and I met with officials from the Education Directorate to discuss the next steps for the feasibility study and master planning for permanent expansion of capacity at Majura Primary School. We were comforted to hear that the capacity expansion will include a modernisation program as well for the school's existing infrastructure.

The goal is to get cracking on the feasibility work so that we can be ready for the upcoming budget cycle. At this stage the only funding that has been committed is for the feasibility study and master plan - so lining up to the budget process will be key.

The Directorate will consult with the community as the work progresses - most likely via Liz and the school through to our school community.

We did get a sense of timeframes for any modernisation work (should funding be secured). We confirmed the expected timelines, which we slightly misinterpreted from Minister Berry's correspondence. We are currently looking at the works being delivered in (during) the 2024 school year rather than for the 2024 year. We expect the modernisation to take more than 12 months to complete.

This is definitely a win to be celebrated, but to be honest it is just the beginning. These issues will require strong ongoing attention and support from our school community to ensure that this opportunity is not just delivered on as the bare minimum, but that it is followed through in a way which actually meets the school and community's future needs.

Next P&C meeting Wednesday 16th March 2022 at 6pm. Details to follow.

Introducing your 2022 P&C Executive Committee.....



## **Dan Rowley - Convenor**

Hello I'm Dan. I am your P&C Convenor for 2022. I've been involved with the P&C for the last four years. I really enjoy being a part of a great group of volunteers looking to better our school community. I'm especially driven to see our school's capacity and modernisation issues properly addressed over the coming years. I have two children at Majura in Year 3 and Year 1. Please feel free to reach out via email [daniel@teamce.com.au](mailto:daniel@teamce.com.au) or in person around school pick up/drop off if there is anything P&C you'd like to discuss.



## **Tim Bohm Assistant Convenor**

Hi, Tim Böhm here, My wife and I have three kids at Majura Primary School in Years 1, 4 and 6. We have been part of the Majura community since 2016. The School and P&C have gone through significant changes and challenging times in the last few years. However, both have worked hard to build a strong sense of community and belonging for Majura students, families, friends and school staff. This is what makes our school, the P&C and the community so great! P&C meetings and events are open to everyone and are good fun and informative, and are a great way to raise issues or get answers to questions you have. I would encourage all parents to try and get involved as little or as much as they can. Plus it's an excellent opportunity to meet some of our wonderful Majura community and make some new and lasting friendships. See you at the next meeting or event : )



## **Penny Edwards Assistant Convenor (Public Officer)**

Hi I'm Penny. I have been on the P&C in various roles since 2018 when my first child was in preschool. I'm also on the school board. I am passionate about public education and supporting our school in whatever way I can. I have two children at the school, one in Kindy and one in year three.



**Morag Millington**  
**Secretary**

Hi, I'm Morag. This is my second year in the role of secretary for the P&C. I've got 2 kids at Majura – in Year 3 and Kindy.



**Lisa Strickland**  
**Treasurer**

Hi I'm Lisa. This is my second year as treasurer. The best part about the P&C is working with a group of people that are passionate about improving the school life of not only the kids, but the teachers and community as well. I have two children at Majura in Year 4 and preschool.



**William Mudford**  
**Assistant Treasurer**

Hi everyone, I'm Will. My child has just started in Kindergarten at Majura and our family are already enjoying being part of the lovely school community. I have lived in 2602 my whole life and currently work in the ACT Government.



**Raj Walton**  
**Fundraising Coordinator**

Hey everyone, I'm Raj. I have a daughter in year five and a son in year two at MPS. This year I'm the P&C Fundraising and Events Coordinator. These means I'll need EVERYONE's help! If you have any ideas or would be keen on lending a hand for any events in 2022, reach out and say hi!



**Sarah MacDonald**  
**Playscapes Coordinator**

I have a daughter in year 4 and have been Naturescapes Coordinator for the past two years. My role is responsible for organising working bees and liaising between the landscapers, the school and the parent community. It is my hope that Naturescapes continues to grow and develop as a dynamic place for our children (and the community) to play and learn.



**Sarah Bruce**  
**Kitchen Garden Rep**

I'm Sarah the kitchen garden rep on the P&C. I have been a parent volunteer at the school since 2014. My youngest son is in year 4. Our focus in the kitchen garden this year will be developing a plan for enhancing the usability of the kitchen garden; and continuing to raise funds to support the enhancements.

A group of volunteers meets every Thursday morning from 9 – 10:30 am at the garden to help Philippa (our new garden teacher) maintain the garden. We are always keen to have new people join us. If you would like more information then please contact me on [sarahbruce@grapevine.com.au](mailto:sarahbruce@grapevine.com.au). If Thursdays don't suit, people are welcome to come other days too.