



NEWSLETTER

18 March 2022

MESSAGE FROM LIZ



Dear parents and carers,

We have done better with our COVID case numbers this week - 13 cases - and most of them have been contracted whilst already in family isolation, which has meant no possible exposure to students attending school. Staff have been hit hard this week with a range of illnesses, and I can assure you that every attempt to secure relief staff is being made. I have to say how proud I am of our staff who keep putting their hands up to do extra duties and to have additional students in the classes when no relief teacher is available. Learning and routines continue for our children, who seem happy to be here.

Thanks to the parents and staff who attended this week's School Board and P&C meetings. We farewelled Amit Barkay who has been on the School Board for 6 years, and Renee Broadhurst who has served two years as staff representative. I thank them sincerely for their contribution over the years. It was lovely to welcome some new faces at the P&C meeting - we are looking forward to being able to meet face to face again, hopefully soon.

The Downer Community Association is celebrating Harmony Day with a 'Party at the Shops' this Sunday. Our senior and junior choirs are opening the event at 11:00am so if you are free at that time, please come to hear how wonderful they sound. It's great for the choirs to have the opportunity to perform in front a live audience! I hope to see you there.

Have a great weekend,

Liz

2022 BOOK PACKS

At the beginning of the year Majura Primary School placed orders for student book packs for stationary supplies to support all students learning experience.

This is a friendly reminder if you have yet to pay, payments can be made via the school's website <https://www.majuraps.act.edu.au/payment> (Quickweb).

A big thank you to our parents and carers who have already paid for their child(ren)'s book packs.

Please see relevant class flyer below for cost of your student's book pack.



BOOK PACKS 2022

WHATS INCLUDED:

- Subscription to Seesaw
- Scrapbooks
- Story Book
- Oil Pastels
- Pencil Case
- Mesh Pouch
- Glue Sticks
- Ruled Page Exercise Book
- Art Folio
- Erasers
- Faber Castell Connector Pens
- Coloured Pencils
- Display Book
- Facial Tissues
- Sharpener
- White A4 Paper Ream
- Laminating Pouches
- Blu Tack

\$67

KINDERGARTEN

Payment Due: 25 Feb via QuickWeb
Reference: Book Pack - Student Name
Knox Street, Watson ACT 2602
majuraps@act.edu.au 02 6102 3180




BOOK PACKS 2022

WHATS INCLUDED:

- Subscription to Seesaw
- Scissors
- Scrapbooks
- Glue Sticks
- Clear Plastic Ruler
- Erasers
- Whiteboard Markers
- Notebooks
- Exercise Books
- Safety Markers
- Faber Castell Tri-Coloured Pencils
- Faber Castell Connector Pens
- Faber Castell Junior Grip HB
- Facial Tissues
- Sharpener
- White A4 Paper Ream
- Laminating Pouches
- Blu Tack
- Pencil Case

\$71

Year 1

Payment Due: 25 Feb via QuickWeb
Reference: Book Pack - Student Name
Knox Street, Watson ACT 2602
majuraps@act.edu.au 02 6102 3180




BOOK PACKS 2022

WHATS INCLUDED:

- Subscription to Seesaw
- Scissors
- Grid Books
- Notebooks
- Exercise Books
- Scrapbooks
- Glue Sticks
- Pencil Case
- Erasers
- Clear Plastic Ruler
- Faber Castell Tri-Coloured Pencils
- Faber Castell Connector Pens
- Faber Castell Junior Grip HB
- Facial Tissues
- Sharpener
- White A4 Paper Ream
- Laminating Pouches
- Blu Tack
- Whiteboard Markers
- Slimpick Wallet Bright Assorted

\$85

Year 2

Payment Due: 25 Feb via QuickWeb
Reference: Book Pack - Student Name
Knox Street, Watson ACT 2602
majuraps@act.edu.au 02 6102 3180




BOOK PACKS 2022

WHATS INCLUDED:

- Subscription to Seesaw
- Scissors
- Grid Books
- Multimedia Headset
- Exercise Books
- Scrapbooks
- Glue Sticks
- Pencil Case
- Erasers
- Clear Plastic Ruler
- Noris Club Coloured Pencil
- Faber Castell Connector Pens
- Faber Castell Goldfaber HB
- Facial Tissues
- Sharpener
- White A4 Paper Ream
- Laminating Pouches
- Blu Tack
- Whiteboard Markers
- Mesh Pouch

\$82

Year 3

Payment Due: 25 Feb via QuickWeb
Reference: Book Pack - Student Name
Knox Street, Watson ACT 2602
majuraps@act.edu.au 02 6102 3180




BOOK PACKS 2022

WHATS INCLUDED:

- Subscription to Seesaw
- Scissors
- Grid Books
- Exercise Books
- Glue Sticks
- Pencil Case
- Erasers
- Wooden Ruler
- Blue & Red Ballpoint Pens
- Display Books
- Noris Club Coloured Pencil
- Faber Castell Connector Pens
- Faber Castell 2001 Grip HB
- Facial Tissues
- Sharpener
- White A4 Paper Ream
- Laminating Pouches
- Blu Tack
- Whiteboard Markers
- Yellow Highlighters
- Coby Stereo Earbuds

\$69

Year 4

Payment Due: 25 Feb via QuickWeb
Reference: Book Pack - Student Name
Knox Street, Watson ACT 2602
majuraps@act.edu.au 02 6102 3180




BOOK PACKS 2022

WHATS INCLUDED:

- Subscription to Seesaw
- Scissors
- Grid Books, Scrapbooks
- Exercise Books
- Glue Sticks
- Pencil Case
- Erasers
- Wooden Ruler
- Black & Red Ballpoint Pens
- Display Books
- Noris Club Coloured Pencil
- Faber Castell Connector Pens
- Faber Castell Goldfaber HB
- Facial Tissues
- Sharpener
- White A4 Paper Ream
- Laminating Pouches
- Blu Tack
- Whiteboard Markers
- Coby Stereo Earbuds

\$74

Year 5

Payment Due: 25 Feb via QuickWeb
Reference: Book Pack - Student Name
Knox Street, Watson ACT 2602
majuraps@act.edu.au 02 6102 3180





BOOK PACKS 2022

WHATS INCLUDED:

- Subscription to Seesaw
- Scissors
- Grid Books, Scrapbooks
- Exercise Books
- Glue Sticks
- Pencil Case
- Erasers
- Clear Plastic Ruler
- Blue, Black & Red Ballpoint
- Display Books
- Noris Club Coloured Pencils
- Faber Castell Connector Pens
- Faber Castell Goldfaber HB
- Facial Tissues
- Sharpener
- White A4 Paper Ream
- Laminating Pouches
- Blu Tack
- Whiteboard Markers
- Coby Stereo Earbuds
- Manila Folders
- USB Flashdrive

\$84 Year 6

Payment Due: 25 Feb via QuickWeb
Reference: Book Pack - Student Name
Knox Street, Watson ACT 2602
majura@act.edu.au 02 6192 3100




BOOK PACKS 2022

WHATS INCLUDED:

- Subscription to Seesaw
- Display Book
- Scrap Books
- Library Bag
- Oil Pastels
- Whiteboard Marker
- Colour Fun Wallet
- Glue Stick
- Tape
- Coloured Pencils
- Scissors
- Sharpener
- White A4 Paper Ream
- Laminating Pouches
- Blu Tack

\$55 PRESCHOOL

Payment Due: 25 Feb via QuickWeb
Reference: Book Pack - Student Name
Knox Street, Watson ACT 2602
majura@act.edu.au 02 6192 3100




BOOK PACKS 2022

WHATS INCLUDED:

- Subscription to Seesaw
- Scissors
- Scrap Books
- Oil Pastels
- Whiteboard Markers
- Pencil Case
- Glue Sticks
- Exercise Books
- Clipboard
- Jumbo Colour Pencils
- Erasers
- Faber Castell Connector Pens
- Facial Tissues
- Sharpener
- White A4 Paper Ream
- Laminating Pouches
- Blu Tack
- Headphones
- Jumbo Triangular Pencils

\$118 LSUA

Payment Due: 25 Feb via QuickWeb
Reference: Book Pack - Student Name
Knox Street, Watson ACT 2602
majura@act.edu.au 02 6192 3100



KITCHEN GARDEN



MAJURA KITCHEN GARDEN VOLUNTEERS

Do you have a few spare hours and would like to volunteer in the Majura Primary school kitchen garden?

We are after volunteers for a variety of jobs. You don't need any gardening experience - just a willingness to get your hands dirty and work with other volunteers under direction.

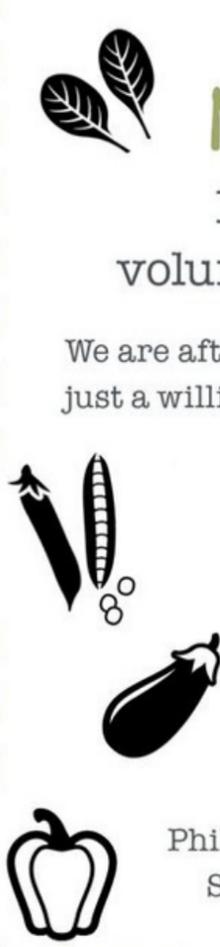
Time: Thursday mornings 9am-11am is a popular time for volunteers

What you need: Working With Vulnerable People (WWVP) card
(apply online - www.accesscanberra.act.gov.au)

Tasks we need help with now:
re-paving • removal of green waste bags x 3 • tidying • weeding

Contact:

Philippa Lawrence (Majura garden educator) philippa.lawrence@ed.act.edu.au
Sarah Bruce (P&C garden representative) sarahbruce@grapevine.com.au



MAJURA'S MARVELS

Has your child participated in any community activities/charities recently that you would like to share with the Majura community to recognise their achievements and activities?

Majura Primary recognises that while our students spend much time at school, they can and often are also involved in incredibly worthy pursuits outside of school time. If you would like to please send a photo and short paragraph outlining your child's activities/contributions to the community to admin@majuraps.act.edu.au.

Examples could include community charities, sporting achievements, community organisations - scouts, guides etc.

We look forward to hearing and learning more about our students' accomplishments!



Our first student who has accomplished great things is Saskia Barry in 4LM. A big thank you to Saskia's family for providing all the details of this wonderful achievement.

The ANU Solar Racing Team is a student run team that designs and builds solar racing cars from scratch to compete in solar racing challenges. The team is made up of students from a wide range of faculties and backgrounds and it is an optional activity for the students and it is not part of their university courses. They are currently building a car to race in the 2023 Bridgestone World Solar Challenge. This race is held every 2 years and attracts over 40 teams from 30 different countries. It starts in Darwin and finishes in Adelaide - over 3000km through the harsh Australian outback. The team estimate it will take them about 10 days to drive this distance.

In 2021 the ANU Solar Racing Team held a colouring in competition to design the look of their next solar racing car. Saskia Barry won the competition and was recently invited by the ANU Solar Racing Team to visit their workshop at the ANU to see how the car is shaping up.





At the end of last year, all staff and senior students of Majura (Year 4-6) completed a Be You survey about mental health and wellbeing. Be You helps all learning communities foster a positive, supportive and inclusive environment where all educators have appropriate mental health literacy and feel empowered to work towards better mental health.

We would now love our wonderful Majura parent community to share their thoughts! This survey will help us know what you experience as the family of children and young people attending this school. Your responses can help highlight what we are doing well, and what we can do better. This survey takes approximately 15 minutes to complete and includes 27 statements. Your responses are anonymous and only summarised results are used to help us better understand how to improve mental health and wellbeing in our learning community.

Please use this link provided to complete the survey by the end of term 1:
https://beyou.syd1.qualtrics.com/jfe/form/SV_8BrqyFHxHoJ4DXv?survey_id=12154096847

We appreciate your time and commitment to working towards creating a more mentally healthy learning community for all!

The Wellbeing Project Team at Majura Primary

WELLBEING

Dear Families,

At the end of week 7, we invite you to take a moment to pause and reflect as a family on the following areas:

- How are our [sleep routines going](#)? Are the kids getting their 9-11 hours a night of rest?
- How is our [nutrition and fitness](#)? Are we getting enough green vegetables and fruits through the week?
- Are we enjoying plenty of healthy, fun activities, both with and without [screens](#)?
- Are we getting enough connection as a family or is the calendar full of running from here to there?

Neuroscience tells us if we all get these basic needs met, we are more likely to be ready to thrive in our day. Beginning and middle of term are always a good time to review family routines, and readjust as a family. Sometimes we may need help to get back on track, and sometimes we can do this by ourself.

Wellbeing Support Available through ACT Education

If you have concerns about your child's engagement at school due to their wellbeing or learning concerns, please organise a time to speak with your classroom teacher. They will work to listen to your needs and may request support from their executive teacher.

If you would like to speak to a school psychologist to unpack concerns for your child, and consider appropriate next steps you may make a booking request via an [online](#) form or by calling 6205 1559 between 9:00 am and 4:30pm. This will allow you access to ACT Education Central Telehealth Service during the school term.

Wellbeing Support Available in the Community

If you notice you or your child have been struggling to maintain healthy routines leaving your wellbeing out of balance, please consider one of the following options:

- Contact a GP that can screen for and monitor any underlying medical issues impacting a family member. GPs also can refer to an allied health professional such as a Psychologist (fees may be subsidised with a Mental Health Plan).
- If you are working, access your Employee Assistance Program. This usually covers sessions not only for you but for immediate family members. They can support you to create sustainable routines for you and your family.
- Contact the [Child and Family Centre](#) for free support regarding a range of issues including:
 - general parenting
 - adjusting to being a parent
 - family relationship issues
 - your child's behaviour.
- The [ANU Psychology Clinic](#) offers subsidised psychological services for children, adolescents and families experiencing mild to moderate mental health concerns. Their phone number is 6125 8498.
- The [UC Psychology Clinic](#) offers subsidised psychological services for children, adolescents and families experiencing mild to moderate mental health concerns. Their phone number is 6201 5843.
- Private Psychologists are listed in the Yellow Pages, Google Search or the Australian Psychology Society (APS) website www.psychology.org.au (has a find a psychologist tab)

Additional Support Services

- Lifeline Australia: 13 11 14 Lifeline crisis support chat
- Beyond Blue: 1300 224 636 Beyond Blue online chat
- Youth Beyond Blue <https://www.youthbeyondblue.com/>
- Suicide Call Back Service: 1300 659 467 Suicide Call Back Service online chat and video chat counselling
- Kids Helpline: 1800 551 800 Kids Helpline WebChat counselling
- MensLine Australia: 1300 78 99 78
- Canberra Health Services Access Mental Health: 1800 629 354 or 02 6205 1065

For more Wellbeing Support Resources for students and families click <https://www.education.act.gov.au/support-for-our-students/wellbeing-support-resources-for-students-and-families>

Good luck achieving your best balance 😊

Nadia Butler, PhD
Senior Psychologist

(written on behalf of the Majura Primary School Student Support Team)