



NEWSLETTER

25 March 2022

MESSAGE FROM LIZ



Dear parents and carers,

It was lovely to see so many parents last Sunday at the Downer Shops for the Harmony Day celebrations. The Majura choirs sounded so good, they have already been booked for next year! Owen and Thembi are already considering microphone options so that their sound can resonate over the whole area. The quality of their singing is such a testament to the Music program we run here at school, and the community passion for developing those skills in our children. It's a wonderful feature of our school.

We have had 13 positive COVID cases this week, which is the same as last week. I've calculated that to be about 1.6% of our student population which is still very low. Interestingly, we've had a lot of absences this week; I know there's been a vomiting bug going around, but whatever the reason thank you for keeping your children at home when they are sick.

This weather is holding out for us – I hope you have some lovely things planned for your weekend.

Liz



SPOTLIGHT ON LEARNING Year 3



All year 3 classes have had a wonderful start to the 2022 school year!

Tucked away in the red corridor, the Sea Slugs, Sea Dragons, Seahorses and Starfish spent the first few weeks of the year setting class expectations, creating class routines and discussing our identity within the cohort. We spent an afternoon making a year group collaborative artwork, "How do we Sea ourselves in year 3?" The artwork is on display in our corridor and we hope to have it there for the entire year! If you get the chance, please come along and admire our wonderful creation.



As the term continued, the learning really kicked into gear. We have been busy creating personal acknowledgements of the country. Students spent time on country (nature areas around the school) and found aspects that resonated with them. We participated in yarning circles to discuss how 'place' and 'country' mean special but different things to everyone. These ideas have been included in our acknowledgements, which have also been surrounded by personalised leaves - representing our individuality and connection to country.



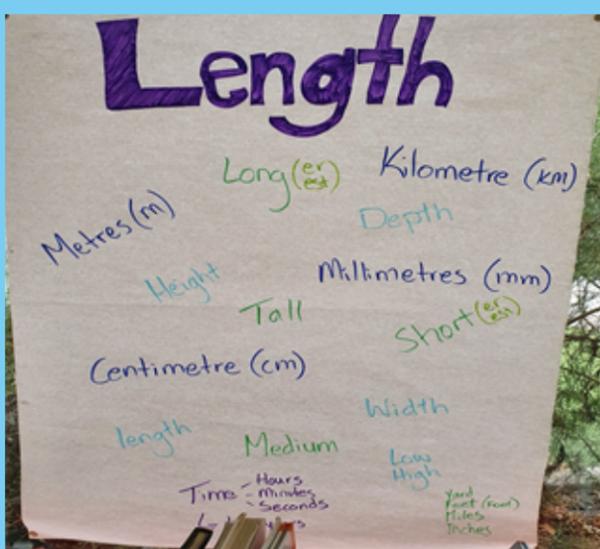
We have been skipping like mad! Students have loved challenging themselves and their friends to skip offs, learning new tricks, and ultimately having fun! Even the teachers are getting involved.

More recently, we have been learning all about measurement. To start the unit of work, students measured each other with string. We have these displayed in our classrooms so we can see how much we grow over the term!

Q: How long is a piece of string?

A: As long as a year 3 student!

If only we could measure how much fun we have had this term!





The Kitchen Garden volunteers are very excited to announce
our very 1st
Autumn Plant Sale!

We are passionate about plants and love sharing that passion with as many people as possible. We also want to raise some vital funds for our Majura Kitchen Garden.

We will have indoor, succulent, native and exotic plants available for sale. Numbers will be limited, so better get in quick!

You can have a browse by visiting our newly established website at <https://majurapandc.square.site/majura-kitchen-garden>

Orders will be open from Monday 28 March until Monday 25 April 2022 (or when all the stock is sold!)

Pickup: In week 1 of term 2 (details TBC)

To avoid disappointment, order quickly as limited stock & you might miss out.

Thank you for supporting our Majura 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

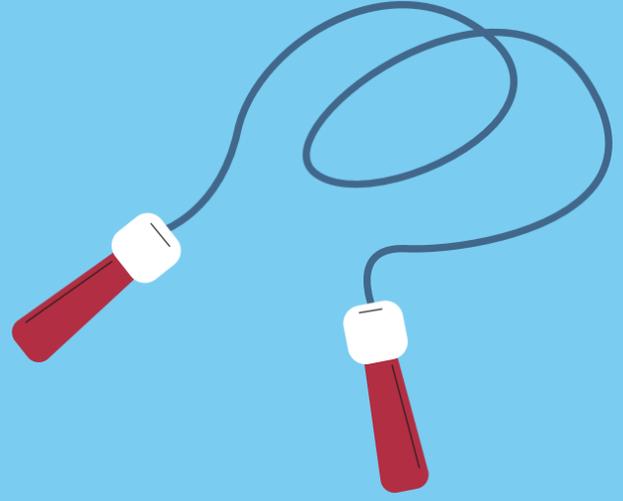
What you need: Working With Vulnerable People (WWVP) card
(apply online – www.accesscanberra.act.gov.au)

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





We're skipping through the term!

Jump Rope for Heart is well and truly underway and it's great to see so many children out in the playground skipping with smiles on their faces.

Majura has raised \$11,750 and have skipped for a total of 211 hours.

There are only 2 weeks left of our program: keep skipping, fundraising, having fun and practicing those tricks! And don't forget to share your online fundraising page with friends and family to raise money for a great cause!

Still need to sign up online? It's easy just follow this link and enter your details.

www.jumprope.org.au/parents

COVID-19 information

Don't forget to report positive rapid antigen test results to ACT Health

Thank you to all those parents and carers who have been following the health advice and reporting to schools when their child has attended school during their infectious period for COVID-19.

Please be reminded that all positive rapid antigen test result must also be reported to ACT Health via the online form at www.covid19.act.gov.au/RAT-positive

This advice applies to everyone in our community. REMEMBER:

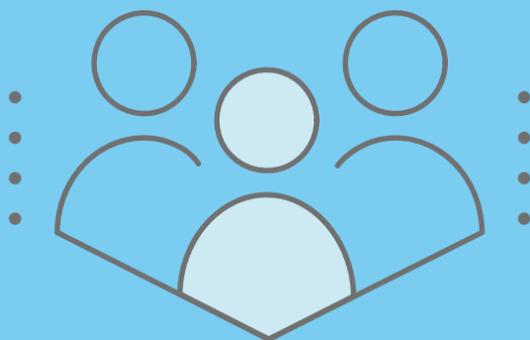
If you can't complete the form or you're having trouble, you can call 5124 6500 between 8am and 6pm and ACT Health will help you.

Reporting your positive result is important. It helps us track the spread of COVID-19 in the ACT and it means we can help you access support you may need.

More information on what to do if your child tests positive is available on our page.

www.covid19.act.gov.au/covid-positive





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)