



# LOCKDOWN UPDATE

19 August 2021

Dear Parents and Carers,

Here we are on the eve of remote learning 2021-style. We all learned a lot from last year, so we're hoping that you and your children have a positive experience this time round and that you feel well supported by us.

I know all our staff have been working tirelessly this week, whether they've been on site supervising students, at home preparing for the next few weeks, or whether they've been at school preparing and distributing devices and learning materials. Thank you for your support and words of encouragement.

Like many of our families, we have several staff in quarantine; I hope that you are all safe and enjoying whatever positives you find in your day. Can I please remind you that COVID transmits when there is contact with other people; I know that it is extremely difficult for parents to keep up with their own jobs, contribute positively to family relationships and supervise children – most of us are doing exactly that, but if you are not an essential worker or have children who are considered vulnerable, please keep them at home.

I know there is some anxiety among some of you about how you're going to manage. No one wants to fail their children, so can I assure you that their wellbeing and your own is paramount?

Teachers are trying to provide you with enough work to keep busy minds and bodies occupied, but you do not need to complete it all. You will be informed if a piece of work is going to be assessed, and if you can't manage more than that, let it go. Your kids will be fine! If even the assessable work is too much, email your child's teacher and let them know.

Good luck – we love teaching your children, and we're here to help them and you be successful.

Kind regards,

Liz Bobos  
Principal





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## OUT OF HOURS CARE

Out of School Hours Care will remain open during remote learning for children who need to attend.



## SCHOOL ATTENDANCE

As you are aware from our previous correspondence, families have been asked to keep their children at home during this time if they can. All ACT public schools will remain open for vulnerable children and for children whose parents cannot work from home.

We understand learning from home is not possible for all families for a range of reasons. If you require for your child or young person to attend school during this time, please complete the registration form below. This information will support us to ensure we have appropriate levels of supervision in place.

[COVID19 Registration Form](#)



I would like to thank you for your cooperation thus far and encourage you all to continue supporting each other from afar.

Should you have any questions about the registration form please do not hesitate to contact Liz Bobos, Principal.

## GOOGLE CLASS ROOM / MEET

Please refer to Remote Learning fact sheet.

To ensure any students who miss the Google Meets can access the content at a later date, and for the safety of students and staff, all Google Meet sessions will be recorded.



## FOOD DELIVERY



We understand that with a growing number of people in quarantine or isolation that some households are finding it difficult to get groceries delivered in a timely manner due to demand. Please see if you can get a friend or family member who isn't subject to quarantine or isolation requirements to do a grocery shop for you and leave it on your doorstep.

However, if you need to order home delivery, there are a range of options to consider when ordering groceries.

As well as the major supermarkets, a number of other grocers and independent supermarkets also offer delivery.

For further information go to this [LINK](#)

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## WELLBEING

For the next few weeks the most important thing you can do is support your child's wellbeing – they may be feeling anxious or distressed. Older children may be also feeling overwhelmed with the information they are seeing on the internet and they may need some guidance to help them find the most-appropriate information.



Keep in mind that children can express their feelings in many ways. I encourage you to speak openly with your children about what they are feeling.

If your ACT public school children and young people require extra help and assistance, our school psychologists area available to provide support through telehealth. To access the service, a booking request may be made via an online form or by calling 6205 1559 between 9:00am and 4:30pm.

We have also compiled a range of useful wellbeing resources for students and families that may help you with these conversations.



## HELPFUL STRATEGIES

### In the morning

- Find time for five breaths when you are waiting on something i.e a kettle to focus your awareness
- Notice the weather when you step outside – the difference in temperature or the conditions in the sky or on the ground. This will help you to refresh.

### During the day

- Break for lunch – Make time to allow for a nutritious lunch as skipping lunch can affect our focus, energy levels and mood.
- Get fresh air – If possible find some quiet parks, streets to walk along or your backyard/balcony. Use your senses to see, smell, hear and take in your surroundings.
- Connect – Make time to spend with someone who makes you feel good in your household or via online channels. Listen to them and laugh often.

### In the evenings

- Reset, ready! – Reconnect and recharge with your family members, pause, take a breath and be present with the family member who you may have worked away from.
- Me time! – Take some time to do something which you enjoy, reading a magazine, watching television, spending time with a pet or being in the garden.



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## COVID-19

As at Midday today, there are an additional 16 cases, bringing the total to 83 confirmed COVID-19 cases in the ACT, with over 21,300 people currently in quarantine in ACT.

A list of current COVID-19 test clinics is available here: [Where to get tested in the ACT - COVID-19](#).

[Exposure locations](#) are updated at least twice a day and are now sitting at over 80 venues. We encourage you to continue to check the [ACT Health COVID-19 site](#) for updates and for details on lockdown restrictions and exemptions.

## CONTACT TYPES

[Close contacts](#) have a high risk of infection – this could be because they spent a long time with, or were in a confined space alongside, a confirmed case.

You can find the requirements for close contacts here: <https://www.covid19.act.gov.au/.../quarantine-for-close...>

[Casual contacts](#) have a lower risk of exposure – they may have been outside or spent a short time in a large venue with the confirmed case.

You can find the requirements for casual contacts here: <https://www.covid19.act.gov.au/.../quarantine-for-casual..>

[Secondary contacts](#) have been close to a close contact since they were exposed to COVID-19.

You can find the requirements for secondary contacts here: <https://www.covid19.act.gov.au/.../quarantine-for...>

More information on the types of contacts can be found here: <https://www.covid19.act.gov.au/.../quar.../types-of-contacts>

## OTHER HELPFUL LINKS

Lockdown in the ACT, including the six essential reasons you can leave home: <https://www.covid19.act.gov.au/lockdown>

ACT COVID-19 exposure locations: <https://www.covid19.act.gov.au/.../act-covid-19-exposure...>

Latest updates: <https://www.covid19.act.gov.au/updates/media-updates>

COVID-19 testing clinic locations: <https://www.covid19.act.gov.au/.../where-to-get-tested-in...>

Quarantine requirements: <https://www.covid19.act.gov.au/.../quarantine.../quarantine>

ACT/NSW border residents: <https://www.covid19.act.gov.au/.../standing-exemptions...>

Face mask requirements: <https://www.covid19.act.gov.au/face-masks>

Schools FAQs: <https://www.covid19.act.gov.au/stay-safe-and-healthy/faqs-for-schools>